

The Western Democrat.

WM. J. YATES, EDITOR AND PROPRIETOR.
Terms of Subscription—THREE DOLLARS, IN ADVANCE.

CHARLOTTE, N. C., TUESDAY, JULY 5, 1870.

NINETEENTH VOLUME—NUMBER 919.

THE Western Democrat

PUBLISHED BY
WILLIAM J. YATES, Editor and Proprietor.
TERMS—Three Dollars per annum in advance.
Advertisements will be inserted at reasonable rates, or in accordance with contract.
Obituary notices of over five lines in length will be charged for at advertising rates.

Dr. W. H. Hoffman, DENTIST,

(Late of Lincoln, N. C.)
Respectfully informs the citizens of Charlotte and the public generally, that he has permanently located in Charlotte. He is fully prepared to attend to all calls relating to his profession.
A successful practice for more than 10 years in this section of country and in the Confederate army of Virginia during the late war, warrants him in promising entire satisfaction to all parties who may desire his services.
Office over Smith & Hammond's Drug Store, Office hours from 8 A. M. to 5 P. M.
References—M. P. Ingram, Cashier 1st National Bank of Charlotte; Dr. Wm Sloan, Dr. J. H. McCady, and W. J. Yates, Editor Charlotte Democrat.
Jan 31, 1870

DENTISTRY.

The old firm of ALEXANDER & BLAND is hereby revived, at the former stand in Brown's building, opposite the Charlotte Hotel. Entire satisfaction is guaranteed, and teeth can be extracted without pain. The patronage of our old customers is respectfully solicited.
June 6, 1870.

Robert Gibbon, M. D.,
PHYSICIAN AND SURGEON.
Office over Smith & Hammond's Drug Store
Residence on College Street.
Jan 24, 1870.

J. P. McCombs, M. D.,
Offers his professional services to the citizens of Charlotte and surrounding country. All calls, both night and day, promptly attended to.
Office in Brown's building, up stairs, opposite the Charlotte Hotel.
Oct 26, 1868.

Dr. JOHN H. McADEN,
Wholesale and Retail Druggist,
CHARLOTTE, N. C.
Has on hand a large and well selected stock of PURE DRUGS, Chemicals, Patent Medicines, Family Medicines, Paints, Oils, Varnishes, Dry Goods, Fancy and Toilet Articles, which he is determined to sell at the very lowest prices.
Jan 1, 1870.

W. F. DAVIDSON,
ATTORNEY AT LAW,
Charlotte, N. C.
Office over B. Koopmann's Store.
Dec 13, 1869

DR. E. C. ALEXANDER,
Charlotte, N. C.
Offers his services as Physician to the citizens of Charlotte and surrounding country.
Office near opposite Charlotte Hotel.
Dr. Alexander makes a good Cough Mixture, better than any Patent Medicine. Try it.
Feb 7, 1870.

JOHN T. BUTLER,
WATCH AND CLOCK MAKER,
AND DEALER IN
JEWELRY, FINE WATCHES, CLOCKS,
Watch Materials, Spectacles, &c.
Aug 19, 1867. CHARLOTTE, N. C.

MANSION HOUSE,
Charlotte, N. C.
This well-known House having been newly furnished and refitted in every department, is now open for the accommodation of the
TRAVELING PUBLIC.
E. H. Ommins, at the Depot on arrival of Trains.
Jan 24, 1870. H. C. ECCLES.

B. R. SMITH & CO.,
General Commission Merchants,
60 Kilby Street, BOSTON, MASS.
For the sale of Cotton, Cotton Yarn, Naval Stores, &c., and the purchase of Gunny Cloths and Merchandise generally.
Liberal Cash advances made on consignments to us, and all usual facilities offered.
We hope by fair and honest dealing, and our best efforts to please, to receive from our friends that encouragement which it shall be our aim to merit.
Orders solicited and promptly filled for Gunny Bagging, Fish, Boots and Shoes, &c., &c.

