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Athletics Injure Studies.

By Professor Ira N. Hollis.

It does not stand to reason that a student in intercollegiate athletics can do as much work as one who devotes all his time to study. The athletic season of football, for example, last six weeks in the fall, and so far as classroom work is concerned, the time is practically thrown away. The members of the team attend lectures regularly; they are obliged to; but their minds are on signals and plays for the next game or practice. As a consequence one-fifth of the year is lost, and the players have to do as much work in the remaining four-fifths as others do in the five-fifths. With average students it will not be done. The physical training which the football men have gone through cannot under any circumstances increase their efficiency enough to make good the difference. Then, as a rule, their participation in athletics has made them natural leaders in the social life of the college, and so they lose still more time. The point that may be regarded as established by the records is that few students admitted to the teams are subsequently thrown off for poor scholarship. This proves that most athletes can usually do enough work to remain satisfactory in their studies. Of late years a good player has lost caste if he permits himself to be disqualified through any fault of his own.—The Atlantic.

It is Easy to Be a "Nobody."

By O. S. Marden.

It is the easiest thing in the world to be a "nobody." All that is necessary is to do nothing, or to be like the boy who, when questioned by his father as to why he had resigned his position as clerk in a store, replied: "The work was too hard; I am looking for something easier." Don't get up in the morning until you feel like it. Don't go to work until you are obliged to. Don't put yourself out to meet engagements. Never mind if you miss a train, or if you are half an hour late at your work. If you are at school, don't trouble about preparing your lessons. "Crib" whenever you can, cheat as often as possible, and get the best of your teacher whenever you see a chance, and your progress in the desired direction will be retarded. If you are in college, never mind about a scholarship; the main thing is to get through. You can employ a tutor at the close of each term and "cream" the examination. Have "a good time," and never bother about results; they will take care of themselves. Do not try to do things as well as you can; any way will do. If you are saving a board, do not exert yourself to save it straight. If you start to take a sled or a bookcase, never mind about completing it; or, if you do, put together anyhow. Half done, botched work is just the thing for "nobodies."

Education by the Way.

By Hamilton Wright Mable.

HENRY WARD BEECHER was once asked how he had acquired the knowledge of the processes of all kinds which enabled him to draw so freely on the whole range of devices, methods, and machines used in manufacturing of every variety. He replied that, whenever he found himself in the neighborhood of a factory and had a little time to spare, he made it a practice to go through the establishment, ask questions, and try to understand everything he saw. In this way, without any special exertion, simply by using his eyes, his mind, and his time, he had come to know a great deal about many of the processes of manufacturing, and this knowledge supplied him with a great fund of aphors and illustrations, often of a very striking character. In like manner, whenever he was thrown with anyone of a different occupation, he made point to induce his companion to talk about his work, his habits, his skill, his great preacher went out of his way to secure a box seat on a stagecoach, order that he might talk with the driver, watch his ways, learn his language, get his point of view. If he was to make a journey on a steamboat, he had permission to go into the pilot house, and drew the pilot into talk about the river, and life on the river or lake. In this way he came to have a very wide knowledge of men, of their different points of view, their various skills, the things for which they cared most. He took the attitude of a learner, was able to pour out such a flood of thought because he continually added to his own store of knowledge.—Success.

Mechanics and the Soil.

By Dr. George G. Groff, Lewisburg, Penn.

OME years ago, when erecting my home, attention was called to the different financial condition of the mechanics who lived in the town and those living in the country. The town mechanic, if he works by the day, is ordinarily, as here observed, always poor. If he becomes a master workman and a contractor he may accumulate some property, but not if he continues to work for others.

But should he place his family in the country, the case at once becomes different. A home is secured. The children are educated and take higher positions in life than the parents, and altogether the condition of the family is improved. Near small farms, from ten to twenty acres of land, with buildings, may be secured for same or less money than would purchase a very modest home in the town, and a lot large enough only for a house and a very small garden. In the country a cow furnishes milk and butter; poultry give eggs and meat; a garden, besides one or more plants, the family meat and lard. The orchard gives fruit all the year. On the days when he has no work at his trade the man can go on the place. As the children grow older they attend the garden, the and the poultry.

