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From the New York Express.

Soldiers Health.

1. In any ordinary campaign, sickness disables or destroys three times as many as the sword.
2. On a march, from April to November, the entire clothing should be a colored flannel shirt, with a loosely-buttoned collar, cotton drawers, woolen pantaloons, shoes and stockings, and a light-colored felt hat, with broad brim to protect the neck, eyes, and face from the glare of the sun and from the rain, and a substantial but not heavy coat when off duty.
3. Sun-stroke may be prevented by wearing a silk handkerchief in the hat, or a white linen hood hat-cover, extending like a cape over the neck and shoulders.
4. Colored blankets are best, and if lined with brown drifling the warmth and durability are doubled, while the protection against dampness from lying on the ground, is almost complete.
5. Never lie or sit down on the grass or bare earth for a moment; rather use your hat—a handkerchief even, is a great protection. The warmer you are, the greater need for this precaution, as a camp vapor is immediately generated, to be absorbed by the clothing, and to cool you off too rapidly.
6. While marching, or on other active duty, the more thirsty you are, the more essential it is to safety of life itself, to rinse out the mouth two or three times, and then take a swallow of water at a time, with short intervals. A brave French general, on a forced march, fell dead on the instant, by drinking largely of cold water, when snow was on the ground.
7. Abundant sleep is essential to bodily efficiency, and to that alertness of mind which is all-important in an engagement; and few things more certainly and more effectually prevent sound sleep than eating heartily after sun-down, especially after a heavy march or desperate battle.
8. Nothing is more certain to secure endurance and capability of long continued effort, than the avoidance of everything as a drink except cold water, not excluding coffee at breakfast. Drink even cold water very slowly.
9. After any sort of exhausting effort, a cup of coffee, hot or cold, is an admirable sustainer of the strength, until nature begins to recover herself.
10. Unless after a long abstinence or great fatigue, do not eat very heartily just before a great undertaking; because the nervous power is irresistibly drawn to the stomach to manage the food eaten, thus drawing off that supply which the brain and muscles so much need.
11. If persons will drink brandy, it is incomparably safer to do so after an effort than before; for it can give only a transient strength, lasting but a few minutes; but as it can never be known how long any given effort is to be kept in continuance, and if longer than it would have been without the stimulus, it is clear that its use before an effort is always hazardous, and is always unwise.
12. Never go to sleep, especially after a great effort, even in hot weather, without some covering over you.
13. Under all circumstances, rather than lie down on the bare ground, lie in the hollow of two logs placed together, or across several smaller pieces of wood, laid side by side; or sit on your hat, leaning against a tree. A nap of ten or fifteen minutes in that position will refresh you more than an hour on the bare earth, with the additional advantage of perfect safety.
14. A cut is less dangerous than a bullet wound, and heals more rapidly.
15. If from any wound the blood spurts out in jets, instead of a steady stream, you will die in a few minutes unless it is remedied; because an artery has been divided, and that takes the blood direct from the fountain of life. To stop this instantly, tie a handkerchief or other cloth very loosely BETWEEN !! the wounds and the heart; put

a stick, bayonet, or ramrod between the skin and the handkerchief, and twist it around until the bleeding ceases, and keep it thus until the surgeon arrives.

16. If the blood flows in a slow, regular stream a vein has been pierced, and the handkerchief must be on the other side of the wound from the heart; that is, below the wound.

17. A bullet through the abdomen (belly or stomach) is more certainly fatal than if aimed at the head or heart; for in the latter cases the ball is often glanced off by the bone, or follows round it under the skin; but when it enters the stomach or bowels, from any direction, death is inevitable under almost all circumstances, but is scarcely ever instantaneous. Generally the person lives a day or two with perfect clearness of intellect, often not suffering greatly. The practical bearing of this statement in reference to the great future is clear.

18. Let the whole beard grow, but not longer than some three inches. This strengthens and thickens its growth, and thus makes a more perfect protection for the lungs against dust, and of the throat against winds and cold in winter, while in the summer a greater perspiration of the skin is induced, with an increase of evaporation; hence greater coolness of the parts on the outside, while the throat is less feverish, thirsty and dry.

19. Avoid fats and fat meats in summer and in all warm days.

20. Whenever possible, take a plunge into any lake or running stream every morning, as soon as you get up; if none at hand, endeavor to wash the body all over as soon as you leave your bed, for personal cleanliness acts like a charm against all diseases, always either warding them off altogether, or greatly mitigating their severity and shortening their duration.

21. Keep the hair of the head closely cut, say within an inch and a half of the scalp in every part, repeated on the first of each month, and wash the whole scalp plentifully in cold water every morning.

