

**PERSONAL CLEANLINESS.**—It is a fact that the world needs more careful ablation. Taking your nose for a witness in the case, we judge that many people do not wash themselves often enough and thoroughly enough. In city houses with bath-rooms and water-pipes running every whither, there is no shade of excuse for lack of cleanliness. Indeed, there is no excuse anywhere for neglect of ablation. You answer that you wash your hands and face every morning. What of that? Your hands and face could get along without immersion easier than the rest of your body, for the dirt would rub off by contact with fresh air and the implements of your occupation. You need frequent application of water from the top of your head to the end of the long toe. Once a week will not do. God washes the flowers every night with dew, and you are certainly no purer than the jasmynes and verbenas. Three-fourths of the world does not wash often enough either for health or decency, and could apply in a physical sense what Paul said in a spiritual: "O, wretched man that I am, who shall deliver me from this body of death?" If only one-half of the world had been water, the Divine meaning might have been doubtful, but with three-fourths of the world water, the doctrine of frequent purification ought to be every way adopted and acted on. The tarrying of some people in your room for half an hour necessitates a fumigation.—Talmage.

**YOUNG MAN, YOU WILL DO.**—A young man was recently graduated from a scientific school. His home had been a religious one. He was a member of a Christian Church, had pious parents, brother and sisters; his family was one in Christ. On graduating he determined upon a Western life among the mines. Full of courage and hope, he started out on his long journey to strike out for himself in a new world. The home prayers followed him. As he went he fell into company with older men. They liked him for his frank manners and his manly independence. As they journeyed together they stopped for a Sabbath in a border town. On the morning of the Sabbath, one of his fellow-travelers said to him "Come, let us be off for a drive and the night."

"No," said the young man, "I am going to Church. I have been brought up to keep the Sabbath, and I have promised my mother to keep on in that way."

His road acquaintance looked at him for a moment, and then slapping him on the shoulder, said, "Right, my boy. I began in that way. I wish I had kept on. Young man, you will do. Stick to your bringing up and your mother's words, and you will win."

The boy went to church, all honor to him, in that far-away place, and among such men. His companions had their drive, but the boy gained their confidence and won their respect by his manly avowal of sacred obligations. Already success is smiling upon the young man. There is no lack of places for him.—Christian Weekly.

"**YEA, THOUGH I WALK THROUGH THE VALLEY.**"—This unspeakably delightful verse has been sung on many a death-bed, and has helped to make the dark valley bright, times out of the mind. Every word in it has a wealth of meaning. "Yea, though I walk," as if the believer did not quicken his pace when he came to die, but still calmly walked with God. To walk indicates the steady advance of a soul which knows its road, knows its way, knows its end, resolves to follow the path, feels quite safe, and is, therefore, perfectly calm and composed. The dying saint is not in a flurry, he does not run as though he were alarmed, nor stand still as though he would go no further, he is not confounded nor ashamed, and, therefore, keeps to his own pace.

Observe that it is not walking in the valley, but through the valley. We go through the dark tunnel of death and emerge into the light of

immortality. We do not die, we do but sleep to wake in glory. Death is not the house, but the porch; not the goal, but the passage to it. The dying article is called a valley. The storm breaks on the mountain, but the valley is the place of quietude, and thus full often the last days of the Christian are the most peaceful of his whole career; the mountain is bleak and bare, but the valley is rich with golden sheaves, and many a saint has reaped more joy and knowledge when he came to die than he ever knew while he lived; and then it is not "the valley of death," but "the valley of the shadow of death," for death in its substance has been removed, and only the shadow of it remains. Some one has said that when there is a shadow there must be a light somewhere, and so there is. Death stands by the side of the highway in which we have to travel, and the light of heaven shining upon him, throws a shadow across our path; let us then rejoice that there is a light beyond. Nobody is afraid of a shadow, for a shadow cannot stop a man's pathway even for a moment. The shadow of a dog cannot bite; the shadow of a sword cannot kill; the shadow of death cannot destroy us. Let us not, therefore, be afraid.—C. H. Spurgeon.

**RATHER MUSTY.**—We examined an original deed now lying in the register's office in Hillsboro, where it has been since July term 1768. The deed is for an acre lot in the town of Hillsboro, Orange county and Province of N. Carolina, from Edward Fanning to Thomas King, lot No. 18; consideration 50 pounds proclamation money. The deed is dated 20th June 1767.

A Brunswick county colored man caught fifteen rattle snakes in a tree and killed them all.

English people are talking of using the Canadian Pacific route to India, China and Australia.

**PERSONAL.**  
Mr. N. H. Frohstein, of Mobile, Ala., writes: I take great pleasure in recommending Dr. King's New Discovery for consumption, having used it for a severe attack of Bronchitis and Catarrh. It gave me instant relief and entirely cured me. I have not been afflicted since. I also beg to state that I had tried other remedies with no good result. Have also used Electric Bitters and Dr. King's New Life Pills, both of which I can recommend.  
Dr. King's New Discovery for Consumption, Coughs and Colds, is sold on a positive guarantee. Trial bottles free at Hunter & Michaux's Drug Store.

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March 19th '87.

