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THE COMMONWEALTH.

E. E. HILLIARD, Editor and Proprietor. "EXCELSIOR" IS OUR MOTTO. SUBSCRIPTION PRICE \$1.00.
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THE EDITOR'S LEISURE HOURS.

Points and Paragraphs of Things Present, Past and Future.

It is gratifying to see many of our best young men taking a decided stand for temperance. The hope of this reform lies largely in the young, and it augurs well for our immediate future for young men who are to be leaders of thought to take a positive position on this great question. The good people of the entire State will applaud the following strong and stirring sentiment expressed in the graduating speech of Mr. P. S. Carlton at Wake Forest commencement three weeks ago:

"The greatest curse which has ever befallen the American people is the granting of license to distill and sell intoxicating liquors. Look into the field of history and from the flood of the records of yesterday, we see that strong drink has been to the masses of mankind a curse intolerable and apparently inextinguishable in its malignity. Mr. Gladstone once said that drink had produced evils more deadly than those caused to mankind by the great historic scourges of war, famine and pestilence combined.

"Now, is there any remedy for this greatest of all evils? Is there any way to free our country from this curse? The only remedy lies in the ballot-box. If the citizens of North Carolina wished to get rid of this curse, and would express this willingness at the polls, every grog-shop in the State would be closed within less than twelve months."

Michael Oudaby, a partner of the great Armour & Co., in talking about how he made his first thousand dollars, gives utterance to what every employe in any and all industrial enterprises would do well to study and learn to live up to. He says:

"I make my business my recreation as well as my work, and have done so for years. The man who has the interests of his employer at heart, and takes this view of the matter, has to be told when to stop work. He is too interested in his task to be listening for the 'quitting-bell.' His daily ambition is not to 'knock off' at night, but to do his work and do it well."

The proposition to make a home for Admiral Dewey has not met with approval in many places. While the people of the United States appreciate fine services by our soldiers both on sea and land; when a man is as well paid for his services as Admiral Dewey is, it is hard to make the common people see why the people ought to contribute to build him a magnificent home. His salary and general ingatherings for his services are much more than thousands and thousands of other citizens get; and then he has been in the service for what he could get out of it, no doubt. Admiral Dewey hardly needs any help, taking into consideration the condition of the seventy millions of American people as a whole. No, no; Admiral Dewey will fare well as long as he lives, else he is a poor manager for his own comfort.

It means much for a man of intense feelings and strong powers to become identified with some great interest which appeals to his sympathies for its support and welfare. This is shown in Mr. Green's declining the presidency of the Southern Baptist Theological Seminary. To be sure, it was a great honor and a great opportunity to be chosen as the head of such an institution, but Mr. Green, in his letter declining the call, expresses the conviction that it is his duty to remain with William Jewell College. He remains in a smaller place because he has been identified with the institution's best interest.

Heroic Devotion to duty!
Last fall I sprained my left hip while handling some heavy boxes. The doctor I called on said at first it was a slight strain and would soon be well, but it grew worse and the doctor then said I had rheumatism. It continued to grow worse and I could hardly get around to work. I went to a drug store and the druggist recommended me to try Chamberlain's Pain Balm. I did it and one-half of a 50-cent bottle cured me entirely. I now recommend it to all my friends.—E. A. Babcock, Erie, Pa. It is for sale by E. T. Whitehead & Co.

PRESENT DAY THOUGHTS

About The Holland Conference.

DISCUSSIONS FOR PEACE.

BY G. GEORGEOR DAWES.

Written for The Commonwealth.
By the time this article is read the wonderfully picturesque gathering in Holland, of delegates from all civilized nations for the purpose of discussing various phases of Peace will have scattered. Whatever may be the outcome of this gathering, the building in which the delegates met must forever be regarded as sanctified by one of the most remarkable international movements that has ever taken definite shape amid the restless and antagonistic nations of the world. It is a proclamation that all nations are gradually coming to a sense of the unity of man—and of the rights of the obscure man—who, by the way, has always borne the most arduous brunt and burden of the battles of men. To the young Czar of Russia, son of a father who was himself a power for peace in Europe, all honor is due for not being content merely with his own inner leanings towards peaceful development, but for being willing to run the risk of misunderstanding and of suspicion in trying to convert others to his own way of thinking.

