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POETRY.

Forgive and Forget.

BY M. F. TUPPER.

When streams of unkindness as bitter as gall, Bubble up from the heart, to the tongue and meekness is writhing in torment and thrall, The hands of Ingratitude wrung—the heat of injustice, unwept and unfair, While the anguish is festering yet, none but an angel of God can de-

TO WHOM IT MAY CONCERN.

Be it known that the General Conference of the A. M. E. Zion Connection, at its session in Charlotte, N. C., June, 1872, took into consideration the propriety of establishing schools for the education of our people in the South, and selected for said purpose Fayetteville, N. C., as a proper place to locate a college for said purpose.

The conference also elected the following persons as a Board of Managers to carry out the object contemplated by said conference: Bishop J. D. Brooks, President. J. P. Hamer, Vice Pres't. Bishop S. D. Talbot, Treasurer Dr. J. A. Thompson. Jacob Thomas. George Bosley. P. A. Lee, Corres. Sec'y. J. A. Jones, Rec. Sec'y

We therefore appeal to a generous Christian public to aid us in this praiseworthy object, in educating and christianizing our poor down-trodden and oppressed race, and also to send out missionaries to teach and preach the Gospel of Christ.

The bearer, the Rev. George Bosley, is hereby duly authorized as an agent to collect funds for said object.

Signed in behalf of the Board. Bishop J. D. Brooks, Pres't. JAM'S A. JONES, Sec'y.

Do your own work.

Parents, remember you can not throw off your own responsibilities upon the Sunday-school teachers. It is your child, not theirs. God gave it to you, and says to you, as Pharaoh's daughter said to Moses' mother, "Take this child and nurse it for me," and he will demand of you an account of your stewardship. If you feel yourself incompetent to teach your child, or, for other reasons, think it best to send it to school, that is all very well; but you must not think your responsibility ends when you have sent it, neatly dressed, to school. You must take an interest in its studies and behavior, must see that it learns the lessons given out, must find out if it be quiet and attentive while there, and, in short, must do all in your power to aid the school teacher, and let your child see you appreciate the help that is thus given you in its religious training. Above all, you should endeavor by your own example to show your child how to practice the lessons it is taught. It will not benefit it much to know all the commandments, if they are at home constantly broken; the Creed, if you disbelieve it; prayer, if you never pray. And you are very much mistaken if you think one hour's instruction on the Lord's day at Sunday school will make a child religious, when it finds seven day's irreligion at home. No; if you believe in Sunday-schools, and send your children there, help them by showing at home an interest in the lessons and behavior of those children; and remember the old proverb, "Example is worth more than precept."

It is Greek Tradition that when Adam was dying, he sent his son to the Garden of Eden to request that the angel who kept the way thereto would send him some of the fruit of the Tree of Life, that he might taste and live. The angel denied the request, but gave to the son of Adam three seeds. "Place them," said he "in thy father's mouth; and when they shall have grown into trees he shall be freed from his sickness." The son returned, and found that Adam had already expired. Taking the three grains, he placed them in his father's mouth, and buried him thus. From these grains, in process of time, sprang three trees, of which the wood of the Cross was made.

The Careless Christian.

The varieties of religion once accepted, nothing is so consistent as the most intense revival efforts. A single instance of apparent listlessness may cause a soul to be seized with an unfavorable prejudice, never to be overcome. When Dr. Wm. E. Channing was in his childhood, an incident occurred which may possibly explain why his remarkable talents were given to the Unitarianism rather than the old-gospel with its revival fervor. In his boyhood, his father, who was a member of the orthodox church, took him to hear a celebrated preacher in the neighborhood. The things of the unseen world were set forth with deeply solemn effect. Man's lost condition without Christ, was represented in colors so vivid and startling as to produce a powerful impression upon the mind of the youthful Channing. And then when the preacher unfolded the salvation of the gospel and offered it freely to the people as God's gracious gift to those who seek for it, in his simplicity he thought that every one would seek it without delay. The service was concluded, and, with intense feeling, he watched to see what the people would do. His father pronounced the sermon "sound doctrine," but said nothing to the boy or any one else about seeking the Lord. They got into the carriage and rode home the boy absorbed in awful thoughts. The father, making no further allusion to the sermon, presently began to whistle; and on reaching home took off his boots, put his feet toward the fire-place and began to read the newspaper, leaving his boy, with out a timely word of Christian counsel, to struggle with the great thoughts which oppressed his young heart.

