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E. E. HILLIARD, Editor and Proprietor.

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SCOTLAND NECK, N. C., THURSDAY, JULY 2, 1908.

NUMBER 26.

Women as Well as Men Are Made Miserable by Kidney Trouble.

Kidney trouble preys upon the mind, discourages and lessens ambition; beauty, vigor and cheerfulness soon disappear when the kidneys are out of order or diseased.

Kidney trouble has become so prevalent that it is not uncommon for a child to be born afflicted with weak kidneys. If the child urinates too often, if the urine scalds the flesh or if, when the child reaches an age when it should be able to control the passage, it is yet afflicted with kidney trouble, depend upon it, the cause of the difficulty is kidney trouble, and the first step should be towards the treatment of these important organs. This unpleasant trouble is due to a diseased condition of the kidneys and bladder and not to a habit as most people suppose.

Women as well as men are made miserable with kidney and bladder trouble and both need the same great remedy. The mild and the immediate effect of Swamp-Root is soon realized. It is sold in glass bottles, one dollar size, and one dollar size. You may have a sample bottle by mail free, also pamphlet telling all about it, including many of the thousands of testimonial letters received from sufferers cured. In writing Dr. Kilmer & Co., P. O. Box 589, Binghamton, N. Y., be sure and mention this paper.

Don't make any mistake, but remember the name, Swamp-Root, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y., on every bottle.

L. R. MILLS
LAND SURVEYOR
Scotland Neck, N. C.
5-14-11

DR. J. P. WIMBERLEY,
PHYSICIAN AND SURGEON,
Scotland Neck, N. C.
Office on Depot Street.

DR. A. C. LIVERMON,
DENTIST.
Office up stairs in Whitehead Building.
Office hours from 9 to 1 o'clock and 2 to 5 o'clock.

H. W. MIXON,
REFRACTING OPTICIAN,
Watch Maker, Jeweler, Engraver,
Scotland Neck, N. C.

J. MCBRYDE WEBB,
ATTORNEY AND COUNSELOR AT LAW,
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EDWARD L. TRAVIS,
ATTORNEY AND COUNSELOR AT LAW,
Halifax, N. C.

Money Loaned on Farm Lands
WILL H. JOSEY,
GENERAL INSURANCE AGENT,
Scotland Neck, N. C.

PARKER'S HAIR BALM
Cures itching scalp, dandruff, itching humors, restores the hair, keeps the scalp cool, moist, and healthy, and prevents the hair from falling out. It is the best hair restorer and conditioner ever made. Sold in glass bottles, one dollar size, and one dollar size. You may have a sample bottle by mail free, also pamphlet telling all about it, including many of the thousands of testimonial letters received from sufferers cured. In writing Dr. Kilmer & Co., P. O. Box 589, Binghamton, N. Y., be sure and mention this paper.

New Market.
I am prepared to serve my old customers and the public generally with the very best of fresh
Beef, Pork, Sausage, &c.
All orders filled promptly, and every customer's wants regarded.
J. D. HILL,
Main St., next to Prince's Stables.
1-2-2m

Heart Strength
Heart strength, or Heart weakness, means Nervous Strength, or Nervous weakness—nothing more. Possibly, not one weak heart in a hundred is, in itself, actually diseased. It is almost always a hidden tiny little nerve that really is all at fault. This obscure nerve—the Cardiac, or Heart Nerve—simply needs, and must have, more power, more vitality, more controlling, more governing strength. Without that the heart must continue to fail, and the stomach and kidneys also have their own controlling nerves.

Dr. Shoop's Restorative
One application of Man-Zan File Remedy, for all forms of piles, relieves pain, soothes, reduces inflammation, soreness and itching. Price 50c. Guaranteed to give satisfaction. Sold by E. T. Whitehead Co.

THE EDITOR'S LEISURE HOURS.

Observations of Passing Events.

HERE is a story credited to the Wilson Advocate about the course of a dollar which Scotland Neck merchants and merchants in other towns may take pleasure in reading: "Ten years ago an

Gone Forever.
Allen county, Kans., farmer put his initials on a dollar bill. The next day he went to the nearest town and spent it with a merchant. Before the year was out he got the dollar back. Four times in six years the dollar came back to him for produce, and three times he heard of it in the pockets of his neighbor. The last time he got it back was four years ago. He sent it to a mail-order house. He has never seen that dollar since, and never will. That dollar bill will never pay any more school or road tax for him, will never build or brighten any of the homes of the community. He sent it entirely out of the realm of usefulness to himself and to his neighbors when he sent it to the mail-order house. The moral is plain. An appeal through the newspapers to the man with the bill would have kept it at home. The mail-order man knew how to get the dollar, he talked to him with printers' ink."

