

THE ENTERPRISE

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HOW TO LIVE ONE THIRD LONGER

Seven Health Rules--Reduce Medical Bill--There Will be Fewer Graves in the Cemetery--Eschew Drugs and Intoxicants.

All America is waking up to the importance of better health conditions, and State and National Governments are taking deeper interest in the subject than ever before. Regardless of what State or Nation may do, however, every individual by following a few simple rules of hygiene for himself may greatly increase the length and the happiness of his own life. Seven such young and old, men and women, would be immeasurably increased, doctors' bill reduced, and the rules we give herewith, and if they should be followed this season by the 86,000 farm families who will read these lines, the health and efficiency of general tone of life made notably brighter and happier--to say nothing of fewer graves in the burying-grounds and cemeteries at the end of the year. Here are the seven rules:

(1) Have a properly planned and properly cooked diet. Make a study of this, question and have your wife make a study of it. We eat too much meat and too much hot, pasty food. We do not eat enough fruit, vegetables, eggs, butter, and milk. There is no excuse for any farmer not having enough of these nourishing, health-giving foods, and with them, one can set a table fit for a king.

(2) Chew your food three times as long as you have been doing. The Fletcher principle, "Chew your food till it becomes liquid and practically swallows itself," is the only correct guide. Mr. Fletcher guarantees that his method will increase the average man's working efficiency 25 per cent in six months.

(3) Don't overeat. Proper chewing, however, will practically prevent this also. Chew your food thoroughly and your sense of taste will be satisfied before you eat too much. It is when you bolt your food down that you overeat.

(4) Breathe only fresh air. Let it into your sleeping room, no matter how cold the weather. The dread of "night air" is absurd. It fresh air were only to be had for a price, thousands of poor people would be begging money to buy it, while as it is, they shut it out on every provocation. Stuff parlors and sitting-rooms and sleeping rooms with all the windows down breed headaches and develop consumption.

(5) Drink twice as much water as you have been drinking. The average person drinks only half enough. Drink two glasses when you get up morning, and as much as you can at other times--preferable not at meals, however, or for an hour before or after.

(6) Stop dosing and drugging yourself; never take a patent medicine. If you are not well, by all means avoid putting your health and your life in the hands of men you know nothing about, and who know nothing about your ailment. Nine times out of ten a drug taken into your system when not needed acts as a virtual poison, and unless the physician knows the exact nature of your ailment, the chances are it is not needed.

(7) Let all intoxicants alone. No man who begins drinking is sure that he can keep from drinking immoderately; while the latest medical researches have proved that even the moderate drinking injures one's nervous and mental powers, lessens one's ability to resist disease, and also aids in developing any latent disease or

weakness. Surgeon-General Wyman in his recent address on Southern health conditions sounded a special note of warning concerning the injurious effects of alcoholic drinks in warm climates.

Of course there are other things not to be neglected--frequent bathing in a room as warm as the body (a bath-room just big enough to turn around in, and quickly heated by an oil stove will do the work), eight hours' sleep, and a good supply of drinking water uncontaminated by filth or disease--but these seven rules are things most needed by the average man. They will add years to your life and life to your years.

Try them.--Progressive Farmer.

Regular Services

Rev. John W. Tyndal, of Kinston, will preach both morning and night at the Christian Church Sunday. The congregation has secured the services of Mr. Tyndal, and he will preach regularly every month. The public is cordially invited to attend each service.

Wanted: Short Sermons.

Attendance at church falls off in the summer. This would not be so appreciable if the ministers would arrange to have shorter services. If they would announce that promptly at twelve o'clock the benediction would be pronounced, the attendance would increase. The tendency to lengthen the service and multiply the songs and to preach over half an hour is in part responsible for small attendance.

Why not, Mr. Preacher, shorten the services and let everybody know that one hour is the maximum length of every service? Of course, we understand, that it requires more work for a minister to preach a short sermon than a long one. A parson once said to his congregation: "My brethren, I hope you will pardon a long sermon today. The truth is that I have been too busy during the week to prepare a short sermon, and having to preach without proper preparations I am forced to scatter and take too much time."

