

YAWNING.

From the German of Dr. Julius Naegeli. According to current ideas, yawning in good society is an improper sign of weariness; according to the teachings of physiology, it is a loud-drawn, forcible inspiration; according to Dr. Naegeli it is one of Nature's many remedies, the proper application of which depends upon good judgement.

In yawning, not only the muscles which move the lower jaw are used but also the breathing muscles of the chest, and he who yawns to his heart's content also raises and extends the arms. In the deepest inspiration the chest remains extended for a short time, the eyes are almost or entirely closed, the ears somewhat raised, nostrils dilated. Inside the mouth the tongue becomes round and arched, palate stiffly stretched, and the uvula is raised, almost entirely closing the space between the nose and throat. At the beginning of the inspiration a cracking noise is heard in the ears, a proof that the duct leading to the hearing also succumbs to this stretching.

If the yawning has reached the deepest point it will require from one to one and a half seconds for it to become noticeable to the hearing. In order to observe this, let one place himself at a sufficient distance from a clock, so that its ticking will not be easily heard, and yawn deeply. During this deep breathing the sound of the clock is not perceptible to the most careful listening. All this simply goes to show that yawning sets a number of muscles to work, and particularly those which are not directly subject to the will.

Although one yawning does not present a very agreeable appearance, it is very agreeable to himself, for the stretching of the muscles causes a feeling of comfort; it acts like massage, and is the most natural gymnastics of the lungs imaginable. Dr. Naegeli therefore advises people not to concern themselves with so-called decency, but every morning and evening, and as often as possible, to exercise the lungs and all the muscles of respiration by yawning and stretching, as many chronic lung troubles may thus be prevented.

Dr. Naegeli orders the patient troubled with too much wax in the ear, accompanied with pain, to yawn often and deeply. The pain will soon disappear. He also, in case of nasal catarrh, inflammation of the palate, sore throat, and ear-ache, orders the patient, as often as possible during each day, to yawn from six to ten times successively, and immediately afterward to swallow. The result will be surprising. If one looks upon yawning as a natural message for certain organs, he will reach a satisfactory explanation of its curative properties.

Money Not Locked Up.
At age 25 the usual \$1,000 life insurance policy in the 20 payment endowment plan costs \$18. In case of death you get only \$1,000. The rule is your money is locked up for 20 years, and then you are guaranteed only the reserve or legal value by any company.

The twenty payment guaranty of the Union Central Life Insurance Co., costs at age twenty-five, annually for twenty years only \$45 for \$2,000; and besides giving a paid-up policy for \$300 the 3rd year when you have paid out only \$135, and if not taken the \$2,000 policy remains to force four years and two hundred and five days thereafter, if you desire it, still the 5th year the policy contract guarantees you in cash on your policy \$141 and still you may keep it up and will, if you die that year, receive your \$2,000 less the \$141 you have already had.

Thus the 5th and each year thereafter our guaranty policy puts the reserve, or full legal value, at your command. No company can possibly do more. So why pay more for \$1,000 insurance than we charge for \$2,000, especially since we keep the reserve at your command at any time after the 5th year?

The 20th year you have a \$2,000 policy due at death and it can never cost you any more and you may at any time get the reserve as a loan on it or as a cash surrender value.

Here is not an estimate in our guaranty policy, all being expressed and guaranteed in the face of the policy. Our guaranty policy contract is more liberal than any other insurance policy in the land.

FILES! FILES! TORING FILES!
SYMPTOMS—Mortar, intense itching and stinging most at night; worse by scratching. If allowed to continue tumors from which often bleed and ulcerate becoming very sore. SWAYNE'S OINTMENT stops the itching and bleeding, heals ulceration, and in most cases removes the tumors. At druggists or by mail for 50 cents. Dr. Swayne & Son, Philadelphia.

English Spavin Liniment: removes all Hard, Soft or Calloused Lumps and Clemishes from horses; Blood Spavin Surbs, Splints, Sweeney, Ring-worm tuffs, Sprains, and Swollen Throats, Coughs, Etc. Save 50 by use of one bottle. Warranted the most wonderful Blemish Cure ever known. Sold by E. T. Whitehead & Co., Druggists, Scotland Neck, N. C. 10 1 17.

FAY'S... PATIENTS TREATED BY MAIL. CONFIDENTIAL. DR. W. F. STODOL, PHYSICIAN, CHICAGO, ILL.

THE BEST

BLOOD Purifier AND TONIC
For Old and Young TO QUICKEN THE Appetite, REMOVE THAT Tired Feeling And Make the Weak Strong.



