

THE ALAMANCE GLEANER.

VOL. 7.

GRAHAM, N. C., MONDAY, NOVEMBER 14, 1881.

NO. 37.

The Alamance Gleaner,

PUBLISHED WEEKLY AT
GRAHAM, N. C.

Eldridge & Kernodle, Proprietors.

TERMS:

One Year \$1.50
Six Months75
Three Months50
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Poetry.

Float Out, O Flag!

I stand, as I stood in stormy days of old
Vasco Balboa staring o'er bright seas,
When fair Pacific's tide of limpid gold
Surged up against his knees.

For haughty Spain, her banner in his hand,
He claimed a New World, sea, plain, and crag,
I claim the Future's ocean for this land,
And here I plant her flag!

Float out, O flag! from Freedom's burnished
Lance.
Float out, O flag! in red and white and blue—
The Union's colors and the hues of France
Commingle on the view!

Float out, O flag! and all thy splendors wake,
Float out, O flag! above our hero's bed.
Float out, O flag! and let thy banner take
New glories from the dead.

Float out, O flag! o'er Freedom's noblest types,
Float out, O flag! all free of blot or stain,
Float out, O flag! the "roses" in thy stripes
Forever blest again.

Float out, O flag! above a smiling land—
Float out, O flag! above a peaceful sea,
Float out, O flag! thy staff within the hand
Beneficent of God.

—Hope's Yorktown Ode.

Married Life.

LOVER HUSBANDS—THE SECRET OF MAR-
RIED HAPPINESS.

Marriage should be founded upon sub-
stantial congenial friendship, as well as
the love which passion inspires—a friend-
ship which has faith and can endure re-
buffs.

For marriage to be the most congenial
soul is not made of a bed of roses. We
are distinct individuals, each of us; we
are surrounded by a wall of impervious
personality, and the instinct of self pres-
ervation is such that we repel too close a
contact. No matter how dearly a man
and a woman may love each other, they
are obliged to become accustomed to
living side by side, and several years by
mingled light and shadow frequently
pass before the process of assimilation
has advanced so far that they can enjoy
each other. There will be seasons when
hated seems substituted for love. If
Maria has a snub nose, John will become
a veritable Greek in his critical appre-
ciation of beauty and it will seem to him
that he cannot endure that offending
member in his wife's countenance; while
Maria, on the contrary, grows unduly
apprehensive as to John's demeanor,
appearance, and behavior, and even asks
herself why she never noticed certain
things about him before. They may
even indulge in "squabbles"—there is
no other name for them—about the most
trivial matters. They will enter depths
of domestic depravity, the existence of
which they never dreamed, and say
and do things so ill bred that they would
bush if an outsider could behold them.
They may break their hearts a thousand
times, and wish they had never married,
and yet, if they truly love each other,
the time will come when the waves will
cease rolling, the skies will smile, and
Hymen's torch will shed a mellow
lustre over all their after-life.

A happy marriage requires unces-
sing growth in both parties. Love is
not a possession which stays necessarily
by reason of the first seizure. A woman
need not blame a man because he loses
his passion for her, if she has taken no
pains to keep it alive, and a man, if he
is deprived of his wife, usually has him-
self to thank for the theft. Many wo-
men feel aggrieved because their hus-
bands cease to be lovers after marriage,
but they do not reflect how much rea-
son there frequently is for such a change.
Before marriage a man seeks his love
with a sense of inspiration. She is to
him a glimpse of hidden possibilities, a
miracle of undiscovered virtues. He
never seeks her without the hope of see-
ing some new grace unfolded, and there-
fore everything she does or says, even
though it be only the motion of her
hand, he accepts as new proof of the de-
lectious friction of his joy. But after
marriage his idol is no longer new and
untried; he knows her, he has counted
over all her virtues, he feels as though
there were nothing more for him to
gain; and if he is reinforced in this con-
viction by the behavior of his spouse, he
naturally loses interest in her. This
state of things is equally true of the wife,
though in a less pronounced degree, for
as the husband's passion was stronger
before marriage, so his reaction is more
speedy after its consummation.

Before marriage the husband did the
wooing, but after that it must be done
by the wife. It is done at all, and here
begins the hope of the wife, the love
which is not consummated, but car-
nest, the building of that spiritual hearth
fire which is to keep the hearts of hus-
band and children soft and warm. If
the girl and the mothers who bring
them up would only stop to consider the
unpalatable truth that the woman's end

of the marital yoke is much harder to
to support than the man's there would be
fewer disappointed and unhappy mar-
riages.