REVERE BY PERMISSION
To John Demeritz, Esq., Pres. Eliot Nat. Bank, Boston.
Loring & Reynolds, 110 Pearl St., Boston.
Marchison & Co., 207 Pearl St., New York.
J. Y. Bryce & Co., Charlotte, N. C.
B. Y. McAden, Esq., Pres. 1st Nat. Bank, Charlotte.
T. W. Dewley & Co., Bankers, Charlotte, N. C.
R. M. Oates & Co., Charlotte, N. C.
Williams & Marchison, Wilmington, N. C.
Col. Wm Johnston, Pres. Charlotte and Augusta Railroad, Charlotte, N. C.
Sept 6, 1869.

LARGE STOCK
Wittkowsky & Rintels

Have received one of the largest Stocks of Goods ever offered in this market, and are receiving weekly additions, so that they are prepared to supply any amount of patronage they may be favored with during the Fall and Winter.
Country Merchants are especially invited to call and examine this Stock of Goods, as they can find anything wanted for stocking a country Store and at very reasonable wholesale prices.
Give us a call and see our Goods and hear our prices before making your purchases.
WITTKOWSKY & RINTELS.
March 15, 1870.

Stoves, Tin & Sheet Iron Ware.
Always on hand the best STOVES in the market. Spear's Chloride, Excelsior, Columbia and Live-Oak Cooking Stoves.
Box and Parlor Stoves, Tin and Sheet-Iron Ware, and various Hollow Ware, Japanese Ware, and various Housekeeping Articles.
All wares and work warranted as represented.
Orders respectfully solicited.
Feb 28, 1870. D. H. BYERLY.

THE THINGS THAT MAKE MEN.—It is not the best things—that is, the things which we call best—that make men; it is not the calm experiences of life; it is life's rugged experiences, its tempests, its trials. The discipline of life is here good and there evil, here trouble and there joy, here rudeness and here smoothness, one working with the other; and the alternations of the one and the other which necessitates adaptations, constitute a part of that education which makes a man a man, in distinction from an animal, which has no education. The successful man invariably bears the marks of the struggles which he has had to undergo on his brow.

Valuable Real Estate for Sale.

Will be sold, at the Court House door in the City of Charlotte, on Thursday the 14th day of July next, one-half interest in the STORE HOUSE and LOT, now occupied by Brem, Brown & Co. as a Dry Good Store; Sixteen acres of LAND, on the Lawyers Road, near the corporate limits of the City, adjoining Dr. M. M. Orr and Capt. Baxter Moore's also, the homestead of the late A. G. Steele, subject to the widow's dower.
Terms—Six months credit with interest from date, note and approved security—Title held until paid.
J. M. WHITE, Executor,
S. J. WHITE, Executor,
of A. G. Steele, dec'd.
June 13, 1870 5w

Land for Sale.

By virtue of a Decree of the Superior Court of Mecklenburg county, I will sell at public auction to the highest bidder, at the Court House door in the City of Charlotte, on Saturday the 9th day of July, 1870, that valuable Tract of LAND belonging to Wm. Wallace, deceased, lying on the Atlantic, Tennessee & Ohio Railroad, about 8 miles from Charlotte, containing about 160 Acres. About one-half of the Land is under cultivation. The above Land will be sold subject to the widow's dower.
Terms—Nine months credit with interest from date, with bond and good security.
J. M. WALLACE,
Administratrix of Wm. Wallace, dec'd.
May 20, 1870 6wpd

Administrator's Sale.

On Tuesday, the 5th of July next, I will expose at public sale, at the late residence of Jno. P. Ross, Esq., dec'd., in the City of Charlotte, the following property: A lot of Household and Kitchen Furniture, 1 large Field Thresher, 1 Horse Thresher, Wheat Fans, Cotton Gin, Road Wagon, 1 fine young Jack, 1 Jennet, and other articles not here mentioned.
The above property will be sold on a credit of 6 months, with interest from date—purchaser giving bond with approved security.
June 13, 1870 4w R. M. MILLER, Adm'r.

The Greatest Invention of the Age.

