

Temperance.

Summary Laws.

Rev. Sam. South, in his lecture here Friday night before Christmas, answered in a most masterly and brilliant manner many of the popular objections raised against prohibition.

When he came to speak of those who opposed it because, as they said, it was a summary law, he was exceedingly facetious and wittily sarcastic. He told the audience that the country now had one summary law—a law passed by a Democratic House, and a Republican Senate, and signed by the man from Buffalo Grove, Cleveland—therefore both political parties were committed to it. He referred to the law passed by Congress against Oleomargarine—or Lard butter.

Oleomargarine had not poisoned anybody—had not made anybody drunk—had not caused any husband to whip his wife and children—had not impoverished any families—had not excited any riots or instigated any murders—in fact, oleomargarine had not done anything except greased the poor man's bread so that he could swallow it better, and the Congress of this great nation had gone to work and solemnly enacted a law forbidding the manufacture of oleomargarine, and the President signed the law. "There's a summary law for you," said he.

Whiskey poisons, whiskey kills; whiskey fills criminal dockets and the penitentiary; whiskey debauches the intellect and ruins the soul; whiskey is the enemy of man, of God, and yet, the same parties and the same men who passed the oleomargarine law to keep a fellow from using a little axle grease to lubricate his bread with, so that it would go down easier, will raise a howl when you talk about voting whiskey out the country.

It would be infinitely better, he said, for a man to be choked to death on axle grease if it could be done, than to be slain as tens of thousands are annually, by the accursed liquor traffic.—Spirit of the Age.

A Good Example.

A few days ago we were told of a gentleman, a resident of this county, who had for many years been addicted to the use of strong drink, but was at last brought to reformation through the death of a bright little daughter. It was last Christmas a year ago that the child was called away, and through her death the father was brought to reflect on his past career. Here he resolved—and a good one it was—to abandon the use of the wine cup. His bottle containing a small quantity of the "damnable evil," as he termed it, was called for and its contents emptied. Then calling to his wife, the man informed her of his resolution, and that during the coming year he intended to place the money he had to spend for intoxicating liquors in the bottle, where he might realize the amount spent in one year.

The plan was adopted and carried out, and at the close of the year the money was counted, and to the surprise of both husband and wife, the amount was over one hundred dollars. The result of one year's sober life was so gratifying that the man has entered upon another resolution of like manner for the coming year. We are informed that during the past year his home has been a bright and happy one.—Winston Sentinel.

Talmage on Sport.

Rev. Dr. Talmage said to his audience Sunday morning, "In the first place, I commend among indoor recreations, Music. It is a grand thing to have our children brought up amid the melody of musical instruments. Let all those families who have the means to afford it have flute, harp, piano or organ."

Mr. J. L. Stone of Raleigh has a large stock of these instruments and is selling cheap.

For the Deaf and Carolinian

Hygiene and Neatness in the School-Room.

Teachers, are you teaching hygiene in your schools? If not, you are leaving out one of the most important branches adopted by the State Board of Education. Are you encouraging neatness? If not, you are not doing what the laws of North Carolina demand of you. You should endeavor to break up every indecent habit you are forming among the children, especially the habit of "using" tobacco. But a great many teachers are guilty of the same habit. That being the case, how can you teach neatness to others and "behold the beam that is in your own eye?" First clear yourselves of such filthy habits, and then you can teach others, with consistency, of their evil effects. No one will deny that the use of tobacco is a filthy habit. All your habits are noticed by the children, and each one makes its impression on their minds. Many will fall into these habits in imitation of their teacher, and he or she is responsible in a great measure for the formation of such habits. Dr. Steele, whom we are bound to consider as good authority, says, in describing the effects of tobacco upon youth, that "it retards the development of mind and body." Now, if you are teaching the children (by example), this habit, you are a hindrance rather than a help to them. It is your duty to do all you can to develop them mentally, morally, and physically. Your field is an important one. The characters of the young are being molded largely by your influence, and you should strive to be a model man or woman, in every sense of the term.

Lastly, to teachers and all who have influence upon the public, and especially upon the young, keep yourselves free from the habit of using tobacco, and you will profit a great deal by your example towards breaking up one of the many evil and injurious habits which are so predominant in our country.

A. L. B.

In the Hands of the People.

Colonel Fred Smith tells a good story on Judge Gilmer. General Leach was taking the Judge's deposition at Greensboro the other day before Clerk Holton. The Judge was about to sign the deposition, when Leach stopped him. "Hold on there, Mr. Clerk," he said "I want to ask Judge Gilmer one question." Question: "Judge, are you a candidate for Governor?" Answer: "I'm in the hands of my friends." A Representative, North Carolinian who heard the story today said that he regarded Judge Gilmer as one of the strongest men in the State. It would be hard to find, he said, a more available candidate for Governor. The question of locality would not, in his opinion, influence the convention against his nomination. In the event the nomination does not seek Minister Jarvis, it is thought that the Jarvis influence will go to Gilmer.—Washington Correspondence News and Observer.

