

In the Heart.

If no kindly thought or word
We can give some soul to bless;
If our hands, from hour to hour,
Do no deeds of gentleness;
If to lone and weary ones
We no comfort will impart—
Though 'tis summer in the sky,
Yet 'tis winter in the heart!

If we strive to lift the gloom
From a dark and burdened life;
If we seek to hush the storm
Of our fallen brother's strife;
If we bid all hate and scorn
From the spirit to depart—
Though 'tis winter in the sky,
Yet 'tis summer in the heart!

—George Cooper, in S. S. Times.

Ages at Which Men Marry.

Statistics show that a law of chances govern in the vast majority of cases the ages at which men marry who are engaged in certain occupations, says the New York Ledger. Workmen and artisans take unto themselves wives at an earlier age than those whose vocations are of a more intellectual kind. Thus miners, textile factory hands, laborers and artisans marry at an average of 22 years. Of these the miners are first in the field, more than 100 of every 1000 of them securing wives before they have become of age. Workers in textile factories run them close; then come shoemakers and tailors, and they are followed by artisans and laborers. Farmers and farmer's sons consider 25 early enough. Commercial clerks seek the pleasures of matrimony at 26. Shopkeepers and shopmen postpone the rapture a little while longer. Professional men and gentlemen of independent means rarely care to encumber themselves even with so delightful a burden as a wife until they have toed the line of over 30 years. Though the rich marry at a more ripe age than the working fraternity, they continue marrying until long after the last named have ceased to wed. Whereas 14 miners and 24 artisans in every 1000 marry between the ages of 25 and 40, nearly 100 of the professional and independent class do. It is explained in this way: The rich like to see something of the world and its pleasures before settling down to sober matrimony. A laborer has neither desire nor opportunity for it.

Grief from a Medical Standpoint.

The nervous system requires complete rest after blows caused by sorrow. Recent medical observations show that the physical results of depressing emotions are similar to those caused by bodily accidents, fatigue, chill, partial starvation, and loss of blood. Birds, moles, and dogs, which apparently died in consequence of capture, and from conditions that correspond in human beings to acute nostalgia and "broken heart," were examined after death as to the condition of their internal organs, and it was found that the nutrition of the tissues had been interfered with, and the substance proper of various vital organs had undergone the same kind of degeneration as that brought about by phosphorus or the germs of infectious disease. The poison of grief is more than a name. To urge work, study, travel, the vain search for amusements, is both useless and dangerous. For a time the whole organism is overthrown, and temporary seclusion is imperative for proper readjustment.

Grief cannot be ignored, neither can it be cheered up. It must be accepted and allowed to wear itself away. Readjustment comes slowly. Sorrow, grief, and all great misfortunes should be regarded as conditions similar to acute infectious diseases, which they resemble in result; and later, as convalescence from such diseases. Seclusion, rest, sleep, appropriate food, fresh air, sunshine, interests that tax neither mind nor body, these are requirements in this class of illness.—The Charlotte Medical Journal.

Sacred Paintings.

[For the Patron and Gleaner.]

When I was in Quebec many years ago I visited the French Cathedral for the purpose of seeing the fine paintings which ornament its walls.

No church, either in Canada or in the United States, contain paintings of so much repute as these. Of course they were all from Bible scenes. "The Last Supper" was more natural than any I had ever before seen. "The Crucifixion" excelled all the rest. As I sat and gazed upon it I thought that surely I was sitting at the foot of the cross. The trial of Christ before Pilate was as natural as life. The healing of the lepers, the feeding of the multitude, and the raising of the dead and Jeremiah's prayer were all pleasingly suggestive. These paintings were some of them by the old masters and were very expensive. The second day I visited them, I spent more than two hours looking at them. They made a deeper impression upon my mind than any painting I had ever before seen, or have ever since seen. They seemed to bring me nearer in touch with the sacred chronicles of the New Testament than all the reading I had ever done. These sacred paintings were upon the walls of a Catholic church.

The Catholic church does not teach the doctrine of the conversion of the soul. They teach that you must be saved by rites and ceremonies and by good works. They have no faith in what they cannot see and touch.

