

The Carolina Watchman.

VOL. XIV.—THIRD SERIES

SALISBURY, N. C., MAY 17, 1883.

NO 31

The Carolina Watchman,
ESTABLISHED IN THE YEAR 1832.
PRICE, \$1.50 IN ADVANCE.



For Dyspepsia, Costiveness, Biliousness, Chronic Diarrhoea, Jaundice, Impurity of the Blood, Fever and Ague, Malaria, and all Diseases caused by Derangement of Liver, Bowels and Kidneys.

SYMPTOMS OF A DISEASED LIVER.
Bad Breath; Pain in the Side, sometimes the pain is felt under the Shoulder-blade, mistaken for Rheumatism; general loss of appetite; Bowels generally constive, sometimes alternating with lax; the head is troubled with dizziness, and heavy, with considerable loss of memory, accompanied with a painful sensation of leaving, and sometimes with a flushed face is sometimes attendant, often mistaken for consumption; the patient complains of weakness and debility; nervous, easily startled; feet cold by burning; sometimes a prickly sensation of the skin exists, spirits are low and despondent, and, although satisfied that exercise would be beneficial, yet one can hardly summon up courage to try it in fact, distrusts every remedy. Several of the above symptoms attend the disease, but cases have occurred, where but one or two have been examined after death has shown the Liver to have been extensively diseased.

It should be used by all persons, old and young, whenever any of the above symptoms appear.

Persons Travelling or Living in Unhealthy Localities, by taking a few occasionally of S. MMONS' LIVER REGULATOR, will avoid all Malaria, Bilious Attacks, Rheumatism, Nausea, Head-aches, Depression of Spirits, etc. It will not only give a clear conscience, but is an invigorating beverage.

If you have eaten anything hard of digestion, or feel heavy after meals, or sleepless nights, take a dose and you will be relieved. Time and Doctors' Bills will be saved by always keeping the Regulator in the House!

For, whenever the patient may be, a thoroughly safe, restorative, and tonic can never be out of place. The remedy is harmless and does not interfere with business or pleasure.

IT IS PURELY VEGETABLE.
And has all the power and efficacy of Calomel or Quinine, without any of the injurious after effects.

A Governor's Testimony.
S. MMONS' LIVER REGULATOR has been in use in my family for some time, and I am satisfied it is a valuable addition to the medicinal class.

J. GILL, Governor of Ala.
Hon. Alexander H. Stephens, of Ga., says: "I have derived some benefit from the use of S. MMONS' LIVER REGULATOR, and wish to give it a further trial."

"The only thing that never fails to relieve me of my Biliousness, Costiveness, and Head-aches, is S. MMONS' LIVER REGULATOR. I have used it for many years, and it has done more for me than any other medicine I have ever used. It is the only thing that never fails to relieve me."

F. M. JAMES, Minneapolis, Minn.
Dr. T. W. Mason says: "From actual experience the use of S. MMONS' LIVER REGULATOR in any case of Biliousness, Costiveness, and Head-aches, is a purgative medicine."

Take only the Genuine, which always has on the Wrapper the real Trade-Mark and Signature of J. H. ZELIN & CO.
FOR SALE BY ALL DRUGGISTS.

BLACKMER & TAYLOR

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WM. SMITH DEAL,

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R. R. Crawford, of the firm of

R. R. CRAWFORD & CO.,

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HAIRDWARE in the

STATE.

We also handle

Rifle and Blasting Powder

FUSE

and a full line of Mining Supplies.

We will

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the State.

CALL AND SEE US.

W. S. BLACKMER, SALISBURY, N. C.

For the Watchman.
Copper Mine.
NEWGATE PRISON, CONNECTICUT.

In the Watchman, Dec. 14, 1882, you say:

"The first copper mines opened in the United States were worked in Connecticut."

In early times copper mines were worked at the town of Simsbury, Conn., about 15 miles northwest of Hartford. The discovery of the copper was made in 1705; and ore was dug there for a long time.

At first the mines did not smelt the ore; but at length the proprietors made a contract with three clergymen to reduce the ore and cast the metal in bars fit for transportation. One tenth was given to the town, and of this two-thirds were to support a school, and one third was to go to Yale College. "Wealthy capitalist from Boston and New York and Europe engaged in the work, and furnished funds for the purpose. The operations were carried on extensively from 1713 to 1737, and on to 1775. In 1723 it was stated that these mines had brought into the colony 10,000 pounds. The works most improved and where the greatest excavations had been made were purchased for a State prison. Two perpendicular shafts had been dug through rock, one 70 feet, the other 35 feet deep. From the bottom of these, tunnels were carried in different directions, some of them 500 feet. Some of the copper was coined into money of the value of 42 cents in paper currency with the inscription on one side "I am good copper," on the other "valuable me as you please;" one of them is preserved, dated 1737; but they did not circulate after 1783.

