

THE COMMONWEALTH.

E. E. HILLIARD, Editor and Proprietor.

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NO 25.

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EDITOR'S LEISURE HOURS.

OBSERVATIONS OF PASSING EVENTS.

FROM the strides made in the medical and scientific world, it begins to look like hope will soon dawn upon the ailing ones that there shall yet be a time when there will be no incurables. Recently a physician of note and influence has astonished the medical profession by declaring that Bright's disease can be cured. He says that he has effected a number of cures himself by a certain treatment through which he treats the kidneys directly. Of course such treatment must be resorted to in the early stages of the disease. And equally as astounding is the declaration that leprosy has been cured in the leper's home in New Orleans. With cures of Bright's disease and leprosy, we might hope that after a while there will be no incurables at all.

SOME of the brethren of the press recently have become interested in the "split infinitive" and the Charlotte Observer arrogates to itself authority on anything from the building of the Panama canal to settling a question of grammar, or words to that effect, and explains that the "split infinitive" is the boldness of an adverb breaking in between the preposition "to" and its verb, as for instance, "to bravely dare". The Raleigh Times takes it up; but does not the latter mix "shall" and "will" a little in the following? "If it requires the split infinitive, split it; if the unsplit is better, why use it that way. This is the way we shall conduct this shop. In the meantime we will, in all matters of this sort, be governed by the decision of W. F. Marshall, of Gastonia. He is our umpire."

IT TURNS out that those who have formerly taken ocean trips in the hope of getting away from the excitement of the daily news drift, are doomed to disappointment in such success from excitement in the future. Recently on an ocean steamer a daily newspaper was issued giving its readers in mid-ocean the happenings in the world of war, commerce and enterprise just as if they had been on land. Such are the marvels and triumphs of wireless telegraphy. We may not wonder at whatever may be accomplished in the future. Some one said to us recently that he looks for the time when one who calls up another at the other end of a telephone line will have the photograph of the person thus called up flash before him, and thus persons who talk miles and miles apart will look into each other's faces while they talk.

AS MUCH as men appreciate the admiration of women, one would think that men would study this matter more philosophically than they do. Dr. J. D. Hulham recently said in a sermon that nothing in man calls forth the admiration of women for men like purity of thought, purity of speech and purity of life. And it is intensely true, but many men think and speak as if it were not, or as if they care nothing for the admiration of women. Some men delude themselves with the idea that women admire them, when the truth is the women only tolerate them. Nothing should make a man think more of existence than the consciousness that he is admired by pure and noble women. And nothing should so tone a man up to the purest life of which he is capable than the deep-seated desire to enjoy the admiration of good women. Effort on the part of men to merit the admiration that good women bestow upon them is a great stimulus towards lifting society upon a high plane of life.

IMPROVEMENTS perhaps will never cease. They are multiplying all the while in every field and phase of human thought and human endeavor. The latest in telegraphy is the printing of the message which will do away with mistakes. The Youth's Companion recently had this to say: "The use of the printing telegraph in Berlin is to be extended to direct mutual communication between subscribers, thus performing the same work as that of the telephone. Its advocates say that it has several advantages over the telephone, two of which are that there can be no misunderstanding of messages and no overhearing of communications by outside parties. The apparatus consists essentially of two typewriters connected with a telegraphic system, each of which may be used alternately as receiver or sender. The messages are printed simultaneously on a tape at both ends of the line, and thus may be sent and left on record in the absence of the subscriber at the receiving end."

WHILE rapid strides are being made in all other forms of progress, let no one suppose that like strides are not being made in politics. It has been given out that in the Democratic State Convention in Greensboro this week Mr. Alex. J. Field, of Raleigh, will offer a resolution to the effect that the platform of principles of the Democratic party in North Carolina embody the following: "In order that we may have a government of the people, for the people, and by the people, in its highest and best sense, we are in favor of legalizing primaries, and of enacting a mild compulsory law, not burdensome, but sufficient to secure a general participation, not only in the elections, but also in the political primaries, by those entitled to exercise the elective franchise."

No man who properly considers the responsibilities of citizenship will question the fact that it is the duty of every man to take a reasonable interest in the political affairs of his community; but we question the wisdom of any effort to compel any one to exercise a privilege which he has been taught from the beginning to regard as a matter which is to be left entirely to his own choice.

THROWN FROM A WAGON. Mr. George K. Babcock was thrown from his wagon and severely bruised. He applied Chamberlain's Pain Balm freely and says it is the best liniment he ever used. Mr. Babcock is a well known citizen of North Plain, Conn. There is nothing equal to Pain Balm for sprains and bruises. It will effect a cure in one-third the time required by any other treatment. For sale by E. T. Whitehead & Co.

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AN AWFUL DEATH.

A TALE OF HORROR.

Sunday-School Excursionists Lost in the Deep.