There is a tradition at Yale that, whenever a visiting preacher asks President Hadley how long it is customary for the sermon to be, Mr. Hadley replies:

"There is no limit, sir, upon the time you may preach; but this is a Yale tradition that no souls are saved after the first twenty minutes."

This applies to other places as well as Yale.--News & Observer.

North Carolina Textile School

The Textile School of the North Carolina College of Agriculture and Mechanic Arts has a complete equipment of machinery for instruction in Cotton Manufacturing. Young men who enter this school are taught to operate the different machines and to make all the calculations necessary to produce yarn and fabrics.

A completely equipped Dye-house has been added to the school, and a thoroughly practical course in dyeing is now given.

Another interesting fact is that knitting machinery has been added to the equipment. The knitting industry is becoming very important in North Carolina, and the addition of this machinery to the textile school is very timely and make this school one of the best equipped in America.

Last year and again this year the National Association of Cotton Manufacturers awarded the Student's Medal to this school, which is the only Southern school to receive it. This association is composed of the leading mill men in America.

The school is under the direction of Thomas Nelson, who has had considerable mill and textile experience in England and America.

ROBERSONVILLE NEWS ITEMS

Miss Hattie James is in town this week.

Mr. J. W. Ferrell was in town Wednesday.

Mr. Theo. Britton, of Texas, was in town Saturday.

Dr. J. T. Underwood spent Sunday in the country.

Mr. J. B. Edmondson went to Washington Monday.

Miss Caddie Purvis left Tuesday for her home in Dunn.

Mr. Fernanda Gainer is in town this week buying potatoes.

Mrs. J. K. Ross spent Sunday in the country with her mother.

Miss Hallie Meads left Tuesday for her home in Elisabeth City.

Mr. W. R. Percival, of Petersburg Va., was in town Tuesday.

Cecil Everett and W. A. Ross spent Sunday in Stokes with friends.

Miss Maggie Peel, of Hamilton, is visiting Misses Marie and Selma Perkins.

Miss Hester Mooring and little sister, Callie, are visiting in Stokes this week.

Mr. J. C. Smith spent Monday and Tuesday in Williamston attending court.

The Odd Fellows have secured a nurse to attend Mr. J. H. Taylor in his sickness.

Miss Maree and Pearl Roberson left Tuesday for Elisabeth City to visit Miss Hallie Meads.

Little Elmer, the six year old son of Mr. and Mrs. C. James, is very ill with typhoid fever.

Rev. Mr. Howard, of Kinston, filled his regular appointment Sunday in the Christian Church.

Miss Fannie Rollins, of Pitt County, who has been visiting here, left Thursday for Bethel.

Mr. Walter Barnhill, of Greenville, is here relieving Mr. R. O. Carson, who is off on a vacation for several days.

Judge S. L. Ross had the honor of uniting Mr. John Parker, of Enfield, to Miss Millie Everett on Wednesday morning at 7 o'clock. The happy couple arrived here in time to take the morning train for the home of the groom, where they will spend their future. The friends and relatives extend happy greetings to the newly wedded pair and wish them a long and happy life.

Prof. B. W. Allen, of Franklinton, has accepted the principalship of the Graded School here. He was highly recommended as being fully qualified for the position. He is an earnest Christian worker. Wake Forest is his alma mater. He will bring with him his wife and two children. The people of the town and community gladly welcome him and will give earnest aid to him in the work.

Summer coughs and colds are obstinate and difficult to cure. The most prompt method is to take something pleasant which will gently move the bowels; a good laxative cough syrup. Bees Laxative Cough Syrup will surely and promptly cure your cold. Sold by Chase's Drug Store.

Jamesville on the Move

The news comes that ground was broken for the erection of two mammoth brick stores to-day [Friday] at Jamesville. Several months ago almost the entire business block of the town was burned. Samuel L. Wallace, one of the town's most substantial citizens, is having the buildings erected. They will probably be rented to different firms.

HASSELL ITEMS

Mr. George Howard was in town Tuesday.

Mr. W. A. Fleming spent Monday in Ayden.

Mr. Eli Edmondson spent Monday in Williamston.

