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E. E. HILLIARD, Editor and Proprietor.

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THE COMMONWEALTH

"Excelsior" is Our Motto.

Use these columns for results. An advertisement in this paper will reach a good class of people.

Subscription Price \$1.00 Per Year.

SCOTLAND NECK, N. C., THURSDAY, OCTOBER 1, 1908.

NUMBER 39.

Over-Work Weakens Your Kidneys.

Impure Blood.

The blood in your body passes through your kidneys once every three minutes.

The kidneys are your blood purifiers. They filter out the waste and impurities in the blood. If they are sick or out of order, they fail to do their work.

Pains, aches and rheumatism come from excess of uric acid in the blood, due to neglected kidney trouble.

Headache, dizziness, backache, neuralgia, nervousness, lameness, soreness, lumbago, urinary troubles, dropsy, diabetes and Bright's disease follow in merciless succession. Don't neglect your kidneys. Cure the kidneys with the certain and safe remedy Doan's Kidney Pills.

Mrs. Bisco Pittman, of Walnut St., Tarboro, N. C., says: "For some time my back was very weak, my kidneys did not act as they should, I suffered from severe pains through my loins. My husband procured a box of Doan's Kidney Pills for me and I used them according to directions. They entirely banished the pains from my back, restored my kidneys to a natural condition and since that time I have felt better and stronger in every way. I have great confidence in Doan's Kidney Pills and willingly recommend them for the benefit of other sufferers."

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NEVER RETIRE IN UGLY MOOD.

Always Take a Pleasant Thought to Bed With You.

MENTAL DISCORD AN ENEMY TO HEALTH.

(Success Magazine.)

Psychologists tell us that the mental processes which are active in retiring continue far into the night. We have all dreamed of continuing an evening's experience during sleep, enjoying again the songs we heard, the play we saw. This shows how important it is not to retire to rest in a fit of temper, or in an ugly, unpleasant mood. We should get ourselves into mental harmony, should become serene and quiet before retiring; and, if possible, lie down with a smile on the face, no matter how long it takes to secure this condition. Never retire with a frown on your brow; with a perplexed, troubled, vexed expression. Smooth out the wrinkles; drive away all the enemies of your peace of mind, and never allow yourself to go to sleep with an unkind, critical, cruel, jealous thought toward any one.

It is bad enough to feel inimical toward others when under severe provocation or in a hot temper, but you can not afford to deliberately continue this state of mind after the provocation has ceased. You can not afford the wear and tear upon your nervous system and your health. It takes too much out of you. Mental discord dries up the spirits, ages us prematurely, shortens life, and ruins our happiness. It does not pay to indulge in violent temper, corroding thoughts, mental discord in any form. Life is too short, too precious, to spend any part of it in such unprofitable, soul-racking, health-destroying business.

Be at peace with all the world at least once every twenty-four hours. You can not afford to allow the enemies of your happiness and your manhood or womanhood to etch their miserable images deeper and deeper into your character as you sleep.

Many of us with crotchety, sour dispositions and quick tempers sometimes have very hard work to be decent in our treatment of others. But we can, at least when we are alone, when we get away from people who nettle and antagonize us, smooth out the wrinkles and forget all injuries; we can quit harboring unpleasant thoughts and hard feelings toward others.

It is a great thing to form a habit of forgetting and forgiving at night, of clearing the mind of all happiness and success enemies. If we have been impulsive, foolish, or wicked during the day in our treatment of others; if we have been holding a vicious, ugly, revengeful, jealous attitude toward others, it is a good time to wipe of the slate and start anew. It is a blessed thing to put into practice Paul's exhortation to the Ephesians: "Let not the sun go down upon your wrath."

It ought to be the deliberate custom in every home to make the evening just as pleasant as possible, and see to it that no member of the family retires in an unhappy mood. An evening happiness bath, a bath of love and good-will toward every living creature, is more important than a water bath.

We should take special pains to erase the memory of all unfortunate experiences of the day, all business or professional troubles and anxieties, in order to retire in a placid, peaceful, harmonious state of mind; not only because of the necessity of rising refreshed and invigorated in the morning, but because the character and disposition are effected by the condition of the mind upon falling asleep. Mental discords prevent sound sleep and leave poisonous waste in the blood, and this in turn dulls and impairs the brain action.

Many business men suffer so much torture at night that some of them actually dread to retire because of the long, tedious, wakeful hours. Financial troubles are particular exaggerated at night. Even many optimists suffer more or less from pessimism then.

We should fall asleep in the most cheerful and the happiest possible frame of mind. Our minds should be filled with lofty thoughts—with thoughts of love and helpfulness—thoughts which will continue to create that which is helpful and uplifting, which will refresh the soul and help us to awake in the morning refreshed and in superb condition for the day's work.

