

Tarboro Weekly Southerner

No. 36

"I AM A SOUTHERN MAN, OF SOUTHERN PRINCIPLES."—Ex-U. S. Senator Jefferson Davis.

TARBORO, N. C., FRIDAY, SEPTEMBER 10, 1875.

VOL. 53.

NO. 36.

GENERAL DIRECTORY.

TARBORO.
Mayor—Fred Phillips.
Commissioners—Jesse A. Williamson, James P. Follenhauer, Daniel W. Hirt, Alex. McCabe, Joseph Cobb.
Secretary and Treasurer—Robt. Whitehurst.
Chief of Police—John W. Colten.
Assistant Police—Wm. T. Hirt, John Madra, Jas. E. Simmonson, Altho. Macchi.
COUNTY.
Superior Court Clerk and Probate Judge—H. L. Station, Jr.
Register of Deeds—Alex. McCabe.
Sheriff—Joseph Cobb.
Clerk—
Treasurer—Robt. H. Austin.
Sergeant—John P. Baker.
Standard Recorder—P. S. Hicks.
School Examiners—H. H. Shaw, Wm. A. Duggan and K. S. Williams.
Conservators—No. Lancaster, Chairman, Wiley W. Bell, R. W. Norville, Frank Dew, M. Egan, A. McCabe, Clerk.
MAILS.
ARRIVAL AND DEPARTURE OF MAILS
North and South via W. & A. R. R.
Leave Tarboro (daily) at 10 A. M.
Arrive at Tarboro (daily) at 10:30 P. M.
WASHINGTON MAIL VIA GREENVILLE, FALKLAND AND SPARTA.
Leave Tarboro (daily) at 6 A. M.
Arrive at Tarboro (daily) at 6 P. M.
LODGES.
The Nights and the Places of Meeting.
Concord R. A. Chapter No. 5, N. M. L. W. Lawncree, High Priest, Masonic Hall, monthly convocations first Thursday in every month at 10 o'clock A. M.
Concord Lodge No. 58, Thomas Gallico, Master, Masonic Hall, meets first Friday night at 7 o'clock P. M. and third Saturday at 10 o'clock A. M. in every month.
Repton Encampment No. 13, I. O. O. F., J. G. Charles, N. E. Odd Fellows Hall, meets every Tuesday night.
Edgewood Lodge No. 59, I. O. O. F., J. G. Charles, N. E. Odd Fellows Hall, meets every Tuesday night.
Edgewood Council No. 122, Friends of Temperance, meet every Friday night at the 904 Fellows' Hall.
Advance Lodge No. 28, I. O. O. F., T. meets every Wednesday night at Odd Fellows' Hall.
Zionish Lodge No. 255, I. O. O. F., meet on first and third Monday night of every month at Odd Fellows' Hall.
HENRY MORRIS, President.
CHURCHES.
Episcopal Church—Services every Sunday at 10 o'clock A. M. and 5 P. M. Dr. A. B. Cheshire, Rector.
Methodist Church—Services every third Sunday at night. Fourth Sunday, morning and night. Rev. Mr. Swinfield, Pastor.
Presbyterian Church—Services every 1st, 3rd and 5th Sabbath. Rev. T. A. Allison, Pastor. Weekly Prayer meeting, Thursday night.
Missionary Baptist Church—Services the 4th Sunday in every month, morning and night. Rev. T. R. Owen, Pastor.
Primitive Baptist Church—Services first Sunday and Sunday of each month at 11 o'clock.
HOTELS.
Adams' Hotel, corner Main and Pitt Sts. O. F. Adams, Proprietor.
EXPRESS.
Southern Express Office, on Main Street, closes every morning at 10 o'clock.
M. LAWRENCE, Agent.
PROFESSIONAL CARDS.
FRANK POWELL,
Attorney & Counsellor
AT LAW,
TARBORO, N. C.
Office in Gregory Hotel Building.
July 2, 1875.
JOS. BLOUNT CHESHIRE, JR.,
ATTORNEY AT LAW,
AND
Notary Public.
Office at the Old Bank Building on Trade Street.
Dr. G. L. Shackelford,
SURGEON DENTIST,
Successor to Dr. J. T. Fugate,
TARBORO, N. C.
Office opposite Adams' Hotel and Dr. S. S. Nash & Co's store.
Oct. 23, 1874.
Dr. E. D. Barnes,
DENTIST,
THANKFUL for the liberal patronage received in the past, desires to assure his friends and the public that he is prepared with increased facilities to perform all operations pertaining to the science of Dentistry in the best manner.
Office over H. Morris & Bro's store.
Tarboro, April 9, 1875.
HOTELS.
YARBORO HOUSE,
RALEIGH N. C.
G. W. BLACKNALL, Proprietor.
Reference made to all travelling gentlemen.
GASTON HOUSE,
South Front Street,
Newbern, N. C.
S. R. STREET, Proprietor
ATLANTIC HOTEL,
Norfolk, Va.
R. S. DODSON, Proprietor.
Board, First and Second Floors, per day, \$1.00
Third and Fourth Floors, 75c
Special terms for permanent boarders.
W. M. HOWARD,
DRUGGIST
DEALER IN
DRUGS, PATENT MEDICINES,
&c., &c., &c.
Next door to Mrs. Pender's Hotel,
TARBORO, N. C.
TARBORO Lager Beer & Wine SALOON.
KEEPS constantly on hand all the Fine Wines and Liquors, Tobacco and Cigars, kept down J. A. Williamson.
ERHARD DEMUTH, Proprietor.