Pausing for a moment to consider the nation of which the Czar is the head, it is strange, but nevertheless very fitting, that the proposal for disarmament and arbitration should come from a nation whose very vastness is enough to permit it to overwhelm all other nations that would meet it on land. Judged by ordinary standards, no nation could have less to fear from the continued armament of Europe, and therefore no nation had less need to suggest disarmament. I speak, of course, from the point of view of its compact and contiguous territory, its vast reserve supply of men, and its climatic conditions, but of course, not from the view-point of its bonded indebtedness, which is very great indeed, and actually exceeds that of France.

Reviewing now some of the work of the Peace Conference, it is very noteworthy that the United States, fresh from successful warfare and flushed with conquest, should have been able to bring before the conference a plan for arbitration that secured more approval than the plans submitted by others. This is not peculiar, for our nation has not yet run short, and never will, of far-seeing men whose vision extends beyond conquest to uplift, and beyond immediate gain to future glory. Though all that we have done during the past year has, so far as the national heart is concerned, been done well, and been done for the best, national vision is not at all blinded to the fact that there will be greater glory to us if the history of the next hundred years should show our nation—greater in some particulars than Russia—to have believed more in preventing conflict than in precipitating it.

The results of the conference will not be immediately visible to the great hurrying world, because from the pressure of daily life and events, the mass of us lose sight of a movement as soon as our text-books, the newspapers, cease making comments upon it. It will not be surprising, therefore, if there should arise a lull of interest, but this will be apparent rather than real; for each set of delegates will return with a report to its home government, and out of these reports will develop correspondence back and forth in relation to the future offensive and defensive plans of each government. The result will be increasing international understanding and the gradual evolution of ideas, by which in future disputing nations will find it more than ever difficult to go to the extreme of actual battle. Five years or ten even will not be too many before we can hope for the creation and the maintenance of a good working plan among the great nations of the earth—which great nations for all practical purposes are simply Russia, Germany, England and the United States.

The discussions of the Conference relative to humane methods of warfare such as the abuse of flattened bullets of balloon explosives, and of certain contents of shells, are mere dust in

the balances of the wider question of the economic advantage of avoidable warfare. These minor subjects, because somewhat picturesque in their details have aroused among many people the greatest interest; but their right position will be understood when it is stated that the cessation of warfare is much more important than any method of waging it.

All lovers of the common man must welcome any forward step in the direction of this Conference; for the huge standing armies of Europe are a terrible burden on the young manhood of that continent and also upon the aged of that continent because of the governmental demand upon the young and strong for several years of unproductive effort. These conditions are fairly well understood by us in America not because we have a vast standing army, but because a large proportion of our European immigrants have come here to avoid enforced—and therefore hated—military service. The American heart is also well prepared for making the dream of the Czar an actual working power; since its own record in the past century has been more notable than that of any other nation, both in the number of its own disputes that have been settled by arbitration and also through its having been the arbitrator in the disputes of other nations. It yet hopes to see the nations of the old world become in relation to Peace, the United States of Europe.

An Answered Prayer or a Whopper.

New Bern Journal.
Mr. Thomas, of Adams' Creek, who kept a fine hog in a pen near his residence, went out Tuesday morning to care for his pet pig, and on going to the pen, found that a bear had been there during the night and carried the pig away. Mr. Thomas, to give expression to his feelings at the loss of his pig, bowed himself down and in a very earnest way prayed that the bear might be choked to death by the bones of the pig.

This afternoon Mr. Thomas had occasion to visit a thick wood a short distance from his home, and to his great delight found bruin stretched out on the ground, dead, and on making an examination, found that he had attempted to swallow a hock bone, which became entangled in his throat and choked him to death.

A Goat Ate The License And Postponed The Ceremony.

St. Louis Dispatch.
The fondness of a billy-goat for paper caused the postponement of the wedding of T. H. Bryson, formerly a merchant of this city, but now a resident of Mississippi. Mr. Bryson was engaged to be married to a widow residing at Olive Branch, Miss., and was visiting from his home, and to his great delight found bruin stretched out on the ground, dead, and on making an examination, found that he had attempted to swallow a hock bone, which became entangled in his throat and choked him to death.