If you have any difficulty in banishing unpleasant or torturing thoughts, force yourself to read some good, inspiring book—something that will smooth out your wrinkles and put you in a happy mood; something

that will make you see the real grandeur and beauty of life; something that will make you feel ashamed of petty meannesses and narrow, uncharitable thoughts.

After a little practice, you will be surprised to see how quickly and completely you can change your whole mental attitude so that you will face life the right way before you fall asleep.

You will be surprised also to find how serene and calm, how wonderfully refreshed and rejuvenated you will be when you wake in the morning, and how much easier it will be to start right, and wear a smile that won't come off for the day, than it was when you went to bed in an ill-humored, worrying, or ugly mood, or full of ungenerous, uncharitable thoughts.

Humor is a First Aid to Housekeeping.

(Biblical Recorder.)

Marriage may be a battlefield and not a bed of roses, as Robert Louis Stevenson says it is, but if that is true the participants can wear an almost invulnerable armor if the domestic campaign is well studied out, with careful attention given to little things, says Helen Corinne Hambridge in the October Delineator. For instance, the Mere Man likes to sit down with his pipe after dinner, and he likes me to sit down with him and talk over the day's triumphs and worries. At first my housewife soul rebelled at having to let the dishes "set" for an hour or so, and I could see my grandmother shaking her finger at me through the magic rings of smoke; but now I have come to like this period devoted to the digestion of the day's doings and of dinner as well as the Mere Man does, and there is no clattering of dishes, or the realization that his wife is working, to disturb his pipe of peace.

All the joy I find in my home, however, is not by the highway of the kitchen, though they say that road leads straight to a man's heart. We do not live by bread alone, praised be Allah! The woman who as soon as she is married closes her heart and brain to all outside interests will end, like Alice did, in shutting up like a telescope. The woman who never reads a book or newspaper, whose sole topics of conversation are picked up from neighborhood gossip must in the end weary herself and all those about her. Not that she may never "talk pleasantly and smartly of common things," but that she must know something of better things.

Of all the professions open to women that of home-making is the greatest. The woman behind the coffee-urn can be greater than the man behind the gun, but how often she goes looking for power far afield when it lies in her very hand!

The realization of these things does not come in a day, nor in many days. They grow up out of the black soil of failure, and while they may not be rare exotics, they are certainly good field posies for the every-day picking. It is a problem to do one's house-work and find joy in it, and into its solving one must bring brain as well as brawn. Above all, must one cultivate a sense of humor. The woman who laughs when her cranberries roll over the kitchen floor, who sees humor in a frozen water-pipe, is magnificent. One may not need to have the song on the lips or the rose garden in the kitchen, but it is necessary to have both in the heart to "sweep a room as by a law divine."

Burns, bruises and scratches, big and little cuts or in fact anything requiring a salve, are best and quickest soothed and healed by DeWitt's Carbolized Witch Hazel Salve. The best salve for piles. Be sure you get DeWitt's. Sold by E. T. Whitehead Company.

Self-mastery is the highest demonstration of the reality of spiritual life. Only a divinely inbred spirit can control the passions of human nature.

"My child was burned terribly about the face, neck and chest. I applied Dr. Thomas' Electric Oil. The pain ceased and the child sank into a restful sleep."—Mrs. Nancy M. Hanson, Hamburg, N. Y.

Clara—What kind of face powder do you use? Maud—Why do you ask? Charlie Spooner says it's the best he ever tasted.—Life.

A Healthy Family.

"Our whole family has enjoyed good health since we began using Dr. King's New Life Pills, three years ago," says L. A. Bartlet, of Rural Route 1, Guilford, Maine. They cleanse and tone the system in a gentle way that does you good. 25c. at E. T. Whitehead Company's drug store.

Say Nothing.

(Selected.) If you cannot speak good of the others on earth,

Say nothing, If your words can't replace melancholy with mirth, Say nothing.

Ere you start out exposing the sins of a brother, Consider a while, are you harming another?

Your words may be piercing the heart of a mother. Say nothing.

There are too many gossipers now in this life. A gabbling.

They are chiefly the cause of most of the strife, By babbling.

And they think there is nothing left for them to do, No work to be done; only trouble to brew,

But their talkative tongue at the last they will rue, Most certain.

In the battle of life it is truly your part, To hustle.

And do but the deeds that will lighten some heart, While hustling.

So forth with your gladness and banish the tear, By planting a hope in the place of a fear;

And your name on the tablet above will appear, eternal.

The Power of Love.

(Selected.)

