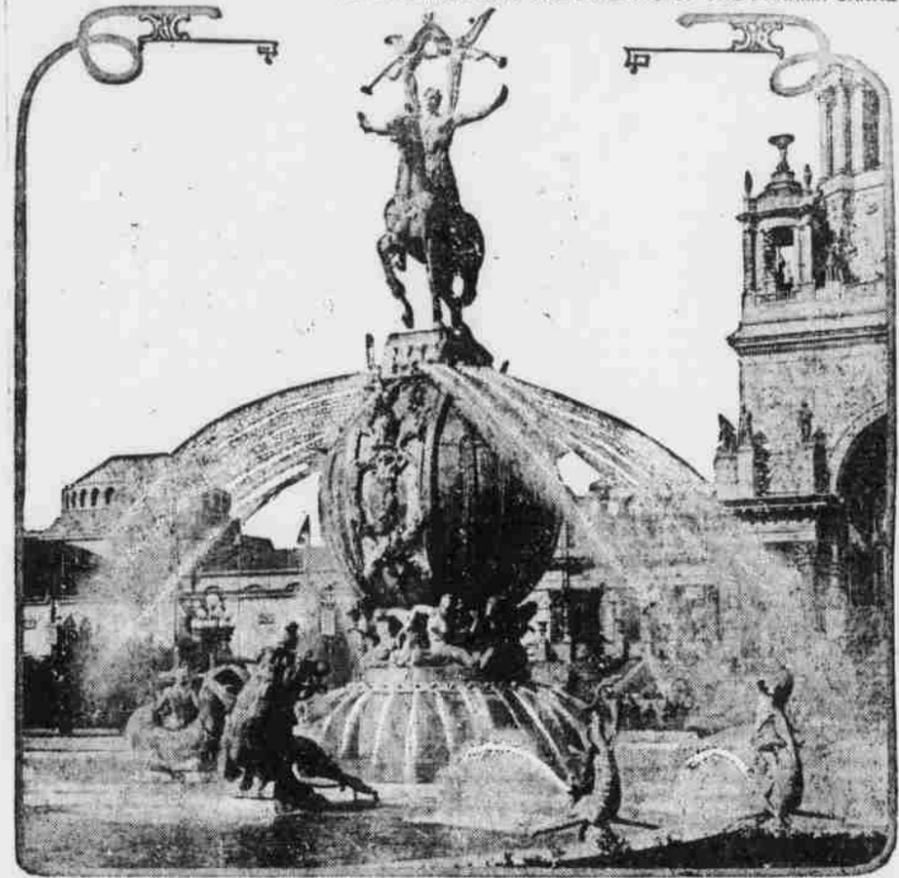


THE FOUNTAIN AT THE PANAMA-PACIFIC INTERNATIONAL EXPOSITION THAT SYMBOLIZES THE BUILDING OF THE PANAMA CANAL



The labor that went into the building of the Panama canal is symbolized in the Fountain of Energy, by A. Stirling Calder. This heroic sculpture stands in the center lagoon of the three lagoons of the South Gardens and faces the main entrance gates. The waters were first released on opening day, February 20, coincidentally with the opening of the portals of the exhibit palaces and by the same means: the electric spark transmitted across the continent when President Woodrow Wilson opened the great exposition at San Francisco by wireless.

NORTH CAROLINA, A NATIONAL FEEDER

(From University News Letter.)
At a recent banquet of the North Carolina Society of Washington, D. C., Mr. P. D. Gold, Jr., brought forth certain very significant facts about the present abode of native North Carolinians. He referred to the contribution of North Carolina to the political, business, religious, scientific, and educational life of the United States. To 21 states in the Union we have furnished 79 Congressmen and Senators, three Presidents, two Vice-presidents, five presidents pro tem of the Senate, eight members of the Cabinet, five secretaries of the Navy, two secretaries of the Interior, and one of Agriculture.

In the religious world are bishops Polk of Louisiana, Davis of South Carolina, and Fitzgerald of Texas; Dr. Smith of Louisville, Drs. Dixon and Broughton of London, Hawkes, Greene and Paine of Mississippi; and Beckwith of Georgia.

To the educational world North Carolina has contributed such men as Dr. H. H. Horne, of New York University; Dr. Elliott, of John Hopkins; and Dr. Charles Hughes Johnston, of the University of Illinois.

