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ONLY BY FITNESS IS "COLD" AVOIDED

Well Person Is Not Susceptible to Affliction.

The "cold" season is here. Ask any doctor and he will tell you that twothirds of his patients are suffering from them in greater or lesser degree, and yet, whether we fall victim or not is largely our own affair.

It is not a bit of use glaring at all the unfortunate persons who cough and sneeze in your direction, "A Doctor" writes, in the Continental Edition of the London Mail. Of course they are discharging cold germs in the million, but then millions of them are floating about in the air anyhow, and you probably are quite immune to their attacks for months together. If a bacteriologist were to take a specimen of the dust in the corner of your coat pocket, and were to smear it over a plate of gelatin, and then to keep the culture at a certain temperature for a few hours, at the end of that time he would be able to show you a pattern traced on the gelatin which looks rather like a Chinese monogram, and would fact be made by billions of "cold" bacilli. So it cannot be just that on a certain occasion one of the invading germs attacks us.

No, the whole truth is that they are attacking us every single minute, but we happen to be healthy enough at the time to throw them off and they retire without doing us any damage. Then one day we are overtired, or a little below par or worried about something. and the next thing we know is that our throat feels dry and our head is heavy, and we know we are "in for it."

The moral of all this is to take regular exercise and to keep yourself 'at the top notch of general fitness. Then you can laugh at the cold bogey. Once attacked, however, the first thing to do is to tackle the place where you know the "cold" bacilli are gathering in their millions, and as'these are the nose and the throat, immediate gargling and sniffing up some antiseptic lotion-it does not matter much what kind, provided it is warm and alkaline-is the first step.

Then have a hot bath with a good handful of mustard in it, so hot that you come out in a bath of perspiration. take ten grains of aspirin, and when you get into bed between rough, wellwarmed blankets, let someone bring you a pint of boiling hot lemonade with plenty of sugar or honey in it. Taken at the beginning, a good many colds can be absolutely stopped by these methods, but once they have got a hold it is too late to do anything but grin and bear it.

Navy Radio Communication

There will be increased interest in the radio and sound competition to take place on the battle fleet shortly. With the development of this means of communication the importance of its efficiency as part of the fieet's work is being emphasized. It will be regarded as one of the set regarded as one of the major competitions to take place on the fleet, says the Army and Navy Journal.

In arranging for the competition the commander in chief of the United States fleet has fixed the basis upon which the competition will be rated. Ten per cent is the credit to be given to efficiency of radio transmission. The same per cent is to be given to the operations of radio compasses. Thirty per cent is to be allowed for genExplorer Will Seek Treasures Under Sea In recent years Hans Hartman has made extensive, explorations in the Mediterranean, which he believes to be the richest field for submarine archeologic research. and for the recovery of the treasures of antiquity. With Count de Prorok, he is of the

option this sea, which was the theaof ancient world rivalry-and beond whose Pillars of Hercules only the boldest adventurers dared to venture-holds secrets that will fill in wide gaps in the human story, and art treasures that will excel the collections in all of existing museums mbined.

He is confident that both tasks will be facilitated by the remarkable clearness of the water in the Mediter-ranean. In many places one can dis-give good service. Most of us see tinguish everything in depths of 100 feet. This, he points out, is the ideal is always casting reflections on our condition for submarine motion pictures "But if necessary," he explains,

conditions can be improved for underwater photography by the creation of an artificial screen or background formed by a chemical filtering fluid let down from the surface. The chem-ical screen tends to reflect the light. Naturally, the objects between it and the camera, with its illuminator, would be thrown into sharper relief." But even this device, according to Mr. Hartman's scientifically founded | trees. hope, will be discarded when subma-

rine archeology places deep-sea studios at the disposal of enterprising producers, by salvaging the forgotten grandeur of vanished civilizations.

Workday in Czechoslovakia Czechoslovakia was the first industrial state among the European countries to ratify the eight-hour convention and introduce a statutory eight-

hour day. A report on hours of labor in Czechoslovakia has just been issued through a bulletin by the international labor office, Washington.

