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Since May, 1906, Ayer's Sarsaparilla has been entirely free from alcohol. If you are in poor health, weak, pale, nervous, ask your doctor about taking this non-alcoholic tonic and alterative. If he has a better medicine, take his. Get the best always. This is our advice.

Ayer's

A sluggish liver means a coated tongue, a bad breath, and constipated bowels. The question is, "What is the best thing to do under such circumstances?" Ask your doctor if this is not a good answer: "Take laxative doses of Ayer's Pills."

Cough Caution

Never, positively never poison your lungs. If you cough—even from a simple cold—you should always keep your throat and chest moist with a soothing, expectorant. Don't blindly suppress it with a stupefying poison. It's strange how some things finally come about. For twenty years Dr. Shoop has constantly warned people not to take cough mixtures or prescriptions containing Opium, Chloroform, or similar poisons. And now—little late though—Congress says "Put on the label if poisons are in your Cough Mixture." Good!

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NORTH STATE HAPPENINGS

Occurrences of Interest Gleaned From All Sections of the Busy Tar Heel State

Labor Day Proclamation.

Raleigh, Special.—Governor Glenn issued a proclamation urging the people of North Carolina to observe Monday, September 7th, as "a day of rest, recreation and thanksgiving throughout the entire State." In this executive paper the Governor refers to the drastic effects of the panic in other sections of the country and the providence that has saved North Carolina from its worst effects.

The proclamation is as follows: State of North Carolina Executive Department, Raleigh.

Whereas, the General Assembly of North Carolina has set apart the first Monday in September of each year as Labor Day, and made it a legal holiday:

Now therefore, to the end that said day shall be properly observed, I, R. B. Glenn, Governor of the State of North Carolina, in accordance with law, and with the earnest desire that all people shall recognize this day, do recommend and urge that Monday, September 7th, 1908, be observed as a day of rest, recreation and thanksgiving throughout the entire State.

I further direct that all the State offices be closed on that day, and all work on the part of State employees cease, and request, as far as possible, that all business in the State be suspended, to the end that it may indeed be a day of rejoicing and rest to all—both those who toil with their hands and those who toil with their brains.

While during the year 1907, and continuing even today, a severe panic has come upon our country, and deprived many who toil from obtaining work and making a living, still when we see how little this panic has affected our own State, or caused our employes to lose work, in comparison with the suffering and want of work both in the Western and Eastern States, and while we regret that even one person is deprived of an honest livelihood, still we rejoice that God has blessed our State and comparatively spared us many ills that come from poverty and want of employment. This Labor Day should be one of good cheer both to Capital and Labor, and should be so enjoyed as to bring these two great forces closer together, each helping the other, thus fulfilling the Master's commandment of "loving one another."

There is no class of people in the State that more deserve the respect and love of all, than those who labor with their hands, and the great lesson should be taught to all on Labor Day, that it is not the kind of work you do that degrades you, but the way you do the work and that a person who does the most menial service and does it well, is as deserving of praise as those who perform great deeds.

Let us therefore be thankful to God on this Labor Day, for our health, and many other undeserved mercies bestowed upon us, and let us in return to Him who does so much for us, on this day resolve to encourage all who toil and do what we can to add to their comfort and success.

Let us do nothing on this day in violation of law, either human or divine, but let the day be so spent as to strengthen and encourage us in our daily work, and make us respect and recognize the rights of all mankind.

In testimony whereof I have hereunto set my hand and caused the great seal of the State to be affixed, this, the 26th day of August, 1908, in the year of our

Boy Fatally Burned at Germanton.

Winston-Salem, Special.—Nev's was received here that the 3-year-old son of Robert Bades, of Germanton, this county, was fatally burned there Friday afternoon. The lad had been left at his home in charge of a brother, who left him for a few minutes. On his return the boy was writhing in flames and physicians say he cannot live.

Lord one thousand nine hundred and eight, and in the one hundred and thirty-third year of our American independence.

R. B. GLENN,
By the Governor:
A. H. Arrington,
Private Secretary.

Fish and Oyster Convention Over.

Morehead City, Special.—A very enthusiastic meeting of the Fish and Oyster Convention closed at Morehead under the chairmanship of State Geologist Joseph Hyde Pratt, with Mr. W. J. Tate, of Currituck, as secretary. A great deal of work was accomplished. Three sessions were held daily and practically every feature of these important interests was thoroughly discussed. The work of the convention was principally along the lines of deciding what to recommend to the next session of the Legislature for embodiment in a general fish law and some very valuable recommendations are the outcome. The convention recommended favorable legislation on the question of the cultivation of the oyster, and the work of the fish commission, with recognition of its value. The question of general legislation was discussed and favorably received and a close search for certain commercial fishes was recommended. The minimum size of mesh that can be legally used in certain kinds of nets was passed on, and it was decided that a more open passage way for the fish going up the sound and rivers would tend to conserve the industry, thereby increasing production. This applies more particularly to Croatan and Albemarle sounds, and the streams emptying therein. About fifty members were present and while differences of opinion developed the meeting was enthusiastic, harmonious and optimistic spirit prevailed throughout the convention, afforded for the first time an opportunity for representatives of all the sections of the State in which commercial fishing is practised together, know each other's needs, and thrash out the whole complicated subject in a manner that cannot fail to be productive of much good to the State at large. Prof. T. Gilbert Pearson, secretary of the Audubon Society, made a most interesting talk on the conservation of the natural resources of the State, which vied with the chairman's address as a valuable contribution.

