

Gold's Weekly Argus.

DANGEROUS.
If your lungs are weak,
your appetite and strength
gone, get a bottle of Mil-
ler's Emulsion of Cod
Liver Oil.
Miller's Pharmacy

This Argus is for the people's rights,
Doth an eternal vigil keep.
No soothing strains of Maia's sun,
Can dull its hundred eyes to sleep.

THE EASTERN HOSPITAL.

Meeting of the Board of Directors
Yesterday: Superintendent's Bi-
ennial Report—An Excellent Phil-
anthropic and Financial showing
—Officers Elected.
The Board of Directors of the
Eastern Hospital, near this city,
the State's institution for the
care of the colored insane, met
there yesterday, in regular semi-
annual session, at which meeting
the annual election of subordi-
nate officers, consisting of the
assistant physician, Steward,
Matron and Farmer took place,
and the biennial report of the
Superintendent was read.
All the incumbent officers were
re-elected, viz: Dr. W. W. Faison,
assistant physician; Capt. Daniel
Reid, Steward; Mrs. B. V. Smith,
Matron, and Mr. John Pate,
Farmer.
The report of the Superintendent,
Dr. J. F. Miller, covering in
detail the past two years of the
Hospital's administration, was
read and ordered printed in pam-
phlet form. It was an able, inter-
esting and instructive document,
and its presentation of facts and
figures showing the administrative
economy, and yet with every
needed comfort, with which this
splendid institution is run was
gratifying to the board as it was
creditable to the able Superin-
tendent.
As a manifesto in brief of the
financial affairs of the Hospital,
we herewith publish the compre-
hensive report of the entergetic
and competent steward, Capt.
Daniel Reid.

STEWARDS REPORT.

Amount paid medical dept.	\$ 612.94
provisions	9,833.91
lights	322.10
clothing	2,415.71
repairs	1,459.69
engineer	1,675.00
carpenter	8.33
farmer	75.45
army	24.00
wards	506.24
incidental	95.88
salaries & wages	10,904.30
dairy	715.00
Total ordinary ex. for 1894	\$84,011.84
Annex	4,899.46
Laundry machinery	1,000.00
Land purchase	1,999.99
Cow stables	490.94
General improvements	432.33
Total expenses for 1894	\$92,222.31
Average number patients pre- sented	262.62
Average number patients on roll	28,433.
Per capita cost for year 1894	\$15.54 10-11.
Per capita cost daily	\$1.81 103.
Daily average number patients at work	1164.

STATEMENT OF SUPPORT FUND.

Paid ordinary ex. for 1894	\$84,011.84
Legisla. approp. for sup. 1894	33,000.00
Deficiency	\$1,011.84
SPECIAL FUND FOR ANNEX 1894.	
Bal. on hand and on fund 1893	\$140.77
Legisla. approp. for annex 1894	6,500.00
Total annex fund for 1894	\$6,640.77
Less total ex. for annex 1894	4,477.48
Bal. on annex fund on hand and included in gen'l fund	\$2,163.29

GENERAL FUND 1894.

Bal. on hand fr'm gen'l fund 1893	\$936.24
Legisla. approp. for 1894	2,000.00
Bal. on hand from 1893	149.77
Legisla. approp. fr'm sup. 1894	33,000.00
Bal. on hand from 1894	6,500.00
Total avail'ble fund (gen'l) 1894	\$43,106.01
Less amount exp'd acc't general voucher	42,222.41
Bal. general fund on hand	\$883.70

CASH ACCOUNT.

Bal. cash in hands Dec 1893	\$ 2.18
Cash received from all sources	563.52
Total available cash for 1894	565.70
Less cash disbursed fr'm 1894	515.61
Bal. cash on hand	\$50.09

Respectfully submitted,
DAN' L. REID,
Steward.

Washington News.