MISCELLANEOUS.

PAMLICO INSURANCE & BANKING COMPANY,
Of Tarboro, N. C.
Capital \$200,000 00
OFFICERS:
HON. GEO. HOWARD, President.
CAPT. JNO. S. DANCY, Vice President.
JOSEPH BLOUNT CHESHIRE, JR., Secretary and Treasurer.
DIRECTORS:
Hon. George Howard, Jesse H. Powell, Hon. Kemp P. Battle, Wm. S. Battle, Capt. John S. Dancy, Capt. T. H. Galin, Matthew Weddell, Elias Carr, J. J. Battle, Joseph B. Coffield, Wm. M. Pippin, Fred. Phillips, John L. Briggers, Jr.
THIS COMPANY INSURES
Dwellings, Stores, Merchandise, Farm Property, and all classes of insurable property
Against Loss or Damage by Fire! at local board rates.
All losses promptly adjusted and paid.
ORREN WILLIAMS,
Superior Agent of Agents.
Tarboro, March 19, 1875.

NEW ADVERTISEMENTS.

Charlotte Institute for Young Ladies,
Ladies.
Rev. S. TAYLOR MARTIN, Principal,
CHARLOTTE, N. C.
The annual session, beginning Oct. 1st and ending June 20th, is divided into two terms, without intermediate vacation. Handsome buildings and grounds, and a full corps of experienced instructors. Board and tuition in English, \$100 per term. For other information send for circular.
S. TAYLOR MARTIN, Charlotte, N. C.
The Only Polytechnic Home School.
ST. CLEMENTS HALL, Elliott City, Md.
Five vacancies owing to enlargement. Apply at once. Graduates rank high. Receives only first-class boys. Four courses: Classical, Liberal, Scientific, Commercial. Send stamp to MASTERS for Decennial catalogue.
PLEASANT AND PROFITABLE EMPLOYMENT.—Remuneration for "Charitable" or "lowly" work?—What are they worth? &c. Such are explanations by those who see the large elegant New Cosmos produced by the European and American Chromo Publishing Co. They are all perfect Gems of Art. No one can resist the temptation to buy when seeing the Chromos. Canvas, Agents, and Ladies and gentlemen out of employment, will find this the best opening ever offered to make money. For full particulars, send stamp for confidential circular. Address F. GLEASON & CO., 728 Washington St., Boston, Mass.

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THE FAVORITE HOME REMEDY.
It is eminently a Family Medicine; and by being kept on hand, it affords immediate relief to many a sufferer from a cold, a headache, or a fever, in a time when a doctor's bill is a heavy one.
It is a safe and reliable remedy for all the ailments of the stomach and bowels, and is especially adapted to the treatment of the following diseases: Indigestion, flatulency, heartburn, headache, neuralgia, rheumatism, and all the ailments of the stomach and bowels.
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Carboro' Southerner.