In 1773, the General Assembly of the State took measures to establish a penitentiary at these mines. By blasting rocks they prepared a lodging room 12 by 12 in the caverns, and fixed over one shaft a large iron door; there were no buildings on the premises, and the other shaft was left open. The prisoners were employed in digging the ore, and apparently kept under ground all the time. It was called New Gate prison. The criminals were those guilty of burglary, horse stealing, counterfeiting coin or bills, or making dies for it. As one shaft was left open, and other passages not secured the early prisoners all escaped through these. In 1775, three escaped and then they secured the other shaft and built a block house over one shaft—this was destroyed by fire in 1776, when a new one was made, and a dwelling house for the keeper. This was burnt in 1779, and new buildings were erected over the mouth of the cavern suitable to keep the prisoners at labor in the day time, up to this time they had been employed in mining; now they were put to mechanical operations.

There was no wall around the prison till 1781, when a picket fence with bastions was put around it. But in that year when there were 28 prisoners, they rose on the guard, seized their arms, locked them in the cavern and escaped—a good many of them were Tories.

It was thought to be a very strong prison. Gen. Washington sent them some men for confinement from Cambridge. He said:

"GENTLEMEN: The prisoners which will be delivered you with this, having been tried by a court martial, and deemed to be such flagrant and atrocious villains that they cannot by any means be let at large or confined in any place near this camp, were sentenced to be sent to Simsbury in Connecticut. You will therefore be pleased to have them secured in your jail, or in such other manner as to you shall seem necessary, so that they cannot possibly make their escape. The charges of their imprisonment will be at the continental expense. I am, &c., GEORGE WASHINGTON."

In 1781 Congress proposed to make these mines a place for the reception of British prisoners of war, but this was not carried out.

They were for a time disused, but in 1790 a new act was passed constituting them again constituting them a State prison, called as before New Gate. A large work shop and a dwelling house of brick were constructed. Under one end of the house was a room secured by massive stone walls from which led the only passage to the cavern. This was through a solid rock; the mouth of this entrance was the one leading into the guard room above; and well secured by a trap door with lock and heavy bolts. The prisoners were lodged in the caverns. At day light they were taken up to the work-shop where they took their meals, and at 4 o'clock p. m. were returned to the caverns. Each one had a fixed amount of work to do every day. At first they made wrought nails. Then after 1820, they made shoes, wagons, and other articles, but the prison did not support itself by convict labor; it drew from the State treasury, on an average of \$7,000 a year. The convicts generally enjoyed good health—no contagious disease had ever occurred here. The caverns were conducive to health. Those afflicted with cutaneous diseases were often cured. The temperature was uniform at all seasons of the year, about 52 degrees. In 1827, the prisoners were removed to the new prison at Wethersfield on the bank of the Connecticut river. These facts are taken from the history of New Gate, by Noah A. Phelps, Hartford, 1845. E. F. K.

The Horrors of Solitary Confinement.

A correspondent of the St. Louis Globe Democrat, describing Joliet, Ill., State penitentiary, says the system of solitary confinement merits some description. At a point within the prison yard, at the extremity of one of the great cell houses and far removed from the noise and hum of the workshops, is a stone building, in which are arranged in two galleries forty solitary cells. Each is about 6x16 feet in dimensions and 15 feet in the clear. A long horizontal window, perhaps 6 feet in width by eight inches in height, located near the top of the cell, admits light and air. It is sunk in the heavy walls, and rarely do the sun's rays penetrate the interior of the tomb-like apartment. The floor of the cell is of stone, the ceiling is painted white, the walls are a glaring white. The two bits of color in the cell are the black iron of the inner grating and the red wooden bucket in the corner of the cell. That bucket is the only piece of furniture. The prisoner to be punished is led to one of these cells and handcuffed to the inner grating, his arms being at the natural elevation. A heavy wooden door shuts off a view of the corridor. He is alone amidst a silence as profound as the grave. His own voice, should he raise it in protest of his fate, is thrown back to him by the cold, pitiless walls, and the echo causes him to start. He looks around and nothing meets his eyes but the glistening white walls. At first he does not notice this. Ere long his eyes, used to the moving life of the workshop, begin to weary of this monotonous glistening, blank view. The feeling, at first irksome, becomes painful. He tries to look at the window above, but it is so arranged that he sees nothing but the flood of light. The blue sky he remembers only as a thing of beauty never heeded before. A glimpse of it now would be a most inestimable. He tries to shut his eyes, to relieve them of the glistening, blank impression, but his disordered nerves cause strange lights, and an annoying phantasmagoria of grotesque and ever-changing figures to dance through his brain. If he is of an acute nervous formation, this soon becomes torture to him, and he fears that he is losing his mind. Some of the most rebellious spirits have been quelled by a brief retirement in these merciless white cells.

