

"EXCELSIOR" IS OUR MOTTO.

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

### **IF YOU ARE A HUSTLER**

TOU WILL -ADVEBTISE-

TOUR

Business.

SUBSCRIPTION PRICE \$1.00

NO 15. SENI YOUR ADVERTISEMENT IN NOW



ADVERTISING

1870

BUSINESS

... WHAT STEAM IS TO-

Machinery,

CHAT GREAT PROPELLING POWER.

When the nerves are weak everything goes wrong. You are tired all the time, easily discouraged, nervous, and irritable. Your cheeks are

# Sarsaparilla

pale and your blood is thin. Your doctor says you are threatened with a nervous breakdown. He orders this grand old family medicine. "For more than 50 years I have used Ayer's Sarsaparilla in my family. It is a grand tonic at all times, and a wonderful medicine for im-pure blood."-D. C. HOLT, West Haven, Conn. J. C. AYER CO. Lowell. Mass 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. By the use of this remady disordered digestion and diseased stomachs are so completely restored to health, and the full performance of their functions naturally, that such foods as would tie one into a double-bow-knot are eaten without even a "rumbling" and with a positive pleasure and enjoyment. And what is more - these foods are assimilated and transformed into the kind of nutriment that is appropriated by the blood and tissues.

Kodol is the only digestant or combination of digestants that will digest all classes of food. In addition to this fact, it contains, in assimilative form, the greatest known tonic

and reconstructive properties. Kodol cures indigestion, dyspepsia and all disorders arising therefrom. Kodol Digests What You Eat

Makes the Stomach Sweet. Exitles only. Regular size, \$1.00. holding 2½ times the trial size, which sells for 50 cents. Pragared by E. O. DeWITT & CO., Ohicago, IL

E. T. WHITEHEAD & CO.



EDITOR'S LEISURE HOURS.

OBSERVATIONS OF PASSING EVENTS.

E. E. HILLIARD, Editor and Proprietor.

VOL. XX. New Series--Vol. 6, (7-1 8)

WE have seldom seen more truth packed into one paragraph about town building and town improvement than in the following from the Goldsboro Argus : "It is perfectly natural that outsiders

The People Make the who have capital to invest and who are seeking Town. 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. If the citizens themselves show no interest and loyalty in their own town they can scarcely expect others from outside to enthuse over it. Local pride and patriotism have a wholesome influence upon visitors and encourage them to recognize the good points of a place. Every city and town is what its citizens make it. In other words, the people make the town. And they very often unmake it."

#### 1111

A MOST unusual turn was given in the Robeson county court some days ago. Judge R. B. Peebles was scheduled to hold court at Lumberton, but the lawyers in the county agreed to continue all Judge Peebles and the their cases, because they did not wish to try Lawyers.

them before Judge Peebles. The reason given was that Judge Peebles was partial in his rulings in the Haywood case in Roleigh, and that he is sometimes discourteous to the bar. Judge Peebles simply heard the motion docket at Lumberton and then adjourned court. Before he adjourned court, however, he made reference to the action of the members of the Lumberton bar, and said that he would in due time give the matter his attention. He will have the attorneys who agreed to continue their cases answer for contempt of court. The Cumberland county bar and the Northampton county bar have passed resolutions endorsing Judge Peebles.

#### 1111

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

A Last Tribute. writer of beautiful sentiments. The following tribute to the violet was amongst the last things he ever wrote :

"The violets again-little wet violets, and there is the clean, sweet breath of spring. One would lift his head and drink deep-taste this sweetness, this grateful freshness that is about. There is a quicker leap of life, and Nature seems to stir with a kind of tenderness. There is a deeper glow on the faces of children-easier happiness on a tiry, nestling face . . . Gir hood comes to outward whiteness again-the cool, crisp sign of spring. And in all is the subtle charm of violets-little, human, tremulous things, gentle as love's whisper, pure as purity. Restful, quiet little flower, toosimple, appealing . . . Flower to lay on a baby that has died-- to give a seemly tribute to womanhood-to press against the face as easement to a tired heart . . . Such a dear, peaceful little flower, all alone in flowerland-emblem of the world's simplest and best, and waiting to mock a false face or adorn the beauty that comes from the soul."