Mr. Walter Howard of Dunn spent Thursday here.

Mr and Mrs. W. Z. Morton of Robersonville spent Sunday here.

Mrs. W. T. Thigpen returned to her home near Farmville Saturday.

Mr. W. D. Hyman left this week for Richmond where he will spend a month.

Messrs. J. E. and F. E. Randolph, of House, were the guests of Mr. and Mrs. Jordan Sunday.

Mr. and Mrs. R. W. Salsbury, of Hamilton, and Miss Annie E. Worsley of Mt. Olive were here Sunday.

Mr. Billie House, Miss Annie Randolph and little Miss Madie Lee Bullock of House, spent Wednesday here.

Mrs. R. W. Salsbury from Hamilton and Mrs. Hodgins of Greensboro were the guests of Mrs. R. H. Salsbury Tuesday.

A Thrilling Rescue

How Bert R. Lean, of Cheny, Was' saved from a frightful death is a story to thrill the world. "A hard cold," he writes, brought on a desperate lung trouble that baffled an expert doctor here. Then I paid \$10 to \$15 a visit to a lung specialist in Spokane, who did not help me. Then I went to California, but without benefit. At last I used Dr. King's New Discovery, which completely cured me and now I am as well as ever." For Lung Trouble, Bronchitis, Coughs and Colds, Asthma, Croup and Whooping Cough its supreme 50c and \$1.00 Trial bottle free. Guaranteed by All Druggists.

BEAR GRASS ITEMS

Business is very dull here now.

Miss Mamie Taylor, of Everetts, spent a few days with Mrs. Nathan Rogerson last week.

Mr. Javan Rogerson is employing Mr. Fred Mause of Williamston to paint his residence.

Miss Virginia Bennett of Oak City spent some time with her cousin, Mrs. Lavinia Harris, last week.

The tobacco crop of this section is cut off about half by the wet weather. Some are plowing their crop up and planting corn.

Elder John N. Rogerson filled his regular appointment here Sunday. The crowd was not so large, but the interest was encouraging.

Mr. J. H. D. Peel, a prosperous farmer near here, had a horse killed by lightning recently. This is the third horse that he has lost in a year. His neighbors are helping him with his crop.

A Little One Gone

Death entered the home of Mr. and Mrs. Thaddeus Harrison on Monday morning, and took their little babe, Augusta Woolard, aged twelve months and twenty days. The little child had suffered for three weeks, and Sunday morning had a congestive chill from which it never recovered.

The funeral services were conducted Tuesday morning at 10 o'clock by Rev. C. L. Read, and the little form was laid to rest in the Baptist Cemetery.

THE ENTERPRISE together with the entire community, has deepest sympathy for the bereaved parents.

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Tribute to Confederates

One of the finest editorial tributes which the annual gathering of the Confederate Veterans this year has called forth is from the Baltimore Sun. We reproduce it in part below.

From Marathon to Port Arthur, in all the annals of military achievement, there has been no braver soldier than the men who wore the Southern gray. They were led by able generals, for the military authorities of other nations, as well as our own, have accorded the Confederate leaders a place among the great commanders of the world. Henderson, the British authority, ranks Stonewall Jackson as the most original military genius of modern times, and Lord Wolseley gives Lee a place with Marlborough and Wellington as "one of the three greatest captains of the English speaking race."

No material rewards tempted the Confederate to enlist. He was not a mercenary, for his pay was mostly in promises, and even his food supply was precarious and uncertain. He received no large money bounty, and often furnished his own uniform, his own arms and his own mount. Only devotion to his principles, love of his State and home and faith in his leaders could have enabled him to carry on the unequal struggle for four long years. And tho often he had to go hungry and his uniform was reduced to rags, the Confederate fought on with a courage that nothing could daunt and a daring that snatched victory after victory from the very jaws of defeat.

And when the end came at Appomattox the Confederate tramped back to his ruined home, and with bare hands, in the ashes of defeat, began to build up the structure of a new civilization. He made the rebuilding of the South the wonder of the world.

