By ALBERTS. GRAY, M. D. (Copyright, 1914, by A. S. Gray) SUNLIGHT AND INFECTIONS.

Fundamental

Principles of

Health

The daily newspapers recently pub liahed the following paragraph: "At a conference of the Association for the Prevention of Consumption at Leeds, England, Sir William Osler of Oxford, formerly of Johns Hopkins university, startled the audience by the announce ment that 90 per cent of all people probably have 'a small focus or area of tuberculosis." assertion only because we habitually give very little heed to any matter that does not immediately concern us individually, or that is not forced upon us by circumstances that compel our concentrated attention. The statement has been made by Oaler and by many other authorities in substantially the same words again and again in the past, but it did not "stick" at the time solely for the reason that few happened to be in a receptive mood. It is an undeniable fact that unless one is in a receptive mood the most obvious and sublime truth falls on unheeding ears, and in this fact we have a most instructive illustration of the beginning of tubercular disease in our bodies, the principle involved being identical in either case. For just as the mind must be receptive to be able to receive, to hold and to develop a truth, so must our bodies be receptive in order to receive, hold and develop tubercle bacteria, or any other bacteria. No life can possibly develop in an unfavorable en-

It is perfectly well known among the medical profession that whatever may have been the cause of death, postmortem examinations usually show a small area where tuberculosis has existed, but that has been "cured" by pature's method of fencing about and imprisoning any invading matter she is strong enough to overwhelm. Any invading bacteria are either devoured by the white corpuscles or are fenced about and "encysted" if the organism has sufficient vitality to fight; but if the physician was half magician and there is not sufficient vitality then the half priest, and to doubt his skill was individual becomes one of the 150,000 that die annually in this country from some form of tuberculosis.

We have noted that white sunlight not only develops plant life, but that it also exerts an inhibitory or restrain-ing effect as well. This is clearly proved by the fact that certain plants are found to grow faster and taller under red and blue light than they do under white light, and that they are stunted or even killed under green or violet light.

We do not know why plants react in this way, but we have positive proof that they do. And it is equally certain that bacteria generally are either quickly killed or profoundly modified by the rays at the violet end of the spectrum. It should require no great strength of the imagination, then, to understand why we have epidemic outbreaks of pinkeye, influenza, diphtheria, sore throat, measles, scarlet fever, "colds" and the like following any profound disturbance in meteorological conditions that tend to interfere with the normal amount of pure sunlight reaching us. Because it matters not what it may be, whether it is smoke, dust from volcanoes, excess moisture condensing into cloude, colored glass, or brick walls and tin roofs anything standing between any living thing and the sun must materially modify that life. Its vitality is in direct ratio to the amount of energy received through its normal line of connection with the sun.

factors will inevitably result either in a total failure of the seed to germinate some abnormal development Seed and a favorable environment re sult in a plant growth; and a germ. which is only a very small plant, in an organism—our bodies, for instance— is under conditions where there must result a growth which we have come to call "infection." For the development of an infection

either the germ must be very virulent, malignant or aggressive, or the organism very much enfeebled. We are fast coming to believe that the latter is generally the case.

The success of heliotherapy on tubercular invalids in the Alps and in France proves there is some action. through the skin we do not yet fully understand, and it is encouraging to note that the matter is being taken upin this country.

Loss of appetite, loss of ambition and energy; all sorts of dyspepsias variously diagnosed as "hyperacidity," "atony," etc., may be the first indication that a tubercular focus is becoming active somewhere.

FRESH AIR AND TUBERCULOSIS.

That there was any tuberculosis nong the human race in the prehistoric days when men lived wild and rugged lives without fixed habitation in the mild climate where the species first developed is highly improbable. The disease undoubtedly made its first appearance only after men began to herd together and live a communal life; the evidence seems to prove that it tends constantly to increase progressively with our advance in material wealth and culture as the individual is more and more removed from the fundamental source of ener KY.

In the writings of Hippocrates, the

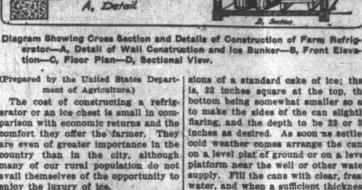
father of medicine, who lived 460 to 359 B. C., are directions for the care of a case suggestively familiar to us, for he describes something suspicious ly like modern tuberculosis, correctly interpreting it as a fever and recom mending for it fresh air, change of climate and hygienic living.

