

HOW TO AVOID PNEUMONIA.

We quote in full a bulletin recently issued by the State Board of Health in answer to the question, "How can I avoid pneumonia?"

The principles of right living are highly recommended and attention is called to the fact that if we would avoid this disease these principles must be observed.

"I am an old man and much afraid of pneumonia. How can I avoid the disease this winter?"

Reply: Pneumonia is a germ disease and is usually brought on by the lodgment of the pneumococcus germs in the membranous tissues of the throat of lungs. If a person is well and strong these germs are not likely to hurt him seriously. A slight cold may be the result. But if he is run down, dissipated, or if he in any way has a weak constitution, his chances are not so slight.

It is not difficult to guard against pneumonia if one will avoid unreasonable exposure and at the same time will practice the rules of personal hygiene or right living.

Working too hard or excessive exercise with extreme exposure is a common factor in preparing the way for pneumonia.

Overeating, particularly if there is an excess of meat in the diet, is another thing which often injures the body and lowers its vital resistance to disease.

Alcohol, in whiskey, patent medicine or otherwise, is one of the most powerful allies of the pneumonia germ and even moderate drinkers show a much higher death rate from this disease than abstainers do.

But bad air is, of all bad influences, perhaps the most important in its effect on colds and pneumonia. People who live much in the open air, who never close the windows of their sleeping rooms in winter, and who bathe daily, almost never catch colds, or if they do, the colds are light ones and do not run into pneumonia.

NORTH CAROLINA LEADS.

Facts compiled from the 1910 census reports for the North Carolina Club at the University of North Carolina, by Mr. M. H. Randolph, of Mecklenburg, reflect credit upon our state. They show that North Carolina leads all states in the number of cotton mills and factories, in the amount of raw cotton consumed and in the manufacture of smoking and chewing tobacco.

Here are other statements showing wherein North Carolina excels:

Our state ranks below Massachusetts alone in the value of manufactured cotton products. In the number of spindles, the state is outranked by Massachusetts and South Carolina.

"North Carolina ranks second in lumber, timber and wood-working establishments.

"North Carolina is the best developed industrial state in the south, in number of plants, in variety of manufactures, in the distribution of capital employed, and in the use of home-produced raw materials.

"Our rank in the census year in the old south, 13 states including Oklahoma, was first in the number of establishments, first in the number of persons engaged, first in primary horsepower employed, first in total electric power used, first in number of females over 16 and children under 16 engaged, first in the value of cotton mill products, first in furniture making and in wood-working industries.

"We are second in total waterpower used, second in total capital employed, second in the value added by manufacture, second in the number of producing spindles, and fifth in the total values of manufactured products."

Our soils are adapted to the most profitable crops. A comparison of this state's agricultural record with that of far-famed Wisconsin, shows where we excel. On over eight million acres of land Wisconsin produced crops worth \$135,000,000, but North Carolina, on 5,737,000 acres, produces crops worth \$128,000,000, or, in other words, on an acreage one-third smaller, we produce crops of almost equal value.

"The University News Letter adds that corn crop of the state was worth \$5,560,000 more than Wisconsin's crop. The corn growing records of our corn club boys and demonstration farmers cannot be equalled in Wisconsin with any kind of high-bred seed or of any kind of cultivation.

"Wisconsin's leading crop is hay, and her ten-year average is 1.49 tons per acre; but North Carolina's ten-year average is 1.38 tons per acre, even with the trifling attentions we

MR. JENNINGS WRITES INTERESTING LETTER—CANAL WILL BE OPENED NOV. 1—WORK IN CLEARING OUT SLIDES.

Mr. J. D. Jennings writes the following interesting letter from the Canal Zone to the Courier. He gives an interesting story of the cause of the slides and how they are being cleared out of the canal, and gives figures to show that the canal is now paying interest on the investment.

Mr. Jennings is a Randolph man, a son of the late Alson Jennings, of Cedar Falls, and a brother to Mrs. T. M. Jennings, of Franklinville; and Mr. W. H. Jennings and Mrs. Henry Free, of Cedar Falls.