A Great Victory Obtained in SPINNING WHEELS.
Having obtained the exclusive Agency to manufacture and sell the justly celebrated KELLER IMPROVED PATENT SPINNING WHEEL in the State of North Carolina, I propose to sell a limited number of County Rights to manufacture and sell. Persons desiring to embark in a light, honorable and profitable business, by which they may be able to realize from \$5 to \$20 per day, clear of all expenses, would do well to communicate with me at once.
Any person selling or using the above Wheel, unless obtained from me or my authorized agents, will be prosecuted to the full extent of the law.
B. N. SMITH, Agent,
June 13, 1870 1m Charlotte, N. C.

R. M. MILLER & SONS,
Wholesale Grocers,
GENERAL PRODUCE DEALERS
AND
Commission Merchants,
College Street, CHARLOTTE, N. C.
May 16, 1870.

Sparkling Catawba Springs, CATAWBA COUNTY, N. C.

This celebrated Watering Place, formerly called North Carolina White Sulphur Springs, will be open for visitors on Wednesday, the 1st day of June.
Being situated in the Northwestern part of the State, in a section remarkable for its delightful climate, beauty and healthiness, these waters, with the virtue of the Waters, make it one of the most desirable Watering Places to be found.
The Mineral Waters of these Springs are the White and Blue Sulphur, and Chalybeate or Iron, and they possess all the finest qualities of these waters, and are sovereign remedies for all Female Diseases, diseases of long standing, diseases of the liver, bowels, stomach, Kidneys, Pulmonary diseases, Eruptions of the skin, Scrofula, Weakness, Debility, Dyspepsia, Rheumatism, &c., &c.
From the numerous wonderful cures that have come immediately under my own observation within the last four years (by the use of these waters) I am satisfied that this is the place for all whose condition can be improved by the salutary character of any water that flows from the earth, and the medicinal qualities of its waters, and it is to be noted that our Southern people will patronize the Sparkling Catawba, which ought to be the pride of North Carolina, as well as the South, for no watering place can offer greater inducements for either health or pleasure.
The Bar will be supplied with choice liquors and cigars. Good Tea Pin Alleys. Billiard Tables, one of which will be of the most approved style.
Good Bath Houses, for Pool, Plunge or Shower Baths, and Sulphur Baths, hot or cold.
A good Band of Music, six or more performers, has been engaged for the season, and a good Physician permanently located for the benefit of invalids, who will have good attention.
The Sparkling Catawba this season will be under the management of Mr. John L. Eubank, (who, for the last three years, has been manager of the Healing Springs in Virginia)—assisted by Mrs. M. A. Wrenn, and visitors may rely upon finding a good table.

The cars, on the Western and Morganton Railroad, leave Charlotte every morning, Sundays excepted, for Hickory Station, the Springs Depot, where baggage and good drivers will be ready to take passengers to the Springs, a distance of six miles, over a beautiful, well shaded road.
A good Laundry connected with the Springs, and washing done at reasonable rates.

BOARD

For four weeks, \$48. Per week, \$15. Per day, \$8. Children under ten years of age and colored servants half price. No charge for infants, or children under two years of age. Reasonable deduction made for large families who spend the season. Tickets at reduced rates, or return tickets, can be had on the different Railroads to the Sparkling Catawba.
J. GOLDEN WYATT & CO.,
Sparkling Catawba Springs, Catawba Co., N. C.
June 6, 1870 2m

REGISTRATION.—The act concerning "Election and Registration" for the year 1870 provides that the Secretary of State shall, on or before the first Monday in June, forward suitable books to the commissioners of the various counties, on their requisition, when needed, and if they do not receive a sufficient number, they are authorized and directed to provide the same at the expense of the State.
The Commissioners are also required to select, on or before the first Monday of July, one justice of the peace for each election precinct, who shall act as registrar of voters, and when there are not enough justices of the peace to have one at each precinct, the commissioners shall appoint some discreet person to act as registrar.
The duties of the Registrars will commence on the first Thursday in July and end on the first Thursday in August, on the closing of the polls.