From the fact that Celcus, a Roman medical writer who lived in the first century A. D., and Claudius Galen, a Greek physician and medical writer (A. D. 181-to 200), approve Hippocrates' advice in their writings, it is reasonable to assume that the prayers and incantations customary among the priests and people generally from the dawn of history were still depended on in that day to combat the disease. Galen in his writings recog nized tuberculosis to be contagious In general from the birth of the tribe down through the centuries when an act of implety, the demand has been for pure magic, and, of course, strenuous efforts have been made to supply the demand. This effort will continue until an enlightened people cease to ask the impossible. Invalids

have been bled to death and dosed with polsonous elixirs of life to no avail, but the people have held stead-fastly to their faith in magic. Fresh air and hygienic living are the key which modern science holds

out for the release of humanity from the bondage of tuberculosis. Just recently I have been asked by

the mother of a delicate girl if night air was safe for her to breathe. The results secured among the snow covered peaks of the Alps in cases of surgical tuberculosis of the bones furnish the answer to this question. Cases of undeniable tuberculosis have been carried to the point of treatment because the invalid was too weak to walk, and hellotherapy has been tried as the last resort before the amputation that had been recommended by competent authority. In the course of a few months the victim, with the skin from head to foot tanned to the color of a plece of rare mahogany, has recovered sufficient vitality to enjoy advanced price. A well-constructed going out in the cold, crisp air arrayed and well-handled retrigerator of this nothing but a breechcloth and play-



erator-A, Detail of Wall Construction and Ice Bunker-B, Front Eleva -C, Floor Plan-D, Sectional View.

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FARM REFRIGERATORS AND ICE CHESTS

(Prepared by the United States Depart-

Shovings.

ment of Asriculture.) The cost of constructing a refrigarator or an ice chest is small in com parison with economic returns and the comfort they offer the farmer. They are even of greater importance in the country than in the city, although many of our rural population do not avail themselves of the opportunity to enjoy the luxury of ice.

The United States department of agriculture in a farmer's bulletin (No. 475) on "Ice Houses" outlines the manner of construction of a farm refrigerator large enough to meet the equirements of a well-equipped farm for the storage of butter, eggs and fresh meats and for chilling fruit in small quantities.

This refrigerator can be constructed in a cellar, in the lean-to of an ice house, or in any other farm building where convenient and suitable protect tion can be provided. If none of these alternatives is possible the refrigera tor may be constructed as an independent building. If built as a separate structure the same care in the choice of a site should be exercised as in choosing the location of an icehouse The construction is shown in detail in Fig. 1. The essential feature is a well-insulated room containing an ice rack, drip pan and drain. This refrig-

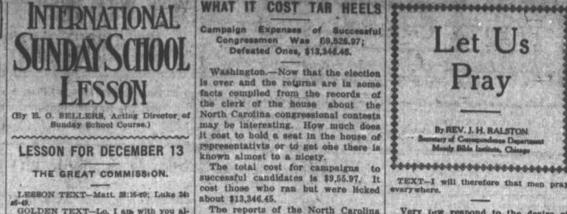
erator is 8 by 10 feet and has a floor space 6 by 8 feet available for the storage of produce. Such an arrangement will require about 100 tons of ice during the year, but it can be used to hold eggs and butter over the season of abundant production. A supply of fresh meat can be kept by such means in localities where distributing wagons are not run, and even where a local sup-

ply is available the producer can ar-range to supply his table at wholesale rather than retail prices by killing his own sheep, pigs or yeal. Instances are known where an equipment of this sort has paid for itself in a single season through the advance secured by holding the egg output for only 60 days. Dealers purchase and store eggs while they are most abundant and dispose of them during the sea son of less abundant production at an

sions of a standard cake of ice; that is, 22 inches square at the top, the bottom being somewhat smaller so as to make the sides of the can alightly flaring, and the depth to be 22 or 32 inches as desired. As soon as settled cold weather comes arrange the cans on a level plat of ground or on a level platform near the well or other water supply. Fill the cans with clear, fresh water, and when a sufficient thickness of ice has formed to permit them to be turned over, even if the shell of ice is not more than 11% or 2 inches thick, pour a quart or two of boiling water over each upturned can to loosen it from the shell of ice. This will give a hollow shell of ice about 2 inches thick on the bottom, which was for merly the surface of the water in the can, 1% inches thick on the sides, and

