

POISON.

The venerable Doctor Willard Parker of the College of Physicians and Surgeons, N. Y., whom we heard lecture 12 years ago by exchange of tickets—for the writer was a matriculate in the University Medical College—after describing the deleterious effects of Alcohol has the following to say to a Herald Reporter about

TOBACCO.

"What else, Doc'or, will tend to fortify the public against the perils of this season of sudden changes in the atmosphere?"

"I ought, perhaps," the Doctor replied, "to have put personal cleanliness in the front rank—that is, to have dwelt upon it earlier in this interview; but the descent from intoxication to beastliness—by which I mean the use of tobacco, of course—is so natural that it is well to speak of that destructive agent here. You will hardly credit the verified statistics of life shortening by this insidious destroyer. The system that is saturated with this poison cannot beget healthy offspring. And not only does the smoker shorten his own life and transmit disease to his posterity, but he invades the domain of his contemporaries. What right, sir, have you to throw an impurity into the glass of water that I intend to drink? Do you expect me to drink it after you have polluted it? The air is a fluid that I must inhale. I must have it or die. What right have you to vitiate it and thus imperil my life? Chewing and snuffing are not so leucinous, for they injure nobody but the victims themselves and their progeny."

"I repeat, sir, air is an impalpable fluid. It is an important part of our food. By what right does the smoker deprive me of this indispensable means of life? You have been in crowded halls in which the air was so impure that the gas burned dim. That came of the exhalations of human lungs added to the combustion of gas. How much more destructive to life if the assemblage had yet further poisoned the atmosphere with the fumes of tobacco!"

"To make good blood—we require good food, pure water, pure air, sunlight and exercise. Either foul air or impure water poisons the blood. If you don't throw off two pounds and three-quarters of effete matter every twenty-four hours through the lungs and two pounds through the pores you must expect sooner or later to fall. Nothing is more essential than pure air. Impure air is the source of our ship fevers. Let me give you an illustration."

Here the Doctor brought out his diary and turned back to 1837. Then he said:

"In 1837 the ship Phoebe, which had arrived with 400 immigrants packed on the orlop deck, where their breath had poisoned the air, was drawn ashore at Perth Amboy with eighty-two persons sick with ship fever. There were more than we could shelter in Bellevue Hospital. The best we could do was set up cots on the lawn and put the patients out there and cover them with awning. What a shout went up from the press of New York! Inhumanity unparalleled! Mark the results. The patients that were under the friendly shelter of the hospital died; those who lay out in the free air recovered. It revolutionized medical practice in fevers. It gave fever patients pure air and cold water, for which nature had been battling for centuries."

EQUALIZE THE CIRCULATION.

"Cleanliness," the Doctor went on to say, "has been classed as skin to godliness. It certainly takes high rank in equalizing the circulation. The jockey appreciates its importance. How regularly they groom their horses! Is not man as precious as the horse? Every man should groom himself every morning—sponge him self from head to foot with water of the temperature of the room in which he sleeps. The purpose of wetting the surface is merely to make the friction of a rough towel more effective as it is rubbed over the person. You should not sleep in any garment that you wear by day, and in a room in which you sleep should be perfectly ventilated by a fireplace and a partly opened window, if possible."

"If, after you have observed the rules of hygiene to the extent that I have indicated you still have cold feet and limbs and indigestion and a tendency to vertigo, plunge your feet into water as hot as you can bear it, and keep them there five minutes. Then put them into cold water for a second—I don't care if it is ice cold. Do as I have pointed out and keep your bowels open and you may safely walk the streets even in the slush of a January thaw and bid defiance to the sudden crispness of atmosphere that freezes other men's feet."

"How shall the feet be clad in winter?"

"Cool head, free bowels and warm feet is the old aphorism. If you suffer your feet to get cold you are in danger of spoplexy of the brain or of the lungs. Cold feet are very likely to be associated with a sluggish state of the bowels. The feet are cold because there is too much blood in one place and too little in another. Cold feet follow the breaking of an equilibrium of the circulation. Sedentary occupations are provocative of cold

feet. If you keep the skin clean and the boxes free and take moderate exercise you will maintain an equilibrium of circulation, and this equalized circulation will keep the feet warm. When the feet are cold it is better to warm them with exercise than at a fire. Look at the woodchopper, swinging his arms so that his hands slap his sides. Thus he carries the blood to his hands, and it warms them. That is the best warmth for either the hands or the feet."