HEALTH SUGGESTIONS.

PART II.

The Eyils of Over-dozing. 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.

[Copyright, 1904. by Christine Terhune Herrick.] been too remote to explore on foot. A **VERY** one recognizes the power of diet in preserving health 0 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 healthy, happy life." habite.

I once heard a man who had made she takes a long run on her wheel one much of himself physically, after start- day and allows it to gather dust, uning with a very poor natural equipment, used, thereafter for a week or ten days.



say that he attributed a great deal of his complished good. One of thesy that sound condition to the fixed periods at appeals to one pecultarly, by reason of which he took food. "I find it better," the unsual breadth and value of its several of my friends and all speak the greatly relieved, and within three weeks he said, "to break my fast at dinner time by a sandwich, when I cannot have a full meal, than to wait for an terprise and is endorsed by men whose the beverator my release and all speak the greatly releved, and writin three weeks is beverator my release and all speak the greatly releved, and writin three weeks is beverator my release and all speak the greatly releved, and writin three weeks is beverator my release and all speak the greatly releved, and writin three weeks is beverator my release and all speak the greatly releved, and writin three weeks is beverator my release and all speak the greatly releved, and writin three weeks is beverator my release and all speak the greatly releved, and writin three weeks is beverator my release and in speak the greatly releved, and writin three weeks is beverator my release and in speak the greatly releved, and writin three weeks is beverator my release and is proved. I am never without it now, and take an occasional dose when I feel run down."-Julian Weisslitz. hour or two for my regular dinner. names stand for much in their respect- A Prominent Singer Saved From Loss of The stomach is a creature of habit and ive lines. It is rather unusual in that if you take liberties with it you are the ethical side is made of paramount Buffalo, N. Y., is corresponding secre- full statement of your case and he will bound to make it uncomfortable, soon- importance. Many women, young and old, would er or later." Another man of similar experience be materially benefitted in general lust, the largest German singing society said later, in my hearing, that there health, pose of body, clearness of comwas nothing worse for one than irregu- plexion and keenness of mind by a lar exercise. "These women who course of moderate physical training knows whereof she speaks, tells of the start out and walk seven miles in one afternoon and then take no more vigorous exercise for a week, do them- is this which is furnished by this Bos- clares it is no wonder that the average far the finest the State has ever made. selves more harm than good," he de- ton school, and by its well arranged woman is irritable and impatient. It There will also be a special display of clared. "The regularity more than correspondence system the directors are is said that there never yet was a wo- gold nuggets taken in this State, the the amount of the exercise, is what able to keep in touch with their pu- man who would confess to lacing tight- largest one of these being 20 pounds. works benefit."

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.

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

New England doctor has put bimself on record by declaring that among the advantages of the bicycle "it interests people and keeps them out of doors, two very important factors in a

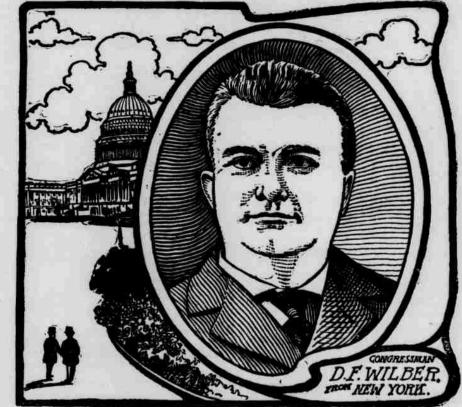
Yet the woman makes a mistake 1f

If she is to derive full advantage from her cycling, she must make it an every day matter, weather permitting. Not the amount, but the regularity, let me repeat again. By this I do not mean 'that the day's runs must always be of uniform length. They may be extended or contracted as may seem advisable. play.

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

CONGRESSMAN WILBER SAYS [To The Pe-ru-na Medicine Co., of Columbus, 0.]

"Pe-ru-na is All You Claim For It."