WASHINGTON, Dec. 12.—The
case of Capt. Howgate, the ex-
United States Signal Officer, has
been set for trial December 20th.
New indictments are expected to
be brought in by the Grand Jury
at any time against Howgate, as
some of those now in court are
defective. An effort to appeal
from Judge McComas' decision
on the demurrer to the indict-
ments for embezzlement against
Howgate will probably be made
in the Court of Appeals.
The first case of violation of
the new tariff law as to the tax
on playing cards received the at-
tention of the Treasury Depart-
ment to-day. The offender, who
lives in Pennsylvania, sold one
dozen packs without being
stamped. Secretary Carlisle im-
posed a fine of \$50.
This afternoon the Treasury
Department was informed that
\$1,500,000 in gold had been with-
drawn from the New York sub-
treasury of which \$1,300,000 was
taken for export. This reduces
the gold reserve to \$103,378,000.
The general treasury balances
keep up well, standing at \$155,-
000,000. Expenditures so far this
month exceed the receipts only
\$4,000,000, and this difference
will almost be wiped out by the
end of the month. Nearly \$7,-
000,000 of the \$10,000,000 re-
ceived have been paid out for
pensions.

The President this afternoon
after extended conference with
Secretary Carlisle and Internal
Revenue Commissioner Miller,
issued an order putting store-
keepers, gaugers and clerks in
offices of collectors of internal
revenue in the classified civil
service. This increases the list
of persons who are thus protect-
ed by the civil service by about
2,600.

LIST OF LETTERS.

- Remaining in Post Office at Golds-
boro Wayne county, N. C.,
Dec. 11th, 1894.
- A—Mrs Kizzie Ashley.
 - B—Miss Minnie Barnes, Lizzy
Barnes, Josie Batchelor,
Annie Barnes, M D Best,
B Best, A E Beardie, M
Blumery, Nathan Blount,
Deila A Bonitz, T H Brand,
Hollie Bryant, D Bryant,
Rachel Brock, Lizzer Ann
Bryant, W H Burk.
 - C—Dr Callum, H R Collason,
Julia A Crawford.
 - G—Mr Green, W H Gregory.
 - H—Laura Hall, Whitt Hinton,
Ann Hill.
 - K—T King, Akeny Kornegay,
M W M Kennen, W A Mc-
Cullon, W J Moore, George
Moore.
 - P—L H Parker.
 - R—Goldsboro Record, Bettie
Roberts,
 - S—Mrs Jennie Slocumb,
T—Laura A Ferrel,
T—H H Underwood.
 - W—E P Whartors, Arnold
World.
 - Y—Agnus Young.

Persons calling for above letters will
please say advertised and give date of
same. The regulations require that one
cent shall be paid on all ad vertised let-
ters.

J. BRYAN, P. M.
CAPT. PAYTON BROWN DEAF.

His hosts of friends in this
city and section and throughout
North Carolina will be deeply
pained to learn of the death of
Capt. Payton J. Brown, of the
Southern Railway freight ser-
vice between this city and Ra-
leigh, which sad event occurred
last Wednesday, of pneumonia,
at Warrenton, where he had been
on a visit to relatives and was
taken ill. His last trip out of this
city was the Saturday night af-
ter Thanksgiving, when his vaca-
tion began, and he went first
to visit his four little motherless
children—his wife having died
about a year ago—the oldest of
which is only 12 years of age,
and thence he went to visit rela-
tives in Warrenton, his visit cul-
minating as above.

Capt. Brown was born, we be-
lieve, in Low'sburg, and was of
one of our best State families.
He was a man of kindest nature
and generous impulses; true to
his friends and just in all his
dealings. He was probably
some 50 years of age, but was of
vigorous health and energetic in
the discharge of his duties. As a
railroad man he was exact, cour-
teous, careful and competent.
The traveling public felt safe in
his hands and among them his
friends were legion.

Volunteer Train.
OMAHA, NEB., Dec. 15.—Gen-
eral rains fell yesterday through-
out Nebraska, the first since July
3. The winter wheat was seriously
threatened with drought. Grain
men are much encour-
aged.

Tennoy's, Tennoy's Tennoy's candy,
finest on the market, at Chamberlain,
Higgin & Co., sole agents.

THOSE TWO SENATORSHIPS.

Col. R. M. Douglas to Col. Cowles.
The following is an open letter
from Col. Robert M. Douglas, of
Greensboro, to National Commit-
teeman H. C. Cowles, of
Statesville. The letter fully ex-
presses itself and shows that the
tendency of Republican thought
in the country is toward inde-
pendence. It might be ex-
plained as a matter of interest
that Mr. Robert M. Douglas is a
son of the late Stephen A. Doug-
las, of more than national reputa-
tion.

