Exhaustion From Dress.

The London *Lancet* says that the weakness and fatigue of which so so many women complain as a result of walking is only the "natural exhaustion from carrying a burden of clothes that few strong men would care to bear. Not only are the ordinary movements of the legs and arms injuriously impended, but the waist is incircled as with a belt or hoop, to which a load heavier than a felon's chain is attached." Everybody knows how true this is. Women themselves do not contradict it, but with a courage pitiful to see, they carry the burded until absolutely disabled by sickness, even then preferring to resort to doctors and tonics rather than to abandon the 'stylish heavy garments which they know to be so injurious. It is the old story—"you pay your money and you take your choice." The freedom to choose that which is hurtful involves the penalty of suffering,—the price paid for knowledge, and the opposite privilege brug its equally inevitable consequences of health, happiness and peace.—*Laws of Life.*

The Holy Number.

Seven is a holy or fortunate, rather than a lucky, number. There are seven days in creation, seven spirits before the Lord, seven heavens, seven Christian graces' seven ages of man, seven candlesticks, seven stars, seven hours in Revelations. The alchemists recognized the repetition of seven in nature, and made it a magic number, with their seven metals —gold, silver, iron, quicksilver, lead, tin, copper. There were sever champions of Christendom, according to the legend, seven sleepers, seven wonders of the world. The consideration of seven as deing a number of wonderful import is thus as old as the time of the writers of the Old Testament.

Bug-proof Fences.

A Kansas man told me that an individual in Southern Kansas had invented a fence to keep out chinch bugs. He takes a strip of flooring and sets it on the ground with the groove side up. In the groove he puts candle wick and saturates it with coal oil. The chinch bug, when it crawls up the side of the board and gets a sniff of the kerosene, retires in disgust.—*Lima Republican.*

A Sure Cure for a Sty.

When you feel that prickin pain and see that fatal little spot of red on the eyelid that surely fortells the coming of a sty, have no fears for the result, but put in a small bag a teaspoonful of black tea, on which pour enough boiling water to moisten; as soon as cool enough put it on the eye, and let it remain over night. According to Harper's Bazar the sty will in all probility be gone; if not, one more application will be certain to remove it.

Poisonous Wounds.

For the treatment of poisonous wounds made by insects a physician advises the direct application of hartshorn, cologne water or vinegar. This is usually all that is needed, but sometimes a person may be stung by a great many bees or wasps at once, in which case fainting may be produced, which will call for internal stimulants, such as hartshorn, wine, brandy or the like.

Closing the Skin's Pores.

People do not generally understand that the skin shares in the function of respiration, and that if this is interfered with death is apt to ensue, though this is due not so much to asphyxia as to some form of blood poisoning caused by the constituents of the perspiration being reabsorbed into the blood. A striking illustration of the necessity of leaving the skin open, to some extent, to the action of air, is affoarded by the fact that a child who was coated with gum and covered with gold leaf, to represent a cherub at the coronation of Pope Leo X, died a few hours after the operation. A similar fate nearly befell Gustave Dore, in the days of his youth, when a passing caprice made him go to a fancy ball as "Un Monsieur Dore;" but as in his case the gilding was only partial, he survived, though he did not escape a sharp illness.—Hospital.

The Number of Words Used.

Every well read man of fair ability will be able to define or understand 20,000 or 25,000 primitives and principal derivative words.

The same man in his conversation and writing, will use not less than 6000 or 7000 words. If he be a literary man he will command 2000 or 3000 more.

Common people use from 3000 to 4000 words, according to their intelligence conversational powers.

An "illiterate man" (one who cannot read) will use from 1500 to 2500 words.

A person who has not at command at least 1000 words is an ignoramus, and will find difficulty in expressing his thoughts, if, in indeed he has any to express.—*Literature.*

The company in which you will improve the most will be the least expensive for you.—*Wachington.*

Platform of the Democratic Party in North Carolina.