with only a thin shell on the top, which was at the bottom of the can Remove this shell carefully from the can, break the thin ice over the top and remove all but about 2 inches of the water in the cavity. Place the shell of ice in an exposed but wellshaded situation and as rapidly as the water in the shell freezes add a few quarts at a time until the entire cavity is filled and a solid block of ice is produced. In this way, with 15 to 25 cans, the necessary supply for a farm can be secured at small cost in a few days, the lime depending, of course, upon the weather conditions and the number of cans in operation. If the they cans are carefully handled should last several years. The ice ob tained in this way will be pure-free from vegetable growth, which sometimes damages pond and river ice. Be-cause of its superior cuality such ice will justify the construction of a build ing which will permit its being stored without the une of sawdust or shave ings. A building constructed after the plan suggested is described in the United States department of agricul-ture's farmer's bulletin (No. 475) on "Ice Houses, which is furnished by the

department for the asking. The home ice supply is sometim obtained by using a combination of natural and artificial means. Where an elevated water tank is at one' command a line of pipe can be carried to perforated pipes placed on the celling of the ice house, and during freezing weather the pressure from the preparation to make us effective wit-tank can be used to carry water nesses, the enduement of the Holy



GOLDEN TEXT-Lo, I am with you al-ways, even unto the end of the world --Ways, even Matt. 28:20. This lesson consists of two paragraphs which constitute what might be

termed two commissions or two parts of the Great Commission. There are four distinct accounts of the final commands of our Lord to his disciples, each presenting a different phase of the work he committed to his followers. In this lesson we have for our consideration two of these aspects which ought not to be confused. We will consider them in their chronological order.

I. The Appearance in Jerusalem Thomas Being Absent. Luke 24:36-49. (1) The Resurrected Lord, vv. 36-43. The Emmaus disciples reported to the disciples, and those gathered with them in Jerusalem, the things they had experienced, especially in the breaking of bread. This occurred late in the evening (see Luke 24:29, 33). While they, and the others, were rehearsing the many things that had ta en place on that first eventful day, Jesus himself suddenly appears in their midst without the opening of a door and asks them of their thoughts. Once before he had thus searched them (Luke 9:46, 47), but now the occasion is quite different. Fear of the Jews had crowded them into this room but no closed door except that of the human heart can keep out the risen Lord. Simon's report (ch. 24:34) and that of the Emmaus disciples were not sufficient to allay their fear. Fear at this visible evidence of the supernat ural is true of us all, but when Jesus truly is present there is peace no matter what may be the turmoil without, or the fear within.

Man of Flesh and Bone.

This appearance was a demonstration that it was he himself, and to add proof upon proof he first showed them his pierced hands and feet, and then called for fish and ate it before, and doubtless with, them. Jesus is today man of flesh and bone as much as when he walked Galilee's hills. His blood he poured out upon Calvary. The evidence of the literal, physical resurrection of Christ is so overwhelm ing that the unbeliever does violence to his reason not to accept it.

(2) The Ascended Lord, vv. 44-49. This coming of Jesus and his message of peace and assurance brought also a commission that this great fact be told to others. The event recorded in these verses did not occur in Jerusalem but upon Mount Olivet and constitutes the final appearance of Jesus. As he had done often before, so now he sots his seal upon the Old Testament, expressly speaking of its be under their accepted three-fold division (v. 44). In these there are between three and four hundred direct, not to speak of the indirect, prophecles concerning him. What we need is to have the Holy Spirit that we may 'understand" (v. 45), the purpose of his life and death. Jesus taught his disciples what that purpose is (v. 47), viz., the "remission of sins," based on the sure ground of his finished work. This, and this alone, is the gospel and it is to be preached in his name unto all nations-a missionary suggestionbut beginning at home, in Jerusalem. Verse 49 tells us of that other needed

Campaign Expenses of Su Congressmen Was 59,525.97; Defeated Ones, \$13,345.45. Washington .- Now that the election is over and the returns are in some

facts compiled from the records of the clerk of the house about the North Carolina congressional contesta may be interesting. How much does it cost to hold a seat in the house of opresentativts or to get one there is nown almost to a nicety.