Various plans have been devised for the cure of this distressing complaint; but we do not believe in restricting the treatment to any one remedy. To secure success various methods must be employed, and employed persistently. Some will after a while lose their effect, and others must be substituted; no quarter should be shown until this great enemy to health is overcome. The habit of taking purgative medicines to relieve the bowels often increases the trouble; that is, the system becomes accustomed to this remedy and there is no relief without it; the remedy debilitates, and it becomes only a question of time how long the treatment can be borne.

As in this case there is always a torpid liver, we should commence the treatment with a mild cathartic—as two or three liver pills; and then pay especial attention to the diet. Bread made from crushed wheat or oat meal should be used; we should not restrict the patient as to other foods, except as to quantity. He should eat enough, but not overload the stomach. A tumbler of cold water with a teaspoonful of table salt dissolved in it and drunk every morning half an hour before breakfast often acts like magic in restoring the bowels to their natural condition. There are many cases of obstinate constipation, where the whole trouble exists in the lower part of the rectum, by impacting of fecal matter, due to feeble action of the muscles, and to a congested and dry condition of the mucus membrane at that point. We have never found a remedy that so promptly relieved this form of constipation as *Nelaton's Suppository*. This treatment alone is sometimes sufficient to cure such cases; and where the trouble is more general, the suppository will be found a most valuable addition to the list of remedies.

Regular and vigorous out-door exercise is all important. Kneading the bowels with the hands has been recommended; also the drinking of water frequently, to which we should always add a little table salt.

The frequent use of a syringe should be avoided, for much the same reason that cathartics ought to be avoided. No harsh or very active treatment is required in these cases; but mild remedies may be employed persistently; in fact, they should never be renounced until the bowels become regular and the health is restored. We believe that a majority of cases are curable. We know of one case of great severity that lasted twenty-two years, and was then cured, although the general health has never been fully restored. —*Hall's Journal of Health.*

A Remarkable Bed.
There has been on view in Paris a bed of rare and singular construction, made to the order of an Indian prince. The bedstead, which is of satin wood, with large plates of silver repousse work, is very beautifully carved, and has cost upwards of \$12,000. The most original part of this bed is the mattress, which has been fitted up as a musical box, so that directly anyone lies down it plays tunes selected from Gounod's operas. At the four corners of the bed are four statues, representing young girls of Spanish, Greek, Italian and French nationality, their only ornament being a gold snake bracelet twisted around the wrist, which holds the fan they are waving over the sleeper. By an ingenious contrivance of the artist employed to cast these statues the eyes have been made to move; and the realistic appearance of these young ladies is heightened by the addition of four wigs in four shades of color, supposed to be typical of each nation. The arms of rajah are carved at the head of the bedstead, which, though in shocking bad taste, is a marvel of workmanship.

A Home-Made Telephone.
The *American Farmer* gives the following directions for making a cheap home-made telephone:

To make a good and serviceable telephone, good from one farm house to another, only requires enough wire and two cigar boxes. First select your boxes, and make a hole about half an inch in diameter in the center of the bottom of each, and then place one in each of the houses you wish to connect; then get five pounds of common iron stove pipe wire, make a loop at one end and put it through the hole in your cigar box and fasten it with a nail; then draw it tight to the other box, supporting it when necessary with a stout cord. You can easily run your line into the house by boring a hole through the glass. Support your boxes with slats nailed across the window, and your telephone is complete. The writer has one that is 200 yards long and cost forty-five cents that will carry music when the organ is played thirty feet away in another room.

Goldboro Messenger: The Confederate monument is now ready to be unveiled on Thursday. The statue of the Confederate soldier is perfect and too beautiful to be described by our pen.

The Graded School has received another contribution of \$450 from the Peabody fund, making \$900 received this year, for which the school and community are truly grateful to Dr. Curry.

Constipation.

Constipation is the beginning of many diseases. It is the most prevalent of all affections among those not accustomed to out-door activities. It frequently commences in infancy through the neglect or ignorance of parents; and the health sometimes becomes permanently impaired before the cause is discovered by the physician.