"It is sweet and honorable to die for one's country," and the brave men who laid down their own lives for the South they loved, are remembered with a tenderness and devotion that victory could never win. The willow that waves over their graves is more sacred than the laurel wreath that any conquerer ever wore. The men and women of the South place on their graves the blossoms of spring, fresh as recollection of their deeds, fragrant as the rich memory of their courage and devotion.

Stoop angels, hither from the skies! There is no holier ground Than where defeated Valor lies By mourning beauty crowned. --Raleigh Times.

Coming July First

The music lovers in Williamston and vicinity should attend the recital in the City Opera House on Thursday evening, July 1st, by Misses Helen and Harriett Day and Phyllis Woodal, of the Faculty of Meredith College, Raleigh. The following is one of the many things said in praise of them:

"One of the swellest affairs of the season was a drawing-room musical given by Mrs. H. O. Stone to Mr. and Mrs. George K. Pullman of Chicago. Many musical people were bidden on that occasion, and the singing of Helen Marie Day of Boston proved intensely interesting. She inherits a musical combination as soloist and pianist. Her voice, which is admirably trained, showed real power and carrying quality with perfect assurance. Her manner of singing showing broad musical cultivation. The guests showed a most cordial appreciation."--Boston Transcript.

Pinesalve, carbolized, thoroughly healing and cleansing, antiseptic, soothes and stops pain.

JUNE TERM OF SUPERIOR COURT

Judge O. H. Allen Presides--Criminal Docket Light--Small Crowd Attending--Civil Docket Large as Usual.

The June term of Martin County Superior Court convened on the arrival of the A. C. L. train at 1:16 Monday afternoon. Judge O. H. Allen failed to open court at the hour appointed, as he always decides to spend Sunday at home in Kinston. A very small attendance marked the opening of court as at this time people are busy with their crops. The Criminal Docket was so light that few witnesses were required. This docket was disposed of by noon Tuesday, and the Civil Docket taken up. Solicitor Daniels' fees amounted to only \$14.00. This was due to the remarkable improvement in the morals of the people, both white and colored. The small number of criminal cases gave much more time for the consideration of the civil calendar. The business of court was dispatched with ease, and many cases settled which had been on the docket for some time.

The Grand Jury was chosen as follows: George W. Griffin, Foreman; S. D. Matshews, Fred Calloway, E. L. Perkins, V. R. Taylor, Mc. H. Leggett, J. E. Manning, R. B. Gardner, Noah Roberson, Archie Brown, George Roberson, J. O. Griffin, Kinchen Hardison, J. J. Manning, C. R. Harrison, Z. B. F. White, W. M. Daniel and H. C. Spruill.

The Criminal Docket was unusually small, and only petty cases. The docket was disposed of as follows:

Monday, June 21st.

State vs Harmon Coffield, Abandonment. Guilty. Judgment.

State vs Rhoden Andrews, Larceny. Guilty. One year on roads.

State vs Josephine Pate, Injury to fence. Continued.

State vs W. H. Roberson and W. H. Waters, Affray. Continued.

State vs Helen Biggs, Larceny. Not guilty.

State vs Harmon Coffield and Winnie Perkins Continued.

State vs Ophis Whitley, Cruelty to animals. Not Guilty.

State vs Will Waters, Retailing. Not a true bill.

Tuesday, June 22nd.

State vs Guilford Purvis, Retailing. Not guilty.

State vs David Haislip. Called and failed. Capias.

State vs Simon Whitley, Assault with deadly weapon. Not guilty.

State vs Thomas Evans, Slander. Not a true bill.

State vs Chester Langley, Larceny. Four months in jail. Assigned to roads.

State vs Lottie Clagon, Cost. Judgment absolute.

State vs Guilford Purvis, continued under bond.

Summer School

The summer school for the teachers of Martin County will open in Williamston, July 12th, and continue for two weeks. All teachers are required to attend every session daily. Mrs. Stevens, formerly Miss Leah Jones, will give instruction in primary work. She is one of the strongest grade teachers in the South. Other instructors will be present, and the school promise to be one of the most helpful ever held here. These schools are of incalculable benefit to the teacher and should be well attended.

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