The letter is as follows:
"December 3, 1894.
"COL. HENRY C. COWLES,
Statesville, N. C.
"MY DEAR SIR:—Your letter of
the 28th ultimo was duly re-
ceived. As you know I have al-
ways favored co-operation on a
fair and honorable basis; but I
have strongly opposed fusion or
coalition. The celebrated Coali-
tion Ministry in England, fast-
ened to that word an unsavory
meaning; and the rise and fall of
the Mahone movement in Vir-
ginia shows us the effect of fu-
sion upon the Republican party.
For this reason I am unalterably
opposed to a joint or fusion cau-
cus. We have obtained our
present victory by co-operating
as independent organizations,
and a joint caucus now would
destroy the independence of our
party organization, and endan-
ger the autonomy of the party
itself. If, as is claimed, the Popu-
lists would have a majority in
a joint caucus, the Republican
party might be committed to
measures that did not meet the
approval of a single Republican
member, holding the balance of
power, would control the desti-
ny of the Republican party. We
must not lose sight of the won-
derful perfection of the Populist
organization, in which all indi-
vidual will and action have ap-
parently been subordinated to
the governing power. Neither
should we forget that while we
thoroughly agree upon the great
principles for fair elections and
honesty, there are other meas-
ures vitally affecting our com-
mercial and industrial pros-
perity upon which we widely differ.
We must fully accord to them
the same honesty of belief and
integrity of purpose that we
claim for ourselves; and there-
fore we must expect them to use
every effort to carry into effect
those great underlying measures
that brought their party into
existence. While we deeply de-
plore the evils it seeks to reme-
dy, we cannot subscribe to the
Ocala platform, which we be-
lieve would be impracticable in
its operation and dangerous in
its tendencies. In my opinion
each party should hold its own
independent caucus and decide
for itself upon every measure of
co-operation.

As to the senatorships my
views are equally fixed. There
was every reason why Republi-
cans and Populists should op-
erate in State matters, as all
else was overshadowed by the
two great measures, to which
they were mutually pledged,
and which could not be carried
out without mutual help. But
neither election laws nor county
government can come before
Congress; and there is appar-
ently no national measure upon
which a Populist Senator, truly
representing the views of his
party, could co-operate with a
Republican administration. The
senatorial question, therefore is
more in the nature of a division
of spoils. In all wars the nation
furnishing the most troops takes
the lion's share. Of the 148,844
votes cast for Chief Justice, the
Republicans furnished certainly
over two-thirds and probably
three-fourths, which would be
only 111,258. In 1888 Harrison
received 134,794 votes, and over
100,000 votes in 1892 in spite of
the demoralization then existing
in our party. If in this election
the Republicans cast the Hart-
son vote of 1888, it would leave
only 13,500 votes to be cast by
the Populists. Then why should
they claim the long term? The
argument that Ransom's term
belongs to the East has no
weight—whatever, as the East
now has both senatorships, and
had when Ransom was first
elected in 1872; namely, he and
Pool. As a matter of justice
and necessary party policy, the
Republican caucus should insist
upon naming the long term Sen-
ator. Any Populist accepting
the short term could feel assured
of Republican support. For re-
election in 1896, would be our
best assurance of the continued
support of the Populist vote.
It cannot be denied that we have
been very liberal to the Populist
leaders. They have four Con-
gressmen to our two and three
readily admit the high qualifi-
cations of these gentlemen. For
what I cheerfully voted; but
there were Republicans also com-

SCHOOL ROOM GYMNASIUMS.

A Paper Read Before the Wayne
County Teachers' Association by
Miss Mariana Cobb.
[Concluded from Last Sunday.]
It is, at all times, of great im-
portance that the air we breathe
should be pure and fresh, but
especially so during exercise,
for there the breathing becomes
more rapid and deeper, since the
demand for oxygen becomes
greater as the tearing down and
building up of muscular cells is
going on more rapidly. The
blood must furnish this oxygen,
which it gets through the lungs
from the air. If the air is im-
pure, if the supply of oxygen is
insufficient, the exercise will be
exhausting and harmful, rather
than healthful and invigorating.
No exercise, not even rest
movements, should be given
without first opening the win-
dows. The children do not stand
in danger of taking cold while
exercising. They are far more
likely to do so if they exercise in
a room in a perspiration. They
should never be allowed to do
this. The lungs, not the skins
should eliminate the waste ma-
terial of the torn down cells, for
the lungs breathe it off, while the
skin must send it off in perspira-
tion—which case there is a
serious danger of taking colds.
All exercises, therefore, should
close with a breathing exercise,
sufficiently prolonged to cool off
the children before they resume
their seats.