Let Us

By REV. J. H. RALSTON

TEXT-I will therefore that men pray

Very tew respond to the desire of

ridicules prayer; the man absorbed

in business affairs

sneers at it, the

formalist treats it

mechanically; the

ordinary church

member neglects

it; the uverage

Christian only oc-

casionally prac-tices it. It is left

to the one in a thousand to real-

To define prayer is difficult. Rev.

the will of God,

ize it fully.

cerity, the spirit of forgiveness, defi-

niteness of supplication, whole-heart-

edness and recognition of Jesus Christ

must go into it. Prayer does not re-quire definition, and the best prayers rarely ever fit any mold of defini-

Some seem to think that the chief

it does any one good to get into the attitude of prayer and to talk to God.

Granting that there is much benefit

Granting that there is much benefit in this, we would make the point that prayer is petition. It is the asking of God for things desired. Men do not get many blessings that they wish simply because they do not ask God for them—"Ye have not because ye ask not."

Prayer does not depend on location

attitude, or other circumstances. If the cathedral is not at hand, the open

air will do, even a street corner; men pray lying down, standing up, kneeling or sitting; garb, social stand-

ing, favor or opposition of men has nothing to do with essential prayer.

It is the real purpose of the heart that certifies its genuineness.

What Will Prayer Do?

It will move the arm that moves the

world. The philosophy of prayer is

as reasonable as that of any problem

of cause and effect. If man prays as

he should, just what he prays for will

be granted. He stretches his hand

over the sea and prays and the wa-

ters part; another man calls for fire from heaven and it falls; another

prays for the sick and immediately

health returns; another prays for the redemption of the drunkard or the

prostitute, and behold the former be-

comes an upright, honest, trustworthy

citizen, and the latter becomes worthy

to stand in any place in refined soci-ety or in the home circle. "More

things are done by prayer than man

Who Has the Right to Pray?

There is only one prayer that the man who is not right with God is

justified in offering, and that is, "God be merciful to me a sinner."

That prayer is really the surrender of

the heart and life to God. The man

essing of prayer is subjective, that

the writer of the text. The infidel

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ce submission

stary of Correspondence De Mondy Bible Institute, Chi

Pray -

The total cost for campaigns successful candidates is \$9,55.97. to It cost those who ran but were about \$13,346.45.

The reports of the North Carolina congressmen-elect follow: John H. Smith, of the First district. October 24, \$145, and November 19. \$40: total, \$195.

Claude Kitchin, October 22, \$195, and November 12, \$15; total, \$210.

George E. Hood. May 6, \$89.80; June 15, \$200.75; August 17, \$479.23; October 24, \$250; November 13, \$35. Total. \$1,020.13. Edward W. Pou, May 21, \$50, June

8. \$34; October 22. \$350, and Novem-ber 9, \$245. Total, \$679. Charles M. Stedman, May 21, \$96.76; October 21, \$682.70; November 14, \$50. Total. \$779.96.

H. L. Godwin, May 1, \$34.30; Octo-ber 22, \$25, and November 11, \$110. Total, \$169.30.

Robert N. Page, April 15, \$10; May 6, \$247.70; May 4, \$2.50; May 29, \$695.72; October 10, \$530, and November 10, \$600. Total, \$2,085.21. Robert L. Doughton, October 10, Robert L. Dougnon, October 10,
\$250; November 9, \$134. Total \$384.
E. Y. Webb, May 5, \$482.66; May
\$845.26; October 21, \$225; November 10, \$263. Total, \$1,815.92.
J. Britt, Republican, Tenth district, October 23, \$150; October 27, \$1.023.06; November 16, \$1.010.89, and \$3.50. Total, \$2,187.45. The 10 men to represent North

Carolina in the next House specabout \$9,525.97 in their campaigns. spent Those who lost out in their con-tests spent: Representative Faison,

\$300; Charles S. Wallace, \$951.84; Charles R. Thomas, \$1,235.61, and O. H. Gulon, \$1,050.48, in the Third district: Roland F. Beasley, Democrat, \$46.36, and Thomas E. McCrary, Re-publican, \$47.16, in the Seventh; John T. Benbow, Republican, \$20, in the Fifth.

Frank A. Linney, Republican, \$357.20 in the Eighth. Jake F. New-ell, Republican, \$12.50 in the Ninth. Walter E. Moore, Democrat, \$29: Robert R. Reynolds, \$3,235.36; J. O. Harrison, \$136.50; James H. Merri-mon, \$241.10, and Representative J.