Just a week ago a Sunday-school excursion was lost in the deep at New York. Following is the horrible detail:

The excursion was in charge of Rev. George C. F. Haas, pastor of the church. The vessel was commanded by Captain William Van Schaik, one of the best known excursion boat captains in New York harbor. He has commanded the General Slocum for almost the entire time since she was built in 1891. The number of excursionists on board today is variously estimated at from 1,500 to 2,000, and according to an official statement issued by the Knickerbocker Steamboat Company, owners of the Slocum, the number of passengers was 873, that being one-third of the vessel's licensed capacity.

The steamer after leaving her dock this morning, proceeded up the East river, all three of her decks being crowded with merry-makers. Bands played, and the great side-wheeler was decorated with flags from stem to stern. The scene on the decks of the steamer as she proceeded up the East river was one of merry-making, customary on such occasions. The mass of flags fluttered in the June breeze, the bands were playing and the children were singing, dancing and waving their handkerchiefs and flags in answer to salutations of those on shore or from passing steamers.

At the extreme eastern end of Randall's Island, off 135th street, there is a stretch of water known as the Sunken meadows. At this point, just as crowds were watching the gaily decorated steamer from shore, the General Slocum took fire, and as the age of the vessel—she was built in 1891—had resulted in the well seasoning of the woodwork, with which she was almost entirely built, she was soon a mass of flames. The fire is said to have broken out in a lunch room on the forward deck through the overturning of a pot of grease. The wind was high and all efforts to subdue the fire were futile.

At 134th street there are several lumber yards and oil tanks, and as Captain William Van Schaik, in command of the General Slocum, started to turn his vessel towards the shore there, he was warned that it would be fire to the lumber and oil, so he changed his course for North Brother Island, one of two islands near the entrance of the sound some half a mile away, where the boat partially burned was beached. She sank near this place at 12:15 o'clock this afternoon, two hours and twenty-five minutes after the fire was discovered.

In the meantime the passengers had become panic-stricken and those who were not caught by the flames rushed to the rear of the vessel and hundreds jumped overboard into the swiftly-running waters. It is alleged that the life preservers were too securely fastened to their holdings to be available, and stories are told of frantic efforts made by strong men to cut them loose, but even if they could have been torn down, they were too high up for the children to reach. It is also alleged that no attempt was made to get out the fire apparatus at the first cry of "fire," though Captain Van Schaik says that he immediately rang the bells for getting out the apparatus. According to general statements, no attempt was made to lower boats or life rafts.

Captain Van Schaik and his two pilots, Edward Van Warl and E. M. Weaver, have been arrested.

FIRE BREAKS OUT ON FORWARD DECK. The Slocum had reached a point near the Sunken Meadows, off 135th street, Manhattan, which is at the extreme eastern end of Randall's Island, when fire broke out in a lunch room on the forward deck. The blaze was caused by the overturning of a pot of grease. The headway of the vessel and a high wind almost instantly fanned the insignificant flame into fury. Efforts were at once directed to subduing the fire, but they were futile. The blaze spread all with almost lightning rapidity. Captain Van Schaik, in the pilot house, had been informed of the outbreak of the fire, and realizing the danger to the hundreds of excursionists, decided to send his vessel to shore at 134th street. At this point there (Continued on Fourth Page.)

HOW WOMEN SHOULD REST.

A TALE OF HORROR.

Copyright, 1904, by CARISTINE TERHUNE HERRICK.

THE time seems to have come when American women have to be taught how to rest. They have learned nearly everything else, but resting is something a good many of them have never had time to acquire.

There is a saying that Providence looks after the lame and the lazy. The implication is, apparently, that the healthy and the industrious know how to take care of themselves. The fact remains, however, that they seldom do. They go until they drop and never seem to have the least idea that they are overdoing until they give out entirely.

One of the first things to be learned about resting is that it is like some other remedies for the ills of this life. It is worth twice as much if taken at an early stage as it is if delayed until the disease has had time to gain ground.



The true philosophy of resting is to rest before one is really tired. To know when to stop is as important a part of life's schooling as to learn where to begin. Indeed, the beginning often presents itself, while the stopping place requires searching for.

Our Puritan conscience, in so many lines a boon, in so many others a bane,—is one of the obstacles in the way of stopping in time. The average busy woman who wants to rest, feels just because it would be an agreeable sensation, that it must somehow be wrong. She will make sure that she is as tired as she can be before she lays aside her work and takes the few moments' repose she may need. But by the time she comes to that stage she is at a period of fatigue when a few moments' rest will do little for her. Her first fancied economy was a mistake,—and she is paying for it, as one does for all mistakes.

I have spoken before in these columns of the harm done by the Puritan conscience. Its effect in making the earnest woman scourge herself into over-work is perhaps one of its worst effects. There are many women who need to struggle to attain a state of saving unconscientiousness. Had they this, perhaps they might know how to rest without making a special study of it.

Said a young man the other day, in my hearing: "I wouldn't have my mother's conscience for anything." "Your mother's conscience?" I said. "Why? She is one of the best women in the world. What can she have on her conscience?"

"Running sore!" returned the youth promptly. "She has punched it and pricked it so often that it is in a dreadful condition. Mine is just a comfortable callous!"

