

ADVERTISING

1877

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THE COMMONWEALTH

E. E. HILLIARD, Editor and Proprietor.

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SCOTLAND NECK, N. C., THURSDAY, APRIL 14, 1904.

NO 15.

IF YOU ARE A HUSTLER... YOU WILL ADVISE YOUR Business. SEND FOUR ADVERTISEMENTS NOW

Ayer's Sarsaparilla... Weak Nerves... Keep the bowels regular with Ayer's Pills, just one pill each night.

Do You Enjoy What You Eat? You can eat whatever and whenever you like if you take Kodol. It is a remedy for indigestion, dyspepsia, and all disorders arising therefrom.

PARKER'S HAIR BALSAM... Cleanses and beautifies the hair. Restores color and prevents gray hair.

PROFESSIONAL... R. A. C. LIVERMON, Dentist. OFFICE--Over New Whithead Building. OFFICE HOURS from 9 to 1 o'clock; 2 to 5 o'clock, p. m.

Worry Almost Unnerved Me--Heart Pains. Short of Breath, Faint and Languid. Dr. Miles' Heart Cure and Nerve Cure Me. "It has been five years since I was cured of heart trouble by your Heart Cure and Nerve Cure."

WILL YOU BUILD... repair or remodel any kind of building? Send for our FREE CATALOGUE...

EDITOR'S LEISURE HOURS. OBSERVATIONS OF PASSING EVENTS.

We have seldom seen more truth packed into one paragraph about town building and town improvement than in the following from the Goldboro Argus: "It is perfectly natural that outsiders who have capital to invest and who are seeking a congenial atmosphere in which to live should expect some manifestation of public spirit and civic pride from those who are already residents of a city or town."

Mr. I. E. AVERY, city editor of the Charlotte Observer, died rather suddenly about ten days ago. He was one of the most pleasing writers on the State press, and was fast growing into fame as a writer of beautiful sentiments.

RECENTLY this paper published Mr. Grover Cleveland's denial in a letter to Congressman E. Y. Webb, of Shelby, that he dined a negro at the White House while President. And now comes another denial that he entertained Fred Douglas at his wedding or signed a bill while Governor of New York for mixed schools.

UNDER this heading the Biblical Recorder makes some wise observations about party bolting. At this time when temperance sentiment is strong in North Carolina and is growing stronger, we will all do well to remember that what temperance legislation we have had has been secured through the Democratic party.

A GREAT SENSATION. There was a big sensation in Leesville, Ind., when W. H. Brown of that place, who was expected to die, had his life saved by Dr. King's New Discovery for Consumption.

HEALTH SUGGESTIONS. PART II.

The Evils of Over-doing. The Ways in Which Health May be Found in Exercise, Correct Diet, Clothing and Habits. Harm Done to Women and Children by Neglect of Ordinary Health Precautions.

VERY one recognizes the power of diet in preserving health. Diet is much, but it is not all. It must be supplemented by a variety of other things. Among the most important of these is regularity of habits.



Another man of similar experience said later, in my hearing, that there was nothing worse for one than irregular exercise. "These women who start out and walk seven miles in one afternoon and then take no more vigorous exercise for a week, do themselves more harm than good," he declared.

Similar regularity is essential so far as sleep is concerned for those who wish to keep their health. I do not mean by this that a fixed hour for retiring must be immutable in the case of adults, although it is a pity they can't submit themselves to some such standard.

Because of the growing appreciation of fresh air exercise among physicians and students of hygiene everywhere I am glad to see the returning and increasing interest in the bicycle, as testified to by public opinion and the advertising columns of the daily press and of other publications.

One of the discouraging features of exercise' sake is that it must seem futile and dull to the busy woman or man who does everything else with some object in view. When a woman sweeps she is exercising, but she is also accomplishing something.

Besides this there are other health considerations to be borne in mind. Dress is among them. A well known physician in an English medical journal has written recently against the evil of tight lacing, and has laid to this much of a woman's ill temper. The writer who is a woman, and evidently

more interesting way of winning to the same end. But when we hear of stout New York women who post so many times around the reservoir in Central Park in the endeavour to reduce their flesh, we wonder, if, after all, we are so much ahead of the Britons in enterprise and invention.