Parties and Panics.
POLITICAL parties may or may not be responsible for panics but when the country suffers from a panic many of the people think that the party in power is responsible for it. Frequently politicians of all parties make the charge that the dominant party is responsible for money stringency whether there is any reason for the charge or not. These things being true, the Republican party will doubtless have to bear many charges of the responsibility for the "hard times" that have been upon the country for about ten months. Nominee Taft will not have as easy sailing into the port of safety as he would have if money had been easy during the past few months; that is if the stringency continues until November. Of course with the Republican party fully entrenched in power it will take hard fighting in every nook and corner in the country for the Democratic party to reverse matters; but the panicky condition of the country may be the wind that will blow good to it, after all. This condition of affairs will doubtless give Democratic leaders and managers heart and hope in the fight which they would not have under more favorable financial conditions.

Advantages of Level Lands.
ELSEWHERE we print in this issue a paper from the North Carolina Geological Survey concerning the waste on farm lands from washing, or erosion. While this does not apply so pointedly to the level lands in Eastern Carolina, it is a matter worth consideration; but we print it mainly to emphasize to the farmers of this section the great advantage they have over farmers in the hilly regions of the State. There are great advantages in farming on level lands, and the farmers of this region are slow to appreciate these great advantages. It is true that a part of the cost of running hillside ditches on the hill-sides in other parts of the State is offset by the considerable amount of ditching that sometimes has to be done in the level lands, but the advantage is greatly in favor of the farmer who makes his investment in the level lands. This is one feature of Eastern Carolina's agricultural advantage that has not been emphasized sufficiently. If some one would project some great advertising scheme whereby the many advantages to agriculture in Eastern Carolina could be published broadly, he would be doing a great service not only to this choice part of North Carolina, but also to persons who are seeking to make wise and profitable investments in the agricultural lands of the State. Eastern Carolina is indeed a great and notable section of North Carolina, and not half of its advantages have yet been told.

Expect Great Things of Yourself.
SUCH is the heading of a most valuable article by Orison Sweet Marden in the July number of Success Magazine. Every young man and young woman in the land ought to read it, and it would be of benefit to men and women of all ages.

The paper is rather long for these columns, but it will be worth while for any one who wishes to get the proper conception of his own importance and ability and destiny to secure the paper and read it. It starts out with the question, Will you be a pigmy or a giant? From that interrogation the optimistic view of one's own life and powers is encouraged, declaring that one creates his own condition; that every person should use his forces at the strategic trial of life; that one's ambition is matched by his ability; that one should have an inward vision, a divine model, set a prize for every day and live in the faith that his own heart's desire will be the result of unflagging effort, if that desire is pure and worthy. Many a man fails of the proper goal in life and never realizes the possible destiny before him by lack of suggestions like these. We venture the statement that there are now in this country many men and women simply filling the hum-drum life of a mediocre who would now be filling high places of usefulness if the ideas set forth in the article referred to had been instilled into their very lives a quarter of a century ago. Thousands and thousands of people are capable of far greater things than they ever bring to pass, but simply miss it by not expecting and demanding enough of themselves. And along with this is the other fact that many a man drags all through life in the rut of a mediocre because he lacked encouragement at the proper time by the proper person or persons. The story is familiar how Tom and Jack and Bill were running a foot race while their respective friends and admirers were looking on. Tom started in well enough and was as good a runner as the other two, but came out behind. His teacher being mortified at Tom's failure asked him why he made such a bad run. Tom said that soon after they started on the race numerous voices called out, "Go it, Jack" and "Go it, Bill;" but nobody said, "Go it, Tom." He said when the other boys were encouraged and cheered while no one seemed to care for him, his feet became heavy as clogs and he just could not run fast. And so it is sometimes with grown-up boys who are called men—they fail for lack of encouragement. But do not fail to read in Success Magazine the article "Expect Much of Yourself."