The first part of the monograph is devoted to an account of the scope and provisions of the Czechoslovakia republic act of 1918 by which the eight-hour day or forty-eight-hour week was introduced in the republic.

The monograph devotes special attention to the methods of applying the act in railway undertakings and the provisions for permanent or temporary exemptions. This is followed by data concerning the administration of the act. The third part of the study deals in some detail with collective

Determining Currents

About twenty-four years ago the Geographical society of Philadelphia set 34 casks afloat in the Arctic ocean north of Alaska. The purpose was to determine if possible the course of the Arctic current, says the Bulletin of that city.

Members of the society at that time were of the opinion that a strong current flowed westerly from Bering strait across the polar areas and into the north Atlantic between Greenland and Spitzbergen.

Seven of the thirty-four have been picked up. A note in the last cask found was sent to H. M. Bryant, presldent of the Philadelphia society, by S. T. Wood, an inspector in the Royal Canadian Mounted police stationed in the Yukon. Wood said the cask was found by Eskimo Papsok in 1923 at Huskey inlet which is south of Cape Bathurst. Waste in Oil and Coal "Under present methods of produc tion," says Director Bain of the United States bureau of mines, "not more than a quarter of the oil in the ground is brought to the surface. In is less and very rarely more." ofter In the case of our coal mining industry. which is always held up as an example of great wastefulness, the ratio is just the reverse. In other words, a quarof the coal is left underground ter while three-quarters are brought to the surface.-Compressed Air Maga zine.

Important Spot in Eye The circular yellow spot called "marula lutea" and known, after its discoverer, as "the yellow spot of Sommerung," is about one-twentieth of an inch in diameter. The only mammals in which it exists are man and monkey. It is the area of most dis-tinct vision, a circumstance which may partly be accounted for by the fact that it is singularly free from blood vessels, which curve around it and ap parently avoid it.

From a Stude's Essay

A mirror is a popular subject, for there are lots of people who are always looking into it. Most mirrors are square, yet everywhere we go we see them round. Often, like a waiter, something to like in a mirror, yet it personal appearance.-Boston Transcript.

Butterfly Table Delicacy

The Bugong moth or butterfly is a delicacy which epicures among certain aboriginal peoples of Australia will travel long distances to obtain The butterflies gather every year on the slopes of the Bugong mountains. in New South Wales, where they are caught by being suffocated by the smoke of wood fires lighted under the

Mozart

It is doubtful if anybody knows the exact spot where Mozart is buried. A violent storm was raging at the time of the funeral, and the hearse went its way unaccompanied to the churchyard, and his body was committed in the paupers' corner. In 1859 the city of Vienna erected on the probable spot a monument to his memory.

States With Indian Names Twenty-two of the states have names of Indian origin. They are: Alabama, Arkansas, Connecticut, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Michigan, Minnesota, Mississippi, Missouri, Nebraska, North and South Dakota, Ohio, Oklahoma, Tennessee, Utah, Wisconsin and Wyoming.

Gathering Diamonds

The fact that diamonds cling to lubricating grease in water, while pebbles and semi-precious stones roll off, has been made the basis for a new machine called the "pulsator," which agreements regarding hours of work. picks diamonds out of materials in which they cannot be seen by human eyes .- Popular Science Monthly.

Mark Proved Worth

Real silver is said to be "hall marked." The term comes from the company hall of the guild of gold and silversmiths of London, where, 600 years ago gold and silver articles began to be assayed and marked with a stamp that vouched for their being genuine.

Politeness Akin to Gilt

It is because gold is rare that gilding has been invented, which, without having its solidity, has all its brilliancy. Thus, to replace the kindness we lack, we have devised politeness which has all its appearance.-De Levis.

Introduced Flower Language Lady Mary Wortley Montagu, whose husband was for a time British ambassador to Turkey, is said to have loarned the language of flowers among the Turks and to have introduced it into western Europe.