"I have dwelt upon the means of fortifying a man against the sudden changes of temperature in winter to which all are subject who go out to business in the morning and are busy at a distance of many miles from home until night, as most New Yorkers are. But why should not men take care of themselves at all times—not only in yellow fever time and in weather like that of an average January or February in New York, but at all times? There is a vast difference between the longevity of men who take care of themselves and of those who do not. It is as the life insurance companies' tables show, as thirty-five to about seventy. The man who bows to all the known laws of hygiene not only lives longer, but is able also to enter into all the joys of life without the aches and pains that insidious nature imposes when in rebellion."

THE STATE'S INTERESTS IN RAILROADS.

In March, 1878, the Board of Internal Improvements was organized under an act passed at the session of the Legislature of 1874-'75. The chief object of the Legislature in the creation of the board was to obtain more accurate information in regard to the public works in which the State was interested, and to insure more efficient management in the safety, security and labor of the penitentiary convicts.

From the report of Col. Wm. Johnston, secretary of the board, to the Legislature, now in session, some interesting facts are gathered with reference to the public works of the State, and the State's interest in them. After describing the efforts of the board to adjust the management and care of the convicts at work on the several railroads, the report proceeds to give an account of the condition of each of the roads in which the State has an interest. From this the following facts are gleaned:

In the Cape Fear and Yadkin Valley Railroad the State owns 5,500 shares of stock, the par value of which is \$100 each, making \$550,000; owned by other parties, stock to the amount of \$167,000. The market value of the stock being \$8 per share, the State's interest is worth \$44,000. The company's bonded and floating debt is \$122,500. The receipts over and above operating expenses for the year ended October 1st, 1880, were \$7,871.54.

The State owns in the Atlantic & North Carolina Railroad, 12,000 shares of the capital stock, of \$100 par value per share, amounting to \$1,200,000. There are owned by other parties 5,247 shares, the par value of which is \$520,700. The actual value of the stock is about \$10 per share, making the State's stock worth about \$120,000. The bonded and floating debt of the company is \$34,000; the receipts over and above expenses during the year ending October 1st, 1880, were \$34,950.

The capital stock of the North Carolina Railroad is \$4,000,000, of which the State owns three-fourths. This road being leased, the State receives annually a dividend of 6 per cent. on its stock. The debts of the company are about \$200,000 above assets in hands of trustees, and are gradually being extinguished by sinking fund.

In addition to its interest in railroads, the State owns of the capital stock of the Albemarle and Chesapeake Canal Company 2,500 shares, the par value of which is \$100 per share, amounting to \$250,000. The market value of this stock is stated at \$8 per share; the opinion is entertained that it is of greater value. The bonded debt of the company is \$500,000; the proceeds of these bonds were applied to the construction of the canal, interest and improvements. The company owes no floating debt and has promptly paid the interest on its bonds at maturity since 1865. During the past year the expenditures amounted to \$9,414.21 more than the receipts. This apparent excess of disbursements is caused by the purchase by the canal company of \$100,000 of North Carolina State bonds, at the sum of \$12,081.08 which were exchanged for canal stock of the State. Also, the expenditure by the canal company of \$5,000 in the purchase of its first mortgage bonds, as well as the purchase of \$18,000 Dismal Swamp Canal bonds for \$9,000.

This enterprise is commended by the board, as the opinion is entertained that at a period not remote, it is destined to become a portion or section of a great inland ship canal or national highway, from the Northern Lakes, via, Hudson River and New York City, to the coast of Florida.

The only recommendation the board makes with reference to the railroads is that the Cape Fear and Yadkin Valley Railroad would become more important to the State if it could be extended to Lumberton or some other point in Robeson county, to connect with the Carolina Central Railway, thus making another connecting line

in the two leading lines of the State.

With reference to the Western North Carolina Railroad the board believes, with the information in its possession, that "all the conditions of the contract have, up to this date, been complied with."—Chas. Observer.

THE NATURAL HISTORY OF THE JEWS.

In recent issues of the *Scientific American Supplement*, there have appeared several articles with regard to the distribution, numbers, anatomical characteristics, etc., of the Jewish race, a race, we may add, which we hold in high respect for its vitality, energy, thrift, intellectual force, and, under favorable conditions, high moral worth. The last article, in the issue of January 1, contains an interesting comparison of the physical measurements of Russian Jews with corresponding measurements of other races inhabiting the dominions of the Czar.