Don't

let that cold of yours run on. You think it is a light thing. But it may run into catarrh. Or into pneumonia. Or consumption.

Catarrh is disgusting. Pneumonia is dangerous. Consumption is death itself.

The breathing apparatus must be kept healthy and clear of all obstructions and offensive matter. Otherwise there is trouble ahead.

All the diseases of these parts, head, nose, throat, bronchial tubes and lungs, can be delightfully and entirely cured by the use of Boschee's German Syrup. If you don't know this already, thousands and thousands of people can tell you. They have been cured by it, and "know how it is, themselves." Bottle only 75 cents. Ask any druggist.

Teacher—Correct the sentence: "The liquor which the man bought was drunk." Smart boy—The man which bought the liquor was drunk.

\$500 Not Called For.

It seems strange that it is necessary to persuade men that you can cure their diseases by offering a premium to the man who fails to receive benefit. And yet Dr. Sage undoubtedly cured thousands of cases of obstinate catarrh with his "Catarrh Remedy," who would never have applied to him, if it had not been for his offer of the above sum for an incurable case. Who is the next bidder for cure or cash?

HOW DO WE DIG OUR GRAVES?

We must eat or we cannot live. This we all know. But do we all know that we die by eating? It is said we dig our graves with our teeth. How foolish this sounds. Yet it is fearfully true. We are terrified at the approach of the cholera and yellow fever, yet there is a disease constantly at our doors and in our houses far more dangerous and destructive. Most people have in their own stomachs a poison, more slow, but quite as fatal as the germs of those maladies which sweep men into eternity by thousands without warning in the times of great epidemics. But it is a mercy that, if we are watchful, we can tell when we are threatened. The following are among the symptoms, yet they do not always necessarily appear in the same order, nor are they always the same in different cases. There is a dull and sleepy feeling; a bad taste in the mouth, especially in the morning; the appetite is changeable, sometimes poor and again it seems as though the patient could not eat enough, and occasionally no appetite at all; dullness and sluggishness of the mind; no ambition to study or work; more or less headache and heaviness in the head; dizziness on rising to the feet or moving suddenly; furred and coated tongue; a sense of a load on the stomach that nothing removes; hot and dry skin at times; yellow tinge in the eyes; scanty and high-colored urine; sour taste in the mouth, frequently attended by palpitation of the heart; impaired vision, with spots that seem to be swimming in the air before the eyes; a cough, with a greenish-colored expectoration; poor nights' rest; a sticky slime about the teeth and gums; hands and feet cold and clammy; irritable temper and bowels bound up and costive. This disease has puzzled the physicians and still puzzles them. It is the commonest of ailments and yet the most complicated and mysterious. Sometimes it is treated as consumption, sometimes as liver complaint, and then again as malaria and even heart disease. But its real nature is that of constipation and dyspepsia. It arises in the digestive organs and soon affects all the others through the corrupted and poisoned blood. Often the whole body—including the nervous system—is literally starved, even when there is no emaciation to tell the sad story.

Experience has shown that there is put one remedy that can certainly cure this disease in all its stages, namely, Shaker Extract of Roots or Mother Seigel's Curative Syrup. It never fails but, nevertheless, no time should be lost in trying other so-called remedies, for they will do no good. Get this great vegetable preparation, (discovered by a venerable nurse whose name is a household word in Germany) and be sure to get the genuine article.

GIVEN UP BY SEVEN DOCTORS.

Shaker Extract of Roots or Seigel's Syrup has raised me to good health after seven doctors had given me up to die with consumption.—So writes R. F. Grace, Kirkmanville, Todd Co., Ky.

HE HEARD OF IT JUST IN TIME.

"I had been about given up to die with dyspepsia when I first saw the advertisement of Shaker Extract of Roots or Seigel's Syrup. After using four bottles I was able to attend to my business as well as ever. I know of several cases of chills and fever that have been cured by it." So writes Mr. Thos. Pullum, of Taylor, Geneva Co., Ala.

WORTH TEN DOLLARS A BOTTLE.

Mr. Thomas P. Evans, of the firm of Evans & Bro., Merchants, Hometown, Accomack Co., Va., writes that he had been sick with digestive disorders for many years and had tried many physicians and medicines without benefit. He began to use Shaker Extract of Roots or Seigel's Syrup about the 1st of Jan. 1887, and was so much better in three weeks that he considered himself practically a well man. He adds: "I have at this time one bottle on hand, and if I could not get any more I would not take a ten dollar bill for it."

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