**** HOW=== IT HAS BEEN PLANNED TO UJE BOTTLED SUNLIGHT .--There is an old joke about a simple fellow who remarked that It was a great pity the sun didn't shine at night, when it was really needed. Recent news from Egypt declares that is exactly what the people of Cairo have succeeded in making it do. The city is actually lighted at night by bottled sunlight, so to speak. To be sure, this bottling is done n a rather roundabout manner, for the bottles in question are

merely electric light bulbs. The sun's energy, in the form of heat-and you know that the sun's rays are very hot indeed in that part of the world-is captured by means of huge reflectors. These are made of concave and brightly polished metal, forming a mirror which has the power, just as a burningglass has, of bringing the sun's rays to a focus and therefore greatly intensifying the heat at that particular point. But heat, as you know, can always be transformed into other' forms of energy, thus producing power of one sort or another. For example, it can be made to produce steam, and the steam in turn may drive a dynamo, so as to produce electricity, which is stored up in batteries or accumulators, to be used as needed. It is said that Cairo is the only city in the world which derives the power required to run its illumination system in this

manner. But then there are very few cities, of course, so favorably situated with regard both to the number of sunshiny hours and the intensity of the sunlight .--- M. Tevis, in St. Nicholas. ************************

How Bantaland Natives

Reverse Order of Things Everything is upside down in Bantuland, in the Belgian Congo. If missionaries free a slave, his first desire is to own a slave. If a missionary cures a sick man, he demands that he be given food and clothing to prove that the gifts of medicine were not superficial. A Bantuland baby is named before birth, and an expected girl child often

is betrothed to an aged man even before she is born. If the baby is boy, then the parents hastily and a wife for him.

Cattle often are sold before they are born, and if they die after birth lawsuits follow. A Bantuland lawsuit is a battle to death with bare fists. If a man is ill, a relative sits on his chest and takes medicine. Men, women, and children wear thick skins and blankets during the day, when it is hot, and go stark naked at night, when it is extremely chilly .-- Grit.

How "Yankee" Originated

The word Yankee is said to be corruption of English or Anglais, pro nounced Yenghies, Yanghies, Yankees, by the Massachusetts Indians, and bestowed by them upon the New England colonists. It was derisively ture its scepter .- Emerson applied by the British soldiers to New Englanders, during the Revolutionary war, and later by the Confederates to the federals, during the Civil war. "It was in use in Boston about 1765, but is claimed to have circulated in Cambridge slang as early as 1713, with the sense of 'excellent.' If so it is the same word we meet in Scotch yankin, 'active,' yank, sharp stroke."-Chamber's Encyclopedla.

Title He Gave Himself Stuck to Great Showman

Probably the greatest showman the

world has ever known was Sanger. famous for Sanger's circus. He even went so far as to give himself a title and the title stuck so firmly that many people thought he really had been elevated to the peerage! Everyone knew him 'as "Lord" George Sanger.

In his book, "Studio and Stage," Mr. Joseph Harker, the famous scene painter, tells how this "title" came about. It was the outcome of a deal in horses with William Cody, otherwise known as Buffalo Bill. Accord-

ing to Sanger, Cody thought himself by far the more important showman. In the course of the preliminaries to the deal, Bill sent a representative to Sanger with a message to the effect that "The Honorable William F. Cody" refused to take a penny less than so much for the horses.

Sanger, who had the gift of giving neat replies, and who also was not going to be outdone, without more ado sent back this terse message:

"If you are the Hon. W. F. Cody, then, hang it, I'm Lord George Sanger -and I won't give a happenny more than I stipulated for the horses." And from that day on "Lord" George Sanger he remained.

Elephant Noted for

Keen Sense of Smell What the eléphant lacks in vision is more than compensated for by the animal's keen sense of smell. His trunk is probably the best smelling apparatus in the world, and he de ends first of all on his sense of smell.

