THE AIR WE BREATHE AT NIGHT

We have all heard of the Black Hole at Calcutta. It was a room eighteen feet square. In this room one hundred and forty six persons were confined. It had but one window, and that a small one. Dr. Dunglison, in his "Elements of Hygiene," says: "In less than an hour many of the prisoners were attacked with extreme difficulty of breathing: several were delirious, and the place was filled with incoherent ravings, in which the cry for water was predominant. This was handed to them by the sentinels, but without the effect of allaying thirst. In less than four hours many were suffocated or died in delirium. In five hours the survivers, except those at the grate, were frantic and outrageous. At length most of them became insensible. Eleven hours after they were imprisoned, twenty-three only of one hundred and forty six came out alive, and these were in a highly putrid fever."

There are many "black holes" like this used for sleeping rooms; the difference between them and the one at Calcutta is that they are not crammed quite so full of human beings. In a word, then, we may say a sleeping apartment should be large, lofty and airy. It is poor economy for health to have large and spacious parlors, and small, ill-ventilated bed-rooms. Fashion, however, is a reigning diety in this respect, and will no doubt, continue to bear away, notwithstanding our protest against her dominion.

You will scarcely drink after another person from the same glass, yet, you will breathe over and over the same air charged with the filth and poison of a hundred human bodies around you. You cannot bear to touch a dead body because it is so polluting; but you can take right into your lungs, and consequently into your body, your system, those poisonous particles and noxious exhalations which the bodies around you refused, and which had been cast in the atmosphere by their lungs, because the health of their bodies required them to be thrown off.

If the "timorous nice creatures who can scarcely set a foot on the ground," who are so delicate that they run distracted at the crawling of a worm, flying of a bat, or squealing of a mouse, could see what they breathe at midnight carousal, the very polite ball, and bright theatre, they would never be caught in such company again. Nay, if they could see what they breathe in their own dwellings, after the doors and windows have been closed a little while, they would soon keep open houses. More sickness is caused by vitiated air than can be named. It is one of the most prominent causes of scrofula, which is but another name for half the diseases that attack the human body. It vitiates and destroys the whole foundation of life—the blood.

In the sick room it often augments the disease, or renders it in curable. If the physician comes in and opens the window or a door stands a jar for a moment, the good nurse, or the tender mother or the kind wife, or the loving sister, will fly up and close it as though the life of the sick were at stake. All this is well meant kindness, but really cruel.

If you would have health, breathe fresh air open your windows every morning and often during the day, leave off your ruffles from the chin. Let the air in your bedrooms; you cannot have too much of it, provided it does not blow too strongly upon you.

Niagara Falls Correspondence of the Missouri Democrat.

LOVE'S YOUNG DREAM.

Goat Island abounds in romantic walks, shady retreats, cool resting places, and picturesque scenes, which afford every opportunity for low converse, sweet whispered nothings, or serious talk, as the case may be, and from 10 a. m. until early twilight the woods are full of lovers, married and single, who flirt, build air castles, read Tennyson, Joaquin Miller and Swinburne to each other, stopping at frequent intervals to take long, lingering glances into each other's eyes, glances which convey more affection in a minute than the lips could utter in a week. Most of man and woman kind "have been there" at some period of their lives, and right there let me propound a question: Why, in the name of all the fond hopes never realized, and the tender emotions of the human heart, does there come but one period in life—just preceding or immediately after marriage—in which we indulge in these soul-thrilling glances? I put the same question to a poet and philosopher once, and while he freely admitted that the love he bore his wife after twenty years of married life was no more to be compared to his early love than a glowing anthracite flame to a firefly's spark, yet he had never been able to realize that peculiar bliss and ecstacy of mind experienced during his courting days, and the only time his wife had ever given him one of those soul-searching glances was ten years after marriage, and was occasioned by a denial on his part that he had devoured the last half of a custard pie, and a desire on her part to look in his eyes to see if he was prevaricating. And now, when I see those young people around me enjoying the spring-time of life, I mentally quote the old couplet.