COMING EVENTS. Annual Live Stock Meeting, Statesville-January 19-21, 1915.

M. Gudger, \$6,875.10.

TAR HEEL BRIEFS.

Superintendent J. Y. Joyner has purchased a farm of 260 acres near Kinston

"Bud" Fisher, famous Mut and Jeff cartoonist, is hunting in Lenoir county.

Secretary Houston of the Department of Agriculture told Representative Page that he will speak at Aberdeen on the 16th. A meeting of farm-ers and business men will welcome him there. From Aberdeen Mr. Houston goes to South Carolina and Geor gia.

The Baptist state debt on mission is \$5,000. The deficit will be reported at the meeting of the State Convention which meets in Raleigh next Tuesday unless the deficit is raised in the meantime.

President William H. Taft will deliver three lectures to the students of the University of North Carolina March'17, 18 and 19 of next year, according to an announcement by the university authorities,

Henderson county produced 100,000 bushels of corn this year. Secretary of State J. Bryan Grimes

who prays must have acquaintance-ship with God, must have the right to call God Father, and no one can do this who does not believe in Jesus Christ. Men living in sin are the children of the devil and have no right to pray, that is, to have communion with God, except as the publican had. The desire of the writer of the text was the desire that men might get right with God.

dreams of."

For What Should Men Pray? Comparatively anything within the prayer, and that will is readily found In the Bible. To Pray nilly-willy or without regard to the great moral and spiritual issues that may be at stake may possibly be very sinful.

B, Elevation

We prove this with plants by growing them in dark rooms, or under colored glass, which is only a simple means for shutting out such parts of the spectrum as we desire, and also it is proved by the extent to which large areas of growing crops are infested with disease during long continued cloudy weather.

It has been conclusively proved that the sum of the work executed by the animal, and of the heat which it gives out, is exactly equivalent to the chemical notential energy taken in with its food, and this we know can be equal only to the kinetic energy of the sunlight stored up during the production of the plant.

And today our individual energy is derived quite directly from that same Four factors are necessary to source. produce any plant crop-seed, soll, absence of any one of the last three away in some corner.

RESTORED TO MAN HIS VISION

Incident in the Work of the Anti-Suicide Department of the Salvation Army.

The Lighthouse has been ba'tling with the problem of a vast army of the sightless. Derelicts from the Altragedy. leys have poured into it. The life stories of some of these are tragic. One twilight a young" foreigner sat trembling in the lamp room of the Lighthouse. His coat collar was turned up to hide his collarless. frayed shirt. He was an Englishman and a man of education. An emis-sary of the Lighthouse had found him in a back tenement in his last struggle, preparing for the unknown

You can't keep me from it," he unid. "You might this time or next or next, but you can't keep me from Ht. I'm useless, and I don't want to live.

He was fingering a small velvet elephant which Miss Holt keeps as a memento upon her desk. She had casually handed it to him. She is fond of elephants.

ing games in the snow. Good food, fresh air, and the general tone acquired from coming close to nature are what is responsible for the wonderful results secured in those insti-

tutions. Very obviously the lesson to the rest of us should be that it is our individual duty to our family and the community to make such good use of this knowledge of nature's workings that we shall not become infirm and a burden. No one is immune unless he lives a rational normal life and none is so strong that he may not

quickly become weak. It is in these periods of weakness that infection may selze us, to be subdued only through the regaining of vitality. But of ice. the trouble is not "cured;" it is simply latent and ready to flare up again the instant we permit our vital powers to drop below a certain point.

Loss of ambition and energy, a ca pricious appetite, dyspepsias of all sorts are to be viewed with suspicion. and a careful examination should be Lade by one competent to locate any moisture and direct sunlight; and the tubercular focus one may have tucked

> "What's that you have in your hand?" She spoke carelessly, as if absorbed by the other's problem. "What's that little thing I've just handed you?"