Virginia's Toll
To the sister state of Virginia we have contributed, Dr. E. A. Alderman, Dr. Paul Barringer, Dr. W. W. Moore, Dr. Henry L. Smith, Dr. C. A. Smith, Mr. Herbert W. Jackson, Mr. Henry E. Litchford, Mr. Edmund Strudwick, Mr. T. S. Mulford, and Mr. F. H. Royster. As Mr. Gold put it, to be anybody in Virginia you have to belong to either the F. F. V's, or the N. C. O's., which being interpreted means, the First Families of Virginia or the North Carolina Oligarchy.

Nor does this record stop short of such names as those of the great national figures, Dr. Joseph Holmes, Dr. P. P. Claxton, and Dr. Hannis Taylor. In the light of such an array of mighty names, North Carolina begins to feel her oats and step high. She may well feel that she has contributed much to the welfare of the Union and of individual states. She has sent from her borders noble sons who have nobly lived and mightily wrought.

Is it entirely a matter for self-congratulation? Why have these great figures left their home State to do their life's work? Has North Carolina done all she could to keep them within her borders? Had she justly and amply rewarded the statesmen who have honestly, fearlessly, and consistently stood for the best in her civil life? Has she and her citizenry stood shoulder to shoulder and presented a solid front in the war against evil and wickedness? Has she placed her abundant resources easily and freely at the disposal of her workers in the educational field? Has she offered the fullest opportunity to the upbuilding of industrial enterprises and centers, that her sons might find outlet here at home for their abilities as administrative and executive leaders?

North Carolina has not developed her industrial, mineral, agricultural, educational, moral, and religious resources in reasonable measure. She has literally sent from her borders many sons who have had ambition, energy, and progressive ideas. She has been proud of her conservatism and she has been paying a penalty for it by having other states reap the benefit of the vigor, vitality, and abounding energy of her famous sons.

Caution, deliberation, watchfulness, prudence are all worthy and manly virtues; but when these masterly traits of life in an individual or in a State become predominantly the ruling order of things, stagnation begins. If a state or an individual fails to reach out, experiment, explore, then development ceases, growth stops, dry rot sets in, and our sons move into other states and sections.

Our Appalling Losses
In the census year, 380,372 native born North Carolinians were living in other states of the Union.

Our net loss in inter-state migration during the census period was 271,807.

All told, in the history of the Nation, says Mr. Gold, North Carolina has furnished to other states more than a million inhabitants; or nearly four millions, their descendants considered.

WHY IT SUCCEEDS
Because It's For One Thing Only, and Asheville People Appreciate It.
Nothing can be good for everything. Doing one thing well brings success.

Doan's Kidney Pills are for one thing only.
For weak or disordered kidneys. Here is Asheville evidence to prove their worth:

Mrs. C. H. Rush, Academy Street, Asheville, N. C., says: "I used to suffer from kidney and bladder trouble and there was a lot of uric acid in my system. After taking a few boxes of Doan's Kidney Pills, my kidneys acted right. Now, whenever I think my kidneys aren't doing their work just right, a few doses of Doan's Kidney Pills overcome the trouble."

Price 50c., at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Rush had. Foster-Milburn Co., Props., Buffalo, N. Y.

BRAXTON CRAVEN

Interesting Address by Dr. Brooks on One of Randolph's Most Distinguished Sons.

Dr. E. C. Brooks, head of the educational department at Trinity, gave a very interesting lecture recently on "Braxton Craven and the First State Normal School."

During the course of his speech, Dr. Brooks said "Braxton Craven was one of the most remarkable men of his generation. From the state of an orphan, destitute and homeless, he became a great teacher, preacher, and educational leader. Having received two years of training under Dr. News-Mendenhall, of New Garden school, now Guilford College, he began at the age of 20, as assistant-principal of Union Institute, Randolph county. Rev. Brantly York was principal of that institution. But two years later (1844) Craven became principal. The next six years of his life were spent in increasing his own scholarship, building up Union Institute academy, and studying the school systems of Europe and the United States. In 1848 he organized his first normal training class in connection with Union Institute, and in the following year the teacher training department was one of the features of his institution.

"At that time there was no head to the public school system. In order therefore, to give some direction to the system he published an interesting circular on common schools, saying at the same time that he had collected all the information that he could find on the subject in Europe and America. It was an interesting document that he issued in 1849-50. He gave directions for building school houses, organizing schools, arranging subject matter, training teachers, and managing the internal affairs of the school room.