A MAN WHO ADVERTISED.—There is a mighty clever man living in Danville, Va, by the name of Ike R Raines: All men have their notions about making a fortune and Ike had his. He set up with a few bones of candy and opened in a litte coop of a shop on Main street. There was a big fine candy and toy shop in the place at the same time and the people laughed and said "what does Ike Raines expect to do with that little shop?" Ike never said anything. And about the only men he was ever seen to talk with were some printers in the place. A year or two passed around the big confectionary man put his first advertisement in the paper that he had ever waiten, and it was to sell out his stock and move away. And Ike had gone into a big store! He's in it now. He's called the Santa Claus of Virginia, and all the border of Carolina buy their "good things" of him! We asked him Ike how did you make your money?' "Pshaw" he said with a laugh, you know *it was with printer's ink.*

Henry Clay's court dress, worn at the of Ghent, has been presented to nd (Ky.) museum.

Salisbury Post Office Directory and Mail Arrangements.

Office hours from 7½ a. m. to 8 p. m., during the week, Sundays from 7½ a. m. to 9 a. m.

Time of arrival and closing the mails. Great South Western mail from New Orleans, Louisiana, Memphis, Nashville and Chattanooga, Tennessee, Atlanta, Augusta, Ga., Columbia, S. C., Charlotte, N. C., due at 9 45 p. m., closes at 9 p. m.

Eastern, Wilmington, Newbern, Goldsboro, Raleigh, Durhams, Hillsboro, and Co. Shops, due at 5 o'clock a. m., closes 9 p. m.

Northern, New York, Philadelphia, Baltimore, Washington City, Richmond and Danville Va., Greensboro, High Point, Thomasville, Winston, Salem and Lexington, due at 5 a. m., closes 9 a. m.

Western, Wolfe Creek, Tenn., Warm Springs, Asheville, Old Fort, Marion, Morganton, Hickory Tavern, Newton, Lenoir, Catawba Station, Statesville and Rowan Mills, due at 4 p. m. closes at 9 a. m.

North Western, from Huntsville, Yadkinville, Richmond Hill, Farmington, Mocksville, Jerusalem, arrives Tuesdays, Thursdays and Saturdays at 5 p. m. closes, Sundays, Tuesdays, Thursdays at 10 p. m.

South Eastern mail, from Cheraw S. C., Wadesboro, Ansonville, Norwood, Albemarle, Kendals Store, Gold Hill and Rockville, arrives Tuesdays and Fridays at 7 p. m., closes, Sundays and Wednesdays at 10 p. m.

Mail from Milledgeville, Jackson Hill, Healing Springs and Pool, arrives Tuesdays at 7, closes Monday at 6 a. m.

Mt. Vernon Mail arrives Saturdays at 6 p. m.. and closes, Fridays 9, p. m.

Money Orders and Registered Letters, Office opens daily from 9, a. m., to 4 p. m., except Sundays.

DAVID L. BRINGLE,
Postmaster.

NEWSPAPER LAWS.

We receive so many inquires as to the laws governing the circulation of newspapers, that we find it necessary to publish the following summary, which will cover all the questions that have been addressed to us:

1. Subscribers are considered wishing to continue their subscription.

2. If subscribers ordering the discontinance of their periodicals may continue to send them until all arrearages are paid.

3. If subscribers neglect or refuse to take their periodicals from the office to which they are directed, they are held responsible till they have settled their bill, and ordered them discontinued.

4. If subscribers move to other places without informing the publishers, and the papers are sent to the former direction, they are held responsible.

5. The courts have decided that refusing to take papers from the office, or removing and leaving them uncalled for, is *prima facie* evidence of intentional fraud.

6. Any person who receives a newspaper and makes use of it, whether he has ordered it or not is held in law, to be a subscriber and must pay for it.

POSTAL INFORMATION.

Letters go to any part of the United States for three cents per half once, if prepaid.

Unpaid letters are sent to the Dead letter office at Washington.

Letters weighing over an ounce, and prepaid a single rate, are forwarded to their destination, and the balance due collected on delivery.

City letters must be prepaid two cents per half ounce.

Books.—Postage on books, not exceeding four ounces in weight 4 cents.

Each additional four ounces or fraction thereof 4 cents.