When he is at all suspicious he moves his trunk round in every direction, so that the slightest taint in the air will reach him. In many other ways the elephant's trunk is the most

extraordinary part of that most ex-traordinary animal, the Providence Journal says. It is entirely flexible at every point

and it can turn in any direction and has tremendous strength. There is no bone in it, but it is constructed of interwoven muscles and sinew so

tough that you can scarcely cut it with a knife. From it an elephant can shoot a stream of water that will put out a

fire, and with it he can lift a tree trunk weighing a ton or pull a dell-cate blade of grass. He drinks with

it, feeds himself with it, smells with it, works with it and fights with it.

Relations to Nature

In general one may say that the hus-andman's is the oldest and most universal profession, and that, where a man does not yet discover in himself any fitness for one work more than another, this may be preferred. But the doctrine of the farm is merely this, that every man ought to stand in primary relations with the work of the ld; out to do it himself, and not to suffer the accident of his having a purse in his pocket, or his having been bred to some dishonest and injufious craft, to sever him from those duties; and for this reason, that labor is God's education; that he only is a sincere learner, he only can become a master, who learns the secrets of labor, and who by real cunning extorts from Na-

Cheap Emergency Cement cracks and rat holes, as well as for re-

TIMELY TRIFLES But of course the old bachelor loesn't hold his own.

Mistletoe famines never worry the girl who is pretty.

Hugging by any other name would be squeezing just the same. The more a woman tries to look

young the more she doesn't.

A woman just has to love some man -even if it's only her husband. The consciousness of being loved

softens the keenest pang.

Man is not an organism; he is an intelligence served by organs.

Did you never bore anyone? Then be merciful. The busiest thing on earth is an idle

rumor.

Culpability is about the only ability some men possess.

A wise man looks into things in order to size up the outlook.

Sometimes you find two people each with a pain, quarreling over which pain is the most painful.

Making mistakes is part of a man's education; and Be It Enacteds are trying to prevent that.

Trying to please others and succeeding is as gratifying as being pleased yourself.

Even if a man is a howling success there is no excuse for his howling about it.

The trouble with the man who knows nothing is that he is always the last to find it out.

The willingness of a new office boy is often more annoying than the un-

willingness of an old one.

A soft answer may not always turn away wrath, but it saves a lot of time It's a poor policy to judge a man's

worth by the amount of insurance he carries. Our idea of a real genius is one who invents a way to make a good living for his family.

If people knew what the future had in store for them the chief charm of existence would be lost.

Artificial Wood May

Save Country's Forests Wood made of discarded sugar cane stalks was demonstrated to David Lynn, architect of the capitol. Celotex, as the man-made wood is called, is said to be much more dur-

able than "regular" wood. It was invented by a northwestern lumberman. who, realizing the forests of the North-west were being rapidly depleted, un-Twelve of these places showed aggredertook to find a substitute. The sugar cane wood is said to be almost ideal 000, while eight revealed normal confor acoustical purposes. Capt. John I. Pierce, acoustical en-

have and not make a fuss."

plied the young lady, freezingly.

White Swans Come Back

Kingston, Ont., was the calling place

recently of a flock of about 200 wild.

native white swans on their way

south for the winter. White swans in

their wild state were almost extinct in

Canada a few years ago. Lately, how-

ever, numbers of them have been mak-

ing the sanctuary a port of call on

A Question >

Her Father-I do not require that

the man who marries my daughter

Her Suitor-Would you consider a

shall be rich. All I ask is that he be

their way north in the spring, but sel-

dom stop on their way down south.

nant question.

said the detective.

The investigation also brought to gineer of the Celotex company, dem- light definitely planned expenditures onstrated the wood to Mr. Lynn for of nearly \$800,000,000 in the next two the purpose of inducing him to install years for churches, hospitals, chari-A cement for filling corner crevices, it in the new music room it is prothese figures not being included