These homes can be secured so near towns that the children may attend the schools if this is desirable. That the plan here suggested is feasible is proven by the numerous illustrations where it is a living success to-day and it is a success in all cases where the persons concerned believe in and love independent, wholesome life. It is far better for children to grow up in the country, where they may become acquainted with plants and animals, wild and domesticated, than in the town, where commonly all knowledge and culture is at a discount. The writer has in mind several carpenters who, following the plan here suggested, have given up their trades and become successful farmers. The true stone masons, plasterers and painters. All have been seen in the narrow life of the town for the broader one of the country.—New York Tribune.

The Test of Good Citizenship

By Henry Cabot Lodge.

NO man can hope to be a useful citizen in the broadest sense, in the United States, unless he takes a continuous and intelligent interest in politics, and a full share not only in the election but also in the primary operations which determine the choice of candidates. For this everyone has time enough, and if he says that he has not, it is because he is indifferent when he ought to be intensely and constantly interested. If he follows public affairs from day to day, and, thus informed, acts with his friends and those who think as he does at the caucus and the polls, he will make his influence fully felt and will completely the test of good citizenship. It is not essential to take office, nor doing so, the expense of lack of time and the demands of more immediate interest may be valid. But it would be well if every man could for a short period, at least, some experience in the actual work of government in his city, State, or Nation, even if he has no idea of following a political career. Such an experience does more to broaden a man's knowledge of the difficulties of public administration than anything else. It helps to understand how man can practically attain that which he thinks is best for the State, and, most important of all, it enables him to act with other men to judge justly those who are doing the work of public life. The man of business who devotes his surplus wealth to the promotion of education or art, or to the alleviation of suffering, is doing public service. So, among business men and lawyers and journalists, among the engaged in the most energetic and active pursuits, we find those who always ready to serve on committees to raise money for charitable or religious purposes, to advance important measures of legislation, and to reduce the evils which are especially rife in great municipalities. To do this gives their money, as well as their time and strength, which are of value than money, to objects wholly outside the labors by which they get themselves or their families or gratify their own tastes or ambitions. They meet the test of what constitutes usefulness in a citizen by rendering to the country, to the public, and to their fellow citizens, service which no personal reward in it, but which advances the good of others and contributes to the welfare of the community.—Success.

TEMPERANCE

IF I CAN LIVE.

If I can live
To make some pale face brighter, and
To give
A second luster to some tear-dimmed
eye.
Or impart
One throb of comfort to an aching heart,
Or cheer some wayworn soul in passing
by;
If I can lend
A strong hand to the fallen, or enfold
The right against a single envious
strain,
My life, though bare
Perhaps of much that seemeth dear and
fair
To us on earth, will not have been in
vain.
The purest joy,
Most near to heaven, far from earth's
alloy,
Is bidding clouds give way to sun and
shine,
And 'twill be well
And on that day of days the angels tell
Of me "who did her best for one of
Thine."
—Helen Hunt Jackson.

WARNING AGAINST WINE

Solomon never said a truer word than what he says about those who tarry long at the wine. The questions asked by him, "Who hath woe? Who hath sorrow? Who hath contentions? Who hath babbling? Who hath wounds without cause? Who hath redness of eyes?" are not only answered by Solomon himself, but we find his answers verified every day that we look into the news of the daily papers; while around us, on every side, in the street, we may see living witnesses to the truth of what Solomon says.

Many whom I meet, who have become slaves to strong drink, say: "Oh, that I had never commenced to drink; but now I have no power; and drink is stronger than my own will; stronger than my love for my wife and children; stronger even than my wish for heaven."

May the dear children be kept from ever touching wine, or any drink that will intoxicate so that they will be in

no danger of the terrible consequences that follow those who "tarry long at the wine."

Remember, that those who are drunkards did not intend to become so; they only thought of drinking just a little; but the little kept increasing, and the love for drink kept growing stronger, until the eyes grew red, and the face grew bloated, and the step grew unsteady, until the one who might have been a blessing to the world and a help to those around him has become a loathsome object and a terror to his friends. It is not safe to take even a little strong drink, because the love for it soon becomes a strong and cruel master.

War is terrible, and many of our best men have gone to their graves through war; but strong drink has carried more victims to the grave in America than has war.

Again I beg of the young to touch not and taste not any strong drink.—D. L. Moody.