But hillside ditches should not be used. The policy of the farmers should be to have small cleared areas, cultivate more intensively, so that there shall never be any land idle without a cover crop on it to hold the soil, and protect land which is not in cultivate more intensively, so that there are more than 2,000,000 acres of idle farming land from Virginia to Georgia which should be planted in timber, if for no other reason than to prevent its washing away, though the timber on it will make it eventually a good investment besides.

Company of Infantry and Regimental Band for Greensboro Fair. Greensboro, Special.—It appears that Greensboro's centennial celebration is to fare better than was expected at the hands of the War Department. Several months ago Senator Overman and a committee from the centennial board of managers secured from the department a promise that a troop of cavalry and the marine band would be sent to Greensboro, and since that time the chief of staff has agreed to send a company of infantry and a regimental band, and it is not improbable that artillery will be sent also. Senator Overman, who has shown a deep interest in the centennial, and who has been of material assistance to the board of managers, is in receipt of a letter from Maj. Gen. J. F. Bell, chief of staff giving this pleasing information.

Many Lives Nearly Lost. Tryon, Special.—Passengers on train No. 13, westbound, on the Southern Railway had a narrow escape from death here Saturday. One car is derailed and overhangs a steep embankment. Outside of a severe shake-up no one was injured.

Better Conditions at Raleigh.

Raleigh, N. C., Special.—Flood conditions in this section are much more hopeful and with a big falling off in the rain there is a rapid receding of waters from the overflowed lowlands. Railroad bridges are found in much better condition than railroad men dared hope would be while the raging floods were surging around and over them. The Seaboard Air Line found the bridges between here and Hamlet all right, save some repairs that could be done in a few hours. Consequently the main line track from Raleigh to Hamlet was put back into service.

Fabius H. Busbee Dead.

Seattle, Wash., Special.—After an illness of six days, Fabius Haywood Busbee, a prominent lawyer of Raleigh, N. C., who was in Seattle to attend the convention of the American Bar Association of which he was a member of the general council, died of Bright's disease at the Minor Hospital. Mr. Busbee was 60 years old. He was admitted to the bar of North Carolina in 1869. During the Civil war he was a lieutenant in the Seventy-first North Carolina Infantry.

For Slander.

Wilson, Special.—Wednesday afternoon before Magistrate W. R. Wood, Mr. Andrew Whitley was arraigned on the charge of slandering the good name of Mrs. Celia Nichols. Both parties are residents of Spring Hill township. After hearing the evidence the Squire bound Mr. Whitley over to court, where a jury will decide what is to be done with him.

THE GREAT FLOOD LOSS.

Farming Lands Damaged More Than A Million Dollars.

The recent heavy rains have not only done an enormous amount of damage to crops, bridges, roads and railroads, but according to an estimate made by W. W. Ashe, State Forester of North Carolina, the upland farming lands have been washed to an extent of more than a million dollars, the damage being heaviest in those sections where the rainfall is most hilly and where the rainfall was most concentrated.

These estimates, based on the amount of soil in the water of the rivers, as shown from previous records of freshets of the same height indicate that more than 1,500,000 tons of soil were washed from the piedmont region of North Carolina during the past week; more than 500,000 tons from the farms of northern Georgia, 700,000 tons from upper South Carolina, and 400,000 tons from the hills of Virginia. Analyses have shown that more than one-third of the earth which causes the mud-diness of the rivers during the high freshets is humus which is undoubtedly washed chiefly from the farms. At one dollar a ton for this humus, which is less than it can be replaced for, the loss to these States in impoverishment of the soil exceeds \$1,200,000. This is a loss which is largely overlooked and under-estimated by the farmer, because it is a loss which takes place so constantly. In the aggregate it is so enormous that it is one of the chief, if not the chief reason for the poverty of so many southern soils, keeping them depleted of their humus, or the manure portion of the soil. This is a loss to which northern soils are not so subject, on account of the lighter rainfall and the more gentle character.

The rainfall at Raleigh and at many other points in middle North Carolina exceeded 12 inches in four days. In parts of upper South Carolina it was 15 inches in three days, while more than 4 inches fell at many places during one day. Such precipitation is tropical in character but it is not uncommon in the south. It is necessary for the farmers of the south if they wish to preserve their hillside lands to employ not only the same means which are used at the north but to take extra means of protection besides, so as to lessen excessive erosion, deep plowing, plenty of humus and where the slopes are at all steep and cultivated crops are raised, level terracing besides.

But hillside ditches should not be used. The policy of the farmers should be to have small cleared areas, cultivate more intensively, so that there shall never be any land idle without a cover crop on it to hold the soil, and protect land which is not in cultivate more intensively, so that there are more than 2,000,000 acres of idle farming land from Virginia to Georgia which should be planted in timber, if for no other reason than to prevent its washing away, though the timber on it will make it eventually a good investment besides.

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Every Month

writes Mrs. E. Fournier of Lake Charles, La., "I used to suffer from headache, backache, side ache, pressing-down pains, and could hardly walk. At last I took Cardui, and now I feel good all the time."

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