While looking at these paintings several persons came in to the church and fell upon their knees and gazed most intently upon some one of the pictures; and then crossing themselves would go out. I observed that the larger number knelt before the Virgin Mary. I inquired of the lady in charge why so many prayed to the Virgin Mary. She said because it was supposed that the mother of Christ would have more influence with her son than any one else.

When I think of the wonderful impression which these paintings made upon my mind, I sometimes think that if I were a painter that I would paint two great pictures. Upon the first picture I would paint war and pestilence and famine. I would paint upon it a blighted and broken heart. I would paint the drunkard with his bleared eyes and his bloated face. I would paint sickness and sorrow and death. I would paint despair and grief and woe. I would paint the debaucher and the gambler. I would paint the murder and the thief, and then I would paint the worm that never dies. And underneath this picture I would write the word "Infidelity."

Upon the other picture I would paint health, and beauty, and innocence and love. I would paint faith, hope and charity. I would paint the lily of the valley and the rose of Sharon. I would paint the river of life, and fields of living green. I would paint the bright and morning star, and a garden of never withering flowers. And under the picture I would write the word "Christianity."

The first picture I would hang upon the left across the blue sky, and the other I would hang upon the right. I would then ask the world to pass on and to choose under which picture they would stand.

If any should still go to the left—then I would say my argument has failed me. "Ephraim is joined to his idols, let him alone."

CARLTON.

Rehoboth, N. C., May 11.

"Provide things honest in the sight of all men," does not mean to go in debt and not pay that indebtedness.

Annual Meeting of Board of Trustees.

[From N. C. Advocate.]

The annual meeting of the Board of Trustees of Trinity College was held in the college parlor at Durham, N. C., last Wednesday, May 1st. Just one half of the board was present. All of the officers of the board were re-elected, to-wit: J. W. Alspaugh, chairman; H. J. Bass, secretary, and V. Ballard, treasurer.

Prof. A. H. Merritt and Prof. W. I. Cranford, who have been away on a year's absence, the former to Leipsic and the latter to Yale, are back, and they were elected to teach; Prof. Merritt, advanced Greek and Latin, and Prof. Cranford, Philosophy and lower Greek.

R. B. Crawford was elected head master of Trinity High School, and G. B. Pregar first assistant.

A move was made in the matter of endowment. Mr. W. Duke offers to make a donation of \$50,000 on condition that \$75,000 be raised by the Methodists in the State. Surely men and women of large means will feel called of God to respond with a right hearty goodwill to Mr. Duke's proposition.

Let our preachers announce from the mountains to the sea that good men are consecrating their fortunes to the higher education of young men under Christian influences, and seek for others with means at their command to unite their gifts in prosecuting this noble work of our Lord.

The curriculum was changed so as to abolish all lower degrees. The degree of A. B. was the only one left to be conferred. President J. C. Kilgo's report of the college was a very satisfactory one, and was received with much enthusiasm. Matters are in good shape, and the outlook is very encouraging. The Durham Sun says:

"The Methodists of North Carolina will hear with great pride of the success of Trinity College, and of the very satisfactory meeting of the Board of Trustees held there yesterday. The number of students is larger this year than last. The report of President Kilgo was a most encouraging one, and the board was highly pleased and enthusiastic over the outlook and the condition of the college. Each year demonstrates the fact that the board made no mistake when it selected Rev. J. C. Kilgo as its president. He is a deep thinker, a hard worker, and by standing up to him the college is destined to be in the lead among the educational institutions of the South."

Margaret Pope.

The subject of this sketch was born Jan. 29, 1823, and died April 25, 1895, in the 73rd year of her age. She was the widow of the late Lazarus Pope, one of the most highly respected and best known colored men of his section. During her long life, by her true christian character and devotion to duty, she won and retained the respect and esteem of all, both white and colored, with whom she came in contact.

She has been a consistent member of the Methodist church for 52 years and was one of the pillars and brightest stars in the A. M. E. Church, near Rich Square. She was ever ready to perform any duty she owed to her neighbors, or to her church, and seemed never to tire in working for Christ.