It is made the duty of the county commissioners, also, to appoint, on or before the first day of July, two electors at each precinct, who shall, with the registrar, be judges of the election.
INFORMATION FOR THE FRUIT DRIERS.—In order to get the highest market price for dried fruit, observe the following directions: Slice your apples, and not cut them in quarters, and take out all the core. Dry them a light yellow, and keep the dark fruit to itself. Dry your peaches by cutting them in halves, and not in quarters, and do not let the fruit get wet. By observing these rules, you will always get the highest price. Keep your dark fruit to itself, and it will sell as well as if the bad and good were mixed.—Statesville American.

COTTON GINS.
CHARLOTTE, N. C., June 18, 1870.
Messrs. BREM, BROWN & Co.—Gentlemen: We, the undersigned, Cotton buyers and Grocery dealers of this City, have bought cotton ginned on the Gullet Steel Brush Gin, and have found it to be free from trash and dirt, and of superior lint, (fibre unbroken and free from dirt), and good cotton sold for half a cent per pound and poor and stained cotton from one to two cents per pound over cotton of the same classification ginned on other Gins.
OATES, SANDERS & OATES,
STEENHOFER, MACCARTHY & CO.,
R. M. HOLY & SONS,
J. Y. BRYCE & CO.
We are Agents, and keep on hand a supply of the above Gins. Any one in want of a Gin should call and examine them before buying.
Call or send for Circular
BREM, BROWN & CO.
June 20, 1870 4m

Just Received,
100 BARRELS Molasses and Syrups in store and to arrive, all grades and prices to suit,
25 Bags Rio Coffee,
50 Family Mackerel, (fresh),
1000 Lbs. choice Country Side Bacon,
50 Bags Country Flour, and
10 Boxes Assorted Soda,
50 Boxes Candles,
20 Boxes Family Soap,
10 Boxes Fancy Soap, cheap.
A large lot of 4 and 1 barrels No. 1, 2 and 3 Mackerel.
R. M. MILLER & SONS,
June 20, 1870.

BINGHAM SCHOOL,
MEBANEVILLE, N. C.
The Session of 1870-71 opens August 24th. For Catalogue address Col. Wm. BINGHAM, June 20, 1870 6w MEBANEVILLE, N. C.

Wilmington N. C. Life Insurance Company
JOHN DAWSON, President.
Authorized Capital \$1,000,000—Guaranteed Capital \$800,000.
Having accepted the General Agency for the Ninth Judicial District of the Wilmington Life Insurance Company, I am desirous of appointing an Agent in each county. References required of applicants.
Address me at Charlotte, N. C.
S. RUSS,
June 13, 1870 3m Office at Charlotte Hotel.

Hardware.
The largest stock of Table and Pocket Cutlery in North Carolina. Brades' Rivet-Eye Hoe, Griffin's Grass and Grain Blades, Seythe Stones and Saws, Glass, Putty, and a general assortment of Hardware at
McLAUGHLIN & WALTER BREW'S.
June 6, 1870.

Thirty Millions of Dollars.
Fully appreciating the necessity for RELIABLE INSURANCE AGENCIES to this community, we have, during the past three years, secured the agency of several of the
Safest and Strongest Companies in the World. The combined assets of the Companies we represent make up the grand total of Thirty Millions Nine Hundred and Fifty-Eight Thousand Dollars.
Having been engaged in the Insurance business for several years, we feel competent to judge of the standing of Insurance Companies, and only represent such as we can safely recommend to our friends. We have paid losses since the war amounting to nearly
Seventy Thousand Dollars
And have never appealed to the law to make settlements for us.
Policies written on all classes of Merchandise, Storehouses, Dwellings, Churches, Farm Houses, Barns and Manufacturing Establishments of all kinds at fair rates. Office Corner of College and Fourth Streets.
BURLINGHOUGH & SPRINGS.
J. C. BURLINGHOUGH,
R. A. SPRINGS.
June 13, 1870.

