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E. E. HILLIARD, Editor and Proprietor.

VOL. XXV. New Series Vol. 11.-6-18

# THE COMMONWEALTH.

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SCOTLAND NECK, N. C., THURSDAY, MAY 20, 1909.

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NUMBER 20.

## The Cause of Many Sudden Deaths.

There is a disease prevailing in this country most dangerous because so deceptive. Many sudden deaths are caused by it—heart disease, pneumonia, heart failure or apoplexy are often the result of kidney disease. If kidney trouble is allowed to advance, the kidneys become clogged with blood, and the blood will attack the vital organs, causing catarrh of the bladder, back-ache, back pain, leucorrhea, rheumatism, sleeplessness, nervousness, or the kidneys themselves break down and waste away cell by cell.

Bladder troubles almost always result from a derangement of the kidneys and better health is that organ is obtained by a proper treatment of the kidneys. Swamp-Root corrects inability to hold urine and sending pain passing it, and overcomes that unpleasant necessity of being compelled to go often through the day, and to get up many times during the night. The mild and immediate effect of Swamp-Root, the great kidney remedy is soon realized. It stands the highest because of its remarkable health restoring properties. A trial will convince anyone. Swamp-Root is pleasant to take and is sold by all druggists in fifty-cent and one-dollar size bottles. You may have a sample bottle and a book that tells all about it, both sent free by mail. Address, Dr. Kilmer & Co., Binghamton, N. Y. When writing mention reading this guarantee offer in this paper. Don't make any mistake, but remember the name, Swamp-Root, and don't let a dealer sell you something in place of Swamp-Root—if you do you will be disappointed.

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WITH DR. KING'S NEW DISCOVERY  
For Coughs, Colds, and Lung Troubles  
GUARANTEED SATISFACTORY OR MONEY REFUNDED.

## In Memoriam to Our Southern Privates.

(A Daughter, Cape Fear Chapter No. 3.)  
No medal of gold on his breast he wore,  
As he fought for his country's wrong,  
No pages are filled with his deeds to the front,  
His name not mentioned in song.  
He sleeps 'neath the sod for which he fought  
Undisturbed by the battle's din,  
And we give to our heroes the laurel wreath.  
While we shed our tears for him.  
"Glorious things of them are spoken"  
While they are in the thick of the fight,  
Forgot honor and glory, 'mid anguish and pain,  
Their country's wrong only in sight.  
They wore no stripes on sleeves of gray,  
Their names in no history appear,  
Yet we raise to our heroes a marble shaft.  
While we water their graves with tears.  
And yet the years roll on and our thoughts are lost.  
In the ceaseless whirl of life,  
Yet 'mid the changes of coming years,  
We forget not that scene of strife.  
The power of nations come in like the tide,  
And go out 'neath the hero's sway.  
But to those labors of power we bow our heads,  
While we wipe the tears away.  
Sleep on in our realm of Southern gray.  
That color enshrined in our minds,  
Sleep on while we guard your lowly mounds,  
Thro' the harrowed ages of time,  
Sleep on 'neath the land you washed with your blood,  
Through the vista of fast flitting years,  
Till the reckoning day when God above  
Shall wash your soul with his tears.

## Good Humor.

A Washington man recently visited an uncle in Ohio whom he had not seen for some time.  
"Well, Uncle," he said. "How's everything?"  
"Fine!" responded that optimistic old gentleman. "Except that I've grown a little deaf in the left ear."  
The nephew smiled indulgently.  
"Well, uncle," he continued. "You must expect that. You're getting a little old, now, you know."  
"What's that got to do with it?" asked the uncle. "My right ear is just as old as the left, and I can hear perfectly with that."

On the occasion of his last visit to Washington a number of Congressmen were chatting with "Private" Johnson Allen, of Tupelo, Mississippi, formerly a member of the House, when one asked:

"What do you know about this new member from your State? Is he a man of parts, John?"  
"They don't think so down our way," said the Private, "an opinion in which, I reluctantly confess, I agree. He offers, by way of exterior, a pretty good bluff; but open his front door and you're in his back yard."

Some years ago, When William Allen White was struggling to make a paying proposition of his first newspaper in Kansas, he received a call one day from some young persons, members of a "culture club" in Iowa.