The next condition of benefi-
cial exercise is proper clothing.
If the child is restricted by its
clothing, no exercise can be
properly performed, and what
is intended to impress may
only make permanent already
existing evils.
We now come to consider the
correct giving of exercises. The
first thing to be considered in
preparing for or giving exercises
is proper position. No position
should be permitted in the
school room. Many positions
which are to all appearances in-
nocent enough are in reality in-
jurious. Keeping the arms folded
is injurious, since such a position
contracts the chest and com-
presses many vital organs. It is
better to let the hands hang in
the front, or place them on the hips.
This position is more restful,
and if correctly taken, expands
the chest. In this position, the
fingers must be in front, other-
wise the head of the upper arm
will be rotated inwards and the
position will tend to contract the
chest.

A proper sitting position should
be insisted upon. I must confess,
however, that in some of our
desks a proper position is im-
possible. Grave and serious are
the results of improper seating.
Spinal curvature is not infre-
quently one of these results.
If the desk is too high, the
bones just above the knee fre-
quently become bent—the knee
joints become enlarged and weak-
ened and the child is perma-
nently injured. The bones of the
neck, if not yet hardened, and are
very easily deformed.

A position which makes it im-
possible for us to place our feet
firmly on the floor is a most un-
comfortable one, though it can-
not possibly do us the positive in-
jury that it does the child, be-
cause our bony frame work has
become hardened and can not be
easily affected as can that of
the child. And yet, how often do
we see children swinging their feet
high in the air, able only by
much stretching to touch the
tips of their toes. No wonder they
wriggle. No wonder they bend
their feet up under them and
take all kinds of objectionable
and injurious positions.

If the bench is too low the re-
sults are hardly less deplorable.
A proper sitting position places
the lower part of the back firmly
against the back of the bench,
rests the feet squarely on the
floor and expands the chest.
A position which rests the bench
leaves the back without support,
throws the weight of the whole
body upon the delicate spine,
which is unable to bear the strain.

Correct standing position
means chest well expanded, arms
by side with thumbs to front,
feet together and toes turned
out at angle of forty-five degrees,
weight upon balls of feet. The
child should be required to take
correct position during exercises,
for if he exercises with stooping
shoulders and depressed chest,
he not only fails to get any good
from such exercises, but strength-
ens and confirms his bad pos-
ition.
Next we come to the order of
the exercises, and then to the
exercises themselves, of which
I hope to give you some practi-
cal illustrations.
Since the child's body has been

ABOUT FREE SILVER COINAGE.

Senator Voorhees, who is
chairman of the Finance com-
mittee, in the Senate, has an-
nounced himself against all fur-
ther tariff legislation during
the present session, but in favor
of the free coinage of silver by
the government. All right, let him
have it. If he wants the govern-
ment to coin all the silver there
is in the country let the govern-
ment do it, and if he wants the
silver dollar to contain 412 1/2
grains, just that and nothing
more or less, let him have that
also. There is no special objec-
tion to coining all the silver Sen-
ator Voorhees or any of the wild-
est of the Populists want coined,
but the one thing to remember
that the government must be
honest.

There are just two things
which should be done when the
government agrees to the free
coinage of all the silver that
shall be presented at our Mints.
First, the legal tender character
of 50 cent dollar must be taken
away, for the obvious reason
that it is a fraud and the gov-
ernment cannot consent to it un-
less it obligates itself to redeem
the silver dollar at double its
value. Second, the motto on the
silver dollar, "In God We Trust,"
should be stricken from it, as it
is a flouting lie, and should appear
only on a dollar that is a dollar
in fact. With the legal tender
character taken from the silver
dollar there can be no objection
to the Mints of the government
coining all the silver Senator
Voorhees wants. The silver dol-
lar would then be like any other
dollar, either gold or silver, or
national currency—gold for just
what it is worth, and people
could thus have all the silver
they could possibly use in cir-
culation, and nobody would be
cheated by it nor would the gov-
ernment be compelled to pur-
chase gold from time to time
to redeem the fraudulent legal
tender silver dollar.