Friday, Sept. 10, 1875.
Preserve your Health.
BY DAVID RICE, M. D., LEVERETT.
"Health is a duty." God, who gave us our bodies, designed that we should keep them pure. With health, comes happiness, bodily and mental vigor, fitting us for all the duties, and the pleasures of life. Without it, we are miserable, unfitted to enjoy life, unfitted for mind work, and not very companionable for anybody. It becomes us, then for our own welfare and happiness, and for the good of society, to "keep in good health."
A very great proportion of our ailments are brought on by our own folly. Some are inherited, a very few the result of causes beyond our control, but most, I believe, are the result of self-indulgence, and a disregard of the laws of health. Among the greatest and most common dangers to good health is (1) *intemperance in eating.* Our stomachs require two conditions. They relate to the time of taking food, and the quality and quantity taken. No person should partake of more than three meals a day. Anything eaten between meals deranges digestion. Breakfast should be a light meal; dinner the heartiest of all, and supper the lightest. No person should take breakfast until he has been up an hour. Breakfast at seven o'clock, dinner at one and tea at six o'clock, is a good arrangement of hours. Nothing whatever should be taken into the stomach in the evening. Regard should especially be had to the quality of the food we eat. All highly seasoned, spiced food is unhealthful. Meat pies, and cakes, spiced with black pepper and cloves, inflame and irritate the coats of the stomach, and induce dyspepsia. Meats are healthful, if properly cooked. Salted meats are very hard to digest. Fresh meats cooked by broiling or baking, and done very rare, are the most nutritious and healthful. Vegetables, with meats for dinner, are healthful, provided they are fresh. Stale, half-dried, withered vegetables, are deleterious to health. Fresh berries may be eaten in moderate quantities at tea, with farinaceous food, with safety.
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A very great proportion of our ailments are brought on by our own folly. Some are inherited, a very few the result of causes beyond our control, but most, I believe, are the result of self-indulgence, and a disregard of the laws of health. Among the greatest and most common dangers to good health is (1) *intemperance in eating.* Our stomachs require two conditions. They relate to the time of taking food, and the quality and quantity taken. No person should partake of more than three meals a day. Anything eaten between meals deranges digestion. Breakfast should be a light meal; dinner the heartiest of all, and supper the lightest. No person should take breakfast until he has been up an hour. Breakfast at seven o'clock, dinner at one and tea at six o'clock, is a good arrangement of hours. Nothing whatever should be taken into the stomach in the evening. Regard should especially be had to the quality of the food we eat. All highly seasoned, spiced food is unhealthful. Meat pies, and cakes, spiced with black pepper and cloves, inflame and irritate the coats of the stomach, and induce dyspepsia. Meats are healthful, if properly cooked. Salted meats are very hard to digest. Fresh meats cooked by broiling or baking, and done very rare, are the most nutritious and healthful. Vegetables, with meats for dinner, are healthful, provided they are fresh. Stale, half-dried, withered vegetables, are deleterious to health. Fresh berries may be eaten in moderate quantities at tea, with farinaceous food, with safety.
2. *Proper hours for wakefulness and sleep are requisite to health.* And the day is the time for labor, and night for sleep. We transgress a law of being when we reverse this order of things. No person can long enjoy health, if he does not get the proper amount of sleep. During sleep there is both bodily and mental rest. Children require more sleep, the middle-aged less, the aged least. We should just as surely die without sleep as without food. Hundreds of people lose their health by keeping late hours depriving themselves of sleep.
3. *Overwork, either bodily or mental, is productive of disease.* Bodily labor properly regulated, is both pleasant and healthful; but when we overtax our system rebels, and we suffer in consequence. Over-taxing the mind is still worse, and leads to more serious consequences even. Let every consistent and considerate man and woman, then who cares for health, properly regulate the hours of labor, and give to both mind and body their natural and rational time for rest. And when occupied either by physical or mental work, let temperance and caution be the watchword and guide.
4. *Improprieties in dress are often a cause of ill health.* At this season of the year laboring men, from the extreme heat, wear very little clothing. After a hard day's labor they often sit down at twilight in a cool breeze or draft of air, in a state of perspiration, every pore open. A cold is the consequence and perhaps a rheumatic fever. Even laboring men, though they can endure more than any other class, should protect the body from the extremes of heat and cold in summer, just the same as in winter.
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Friday, Sept. 10, 1875.
Preserve your Health.
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