But even childhood draws its conclusions; and young Channing asked within himself the question, Can what I have heard be true? And too quickly he reached the conclusion—No! The people did not believe it, or they would have sought it at once; his father did not believe it or he would have evinced a deeper solicitude. And ever afterward young Channing evinced a prejudice against the solemn and startling revival efforts of the evangelical church. May not a lack of earnestness on the part of Christ's friends sometimes produce more skepticism than the shallow logic of avowed infidelity.

Cause of Sleeplessness.

Dr. Ducworth, in the British Medical Journal, calls attention to some causes of insomnia which he thinks are hardly sufficiently recognized or adequately met by the resources of practical medicine. Recent researches have clearly shown that the brain is comparatively anemic during sleep, and that the blood thus removed from the head is more freely supplied to the viscera and integuments. The most constant cause and certainly the most frequent accompaniment of sleeplessness is an opposite condition, or one of active and increased cerebral circulation. A species of nocturnal dyspepsia, mild in its character and producing no actual suffering, may sometimes give rise to persistent insomnia. There may be no symptoms beyond dryness of the mouth, burning of the soles of the feet, and head and throbbing in the head, and these are probable due to a too acid condition of the contents of the stomach, and upper part of the small intestines, caused generally by excess in fatty and highly-seasoned food, in fruit, and in various wines. Sleeplessness may be due to bodily and mental over-exhaustion, which results in an increased flow of blood to the brain, consequent upon vasomotor paralysis. Again, it may be the result of a mere habit as in those

cases where there has been a long course of broken rest; it may be caused by persistent disorders, by certain affluvia, by the absence of moisture in the air of a sleeping apartment, or by any improper elevation or depression of the land. The treatment in most of these cases should of course be directed to the removal of cause, but, when it is found necessary to give drugs bromide of potassium and chloral hydrate are probably the best, both having been shown to diminish the amount of blood circulating through the brain.

Hand Shaking.

How did the people get into the habit of shaking hands? The answer is not far to seek. In early and barbarous times, when every savage was his own lawgiver, soldier and policeman, and had to watch over his own safety in default of all other protection, two friends and acquaintances, or two strangers and acquaintances when they chanced to meet offered each to the other right hand—the hand alike of offence and defence—the hand that wields the sword and dagger, the club, the tomahawk, or other weapons of war. Each did this to show that the hand was empty, and that neither war nor treachery was intended. A man cannot well stab another while he is in the act of shaking hands with him, unless he is a double-dyed traitor and villain, and strives to aim a cowardly blow with the left while giving the right hand and pretending to be on good terms with his victim.

The custom of hand shaking prevails more or less among all civilized nations, and is the latest avowal of friendship and good will—just as a kiss is of a warmer passion. Ladies, as every one must have remarked, seldom or never shake hands with the cordiality of gentlemen, unless it be with each other. The reason is obvious: it is for them to receive homage—not to give it. They cannot be expected to show to persons of the other sex a warmth of greeting which might be misinterpreted, unless such persons are closely related to them by family or affection; in which case hand-shaking is not needed, and the lips do more agreeable duty.

How to Pray.

The Evangelist publishes an article, found among the unpublished papers of the late Dr. A. Alexander, on "Circumlocution in prayer," which closes with the following men who are forming their habits" in respect to prayer. They are equally applicable to all who pray in public, and especially to those who pray in the Sunday-School:

- 1. Let your prayers be composed of thanksgiving, praise, confession and petition, without any argument or exhortation addressed to those who are supposed to be praying with you.
2. Adopt no fixed forms of expression, except such as you obtain from Scripture.
3. Express your desires in the briefest, simplest form, without circumlocution.
4. Avoid the use of compound terms in place of the imperative mood.
5. Hallow God's name by avoiding its unnecessary repetition.
6. Adopt the simple devotional phrases of Scripture; but avoid the free use of its figures, and all quaint and doubtful application of its terms to foreign subjects.
7. Pray to God, and not to man.

A WRITER in the Chicago Tribune imagines "a greenback quivering under the meteoric signature of Gen. Spinner."

APPLY to bruises cloths wrung out of hot water. This will prevent discoloration of the skin, or a "black eye," if done immediately.

A happy woman.

What spectacle more pleasing does the earth afford than a happy woman contented in her sphere, ready at all times to benefit her little world by her exertions, and transforming the briars and thorns of life into roses of Paradise by the magic of her touch? There are those who are thus happy because they can not help it.—no misfortunes dampen their sweet smiles, and they diffuse a cheerful glow around them, as they pursue the even tenor of their way. They have the secret of contentment, whose value is above the philosopher's stone; for without seeking the baser exchange of gold, which may buy some sorts of pleasure, they convert everything they touch into joy. What their condition is makes no difference. They may be rich or poor, high or low, admired or forsaken by the fickle world; but the sparkling fountain of happiness bubbles up in their hearts, and makes them radiantly beautiful. Though they live in a log cabin, they make it shine with a lustre that kings and queens may covet, and they make wealth a fountain of blessings to the children of poverty.