Ayer's Sarsaparilla
Cures others, will cure you

Freeman & White,
ARTISTS & PHOTOGRAPHERS,
ENLARGEMENTS IN
CRAYON, PASTEL, OILS, &c. FROM
PHOTOGRAPH, TINTYPE, &c.
177 Main Street, NORFOLK, VA.
7 21 17.

BROOKER'S...
Cure Indigestion, Headache, Stomach
Pain, Nausea, and all the ailments
connected with the stomach and bowels.

R. C. JOSEY & CO,

(Successors to EDMONDSON & JOSEY.)
The firm of Edmondson & Josey has dissolved and the business will be continued at the same old stand, under the firm name of R. C. Josey & Co.

General Merchandise,
A full line of:

THE VERY BEST GRO. ERIES, DRY GOODS AND NOTIONS,
BOOTS AND SHOES, HATS AND CAPS, TIN, CROCHERY,
GLASS, WOOD AND WILLOW-WARE, HARDWARE, INCLUDING
MANY THINGS THAT CAN NOT BE FOUND ELSE
WHERE IN TOWN. ALSO THE BEST COOK STOVES AND
FARMING IMPLEMENTS.

WE MAKE A SPECIALTY OF OBELISK FLOUR AND
Lightning and Mason's Fruit Jars in pint, quart or 1/2 gallon sizes.

Thanks to the patronage and co-operations of our friends in
the past, and entering upon the New Year with enlarged advan-
tages, we hope to give entire satisfaction to our patrons, and we
guarantee best quality of goods with prices to suit the times.

GIVE US A CALL.
112 1/2

**NEW-
SPRING STYLES!!**

We are exhibiting our usual stock of
Dry Goods, boys, and men's cloth-
ing, together with new makes of chil-
dren's, ladies' and men's shoes, includ-
ing Reed's and Zeigler's.

Our assortment of dress goods, silks,
embroideries, and white goods have
never been so varied and attractive.
We have hundreds of yards of choice
styles of seasonable wash and woolen
fabric.

Buying strictly for cash, enables us
to give the best values.

Thanks for past favors, and we cordially
invite one and all to call and
see our choice selection of Spring
and Summer styles.

M. HOFFMAN & BRO.,

THE GREAT PROGRESS OF ELECTRICITY.
LIFE, HEALTH, AND HAPPINESS.
Medical & Surgical Institute
112 1/2
TO BE SOLD
W. H. H. at our DRUG STORE.
SCOTLAND NECK, N. C.
Johnson's Chill & Fever Tonic
under a guarantee that one bottle will cure
CHILLS AND FEVER, BILIOUS FEVER,
MALARIAL FEVER, TYPHOID,
SWAMP AND HEMORRHAGIC
FEVER, NEURALGIA and
LA-GRIPE,
And failing to do so we WILL refund
the money.
E. T. Whitehead & Co.
Prune, S.rup and Senna is the best
All fruit laxatives. 7 14 17

THE OLD UNION CENTRAL

LIFE INSURANCE COMPANY
(Now with about \$10,000,000 Assets, Not a dollar of which does
the Law of Ohio permit to be put on fluctuating securities of
any kind.)
HAS FOR THE LAST TEN YEARS REALIZED FOR HER INSURED
THE VERY HIGHEST INTEREST RATE
AND VERY
MUCH THE LOWEST DEATH RATE
OF ANY COMPANY

These are admittedly the great points of virtue and from
these sources are derived the Dividends or profits for the
insured, and it is a fact which is easily understood that
we pay the

**LARGEST DIVIDENDS
OF ANY COMPANY.**

We give a policy contract that beautifully combines the vir-
tues of the high and the low price kinds of policies issued by
other Companies. The Union Central is in the lead of all Com-
panies in combining these virtues, and also putting the

FULL LEGAL VALUE

of said policy (according to the highest standard) at the com-
mand of the insured.
Read elsewhere an explanation of how much CASH you could get from
the Company and still keep your policy in force, if you policy
had been taken in the UNION CENTRAL. We also
write all kinds of policies. Call on the Company's
Agent for full explanations.

E. E. HILLIARD, AGT.
SCOTLAND NECK, N. C. 16 2 17

To Farmers and Truckers.



HAVING DOUBLED OUR
CAPACITY,
We are prepared to furnish the
East Patent Barrels
IN ANY QUANTITY.

OUR PRICE \$20 PER HUNDRED,
and for cash 10 per cent off for
all deliveries to May 1st, 1893.