Buckwheat For Low Grounds.

Cultivator.
The buckwheat crop is peculiar in the fact that it can be put in after July and still make a crop of grain that furnishes excellent food for man. It is almost always sown on low, wet land, that could not be tilled earlier in the season. In fact, it is more often a failure than not, if sown on high, dry land, even in the East, where there is usually plenty of moisture. It cannot be grown with profit beyond the region of the great lakes, and the two States of Pennsylvania and New York produce yearly more buckwheat than all the other States in the Union.

A CARD OF THANKS.

I wish to say that I feel under lasting obligations for what Chamberlain's Cough Remedy has done for our family. We have used it in so many cases of coughs, lung troubles and whooping cough, and it has always given the most perfect satisfaction, we feel greatly indebted to the manufacturers of this remedy and wish them to please accept our hearty thanks.—Respectfully, Mrs. S. Doty, Des Moines, Iowa. For sale by E. T. Whitehead & Co.

STRENGTH IN AGE.

Growing Old, And Keeping Young.

SOME WHOLESOME LESSONS.

BY REV. THEODORE CUYLER, D. D.

Biblical Recorder.
Since the time when Cicero wrote his immortal treatise on Old Age, innumerable creeds have been written on this venerable topic; but as it is an experimental matter, there is always room for another one's experience.

Some regard old age as a disgrace, and practice cunning devices to conceal it. Their wigs and other simulacra [pretences] wear out and expose their folly; for Solomon declares that a hoary head is a crown of glory if it be found in the way of righteousness. That old age is an incurable malady is only partially true, for some vigorous persons pass fourscore years without ever having caught it; or they have it so lightly that no one suspects them. "Old" is a relative term after all. I have known people who were rather pitifully old at fifty; and when I met that swift-footed Christian, William E. Dodge (senior), at the age of seventy-five, with the brisk gait of a boy, and with scarcely a gray hair on his head, I said to him, "You are one of the youngest men in New York."

How to keep young—that is the problem; and it is a vitally important problem, for it really means how to make the most of life and to bring in the largest revenue of service for the Master.

Healthy heredity counts for a great deal. Longevity runs in certain clean-lined families. For example, that stalwart philanthropist, Neal Dow, alert at ninety-two, told me that his quaker father reached ninety-four, his grandfather eighty-five, and his great-grandfather ninety. Such inherited vigor is a capital to start with and not to be wasted. On the other hand, one of the most atrocious crimes is committed by some parents who not only shorten their own days but make long life an impossibility to their offspring.

Supposing that a man has a fairly good and unmortgaged constitution to start with, there are several practices and methods to ward off the infirmities of a premature old age. The first and most important is—to keep the commandments. Our Creator has written certain laws on our moral bodies—laws as irrefragable as those written on the stone tablets of Sinai; laws for the breach of which Jesus Christ made no atonement. To squander vital resources by violating these laws or even by neglecting them, is an unpardonable sin.

There are suicides in Christian churches—yes, in some Christian pulpits! Rigid care as to a digestible diet does not mean fussiness. It means a clear head, clean blood, and a chance for longevity. Stimulants are dangerous just in proportion as they become indispensable. Hard brain work, hearty eating, and no physical exercise are short roads to a minister's grave. That famous patriarch of the New England pulpit, Dr. Nathaniel Emmons, who was vigorous at ninety-five, used to say, "I always get up from the table a little hungry." The all-comprehensive rule of diet is very simple—whatever harms more than it helps, let it alone. Wilful dyspepsia is an abomination to the Lord.

A second essential to a healthy longevity is the repair of our resources by sound and sufficient sleep. Insomnia is worse than any of the plagues of Egypt; it kills a man or woman by inches. How much sleep is absolutely necessary to bodily vigor must be left to nature; she will tell you if you don't fool her. "Burning the midnight oil," commonly means burning up your life before your time. Morning is the time for work—one hour before noon is worth five after sunset.