One application of Man-Zan File Remedy, for all forms of piles, relieves pain, soothes, reduces inflammation, soreness and itching. Price 50c. Guaranteed to give satisfaction. Sold by E. T. Whitehead Co.

Living Your Own Life.

(By Lida A. Churchill, in The Delineator.)
"Not by constraint or severity shall you have access to true wisdom, but by abandonment and childlike mirthfulness. If you would know ought, be gay before it."
Thus runs the gospel according to Thoreau.

She who is trying to live her life according to another's pattern, or who is here and there tacking on "shreds and patches" of imitation and make-believe, is soiling her own design, making it a crazy quilt of emotions, and struggles which form no harmonious whole.

What is your life? It is the spirit of you lived out from the center as the rose pulses forth from the heart of the bud; YOUR thoughts, YOUR convictions, YOUR talents, YOUR tastes, which, if given their legitimate place and prominence, lead to YOUR work, to the constant growing towards your ultimate ideal.

It is the natural, spontaneous thing which stamps you as an original creation of God, bound to think the original things and do the original deeds which belong to you and to no other.

Abandonment and cheerfulness are always signs of the efficient life. The locomotive engineer, with the fate of hundreds of human lives dependent upon the twist of a muscle or the turn of a wrist, whistles a bar or hums a tune and turns to his fireman with a humorous remark as the iron monster under him throbs its way along the rails. He is living the life, doing the work, that has chosen him and that he has chosen. His heart and his occupation are as one, and he is, therefore, unrestrained,—"gay," before it.

In whatever degree one allows herself, or is persuaded by others, to be removed from the position where she is at home in her own circle,—where she feels her thoughts uncoerced, her actions untrammelled,—in just this degree is she weakened and incapacitated for her best possible thinking, doing, becoming.

Original people, ideas and things are always in demand and are regarded as precious. Imitations are held cheaply, and no large prizes or prizes are offered for them. She who originates is an artist; she who copies is an artisan. Who would not prefer to hear an uncouth, ungrammatical speech, straight from a brain alive with conviction and a heart fired with earnestness, than to listen to an oration perfect in diction and painstaking in rhetoric, which was learned from a book of "Best Selections?" Which of us would not choose a letter of ten words, permeated with solid sense or touching tenderness, rather than ten pages copied from a "Polite Letter Writer?"

Only in living your own life can you carry out the plan which the great Designer intended to be carried out by you and which can be undertaken by no other. Failing to meet the divine demand, you deny the universe that which the God-mind considered essential to its completion.

The Trouble Is.

(Snow Hill Standard, Laconia.)
The trouble with the small girl is that she isn't bigger.
The trouble with the big is that every pair of scales she steps on gives her a weight.
The trouble with a great many editors is that they don't think one-half as much as they write.
The trouble with the small boy is that his big sister never was a small boy herself and so she doesn't know how the small boy feels.
The trouble with the average husband is that he knows his wife knows he isn't so big a man as he wants the world to think he is.
The trouble with almost all the ministers is that they don't hear other ministers preach enough to know what a really a first-class bang-up sermon is.
The trouble with the young man in love is that he is insane enough to think that all the other young men are making just as big fools of themselves about his best girl as he is.
The trouble with the young woman in love is that she doesn't know whether she really loves the young man for himself alone or for the caramels he brings and the prospect of a solitaire diamond to dazzle the other girls.
The trouble with the average wife is that her husband is much more prodigal with his protestations of affection than he is with his money, and that he does not waste much of either unless he wants a button sewed on.

Suppose You Try Smiling.

(By Myra Goodwin Plantz.)
Your burden is heavy, I haven't a doubt,
But others have loads they must carry about,
And they are not whining.
Some people are glad if but half of the way
Lies out of the shadow, or part of the day
They see the sun shining.
Suppose you try smiling.

I know you are lonely, but other hearts ache
And bravely refuse to be bitter or break
Because of life's sorrow.
They think of the joy in the land far away,
And hasten the slow passing hours of today
With hopes of tomorrow.
Suppose you try smiling.

This funny old world is a mirror, you know,
Turn its way with a sneer, or face of a foe
And you will see trouble.
But meet it with laughter and looks full of cheer,
And back will come sunshine and love true and dear,
Your blessings to double.
Suppose you try smiling.

All places are open to those who are glad,
Too many lack courage, too many are sad,
Those near you need cheering.
To sing with your burden the way is not long,
And skies will be clearing.
Suppose you try smiling.