Congressman D. F. Wilber, of Oneonta, N. Y., writes:

Mr. C. F. Given, Sussex, N. B., Vice fiftieth anniversary with a large cele-President of "The Past-time Boating bration in New York City. The follow-Club, " writes: ing is his testimony:

"Whenever the cold weather sets in 1 have for years past been very sure to severe cold while traveling and which catch a severe cold which was hard to settled into catarrh of the bronchial throw off, and which would leave after- tubes, and so affected my voice that I effects on my constitution the most of was obliged to cancel my engagements.

was broken up and in five days more I

Peruna a Preventive and Cure for Colds. | In 1899 The Sangerlust celebrated its "About two years ago I caught a

In distress I was advised to try Peruna, " Last winter I was advised to try and although I had never used a patent

Peruna, and within five days the cold medicine before, I sent for a bottle. "Words but illy describe my surprise was a well man. I recommended it to to find that within a few days I was



#### PROFESSIONAL.

**N**<sup>R. A. C. LIVERMON,</sup>

## **Dentist**

OFFICE-Over New Whithead Building Office hours from 9 to 1 o'clock : 2 to 5 o'clock, p. m.

SCOTLAND NECK, N. C.

**N**<sup>R.</sup> J. P. WIMBERLEY,

OFFICE BRICK HOTEL,

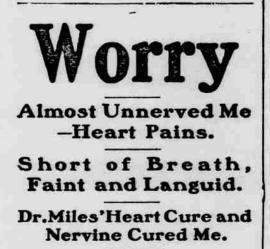
SCOTLAND NECK, N. C.

W. A. DUNN,

ATTORNEY-AT-LAW. SCOTLAND NECK, N. C. Practices wherever his services are required

DWARD L. TRAVIS,

Attorney and Counselor at Law, HALIFAX, N. C. Money Loaned on Farm Lands.



"It has been five years since I was cured of "It has been five years since I was cured of heart trouble by your Heart Cure and Nerv-ine, and I am just as sound as a dollar in that organ today. For several years I had been suffering with my heart. Breathing had become short and difficult at times, short, sharp pains about the heart, sometimes accompanied with fluttering would make me feel faint and languid. The least excite-ment or mental worry would almost unnerve ment or mental worry would almost unnerve me. I felt that the trouble was growing worse all the time, and after trying many remedies prescribed by physicians without obtaining relief, I was induced to give your remedies a trial. I was induced to give your remedies a trial. I was relieved the second day, and after taking three or four bottles all symptoms were removed and have never showed signs of returning."-REV. GEO. W. KIRACOPE, Chincoteague, Va.

There are many symptoms of heart disease, which so closely resemble those of more com-mon nervous disorders as to frequently mis-lead the attending physician. Often in cases of heart trouble the stomach, kidneys, liver or of heart trouble the stomach, kidneys, liver or lungs become affected. Again the symptoms may be those of weakened nerves, as tired feeling, sleeplessness, timidity, the patient is easily excitable and apt to worry without cause. If you have the least suspicion that your heart is weak study your symptoms and begin the use of Dr. Miles' Heart Cure, the great heart and blood tonic, without a day's delay.

All druggists sell and guarantee first bot-tle Dr. Miles' Remedies. Send for free book on Nervous and Heart Diseases. Address Dr. Miles Medical Co., Elkhart, Ind.

1 1 1 1

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 anoth-Mr. Cleveland's Denial. er denial that he entertained Fred Douglas at his wedding or signed a bill while Governor of New York for mixed schools. His letter to W. E. Abernethey, of Chase City, Va., is as follows:

"Princeton, N. J., March 27,

#### "W. E. Abernethey, Esq.,

"Dear Sir: My attention has been several times called to the statements of Mr. Watson, to the effect that Fred Douglas was invited to my wedding reception, and further, that while Governor I signed a bill providing for mixed schools. I have already written two or three letters denying these alleged statements, and do not propose to spend any more time denying statements so absurd and emanating from so impossible a source. Each and every one of Mr. Watson's charges, if they can be so called, as they have been presented to me, is false. They are about as far from the truth asithey can be, and they were made, I have no doubt, without the least reason to believe them to be true, and entirely in a spirit of which even Mr. Watson ought to be ashamed. "Yours very truly,

"GROVER CLEVELAND."