22. Wear woollen stockings and easy fitting shoes, keeping the toe and finger nails always cut moderately close.

23. It is more important to wash the feet well every night, than to wash the face and hands of mornings; because it adds to keep the skin and nails soft, and to prevent chafings, blisters and corns, all of which greatly interfere with a soldier's duty.

24. The most universally safe position, after all stuning, hurts and wounds, is that of being placed on the back, the head being elevated three or four inches only; aiding more than any one thing else can do, to equalize and restore the proper circulation of the blood.

25. The more weary you are after a march or other work, the more easily will you take cold, if you remain still after it is over, unless the moment you cease motion, you throw a coat or blanket over you shoulders. This precaution should be taken in the warmest weather, especially if even a slight stirring.

26. The greatest physical kindness you show a severely wounded comrad is first to place him on his back, and then run with all your might for some water to drink; not a second ought to be lost. If no vessel is at hand, take your hat; if no hat, off with your shirt, wring it out once, tie the arms in a knot, as also the lower end, thus making a bag, open at the neck only. A fleet person can convey a bucketful half a mile in this way. I've seen a dying man clutch at a single drop of water from the fingers' end, with the voraciousness of a famished tiger.

27. If wet to the skin by rain or by swimming a river, keep in motion until the clothes are dried, and no harm will result.

28. Whenever it is possible, do, by all means, when you have to use water for cooking or drinking from ponds, or sluggish streams, boil it well, and when cool, shake it, or stir it so that the oxygen of the air shall get to it, which greatly improves it for drinking. This boiling arrests the process of fermentation which arises from the presence of organic and inorganic impurities, thus tending to prevent cholera and all bowel diseases. If there is no time for boiling, at least strain it through a cloth, even if you have to use a shirt, or trowser-leg.

29. Twelve men are hit in battle, dressed in red, where there are only five, dressed in a bluish grey, a difference of more than two to one; green, seven; brown, six.

30. Water can be made almost ice-cool in the hottest weather, by closely enveloping a filled canteen, or other vessel, with woollen cloth kept plentifully wetted and exposed.

31. While on a march, lie down the moment you halt for a rest; every minute spent

in that position refreshes more than five minutes standing or loitering about.

32. A daily evacuation of the bowels is indispensable to bodily health, vigor and endurance; this is promoted in many cases, by stirring a table-spoonful of corn (Indian) meal in a glass of water, and drinking it on rising in the morning.

33. Loose bowels, acting more than once a day, with a feeling of debility afterward, is the first step toward cholera, the best remedy is instant and perfect quietude of body eating nothing but boiled rice with or without boiled milk; in more decided cases, a woollen flannel, with two thickness in front, should be bound tightly around the abdomen especially if marching is a necessity.

34. To have "been to the war's," is a lifelong honor, increasing with advancing years while to have died in defense of your country will be the boast and the glory of your children's children.

The legislature adjourned at ten o'clock yesterday; after having fully completed the work for which they were called together.

The total amount of appropriations for war purposes is \$3,500,000. Of this sum 1,000,000 is to organize and equip ten regiments called out by the State; \$500,000, was appropriated to purchase arms for the State and to build a powder magazine, and \$2,000,000 for general purposes of State defence and national aid.

Ten regiments of infantry, to consist of ten companies each, which may be made one hundred strong; one regiment of cavalry, 1,000 strong; and four companies of artillery have been called into the active service of the State, and will be fully organized and equipped in less than a week.

The entire militia of the State, consisting of all the able-bodied men between the ages of eighteen and forty-five years, are to be immediately organized. A bill defining and punishing treason to the State has been passed. The telegraph has been put under restraint, and measures taken to prevent rendering aid to rebels against the Government. In short, every thing has been done that was deemed necessary to place our noble State in a condition to suppress insurrection, repel invasion, and render prompt assistance to the United States Government.—Springfield (Illinois) Journal.

Marshal Saxe, a high authority in such things, was in the habit of saying that to kill a man in battle, the mans weight in lead must be expended. A French medical and surgical gazette, published at Lyons, says this fact was verified at Solferino, even with the recent great improvement in fire-arms.

The Austrians fired eight million four hundred rounds. The loss of the French and Italians was two thousand, and ten thousand wounded. Each man hit cost seven hundred rounds, and every man killed, cost four thousand two hundred rounds. The main weight of balls is one ounce; thus, we find that it is required, on an average, two hundred and seventy-two pounds of lead to kill a man. If any of our friends should get into a military fight, they should feel great comfort in the fact that seven hundred shots may be fired at them before they are hit, and four thousand two hundred before they shuffle off the mortal coil.