We again congratalate the people of North Carolina on the continued enjoyment of peace, good government and general prosperity under Democratic administration of the affairs of the State which has now been unbroken for so many years; upon the just and partial enforcement of the law; upon the increasing efficiency of our common school system, and the progress made in popular education; upon the improvement and enterprise manifestyed in all parts of the State. We again challenge a comparison between this state of things and the outrages, crimes and scandals which attended Republican ascendancy in our borders. We pledge ourselves to exert in the future as in the past our best efforts to promote the best interests of the people of all sections of the State. Affirming our adherence to Democratic principles as heretofore enunciated in the platforms of the party, it is hereby

Resolved, That no government has the right to burden its people with taxes beyond the amount required to pay its necessary expenses and gradually extinguish its public debt; and that whenever the revenues, however derived, exceed this amount, they should be reduced, so as to avoid a surplus in the treasury. That any system of taxation which necessitates the payment of a premium of $270 by the government on each $1,000 of its bonds, taken up with the millions that would otherwise lie idle in its vaults, and paid to bonholders who purchased, in many instances, at less than par, is undemocratic, oppressive and iniquitous and should be refunded. The course of our Democratic Representative in Congress, in their efforts to give relief to the people from burdensome internal revenue and tariff taxation, meets with the approval of the Democratic party of this State and we respectfully recommend that if they find it impossible to give to our people all the relief demanded, they support any just and practical measure presented in Congress that will afford a practical relief from such existing burden.

Resolved, That while the details of the methods by which the constitutional revenue tariff shall be gradually reached are subjects which the representatives of our people at the national capital must be trusted to adjust, we think the custom duties should be levied for the prodution of public revenue, and the discriminations in their adjustment should be as will place the highest rates on luxuries and the lowest on the necessaries of life, distribute as equally as possible the unavoidable burdens of taxations, and confer the greatest good on the greatest number.

Resolved, That we, as heretofore, favor, and will never cease to demand, the unconditional abolition of the whole internal revenue system, as a war tax, not to be justified in times of peace, as a grievious burden to our people and a source of annoyance in its practical operations. We call the attention of the people of the State to the hypocritical pretentions of the Republican party in their platforms that they are in favor of the repeal of this onerous system of taxation, enacted by their party, while the Republicans in Congress are taxing their energies to obstruct all legislation inaugurated by the reprentatives of the Democratic party to relieve the people of all or a part of this odious system.

Resolved, That the course of the Democratic party, in furtherance of popular education, is a sufficient guaranty that we favor the education of the people, and we will promote and improve the present educational advantages so far as it can be done without burdening the people by excessive taxation.

Resolved, That, to meet an existing evil we will accept, for educational purposes, from the Federal government, our *pro rata* share of surplus in its treasury; *Provided*, that it be disbursed through State agents and the bill for the distribution be free from objectional features.

Resolved, That the United States being one government and ours a national party, we denounce the efforts of the Republicans to force sectional issues in Congress and elsewhere, and to promote dissension and ill-will between the people of the different sections of our common country.

Resolved, That it is due to the people of our eastern counties, who have so cheerfully borne their share of our common burdens, that the present or some equally effective system of county government shall be maintained.

Resolved, That the Democratic party is oposed to any further extension of the "No-fence" law, unless such extension shall have first been authorized by a majority of the qualified voters within the territory to be affected thereby.

Resolved, That the Democratic party has ever been the party of the workingman, and has never fostered monopolies, nor have "trusts" or "combinations" or "pools" ever grown up under laws enacted by it. The contest in this country being between aggregated capital, seeking to crush out all competition, and the individual laborer, the Democratic party is, as it has ever been, against the monopolist and in favor of a just distribution of capital, and demands the enactment of laws that will bear equally upon all.

Resolved, That as all taxation bears most heavily upon the laborer, it is the duty of the legislator, as a direct benefit to the workingman, to keep the expenses of our public institutions at the lowest limit consistent with wise and efficient management. The Democratic party opposes any competition between free and convict labor, but it insists that convicts shall not remain idle at the expense of honest labor.

Resolved, That ours being an agricultural State, it is our duty as well as our pleasure to promote any and all legislation that is best calculated to advance the interests of agriculture; and that in so doing we will most effectually advance the interests of mechanics, manufacturers and laborers.

Resolved, That the Democracy of North Carolina, cordially approve the administration of Hon Alfred M. Scales as honest, patriotic and conservative.

Resolved, That the ability, wisdom, honesty, patriotism, independence, faithfulness to duty and manly courage of President Cleveland have won the admiration of all good men; and the interests of the country demand his renomination and his reelection.

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Never attempt to do anything that is not right. Just as sure as you do you will get into trouble. If you even suspect that anything is wrong do not do it till you are sure your suspicions are groundless.

No action will be considered as blameless unless the will was so, for by the will the act was dictated.

The generous heart should scorn a pleasure which gives others pain.—*Thomson.*

The highest exercise of charity is charity towards the uncharitable.—*Bucknmster.*

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Trains run by 75° Merridian Time.