HARRIS & PHARR, 1870.
AT
Old China Hall,
Between Tate & Devere's and First National Bank,
CHARLOTTE, N. C.
Wholesale and Retail dealers in China, Glass, Crockery and all other House Furnishing Goods to be found in any first-class Crockery House.
Our Goods having been selected with care and with the intention on our part of meeting, to the fullest extent, the wants of Merchants making purchases for retailing, and also for the wants of families, all of which we offer for Cash.
We solicit orders by mail or otherwise, and a call from buyers, when they visit our City, before making their Spring purchases.
HARRIS & PHARR.
Jan 31, 1870.

Notice.
Notice is hereby given, that at the expiration of ninety days application will be made for a duplicate of Certificate No. 1528, dated September 24th, 1862, for 7 shares of stock in the Charlotte & South Carolina Railroad Company in favor of Moses B. Taylor, the original having been lost.
May 9, 1870 3m J. H. McADEN.

The Revenue, Income Tax and General Financial Situation.

The revenue of the government is, in round numbers, \$354,000,000—that is, from internal resources, \$180,000,000, and from customs \$174,000,000. The leading and prominent men of the dominant and administration party in Congress assert that the government can be carried on with an expenditure of a hundred millions a year, or less, independent of the interest on the debt. The total interest on the debt is, without calculating fractions, \$127,000,000. Add a hundred millions to this for current expenses and this will give a total of \$227,000,000. But suppose we add thirty millions more, that is \$130,000,000 a year for current expenses, independent of the interest on the debt; we then have a total of \$257,000,000, or about a hundred millions less than the revenue. There is a surplus of a hundred millions a year. And this has been about the amount which the Secretary of the Treasury has had to apply for the purchase or liquidation of the debt.

This is a very gratifying state of things for the country, so far as its resources and the payment of the debt go. It raises our credit abroad and at home and makes the bondholders everywhere happy. The Secretary of the treasury may believe that it will enable the government to fund the debt at a lower rate of interest, though there may be some doubt if the bondholders would willingly relinquish securities which stand so high in the market and bearing six per cent interest for others bearing four or four and a half per cent. At any rate it shows the ability of the country to pay the debt, enormous as it is, within a short time.

A FOX FOR DUELING.—The late letter of Governor Stevenson, of Kentucky, now Senator elect to Congress from that State, is full of manly sentiment. The letter is in reply to a Mr. Jones, and after some allusion to the various party and personal quarrels in which a political career had involved him, the Governor said, "a duel I will not fight. For more than thirty years I have been a professor of the Christian religion. I am now chief magistrate of the State. Nobody can induce me to stab Christianity or trample upon the majesty of the public laws which I am sworn to uphold." This frank and fearless avowal is all the more to be commended from its being uttered in a community where the duello has not altogether gone out of fashion, and where, from a natural fear of being taunted with cowardice, more than one public man has yielded to a barbarous practice which his conscience condemned.

WOMEN AND MEN OF PERU.—All the Linnæan beauties are short, rather stout, plump and fat, and the efforts to appear thin and wasp-like, the frantic attempts to draw in the waist and to acquire that scrawny, scolding figure more than ludicrous. It often causes me to regret to see the silly attempts to spoil a really round and plump figure. But it is a singular fact that while the women are all short and stout, the men, on the contrary, are tall, thin, and narrow-chested, more like the French than Englishmen. But I attribute this leanness of figure to the constant smoking in which they continually indulge from the early age of nine and ten years.

PROLETIC MICHIGAN.—Michigan unquestionably deserves praise for what she is doing for the preservation of the human race. The late report of the Secretary of State shows that from April to December, 1868, (the point to which the statistics are made up) there were two hundred and ten pairs of twins born in the State, and, as friends of the agricultural interest, we are proud to say that two-thirds of the fathers of the twins were farmers. There were also born three sets of triplets; but two out of the three triplets, we are compelled to acknowledge, were shoemakers. The explanation of these interesting facts we leave to the regular statisticians.

Turnip Seed.
Received this day, a supply of fresh Turnip Seed—Large White Norfolk, Red Top, Golden Ball, White Globe, and Blue Bags.
At
WILSON & BLACK'S,
Drug Store.
June 27, 1870.