White good naturedly admitted them to his sanctum. "Oh, sir!" gushed one, "how glorious to engage in a purely intellectual calling! What is the most difficult part of your labors?"

"Trying to pay the staff," answered the matter-of-fact White.

A young woman of Indianapolis had, on the occasion of her meeting James Whitcomb Riley, been gushing in approved style with reference to the poet's work.

"Mr. Riley," demanded she, in a soulful tone, "is it not true that sometimes you have thoughts that are absolutely unutterable?"  
"Yes, even unprintable," replied the honest poet.—National Monthly.

## Shake Into Your Shoes.

Allen's Foot-Ease, a powder. It cures painful, swollen, smarting, nervous feet and instantly takes the sting out of corns and bunions and makes walking easy. Try it to-day. Sold everywhere. Sample Free. Address, Allen S. Olmsted, Le Roy, N. Y.

## MATTERS OF GENERAL INTEREST.

### What Is Transpiring in North Carolina and Other States.

The Roanoke Navigation and Water Power Company is having a powerful dredge built to be put in the canal for dredging and keeping it cleaned out. It is being constructed by the Albany Dredge Company, and will be completed within the next six weeks.

Suit has been entered by the County Board of Education of Wake County against ex-Chief of Police J. H. Mullins, of Raleigh, for the sum of \$5,500, this being the difference between the amount of fines and penalties endorsed on warrants issued by the Police Justice from December 1st, 1905 to March 29th, 1909, and the amount received for by the county treasurer.

Confirmation has been had of the report that W. A. Garrett, president of the Seaboard Air Line Railway, and chief executive officer under the receivers of the road would resign his position, resignation to take effect November 1st of this year, at which time Mr. Garrett will become vice-president of the T. H. Symington Company of Baltimore, extensive manufacturers of railway equipment.

The recent massacres in Turkey have caused many of the inhabitants much suffering. The National Red Cross Society that did such splendid and effective work in aiding the earthquake sufferers at Messina has undertaken to aid those who have suffered from the massacres in Turkey. It has already sent \$1000.00 to Ambassador Leishman at Constantinople for relief work and has made appeal to Washington for funds to aid in this work.

At the convention of the Daughters of the Revolution that met in Boston last week, Miss Mary Hilliard Hinton, of Raleigh, by her especially clever remarks in the capacity of toastmistress, made the big personal hit of the meeting. After a gracious introduction by the president general, Mrs. Fritz, Miss Hinton told her hearers she had that feeling graphically described by "Uncle Remus" as "Midway betwixt a balk and a breakdown." This captured her hearers at once. Her other remarks were equally as clever.

On Wednesday of last week a monument to Captain Henry Wirz was unveiled at Andersonville, Ga. During the Civil War Captain Wirz was Commander of the Andersonville prison. At the close of the war he was taken to Washington, tried before a military commission for murder and flagrant cruelty, and executed at the commissioner's order—martyred not executed say the Daughters of the Confederacy who unveiled the monument in the hope that it will stand to see Wirz's memory considered everywhere in a friendly light.

Bishop Charles B. Galloway, of the Methodist Episcopal Church, South, Mississippi's most distinguished divine, who ranked among the greatest pulpits orators of America, died at his home in Jackson, Miss., Wednesday, May 12th, after several days illness with a mild case of pneumonia complicated with heart trouble. Bishop Galloway has traveled extensively; his writings covered a wider range perhaps than those of any other person connected with the church of which he was a member. For several years he took an active interest in the prohibition campaigns in Mississippi and other Southern States.

A communication was received from Asheville some days ago to the effect that gold had been discovered near Black Mountain, and there is much excitement in that section over the prospect of a bonanza. That there is some gold in that section is quite true as tests of dirt taken from the farms there go to show. The gold, in question, whose discovery has caused so much excitement, was found by Rev. J. C. Coggins in a pasture where he was allowed to graze his cow. He saw something glittering in the sand, with natural curiosity picked it up and examined it. It was a nugget and contained about \$15.00 worth of gold.

Hundreds of thousands of people use Hollister's Rocky Mountain Tea as a family tonic. If taken this month it will keep the family well all spring. If it fails get your money back. 35c. E. T. Whitehead Company.