The truth is that the free sil-
ver coinage unless they can
swindle the government out of
50 cents on a dollar. They in-
sist that the government shall
stamp 50 cents worth of silver as
worth \$1.00 after practically
purchasing the bullion from the
paid producer at double its value.
Then when they redeem these fraud-
ulently coined dollars in gold,
they demand the gold standard but
insist that the gold standard shall
be maintained solely for the pur-
pose of redeeming silver dollars
at double their intrinsic worth.
The moment that the govern-
ment shall make free silver coin-
age, that moment Senator Voor-
hees with his whole tribe of fol-
lowers would rebel against hon-
est free silver coinage for the
reason that it meant honest deal-
ing between the government and
its people. If free silver coinage
is wanted, let them have it, but
let silver stand the gold or paper
money of every kind upon its
actual merits, and then nobody
will be cheated by it. By all
means let us have free silver
coinage if anybody wants it, but
let us have it on an honest basis.

Thomas Lloyd a Hero.

WILKESBARRE, PA., Dec. 16.—
The heroism of Thomas Lloyd,
the engineer of the Stevens Col-
liery at Pittston, saved the lives
of forty-six miners early this
morning. The engine-house
caught fire and the flames com-
municated to the fan-house, the
destruction of which meant death
to the forty-six miners who were
at work in the mine, 500 feet be-
low. Lloyd ran to the telephone
and told the foreman at the bot-
tom of the shaft to give the
alarm. Notwithstanding the
foreman's haste it was more than
twenty minutes before all the
men could be gathered together
at the bottom of the shaft pre-
paratory to being hoisted to the
surface. In the meantime the
engine-house was completely en-
veloped in fire. Three trips were
necessary before all the men
were brought to the surface.
Lloyd stuck to his post, however,
and was so badly burned that he
may die.

Rocky Mount Argonaut.

Hon. B. H. Bunn has appointed Master E. N.
Cooke, son of Hon. O. M. Cooke, of
Louisville, to the judgeship at West
Point for the fourth district.

OUR WASHINGTON LETTER.

ARGUS BUREAU.
1507, Vermont Ave. N. W.,
WASHINGTON, D. C., Dec. 16.)
The all-absorbing topic is the
Carlisle plan. We hear no more of
the currency question, for the fre-
quenters of the Capitol well know
that the "plan" has swallowed
the "justice"—one instance of the
part being greater than the
whole. It seems to be generally
admitted that the House will ac-
cept a measure based upon the
recommendations of the illustri-
ous Secretary, the clearest
thinker of living American States-
men. Indeed, as Representative
Henderson said to-day, "it looks
like the very plan itself without
modification, or if any, nothing
material". As the passage of the
bill in the House is a foregone
conclusion, attention is naturally
directed to the Senate. And it
has been the scheme to get the
measure through the former
body before the holidays in order
to give the latter body ample
time to report upon debate till
is recognized here that the pinch
is right there—in the Senate.
The Senate is a very different
legislative chamber from the
house of Representatives. That
fact, in its full detail and signifi-
cance need not be considered
here. It merely suffices to state
that under this administration
the House has been very much
more ductile than the Senate to
administration influence. In truth
it is usually the case, because the
so-called upper chamber is
clothed by the Constitution with
large powers as an executive
council, and the House enjoys no
such advantage. Besides, the
Senators' terms are six years,
whereas those of the Representa-
tives are only two years. The
Senate, as at present constituted,
is very close, the Democrats hav-
ing a small majority. The di-
vision between the sections on
the money question is very exact,
with scarcely a hair's breadth
difference; still, if the fragments
of the two great parties could be
thoroughly united on any thing
else than free coinage, a majority
for expansion would almost
certainly appear.

The main end of exercises
should be to counteract the bad
effects of faulty positions, and to
rest and refresh the children
and bring them into a better
condition for mental work, and
this end should not be lost sight
of in the movements themselves.
MARIANA COBB.