A man through his business connec-
tion mingles constantly with the world;
he meets fresh phases of life at every
step, sees strange people, hears of odd
occurrences and unsuspected develop-
ments of circumstances. His brain is
ever on the alert, ever in use, though it
may not be a very brilliant or active
brain, and he is forced to advance and
learn constantly. Now, when he goes
home, what especial pleasure is it to
him to be met by a listless, flaccid wo-
man, who has been seated all day with
her feet upon a hot-air register, with no
fresher experiences to inspire her than
those she may gain from a French novel?
—a woman, who has no hearty interest
for anything, who does not even un-
derstand her own children and their
needs, who cannot put warmth into the
kiss with which she greets him.

There are men who would not be
good husbands under any circumstances,
and many men who are good husbands
in the main, have faults which the best
of wives cannot overcome, because they are
bred in them by the unequal position of the
sexes, and their consequent impressions
regarding woman. But the average man
will fulfil his half of the marital bargain,
provided the woman will accomplish
hers, for the wife is a possession which
selfishness prompts him to value.

The woman also wishes to keep the
atmosphere of her home vigorous is not
necessarily intellectual but she is neces-
sarily active and alive to many interests.
There is no especial virtue in domestic
labor, unless it is rendered pressing by
narrow means, but it is much better for
a woman to make fires and sweep than
to sit and do nothing. Her effort should
be always in some way to keep space
with her husband and children, so that
they do not find her, as a rule, dull and
unresponsive; to form her opinions upon
a ground work of common sense, so
that they will not deserve the anathema
of "woman's reason." In short, it is as
much a woman's business as a man's to
work and live in an active existence of
some kind, and if she passes her days in
a listless and idea-less indolence, she
must not complain if her husband seems
cold, and if her children grow up with-
out feeling in any good direction the ef-
fect of the motherly influence and care.

How Men Become Insane.

The Hermit of the Troy Times writes:
A large number of lunatics in our asy-
lums are the victims of their own mis-
conduct. Almost any man can make
himself a lunatic if he pursue the direct
method. There are hundreds and per-
haps thousands in this city driving them-
selves to madness. Gambling, speculation,
hard drinking will undermine the
strongest intellects. A young man of
my acquaintance has lately been sent to
Bloomington Asylum, who was a few
years ago so promising as to obtain an
important appointment. He abused his
position, wasted a large salary, became
suddenly a gambler, and a rake as well
as a defaulter. Such a course of vice de-
stroyed his reason, and he is one of the
incurables.

The same idea is advanced by Hogarth,
who finished the "Rake's Progress" by
the scene in the mad-house. During the
last five years large numbers have been
carried to the asylum, the victims of
speculation. The love of pleasure and
the haste to get rich have done a fearful
work. After the intellect has been over-
driven it must sink, and perhaps remain
in hopeless prostration. It may be ad-
ded that the increase of insanity since
the opening of the present year is of un-
paralleled degree. More than five hun-
dred cases have been reported during
this brief interval, and hence it is not
surprising that the asylums are more than
full. The attention of the public has
been called to this subject by the press,
and additional room must be provided.
We must either abate that furious in-
temperance which is driving so many to
madness or we must double our asylum
all through the State.

A TAR HEEL ON POST.—It was a N.
Carolinian at last who weeded the row
at Yorktown. There he stood as sentry
in his butternut clothing with orders to
let no one pass without giving the coun-
ter-sign. One fellow approached and
sought to pass but the tar heel came
down with his bayonet and demanded the
counter-sign. The fellow handed out two
or three old counter-signs, but they
would not do, then he showed fight and
said to the tar heel he'd burn him if he
wouldn't pass any way. Then showed
the grit in the old tar State. The senti-
nel throwing down his gun began to
shout his coat saying as he did so: "I
won't shoot you nor I won't stick you,
but you sinter passin' here without me
to whip!" and at him he went with fists
doubled and in his shirt sleeves, and the
stranger retired in good order. Some
of the Danville Grays witnessed the
whole thing and regret that they didn't
find out the name of the tar heel sentry.
Who was he?—Reidsville Times.

Night Work and Long Hours.