NO SECRET.
At Smith's Shoe Store.

You can buy the best and cheapest Boots, Shoes, Leather, Hats, Trunks and Tobacco.
April 4, 1870. S. P. SMITH & CO.

Just Received,
30 BARRELS MOLASSES,
20 Bags Coffee,
50 Kits Family Mackerel,
30 Dozen Pickles,
25 Boxes Assorted Soda,
20 Barrels extra C Sugar,
June 13, 1870. A. R. NISBET & BROS.

PRESSON'S FAMILY GROCERY
Fresh Goods!
Just received at the Sign of the Elephant,
Next door below Bryce's Building,
CHARLOTTE, N. C.

I desire to invite my friends and the public generally, to call and inspect my large, fresh and well selected Stock of
Groceries, &c.
Which have just been opened, embracing Sugars of all grades and low prices, Coffees, the usual variety, Teas, Green and Black, warranted, Molasses, the best and the lowest, at retail or by the barrel,
Mackerel pronounced by my customers the best ever opened in the City,
Flour, a specialty, as I select and offer none but the best,
Bacon, Hams, Shoulders and Sides, selected Brands, well cured and the most approved by Connoisseurs of a well supplied larder,
Lard, first quality, in Cans and Barrels,
Pickles, Ketchups and Sauces, Jellies, Preserves and Fruits, Pepper, Salt and Spice, Soda, Starch and Soap, Candles and Crockery, Shirtings, Sheetings, &c., Shoes of the best manufacture, for Ladies, Gentlemen and boys, and choice Liquors, Foreign and Domestic, for medicinal use, Motz's choice Copper Distilled Whiskey. Also, Cans, self-sealing, for Fruit and Vegetables.

Independently of the accidents which occur daily to ladies from wearing high heeled boots and shoes, a variety of painful effects are produced on the nerves and anatomy of the foot, originating in the unnatural position which that important member of the human body is placed in while supporting the frame. The medical men are frequently consulted for sufferings, generally local, but sometimes spinal, originating in this fashion, which make women walk lame, and distort their general bearing.
Call and see my Goods, for you may secure better offers than are usually made.
June 20, 1870. B. M. PRESSON, Ag't.

From the Raleigh Methodist. Brain-Work, Diet and Rest.

BY REV. E. L. PERKINS.

An unimpaired laborer, who has just returned from the field with his grubbing-hoe on his shoulder, would be very much astonished if you were to tell him that the student, who had spent four or six hours of the day in hard study, had wasted as much of the power of life as the man with the hoe. Men who are used to having weary muscles imagine themselves the only class of people that are wearing out their lives by their calling, and they have but little sympathy with those who are brain-weary, as it is a condition to which they are often strangers.

It is, however, true, that brain-work exhausts a man's energies, not only as much, but even more, than muscular effort. It is more essential that the brain-worker should be suitably provided with food especially adapted to his work, than the man of mere muscle. It has been estimated by Prof. Huxington, that three hours of hard study will produce more important changes of the tissues than a whole day of muscular labor, so that it may be considered as a maxim that, "the labor of the brain causes greater waste of tissue than the labor of the muscle."

The importance of the brain in the animal economy is indicated by the fact, that one fifth of the blood is sent to brain, although the brain is but about one-fourth of the whole body, weighing about fifty ounces. This fact indicates, further, that the work of waste and repair is going on more rapidly in the brain, than in any other portion of the human system. This leads us to the inquiry, what is it that so rapidly consumes by the brain, and that calls for so much and such constant repair?

Chemical experiments have shown that phosphorus is a prominent ingredient of the brain. It is further ascertained that, after, and even during a severe mental effort, an unusual amount of phosphorus is taken up from the blood, and thrown off by the kidneys. This indicates that during a mental effort the brain demands for its use, and uses, a larger amount of phosphorus than at a time of mental quiet.