The Prolongation of Life.

(Youth's Companion.)
Why we grow old is a problem which many scientists have tried to solve. The fact that we do grow old is incontestable, and the changes in the tissues that come with increasing age are known to physiologists, but what causes these changes, and whether they are the cause or the result of old age, science has been unable to show.

We know that the process of aging is a hardening process. The soft and yielding structures, the arteries and the cartilages, stiffen with age; the juicy tissues dry up, and fibrous materials, or those containing lime, struggle to take the place of the structures which are concerned in the vital processes.

Some believe that it is simply a wearing-out process, and that the body is used up by work just as an engine is, or a watch. But this is no explanation, for a living machine which has within itself the power of regeneration, as the animal body has, is not comparable to a machine of lifeless material, which friction wears away and which cannot be automatically renewed.

The cause of old age in the tissues is a gradual loss of the power of regeneration. As the cells wear out with us they can no longer be replaced by other cells of the same sort which are able to do the same work, but their place is filled by fibrous material which is incapable of doing the work necessary to nutrition and vital action.

This explains the process of growing old, but gives no hint as to the cause. One of the most recent theories proposed to account for this fatal change in the body is that of Professor Mechnikoff of the Pasteur Institute in Paris. He says that there is a constant warfare going on between the cells of the body—the "noble" cells, such as those of the brain, the walls of the arteries, and the various organs, on the one hand, and those of lower order, the "phagocytes" or eating cells on the other. The noble cells are always on the defensive, and so long as they are well nourished they are able to resist the attacks of their enemies. But within the large intestines are numbers of bacteria constantly creating poisons which weaken these noble cells. The remedy is to lessen the production of these poisons by attacking the bacilli which make them.

A GREAT LOSS.

Washing or Eroding of Farm Lands.
WORTH CAREFUL READING.

(North Carolina Geological Survey.)
One of the most important agricultural problems that confronts the farmer in the middle portion or Piedmont section of the State, and one that is intimately connected with successful farming is the constant washing or erosion which takes place from hillside farm lands. By far the larger portion of the lands in this Piedmont section of the State are hillside lands and thus subject to erosion. This is one of the greatest drawbacks to successful farming, for while it is possible for one to have a good and productive farm on level lands which is easily kept up, it requires a man of much greater capacity to operate a farm profitably under adverse conditions which prevail in the south where hillside farming is practiced. The extent of erosion from the farm lands of the Piedmont plateau region is indicated by the enormous amount of soil which is yearly washed away in the muddy rivers. In this section it amounts to more than four million tons a year and it has a value, based on the amount of plant food and humus in it, of \$2,000,000.

A bulletin has been prepared by the North Carolina Geological and Economic Survey entitled Terracing of Farm Lands, which discusses this erosion and the methods of lessening it. It explains why certain soils erode more easily than others and then shows why lands in the Southern States are so much more subject to erosion than lands in the northeastern States. The two most important reasons for this are: The heavy rainfall of the Southern States which frequently takes place in concentrated showers; and second, the close texture of the soils. The various cultural methods lessening erosion are also discussed with special reference to lands used for growing cotton, corn and tobacco and this is followed with a description of the different methods of terracing and diking lands, which are used where the cultural methods are inadequate.

There is a discussion of the kinds of land to which different forms of terracing are adopted. The hillside ditch, which is in such common use, is regarded as being of little value, since it occupies much land without checking erosion. The methods of constructing terraces is shown and also the value and use of hillside and reversible disk plows in relation to hillside farming.

In conclusion, the opinion is expressed that lands which are too steep to be terraced should not be cleared but should be kept in forest. Suggestions are given respecting the best methods of reclaiming badly washed land for farm use as well as for planting out in trees, which often seems the best policy.

If any one desiring suggestions and assistance in regard to replanting such washed lands in trees, will correspond with the State Geologist or Forester, Chapel Hill, N. C., such information will be sent to them.

The census of 1880 gives more than a million acres of waste land in the middle part of the State, practically all of which is wash farm lands.

A copy of this bulletin can be obtained by writing the State Geologist at Chapel Hill and enclosing four cents in stamps to cover mailing charges.

An engineer from Sunderland was spending a few days in London with a friend, and after a busy morning sight-seeing the Londoner chose a large restaurant for luncheon, thinking it would be a novel experience for the man from the North.