There is no disease so insidious, nor
wholly developed so difficult to cure,
as that species of nervous degeneration
or exhaustion produced by night work
or long hours. It is easy to understand
how such a state of prostration may be
induced. The brain and the nervous
system have been very aptly compared
to a galvanic battery in constant use to
provide a supply of electric fluid for
consumption within a given time. "As
long," says a recent writer, "as supply
and demand are fairly balanced, the
functions which owe their regular and
correct working to the fluid are car-
ried on with precision; but when, by fit-
ful and excessive demands carried far
beyond the means of supply, the balance
is not only lost, but the machine itself
is overstrained and injured—disorder
at first and disease afterward are the re-
sult. This illustrates pretty clearly the
condition of a well balanced brain and
nervous system, supplying without an
effort all the nervous force required in
the operation of the mind and body, so
long as its work is in proportion to its
powers, but if embarrassed by excessive
demands, feebly and fitfully endeavoring
to carry on these mental and physical
operations over which it formerly pre-
sided without an effort." The symptoms
of nervous prostration are exceedingly
painful; we can afford to pity even the
man of pleasure, who has by his own
foolish conduct produced them, but
much more so the brain worker, who
has been hurled to the midnight oil in the
hopes of a brilliant future, and probably
a wife and family with respectabil-
ity in the end. It is a sad mistake,
for which we can readily forgive him,
in the pleasurable excitement of honest
work cannot be regulated by the de-
mand or need for it, but by the power
to produce it. He has been living on
his capital as well as the interest thereof
and when he finds the former falling—
when he finds he has no longer the
strength to work as he used to do, and
strivings itself probably starting him
in the face, he ceases to toil, why the
very thought of coming collapse tends
only to hasten the catastrophe, and
reason itself may suffer and fall before
the continued mental strain.

Probably the first sign of failing
nervous energy is given by some of the
large organs of the body. It may be
functional derangement of the heart,
with fluttering or palpitation or inter-
mittent pulse, and shortness of breath
in ascending stairs or walking quickly.
The stomach may give timely warning,
and a distaste for food or loss of ap-
petite, with flatulence and irregularity of
the bowels, may point to loss of vitality,
from waste unprepared. Or brain symp-
toms may point out to the patient that
things are going wrong. He may not
find himself able to work with his usual
life and activity; he may have fits of
drowsiness, or transient attacks of giddi-
ness, or pain, or heaviness, or loss of
sleep itself. This latter would be a very
serious symptom indeed, for in sleep not
only are the muscular and nervous tis-
sues restored and strengthened, but
there is, for the time being, a cessation
of waste itself; and if sleep be essential
to the ordinary healthy man, it is much
more so to him whose mental faculties
have been overtaxed. Long hours and
night work lead to loss of sleep,
and loss of sleep may lead to insani-
ty and death. Loss of memory
whether transient or general, is a sure
sign that the brain has lost its power of
healthy action, and needs rest, and nu-
trition to restore it. Irritability of tem-
per, and fits of melancholy, both point
in the same direction—to an exhausted
nervous system. Now I may safely say,
that there are many thousands of brain-
workers in these islands who are suffer-
ing early and it may be silently suffer-
ing from the effects of excessive toil and
mental overstrain. To warn such that
they are positively shortening their lives
and that they cannot even have the faint-
est hope of reaching anything like an
old age, is only to perform part of my
duty as a medical adviser. I should try
to point out some remedy for the evil.
To bid them cease to work would in a
great many instances be equivalent to
telling them to cease to live. They
must work or they cannot eat. Well,
but there is one thing that all can do,
they can review, remodel and regulate
their mode and system of living.—Cas-
sell's Magazine.

A Romance in Real Life.

A woman who had a notable career
has lately died in Damascus, Syria, at
the age of 75. She was a daughter of
the noble family of Digby in England; at
17 married Lord Eldonborough; at 24 ran
away from him with Prince Schwargens-
berg; left him and married a Bavarian
Baron; deserted him and married others.
In 1850 she went to the East. There she
traveled from Palmyra to Damascus under
the escort of the Sheikh Medj-el-
el, who for many years has monopolized the
best travels between those famous spots,
and started upon her arrival at Damas-
cus with the information that she in-
tended to marry him. The Sheikh took
to flight and made for the desert, but the
determined lady followed him, over-
took and married him. She purchased in
his name a splendid house and garden in
Damascus, where she has ever since re-
sided during part of the year, spending
several months annually in the desert
in her husband's tent. Stormy as her
earlier life had been, these latter days
were calm and contented. Her last and
most extraordinary marriage proved a
happy one. In Damascus she became
the idol of the poorer Mohammedan resi-
dents, who found in her the kindest of
friends and counselors; and amid them
she has died at last, respected and be-
loved.