If, then, phosphorus or phosphoric acid, gives energy to the brain, by supplying it with the peculiar material for its consumption, it clearly points to such diet as contains an abundance of the phosphates, for the use of those persons who undergo great mental labor. Of such diet, may be mentioned as the best, beans, eggs, oysters, fish, coarse wheat bread and milk. Beans and eggs may be considered, with milk, as leading the list, with fresh fish thrown in as often as they can be obtained. A German professor informed the writer of this article, that whenever he could get beans to eat three times per day, he would not become nervous from hard study, but without his beans he became very nervous. He was very hard student and his experience had taught him to use those articles of diet that administered strength to the brain.

Then as to quantity, every man must become his own judge. Giant intellects are generally supported by good stomachs, and sound digestion. Imperfect digestion is a deadly enemy to active thought, therefore every man of studious habits should be watchful concerning the condition of his stomach. Eat nothing that you know to be indigestible, though it be ever so tempting to the appetite. If the quality of the blood is impaired by indigestion, the brain is among the first organs to suffer. The machinery of thought is encumbered, and mental as well as physical disorder is the certain result. One hour's study under such circumstances is more laborious than four under circumstances of good sound digestion. As muscular exercise is essential to good digestion, the brain-worker should pay strict attention to the due exercise of all parts of his body. The plays that have been invented in the school-yard are happy contrivances for the children, but unfortunately, it is not considered orthodox for grown-up people to engage in such sports, while no means have been provided as a substitute. Walking, riding and chopping wood or spading up the garden have not yet become a heresy, for which grown-up students have cause to be thankful.

The importance of sleep has not been properly estimated by many studious persons. Once the mind has been trained to active thinking, it can obtain but little rest except during the hours of sleep. It is unlike muscle-weariness. When the muscles are weary, a little cessation from labor and they rest; but when the brain is weary, to stop reading, or to stop writing is not rest. The mind has to be diverted to get even a partial relaxation. The thoughts keep moving; the mind will be thinking, until sleep brings quiet to the brain.

It is during sleep that the brain gathers strength; it is then that the brain receives more blood to repair the wasted tissues. It may be compared to a reservoir, that is emptied by wakefulness and replenished again by sleep. Therefore studious persons, men of active minds, to preserve a well balanced system should be scrupulous about their sleep. Do not be misled by the wonderful tales about Bonaparte's sleeping only four hours in twenty-four, or about Wesley's sleeping only six, or about Bronghnan's protracted labors without sleep. All men have not such powers of endurance. When sleep calls you to rest, take it. Every man must by experience find out what his system needs. Keep the fact steadily in view that it is sleep that invigorates the brain. If you are called upon to put forth at any particular time some powerful effort of mind, see that the effort is preceded by plenty of refreshing sleep. Having first prepared your subject, take rest, and go fresh, with a previously well rested subject, to the task.
To work the brain then to advantage is what you have to learn. To do this seek such diet as will contribute to brain-energy, and take all the rest your system requires. A violation of these rules leads to many serious evils, not the least of which is nervous headache.

Independently of the accidents which occur daily to ladies from wearing high heeled boots and shoes, a variety of painful effects are produced on the nerves and anatomy of the foot, originating in the unnatural position which that important member of the human body is placed in while supporting the frame. The medical men are frequently consulted for sufferings, generally local, but sometimes spinal, originating in this fashion, which make women walk lame, and distort their general bearing.

Agricultural.

Cause and Prevention of Rust in Cotton.

From an Essay on this subject by Edw. E. Evans of South Carolina, published in the Rural Carolinian, we make the following extracts, which we know will be interesting to Cotton planters:

