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THE JOURNAL.

NEW BERNE, N. C., JULY 27, 1884.

Nervous Prostration.

There are two types of this disease, the one in which the patient has too much blood (the congestive), the one in which he has too little (the anaemic).

In each type the symptoms are numerous. Among those of the first type are headache, dizziness, throbbing of temples, difficulty in applying the mind, vertigo, a dazed feeling, a coated tongue, constipation, strange sensation in the skin, scalp of the head and ears, melancholy, constant apprehension of failure of mind.

Among those of the second type are sense of extreme exhaustion after mental effort, dyspepsia, numb feelings in the arms and legs, weakness, unwonted sleepiness followed at length by inability to sleep, despondency and apprehension of mental failure, as in the first type.

The prevalent view is, that this condition is mainly due to excessive brain-work; that political and social excitement and the rush for wealth peculiarly expose Americans to it.

One of the highest medical authorities in this country takes a different view. He says that the brain does its work with the minimum of effort; that with due nutrition and rest in sleep, it can work continuously during waking hours; that instead of being injured by severe labor, it is improved by it, if the labor is done under normal conditions; that mental activity, like muscular exercise, keeps the brain in a healthy state.

"When a man says he is suffering from the effects of mental overwork the wise physician wants to know what his vices are. Worry may be one. The worries of life do infinitely more harm than the work of life, how onerous soever it may be."

It is doubtful whether the greed of gain is greater in America than it is in other countries, and the majority of men are not more disturbed by politics in this country than are the mass of the people of many other nations. It is the very ease and luxury of our American life that cause the mischief; the indulgence in eating and drinking, the abuse of alcohol and tobacco, social excesses, sedentary habits, and too luxurious lives generally.

The disease is functional. It is not caused by organic trouble. One or more of the organs is not properly doing its work, and the almost numberless symptoms are the result of what is called "reflex" disturbance or excitement. Of course, the patient will need medical help, but his permanent improvement will depend on himself.

A lady writes: "I have used Ayer's Sarsaparilla in my family for many years, and could not keep house without it. For the relief of the pains consequent upon female weaknesses and irregularities, I consider it without an equal."

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For Trenton, Pollockville and Mayeville, daily at 7:30 a. m.

For Grantsboro, Bay River and Vandemere, daily at 6 a. m.

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In Mailing Department from 9 a. m. to 5 p. m., and from 7:30 to 8:30 p. m.

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MEETINGS OF LODGES.

ST. JOHN'S LODGE, No. 3, A. F. & A. M., meets the 2d Wednesday night in each month.

NEW BERNE CHAPTER, No. 43, R. A. M., meets on the 2nd Monday in each month at 8 p. m.

NEW BERNE LODGE, No. 443, KNIGHTS OF HONOR, meets on the 2d and 4th Friday nights in each month.

Assessment No. 142 is now due, and must be paid on or before the 9th day of August, 1884.

TRENT COUNCIL, No. 411, ROYAL ARCANUM, meets on the 1st or 3d Friday nights in each month.

Assessment No. — is now due, and must be paid on or before the — day of —.

EUREKA LODGE, No. 7, I. O. O. F., meets on the 2d and 4th Monday nights in each month.

Assessment No. — is now due, and must be paid on or before the — day of —.

NEUSE COUNCIL, No. 1, ORDER OF CHOSEN FRIENDS, meets on the 1st and 3d Wednesday nights in each month.

Assessment No. 60 is now due, and must be paid on or before the 9th day of August, 1884.

COSMOPOLITAN COUNCIL, No. 211, AMERICAN LEGION OF HONOR, meets on the 1st and 3d Thursday nights in each month.

Assessment No. 55 is now due, and must be paid on or before the 7th day of August, 1884.

LOCAL BRANCH No. 95, ORDER OF THE IRON HALL, meets on the 3d Monday night in each month.

Assessment No. 83 is now due, and must be paid on or before the 31st day of July, 1884.

ATHENS LODGE, No. 8, KNIGHTS OF PYTHIAS, meets on the 3d and 4th Tuesday nights in each month.

Assessment No. 128 is now due, and must be paid on or before the 31st day of July, 1884.

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