GOOD MANNERS.—Good manners are the particular distinction of a gentleman. They elevate him in society, and in the estimation of all worthy people, and create for him that money can not buy.

In the education of our children nothing is more neglected; and to this is, in a large degree, attributable the growing lack of respect and reverence among young people for their superiors.

Home is the first school of childhood. Here they should be early taught to be polite and well behaved for the first mental impressions of a young child can not be obliterated by correction or forgetfulness. Parents can not exercise too great a degree of care in the examples they set before their children, and in the manners in which they expose them to impure and contaminated influences. The formation of human character is commonly the result of early associations.

A lady prayed for her daughter thirty-nine years without receiving any answer. At length she came to die. Her death was the means used for her daughter's conversion. The daughter became a most eminent Christian, much used in the turning of sinners to Christ. One hundred American students, who were converted met together to speak of their conversion. Ninety of them traced their blessings to their mother's prayers. At another meeting in England, nearly one hundred who had been blessed of God said they had praying parents. We trace every blessing to God's fatherless grace. Still he is pleased to use means, and he says, "For all these things I will be inquired of." Christian mothers, pray on—God answers prayer.

SIMPLICITY IN LANGUAGE.—Do not part with your common sense when you write. You need not make an idiot of yourself because you have a pen in your hand. Be simple, be honest, be unaffected in speaking and writing. Never use a long word when a short one will do. Call things by their right names never smother your thoughts with a cloud of phrases; let a spade be a spade not a well known long instrument of manual industry; let home be home, not a residence; a place, not a locality. Write much as you would speak; speak as much as you would think. With your inferiors, speak no coarser than usual; with your superiors, no finer. Be what you say and what you are.

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Useful Information.

HORSERADISH should be about every man's premises.

CLOVER should be cut for hay as soon as the earliest blossoms begin to get brown.

LAMBS should be dipped in a solution of carbolic soap to kill ticks. Repeat in two or three weeks.

A SADDLE put on loosely, with a slack girth, is very irritating to a horse, and soon produces a sore back.

You owe your obedience to God for your present and eternal happiness.

If the disposition is good, the acts will be so too, though we may not be able to do all we desire.

There are two sources of sin; one from one's self, the other from the persuasion of others.

Thou madest us, O Lord, for Thyself, and our heart is restless until it repose in Thee.

To clean a browned porcelain kettle, boil peeled potatoes in it. The porcelain will be rendered nearly as white as when new.

PURE WATER.—It is impossible to overrate the importance of pure water. Great carelessness has prevailed respecting the supply, the wholesomeness, and the conveyance of drinking water. With increased intelligence the people are becoming somewhat aroused concerning the matter, scientists are contributing much valuable instruction.

WHAT A NEWSPAPER DOES.—

Doctor Holland says: "A bright enterprising, influential paper, in any town or county, is a centralizing power for all these interests. The press advertises the locality—is the exponent of its life and spirit—is the centre of its moral political and social influence, and does more, perhaps, than any other agency to attract the organized industry of its near and remote neighborhood."

"The town and county is known throughout the whole country by its press, and that press magnifies its importance and influence everywhere. It is a centre of intelligence and a centre of attraction; and does, in one sense, more than anything else to make the town and county what it is."

THE LOCKED-UP PARDON.—In the Isle of Man, as I was one day walking on the seashore, I remember contemplating with thrilling interest an old, gray, ruined tower, covered with ivy. There was a remarkable history connected with the spot. In that tower was formerly hanged one of the best Governors the island ever possessed. He had been accused of treachery to the king during the time of civil wars, and received sentence to death. Intercession was made in his behalf, and a pardon was sent but that fell into the hands of his bitter enemy, who kept it locked up, and the Governor was hanged. His name is still honored by the many, and you may often hear a pathetic ballad sung to his memory, to the music of the spinning-wheel.

We must feel horror-struck at the fearful turpitude of that man who, having the pardon for his fellow-creature in his possession, could keep it back, and let him die the death of a traitor. But let us restrain our indignation till we ask ourselves whether God might not point his finger to most of us, and say: "Thou art the man. Thou hast a pardon in thine hands to save thy fellow-creature, not from temporal, but from eternal death. Thou hast a pardon sent to all, sent to all designated for all. Thou hast enjoyed it thyself, but hast thou not kept it back from thy brother, instead of sending it to the ends of the earth?"