"In 1850 Craven began publishing a teachers magazine called 'The Southern Index,' and almost the entire first volume was devoted to a discussion of the needs of the common school system. In 1851 Union Institute was converted into a normal college. In drawing the bill for a new charter Craven asked for State aid, but Calvin H. Wiley and others fought that feature of the bill and it was finally defeated; but the legislature did charter the institution as 'Normal College' and gave it power to grant certificates to teach in the common schools of the State. In 1852 President Craven appealed to Governor Swain, the president of the University, to throw his great influence in favor of establishing 'one or more normal schools.' The legislature in session that year amended the charter of Normal College, gave it the power to grant degrees, loaned it \$10,000, and made the governor chairman of the board of trustees and the superintendent of public instruction secretary.

"In the following year the president organized and published his course of study for teacher training, provided a model practice school and issued his declaration of principles that should be given his institute.

"There were many objections to a normal school. Craven was ridiculed because of his teacher training courses. The old line of academic institutions fought the new principles underlying such a school. He was called 'humbbug' and his institution was referred to as 'trash.' However, Calvin H. Wiley, in reporting the work to the general assembly, gave it high praise. But Wiley was in favor of the institute plan for training teachers, and opposed the normal school idea. Craven was in favor of both plans. Wiley thought it was wrong to put much money in one institution. Craven believed that such an institution would give direction to the whole educational life of the state. After running the institution for nine years, over the property, spent \$50,000 in improving it, and the first State Normal College became Trinity College."

CALOMEL SALIVATES AND MAKES YOU SICK

Acts Like Dynamite on a Sluggish Liver and You Lose a Day's Work.

There's no reason why a person should take sickening, salivating calomel when 50 cents buys a large bottle of Dodson's Liver Tone—a perfect substitute for calomel.

It is a pleasant, vegetable liquid which will start your liver just as surely as calomel, but doesn't make you sick and cannot siliate.

Children and grown folks can take Dodson's Liver Tone, because it is perfectly harmless.

Calomel is a dangerous drug. It is mercury and attacks your bones. Take a dose of nasty calomel today and you will feel weak, sick and nauseated tomorrow. Don't lose a day's work. Take a spoonful of Dodson's Liver Tone instead and you will wake up feeling great. No more biliousness, constipation, sluggishness, headache, coated tongue or sour stomach. Your druggist says if you don't find Dodson's Liver Tone acts better than horrible calomel your money is waiting for you.

HISTORIC CANES

Col. J. Bryan Grimes, Secretary of State, received an apple wood cane, made from a branch of the tree upon which John Brown, the abolitionist was hanged at Harper's Ferry. The cane was sent by Mr. C. B. Johnson, of Charlotte, R. F. D. 6, to be placed in the Hall of History. Mr. Geo. W. Norwood, chief clerk to the Secretary of State, has in his office a piece of lignum vitae, cut from a railroad tie put down in Panama by the French fifty-six years ago. It was sent to him by Mr. John W. Thompson, of Cristobal. Mr. Norwood is going to send the piece of wood to New York and have a cane made from it. —State Journal.

Seven thousand school children marched in the parade at Wake county commencement last Friday.

GENERAL NEWS ITEMS

ITEMS OF LIVE NEWS GATHERED FROM OUR EXCHANGES AND CONDENSED IN BRIEF FORM FOR BUSY READERS.

A library association for Thomasville was organized recently.

Another cotton mill, to cost \$100,000, is to be erected at Albemarle by the Wisconsin Mills Company.

Mr. George Seawell died at his home near Biscoe, recently after a short illness of meningitis.

Mrs. Betty Coggin Foreman died at her home in Montgomery county recently, at the age of 77 years.

The State Sanitarium at Montrose is to be enlarged and greatly improved. A power and steam heating plant is among the new features considered.

The dining hall and kitchen of the East Carolina Training School, Greenville, were almost totally destroyed by fire one night recently. The damage is estimated at ten thousand dollars, partly covered by insurance. The building will be rebuilt at once and will not interfere with the work of the school.

Mrs. Robt. R. Reitzell, of Liberty Route 2, who underwent a serious operation at St. Leo's Hospital, Greensboro, March 22, when a tumor weighing 12½ pounds was taken from her, is recovering nicely. Her physician states that she may be able to return home Saturday.—Greensboro Patriot.

Mrs. Savala Vandaveer, of Montgomery City, Mo., has in her possession the axe, with which Abraham Lincoln cut rails.

There are 95,000 Canadian soldiers in active service in the European war.

A woman in Shasta county, California, recently gave birth to quadruplets, two boys and two girls, and the physicians say that all have a good chance to live. The mother of the children was already a grandmother at the age of 37.