The measurements were made by Dr. G. Schultz, Conservator of the Anatomical Museum of St. Petersburg, and indicate that the racial characteristics of Oriental Jews are as strongly shown in their physique as in their social and religious customs.

Unfortunately the writer, manifestly biased by the anti-Jewish craze which is showing itself so discreditably in certain parts of Europe, went on to assert that the bodily peculiarities of the Jews were accompanied by and served to account for certain alleged mental and moral traits, the reverse of honorable. The incorrectness and injustice of these assumptions are pointed out very forcibly in the current issue of the *Supplement*, in an article which is well worth reading.

From an American point of view the opposition to the Jews, which has lately been revived in Germany, seems to be due partly to a revival of the unchristian spirit of medieval Christianity, but more immediately to the hatred which thrift always inspires in a majority. The military order which has converted Germany into a great camp, has drafted the flower of German youth into army barracks, and diverted the best energy of the people from productive pursuits. At the same time it has impoverished the masses by direct heavy taxes to support the military establishment, and still heavier indirect taxes in cutting off the supply of productive labor.

Though many Jewish youth in Germany have proved the native courage of the race on recent battlefields, the more peaceful instincts of the race have led them to seek in commerce and in the professions the distinction which the Christian youths of Germany have looked for in military and official positions. And now the cry is that the Jews monopolize the sources of wealth, and that they crowd the professions and other pursuits of peace and profit. The charge is doubtless largely true, but that fact is as much to the honor of the Jews as it is to the dishonor of those whose lower civilization has allowed them to be distinguished in the competitions of peaceful industry, intelligence, persistence, and thrift. If the physically and numerically weaker race can distance their stronger and more numerous competitors in the arts of peace, the fact must be taken as evidence that mind counts for more than stature, and thrift and labor for more than military ardor, in the free conflicts of modern civilization.

THE GENUS HOMO.

The average weight of an adult man is 140 lbs. 6 oz.

The average weight of a skeleton is 14 lbs.

The number of bones, 200.

The skeleton measures one inch less than the height of the living man.

The average weight of the brain of a man is 4 1/2 lbs.; of a woman, 2 lbs. 12 oz.

The brain of a man exceeds twice that of any other animal.

The average height of an Englishman is 5 ft. 9 in.; of a Frenchman, 5 ft 4 in., and of a Belgian, 5 ft. 6 in.

The average weight of an Englishman is 150 lbs.; of a Frenchman, 136 lbs., and of a Belgian, 140 lbs.

The average number of teeth is 31.

A man breathes about 20 times in a minute, or 1,200 times in an hour.

A man breathes about eighteen pints of air in a minute, or upwards of seven hogheads in a day.

A man gives off 4.06 per cent carbonic acid gas of the air he respites; respites 10,000 cubic feet of carbonic acid gas in 24 hours; consumes 10,000 cubic feet of oxygen in 24 hours, equal to 125 cubic inches of common air.

A man annually contributes to vegetation 124 lbs. of carbon.

The average of the pulse in infancy is 120 per minute; in manhood, 80; at sixty years, 60. The pulse of females is more frequent than that of males.

The weight of the circulating blood is about 35 lbs.

The heart beats 75 times in a minute; sends nearly 10 lbs. of blood through the veins and arteries each beat; makes four beats while we breathe once.

40 lbs., or 1 hoghead 11 pints of blood pass through the heart in one hour.

12,000 lbs., or 24 hogheads 4 gallons, or 10,782 1/2 pints pass through the heart in 24 hours.

1,000 oz. of blood pass through the kidneys in one hour.

17,000,000 holes or cells are in the lungs which would cover a surface thirty times greater than the human body.

—Chas. Observer.

BAKER FOR FEBRUARY.