The Week in the House.

WASHINGTON, D. C., Dec. 17—
[SPECIAL.]—This week, the last
before the holiday recess, prom-
ises to be an exciting one in the
House. The banking and cur-
rency committee have arranged
to bring forward the Carlisle
banking bill and will to-day
proffer a request to the House for
a special order which will set
aside the remainder of the week,
beginning on Tuesday, for de-
bate on the Carlisle bill with the
provision for a final vote on Fri-
day next. To-morrow the House
will take up and dispose of the
army appropriation bill. The
adjournment for the holiday re-
cess will probably occur on Sat-
urday, and the talk of a conven-
tion without customary recess
seems to be based on very slight
foundation.

Pikeville Letter.

PIKEVILLE, N. C., Dec. 17 '94.
Dear Argus:—We are glad to
learn that the condition of Mrs.
S. F. Blow, whom we reported
sick last week, is better.

Several of our citizens killed
hogs last week. It is said there
are more hogs in this section
than has been for several years.
As THE ARGUS has said from
time to time, if our farmers will
raise "hog and hominy" they can
live regardless of the low price
of cotton.

Messrs. L. J. Overman and
John Barden, of Eureka, were
visiting relatives in town Sunday.
Mrs. Rufus Edmundson left
Saturday for Smithfield to join
her husband, who has been there
for some weeks under the em-
ployment of the Railroad Co.

Mrs. R. E. Sattman, of Wilson
county, came back Sunday to
spend Christmas with her
mother Mrs. M. A. Hose.

J. F. H.
Mr. Cleveland Gone South.

WASHINGTON, Dec. 16.—Pres-
ident Cleveland, accompanied by
Dr. O'Reilly, Capt. R. D. Evans
and Mr. Chas. Jefferson, left
Washington this evening on the
Atlantic Coast Line train for a
hunting trip on the coast of
South Carolina. The trip has
been in contemplation since
early fall and is taken at this
time in the hope that the outing
will benefit the President and
eradicate the remnant of his
rheumatism which still troubles
with him. The party will re-
turn in about a week.

ROYAL BAKING POWDER

ROYAL BAKING POWDER CO.
106 Wall St., N. Y.



HEART DISEASE 30 YEARS!

Short Breath, Palpitation.

Mr. G. W. McKinsey, postmaster of
Kokomo, Ind., and a brave ex-soldier,
says: "I had been severely troubled
with heart disease ever since leaving
the army at the close of the late war.
I was troubled with palpitation and
shortness of breath. I could not
sleep on my left side and had pain
around my heart. I became so ill
that I was much alarmed, and fortu-
nately my attention was called to
Dr. Miles' Heart Cure.

I decided to try it. The first bottle
made a decided improvement in my
condition, and five bottles have com-
pletely cured me."
G. W. MCKINSEY, P. M., Kokomo, Ind.

Dr. Miles' Heart Cure is sold on a positive
guarantee that the first bottle will benefit,
if the complaint is not of long standing.
It will be sent, prepaid, on receipt of price
by the Dr. Miles Medical Co., Elkhart, Ind.

"Oh, these
Advertisements
Tire me."

Some advertisements do have that
tendency. So do some people, and
some books. Nevertheless bright
people understand that the adver-
tising columns now-a-days carry
valuable information about things
new and good. Such is

Cottolene

The New Vegetable Shortening
Common sense teaches that a pure
vegetable product must be more
wholesome than hog's grease.

Cottolene

is part cotton seed oil and part beef
steak, refined and purified by the
most effective process known. It
is more economical than lard for
every use, and imparts a delicate,
palatable flavor to food. Ask your
grocer for the
Genuine COTTO LENE.

Made only by
N. K. FAIRBANK & CO.,
CHICAGO AND ST. LOUIS.

Chamberlain's Eye and Skin Ointment
is unequalled for Eczema, Tetter, Salt-
Rheum, Scald Head, Sore Nipples, Chapped
Hands, Itching Piles, Burns, Frost Bites,
Chronic Sore Eyes and Granulated Eye Lids.
For sale by druggists at 25 cents per box.

FOR MEN ONLY!

Positive
COLE