WE HAVE HUNDREDS OF TESTIMONIALS.

SALES.—In 1891, 75,000; in 1892, 300,000. Capacity for 1893 and estimated sales, 500,000.
Made by the
FARMERS' MANUFACTURING COMPANY
NORFOLK, Virginia.

GREAT BRIDGE, NORFOLK COUNTY, VA.
Farmers' Manufacturing Company:
I used your Patent Barrels exclusively in the shipment of my crops, including
about 7,000 barrels of Irish potatoes, and I want to say they are the best I ever
used. Put me down as a permanent customer, as I will hereafter use none other.
Yours truly,
GEORGE A. WILSON.

**YES! YES!
We are Still in The Ring.**

**The Democrat
Job : Printing . Office**

IS STILL PREPARED TO DO
First Class Job Printing.

Letter, Note & Bill Heads,
Envelopes, Statements,
Such As : Pamphlets, Price Lists,
Posters, Dodgers, Wed-
ding and Visiting Cards,
Ball and Supper Tickets;

And anything else you want in the Job

Printing Line.

ALL WORK GUARANTEED TO GIVE
SATISFACTION.

STARVATION PRICES.

WHITE & PAULL

Cor. Main & 10th Streets, SCOTLAND NECK, N. C. Dealers in
GENERAL MERCHANDISE,
COMPLETE STOCK OF SPRING AND SUMMER DRY GOODS

NOTIONS
Finest line of Goods Furnishing Goods ever brought to this Market
WE CARRY A COMPLETE LINE OF

**CHAS HEISER'S MEN'S FINE
SHOES.**

LADES' ROCHESTER MADE, PERFECT FITTING FINE SHOES,
EARL & WILSON COLLARS AND CUFFS.
You Should see our Line of

NECK : WEAR

Our Line of Hats is Complete. Fine Clothing—Ready Made—Made to
Order. A Large and well Assorted Stock Always on Hand.
Call and examine Goods and prices.
MAY 15

Because You Eat
all the vegetables you raise, that's no reason why they should not be
good enough to sell—as good as the best in the market. If you
Your family garden ought to be a nursery with a thousand
it will be if the products are really fine.
But fine vegetables have to start from fine seeds, and you can't
likely to get those when you send to the stores, and you can't
luck to get what you send after.
There's a better way than that.
Let us help you—with our book and our seeds. The book is free,
write for it and it will tell you how to get the right kind of seeds,
and what to do with them.
Don't wait until you have a large general order to send, and
a dozen stamps or postal note and look for the prospectus by return
mail or express. No matter how small the order, it is worth
your while to have the best and we would like to supply it.
GEO. TAIT & SONS, S. C. Merchants,
9-10-91-17. NORFOLK, VA.

ATLANTIC COAST LINE.
WILMINGTON & WELDON RAILROAD
AND BRANCHES.
Condensed Schedule.
TRAINS GOING SOUTH.
dated April 24, 1892.

No. 15, Daily.	No. 23, Daily.	No. 27, fast mail, daily.	No. 31, fast mail, Sunday.
Leave Weldon	12:35 p.m.	5:07 p.m.	6:15 a.m.
Arrive Rocky Mt.	1:42 "	6:01 "	7:23 "
Arrive Tarboro	2:35 p.m.		
Leave Tarboro	12:54 a.m.	6 p.m.	
Arrive Wilson	2:18 p.m.	7:00 p.m.	7:40 a.m.
Leave Wilson	2:30 "		
Arrive Selma	3:30 "		
Arrive Fayetteville	5:30 "		
Leave Goldsboro	3:15 "	7:00 p.m.	8:30 a.m.
Leave Warsaw	4:14 "	8:40 "	9:34 "
Leave Magnolia	4:27 "	8:40 "	9:44 "
Arrive Wilmington	6:00 "	9:55 "	11:20 "

TRAINS GOING NORTH.
No. 66, Daily.

No. 66, Daily.	No. 14, daily.	No. 68, daily.	No. 70, daily, Sunday.
Leave Wilmington	12:35 a.m.	9:15 a.m.	4:20 p.m.
Leave Magnolia	1:54 "	10:57 "	6:00 "
Leave Warsaw	2:55 "	11:11 "	6:15 "
Arrive Goldsboro	2:55 "	12:05 "	7:00 "
Leave Fayetteville		10:10 "	
Arrive Selma		11:35 "	
Arrive Wilson		12:35 p.m.	
Leave Wilson	3:35 a.m.	12:58 p.m.	8:14 p.m.
Arrive Rocky Mt.	4:03 "	1:30 "	8:39 "
Arrive Tarboro	6:30 "	2:18 p.m.	
Leave Tarboro		12:58 a.m.	
Arrive Weldon	5:55 "	2:55 p.m.	10:00 p.m.