To The Courier:—

On account of the continued movement of the slides of Culcra Cut, which have blocked the channel at a point about 1,000 feet to the north of Gold Hill, it appears improbable that the Canal can be opened to navigation earlier than Nov. 1st, 1915. Word to this effect has been sent to Washington and shipping people.

It might be of interest to know by what means the spoil is being removed from the cut. It is being taken out by dredges of the dipper and suction type. In 24 hours the 15 yard dipper dredge Paralso established a record by turning out 17,185 cubic yards. The Samboia 12,544 cubic yards. These dredges have a capacity of 15 cubic yards per dipper handling an average of 716 cubic yards per hour. They do not seem to be gaining on the filling very fast, as it is coming almost as fast as they can take it out.

The trouble seems to be from the bottom of the Canal. Since the footing of the two high hills on either side has been completely cut there is no support and the weight of the hills seem to cause the mud to come up from the bottom of the Canal at this point.

There have been suggestions from all sources as to how to stop it, but so far they have not been able to control it.

There were waiting Tuesday A. M., Oct. 5th, 83 ships to go through the Canal. Of these 45 were on the Atlantic side and on the Pacific side with approximately 167,000 tons of cargo on the Atlantic and 189,000 on the Pacific side. For a ship to go from Balboa to Colon, following the coast of South America, would have to travel 10,500 nautical miles, while the distance through the Canal is only 47 miles.

By the earnings of tolls on vessels passing through the canal during the month of June, 1915, to July 1, 1915, the excess of tolls over current expenses of operation and maintenance of the Canal for the month amounted to \$198,888.22, making the excess of tolls earned over expenses during the entire year \$276,656.38, and represents a profit of 6.7 per cent on the expenditures for operations and maintenance alone, not counting anything for interest on the money invested or for depreciation of plant. With respect to the other expenses involved in the operation of the canal, exclusive of expenses for construction, which are not a regular part of the operating costs of the canal, it may be noted that the other business operations of the concern in addition to what has already been noted as operation and maintenance of the canal proper, cost during the fiscal year \$2,135,074.92. The Canal Zone Government cost \$288,857.80. The work done for the army and navy included in other business operations for reimbursement, which will be made amounted to about \$548,000. The operations of the Panama Railroad and Panama Railroad Steamship line cost \$2,807,479.26 and \$2,142,603.68 respectively, offset by respective revenues of \$2,787,056.83 and \$2,642,457.10. Aggregate Panama Railroad profits from rail and steamship operations were \$679,430.99. The commissary sales amounted to \$6,666,644.84 with cost of \$6,595,410.50.

The revenues in excess of expenses for the year was \$953,502.35 from which it is seen that during the fiscal year the aggregate canal, railroad and steamship enterprises shows an excess of revenues over expenses equivalent to 52 per cent of the total outlay.

The Suez Canal for the fiscal year 1914 shows an excess of revenue over expenses of \$15,520,459.40, it is seen that the older canal is earning a handsome surplus.

give to this crop. "When we really try out the hay possibilities of our soils and seasons, we raise from five to six tons per acre, as eight farmers have done this year in Forsyth, Rowan and Wilkes.

"Wisconsin in 1910 had 4 million fowls on her farms more than we had in North Carolina; but in North Carolina we raised from our poultry stock nearly 5 million fowls more than Wisconsin raised, and sold nearly a million more."