## Optimism and Progress.

Extracts from an address made by Mr. Henry W. Wood before the Chamber of Commerce, Richmond, Va., March 25th, 1909.

Optimism is one of the most powerful influences for progress. The man who thinks and governs himself optimistically is ever looking forward and upward. The difference between optimism and pessimism might almost be compared to the difference between light and darkness. Optimism is constructive, pessimism destructive. It is the optimistic thought that makes for success, happiness and prosperity; the pessimistic thought that fetters, impedes and destroys usefulness and effectiveness. It is the thoughts of man that form his character and destiny. Very few of us, I think, give sufficient attention to the control of thought. If we give way to pessimistic thought, and doubt and fear results, we shall accomplish very little. On the contrary, if we kill the pessimistic thoughts with optimistic thoughts, looking forward hopefully, having confidence in ourselves and in what we undertake, and working industriously toward our aims and objects, we can do almost anything we desire or set our minds upon. The difference between men is largely the difference in their thoughts. "Thoughts make acts, and acts make habits."

The natural trend of the average man's thoughts is towards pessimism, and it requires effort to overcome this trend, but it can be done with determination and proper control of thought. Doubts and fears are two of the greatest obstacles to human progress and welfare. "Never cross bridges before you come to them" by doubting or fearing results. Always have confidence in yourself. If you have to think of anything that may happen, always think of the progressive and cheerful side. If you have pessimistic or depressing thoughts, check yourself, and ask, What is the optimistic or cheerful side of the matter? and then let your mind dwell on the optimistic phase and you will find that it will bring to you thoughts and feelings that will help wonderfully.

Every thought, every act, and every impression influences the mind, consciously or unconsciously. Progressive thoughts and uplifting influences build up and strengthen, depressing thoughts and influences weaken and destroy. How important it is for us to control our thoughts and actions aright, if we would build up both our success and happiness. Train your minds to think prosperous thoughts, success thoughts, and work industriously towards these ends, and success and prosperity are pretty apt to come to you.

Stonewall Jackson is one of the best exemplifications of the power of confidence and the influences that emanate therefrom. Stonewall Jackson's men relied implicitly on their leader, and would follow and dare to do whatever he might plan. The very fact that Stonewall Jackson and his men were in front of his enemy put fear and dismay into their ranks, and really won half the battle before it was begun. This shows very clearly the power of well directed thought and confidence. The man that goes into an enterprise half-heartedly, with doubts as to his success, had better not go into it at all. If he has no confidence in the enterprise and work which he is doing, how can he hope to inspire confidence in others, and in those from whom he expects to get his support?

By confidence I do not mean egotism, but I do mean the confidence that arises from the power of knowledge; the confidence that arises from a man's ability to do, and the confidence that will make a success of what he undertakes.

## A Short Verse.

An Englishman named Thomas Thorp died, leaving his fortune to a poor relative on condition that a headstone, with the name of the said Thomas Thorp and a verse of poetry, be erected over the grave. Costing so much a word to chisel letters on the stone, the poor relative ordered that the poetry should be brief. Upon his refusal to approve, on account of their length, the lines

Here lies the corp  
Of Thomas Thorp  
The following was finally ordered and accepted:

## Thorp's Corpse.

Itching piles provoke profanity, but profanity won't cure them. Doan's Ointment cures itching, bleeding or protruding piles after years of suffering. At any drug store.

## Why Rural Teachers Should Attend the Teachers Assembly.

The indications are that the next session of the North Carolina Teachers' Assembly will be the best attended that we have had in a number of years. To those of us who have been regular attendants it will be like going back home; to those who have not been to Morehead for a meeting of the Assembly, it will be a combination of pleasure and profit.

The work at some of the former meetings held at Morehead was hindered because the pleasure idea too largely dominated the spirit of those who attended. I believe we have reached the point in our educational life in North Carolina that we can go to a pleasure resort and do some real work. The plan of the Constitution which was adopted at Charlotte last year will be carried out at Morehead this year. This means that we will make a start in gathering all the information available along certain lines and also begin to work out some of our problems in a consecutive way.