If more women could establish a "comfortable callous" in their consciences it would be better for them,—and one may add, for those about them. All parties concerned would have more chance to rest. Or, what might be better still would be for the women to learn to apply their conscientiousness to the rest problem.

How many busy women make a point of taking a little nap every afternoon? Nature seems to indicate the advisability of this by making most persons sleepy immediately after the mid-day meal. While the process of digestion is going on there should be a temporary cessation of work. A rest of fifteen minutes or half an hour pays for itself before the day is out. The woman should go off by herself, loosen any tight clothing she may be wearing, stretch out on a couch, in a darkened

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I have suffered greatly with indigestion, constipation, also a severe liver trouble, with loss of appetite. Could not rest well at night; in fact, had no energy to work or even walk around. I felt like I was packing a heavy load and, was easily exhausted, until I took Dr. Thacher's Liver and Blood Syrup, which helped me almost from the first dose. When I had taken one or two bottles I felt like a different man, and I knew that it was due entirely to your medicine. I used in all three bottles, and consider myself perfectly cured. At this time my appetite is good, I sleep well, and feel strong and refreshed on arising in the morning.

If you need a medicine write to-day for a Free sample bottle and "Dr. Thacher's Health Book." Give symptoms for advice. We strongly ask you to try it at once. No expense. We know what it will do. At all druggists. \$1.00.

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room, shut her eyes and lie still for a fixed time. Even if she does not go to sleep she is sure to be rested. If she is nervous and excited she would do well to have some book of mild interest at hand in which she can read for ten of the thirty minutes she has allotted herself. This will calm her and fit her for the sleep or rest she is trying to take.

But this is not all she requires. A woman cannot rest simply by stopping work and staying in the house. She needs a great deal more than that. She needs to get out of the house, and when she goes out she must do something that is good for her. Active exercise is as much a desideratum of rest as absolute repose.

The woman who rides a wheel ought never to get really tired. For I do not call it getting tired to have a sensation of healthy weariness in limb and muscle. That is the sort of thing that brings sleep and rest. It is not in the least like the jaded sensation that comes over the woman who has toiled at her household duties all day or who has sat at her sewing until her back and eyes and fingers ache. Any one who has once known the joys of the road on a good wheel will not tarry in answering when asked if there is any difference between the two kinds of fatigue.

So the woman who wishes to learn how to rest must exercise in the open air.

I have spoken of riding a wheel, because that seems to combine a maximum of exercises and of interest with a minimum of bother. The woman who rides a good chainless wheel with the proper sort of appurtenances in the way of skirt guard and the like, has no toilsome business of wheel and frock cleaning awaiting her when she gets home. She goes out with an easy mind, instead of being tired before she starts by the thought of the unpleasant task that awaits her when she comes home and whose anticipation takes the edge off her enjoyment. But if a woman cannot ride a wheel, for any reason,—and the good reasons

against almost any woman doing it seem to be growing small by degrees and beautifully less, as the revival of the wheel goes on,—she must not on that account stay at home. Let her do something else,—walk, tennis, golf, or let her do something and do it out of doors and do it every day, weather permitting.

Here then are two essentials of rest, repose and outdoor exercise. There are others. One among them is a pet recreation.

Women used to find this sort of thing in embroidery and worsted work. There are some women who do that even now. Others seek it in basketry, and while the unutilized may not be able to comprehend the joys of this particular form of employment, it is a fact that there are many who revel in it. There are others who do bead work and others still who have some one of the many crafts that have drifted into

women's lives of late years. It makes no difference what a woman does,—whether she embroiders or knits or weaves baskets or bead chains or hammers brass or burns wood,—so long as it diverts her. If she doesn't do this she would better play tiddledywinks. The object is of no importance,—the play's the thing.

The woman should play in other ways, too. She should go to see things that amuse her,—if it be only the circus. She should see a good play when she can, hear good music when it comes her way, indulge in such social joys as present themselves. All have their part in teaching her to rest,—which in its best meaning is a change of occupation. When women have once mastered the science of resting they will do better work, have better husbands and bring the nation and the race to a higher level of health and happiness than they occupy at the present.

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"Isn't it ridiculous to say half the world doesn't know what the other half is doing?" "Why so?" "Because half the world must live next door to the other half."—Philadelphia Ledger.

SUED BY HIS DOCTOR.
"A doctor here has sued me for \$12,500, which I claim was excessive for a case of cholera morbus," says R. White, of Coacolla, Cal. "At the trial he praised his medical skill and medicine. I asked him if it was not Chamberlain's Colic, Cholera and Diarrhoea Remedy he used as I had good reason to believe it was, and he would not say under oath that it was not." No doctor could use a better remedy than this in a case of cholera morbus, it never fails. Sold by E. T. Whitehead & Co.

Mother—What did you cook at the chaffing-dish party last night, Clara? Clara—Nothing but a Welch rabbit. Aunt Polly (from the country)—Who killed it, honey?

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