STANDING OF CONTESTANTS

District No. 1	
District No. 1 comprises all the territory west of the Norfolk-Southern, and Southern railroads, including all of Asheboro.	
Asheboro.	
Mrs. J. Bart Robbins	951,000
Asheboro Route 2	
R. J. Pierce	964,000
Trinity	
Miss Maud Phillips	510,000
Miss Daisy Jordan	222,200
Caraway Route 2	
Mrs. Clarence C. Ridge	43,500
Mechanic	
Miss Ina Ellington	20,100
Trinity Route 1	
Miss Letha Royals	428,000
Salem Church	
Mrs. Lee Kearns	821,200
Eleazer	
Mrs. G. E. Carter	133,600
New Hope Academy	
Mrs. Jesse Luther	8,500
Pipe	
Miss Jennie Lassiter	10,000
Randleman Route 3	
Miss Angie Spencer	16,200
District No. 2	
District No. 2 comprises all of Randolph county east of the Norfolk-Southern, and Southern railroads with the exception of Asheboro.	
Randleman	
Miss Hannah Johnson	970,200
Ramseur	
Miss Elsie Grimes	965,300
Kanoy	
Miss Rosa Owen	648,200
Seagrave Route 1	
Miss Hester Stuart	964,100
Franklinville	
Mr. H. B. Buie	963,200
Erect	
Miss Alma Leach	91,200
Climax Route 1	
Mr. Boyd Barker	113,000
Seagrave	
Miss Bertha M. Luck	200,000
Cedar Falls	
Miss Eunice Wrenn	18,800
Asheboro Route 1	
Miss Essie Cox	36,400
Randleman Route 1	
Miss Claudia Frazier	15,200
Coles Store	
Miss Sue Lambert	33,600
High Point Route 3	
Miss Lola Shelly	21,000
Brown	
Miss Grace Brown	21,300
District No. 3	
District No. 3 comprises all the territory outside of Randolph county.	
High Point	
Mrs. W. H. Dowdy	720,000
Miss Carrie Low	71,000
Miss Elsie Sink	10,600
Jerry Thurber, R. S.	325,000
Denton	
Mr. Frank Surratt	25,000
Siler City	
Miss Hazel McAdams	24,800
Mt. Gilhead	
Mr. J. A. Lisk	22,800
Thomasville	
Mr. Julian Bailey	16,200
Capelsie	
Miss Mabel Chisholm	21,200
Ether	
Mrs. Eli Freeman	8,500
Spies	
Miss Nera Baldwin	465,400
Biscoe	
Miss Nannie Asbell	19,000
Miss Ethel Monroe	6,000
Biscoe Route 1	
Miss Lillie Maness	10,500
Eagle Springs	
Miss Annie Stutta	16,000
Miss Emily Dowd	18,100
Candor	
Mrs. Emma McCaskell	12,000
Miss Myrtle Seawell	4,500
Tooy	
Mr. Coy Well	15,200
Greensboro	
Miss Ulah Glasgow	21,600

Twenty children, most of them girls ranging in age from seven to seventeen years, lost their lives Thursday in a fire which destroyed St. John's parochial school at Penbody, Mass.

The Presbyterian Synod of North Carolina, which met at Gastonia last week, adjourned Friday afternoon following a busy and profitable session.

There is no doubt but what the Panama Canal will make a much better showing after the slides discontinued to make the operation and maintenance expense.

Weather conditions here are very good now and outside work is not delayed.

The municipal engineering and building division are pushing their respective departments and they are making great strides to complete the buildings and the beautifying of the Zone everywhere.

Governor General, George Goethals, has returned to the Isthmus and has withdrawn his resignation which was made effective about Nov 1st. He will remain here now until the slides have been cleared if not longer no doubt.

I will give you some more facts from time to time.

We are very busy at this time but will try to give you the facts from our records.

J. D. JENNINGS,
Balboa Heights, Canal Zone.

LESSONS FOR USE IN THE MOONLIGHT SCHOOLS IN NORTH CAROLINA

LESSON NUMBER ONE.

READING AND WRITING.

I want to read. Will you teach me to read? Can you teach me to read? Will you read to me? I will read to you.

SOUNDS, EAR TRAINING.

NOTE—Let the teacher spell by sound the following words pausing at the end of each word for its pronunciation by the class.

no	low	see	bee	may
go	row	Lee	hay	lay
Joe	how	we	day	hay
so	mow	ye	gay	pay
hoe	me	fee	jay	say
toe	he	tea	hay	ray

ARITHMETIC.

- (1) Writing numbers from zero to 9.
- (2) Writing the number 10.
- (3) Writing numbers by 10's to 90.
- (4) Writing numbers from 1 to 99.
- (5) Writing the number 100.
- (6) Writing numbers by 10's to 900.
- (7) Notation and numeration of numbers to 900.
- (8) Writing numbers from 100 to 999.
- (9) Writing 1,000.

THE PARTIAL JUDGE.