While we mourn her death and feel keenly the loss the church and our race has sustained in her death, yet we rejoice that the sweet influence of her lovely christian character will continue to live and exert an influence for good among our people with whom she lived and labored so long and so faithfully.

THEODOSIA E. MANLY,
Rich Square, N. C.

American Wonders.

The greatest wonder in the world is the Falls of Niagara, where the water from the great upper lakes form a river of three-quarters of a mile in width, and then, being suddenly contracted, plunges over the rocks, in two columns, to the depth of one hundred and seventy feet each.

The greatest cave in the world is the Mammoth Cave, in Kentucky, where any one can make a voyage on the waters of a subterranean river, and catch fish without eyes.

The largest lake in the world is Lake Superior, which is truly an inland sea, being four hundred and thirty miles long, and one thousand feet deep.

The greatest natural bridge in the world is the Natural Bridge over Cedar Creek, in Virginia. It extends across a chasm eighty feet in width and two hundred and fifty feet in depth, at the bottom of which the creek flows.

The greatest mass of solid iron in the world is the Iron Mountain of Missouri. It is three hundred and fifty feet high, and two miles in circuit.

The greatest suspension bridge in the world is the East River Bridge, connecting the cities of New York and Brooklyn. Its length is more than one mile.

The greatest monument in the world is the Washington Monument, at Washington, D. C. Its height is 555 feet.

The greatest statute in the world is the Bartholdi Statue, on Bedloe's Island, New York Bay, presented to America by the people of France. Its height is 305 feet.

The largest number of whale ships in the world is sent out by Nantucket and New Bedford, Mass.

The greatest grain port in the world is Chicago.

The largest aqueduct in the world is the Croton Aqueduct, in New York. Its length is forty and a half miles, and it cost twelve and a half millions of dollars.

The largest deposits of anthracite coal in the world are in Pennsylvania, the mines of which supply the market with millions of tons annually, and appear to be inexhaustible.

The "Breathing Cave."

In the State of North Carolina, in the western part, in the range of mountains known as the Fork range, is located the most remarkable cavern now known to exist. It is called the "Breathing Cave" and is certainly a most wonderful natural curiosity. During the summer months a current of air comes from it which is so strong that a full grown man can not walk against it, and in winter the "inrush" of air is equally strong. At times a most unpleasant odor is omitted from the cave, which is supposed to be from the carcasses of dead animals, which have been sucked in and killed by coming in contact with the inner wall of the inanimate monster. During the spring months when the change from inhalation to exhalation takes place, the air is filled with pellets of hair, dry bones, small claws, etc., which are supposed to come from creatures sucked into this dry-land maelstrom in times passed.

Many scientists have visited and revisited the place for the purpose of studying its peculiarities, but still the mystery remains unexplained.—St. Louis Republic.

A cedar tree 467 feet high and 70 feet in circumference at base has been felled near Ocosta, Washington. It is a pity that all such great giants of the forest, whose age is counted by centuries, cannot be preserved from destruction.—Scientific American.

Bread. Where? How? MILLET-BREAD.

[For the Patron and Gleaner.]

Millet has several names—Pearl Millet, Cat-tail Millet, Egyptian Millet (Pennisetum typhoidum), and belongs to the Order Gramineae. It is a tall, erect thick-stemmed grass growing to the height of six feet or more. It has an abundance of broad leaves and is terminated by a spike-like panicle, which is compact and cylindrical; a foot long, and resembling the common cat-tail.

The panicle is studded with small obovate grains, which are surrounded at the base by numerous coarse hairs or bristles. It is probably a native of the East Indies, where it has long been cultivated, and forms an important article of food. It is also cultivated in Arabia and in Central Africa. It has been cultivated in the Southern States for fodder, and on rich ground produces an enormous yield.

It may be cut several times during the season, and after cutting sends up numerous sprouts with broad, succulent leaves, and juicy sweet stalks. On rich ground it produces so abundantly as to make it difficult to find room to cure it into fodder. Cattle and horses are very fond of it both green and when cured. It is an annual, and will not mature its seeds except in a warm climate.

Millet bread is much used by the Italian peasantry, and if eaten warm is good, but becomes dry and liable to crumble when cold.