The visitor appeared to enjoy his luncheon, but kept looking in the direction of the door.
"What are you watching?" asked his friend, rather annoyed.
"Well," was the quiet reply, "A's keepin' an eye on ma topeast."
"Oh, don't bother about that," said the other. "You don't see me watching mine."
"No," observed the guileless engineer, "there has no call to. It's ten minutes sin thine went."—Philadelphia Ledger.

THE PERFECT WAY.

Scores of Scotland Neck Children Have Learned It.

If you suffer from backache. There is only one way to cure it. The perfect way is to cure the kidneys.

A bad back means sick kidneys. Neglect it, urinary troubles follow. Doan's Kidney Pills are made for kidneys only.
Jos. Savage, of Church St., Tarboro, N. C., says: "For some time my kidneys were irregular in action, the secretions scanty and at times attended with pain. If I stooped suddenly sharp twinges would catch me across my back and at such times I would hardly be able to straighten.
After using a number of remedies without obtaining relief, I procured Doan's Kidney Pills and began using them according to directions. They banished the twinges and pains in my back, regulated the action of my kidneys. I am pleased to recommend Doan's Kidney Pills in return for the benefits I have derived from their use."

For sale by all dealers. Price 50c. Foster-Milburn Co., Buffalo, New York, sole agents for the United States.

Remember the name—DOAN'S and take no other.
Wife—I'm actually ashamed to go to church with this old hat on. It isn't up to date at all. Husband—Is the cook going to church this morning? Wife—No; I think not. Husband—Then why not borrow hers?—Philadelphia.

DeWitt's Witch Hazel Salve is good for cuts, burns, bruises and scratches. It is especially good for piles. Recommended and sold by E. T. Whitehead Company.

"What did Jack give you for your birthday?" "A hundred visiting cards and the engraved plate." "Oh, my dear I'm sorry for you. He doesn't intend to propose for a year at least."—Boston Transcript.

"Generally debilitated for years had sick headache, lacked ambition, was worn out and all run-down. Burdock Blood Bitters made me a well woman."—Mrs. Chas. Fretoy, Moosup, Conn.

Gyer—Isn't it queer that the bump of benevolence is located exactly at the top of a man's head? Myer—What's queer about it? Gyer—Why, it's as far from the pocketbook as possible.---Chicago News.

During the summer kidney irregularities are often caused by excessive drinking or being overheated. Attend to the kidneys at once by using Foley's Kidney Cure. E. T. Whitehead Co.

"My hair is falling out," admitted the timid man in a drug store. "Can you recommend something to keep it in?" "Certainly," replied the obliging clerk. "Get a box."—Lippincott's Magazine.

Kennedy's Laxative Cough Syrup acts gently upon the bowels and thereby drives the cold out of the system and at the same time it allays inflammation and stops irritation. Children like it. Sold by E. T. Whitehead Co.

He—Why do you force me to wait for an answer? She (who is up in political economy)—Because I don't want to give you a monopoly until I find out whether there's any competition.—Philadelphia Inquirer.

Get my "Book No. 4 For Women." It will give weak women many valuable suggestions of relief—and with confidential medical advice is entirely free. Simply write Dr. Shoop, Racine, Wis. The book No. 4 tells all about Dr. Shoop's Night Cure and how these soothing, healing, antiseptic suppositories can be successfully applied to correct these weaknesses. Write for the book. The Night Cure is sold by A. C. Peterson.

Teacher—You have named all domestic animals save one. It has bristly hair, it is grimy, likes dirt, and is fond of mud. Well, Tom? Tom, (shamefully)—That's me.—Chicago Tribune.

Stimulation Without Irritation.
That is the watchword. That is what Orino Laxative Fruit Syrup does. Cleanses and stimulates the bowels without irritation in any form. E. T. Whitehead Co.

THE REMEDY THAT DOES.
"Dr. King's New Discovery is the remedy that does the healing others promise but fail to perform," says Mrs. E. R. Pierson, of Auburn Centre, Pa. "It is curing me of throat and lung trouble of long standing, that other treatments relieved only temporarily. New Discovery is doing me so much good that I feel confident that its continued use for a reasonable length of time will restore me to perfect health." This renowned cough and cold remedy and throat and lung healer is sold at E. T. Whitehead Co.'s drug store. 50c. and \$1.00. Trial bottle free.