(From Webster's Elementary Spelling Book, copyright 1880 and 1908 by G. and C. Merriam. Reprinted by arrangement with the American Book Company, publishers.)

A farmer came to a neighboring lawyer, expressing great concern for an accident which he said had just happened. "One of your oxen," continued he, "has been gored by an unlucky bull of mine, and I should be glad to know how I am to make you reparation." "Thou art a very honest fellow," replied the lawyer, "and will not think it unreasonable that I expect one of thy oxen in return. 'It is no more than justice,' quoth the farmer, 'to be sure; but what did I say?—I mistake—it is your bull that has killed one of my oxen.' "Indeed!" says the lawyer, "that alters the case; I must inquire into the affair; and if—" "And if!" said the farmer; "the business I find would have been concluded without an if, had you been as ready to do justice to others as to set it from them."

LESSON NUMBER TWO

READING AND WRITING.

I want to write. Can you teach me to write? Will you teach me to write? Will you write to me? I will write to you.

SOUNDS, EAR TRAINING.

high	by	pie	few	new
ho	sig	rys	how	new
my	die	tie	Jew	view
nigh	guy	dew	mew	out

ARITHMETIC.

- (1) Review and drill on the points that seemed difficult for class to understand the first night.
- (2) Writing numbers by 1,000's to 9,000.
- (3) Writing numbers from 1,000 to 9,999.
- (4) Write the population of the following cities as given in the census of 1910: Elizabeth City, 8,142; Fayetteville, 7,045; Gastonia, 5,750; Kinston, 6,996; Mount Airy, 8,844; New Bern, 9,961; Salisbury, 7,153; Statesville, 4,599; Tarboro, 4,129; Washington (N. C.), 6,211; Burlington, 6,805; Goldsboro, 6,107.
- (5) Writing the number 10,000.
- (6) Writing numbers by 10,000's to 100,000.
- (7) Writing numbers from 10,000 to 100,000.
- (8) Write the population of the following large cities as given in the census of 1910: Greensboro, 15,895; Charlotte, 34,014; Durham, 18,241; Asheville, 18,762; Winston-Salem, 22,700; Wilmington, 35,748; Raleigh, 19,218.

FIRST IN THE UNITED STATES.

North Carolina leads the Union in the number of cotton mills and factories; in the amount of raw cotton consumed; and in the manufacture of chewing and smoking tobacco.

She ranks below Massachusetts alone in the value of manufactured cotton products. In the number of producing spindles, the state is outranked by Massachusetts and South Carolina.

North Carolina ranks second in lumber, timber and wood-working establishments.

LESSON NO. THREE

READING AND WRITING

I can read and write. I can read my name. Will you write my name? I can write my name. I can read and write my name.

SOUND, EAR TRAINING.

pat	bat	hat	gap	dab
sat	rat	cap	lap	cab
mat	cat	sap	nap	gab
fat	vat	tap	map	cab

ARITHMETIC.

- (1) Rapid review of the most difficult points in Lessons I and II.
- (2) Fix thoroughly in the minds of the pupils the points most difficult for them to grasp on the previous nights.

New Work.

ADDITION WITHOUT "CARRYING."

- (1) If a parent buys a primer for his little boy for 25 cents and a reader for his little girl for 32 cents how much does he pay for both?
- (2) If a farmer has 35 acres of timber land and 61 acres of cleared land, how many acres of land has he?
- (3) A man buys 2 milk cows for \$75 and 2 hogs for \$24, how much money does he pay for the cows and the hogs?
- (4) Rapid drill on adding units and tens. Add:

23	67	45	74
54	32	24	25

B

- (1) If a man pays \$175 for a mule, and \$220 for a horse, how much does he pay for both?
- (2) On one ten-acre field a farmer raises 575 bushels of corn, and on another ten-acre field he raises 424 bushels. How many bushels of corn does he raise on both ten-acre fields?
- (3) Rapid drill on adding units, tens and hundreds. Add:

375	898	658	948
224	101	241	151

C

- (1) A farmer pays \$2,753 for one tract of land, and \$1,325 for an adjoining farm. How much does he pay for both farms?
- (2) A town lot costs \$1,250 and the house \$2,125. What is the cost of both?
- (3) Rapid drill on adding units, tens, hundreds and thousands. Add:

9482	3458	8205
1516	5441	1734

WONDERFUL HAY RECORDS.