THE COCKTAIL ROUTE

Here is a warning for some of the "good fellows" who take their little drinks as a regular thing:

More interesting and remarkable, perhaps, than any other disclosures made by Dr. Dana are those relating to the capacity of men for drink and the duration of life among habitual inebriates. On the latter point, the conclusions reached are that in serious cases the duration of life is about fifteen years—the maximum being over forty years. In general, it is said that hard drinking can rarely be carried on for more than twenty years, and it generally brings the victim to grief at about the age of forty. Referring to persons who drink most heavily and frequently, it is said that it takes ten or fifteen years to bring on dementia or insanity, during which time it

may be estimated that each inebriate consumes about two thousand gallons of intoxicants. A man fifty-five years old confessed to Dr. Dana that he had been drunk twice a day for three years, making about two thousand intoxications; another man of forty had been drunk weekly for twenty years, and a third, aged forty-three, had been drunk a thousand times in fifteen years. Two thousand "drunks" is set down as the maximum limit of any ordinary inebriate experience. The favorite combinations for hard drinkers was found to be beer and whisky, and beer alone came well up in the scale. Other beverages used by inebriates included cocoa wine, Jamaica ginger, tincture of soap, and a well-known proprietary "bitters." A remarkable absence of alcoholism was found in wine drinkers.

EFFECT OF PROHIBITION

There is no community on the civilized globe where prohibition of intoxicating drinks is so much in the bone and gristle as in Maine, or where so large a proportion of the people are total abstainers. For fifty years it has been unlawful to sell or manufacture intoxicating drinks in Maine. The prohibitory law closed down every brewery and distillery in the state, and has prohibited the sale in spots.

In a large area in Maine the prohibitory law is better enforced than the law against stealing. Where there is no demand for strong drinks the law enforces itself. Fifty years ago every country store in rural Maine sold rum in large quantities.

On public days scores of men and boys were the worse for liquor, and rum was used as a beverage by most of the people. They could not raise a barn or a meeting house without rum.

Fifty years ago the sale of rum in this town (Chase's Mills), was free; now there is no sign of it or demand for it. Under the effect of the prohibitory law a generation has grown up without acquiring the drink habit. If we have any drinking men in this town they don't drink at home. Some men who have an appetite for strong drink move from the country to the city because it is not so much out of character to get drunk in the city as in the country.—Solon Chase.

SOBRIETY MORE GENERAL

The employee who begins by practicing sobriety during office hours is apt to continue it after office hours. The after-dark jag is not conducive to easy labor the next day. Furthermore, the young man soon finds out that the pleasures of alcoholism are not up to the advertisements. Seen in the green light of the next day, they have a curiously unreal and fantastic effect. The humors of the cup are very much like the magnificent visions one has in dreams. They can't be remembered the next day. Perhaps to the gen-

eral sense of disappointment are added a headache and a positive conviction that one has swallowed a mule by mistake.

Everything, therefore, conduces to sobriety in our day. The number of men who drink nothing at all is increasing. The men who do drink know how to carry their liquor like gentlemen, and they drink wine or beer or whisky very much as they drink their coffee or tea. It is not a "drink" to them in the ordinary sense of the word; but a part of their daily allotment of meat and liquid.

IT PAYS TO BE SOBER

Employees are learning everywhere that it pays to be sober. The steady fellow, who can always be found, and when found is sober, is the man who wins out. There are any number of vocations which can be filled only by sober men. No railroad in the world would think of trusting a train to a drunken engineer. Drunkards would not be tolerated on a police force, in the postal service, or indeed, in any business affecting the lives of people or requiring exceptional judgment and care. Of course,

there are successful men who drink; but, as a rule it will be found that they drink discreetly and never overstep the bounds of moderation. Where they drink to excess, they are but the exceptions that prove the rule. The millionaire, however, is master of his time, and if he chooses to spend a part of it in riotous living he can afford whatever loss such a course entails. He is in such a position that, his business does not necessarily suffer when he blots out a few hours from the course of time.

An important part of the craft of diamond-cutting is now done almost exclusively by women. The first process of diamond splitting, that is, separating a large stone full of flaws into several flawless stones, is done by men. Women then handle the diamonds, which they round with little pear-shaped tools tipped with diamonds, removing all angles. As some of the diamonds are so small that several hundred of them weigh less than a carat, the work is very hard on the eyes. The last process by which the stones are faceted is done by steam.