The work of each session hereafter will be directly connected with the work of the former session. Now that we are going to make a start along this line, it seems to me that every teacher should be anxious to keep up the connection by attending every year. To miss the first or any succeeding year is to break the continuity. Of course, there will be general addresses by leading educators in addition to reports of the committees to which have been assigned the special topics.

While a meeting, along the lines I have indicated, will be very helpful to all, I hope the rural teachers of the State will make a special effort to attend for the following reasons:

1. The rural teachers, of necessity, are somewhat isolated, and the meeting at Morehead will afford them an opportunity of learning what is being done in every section of North Carolina.

2. We will all stay at the same hotel, and this will bring each one in personal contact with all who attend.

3. By a comparison of what you are doing and the conditions under which you are laboring, with the work of others and the conditions in other communities, you will be in a position to render better service to your community next year.

4. The executive committee has tried to arrange a program which is definite and concentrated along the lines of our greatest needs.

The rural schools of North Carolina have made wonderful progress in the last ten years, and I hope that the attendance of the rural teachers at the Morehead meeting will show that they are fully awake to the interests of this forward movement.—Thos. R. Foust.

## The Wild Game Preserve.

Seattle, Washington, May 15th.—The Wild Game Preserve of the Alaska-Yukon-Pacific Exposition embraces an area of ten acres, and is located on the shores of Lake Washington. The land within the enclosure has been left in its wild condition, and nothing in the way of clearing will be done other than is actually necessary. The collection of specimens will include every wild animal found in the west, northwest, and far north, and in gathering the exhibit, everything possible has been done to insure a full and complete representation.

The fauna of the Pacific Coast is extensive, and embraces many rare and peculiar specimens. In the territory of Alaska, representatives of the government have been actively employed for the past two years in prosecuting the work of collection, and their efforts have resulted in the capture of examples of nearly every variety of wild animal life indigenous to the Arctic country.

Live moose, elk, deer, bear, cougar, panther, timber wolf, polar bear and all the smaller creatures whose haunts are far from the places frequented by man, will be exhibited. These various animals will be seen in as near their natural conditions as possible, and will show elaborately the solitary inhabitants of the vast forests and mountains of the western country.

## Smashes All Records.

As an all-round laxative tonic and health-builder no other pills can compare with Dr. King's New Life Pills. They tone and regulate stomach, liver and kidneys, purify the blood, strengthen the nerves; cure constipation, dyspepsia, biliousness, jaundice, headache, chills and malaria. Try them. 25c. at E. T. Whitehead Company's.

**ROYAL BAKING POWDER**  
Absolutely Pure  
The finest, most tasteful and wholesome biscuit, cake and pastry are made with Royal Baking Powder, and not otherwise.  
Royal is the only Baking Powder made from  
Royal Grape Cream of Tartar

## Personality vs. Scholarship.

In fact, I am sure that the most important equipment of a teacher isn't scholarship at all, but something quite different and quite better. I should say that the chief stock-of-trade of a teacher is personality.

What's that? No. This is not disparaging scholarship. It is thoroughly respectful to it, but doubtful whether scholarship really is the quality of most importance, either in life or in teaching. If you must have it so, I will grant you a very high value to scholarship, but claim that "personality" transcends it. Scholarship never produces "personality", but "personality" strong in a teacher will generate scholarship in teacher and her student.

What is the kind of personality that makes an effective teacher? It is the personality that is interesting, charming, enthusiastic, sympathetic, hopeful and inspiring. Get a woman with these characteristics into a classroom and you will not have to preach much about improvement of her scholarship; because her sympathy and interest, her hopefulness for children, and her desire to serve them will lead her to acquire scholarship to that degree that will enable her to serve the more those she loves. If personality and scholarship were capable of expression by per cents, I should prefer the sixty per cent personality, than forty per cent scholarship teacher to any man or woman who sacrificed the former to an increase of the latter. Why? Because the question is not how much do you know, but what is your power to arouse my boy so that he shall grow in knowledge and in power? Scholarship itself repels the average healthy child; personality commands him.

Therefore, the superintendent exhorter to a higher scholarship seems to me to be off the road to efficiency unless he preaches more strongly for the preservation and cultivation of personality.—School Journal.