NO. 2

Paint Rightly Claims to Have Double Value

The good appearance of the house usually proves to be the strongest point in persuading anyone to paint his house. The matter of preserving the surface does not enter into consid-eration as it should. The common desire to have one's home at its best cannot be condemned, but paint means much more than this. Paint is not a luxury by any means; it is a necessity

and an economic one. Wood is porous. While growing, these pores are filled with sap. When the tree is cut into lumber the sap dries out, leaving the pores open. The protective coatings of bark are also removed. If the wood is allowed to remain in this unprotected state, fungi and moisture soon begin to rot and destroy it, Paint penetrates the pores and forms, when dry, a tough, elastic coating, which is "anchored" to the surface by countless little "hooks" that extend into pores of the wood, and this coating or film preserves the wood

by protecting it from those things which would otherwise quickly surely destroy it. The psychological value, the invigor-ating effect of clean, brightly painted property, is another factor we cannot afford to disregard, and this alone should be sufficient cause to warrant

painting in times of temporary busin

the paint is another consideration-

and an important one. The best qual-

ity paint is the cheapest. The cost should be reckoned on the basis of

the square foot and the expense as

so much per paint service year. In

this way the true value and the cheap-ness of good paint will be recognized.

That a national building shortage somewhat in excess of \$4,000,000,000

exists in the entire country is indi-cated by reports made to a leading in-

vestment concern in a survey of all

Studies were made in 528 citles. In

380 of these, reports were made of building shortages amounting to \$4,-

050,820,000, of which \$2,102,698,500 is needed for residential types; \$1,130,-

851,500 for commercial types and \$870,270,000 for public buildings of all

kinds. In 148 cities no shortage was

reported, thus indicating that in these

quirements now rests on the normal

demands of growth and improvement.

magnitude also exists in places hav-

ing less' than 10,000 population was

indicated by the results of the inquiry

in 20 typical towns of this type in

gate shortages of more than \$14,000,-

That a shortage of considerable

places the amount of building re-

cities of more than 10,000 population.

Building Is Reported

General Shortage of

The price that should be paid for

depression.

nications while at battle eral comm stations and 10 per cent for the operations of sound apparatus. The balance is to be allotted for miscellaneous items of efficiency in communica-

According to reports received at the Navy department communications by the Belleview laboratory were maintained with the Shenandoah up to the time she reached San Diego. This is a remarkable record in view of the un-This is favorable conditions.

New "Collecting" Hobby

And here comes a hobbyist who collects bricks. His home is in Dorchester, Mass., and he has an array of bricks which he started to col-300 lect in 1872. Churches, schoolhouses, aces and public buildings have yielded their bricks. Many of these are intimately associated with Dorchester's earliest history, and consequently have been photographed and pictured for posterity. This collection of bricks is remarkable, but more remarkable is the fact, that upon one of the broad sides of each brick has been painted in oil, true in detail and color, a picture of the building from which it was taken.

For Revenue Only

watest of them all," "My dearest, mly own," "How I adore you," is is no other half so sweet," are the one girl for me," "I love

many hundreds of times he had d those very words! Ah, how housands of times! And yet he en perfectly sincere each time. The was a writer of sentimental

German Marks Worthless German paper marks are only good as junk now. The paper mark went out of business a year ago, when the rentenmark came in use. There was then so much of this kind of currency on hand that in numerous instances banks and other institutions turned the marks over to junk dealers by the ton. Most of these notes, which toward the end of the inflation period were not worth the aper used in their manufacture, have been destroyed or made into pasteboard boxes and the like.

Electric Invalid Carriage An electric automobile especially deigned for invalids is now being made in England. It carries but a single assenger and runs so smoothly that the invalid is not jounced or jarred while riding in it. It is especially designed for those invalids who and the usual types of mechanically propelied vehicles unpleasant by reason of noise or jar.

Early French Reformers

The Waldensians, early reformers, vere organized about 1170, by Peter Waldo or Valdo, a merchant of Lyons, France. Their principal centers were in the Piedmont, Provence and Dauphine Alps.

Strength in Adversity

Occasions of adversity best discover how great virtue or strength each one hath-For occasions do not make a man frail, but show what he is .-Thomas a Kempis.

Ancient Carvings Discovered Carvings on rocks recently discov-ered in the Libyan desert of Africa indicate that the Eskimos and South African bushmen met in Europe 30,000 years ago.