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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 No Bolting. will all do well to remember that what temperrance legislation we have had has been secured through the Democratic party. The Recorder says :

"The Anti-Saloon League must not encourage bolting. It anybody bolts in the name of the League, it should repudiate them. The League strictly pledges not to interfere with the fealty of citizens to their parties. It will find itself upon the rocks and all its fair prospects blighted, if any local organization proceeds to bolt or encourage bolting.

"How then are we to bring our purposes to pass? By patient and steady work. Abide in the ship, and one day you will find the helm in good hands. There are horses and horses. One horse will break away with a snort and make half a mile in good time. Another will move off steadily and pull his load thirty miles without faltering. This work of establishing a great moral reform will never be accomplished by the bolters. They set it back. In ten years, if we make no mistakes, we shall redeem North Carolina.

"If a political machine cheats or suppresses the voice of the people, it should be overthrown. Under such circumstances revolutionary measures are justifiable. But do not bolt in the name of temperance. If you are a party man, go into your party primaries, work hard for your candidates; and if you are honorably defeated, stand your ground, keep your faith and go on with the work of education. To bolt will only paralyze your influence and your cause."

A GREAT SENSATION.

GOOD FOR CHILDREN. There was a big sensation in Lees-The pleasant to take and harmles ville, Ind., when W. H. Brown of that lace, who was expected to die, had his One Minute Cough Cure gives immedilife saved by Dr. King's New Discovery ate relief in all cases of Cough, Croup for Consumption. He says: "I endur-ed insufferable agonies from Asthma, but your New Discovery gave me im-takes effect right at the seat of the trou-

Which leads to the necessity for ex- ers, too, insist upon regularity as a will sometimes own that perhaps the Gastonia Gazette. ercise, and regular exercise at that. fundamental part of the physical train- laces are once in a while drawn more No one can afford to get along with- ing they direct.

cut it. The man or woman who wishes to preserve health must not miss it, as sleep is concerned for those who who confess to this will prohably acwhile the man or woman who desires wish to keep their health. I do not knowledge to pains in the legs and to restore health must be even more mean by this that a fixed hour for re- back that hinder their activity of moassiduous. The women who allow tiring must be immutable in the case tion and make any brisk movement themselves to become run down must of adults, although it is a pity they or even standing, painful." recuperate by other means than physic. can't submit themselves to some such All this should be abandoned by the Prominent among these stands rational standard. While the exigencies of life woman who would keep well. She exercise. It matters comparatively forbid this, they permit a reasonable may wear a corset, but it should not

little what form it takes, so that it is rational and is pursued steadily. One more qualification it must possess. It should be taken, as much as possible, out of doors, or at least in the fresh air. This is one of the drawbacks to such games as ping-pong, excellent as they are in other respects. They are played in doors, and usually in a closed room. Half as much time spent in the fresh air would be of twice as much value. 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 tes tified to by public opinion and the advertising columns of the daily press and of other publications. Physicians tell us, that rightfully used, a wheel is one of the best friends of the grown or

ungrown person who wishes to take amount of rule and precept concerning with sweets and indulge in a bost of out door exercise, because it not only slumber. There are few women who other insane actions. After they have Chamberlain's. If you will use it as gives play to the muscles of the body, cannot maintain a tolerably strict regi- grown old enough to learn wisdom directed it will always cure." For sale but furnishes to the rider the sense of men so far as habits of sleep are con- they may try to reform, but by that by E. T. Whitehead & Co., Scotland doing something and getting some- cerned. The mothers of little children time they have usually laid the founwhere.