In Switzerland tar sprinkling has been adopted with success to lay the dust on macadamized roads. The tar is sprinkled hot on the bare macadam. When it begins to cool fine sand is scattered over the section treated, and the road is closed for traffic for a few days. At Geneva, after tar had been applied for six weeks, hot weather failed to soften it, nor was the covering damaged by frequent rains and the surface of the roadway was not slippery. The treatment cost about 1 cent per square yard of the roadway, with tar at \$9.65 per ton.

BAPTIST STATE CONVENTION.

Large Gathering of Influential Christian Workers.

Durham, Special.—The State convention of the Baptists of North Carolina met here on Thursday with a full attendance of delegates and many prominent visitors. These were royally welcomed and hospitably entertained by the city. The reports on denominational progress from all parts of the State were highly encouraging.

Friday's sessions were of more than ordinary interest. The report on general education precipitated a discussion which was the feature of the morning's session. In the course of the discussion Dr. C. S. Blackwell charged that some Baptist schools were receiving State aid, a thing opposed to Baptist principles. It was admitted that this was true to some extent, but was the exception, not the rule.

Rev. Mr. Pittman offered a resolution to instruct the Baptist Book Store to pay to Edwards & Broughton a debt of \$100 contracted by the Historical Society in the publication of the quarterly historical papers now discontinued. Messrs. Bailey, Pittman, Huffman and Broughton spoke to this resolution, which was adopted.

The report of the committee on general education was read by Chairman of the Committee A. W. Setzer, as follows: "If activity is a sign of life, North Carolina is more alive than at any time in her past history. Until recently our State has been a sleeping giant. It is now waking, and in its waking moments, even, is attracting attention far and near. We can say nothing of the State commercially or industrially that more could not be said of her educationally."

"Public education was never so popular as it is, commanding, as it does, the best thought and energies of the best citizens. Your committee recommends that this convention attempt its interest in public education by calling upon the General Assembly, soon to convene, to make, such special appropriation to the public schools as may be necessary to insure a four-months term in each school district."

"The interest in denominational schools has kept pace with the growing interest in public education. In fact, the leaders in denominational school work have all the time been numbered among the vanguard of the forces battling for public education. It is true that a denomination's life and usefulness are measured by its intelligence, the educational question is one that should command the profoundest consideration. We frequently hear said that the public school in North Carolina was never brighter than it is. The interest of the denomination in education has made the outlook what it is. Take from us Wake Forest College, the University at Raleigh and the numerous denominational schools, together with the private schools managed by Baptists, scattered over the State, and you will take from us our future as a denomination."

We make the following quotation from the report of the committee on century fund at the last session of this body: "The complete organization of school work in the State will affect every fibre of our denominational life. Baptist schools are the appointed standing committee on our schools, with the view to taking up the subject of forming our institutions into a system."

At the afternoon session, the boards of missions and Sunday schools of education were reappointed. Rev. W. B. Reddish offered a report on woman's work. One-fourth of the missionary contributions came from the women's societies. C. W. Blanchard read the report on outbursts, mentioning Revs. T. F. Toon, P. W. Johnson, A. A. Marshall, Dennis Simmons, E. K. Proctor, J. L. Lanikford, C. G. Jones, S. Gilmore, A. R. Pittman, R. W. Brooks, J. B. Davis, G. F. Malzberger, Joseph Bennett, Wm. M. Brooks, Haywood Morris, B. W. M. Simms introduced resolutions of sympathy in the death of Rev. W. C. Norman, of Durham, Rev. W. G. Tyree paid Mr. Norman's memory a beautiful tribute. Rev. J. C. Troy and Dr. E. Skinner also spoke. Christian unity was emphasized and the convention rose and sang "Bless Be the Tie."

A resolution, introduced by A. Johnson, in favor of a State reformatory for youthful criminals, was passed. A resolution to raise not exceeding \$500 a year for writing a history of the North Carolina Baptists was passed. Dr. J. D. Huffman will likely be empowered.

Mr. W. Bailey introduced the appointment of a committee to bring about a mid-summer meeting of the Baptists of North Carolina. Dr. A. C. Barron, J. D. Huffman and S. J. Porter spoke and the motion was unanimously passed. The committee is composed of W. C. Tyree, N. B. Boughton, Neil Johnson, A. Johnson and J. W. Bailey. The night session closed one of the brightest and best days of the convention.

Barrett Declined.