Newspapers.—Newspapers sent from the office of publication may be prepaid at the following rates per quarter:

Dailies,	35 cts. per qr.
Weeklies,	5 " "
Monthlies, (not over 4 oz)	3 " "
Quarterlies, "	1 " "

Miscellaneous Matter.—On unsealed circulars, maps, prints, engravings, music, cards, photographs, types, cuttings, roots, seeds, &c, on one package to one address, prepaid, not exceeding four ounces 2 cents; over four and not exceeding eight ounces, 4 cents. The weights of packages is limited to thirty-two ounces.

Money Orders.—Money can be sent to any part of the country with absolute safety, by obtaining a Money Order, for which fees are;

On not less than $1, and not over $20, 10 cents.

Over $20 and not exceeding $50, 25 cents.

No order issued for less than $1, or more than $20.

Sundry Demos—It costs 15 cents extra besides the regular postage to register a letter.

Stamps cut out from Stamped Envelopes are not allowed to be placed upon other letters.

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TO BE DISTRIBUTED IN

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41st SEMI-ANNUAL

GIFT ENTERPRISE,

To be drawn Friday, July 4th, 1873.

ONE GRAND CAPITAL PRIZE,

$10,000 in Gold!

One Prize $5,000 in Silver!

Five prizes $1,000
Five prizes $500 } Each in GREENBACKS.
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Two Family Carriages and Matched Horses with Silver-Mounted Harness, worth $1,500 each!

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Ten Family Sewing Machines, worth $100 each!

1500 *Gold and Silver Lever Hunting Watches, worth from $20 to $300 each.*

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Whole Number Gifts, 10,000.

Tickets Limited to 50,000.

AGENTS WANTED to Sell Tickets, to whom Liberal Premiums will be paid.

Single Tickets $2; Six Tickets $10; Twelve Tickets $20; Twenty-five Tickets $40.

Circulars containing a full list of prizes, a description of the manner of drawing, and other information in reference to the Distribution, will be sent to any one ordering them. All letters must be addressed to

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$5 to $20 per day! Agents wanted! All classes of working people, of either sex, young or old, make more money at work for us in their spare moments or all the time than at anything else. Particulars free. Address, G. Stinson & Co., Portland, Maine.

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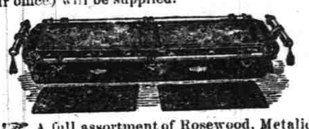
Wholesale and Retail Dealers in Furniture,

INVITE attention to their stock of Cottage Bedsteads French Chaimber Suits, Walnut and painted Cane Seat Chairs. Rocking Chairs of all descriptions, Extension Dining Tables--tables of all kinds---Wardrobes, Bureaus, Washstands, What-Nots, Sofas, Reception Chairs and Parlor Suits. Also, many other articles which we are prepared to sell as cheap or cheaper than any House in the western part of the State

Be sure to call, nearly opposite the Mansion Hotel, next door below the Express office, see our stock and hear our prices. Our terms cash.

Special orders (made from photographs in our office) will be supplied.



A full assortment of Rosewood, Metalic and Walnut Burial Cases, which can be furnished at 3 hours notice.

Jan 15 1y.

NEW

TAILORING SHOP

IN SALISBURY.

The undersigned after an absence of more than 20 years, during which time he has gained much experience and knowledge in the proper management of business, has returned to Salisbury, and opened a Tailor Shop *next door to the National Hotel*, room formerly occupied by the Messrs. Horah, as a Silver Smith Shop, where he is ever ready to receive calls and obey orders in his line. All work warranted and good fits guaranteed. Every possible expense saved to his customers. He is in regular receipt of the new styles and fashions.

Trade taken in exchange for work when suitable to parties contracting.

THOMAS DICKSON.

Feb. 12, 1873—tf: 22

Valuable Land for Sale.

I offer for sale the plantation located six miles South West of Salisbury and four miles from Cooleemee Grove Depot on the N. C. Railroad. These lands were formerly the property of the late Dr Sam'l. Kerr. There are 800 acres in the tract of which about one half is cleared, the remainder being heavily timbered with oak hickory &c. The soil is fertile and adapted to wheat, oats, corn, tobacco, clover &c. There are on the place a good dwelling, out-houses and a well of good water. It will be divided, if necessary, to suit the wants of purchasers. Col. R. H. Cowan of Salisbury will show the land, and make terms with parties desirous of purchasing. For further information apply to Col. R. H. Cowan at Salisbury N. C., or address me at Wilmington N. C.