One of the discouraging features of nights, but the majority of wives and ed their constitutious to such an exexercise for exercise' sake is that it mothers, and still more the younger tent that they are never quite well, must seem futile and dull to the busy women, may have a fixed time for re- eyen if they do not enroll themselves tenish. woman or man who does everything tiring and adhere to this with some de- among the invalids. else with some object in view. When gree of strictness. It is very well to

a woman sweeps she is exercising, but allot "six hours of sleep to a man, and generation will grasp the fact that put off till tomorrow what you can do she is also accomplishing something. seven to a woman, and eight to a fool," they are not made of indestructive today," is now generally presented in When she goes out, unless she has an as the old proverb runs, but the so- material and try to take case of themobject for her walk she is generally called fool's allowance is none too selves while they are still in fair condibored by it. We read of English we- much for the greater part of mankind tion. For those who have cone them- izing cold with which you have been

turnpike and three miles in again in Besides this there are other health will but address themselves to the task weeks. Take some reliable remedy for the laudable pursuit of exercise, and considerations to be borne in mind. of repairing damages and preventing we think with a superior thrill that an Dress is among them. A well known further harm. This is not to be done American woman would find some physician in an English medical jour- by dosing, but to repeat the ir june- A few doses of it will undoubtedly re-



Mr. Julian Weisslitz, 175 Seneca street tary of The Sangerlust, of New York ; be pleased to give you his valuable adis the leading second bass of the Sangerof New York and also the oldest.

enugly than is altogether comfortable

Similar regularity is essential so far -always by accident, of course ! Those

only be of the right cut and be put on

properly, but it should be worn loose enough to allow her freedom and avold all danger of discomtort.

Sometimes it scems as though a special Providence must watch over all women in general and young wo men in particular, that they are still alive on the face of the earth. The foolish things they do, the risks they run are enough to drive a mere man to despair. See the girls who go out insufficiently clad, who pride themselves on omitting heavy flannels from their winter wardrobe. who neglect overshoes, affect thin soles and do a multitude of other such idiotic things. These err. rs alone should be enough to decimate their ranks, eyen if they did ruin their teeth and their stomache must resign themselves to broken dation for ill health or at least impair-

Perhaps the women of the rising

nal has written recently against the tions already laid down, by correct lieve your cough or cold, and its con-

evil of tight lacing, and has laid to food, dress and habits of sleep, and b.

If you do not derive prompt and satisfactory results from the use of Peruna. write at once to Dr. Hartman, giving a vice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus,O

In North Carolina's exhibit at St. under a guidance which gives proper compressed organs, the restricted blood Louis there will be a very remarkable consideration to individual needs. It vessels, the hampered nerves, and de- collection of gems and gem stones-by pils all over the country. These teach- ly, but in confidential conclave they It came from Montgomery county .-

#### ARE YOU A DYSPEPTIC?

If you are a dyspeptic you owe it to yourself and your friends to get well. Dyspepsia annoys the dyspeptic's triends because it sours his disposition as well as his stomach. Kodol Dyspepsia Cure will not only cure dyspepsia, indigestion and sour stomach, but this patatable, reconstructive tonic digestant strengthens the whole digestive apparatus, and sweetens the life as well as the stomach. When you take Kodol Dyspepsia Cure the food you eat is

enjoyed. It is digested, assimilated aud its nutrient properties appropriated by the blood and tissues. Health is the result. Sold by E. T. Whitehe.d. & Co.

Every phenomenon of nature is true to the cause back of it. Each include ual is the perfect actor of his own thoughts. You cannot expect a - itual conclusion from a carnal m.cu.-R v. F. E. Mason, Brooklyn.

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

"We have used Chamberlain's Colic, Cholers and Diarrhea Remedy in our family for years," says Mrs. J. B Cooke, not eat things that are had for them, of Nederlands, Texas. "We have given it to all our children. We have used other medicines for the same purpose, but never found anything to equal good.

> Any man can easily make a fool of himself; all he has to do is to act kit-

## "TO IT TO-DAY."

The time-worn injunction, "Never the terse advice we want to give you about that backing cough or demoralselves injury there is still hope if they struggling for several days, perhaps it TODAY-and let this remedy be Dr. Bouchee's German Syrup, which has been in use for over thirty-five years. tinued use for a lew days will cure you completely. No matter how deep-scat-