SOUTHBOUND		DAILY.		
	No. 50.		No. 52.	
Lv. New York	12 15	A. M	4 30	P. M
Philadel-	7 20	A M	6 50	P M
Baltimore	9 45	"	9 42	"
Washington	11 24	"	11 00	"
Charlottsville	3 35	P. M.	3 00	A. M.
Lynchbr'g	5 50	"	5 20	"
Richmond	3 10	"	2 30	
Burkesvl'e	5 17	"	4 23	
Keysville	5 56	"	5 05	
Drake's Branch	6 12	"	5 21	
Danville	8 50	"	8 05	"
Greensboro	10 44	"	9 48	"
Goldsboro	3 30	"	8 10	P. M.
Raleigh	5 56	"	†1 00	A. M.
Durham	6 52	"	37	"
Ar. Chapelhill	†8 15	"	.....	
Hillsboro	7 25	"	3 32	"
Salem	†7 20	"	6 30	"
High Point	11 16	"	10 16	"
Salisbury	12 37	A. M.	11 23	"
Statesville	.....		12 31	P. M.
Asheville	.....		5 38	"
Hot Spr'gs	.....		7 35	"
Lv. Concord	1 26	"	12 01	"
Charlotte	2 25	"	1 00	"
Spartanbr'g	5 28	"	3 34	"
Greenville	6 43	"	4 48	"
Atlanta	1 20	P. M.	10 40	"

NORTHBOUND		DAILY.		
	No. 51.		No. 53.	
Lv. Atlanta	7 00	P.M.	8 40	A.M.
Ar. Greenville	1 01	A.M.	2 34	P.M.
Spartanbr'g	2 13	"	3 46	"
Charlotte	5 05		6 25	"
Concord	6 09		7 25	"
Salisbury	6 44		8 02	"
High Point	7 57		9 11	"
Greensboro	8 28		9 40	"
Salem	*11 40	"	†12 34	A.M.
Hillsboro	7 06	P. M.	†2 44	"
Durham	12 45	"	†4 05	"
Chapel hill	†8 15	"	.....	
Raleigh	2 10	"	†6 35	"
Goldsboro	4 35	"	11 45	"
Danville	10 10	A M	11 29	P.M
Drake's Branch	12 54	P M	2 44	A.M
Keysville	1 00		3 03	
Burksville	1 40		3 55	
Richmond	3 45		6 15	
Lynchburg	1 15	P. M.	2 00	
Charlottsv'le	3 40	"	4 10	
Washington	8 23	"	8 10	
Baltimore	11 25	"	10 03	
Philadelphia	3 00	A. M.	12 35	P.M.
New York	6 20	"	3 20	"

*Daily †Daily, except Sunday.

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ASHEVILLE, N. C., Sep. 24 1887

Schedule of Pasenger trains.

Effective Sep. 52th 1887.
Eastern { 75th Meridion } time used, when not otherwise specified

WEST-BOUND.

Leave New York	4 30	p m
Philadelphia	6 57	"
Baltimore	9 42	"
Washington	11 00	"
Richmond	2 30	a m
Raleigh	1 00	"
Arrive Salisbury	11 23	"
Statesville	12 20	p m
Hickory	1 26	"
* Connelly Springs	1 46	"
Morganton	2 34	"
Marion	3 18	"
Asheville	5 08	"
Hot Springs	7 05	"
† Morristown	8 45	"
† Knoxville	10 00	"

EAST-BOUND.

Leave † Knoxville	7 00	a m
Morristown	8 15	"
Hot Springs	11 25	"
Asheville	1 25	p m
*Round Knob	3 00	"
Marion	3 44	"
Morganton	4 50	"
Newton	5 17	"
Statesville	6 27	"
Salisbury	7 20	"
Arrive Raleigh	6 35	a m
Richmond	6 15	"
Washington	8 10	"
Baltimore	10 03	"
Philadelphia	12 35	"
New York	3 20	p m

*Dinner stations. †Central [90th meridian] time. Pullman Parlor Cars between salisbury and Knoxville Pullman Sleeping cars on all trains

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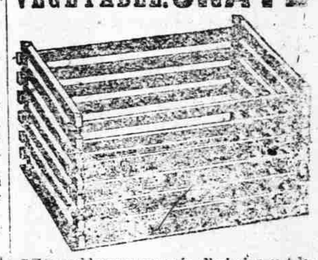

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