When boiled and used without baking it is nutritious, but in bread, unless eaten immediately, is very astringent and unhealthy.

A Cure for Whooping Cough. A rural Pennsylvania "cure" for whooping cough reads thus:—"Get a piece of bread baked by a lady who did not change her name in marrying and eat it."

M. H. RICE.

Lahaska, Pa.

[TO BE CONTINUED.]

A High Endorsement.

A gentleman of considerable literary attainments who has traveled over much of the world in a private letter to the editor of the PATRON AND GLEANER a few days ago said:

"The moral tone of your paper is first-class. It is, too, the uncompromising advocate of education and free schools. It never contains an article that could not be read in a parlor in the presence of ladies. And while it is a newspaper and an agricultural paper, it is also a Christian journal. It gives no offence to any denomination. The type is new and fresh and large enough to be easily read by the old as well as the young. In other words it is a sort of model county paper. I have been reading it for a year and more and I like the paper."

Where the Bad Eggs Go.

Considerably over 1,000,000 dozen decayed and pungent eggs reach New York City every year. What becomes of them? If you ask a man he will smile and say that he does not know, but that nothing is wasted. That is true. All the bad eggs are sold. Some go to the tanneries to help put an extra polish on leather. A larger number of them are sold to the great coffee roasting establishments. There the odoriferous contents are used to put an oily gloss on the roasted coffee bean. Thus eventually the egg that is cast out by the exchange jobber finds its way into the stomach of the consumer. Probably the unsuspecting consumer, judging by its looks, congratulates himself on getting a pound of coffee of extra strength and richness of aroma and flavor. Probably he has—Selected.

Grange Directory.

Directory of Northampton County Pomona Grange for 1895.

Officers: A. E. Peefe, M.; J. B. Brown, O.; Rev. Jesse Flythe, Chap.; P. B. Murphy, Lect.; H. C. Lassiter, S.; J. W. Johnson, A. S.; K. Davis, Treas.; E. C. Allen, Sec.; J. W. Griffin, G. K.; Miss Lorena Crowder, P.; Mrs. I. R. T. Davis, C.; Miss Roxie Brown, F.; Mrs. M. E. Parker, L. A. S.

STANDING COMMITTEES.

EXECUTIVE—Rev. Jesse Flythe, J. B. Brown and J. W. Spivey.

EDUCATION—Rev. J. C. Fleetwood, Kinchen Davis and Mrs. I. R. T. Davis.

FINANCE—Columbus Deloatch, H. C. Lassiter and J. W. Griffin.

AGRICULTURE—J. T. Parker, Geo. Smith and Miss Berta Parker.

CO-OPERATION—Nozzie Davis, E. C. Allen and Mrs. I. R. T. Davis.

Meets quarterly on 4th Tuesday in January, April, July and October.

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DENTIST,
WOODLAND, N. C.
Teeth extracted without pain.

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Attorney at Law,
Jackson, N. C.
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W. W. Peebles & Son,

ATTORNEYS-AT-LAW,
JACKSON, N. C.
Office No. 1 West of the Hotel Burgwyn. One of the firm will be at Rich Square every second Saturday in each and every month, at Woodland every third Saturday, and at Conway every fourth Saturday, between the hours of 11 a. m. and 4 p. m.

NOTICE!

Having qualified as administrator de bonis non on the estate of Newit Harris, notice is hereby given to all persons holding claims against said estate to present them to me for payment on or before April 30th, 1895, or this notice will be pleaded in bar of their recovery. Debtors to said estate will please make immediate payment. This April 18th, 1895.

J. A. BURGWIN, Adm'r d. b. n.
By W. W. PEEBLES & SON, Attys.

NOTICE!

Having qualified as administrator de bonis non with the will annexed of Humphrey Gums, deceased, notice is hereby given to all persons holding claims against the estate of said decedent to present them to me for payment on or before April 30th, 1895, or this notice will be pleaded in bar of their recovery. Debtors to said estate will please make immediate payment. This April 18th, 1895.

J. A. BURGWIN, Adm'r d. b. n. c. l. a.
By W. W. PEEBLES & SON, Attys.

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JACKSON, N. C.
Livery Attached.

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