When a man who has much strain on his brain and on his nervous sensibilities as most ministers have goes to his bedroom, he should school himself to the habit of dismissing all thought about outside matters. If he has difficulty in doing this, he should pray for divine help to do it. This suggestion is as applicable to hard-worked business men and to care-laden wives and housekeepers as it is to ministers or brain-workers in any profession.

That wonderful physical and mental phenomenon of this century, Mr. Gladstone, once told me that he had made it a rule to lock every affair of State

and every other care outside of his bedroom door. To this excellent habit he attributed his sound sleep; and to his refreshing sleep he largely attributed his vigorous longevity. Paddy's rule is a good one—"when you sleep, pay attention to it." Personally, I may remark that it is to a full quota of slumber at night and a brief nap after a noon meal that I owe fifty-three years of steady work without a single Sunday on a sick bed.

To keep young every man or woman should endeavor to graduate his labors according to their age. After threescore and ten lighten up the loads. It is overwork that wears out life; just as it is the drying of a horse after he is tired that hurts him and shortens his days. But while excess of labor is injurious to the old, an entire cessation from all labor is still worse. A workless life is commonly a worthless life. If a minister lays off the burdens of the pastorate, let him keep the tools sharp by a ministry-at-large with pen and tongue. When a merchant or tradesman retires from business for himself let him serve the public, or aid Christ's cause by enlisting in enterprises of philanthropy.

Rust has been the ruin of many a bright intellect. The celebrated Dr. Archibald Alexander, of the Princeton Theological Seminary, kept young by doing a certain amount of intellectual work each day so that he should not lose his touch. He was as full of sap on the day before his death as he was when a missionary in Virginia at the age of two and twenty. He prepared and often used a prayer that was so beautiful that I quote a portion of it for my fellow-disciples whose life-clock has struck threescore and ten.

"Oh, most merciful God, cast me not off in the time of old age; forsake me not if thy strength faileth. May my hoary head be found in righteousness. Preserve my mind from decay and imbecility, and my body from protracted disease and excruciating pain. Deliver me from despondency in my declining years, and enable me to bear with patience whatever may be Thy will. I humbly ask that my reins may be continued to the last; and that I may leave my testimony in favor of the reality of religion and Thy faithfulness in fulfilling Thy gracious promises. And when my spirit leaves this clay tabernacle, Lord Jesus receive it! Send some of the blessed angels to convey my inexperienced soul to the mansions which Thy love has prepared; and oh, may I have an abundant entrance ministered unto me into the Kingdom of our Lord and Saviour Jesus Christ."

This beautiful petition flooded his closing years with sweet peace and a strength unbroken to the last.

A sore temptation to the aged is a tendency to querulousness and pessimism. Losses are unduly lamented, and gains are not duly recognized. While we cherish and cling to many of the things that are old, and are all the better for having been, let us not seek to put our eyes in the back of our heads and live only in the past. Keep step with the times; keep sympathy with young hearts; keep in touch with every new-born enterprise of charity, and in line with the marchings of God's providence. A ten minutes of chat or play with a grandchild may freshen you more than an hour spent with an old companion or an old clock.

Above all, keep your hearts in the love of God, and walk in the warm sunshine of Christ's countenance. Our "Indian Summer" ought to be about the most golden period of a life consecrated to Him who has bought us with His precious blood. Eye hath not seen, tongue hath not told, And ear hath not heard it sung, How buoyant and fresh—tho' it seems to grow old, Is a heart forever young.

The late James Spurgeon was a very thrifty man. His estate was valued about \$200,000. Charles H. Spurgeon had not one-fourth as much property. Dr. James Spurgeon left all his property to his widow.

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Leave Weldon	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00
Arrive Rocky Mt.	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00
Leave Rocky Mt.	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00
Arrive Tarboro	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00

TRAINS GOING NORTH.

DATE	WELDON	ROCKY MOUNT	TARBORO	WELDON	ROCKY MOUNT	WELDON	ROCKY MOUNT	WELDON	ROCKY MOUNT
Leave Weldon	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00
Arrive Rocky Mt.	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00
Leave Rocky Mt.	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00
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