CASTORIA For Infants and Children. The Kind You Have Always Bought. Bears the Signature of J. C. Watson.

When a woman is on a wheel it is a different thing. She is taking the air, she is exercising her muscles. But she is also getting somewhere—to pay a call, to do an errand, to make the acquaintance of a bit of road which had been too remote to explore on foot.

The necessity for regular exercise is winning attention more and more. The whole problem of proper bodily development has of late years received serious consideration, both by the medical fraternity and the laity. The popularity of the various systems of physical trainings is a good indication and many of these schools seem to have accomplished good.

Many women, young and old, would be materially benefited in general health, pose of body, clearness of complexion and keenness of mind by a course of moderate physical training under a guidance which gives proper consideration to individual needs.

amount of rule and precept concerning slumber. There are few women who cannot maintain a tolerably strict regimen so far as habits of sleep are concerned. The mothers of little children must resign themselves to broken nights, but the majority of wives and mothers, and still more the younger women, may have a fixed time for retiring and adhere to this with some degree of strictness.



"Starts to work with the first dose." Rheumacide is entirely vegetable, and instead of hurting the digestion, tones up the entire system.

CONGRESSMAN WILBER SAYS

"Per-u-na is All You Claim For It."



Congressman D. F. Wilber, of Oneonta, N. Y., writes: "The Peru-na Medicine Co., Columbus, Ohio. Gentlemen--" Persuaded by a friend I have tried your remedy and I have almost fully recovered after the use of a few bottles. I am fully convinced that Peru-na is all you claim for it, and I cheerfully recommend your medicine to all who are afflicted with catarrhal trouble."

Per-u-na Preventive and Cure for Colds. Mr. C. F. Given, Sussex, N. B., Vice President of "The Past-time Bowling Club," writes: "Whenever the cold weather sets in I have for years past been very sure to catch a severe cold which was hard to throw off, and which would leave after-effects on my constitution the most of the winter."

Last winter I was advised to try Peru-na, and within five days the cold was broken up and in five days more I was a well man. I recommended it to several of my friends and all speak the highest praise for it. There is nothing like Peru-na for catarrhal affections. It is well nigh infallible as a cure, and I gladly endorse it."

A Prominent Singer Saved From Loss of Voice. Mr. Julian Weiseltz, 175 Seneca street, Buffalo, N. Y., is corresponding secretary of the Sangerclub, of New York, and is the leading second bass of the Sangerclub, the largest German singing society of New York and also the oldest.

knows whereof she speaks, tells of the compressed organs, the restricted blood vessels, the hampered nerves, and declares it is no wonder that the average woman is irritable and impatient. It is said that there never yet was a woman who would confess to lacing tightly, but in confidential confessions they will sometimes own that perhaps the laces are once in a while drawn more snugly than is altogether comfortable—always by accident, of course!

ARE YOU A DYSPYPTIC? If you are a dyspeptic you owe it to yourself and your friends to get well. Dyspepsia annoys the dyspeptic's friends because it sours his disposition as well as his stomach.

Every phenomenon of nature is true to the cause back of it. Each individual is the perfect actor of his own thoughts. You cannot expect a rational conclusion from a carnal man.

NOTHING EQUAL TO CHAMBERLAIN'S COLIC, CHOLERA AND DIARRHOEA REMEDY FOR BOWEL COMPLAINTS IN CHILDREN.

"We have used Chamberlain's Colic, Cholera and Diarrhea Remedy in our family for years," says Mrs. J. B. Cooke, of Nederland, Texas. "We have given it to all our children. We have used other medicines for the same purpose, but never found anything to equal Chamberlain's. If you will use it as directed it will always cure."

Any man can easily make a fool of himself; all he has to do is to act kiltens.

"TO IT TO-DAY." The time-worn injunction, "Never put off till tomorrow what you can do today," is now generally presented in this form: "Do it today!"

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