Avoid Accidents

It is a foolish woman who does not insist upon every bottle in her medicine cabinet being plainly marked as to its contents.

Something to Count On Cheer up! If you don't get what you go after, you are sure to get what's coming to you.-Boston Transcript.

Blindness of Riches

Nothing is so hard for those who abound in riches as to conceive how thers can be in want.-Swift.

How Towns Got Name

The name "Cinque Ports" was originally given to five seaport towns on the south-coast of England (in Sussex and Kent). They are Hastings, Romney, Hythe, Dover and Sandwich. Winchelsen and Rye were added afterward. The original Cinque Ports were

created by William the Conqueror (1066-1087) and special privileges were granted to them in consideration of their providing a certain number of Their ships of war when required. control was placed in the hands of certain barons called "wardens." The governor was titled lord-warden. This, however, is at present only an honorory dignity, its peculiar jurisdiction having been abolished in 1855.

How to Hear the Truth

It is an excellent rule not to believe all you hear, but it is an even better rule to make all the words that others hear from you believable. People who tell the truth are the most likely to be told it.

How He Learned It

for a thing he usually gets it." "Yes; he has got on to that by watching his mother."-Boston Transcript.

posed pairing wall breaks, can be made library. cheaply by mixing one part sand with

two parts ordinary wheat flour and one On the Trail of Crime part sifted coal ashes, says Popular Science Monthly, These are stirred stairs of the office building and prethoroughly and wet with water to a sented himself at the door of the muputty-like consistency. The cement sic academy. mixture is applied with a trowel.

Strict College Rules

Amherst college as recently as 1825 had a very strict code which the student had to follow. It not only regulated the hours he must study, but likewise his visits to the taverns; shops and stores. He was not allowed to play eards, even for mere enjoyment

Used in Piano Industry

"Burning in" is a term used to de-scribe the finishing process used on along to look into the case." planes and furniture. A polish is applied and burned in by means of heat ed devices. This not only serves to give the article a highly pollshed appearance, but fills up all the holes and pores in the wood.

National Capital's Beauty

True beauty combined with utility effes time and forms a basis of real estate values. Washington's wide streets and sensible building regula-

tions prevent any part of the city from choking to death with conges-tion. Moreover, those wide streets

and numerous little squares and cir-cles which are such an attractive an attractive able to keep out of debt. adorament are also valuable checks to source 1 of fire and are contribu- man in debt who borrows money from "in the form of fresh air. his father-in-law?

to place in the Congressional actual shortages now existing.

Architecture Important

ditions.

That architectural merit adds dol The detective made his way up the lars to the value of a house is con vincingly demonstrated when homes possessing architectural dis-"Excuse me," he said to the young tinction find a ready sale at good lady why opened the door, "but I hope you'll give me what information you prices, while a poorly designed dwelling is a "drug" on the market. Many bizarre creations are produced by de "What do you mean?" was the indigsigners who seem to think that when a multiplicity of gables, of projecting, "Why, that little affair-you know," rafters and sharply contrasting hues in stuccos and bricks are achieved, the "I den't understand you at all," re-

result is bound to be pleasantly modern and desirable. Investors are find-"Why, we got a tip from the house next door that somebody here has been ing to their sorrow, however, that this type of house is passing out with the murdering Wagner and I've been sent jazz music of which it is symbolical, and present builders would do well to keep this in mind if they wish to realize full value on their property. Jack Miner's bird sanctuary at

Lining Them Up

"There is no one in the world," says the Brunswick (Ga.) News. "that 'knows' more about raising children than an old maid, and there is no citizen that kicks more about public or ganizations and their activities than the fellow who never pays dues to one of them, never is the father of any movement for the city's good, nor takes an active part in the community affairs, except to knock. The hard est knocker and the loudest critic car always be branded as the biggest shirker-he carries his 'bell' with him If you are in his class, take stock of yourself, right-about-face and been a real citizen and a builder."

"I notice that when your baby cries

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