## Stand by Your Town.

The place that gives a man his living is entitled to his best efforts to advance everything calculated to benefit the place and the community. No man has a right to live in a live town who seeks to enrich himself and not actively identify himself with its interests. To be classed a drone, or a chronic kicker and opposed to every measure believed to be for the good of the citizens is a stigma and should not attach to any man in the corporation. The improvements necessary to be made and the manner of making them a monument to the enterprise and intelligence of the citizens is the duty each person owes to the place in which he lives. No man has a right to oppose progress in his town simply because he is not personally benefited by the proposed improvements or perchance may have to pay a little toward it, for in the end it will no doubt have proven a wise proceeding. Let all join in any improvement calculated to better the town and community in which you live.—Albermarle Enterprise.

## Won't Slight a Good Friend.

"If ever I need a cough medicine again I know what to get," declares Mrs. A. L. Alley, of Beals, Me., "for, after using ten bottles of Dr. King's New Discovery, and seeing its excellent results in my own family and others, I am convinced it is the best medicine made for coughs, colds and lung trouble." Every one who tries it feels just that way. Relief is felt at once and its quick cure surprises you. For bronchitis, asthma, hemorrhage, croup, lagrippe, sore throat, pain in chest or lungs it's supreme. 50c. and \$1.00. Trial bottle free. Guaranteed by E. T. Whitehead Company.

## How to Be Happy.

A lecturer, in answering a query relative to what was required to make a person happy, gave the following three rules with instructions to keep them faithfully every day for a week without skipping a single day, and archly added: "They won't work if you skip a single day."

"Commit something to memory every day—something good. It needn't be much, three or four words will do, just a pretty bit of a poem or a Bible verse; something you'd be glad enough to remember if you went blind."

"Look for something pretty every day—a leaf, a flower, a cloud. Stop long enough to drink in every detail of its beauty and see the loveliness all through."

"Do something for somebody every day." something which is done with the distinct purpose of adding to the joy of some one with whom you come in contact.

These instructions carefully heeded, would add immeasurably to the actual happiness of life, for

"The quality of mercy is twice blessed, It blesses him who gives, and him who takes."

It is true, isn't it, that most of us have either attained or are attaining, a comfortable degree of competence? There is scant need for actual worry concerning the absolute necessities of life. We have also a little leisure. Or even if the day is really full of ceaseless toils, there are certain tasks which employ the hands only, leaving the mind practically free. Such time could be snatched for the learning of a wise saying or a pleasing couplet which appeals to one's sense of need, and the things thus learned would prove a mine of wealth from which one can call at need riches greater in value than the heaped up treasures of gold, which are valuable to us only as they give us leisure and opportunity to satisfy the higher cravings of the soul.—Ex.

The great trouble is that the majority of people are not content to let the past stay past.

Most disgusting skin eruptions, scrofula, pimples, rashes, etc., are due to impure blood. Burdock Blood Bitters is a cleansing blood tonic. Makes you clear-eyed, clear-brained, clear-skinned.

"We have reversed the ordinary laws of nature," said a witty United States Senator, speaking of himself and an almost preternaturally dignified colleague. "Blank has risen by his gravity; I have sunk by my levity."—Youth's Companion.

If you expect to get the original Carbolicized Witch Hazel Salve, you must be sure it is DeWitt's Carbolicized Witch Hazel Salve. It is good for cuts, burns and bruises, and is especially good for piles. Refuse substitutes. Sold by E. T. Whitehead Company.

Possible Employer—But we are slack ourselves. If I found you anything to do it would be taking work from my own men. Applicant—The little I should do wouldn't harm nobody, guv'nor.—The Bystander.

Stops cramps in two minutes; toothache or pain of burn or scald in five minutes; hoarseness, one hour; muscle-ache, two hours; sore throat, twelve hours—Dr. Thomas' Electric Oil, non-arch over pain.

"Vot's de difference between capital and labor?" "Capital don't haf ter labor, unt labor don't haf der capital."—Cleveland Plain Dealer.

If you haven't the time to exercise regularly, Doan's Regulents will prevent constipation. They induce a mild, easy, healthful action of the bowels without griping. Ask your druggist for them. 25c.