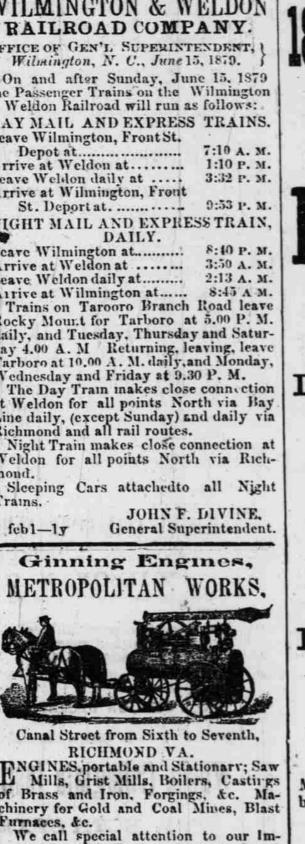
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Correct habits of body and mind will antagonize and generally overcome the most persistent efforts of the sun. To begin, avoid heating food; most people allow the palate to determine what they shall eat and how much, which is as foolish as to allow the family fire to select such fuel as best pleases it-gunpowder, nitro-glycerine, etc. Do not increase your physical temperature, particularly that of your head, by drinking alcoholic beverages; when water will not suffice as a drink consult a physician instead of a barkeeper. Use water externally with frequency; no one can get rid of superfluous heat through a skin, the pores of which are tightly sealed. If you have a great many cigars that ought to be smoked before they grow dry and tasteless, give them to your enemy; it is better that his liver be deranged than yours, for a torpid liver induces a weak, hot head. At least once a day take exercise enough to cause free perspiration; the man who perspires most is always the coolest; the soldier on drill in woolen clothing under a hot sun. with the thermometer in the nineties, is more comfortable than the lounger in white linen and sun umbrella who looks at him. If you have a first-rate thing to get angry about lay it carefully away until cold weather. Do not worry; it is frightfully heating as well as physically extravagant. Sleep regularly and full hours, resisting the temptation to sit up late because the evening is the only cool part of the day, A hundred other suggestions might be offered, but the above, if followed, will enable many a heat-ssrieken mortal to imagine that this is not so dreadfully hot a summer. -Phil. Press.



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