

PUBLISHER'S ANNOUNCEMENT.

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Advertisements will be inserted between 1 and 11 o'clock a.m.

Notices of Marriages or Deaths, not to exceed two lines, will be inserted free. All additional matter will be charged 5 cents per line.

For notices of transient advertisements must be made in advance. Recurring advertisements will be collected promptly at the end of each month.

Communications containing news of a discussion of local matters are solicited. No communication must be expected to be published which contains obnoxious personalities, withholds the name of the author, or that will make more than one column of the paper.

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THE JOURNAL.

M. H. HARPER, - Proprietor.
ROSCOE NUNN, - Local Reporter.

NEW BERNE, N. C., JULY 6 1890.

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A GOOD BEGINNING.

The old saying, "A good beginning makes a bad ending," is all wrong. "Train up a child in the way he should go, and when he is old he will not depart from them," are words of inspiration.

But when we wrote the caption of this article, we were thinking of this year's political campaign.

The judicial convention lately in session at Smithfield made a good beginning of the campaign. It was representative in the person of their chosen delegates and the convention could not be otherwise than representative of the patriotic and virtuous citizens of the district. The best spirit was manifested and perfect decorum marked the proceedings.

The nominations were eminently appropriate. It is no reflection upon Mr. Allen to say that the nomination of Spier Whitaker accorded with the fitness of things and reflected the will of the Democracy of the district. He was an appointee of the Governor, and his nomination by a convention is at once an endorsement of the action of the Governor and the conduct of the Judge.

Learned in the law, sound of judgment and possessed of the highest integrity, a man of personal and moral courage, Spier Whitaker will bear himself gallantly in the contest and reflect honor on the bench.

This writer feels a personal gratification in the nomination of Mr. Pou as the candidate of the convention for the office of Solicitor. His father was our classmate, and his mother one of the brightest jewels of our Alabama home. A thousand sacred memories cluster around them, and it would be an outrage to the noblest emotions if we did not rejoice in the elevation of a son who combines the excellencies of such a father and such a mother. Mr. Pou has demonstrated his fitness for the office and will wear his robe with grace and dignity.

We trust that the example set at Smithfield will be followed. Then will North Carolina be blessed with a wise and impartial judiciary. Sound in the faith and acceptable to the people.

The first cracks made in the smooth surface of friendship are as dangerous as those which come to the sheeny satin garment of young married love. Freedom of speech and exacting close attention, neglect of due forms, liberties beyond the license of just intimacy, all these are cracks to be stopped in the beginning, else the time will come when no masonry of tact or of affection can repair them.

He is the true hero and she is the true woman with whom the impulses of kindness are most powerful and by whom the call for help is not unheeded; and they are best fitted for usefulness who do not waste their sympathy in the fruitless pursuit of useless excitement.

The divinest attribute in the heart of man is love; and the mightiest, because the most human principle in the heart of man is faith. Love is heaven; faith is that which appropriates heaven.

HEALTH AND EXERCISE.

The fact that wrong is in many cases a mere expression of excess in what was right finds numerous illustrations. Most vices can, on this ground claim a highly respectable ancestry. The value of exercise again in its various forms, (whether associated with work or play) has doubtless ever been, as it still is, discounted by the same inherent risk. Thus it is that we find even so great a boon as physical exercise becomes in many minds, and not unreasonably the subject of conflicting doubts. It has been overdone; the recreative mean has been passed and the resulting exhaustion can find no solace but in rest.

Notwithstanding fears, however, and the injury wrought by abuse, there still exists in most men a sense—healthy, so far—of the necessity for daily muscular exertion. It needs only that this perception be combined with a due regard for the powers to be employed in order to insure that moderate use which is alone compatible with natural and refreshing recreation. It is hardly needful here to discuss at length the several advantages arising out of such well regulated exercise. Its influence as a cardiac and respiratory stimulant, as a muscular tonic and aid to digestion is universally admitted. Less easily apparent, but no less important in their practical issues, the significance of the oxidative and excretory changes associated with these actions is somewhat apt to be overlooked. A due regard for such considerations, nevertheless, is of the first importance in regulating the conditions most suitable to muscular activity. In this matter, indeed, mere practical experience has proved an excellent guide.

The removal of all avoidable encumbrance about the chest during gymnastic exercise, for example, is in strict, if unconscious obedience to the call for adequate pulmonary oxidation and excretion of carbonaceous matters. For a similar reason, alcohol as impeding tissue metamorphoses, has rightly fallen into comparative disuse. Associated with this question of the tissue changes is that of the benefit accruing to digestion as a consequence of exertion. There can be no doubt that here also we experience a distinct gain from exercise, and of this a stimulated appetite is a sufficient guarantee, while it also testifies to increased vigor in the work of assimilation. It should always be remembered, however, that in such cases time is everything. Severe exertion just before as well as after a meal will certainly impair if not defeat its intended purpose.

The influence of age, sex, and previous activity on the question of exercise must not be overlooked, since it is we repeat, on the observance of a due proportion between the amount of muscular energy available and the occasion of its use that the final result in gain or loss will depend. Regularity is another noteworthy consideration. To go through a daily medium of physical exercise is distinctly more helpful to the permanent welfare of the body than any mere holiday outburst of muscular and nervous energy, though it occur under the happiest local conditions.

If such considerations as those we have above stated be allowed to govern the methods and the times of its employment, we need not doubt that muscular exercise will continue to maintain its deservedly high reputation among the processes of healthy life.—The Lancet.

Washington's Sabbath.

The following facts illustrate Washington's regard for the Sabbath: "In the town of —, in Connecticut, where the roads are extremely rough, Washington was overtaken by night, on Saturday, not being able to reach the town where he designed to rest on the Sabbath. Next morning, about sunrise, his coach was harnessed, and he was proceeding onward to an inn, near the place of public worship which he proposed to attend.

"A plain man, who was an informing officer, came from a cottage, and inquired of the coachman whether there were any urgent reasons for his travelling on the Lord's Day. The general, instead of resenting this as an impertinent rudeness, ordered the coachman to stop, and with great civility explained the circumstances to the officer, commending him for his fidelity, assured him that nothing was farther from his intention than to treat with disrespect the laws and usages of Connecticut, relative to the Sabbath, which met with his most cordial approbation. "Though he had paid a marked respect to the claim of the Sabbath,

throughout his previous life, there seemed to be, during his presidency, an increased regard and deference for the same. Not only was he most punctual in his attendance on the public worship of God, whenever it was possible, but the discipline of his house was strictly conformed to the obligations and proprieties of the day. It was an established rule of his mansion that visitors could not be admitted on Sundays. It is understood that an exception to the rule was made in the case of one individual, viz: Mr. Trumbull, Speaker of the House of Representatives. He often spent an hour on Sunday evenings with the President; and so entirely was the privilege confined to him that it was usual with the house servant, when he heard the door-bell ring on those evenings, to call it the "Speaker's bell."

"After spending a part of the day at church, and occasionally an hour in the evening with Mr. Trumbull, one of the most pious men of the age, the rest of the time preceding the hour of repose was occupied by the President's reading to Mrs. Washington a sermon or a portion of the Holy Scriptures."—Exchange.

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