GREENSBORO, N. C.

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By J. S. HAMPTON.

MONDAY, - - JUNE 12, 1887.

The labor strike at Belfast has been resumed, the negotiations between the workmen and employers having failed.

The French Government will oppose M. Labordere's proposal that the Senate be elected by universal suffrage.

Senator Hawley, of Connecticut, was graduated from Hamilton College in the class of '47. He will preside at the fortieth reunion of the class at Hamilton, on June 30.

F. S. Dennis, of Browsburg, Ohio, is probably the most industrious editor in the world. He gets out a weekly paper with pen and ink and does all the work himself. He writes out carefully every copy of the paper and his chirography is as handsome as his little journal is bright.

The Supreme Court of the United States is more than ever burdened by the accumulation of work, and sorely needs relief. At the close of the annual term last week the number of cases going over exceeded by 300 the number put over at the end of the previous year.

Mrs. E. D. E. N. Southworth, whose prolific pen has produced a vast amount of fiction in the past twenty years, is making her annual visit to her old home in Georgetown Heights, D. C. During the greater part of the year she resides at Yonkers, N. Y. Mrs. Southworth receives a large salary for devoting her entire time to the interests of the New York Ledger.

Gov. Hill was asked not long ago what he did to occupy his mind on summer evenings when "everybody" is out of town. "I lean back in my chair on the piazza," answered the Governor, "and reflect." The reply is a good indication of the Governor's character. He is a steady and earnest thinker and he never takes a step of the slightest importance until he has weighed its full significance at his leisure.

Stagg, the famons Yale pitcher, is clever with his pen as well as with a baseball. He has just been chosen one of the editors of the Yale News. Mr. Stagg has a fair record for scholarahip, and has by his own work supported himself since he entered college, His success as a pitcher has not shaken his devotion to intellectual pursuits, and he-has stood the ordeal of sudden notoriety better than could have been expected of so young a man.

Ex-Vice-President Wheeler was a very generous man. He was even kind-hearted towards book agents. One of them once invaded his library at Malone and urged Mr. Wheeler to subscribe for a certain subscription book. The Malone statesman did not want the volume, but presented the agent with a five-dollar gold worth of his money.

dent Wheeler had a great reputation as a political prophet. He said to Blaine just before the Cincinnati Convention: "Brother Blaine, don't set your heart upon the Presidential nomination. The next candidate of the Republican party for President is now Governor of Ohio."

How to Eat Wisely.

As a universal rule in health, and with very rare exceptions in disease, that is best to be eaten which the appetite craves or the taste relishes. Persons rarely err in the quality of food eaten; Nature's instincts are the wisest regulators in this respect. The great sources of mischief from eating are three-quantity, frequency, rapidity-and from these come the horrible dyspepsias which make of human life a burden, a torture, a living death. By eating fast the stomach, like a bottle being filled through a funnel, is full and overflowing before we know it. But the most important reason is the food is swallowed before time has been allowed to divide it in sufficiently small pieces with the teeth; for, like ice in a tumbler of water, the smaller the bits are the sooner they are dissolved. It has been seen with the naked eye that if solid food is cut up in pieces small as half a pea, it digests almost as soon without being chewed at all, as if it had been well masticated. The best plan, therefore, is for all persons to comminute their food; for, even if it is well chewed, the comminution is no injury, while it is of very great importance in case of hurry, forgetfulness, or bad teeth. Cheerful conversation prevents rapid eating. It requires about five hours for a common meal to dissolve and pass out of the stomach, during which time this organ is incessantly at work, when it must have repose, as any other muscle or set of muscles, after such a length of effort. Hence persons should not eat within less than a five-hour interval. The heart itself is at rest more than one-third of its time. The brain perishes without reposed Never force food on the stomach. All are tired when night comes. Every muscle of the body is weary and looks | Wholesale agents, Greensboro, N. C. to the bed; but just as we lie down to rest every other part of the body, if we by a hearty meal give the stomach five hours' work, which in its weak state requires a much longer time to perform than at an earlier hour of the day, it is like imposing upon a servant a full day's labor just at the close of a hard day's work. Hence the unwisdom of eating heartily late in the day or evening; and no wonder it has cost many a man his life. Always breakfast before work or exercise. No laborers or active persons should eat an atom later than-sundown, and then it should not be over half the midday meal. Persons of sedentary habits or at all ailing should take absolutely nothing for supper beyond a single piece of cold, stale bread and butter, or a ship biscuit, with a single cup of warm drink. Such a supper will always give better sleep and prepare for a heartier breakfast, with the advantage of having the exereise of the whole day to grind it up and extract its nutriment. Never eat without an inclination .- Hall's Journal of Liculth.

First Act in a Society Drama.

An artist received not long ago a visit from a lady heavily veiled. When she entered the studio she saw that besides the artist there was in the room one of his pupils, and she shrank back involuntarily.

"Come in! come in!" called the ar tist, cheerily.

"Can I see you alone?" asked the visitor, in a faltering voice.

"You may speak before this young gentleman," was the reply. The artist divined at once that the veiled lady was an applicant for employment as a model. "Talk away. This young man is an artist, too."

Nevertheless the young man got up from his easel and withdrew. When he had gone the lady threw aside her veil and threw herself at the artist's fect. She was handsomely dressed and was a girl of uncommon beauty.

"Can you help me?" she asked. "Won't you give me work as a model? I'll do any honest work for my liv-

"But how is it you want work?" asked the artist, looking at the girl's costume of costly make and trimmings. "My aunt is rich, but so swell-so heartless. I did not mind it, though, until recently because I had a-a-a lover, and we were shortly to be married. But yesterday we quarreled and now I can not bear my aunt's un-

kindness." Here was a society drama, with the climax of the first act put forward without a preliminary. The artist, it is needless to say, interested himself in the matter, and figured in the next four acts, which terminated in a happy marriage between the estranged lovers. -N. Y. Mail and Express.

She Enjoyed the Picture.

A lady who resides on Delaware avenue has a girl in her employ fresh from some region far removed from the theater. Thinking to give the girl a grand treat, and knowing that she had never seen a theater, the lady purchaspiece and told him to leave. It returned before 9 was a high price to pay for a o'clock. "What is the matter? Did book agent's departure, but per- you not like it?" asked the mistress. haps Mr. Wheeler received the "Oh, I liked it ever so much; it's a fine orth of his money.

painting." "But," inquired her mistress, "why have you returned so soon?

Surely you did not see it all." "Yes, ma'am, I did. I went in and sat down and looked at the large pieture hang-ing up in front. People kept coming foretold the panic of 1873 and in and pretty soon there was quite a even went into minute details crowd, all looking at the picture. Then which were afterwards verified. He prophesied the nominations of Tilden and Hayes in 1876. He took it away, and some men and women went to talking up there where it had been about something that didn't concern me, so I got up and came home. But I enjoyed the picture."— Wilmington (Del.) News.



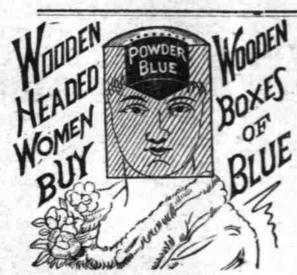
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