* Daily except Sunday.
Trains on Scotland Neck Branch road leave Weldon 3:30 p.m., Halifax 4:30 p.m.,
arrives Scotland Neck at 4:48 p.m., Greenville 6:28 p.m., Kinston 7:30 p.m.,
returning leaves Kinston 7:20 a.m., Greenville 8:22 a.m., Arriving Halifax at 9:10
a.m., Weldon 11:20 a.m., daily except Sunday.
Trains on Washington Branch leave Washington 7:00 a.m., arrive A. & R.
Junction 8:40 a.m., returning leaves A. & R. Junction 7:15 p.m., arrives Wash-
ington 8:45 p.m. Daily except Sunday. Connects with trains on Albemarle and
Raleigh R. R., and Scotland Neck Branch.
Train leaves Tarboro, N. C., via Albemarle & Raleigh R. R., Daily except Sun-
day, 4:40 p.m., Spring Hope 7:40 p.m., returning leaves Spring Hope 8:40 a.m.,
Plymouth 8:30 p.m., 5:20 p.m., returning leaves Plymouth N. C., Daily except
Sunday, 6:00 a.m., Sunday 9:00 a.m., Warrington 7:00 a.m., 9:55 a.m., Arrive
Tarboro, N. C., 10:40 a.m., 11:20 a.m.
Trains on Southern Division, Wilson and Fayetteville Branch leave Fayetteville
5:30 p.m., arrive Rowland 7:11 a.m., returning leave Rowland 7:35 a.m., arrive
Fayetteville 9:15 a.m., Daily except Sunday.
Train on Midland, N. C. Branch leaves Goldsboro, N. C., Daily except Sunday,
6:00 a.m., arrive Smithfield, N. C. 7:30 a.m., returning leaves Smithfield, N. C.,
8:00 a.m., arrive Goldsboro, N. C., 9:30 a.m.
Train on Nashville Branch leaves Rocky Mount at 6:20 p.m., arrive Nash-
ville 7:15 p.m., Spring Hope 7:40 p.m., returning leaves Spring Hope 8:40 a.m.,
Nashville 8:25 a.m., Rocky Mount 9:15 a.m., daily, except Sunday.
Train on Clinton branch leaves Warsaw for Clinton, Daily, except Sunday,
at 6:20 p.m. and 11:15 a.m., returning leaves Clinton at 8:30 a.m. and 3:00 p.m.,
connecting at Warsaw with Nos. 41, 49, 23 and 78.
Southbound Train on Wilson & Fayetteville Branch is No. 51, Northbound
is No. 50. *Daily except Sunday.
Trains No. 27 South, and 14 North will stop only at Rocky Mount, Wars-
goldboro and Magnolia.
Train No. 78 makes close connection at Weldon for all points North daily, ex-
cept Sunday, and daily except Sunday via Bay Line, about Rocky Mount
daily except Sunday, with Norfolk and Carolina Railroad for Norfolk and all points
north via Norfolk.

JOHN F. DIVINE,
General Agent.
I. R. KENLY,
Sup't. Trans.

WE ARE PREPARED TO FURNISH THE TRADE OF
NORTH CAROLINA WITH

**Cypress Shingles,
Laths and Lumber,**

From Our Mills located in the Eastern part of the State, we will be
pleased to quote prices on application to us at Norfolk, Va.

ALSO WHOLESALE & RETAIL DEALERS IN
ANTHRACITE AND BITUMINOUS COAL

Prompt attention to all orders guaranteed. 21
THE NOTTINGHAM & WRENN CO.,
General Office 52 Main Street under Atlantic Hotel, NORFOLK, VA.
CORRESPONDENCE SOLICITED. 7 21 17.

FREE For 30 days. In order to introduce our CRAYON PORTRAIT
in your vicinity, and thus create a demand for our work we
will make you one of our finest CRAYON PORTRAITS free of charge, and
will make you one of our finest CRAYON PORTRAITS free of charge, and
will exhibit it to your friends and use your influence in securing us future
orders. We will return it to us with your photograph, with your name and ad-
dress on back of photograph, so we can ship your portrait accordingly. Tanquer
Portrait Society, 741 DeKalb Ave., Brooklyn, N. Y.
REFERENCES: Rev. DeWitt Farnham, D.D., Baltimore, Md. Agencies.