Our prophet, Baker, comes to the front again for February. As will be seen, according to his forecast, it will be a pretty rough month. The community would be happy to see the prophet successful, but their sympathies are hardly with him to the extent of rain or snow nearly every one of the 28 days:

- 1st, rain or snow; 2d and 3d rain and cold; 4th, fair and cold wind; 5th, little rain and cold; 6th, little rain, then fair and cold; 7th, fair and cold wind; 8th, moderate; 9th little rain; 10th, fair and cold; 11th to 13th, fair and cold wind; 14th, little rain; 15th, rain and windy; 16th, rain and cold wind; 17th to 18th, nearly fair and cold wind; 19th, fair and frosty; 20th, little cloudy and cold; 21st, cloudy and cold; 22nd, rainy and cold; 23rd, rain, thunder and wind; 24th, rain and wind; 25th, rain; 26th, little cloudy and cold wind; 27th and 28th, rain or snow, according to Prof. J. C. Baker.—Ch. Obs.

THE NEW APPORTIONMENT.

Washington, January 24.—The House committee on the census agreed to-day to report to the House of Representatives the Cox apportionment bill, with amendments, increasing the number of representatives from 301 to 311, and striking out the second and third sections of the bill, which provided that a Representative or Representatives from any new State should be added to this number, and also, the mode of electing Representatives. The new basis of apportionment is as follows: Alabama 8; Arkansas 5; California 5; Colorado 1; Connecticut 4; Delaware 1; Florida 2; Georgia 10; Illinois 10; Indiana 10; Iowa 10; Kansas 6; Kentucky 10; Louisiana 8; Maine 4; Maryland 6; Massachusetts 11; Michigan 10; Minnesota 6; Mississippi 7; Missouri 14; Nebraska 3; Nevada 1; New Hampshire 2; New Jersey 7; New York 22; North Carolina 9; Ohio 6; Oregon 1; Pennsylvania 27; Rhode Island 2; South Carolina 5; Tennessee 10; Texas 10; Vermont 2; Virginia 10; West Virginia 4; Wisconsin 8.

Only native born citizens are eligible to the Presidency or Vice-Presidency, and it is now claimed that Mr. Chester A. Arthur, the Vice-President elect, does not fall in that category. It is asserted that he first saw the light in Canada. This he stoutly denies, but the evidence looks that way. It appears that he had an elder brother, Chester Abel, who died, and he was born in Vermont, while Chester Allen was afterwards born at Dunham, Canada. If these facts can be made to appear satisfactorily, Mr. English will be entitled to preside over the Senate for the next 4 years.

Public opinion on the subject of faithless husbands is very strong in Somerset, Ky. Mr. Love was that kind of an offender. His wife led a mob against him. He fled hastily, without coat, trousers, or boots, with the crowd in close pursuit. At the end of a mile he was overtaken, and left suspended, head downward, to a tree. He was almost frozen to death when, two hours afterward, a humane preacher cut him down.

Miss Smith was to have been married at Springfield, Ill., but she disappeared on the morning of the wedding day, and various were the conjectures as to her conjectures as to her conduct. She has written from an adjoining State to her offended husband, saying that she fled because she was scared, but is now ready to face the clergyman.

An electric headlight for locomotives will soon be tried on the Cleveland and Pittsburgh Railroad. The power will be furnished by a small engine placed behind the smokestack and furnished with steam from the main boiler.

A Montana Indian who was recently convicted of murder expressed his opinion of the lawyer who defended him with delicious frankness:—"Lawyer too much talk; heap fo!"

While a negro was hunting near Savannah, Georgia, his dog playfully jumped up, and caught his foot in the trigger of the gun. The negro's arm had to be amputated.

The champion brute of the season sold the body of his dead child to a medical college to get money for rum. His name is not given, but he lives in Cleveland.

The Dead Sea is so named from no living object being found in it.

NEW GOODS. Be sure and call on J. M. BIVINS. At his NEW STORE, in his Shop Building, for all kinds of DRY GOODS, CLOTHING, HATS, ETC. Hardware, Cutlery, steel Plows, Singletrees, Clivis' open link Blasting Powder, Fuse Drill, Steel, etc. The ladies will do well to call and examine his NEW CALICOS before buying their new fall dresses. Come one, come all! buy goods cheaper than ever. ALBEMLE, Oct. 13, 1880.

THE NEWS AND OBSERVER. S. A. ASHE, Editor, L. L. POLK, Corresponding Editor. A North Carolina Democratic Journal. Daily and Weekly. TERMS: Daily, one year, \$7.00; six months, 3.50; three months, 1.75; Weekly, one year, 1.00; six months, .50. The News and Observer, Raleigh N. C.

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