"Why, it's got four legs and a trunk -why, it's an elephant, of course,

The man smiled. Comedy thrust her face through the black mask of "And you want to tell me you're blind when you can tell an elephant as quickly as all that?" Miss Holt spoke slowly:

"Why, man, you've got ten eyes in Come, give us a chance place of two. to show you how to use them," Today that man is earning a happy omfortable living as an efficient awitchboard operator in a telepho

exchange .-- The Century,

Those to Be Envied. Those are most to be envied who conest learn to expect nothing for they have not worked hard, and who never acquire the habit of pitying themselves overmuch, even if in after life they happen to work in vain .-- Lord Macaulay.

kind on the farm will enable the producer to keep this profit at home Construction of Ice Chest.

Where a less expensive cooler desired an ice chest will be found to serve a useful purpose. Such a chest can be made from two boxes, one 12 inches longer and wider than the

other and 6 inches deeper. If the inner box is 2 feet wide, 2 feet deep and 3 feet long, the outer box should be 3 feet wide, 4 feet long and 30

inches deep. The inner box, which should be made of matched white pine or cypress, should be lined with zinc and provided with a drip pipe in the bottom near one end and a metal grating 12 inches from that end, so as to

make a cage in which to store a block A layer of 6 inches of cork dust or dry white pine shavings should be placed in the bottom of the large box after it has been lined with water

proof building paper. Place the smaller box on the layer of insulation, making provision for the drain, and then pack the same insulating material tightly in the space between the outer and the inner box. Fit a board over the packing between the boxes so as to cover the edge of both. Then hinge a thick, well-insulated cover to the en tire top of the chest. The joints can

be made tight by weather strips and felt. The cover should be provided with a counter weight and a good icechest hasp to hold it in place.

How to Make Ice.

Where there are no ice ponds block ice can be made easily by allowing water to freeze in cans of heavy galvanized iron provided with a heavy band-iron or wire re-enfor around the top. Any tinsmith can make such cans. The cans should be of the dimen

Low Countries In Fiction. guise of the Low Countries, as they used to be called, figure very promineatly in English fiction. Thackeray, Flanders." in particular, placed very many scenes there, as every reader of "Esmond"

and "Vanity Fair" will recall. Namur deserves a very special place in literary affections from its associations with "Tristram Shandy." It was the fortifications of this city that "My Uncle Toby," assisted by "Corporal Trim," spent his time in constructing no means disagrees with him.

through the perforated pipes to be Spirit. sprayed into the storage chamber as

long as freezing continues. By careful use of this plan on cold nights and during freezing days a supply of ice can be built up in place. The protection of such a supply is the same as that of ice cut and stored in the usual manner.

LITTLE LEAKS AROUND FARM

Numerous Small Things Cut Down Farmer's Profits-Many Are Easy to Avoid or Prevent.

(By C. E. DAVIS.)

Here are some of the farm leakorickety gates and sllp-shod bars; tumbledown fences; no shed for cows on a rainy day; and no shelter in the field on a hot one; ashes thrown in a pile to leach; cabbage leaves left to rot in the patch when cows are near: hog manure left to wash away for years; old boards and big apple trees limbs hauled away as waste instead of putting them on the wood pile for fuel: dish water and soap suds thrown aside instead of on the garden; using good farm papers for waste instead of exchanging or saving to read over; wagons and plows left unsheltered; and turkeys allowed to roost on fences or in trees.

Purchase Breeding Stock.

Now is the time to purchase your new breeding stock while the surplus poultry is being sold.

Demand for Horses

The demand for good saddle horses

in miniature replica. It was also "My Both Belgium and Holland, in the Uncle Toby," it is interesting to recall. who was responsible for that classic phrase, "Our troops swore horribly in

> Lives on a Diet of Beans One of the hardest working men Bath, Me., has solved the cost living problem by subsisting almost entirely on beans. He says that he can live on ten cents a day, and shows by his appearance that the diet by

Some Disciples Doubted.

II. The Appearance to the Eleven In Gallice, Matt. 28:16-20. This event took place much later than that mentioned in the first part of the previous section. As we carefully read this section it suggests that Jesus was omewhat removed from the disciples, yet their vision was so clear that they worshiped him, though some doubted. - Drawing near to the disciples he first of all emphasizes his supreme authority, "all power is given unto me," and on that authority he commissioned them to their work of discipling "all nations." Mark's rendering of this commission (16:15, 16) is more inclusive, "to the whole creaincluding all of man's welfare, social as well as spiritual. For Jesus thus to claim authority and to send forth his ambassadors and still not be "the very God of the very God" is to stamp him either as an impostor or a lunatic. Because all power is his, therefore the obligation and the accompanying Holy Spirit who will enable us to teach the things he has commanded. There is back of the com mission "all power" and accompany ing it a blessed fellowship, "Lo, I am