Tourgenieff, the Russian writer, says: "I returned home from the chase and wandered through an alley in my garden. My dog bounded before me. Suddenly he checked himself and moved forward cautiously as if he scented game. I ganced down the alley and perceived a young sparrow with a yellow beak and down upon its head. It had fallen out of the nest (the wind was shaking the beeches in the alley violently,) and lay motionless and restless on the ground, with its little unfledged wings outstretched. The dog approached it softly, when suddenly an old sparrow with a black breast quitted a neighboring tree, dropped like a stone right before the dog's nose, and with ruffled plumage and chirping desperately and pitifully, sprang at the opening mouth.

"She had come to protect her little one at the cost of her own life. Her little body trembled all over, her voice was hoarse, she was in agony—she offered herself. The dog must have seemed a gigantic monster to her. But in spite of that, she had not remained safe in her lofty bough. The dog stood still, and turned away. It seemed as if though he also felt this power. I hastened to call him back, and went away with a feeling of respect. Yes, smiles not! I felt a respect for this heroic little bird and for the depth of her maternal love. Love, I reflected, is stronger than death and the fear of death; it is love that supports and animates all.

Birds Save Forests.

(Selected.)

That no factor in the problem of conserving the land, water and forest resources of this nation equals that which nature has provided in the feathered wild life of the continent, is the opinion expressed by leading observers today. Following the conference of Governors in Washington, officers of the National Association of Audubon Societies have decided to offer the co-operation of their organization in this great work. While the value of the birds to the farmer, orchardist and planter has for years been recognized, their importance in preserving the forests is not generally known. According to a recent report of the Government, insects alone cause an annual loss to the trees of the country, estimated at over a hundred million dollars. On the oak alone, four hundred species of insects which are sought and consumed by the birds of the forests, the experts of the Biological Survey have discovered. On the willow 186 such species constantly attempt its destruction, on the pine 165, on the hickory 170, on the birch 105, and on the elm 80.

A Card.

This is to certify that all druggists are authorized to refund your money if Foley's Honey and Tar fails to cure your cough or cold. It stops the cough, heals the lungs and prevents serious results from a cold. Cures laryngitis and prevents pneumonia and consumption. Contains no opiates. The genuine is in a yellow package. Refuse substitutes. E. T. Whitehead Company.

Notice to Our Customers.

We are pleased to announce that Foley's Honey and Tar for coughs, colds and lung troubles is not affected by the National Pure Food and Drug Law as it contains no opiates or other harmful drugs, and we recommend it as a safe remedy for children and adults. E. T. Whitehead Company.

"WHO IS JOHN W. KERN?"

A Question That is Very Intelligently Answered.

AN OLD FASHIONED AMERICAN CITIZEN.

(The Albany, N. Y., Daily Press and Knickerbocker.)

"Who is John W. Kern?" asks Willie E. Corey, the multimillionaire steel magnate who gained notoriety by marrying Mabelle Gilman, the actress.

In the first place, John W. Kern is an old fogy. He has such old-fashioned notions that he despises a man who would divorce his wife and the mother of his children in order to gratify an insane passion for an actress. John W. Kern is one of those back numbers who places honor above dollars. He would not sell his soul for gold, even though the devil offered him all the yellow metal there is in the bowels of the earth. He has remained a comparatively poor man all his life rather than enter a combine to rob the people and drive competitors out of business. He never, so far as we have been able to learn, either founded a public library or endowed a college. Having lived an up-right, wholesome, God-fearing life all his days, he has never felt the necessity of apologizing to his maker or offering penance in the form of lucre for his sins.

William E. Corey is about as sharp a contrast to John W. Kern as could be found within the boundaries of the United States, with the possible exception of James S. Sherman, the other candidate for vice-president. No man who holds dear the honor of this country can contemplate the possibility of James S. Sherman becoming through an act of Providence, the President of the United States without shuddering; whereas if John W. Kern should be called upon to step into the highest office he would grace it.

"Who is John W. Kern?" asks the faithless nabob who cast off his faithful wife, the woman who had bravely shared his days of poverty and had struggled with him to build up his fortunes, as a man throws away a lemon after he has squeezed all the good out of it. Such impertinence deserves no answer; were it not for the sake of calling attention to the brazen effrontery of men of Corey's stamp who had, through the medium of protected monopoly, grown to be the greatest menace that confronts this nation to-day. Anarchy can be stamped out by force, but the insidious evil imposed upon this long suffering people by whom President Roosevelt designates very forcibly as "male factors of great wealth," is even more to be dreaded than anarchy.

"Who is John W. Kern?" Why, a plain, honest American citizen of the highest type, an unpretentious, clean living man, yet of scholarly attainments and commanding intellect. Had that purse proud Pittsburg millionaire read John W. Kern's masterly reply to the apology of James S. Sherman, he would have no need to ask, "Who is John W. Kern?"