**Daughters, Wives and Mothers.**  
Send for Pamphlet on Female Diseases; mailed free, securely sealed. Dr. J. B. Marchisi, Union, N. Y.  
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**A List of Our Presidents.**  
Wide Awake offers young history students a help to memory as useful as the old verse, "Thirty days hath September":  
Come young folks all, and learn my rhyme  
Write like the ones of olden time,  
For linked together, name and name,  
The whole a surer place will claim:  
And firmly in your mind shall stand  
The names of those who've ruled our land.  
A noble list: George Washington, John Adams, Thomas Jefferson, James Madison and James Monroe, John Quincy Adams—and below Comes Andrew Jackson in his turn, Martin Van Buren next we learn. Then William Henry Harrison, Whom soon John Tyler followed on. And after Tyler, James K. Polk; Then Zachary Taylor ruled the folk Till death. Then Millard Fillmore came; And Franklin Pierce we next must name. And James Buchanan then appears. Then Abraham Lincoln through those years  
Of war. And when his life was lost 'Twas Andrew Johnson filled his post. Then U. S. Grant and R. B. Hayes, And James A. Garfield each had place, And Chester Arthur, and my rhyme Ends now in Grover Cleveland's time.

**BEST ALL ROUND MEDICINE**  
In the World—Wonderful Cure of Catarrh.  
PALACE HOTEL, Cincinnati, O., February 22, 1887.  
Gentlemen—Ever since I was ten years old I have had catarrh. I tried all kinds of medicine and the best physicians for the past fifteen years, but without any benefit. A few years ago I began on S. S. S., and after taking it for six months I was entirely cured. My blood was thoroughly cleansed, and I felt perfectly well. I have not been troubled with the slightest touch of the disease from that day to this. I do not exaggerate when I say that from the age of ten to twenty I have spent fully \$4,000. I spent three months in Philadelphia under an eminent catarrh specialist, at a cost of about \$1,000, but got no satisfactory results from his unquestioned skill. Frequently during those ten years I was confined to the house for weeks. I have recommended and shall continue to recommend S. S. S. to hundreds of people. I regard it as the best "all round" medicine in the world. As a blood purifier it has no equal, and it is a sure specific in catarrh.  
JAMES F. HILL.

**A Perfectly Well Man Again.**  
SAVANNAH, Ga., Jan. 8, '87.  
Gentlemen—I had a thoroughly developed case of contagious blood poison. My physician tried a month to cure me, but did me no good. I then went to my father, who at once told me to take S. S. S. He got a dozen large bottles. They did me a great deal of good, and I got more. After using the medicine a short time I was entirely cured, and am to-day a perfectly well man.  
C. W. LANGHILL.  
Treatise on Blood and Skin Diseases mailed free.  
THE SWIFT SPECIFIC CO., Drawer 8, Atlanta, Ga.

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Rochester, N. Y., Sept. 1, '86.  
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Philadelphia	7 20 a m 6 57 p m
Baltimore	9 45 a m 9 42 p m
Washington*	11 21 a m 11 00 p m
Charlott'sville	3 31 p m 3 00 a m
Lynchburg	5 50 p m 5 05 a m
Lv. Richmond	3 10 p m 2 30 a m
Burkeville	5 17 p m 4 25 a m
Keyville	5 56 p m 5 04 a m
Drake's Branch	6 10 p m 5 21 a m
Danville	8 50 p m 8 05 a m
Greensboro	10 44 p m 9 48 a m
Lv. Goldsboro	3 30 p m 2 10 p m
Raleigh	5 35 p m 4 00 a m
Durham	6 41 p m 2 37 a m
Chapel Hill	7 20 p m
Hillsboro	7 20 p m 8 32 a m
Lv. Salem	7 29 p m 6 30 a m
Lv. High Point	11 15 p m 10 16 a m
Salisbury	12 39 a m 11 39 a m
Ar. Statesville	12 31 p m
Asheville	5 38 p m
Hot Springs	7 35 p m
Lv. Concord	1 26 a m 11 59 a m
Charlotte	2 35 a m 1 00 p m
Spartanburg	5 35 a m 3 34 p m
Greenville	6 50 a m 4 48 p m
Ar. Atlanta	1 20 p m 10 40 p m

DAILY.	
NORTHBOUND.	No. 51. No. 53.
Lv. Atlanta	7 00 p m 8 40 a m
Ar. Greenville	1 04 a m 2 34 p m
Spartanburg	2 19 a m 3 46 p m
Charlotte	5 05 a m 6 25 p m
Ar. Concord	6 01 a m 7 23 p m
Salisbury	6 45 a m 8 01 p m
High Point	7 56 a m 9 13 p m
Greensboro	8 28 a m 9 40 p m
Ar. Salem	11 30 a m 12 30 a m
Ar. Hillsboro	12 07 p m 12 34 a m
Durham	12 47 p m 1 30 a m
Chapel Hill	1 20 p m
Raleigh	2 10 p m 1 30 a m
Goldsboro	4 30 p m 11 20 a m
Ar. Danville	10 00 a m 11 29 p m
Drake's Branch	12 44 p m 2 44 a m
Keyville	1 00 p m 3 02 a m
Burkeville	1 40 p m 3 55 a m
Richmond	3 45 p m 6 15 a m
Ar. Lynchburg	1 15 p m 2 00 a m
Charlott'sville	3 40 p m 4 10 a m
Washington	8 23 p m 8 10 a m
Baltimore	11 25 p m 10 03 a m
Philadelphia	3 00 a m 12 35 p m
New York	6 20 a m 3 20 p m

\* Daily. † Daily, except Sunday  
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