R. K. BRYAN, Executor of
March 6—tf. N. N. NIXON, dec'd.

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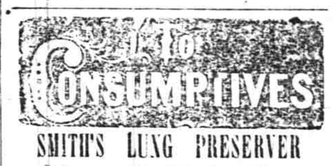
Patent Weil Fixture.

WE call the attention of the public to this admirable invention. It is especially recommended to private families, being convenient for quick filling, self emptying and ease in drawing. For durability it is unsurpassed—having an Iron covered Top, the windlass, rope and bucket are protected from the weather. It is so arranged as to secure absolute safety from accident, even in the hands of the most careless, and willfully negligent person.

MERONEY & BRO.

7:-tf.



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Is a sure and effectual cure for

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And all the diseases of the

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For sale by
C. R. BARKER & Co.
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And all principal druggists in the United States. April 3 9m.,

For Sale.

38 1-4 acres of land, partly within the corporate limits of the city of Salisbury, eligible for building lots, and also well suited to the culture of cotton. Upon the premises is already a beautiful and commodious Residence of ten rooms, and all necessary out buildings, and a well of excellent water. The improvements are nearly new and of the most desirable description; also a lot of 14 acres upon which is a good site for a Tanyard. The property will be sold greatly below its real value. Apply to the subscriber,

J. A. BRADSHAW.

Salisbury, Jan. 30, 1873—tf:20

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Price in a sealed envelope only 6 cents.

The celebrated author, in this admirable essay, clearly demonstrates from a thirty years' successful practice, that the alarming consequences of self-abuse may be radically cured without the dangerous use of internal medicine or the application of the knife; pointing out a mode of cure at once certain and effectual, by means of which every sufferer, no matter what his condition may be, may cure himself cheaply, privately and thoroughly.

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Address the Publisher,

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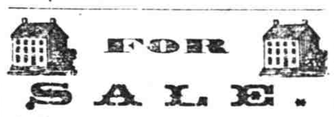
127 Bowery, New York, Post-office Box, 4586

April 17—tf.



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Are extensively COUNTERFEITED. *Dishonest Druggists endeavor to sell the counterfeits to make greater profits. The genuine have the name of* Job Moses *on each package. All others are worthless imitations.* The GENUINE Pills are unfailing in the cure of all those painful and dangerous diseases to which the female constitution is subject. They moderate all excessive and cure all suppression of the menses when caused by cold, inflammation, or disease. In all cases of Nervous and Spinal Affections, Pains in the Back and Limbs, Fatigue on slight exertion, Palpitation of the Heart, Hysterics and Whites, they will effect a cure when all other means have failed, and although very powerful, contain nothing hurtful to the most delicate constitution.

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Cure COUGHS, COLDS, ASTHMA, BRONCHITIS, SORE THROAT, HOARSENESS, DIFFICULT BREATHING, INCIPIENT CONSUMPTION AND LUNG DISEASES. They have no taste of medicine, and any child will take them. Thousands have been restored to health that had before despaired. Testimony given in hundreds of cases. Ask for BRYAN'S PULMONIC WAFERS. Price 25 cents per box. JOB MOSES, Proprietor, 18 Cortlandt Street, New York.

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S.T-1860-X

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Only 50 Cents per Bottle.

It promotes the GROWTH, PRESERVES the COLOR, and increases the Vigor and BEAUTY of the HAIR.

OVER THIRTY YEARS AGO LYON'S KATHAIRON FOR THE HAIR was first placed in the market by Professor E. Thomas Lyon, a graduate of Princeton College. The name is derived from the Greek, "KATHRO," signifying to *cleanse, purify, rejuvenate, or restore.* The favor it has received, and the popularity it has obtained, is unprecedented and incredible. It increases the GROWTH and BEAUTY of the HAIR. It is a delightful dressing. It eradicates Dandruff. It prevents the HAIR from turning gray. It keeps the head cool, and gives the hair a rich, soft, glossy appearance. It is the SAME in QUANTITY and QUALITY as it was over a QUARTER of a CENTURY AGO, and is sold by all Druggists and Country Stores at only Fifty Cents per Bottle.

Woman's Glory is Her Hair.

LYON'S KATHAIRON

THE

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