There should be at least one free and natural movement of the bowels every day, and when that is not the case, all proper means should be promptly employed to bring it about. Nature intends that the waste material, after digestion is completed, shall be passed out of the system within a certain time, but if that time is exceeded it commences to be absorbed, thus the blood is poisoned and the vital force is impaired; hence the body becomes an easy prey to disease.

Dyspepsia is generally the first diseased condition caused by constipation. The liver soon becomes involved as a result of indigestion, then the kidneys. It is evident that a long continued derangement of either of these important organs must result most unfortunately. All experience proves that habitual constipation is a very unsafe condition of the system, and one liable at any time to develop incurable diseases.

Various plans have been devised for the cure of this distressing complaint; but we do not believe in restricting the treatment to any one remedy. To secure success various methods must be employed, and employed persistently. Some will after a while lose their effect, and others must be substituted; no quarter should be shown until this great enemy to health is overcome. The habit of taking purgative medicines to relieve the bowels often increases the trouble; that is, the system becomes accustomed to this remedy and there is no relief without it; the remedy debilitates, and it becomes only a question of time how long the treatment can be borne.

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KINDLY COUNSEL.—It would be more creditable for Gen. Arthur and better for his party if he should keep aloof from further office seeking. Turn a deaf ear to the insidious parasites who are urging him to seek re-nomination, and not to be too easily persuaded to take a renewed grip on place merely to satisfy personal ambition or assist in making a clique of office holders a privileged class under a Republican form of government. —*Rochester Union, (Rep.)*

Senator Butler, of South Carolina, will devote this summer to a systematic study of the public roads of his State. He will also investigate the road system of other States, and publish a series of articles upon the subject. —*Char. Dem.*

We need an able man like Senator Butler to do the same thing in this State. There is more enduring fame in it than in going to Congress.

EVERETT & WHEELER.—The fight over the collectorship in the fifth district of this State still continues. The following in reference to it we clip from the Washington correspondence of the Baltimore Sun of the 8th inst.:—*Journal-Observer.*

Dr. Mott, one of the coalition bosses of North Carolina, accompanied by Mr. O'Hara, the Republican colored Representative-elect from that State, and others, occupied some portion of his valuable time with relating the progress of the coalition movement in North Carolina, and urged him not to remove Internal Revenue Collector Everett, of that State, and re-instate Wheeler, which United States Marshal Keogh, with tears in his eyes, besought him to do when here last week.

Several things were, indeed, "put back" as the result of the Chicago Convention, but the country was not one of them.

The third term conspiracy was put back.

The boss system was put back.

The snap primary plan of turning out "instructed" delegates was put back.

The attempt to throttle district representation was put back.

The machine in New York and Pennsylvania was put back.

The idea entertained by sundry gentlemen that they carried the party round in their collective breeches pockets was put back.

The impression that was rapidly making headway that "government of the people by the people" was played out was put back.

These are some of the leading things that were put back as a result of that great convention. And by so much as they were put back, and have been kept where they were put, the country has advanced politically since the day when the beloved and admired Garfield was nominated.

The Weather,
How It will Change After the Moon Changes.

The following table was constructed by the celebrated Dr. Herschell, upon a philosophic consideration of the attraction of the sun and moon. It is confirmed, says an exchange, by the experience of many years' observation, and will suggest to the observer what kind of weather will probably follow the moon's entrance into any of her quarters. As a general rule, it will be found wonderfully correct:

If the moon changes at 12 o'clock, noon, the weather immediately after will be very rainy, if in summer, and there will be snow or rain in winter.

If between 2 and 4 o'clock, p. m., changeable in summer—fair and mild in winter.

Between 4 and 6 o'clock, p. m., fair both in winter and summer.

Between 6 and 10 o'clock p. m., in summer, fair, if the wind is north-west; rainy, if south or south-west. In winter, fair and frosty, if the wind is north-west; rainy, if south or south-west.

Between 10 and 12, p. m., rainy in summer and fair and frosty in winter.

Between 12 at night and 2 o'clock, a. m., fair in summer and frosty in winter—unless the wind is from the south or southwest.

Between 2 and 4 a. m., cold and very showery in summer, and snow and storm in the winter.

Between 4 and 6 a. m., rainy both in winter and summer.

Between 6 and 8 a. m., wind and rain in summer and stormy in winter.

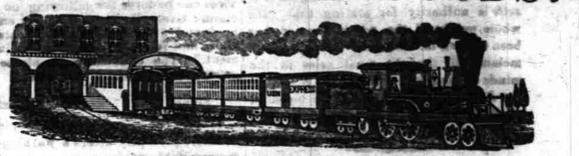
Between 8 and 10 o'clock, a. m., showery in summer and cold in winter.