The chief value of these two sec tions lies, first, in the fact suggested as to the perpetual nearness of the risen Lord in the midst of our ordinary human experiences. Patiently he bears with us in our unbelief and fear and like as he spake peace to his disciples so he would calm our restless spirits. The second chief value is the immediate and persistent responsibility that rests upon his follow-ers. He loved all and desires that all shall be saved and yet the proclams-tion of his plan of redemption, of his finished work, he confines to human agenta. As each new disciple is made he is to tell others, to witness of him to those not yet surrendered.

with you all the days."

This is a constant and an endless process, his heralds discipling all nations, baptizing and teaching them to observe the things he has commanded. The sad thing is that after nearly two thousand years we have carried out so poorly the great commission.

is spending several days at his home at Grimesland, Pitt county, looking after his extensive farming interests there.

Thousands allenged the formal opening of Wayne county's new court bouse.

A movement looking to the increasing of the production of beef cattle in western North Carolina has been started by K. C. Ikeler, representing the state department of agri sulture, and E. D. Weaver, Buncombe county farm demonstrator.

Charles W. Cole, prominent farmer of Warrenton, was standing on the top of a load of fodder when the horses made a sudden start, throwing him backwards to the ground, breaking his neck. Death was instantancous.

T. G. Cobb, editor of The Morgan ton News-Herald, has announced him self as candidate for re-election as chief clerk of the North Carolina House of Representatives. For the past 11 years Mr. Cobb has been a legislative clerk, having been assist ant clerk from 1903 to 1907 and chief clerk since 1907.

Maj. W. Wood has resigned as stamp deputy at Greensboro and Colector Watts commissioned W. I. Underwood, editor of the Greeasboro Patriot, to the place. Greensboro ells about \$7,000 in tobacco stamps and to this is now added war revenue stamps.

The Durham Belgian relief com mittee announced that it has collected in subscriptions about \$900. biggest contribution was made by George W. Watta, who gave \$500. B. N. Duke gave \$200, W. A Erwin \$100. The other contributions came in smaller amounts from \$1 up to 25. An inquiry that came to one of the State Departments brought out the fact that there are about 1,300 active lawyers in the state.

More money was given for charity in Kinston this Thanksgiving by fully 50 per cent, than on any preceding. Collections were taken in practically every church for local charity or Belgian relief.

A charter was issued for the G. C. Raguo Lime Company of Hot Springs, Madwison County, capital \$15,000 authorized, and \$6,700 subgcribed by G. C. Buguo of Fletchers and S. P. Burton and S. D. Holt of Ashevilla.

How to Get to Praying. After the Clivi war closed the ques tion arose as to how to resume specie payments, and a wise statesman answered by saying "The way to re-sume is to resume." So we say, the way to pray is to pray. If a man has reason to believe he is a child of God, he has a right to pray, and

the obligation slighted brings guilt on him. God is the only one who can supply his need, and the thing to do is simply to ask God to supply it.

Men could have the dearest objects of life met if they would ask God for them, even the salvation of their dearest friends, even their own children

The Challenge to Prayer.

When the devil was sick, the devil a monk would be: When the devil was well, the devil a monk was he.

So truthfully wrote an old English satirist. That principle applies all

through history. When men are prosperous everywhere they do not pray When they fall into trouble they pray and do it with an earnestness that ignores propriety and circumstance. Was there ever a time in this generation when the world as a who in greater distress than now? Men's hearts are failing them for fear. As ever, God is a present help in time of trouble and the call of the day is to pray. Man has failed, civilization has failed, half-skeptical and halfhearted Christianity is threatened with failure. God is the only refuge and in God alone is the strength of man. And shall he not ask for it?

The Bible in Java.

Ninety-eight per cent of the Bible sales in Java in 1913 were to Moslems. In fact, Mohammedans purchase more Christian Scriptures than any other book. They frequently return to the colporteurs to buy other Scripture portions after they have finished with the first. A Chinese colporteur in Java, Khu Chiang Bi, sold 12,800 opies of the Scriptures during the past year. He is an able and inde fatigable worker among the Mohammedan Malays.

is increasing.