

JOSIAH TURNER, JR., EDITOR.

NEW HEALTH MAXIMS.

The following are some health maxims from his book and by application, both Irish and Welsh, are very good for brain and muscle.

The common notion that our health and life depend upon a mysterious Providence is downright infidelity. A child goes out of bed each morn with naked arms and legs in pursuit of its daily exercise, unassisted candle and fire, and there is no reason to suppose that it will not live a hundred years until it meets the goon, and disease attacks his heart and kills him. Is his death a mystery?

The reason that the American people are such a disposition is that they eat and drink so much, and eat and drink so fast.

God does not care if they are kept clean, a comb brush is a good thing, but one good tooth-pick is worth an armful of tooth brushes. There is a gentleman now living in New York city who has three beautiful front teeth which he purchased from the mouth of an Irishman. His own teeth were removed and instantly Patrick's were transplanted.

The word "idleness" is a sort of respite for pugnacious. People are not injurious when they should.

The common impression that tomatoes are the healthiest of all vegetables is a mistake. If eaten at all, it should be with great moderation, and never raw. Tomatoes have sometimes produced salvation. Dr. Leake relates of a young woman who had lost all her teeth from excessive eating of tomatoes.

Herematics are poisonous.

To healthy persons mineral waters are not wholesome.

Consets are most injurious to digestion. That which finally results in an immense and very slight prostration of the abdomen.

Those who suffer from ulcers should avoid sugar, drink nothing but tea, say "No, thank you" to pies and cakes, and go without dinner.

If you wish to live to eighty-five, in the full enjoyment of all your faculties, go to bed at nine o'clock, and eat twice a day a moderate quantity of plain food.

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PRATT'S ASTRAL OIL!!

Read subjoined letter.

GEORGIA ROOMS,

RALEIGH, N. C. July 5, 1860.

MR. JAMES LEWIS,

Dear Sir.—The sample of "Pratt's Astral Oil" sent me by you, I find it does not last longer than 120 degrees nor burn below 150 degrees.

I consider it perfectly safe.

Yours,

W. C. KERR.

Pratt's Astral Oil will burn in any lamp.

For sale by

JULIUS LEWIS.

OXFORD HIGH SCHOOL,

Oxford, N. C.

H. H. HORNER, Associate Principal.

THIS SCHOOL which has been for the last twenty years under the exclusive charge of J. H. Horner, will henceforth be conducted under the joint supervision of the above principal, a competent assistant instructor in every department.

The course of study has been extended, and boys will be thoroughly fitted for advanced classes in College, especially reference being had to the several classes in the University of Virginia, Washington & Lee University. The latter of which has again conferred upon the school the honor of a scholastic in that institution.

A regular course of study in Natural Sciences, Commercial Science, and the Modern Languages has been added to the school for those students, who, desiring to acquire only a general knowledge, will be referred to the secondary studies for Latin and Greek.

No pains will be spared to render the instruction in the school efficient and to furnish to students the most ample facilities for the promotion of a good business education, and the principal lecture themselves that their long and successful career as teachers is a sufficient guarantee for the permanence of the school.

The Spring Session will open the second Monday in January.

Circumstances attending terms and full particular furnished upon application to either of the following:

Mr. J. H. Horner, Esq.

John M. Bass, President.

Mr. Henry Smith, Sec.

—

Insured Lives according to all the methods known in modern companies.

It is issued by a joint stock of \$200,000, and has deposited \$100,000 with the Comptroller of the Institute of Tennessee.

Its Assets are more than three times its liabilities.

The Company has never refused to pay its debts.

It has no encumbrances or residence or travel.

It charges no extra premium on female risks.

Its policy restrictions are few and reasonable.

The stockholders and managers are among the most solid men in Tennessee.

Then, E. Bailey,

State Agent for North Carolina.

Nov 12-80.

STAR RIVER RAILROAD.

Meeting of Stockholders, for organization.

A sufficient amount of stock having been subscribed to authorize the organization, a meeting of the stockholders was held in the Court House, in the town of Louisa on Saturday December 12th, for the purpose of electing a Board of Directors for the Star River Railroad.

OBRIEN CORR,

J. F. JENKINS,

W. H. ROBINSON,

Subscribers for the Star River Railroad.

—

There was a great deal in the papers about the coming exhibition of Col. Simon Levy's New Glass, etc. When it does come, we will make arrangements to see it.

It is to be in the city of New York, and does a great many funny things. Besides all this the Colored in the best hotel in town, which is account for from the fact that he is a

native of New York.

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THE WASHINGTON CORRESPONDENT of the New York Tribune says that Gov. Vance will not be admitted to a seat in the Senate. We are afraid that will be so.

An article in the Tribune says that Mr. Hodges is to be admitted to a seat in the Senate in Dec. 1st, with the simple difference that he will be seated to the Senate, but not to the upper house.

The Tribune also says that Mr. Hodges

has given up his seat in the Senate.

The Washington correspondent by the Tribune says that the Senate has voted to

admit Mr. Hodges to a seat in the Senate.

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THE ATLANTA HERALD.

Letters for sale, very decorative and well composed, located on the front page, and the second page, decorated with single and double columns, different types, illustrations, and other decorations.

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THE ATLANTA HERALD PROPERTY FOR SALE.

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