A Scheme That Failed.

(The Commoner.)

Having read in the daily newspapers of large orders given to manufacturing firms contingent on the election of Mr. Taft, we concluded to make a bluff.

Calling upon the tailor we selected a fine piece of goods, and without deigning to inquire as to the price we let the tailor take our measure. This finished we started out of the shop, but the tailor said: "We require a deposit with all orders."

Turning haughtily to the knight of the needle and goose we exclaimed in thunder tones:

"If Mr. Taft is elected I will come in and pay for the suit the morning after election. If he is defeated I shall not need it."

Our family doctor says that with careful nursing he will be able to reduce our head sufficiently to let our hat stay on. The tailor's iron landed before we could dodge.

The Widening Ratio.

(Charlotte Observer.)

The Wall Street Journal takes occasion to remark that the commercial ratio of silver to gold at last official accounts was 38.08 to 1. At the beginning of 1907 it was 59.07 to 1. In terms of silver, at least, gold is evidently not being depreciated by large output.

What Southern Boys Should be Taught.

(Manufacturers' Record.)

"We use the Manufacturers' Record as a means of getting information for the boys in our debating society. It is fine."

This extract from a letter from H. B. Smith, Superintendent of the Greenville Public Schools of Greenville, N. C., a subscriber to the Manufacturers' Record, carries a suggestion which, we believe, might with advantage be adopted in every other school in the South.

In the training of Southern boys, what is more important than to teach them to know their own country? What is more important than that they should grow up with some knowledge of the attractions and resources of the South, and thus be prepared as they reach manhood to take an active part in Southern up-building to their own good and to the benefit of the South, and to do it intelligently by reason of the training which they get in their school-days?

The Manufacturers' Record is constantly in receipt of letters from school boys and college boys asking for specific information about Southern questions and Southern resources for use in their debating societies. Might it not be well for the superintendent of every public and private school in the South to follow the example of Professor Smith and use the Manufacturers' Record—the world-wide accepted authority on the South—as a means of giving to the boys of the South the opportunity of knowing what is taking place in their own country?

The Greatest Blunders of My Life.

(American Weekly.)

Here are some "blunders," written down by five hundred men, and to be found in the Crerar Library: The greatest blunder of my life was gambling.

When I left my church and mother. My greatest blunder was when I first learned to smoke.

When I left school before I was past the fourth grade. Did not stick to my trade.

Was to fool away my time when at school. Not keeping my position, but grew slack in my work.

Reading worthless books. Thinking that my boss could not do without me.

Refused a steady position with a good firm. Would not hearken to the advice of older people.

Not saving money when I was young. Beating someone out of money. Did not stick to anything.

Careless about religious duties. Did not take care of my money. The greatest blunder of my life was not accepting Christ and thereby avoiding many sorrows caused by serving Satan.

Investors' Paragraphs.

(Success Magazine.)

The guarantee of bank deposits plan recently had a test as to its workability in our new State of Oklahoma. A bank at Guthrie failed, it being the first failure under the new law, which provides a guarantee to the depositors by the State. The banks deposits amounted to \$38,000, and the fund was called upon for \$22,000. Every depositor was paid in full within ten days from the time the bank closed its doors.

The State banking department is liquidating the assets of the bank to reimburse the fund for the outlay. There was little or no excitement over this failure, except that caused by the most unusual circumstance of depositors getting their money almost as quickly as would have been the case if the bank had been solvent and they had wanted their money.

We hear of no runs on other banks in that locality, no failures of business houses, nor suicides of individual depositors, and it does appear as if the friends of this plan for national banks are really advocating an amendment to our national bank that is worthy of most serious consideration.

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DANGER IN DELAY.

Kidney Diseases Are Too Dangerous for Scotland Neck People to Neglect.

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BULL'S BULB
BULL'S BULB SUCCESS
SPECIAL OFFER:
Bull's Bulb is a powerful and reliable remedy for all cases of constipation, indigestion, and general debility. It is a sure cure for all these ailments and is sold in every drug store. Price 50c. per bottle. Bull's Bulb Company, Buffalo, N. Y.

N. B. Josey Co

Undertakers' Supplies.

Full and Complete Line.



Coffins and Caskets
Burial Robes, Etc.

Hearse Service any Time
N. B. Josey Company,
Scotland Neck, North Carolina

KILL THE COUGH AND CURE THE LUNGS
WITH Dr. King's New Discovery
FOR COUGHS AND ALL THROAT AND LUNG TROUBLES.
GUARANTEED SATISFACTORY OR MONEY REFUNDED.