One day recently the Wachovia Bank and Trust Co., in Winston-Salem handed out \$250 in cash prizes to 18 hay producers.

Eight of these prizes went to farmers who raised more than 10,000 lbs. per acre. The first prize went to J. W. Hauser of Forsyth county for 13,491 lbs. raised on a single acre. The second prize went to C. R. Myers, Jr., of Rowan county, whose acre produced 12,548 pounds.

Rowan carries off five of the eight principal prizes, Wilkes two, and Forsyth one.

But think of 5 and 6 tons of hay to the acre! Think of the possibilities for North Carolina in records like these!

The ten-year hay average in the United States is 1.40 tons per acre. In Arizona the average on irrigated land is only 3.32 tons per acre. In North Carolina it is 1.38 tons per acre.

We outrank 27 states in the Union in per-acre hay producing power when we don't half try.

See what North Carolina can do with a little attention to hay production.

This year we have produced hay enough to feed our work-stock for the first time since the war.

Surely we need never again import Western hay into North Carolina.

OUR PROGRESS IN HIGH SCHOOLS

According to the forthcoming report of Dr. N. W. Walker, State Inspector of High Schools, 8,986 county boys and girls were enrolled in the state aided high schools last year; or two and one-half times as many as were enrolled seven years ago when the system of schools was established.

There are at present 214 state high schools in operation. Only five counties are without such schools—Chowan, New Hanover, Pasquotank, Perquimans and Watauga.

These schools have opened the door of opportunity for high school training to thousands of country boys and girls, and it is good for the state that these young people in such large numbers are taking advantage of the opportunities thus afforded them.

FIRST IN THE SOUTH.

North Carolina is the best developed industrial state in the South, in number of plants in variety of manufactures, in the distribution of capital employed and in the use of home-produced raw materials.

BUSINESS BUILDERS

MONEY TO LOAN—\$500 and \$200 to loan on good real estate security. J. A. SPENCE.

FOR EXCHANGE—House and lot in Coleridge for farming land or Ford. W. J. LOWE, Kemps Mills.

FOR RENT—My home in West Asheboro. Apply to me, or to Wm. C. Hammer. JOHN M. HAMMER, Greensboro, N. C.

NUNNALLY'S CANDY, pure and fresh, in beautiful boxes, halves, ones and twos. Also smaller boxes, at Standard Drug Co.

STRAYED.—Female pointer, white, with liver-colored spots and flea bitten, black specks in white. Answers to name of "Gip." Liberal reward if found and returned to E. C. Watkins, Ramseur, N. C.

FORD AUTOMOBILES WANTED—I will buy a few good bargains in second hand cars at once. This is your chance to close out before winter. E. G. MORRIS, Asheboro, N. C.

WANTED—Agents to sell automobile tires and repairs. Big commissions. E. P. NEIGHBORS, Randleman, N. C.

DON'T WASTE TIME WALKING—Saxon Cars are more economical than shoe leather. Let us show you a Saxon before you buy. Home Building and Material Co.

WANTED—Young man 18 years of age or more with good knowledge of elementary branches in English to learn to operate typesetting machine. Applicant must be industrious, intelligent and energetic. Apply to THE COURIER, Asheboro, N. C.

CHERRY BARK COUGH SYRUP contains wild cherry, squill, senega, ipecac and sennaria, the five best ingredients for a cough and cold. Pleasant to take. Sold in Asheboro only by Standard Drug Co.

Fine Frostproof Cabbage Plants by parcel post. Jersey Wakefield, Charleston Wakefield and Succession, 1,000 for \$1.00 postpaid 100 for 15c postpaid. R. O. PARKS, Ulah, N. C.

FOR SALE OR TRADE.—Nearly new 1915 Ford Touring Car, with \$35.00 radiator, seat covers, hand horn, cut out, Diamond non-skid tires, on real wheels. This car same as new. Also one 8-year-old mule, 1050 lbs. Can you use car or mule? Wm trade either.