It must be borne in mind by the reader that the above estimate is made from facts furnished by a battle in which the most skillful of the world were engaged. The conflicts in which our soldiers are about to engage, are entirely different. They will be brought in contact with a lot of inexperienced, half-famished hirelings, not one in twenty of whom, the new York Tribune says, has ever seen a gun, except through a shop window. The chances of being wounded will be about one in twenty five hundred—and of being killed, one in five thousand.

Mr. Schott, of Nashville, Tenn., is now busily engaged in the manufacture of percussion caps. The "Gazette" learns that arrangements have been perfected by which they can be turned out at the rate of 60,000 per day. This will keep the Southern army supplied for some time to come.

John Bell.—This gentleman, in a public speech, last week, avowed his readiness to take his place in the ranks and march in defence of the South.

Among other news from the North, we find the announcement that two balloons have been sent to Washington by order of Gov. Sprague, of Rhode Island! They are in charge of an experienced aerial voyager and will be used, when necessary, under the orders of Gen. Scott. (?)

For The Patriot.

A Mother's Prayer.

BY PAULINE.

Will kindred people rush to arms,
And slaughter spread our plains,
And war resound its dread alarms,
Where Peace and Union reign?

Will not our God His arm display?
The Lord our help prepare?
Vain is the strength that in us lay
Without Thy guardian care.

Help us to rest upon Thy word,—
We know Thy feeble prayer;
Lord, save our children from the sword
And an untimely grave!

We ask Thee not for wealth or gold,
On such we have no claim;
Nor that our names should be enrolled
Upon the list of Fame.

Great God! we ask Thee through Thy son,
O! hear our feeble prayer,
And send a peaceful answer down—
O! spare our country spare!

A country Thou delight'st to bless—
This favoured land of ours;
Lord, hear us now in our distress,
And stop the invader's powers!

La Grange, N. C.

An Act to Raise 10,000 Troops.

SECTION 1. *Be it enacted by the General Assembly of the State of North-Carolina, and it is hereby enacted by the authority of the same,* That the Governor shall immediately after the passage of this act, proceed to raise by voluntary enlistment, a division or corps of ten thousand men to serve during the present war, unless sooner discharged. The troops of this corps shall be known as the State troops of North Carolina.

SEC. 2. *Be it further enacted,* That this division shall consist of a corps of artillery and engineers, one regiment of cavalry, and eight regiments of infantry, light infantry and riflemen, to be recruited under the general direction of the Governor, and in conformity with such regulations as he may prescribe.

SEC. 3. *Be it further enacted,* That the corps of artillery and engineers shall consist of not exceeding eight companies, or batteries of light and heavy artillery, with one colonel, chief of artillery and engineer, one lieutenant-colonel, two majors, (one quartermaster and one commissary with the rank of first lieutenant, and one adjutant, and all to be appointed by the colonel, the last from the first lieutenants of the corps,) one sergeant-major, one quartermaster's sergeant, ten captains, sixteen first lieutenants and sixteen second lieutenants. Each company shall consist of one first sergeant, one quartermaster sergeant, three sergeants four corporals, two buglers, two artificers and in addition for each light company, one farrier and one blacksmith, and ninety privates. Each company to have one captain and four lieutenants, to be assigned by the colonel or other commanding officer. The chief of the corps shall detail such commissioned officers as may be necessary for the duties of the engineer and ordnance departments. Officers so detailed are subject at any time to be relieved from such duties by the chief. All officers of this corps shall be subject to the same rules and regulations as to command, which govern the officers of infantry and cavalry: *Provided,* That officers especially detailed on engineer and ordnance duty shall not assume or be ordered on any other duty while so detailed, except by order of the commander-in-chief.

SEC. 4. *Be it further enacted,* That the regiments of cavalry shall consist of one colonel one lieutenant-colonel, two majors, (one commissary and one quartermaster with the rank of first lieutenant, and one adjutant with the rank and command of first-lieutenant, all of whom shall be appointed by the colonel; one sergeant major; one quartermaster sergeant; one commissary sergeant; and ten troops. Each troop shall consist of one captain; one first-lieutenant; two second lieutenants; one first-sergeant; one quartermaster sergeant; four sergeants; four corporals; two buglers; one farrier; one saddler; and from sixty-four to ninety privates. Each regiment of infantry, light infantry or riflemen shall consist of one colonel; one lieutenant colonel; one major (one commissary and one quartermaster with the rank of first-lieutenant; and one adjutant with the rank and command of first-lieutenant; all to be appointed by the colonel; one sergeant major; one quartermaster sergeant; one commissary sergeant; and ten companies, each company to consist of