Cultivation of Self-Respect.

A child that is uniformly treated with
courtesy, with consideration, with jus-
tice, will unconsciously deem himself
worthy of it, unless he is by nature
wholly base; and he will unconsciously
treat others as he is treated. It is a
fearful thing to give a child the lie, to
accuse him of stealing, to accustom him
to unexpected and unmerited blows and
 cuffs. He may merit punishment, but
the wise parent never will admit into
the household vocabulary the terrible
words "liar" and "thief," and will never
permit in himself or others the hasty
blow, the bitter taunt, the stinging
epithet. The refined and educated parent
can never tolerate such language as we
have indicated. Bitter words are more
cruel than blows and inflict more lasting
injuries. Care in the choice of associ-
ates will do much to foster self-respect
in a child. Some mothers think their
sons and daughters can go where they
please and play with whom they please,
and come out all well in the end. There
never was a greater mistake. As well
might one think it no difference what
air we breathe. Children are quicker
than we to catch the tone of associates,
to pick up slang words, bad gram-
mar, vulgar ideas—these often seem to be
taken in through the very pores, as ty-
phoid poison is when least expected.
Care in the choice of reading will do
much to foster self-respect in a
child. The boy who grows up with a
familiar knowledge of Washington, of
Franklin, of Lincoln, and other great men
who have been the glory of the nations
in which they have been contemporaries,
will be far more likely to find his mind
filled with noble images, with high ideals,
with lofty ambitions, than one who
reads sensational newspapers, dime
novels, and the comic almanac. Any
soil that yields abundantly must con-
tain in itself elements of fertility, and
barren soils may have elements arti-
ficially supplied to them.

Words of Wisdom.

Molesty is the conscience of the body.
Nothing makes men sharper than want.
Fly the pleasure that bites to-morrow.
Worthily toils never look so worldly
as at a funeral.
Proud hearts and lofty mountains are
always barren.
A man may suffer without sinning, he
cannot sin without suffering.
Ragged clothing cannot debase a man
as much as a frayed reputation.
We shall be free from evil desires
only when we are pure in heart.
He who can suppress a moment's anger
may prevent a day of sorrow.
He that wrestles with his strengths
over his nerves and sharpens our skill.
The faculty of reasoning seldom or
never deceives those who trust to it.
When a friend corrects a fault in you,
he does you the greatest act of friend-
ship.
The power to do great things gener-
ally arises from the willingness to do small
things.
In ourselves, rather than in material
nature, lies the true source and life of
the beautiful.
A smile costs the giver nothing, yet it
is beyond all price to the erring and re-
pentant, the sad and cheerless, the lost
and forsaken. It disarms malice, sub-
dues temper, turns enmity to love, re-
venge to kindness and paves the darkest
paths with gems of sunlight.
The confession of error is the hardest
part of repentance, whether in man or a
nation. It is always there the devil
makes his strongest fight. After that
he has to come down out of the moun-
tain and fight in the valley. He is then
wounded, crippled, and easily put to
root.

Save.

Children who have a little money
ought to practice saving something.
Many boys and girls, of to-day, hardly
know a higher use for any money that
comes into their hands, than spending
it for some foolish thing as quickly as
possible. To such a lesson in self-denial
and economy is very important. As go
the boy's pennies and dimes, so very
likely, will go the man's dollars and
hundreds by and by. Without having the
spirit of a miser, the person accustomed
to save has more pleasure in laying up
than a spendthrift ever knows.
The way to keep money is to earn it
fairly and honestly. Money so obtained
is pretty certain to abide with its posses-
sion. But money that is inherited, or that
in any way comes without a fair and just
equivalent, is almost certain to go, as it
came. The young man who begins by
saving a few dollars a month and thrif-
tily increases his store—every coin being
a representative of good, solid work, hos-
tely and manfully done, stands a better
chance to spend the last half of his life
in affluence and comfort than he who,
in his haste to become rich, obtains mon-
ey by dashing speculations, or the de-
vicious means which abound in the foggy
region lying between fair means and ac-
tual fraud. Among the wisest and most
thrifty men of wealth, the current pro-
verb is—money goes as it comes. Let
the young man make a note of this, and see
that their money comes fairly, that it may
long abide with them.

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