Washington, Special.—Secretary Hoy has received a cablegram from John Barrett, located at Calcutta, India stating that he regarded it as his duty to continue his connection with the St. Louis Exposition, therefore declining the Japanese mission which had been tendered to him. It is understood that Lloyd Griscom, Jr., now minister to Persia, will be the successor to the late Minister Buck.

PROMINENT PEOPLE.

The fourth accession celebration of the Emperor of Korea has been set for April 30, 1903.

The Emperor William has been conducting a regatta band and denouncing the German socialist party. Governor Yates, of Illinois, who was seriously ill with typhoid fever, has recovered sufficiently to go to Florida. Justice Grantham is England's record-breaking murder judge. He recently tried three murder cases in one day.

Emperor Menelik of Abyssinia, who has started a temperance movement in his dominions, expects soon to make a tour of Europe.

Baron Tauchnitz, the German publisher, casts a new light on the sales of books, in saying that only six out of 500 in the last decade sold 10,000 copies.

The King of Italy has but one extravagant taste. He is an ardent collector of ancient coins, of which he has one of the largest and most valuable aggregations in Europe.

Emperor William has presented his photograph, richly framed, to the Austrian Foreign Minister, Count Goltzchowsky, as a memento of the renewal of the triple alliance.

Sir William Harcourt takes very great care in preparing his speeches. On some occasions he writes them out from beginning to end and often commits large parts of them to memory. He has declared that in doing so he is simply following in the footsteps of many a great orator.

Lord Kitchener, who becomes Commander-in-Chief in India, takes up the best-paid appointment in the British Army. The Commander-in-Chief in India is worth about \$30,000 a year, and is tenable for seven years. Lord Kitchener becomes Commander-in-Chief in India at the age of fifty-two, and is the youngest General who has been appointed Commander-in-Chief in India for many years.

The Flower.
How fresh, O Lord, how sweet and clean
Are thy returns! Even as the flowers in
spring;
To which, besides their own dew,
The late-past frosts tributes of pleasure
bring.
Grief melts away
Like snow in May,
As if there were no such cold thing.

Who could have thought my shriveled
heart
Could have recovered greenness? It was
gone.
Quite under ground; as flowers depart
To see their mother-root, when they have
blown;
Where they together
All the hard weather,
Dead to the world, keep house un-
known.
And now in age I bud again,
After so many deaths I live and write;
I once more smell the dew and rain,
And relish versing: O my only light,
It can not be
That I am he,
On whom Thy tempest fell at night.
These are Thy wonders, Lord of love,
To make us see we are but flowers that
glide:
Which when we once can find and
prove,
Thou hast a garden for us, where to bide.
Who would be more,
Swelling through store,
Forfeit their Paradise by their pride.
—George Herbert.

Mr. Gaston Leroux has recently gathered statistics which seem to demonstrate that an enormous percentage of the children who annually die in France are literally poisoned by bad milk.

RAM'S HORN BLASTS.

HERE can be no summation where there is no union. Religion is a man's relation to God. He chooses night who refuses light. Seeds of love may feed storms of sorrow. Stolen thunder will not bring showers of blessing.

A silent idiot is wiser than a babbling simpleton. Everything comes to the man who waits—and keeps on walking. It is easier to preach patience in the church than it is to practice it with our children.

When you can honorably do so the best way to conquer your enemy is to concour with him. It will be time enough to indict others when we have finished the inventory of our own faults.

It takes less of a fool's brain energy to doubt all things than it does for a wise man to accept one fact.

It will not help your husband to heaven to leave him at home with cold victuals while you go to warm your heart at the prayer-meeting.

The losses of childhood are the gains of manhood. The man who says there is no truth in the world has mistaken a mirror for the universe.

Better be a good servant than a bad son. Conceit is not an ingredient of consecration.

TO CONSUMPTIVES.

The undersigned having been restored to health by simple means, after suffering for several years with a severe lung affection, and that dread disease Consumption, is anxious to make known to his fellow sufferers the means of cure. To those who desire it, he will cheerfully send (free of charge) a copy of the prescription used, which they will find a sure cure for Consumption, Asthma, Catarrh, Bronchitis and all other lung Maladies. He hopes all sufferers will try his remedy, as it is invaluable. Those desiring the prescription, which will cost them nothing, and may prove a blessing, will please address, Rev. EDWARD B. WILSON, Brooklyn, New York.

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