"Having thus stated the theories of the disease, it will be instructive to examine the various facts which have fallen under our observation, both in the appearance of the disease and the remedies which have been employed, to see how far they may accord with one or the other of these theories; how far they may be explained upon recognized principles, and how far they may throw further light upon this obscure subject. The first fact which we observe is that in unpropitious seasons, such as the last, the disease prevails generally, and affects soils of almost every description. Here the exciting cause would seem to be in certain atmospheric conditions, and is in conflict with the theory of noxious matter as an exclusive one. Here the disease would seem to be beyond the control of the farmer; but it is not entirely so. On my own farm, during the last season, amid the general prevalence of the disease, a new ground and a premium acre under high treatment, on opposite sides of the farm, were entirely exempt. This fact proves that under the most adverse atmospheric condition, a high condition of the soil, natural or artificial, will mitigate if not prevent the disease. The second fact which we notice, is that certain soils are extremely liable to the disease, while others, and especially new lands, are generally exempt. Here the exciting cause is evidently in the soil, and the cause is of an vegetable or mineral matter are clearly unhealthy to the growth of plants, and, as might be anticipated, a removal of them will correct the evil. More thorough drainage and the application of lime or ashes has, with the observation of many of us, arrested the tendency to rust in certain lands. * * * * *

There is one class of lands extremely liable to rust, the cause of which is difficult to understand. The insular lands upon our rivers are among our driest and most fertile soils. In the production of corn they stand unrivalled, and yet they almost invariably produce rust in cotton. When new, they are said not to rust, and it may be that their very generous nature has led to exhaustion in some essential element. It would be difficult to estimate the amount of potash, phosphoric acid, lime, etc., which these generous soils have, year after year, yielded to the tillage of the farmer. This view is sustained by the fact that high manuring has been found an effective remedy.

A third fact is that cotton usually rusts about the same period of its growth—about the period of fruiting. I have never known a young plant to be affected by the disease. It is at the time of fruiting that the demands upon the soil are largest. The ash of the cotton seed amounts to four per cent of weight, and is one of the richest of all vegetable substances in inorganic matter. It might be expected, then, that any defect of the soil would be exhibited at this critical period, and the vigor and strength of the plant being impaired, it would fall an easy victim to disease. It is a well attested fact that manuring, at this time, has often checked the development of rust. Again, it has been observed that cotton manured with guano has taken rust, while that manured and adjacent has escaped. This fact is not singular when we reflect that the effect of guano, especially in small quantities, is soon exhausted, and the plant is then left upon very poor soils in worse condition than if no manure had been used.

Again, it is said that the prolific varieties, which are now known under the general term of Dickson seed, were found more liable to rust than the ordinary varieties. The principle upon which this depends will not be difficult to discover when we examine into the exact function which the plant performs in producing fruit. Alone the plant can produce nothing. It can only work up into living forms the dead elements of the soil, and, if these elements are wanting, the very tendency to fruitfulness is itself a source of failure.

In the report of a commission appointed by the Government of Australia, to investigate the cause of mildew in wheat, it is stated as supported by facts that the more improved and productive varieties were peculiarly subject to the disease. This truth is sustained by analogies from animal life. Improved stock require improved pasturage; and improved and prolific plants require a higher condition of the soil.

From what has been said, I think we may conclude that whatever may be the exact nature of the disease, its exciting cause varies with the varied condition of soil and season. It may be affirmed that whatever is unhealthy to the plant, will generally cause it to develop rust. A general remedy is alone to be found in judicious manuring and cultivation. A special cause will often require the application of a special remedy.

There is a disposition among the purely practical farmers of the country to ascribe the disease to some general cause, such, for example, as the presence of the pokeweed, and to seek for a remedy applicable to all cases. In this view common salt is sometimes recommended as a panacea. The value of salt, both as a manure and as a remedy for mildew in grain, constitutes one of the most vexed questions in the literature of English agriculture, and its value in this country seem equally uncertain. Some remarkable facts have been stated to me by several of our best farmers, attesting its value as a preventive of rust. But it is difficult to account for its action in this respect. It has constituted one of the best important elements which enter into plants, and its value as a sapric agent, must be ascribed to both lime and ashes. Its effect in destroying insect-life is well known, and in England it has been found equally destructive to fungus growth. It is to this that Professor Johnston ascribes its value both as a preventive and a remedy for mildew.

FRANCIS JUSTICE,
Attorney at Law,
Bryce's Building, CHARLOTTE, N. C.
June 20, 1870.