Between 10 and 12 o'clock, a. m., showery in summer and cold and wintry in winter.

A New Hampshire paper says that the country district school in that State is far from being what it was a generation ago. Benches which were crowded then are nearly empty now, and in the place of merry groups of children scattered along the roadway, here and there a solitary scholar takes up his lonely walk to school. The towns very generally make liberal provision for their schools, but they have not the children to send.

Some one has suggested a method to aid Jefferson's grand-daughter. Let every admirer of the hero send her a portrait of her illustrious ancestor as it is issued by the government. The portrait adorns a two-dollar bill, and as there are millions of Jeffersonians in the country to whom this bill is a small sum, the lady could repair Chase Monticello, and live there the rest of her days, and at her death the property to belong to the United States. —*Charlotte Observer.*

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We still have the best FLOUR, OAT MEAL, MEATS, SUGARS, TEAS, COFFEES, RICE, CANNED FRUITS, JELLIES, PURE LARD, BRAN, MEAL, New Orleans MOLASSES and SYRUPS, &c. A full assortment of FAMILY MEDICINES.—Agents for Coats' Spool Cotton.—Agents for the EMPIRE GUANO, which is First class, and which we offer for 400 lbs. of Lint Cotton.

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The late Gov. Swain was Judge at 25 and Governor at 31. Judge Badger and Judge Strange were Judges at 27. Judge Fowle was but little older. There is not a Judge of the present Superior Court Circuit except Judge Shipp over 45, most of them not so much. The large majority of leading legislators since the war have been men under 40. Senator Vance, Senator Merrimon and Senator Ransom are all instances of reputation achieved and services rewarded at ages when they all might be regarded as very young men. * * * Young America has its reward in store. The old element dies away all too rapidly; for we do miss the staid, sober, safe wisdom of the Grahams, the Badgers, the Ruffins. Let young America prepare to emulate those men. —*Ashville Citizen.*

Grain Gambling.
Henry S. Everhart, a member of the "regular board," in Chicago, was examined recently on the subject of grain gambling. His testimony was as follows:

"Are you a commission merchant?"
"No, sir."
"A dealer?"
"No, sir."
"A speculator?"
"Yes, sir."
"Did you ever buy any grain expecting to own it?"
"No, sir."
"Ever have any grain?"
"No, sir."
"What proportion of the deals are such as you made?"
"It is estimated by Mr. Storms, I believe, that 97½ per cent. are fictitious."
"Did you ever discover any difference between a bucket shop and the regular board?"
"Never."
"Do the commission firms all speculate?"
"All, more or less, I think."
"How many solely speculate?"
"One-half."
"Is speculating different from gambling?"
"Not that I can see."
"Is it as safe as poker?"
"I think not."

Before Judge Tully, in the Circuit Court at Chicago, on Saturday, certain heirs contested the payment of a bequest to a Roman Catholic Church to reimburse him for saying masses for the repose of the soul of the testator. The point urged by counsel for the heirs was that the money was expended for a superstitious use. The court held that the objection could not hold, and that the bequest was valid under the State statutes.

A pear orchard in Thomas county, Ga., was sold five years ago for \$650. It was next sold for \$1,800, the \$650 having been recouped from cuttings in the mean time. A month afterwards \$2,800 was offered for it, and now it could not be bought for \$25,000.

The proposed park in Montana will have an area of 12,000 square miles or nearly ten times that of the whole of Rhode Island.

When Mrs. F. asked for a new bonnet Fogg promptly refused. "A man and wife are one," he said, "and it is a duty to practice self-denial on all possible occasions."

The London Globe says there is a tree in the vicinity of Berlin on which was found recently the body of the seven-month-old child who had resorted to that spot to end his misery. The woodman ought not to spare that tree.

No longer must we say, Lo, the ungar-tored red Indian! for there are Indian girls in the Indian Territory University who are studying German, French, Latin and Greek, geology, moral philosophy, political economy and other branches of the college course.

The rose crop of Newport, R. I., is worthy of attention, one bush having produced nine thousand flowers in a year, sold at ten cents each. It is perhaps superfluous to remark that there are cheaper than roses at Newport.

"Mother Goose," according to the latest authorities, far from being a myth, was the wife of Isaac Goose, and lived in Pudding lane (now known as Devonshire street), Boston. She was born in 1665 and died in 1767. The first edition of her nursery rhymes was published by her son-in-law, Thomas Fleet, in the year 1719.

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