The new bridge across the Yadkin River between Davie and Forsythe, on the road which is a part of the Central Highway of North Carolina, has been opened to the public. The bridge is over 1,000 feet long and cost \$32,000.

The Gold Hill mine, in Rowan county, during the past three months has doubled the output of gold in North Carolina, according to Colonel Walter George Newman. This mine is being worked with new activity and interest.

T. I. Nixon, aged sixty, and Miss Julia Dishman, aged fourteen, were married at Mt. Mourne, Iredell county, recently.

Winifred Johnson, colored, died recently in Auburn, New York, at the age of 113 years.

An indemnity of \$20,000 in gold has been paid by the Zapata-Villa government to Ruth McManus, widow of John McManus, of Chicago, who was murdered by soldiers in Mexico City, about a month ago.

Leon Chester Thraasher, of Hardwick, Mass., lost his life when the British merchant vessel Falaba was torpedoed by a German submarine, in St. George's Channel, Sunday, March 23. He was a well known mining engineer.

Lord Rothschild, head of the English branch of the Rothschild family, died in London, March 31. Lord Rothschild was 75 years of age. He was the first member of the Jewish faith ever elected to the British Parliament, in which he represented Aylesbury from 1865 to 1885. It is not known exactly how much of the Rothschild fortune was in control of the Baron, but the entire family wealth is estimated as high as two billion dollars.

The London Daily Mail considers "voluntary enlistment" a failure, and advises that the English government resort to conscription to secure soldiers. None of the other belligerents depend on voluntary enlistment.

Beginning last Sunday, the Norfolk Southern runs a through train daily between Raleigh and Charlotte. The train leaves Raleigh at seven in the morning, and makes the trip in seven hours.

Congressman Pou has recommended the widow of the late Duncan L. Webster, as postmaster at Siler City, to fill out his unexpired term.

According to the University News Letter North Carolina had 360,00 fewer cattle in 1910 than in 1850. While the population had multiplied two and one-half times, the beef supply had decreased nearly one-third.

The engagement of Mr. W. Archibald Sherrod and Miss Clara Stanton, of High Point, has been announced.

Dr. A. H. Johnson, a Greensboro dentist, has been sued by R. C. Prince for five thousand dollars damage alleged to have been suffered by the plaintiff as a result of the extraction of a tooth by the defendant.

Germany has formally communicated to the United States her intention to compensate the owners of the American ship William P. Frye, sunk on the high seas with her cargo of wheat by the commerce raider, Prinz Eitel Friedrich.

Plans are on foot to erect in Greensboro a new \$200,000 hotel.

DAVIDSON COUNTY NEWS

The Southern Express Company has appointed Mr. A. C. Moton, of Thomasville, agent at this point to succeed Mr. H. I. Lopp, who was removed recently. Mr. Moton has already entered upon his duties and will move his family to this city at an early date. He has been agent at Thomasville for two years and prior to that time worked at High Point.

One Buck Cooper, delivery boy for the Rexall Store, boarded No. 12 and tarried too long. The porter locked him in and dumped him off at Thomasville, without a cent in his pocket. Buck didn't know a soul in town and it looked like the lockup for him. Finally he induced a "white gemmen" to put in a call for the Lexington Drug Company and made arrangements with the Harris Motor Co., for the loan of \$1. Buck avers that the "bo'din house" robbed him of 75 cents for a bed, when the bed and all wasn't worth that much money and he barely had the fare home, with nary a cent for breakfast.

Some four or five men were grouped on the sidewalk on Main street Monday waiting for Dave Leonard's parade, when a minister joined the crowd. He was carrying a roll of chicken wire and on being asked if he were going into the chicken business he replied that he was trying to keep his neighbor's chickens from interfering with his gardening business. One S. D. McMillan immediately spoke up and advised the preacher to lay him in a large quantity of horse-shoes for use on the marauding hens of his neighbors. "What's that for?" asked the preacher. "Why it's this way," explained Mack, in all seriousness. "Hens' necks attract horse-shoes. Pick one up on a nail it at a hen and invariably it will settle round her neck and whirl 'round and 'round until it wears her head off."—Lexington Dispatch.

Mr. Hiram Phillips, of the southwestern part of Davidson county, has a mule he claims is 42 years old, or two years older than himself.

GIVING A LIFT

(Monroe Journal.)

Put on your thinking cap and see if you can remember the time, or have ever read of any time in which there were so many efforts being made to help folks along in life. We don't mean charity, or the giving of alms, though that is even better than ever before, but we refer to the multiplying efforts of individuals, societies and organizations that are at work, not to hand down something to somebody as a gift, but to make it possible for more people to learn better how to help themselves into becoming more efficient workers and to lead more full and normal lives. The day of the skinflint and the selfish man has passed. The literature of the day is pregnant with timely and valuable information. The learning of the scholars, the inventions of the scientists, the discoveries of the investigators, the machinery of the government, the money and brains of private parties, the professors of the schools, the directors of countless societies and agencies, the laboratories of the chemists, are all today at the disposal of the average man, and we are face to face with the valuable and significant fact that an entire population is going to school every day. We used to hear them say, "I had no chance when I was growing up", but there will be little need longer for any one to make this complaint. There are still some, who through one misfortune or another, still have little chance, but even this will not be true long. Take a country paper like The Journal, and there is never an issue that is not full of something valuable, suggestive, and intended to help somebody to become more efficient and useful. The average man is coming into his own. It is his day. But he must realize that all help on earth cannot help the man who will not help himself. Outside help is only an aid to self-help. The thing is still up to the individual. But the point is that his chances of making good are about a thousands times better than they used to be.

CHARLOTTE SCHOOL

We notice in The Courier, A poem of Lena's Grove school, And of the model pupils, Who never broke a rule.

Our school here at Charlotte We are not quite so good. But try to do the best we can, As all schools should.

But will say right here, When we do break a rule, We are sure to be punished, Or placed on the "stool".

We all love our teacher, And are sure he loves his scholars, And works for their good, Not merely the dollars.

Our school is not large, Nor yet very small, In a very few words I'll tell you about all.

There's Agnes and Ethel, The two largest girls Who think so much of their looks, Especially the curls.

There's Worth, Rosa, and Clyde, The grown up boys, Who try to be manly; But make a lot of noise.

Myrtle goes to school regular, And so does Kate, But the trouble with them, They are so often late.

There are some of the boys Who dearly like hunting: Such as Winfred, Fred And Colvin Butting.

Of the ones that study best It is hard to tell; It may be Lena Or it may be Annabel.

Sirona and Exie, and Little black-eyed Bud Go nearly every day In spite of the mud.

There are some little boys Who always tell the truth; They are Floyd, Wade, Henry, And little Ervin Routh.

The most mischievous "kiddy" We have in school, As every one knows, Is Master Guy Poole.

Fay is the best scholar, To her age, you know; And another good scholar, Is Mattie Prevoo.

There are two little boys I'm sorry to say, That don't like to go much; Can you guess? Glen and Ray.

Then there is Joe and Glenn Dougan, Who are not very fast, But they always stick To the very last.

There are Clyde, Wade, Paul, And Agnes Nance, Who are so very well Considering their chance.

The sweetest little girl That any could name, I'm sure you'll agree Is little Sallie McCain.

Our school is now out And all is contentment. We spent the last day At the County Commencement.

—Correspondent.

CAROLINA PEOPLE TELL WONDERFUL EFFECTS OF MAYR STOMACH REMEDY

Sufferers Find Swift Relief From Use of This Remarkable Treatment. Stomach sufferers in the Southeast, and, in fact, all over the country, have found remarkable and efficient results from the use of Mayr's Wonderful Stomach Remedy.

Many have taken this remedy and tell today of the benefits they received. Its effects come quickly—the first dose convinces. Here is what two Carolina folks have written:

W. E. DAVENPORT, Parker, N. C.—"For years I have suffered from a disease which puzzled doctors. I heard of your remedy and one bottle gave me relief. Your full treatment has about cured me."

J. E. PARKER, Winston Salem, N. C.—"I am satisfied through personal use of the powers of your remedy. You have saved my life."

These statements come from letters among thousands. This remedy is

known and used throughout the United States. It has a record of results and proof.

Mayr's Wonderful Stomach Remedy clears the digestive tract of mucoid accretions and poisonous matter. It brings swift relief to sufferers from ailments of the stomach, liver and bowels. Many declare it has saved them from dangerous operations and many are sure it has saved their lives.

We want all people who have chronic stomach trouble or constipation, no matter how long standing, to try one dose of Mayr's Wonderful Stomach Remedy—one dose will convince you. This is the medicine so many of our people have been treated with surprising results. The most thorough system cleanser ever sold. Mayr's Wonderful Stomach Remedy is now sold here by Standard Drug Company and druggists everywhere.