

THE EXCHANGE

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Not responsible for the views of Correspondents on any question.

And we know that all things work together for good to them that love God, to them who are called according to his purpose. Romans 8:28.

FOR BETTER HEALTH.

The reports of physicians and others engaged in the anti-typhoid campaign, which are being carried on in this State, are very encouraging in those who are concerned about the public health. Good health is primarily the one best asset any individual can have, and the deplorable part of it is that in most cases men do not appreciate health until it is lost, or the deadly forces that undermine and destroy have done their work in such manner that it is irremediable.

Dr. Bullis, who has charge of the anti-typhoid campaign in the county and who has been engaged in the work for some time in various parts of the State, says that people are no longer skeptical about vaccination, and that the intelligence of a community always comes to the dispensary first. The high example on the part of the better element gives the work an impetus that nothing else could supply. In the various counties where this work has been carried on this summer, Dr. Bullis says thousands have visited the dispensaries and have become immune.

In this connection it is not out of place to say that North Carolina has one of the best, and most progressive Boards of Health in the country. This institution is one that the State may justly be proud of. It is officered by young and energetic men, who are forward-looking and who have the courage to do what they think best for the common good.

The announcement is just made that one of the State's leading institutions of higher learning will this fall inaugurate a department of hygiene, for the purpose of teaching young men something about themselves. The conservation of health is a duty that the individual and society as a whole cannot ignore. It is easier to keep health than to regain it when once lost.

The ever increasing ramifications of the social and commercial life of our century constantly presents new problems in health and disease. Sometimes it is said that old people did not worry about some of the new-fangled diseases that are in a sense popular in this day. And it may be said that old people did not worry about many other things that are vexing and perplexing the honest intellects of the age. A higher civilization calls for a higher type of citizen. This does not necessarily mean that he is or must be a better citizen, but since he must fight more enemies he must be better equipped.

Let us never go to sleep on the subject of good health. We have gotten far enough away from superstition to believe that every disease and every ailment has its cause, and to fight the disease we must remove the cause. More light and more education along these lines will result in a more healthy community and a lower death rate.

A BADGE OF SOCIAL HONOR.

With no intention of getting too close on the border line of personalism, and with an equal disregard for convention in this particular respect, we are prompted to an observation that seems timely and in no wise out of place in this column.

Recently we, a new-comer in this section, enjoyed the pleasure of being present at a gathering of honest Southerners in the county, and as the noon hour was rapidly approaching and the congregation was also rapidly dispersing, we were struck with the number of invitations to "go and take dinner with me."

There was no social veneer, no soporific about that simple but honest invitation to go and take dinner. Just the plain, unvarnished statement of a simple truth, and that by men who do not ask you to go and dine with them for the sake of courtesy, but because they mean what they say, as perhaps they would put it. We have the invitations were as good as gold certificates and we know also that if circumstances had been propitious enough to allow an acceptance we would have enjoyed one dinner for a king. The best such people have is never too good for a guest. Doubtless there would have been no livered servants in waiting; no pomp and no social stia to be observed, as still formalities that rob every meal of its joy. But there would have been something to eat and plenty of it—and as free as spring

water. It is a small thing to go up to a stranger and shake his hand and ask him to go and take dinner. The chances are that he will not go, and if he does you may not be sorry of it. But it seems that no class of men can do this thing like these big, honest fellows who live out in God's great outdoors. Their faces may be sun-browned and tanned, their hands calloused and their shoulders bent from the weight of burdens they have had to bear, but under their shirts are thumping hearts of gold. They never hesitate, they don't worry about the cook's being gone, and there's little likelihood that their wives will "give 'em" because they didn't let them know before that somebody was coming to dinner. Surely these are God's chosen people.

REV. R. B. JOHN NEW HEAD CAROLINA COLLEGE.

Succeeds President S. E. Mercer, Who Will Return to Ministerial Work.

Maxton, N. C., Aug. 17.—Rev. R. B. John, who was last week elected president of Carolina College, has accepted and will take charge the first of December, when the resignation of President S. E. Mercer takes effect.

Carolina College, Maxton and the Methodist church are to be congratulated on Mr. John's acceptance of this position. He seems in every way pre-eminently fitted for it. His early life was spent not far from Maxton, his father, Capt. J. T. John, being one of Scotland county's best and best known citizens. Mr. John was educated at Wake Forest College and the University of North Carolina. In his early manhood he was superintendent of public instruction of Richmond county, joining the North Carolina Conference in 1888. He was sent at once to Chapel Hill, a place of the utmost in which he was held. Since that he has held the most important charges in the Conference. When only 22 years old, he was made presiding elder, and has served most of the time in that important office. By common consent he is considered one of the most efficient men who has filled that exceedingly difficult position. For the last two years he has been pastor of the church in Smithfield. Mr. and Mrs. John were married while he was presiding elder of the Wilmington district and she was principal of the Wilmington High School.

In addition to Mr. John's personal fitness, and he seems to possess all the qualities needed, he will have in Mrs. John a helpful and efficient co-worker. Mrs. John was Miss Florine Worth, a graduate of Guilford College with special course in English in Bryn Mawr College, was four years principal of the High School of Wilmington and has been for some years the president of the Woman's Missionary Society of the North Carolina Conference. She is known throughout the State as an accomplished woman, a splendid teacher and a Christian worker. Under the administration of President and Mrs. John, Carolina College will doubtless advance rapidly in every way.

But whatever the future holds of larger life for Carolina College is possible only because of the almost super-human labors of Rev. S. E. Mercer, the retiring president. When he took charge four years ago, the future of the college seemed almost hopeless, but with a determination and courage which knew no defeat he labored so wisely that the magnificent building was completed, the faculty organized and the college started on its mission of usefulness. Before coming to the college, President Mercer was a popular and successful pastor and he remains to return to that highest of all callings. He will remain in charge of the college until the session of the Conference which meets in Durham November 29th.

Two Extra Appointments.

Two extra appointments have been made for the free vaccination dispensaries in the anti-typhoid work now going on in the county. These are at McBryde's school house near Rocky Ford, and at Marion's Cross. Friday morning, August 25 and each Friday morning thereafter up to and including September 15, Dr. Bullis and assistants will be at McBryde's school house, and in the afternoon of the same dates they will be at Marion's Cross.

Reception for Bridal Party.

Reported for The Exchange. Immediately following the rehearsal of the Jones-Yoder wedding Tuesday evening an informal reception was tendered the bridal party and out-of-town guests by the Miss Jones' parents, Mr. and Mrs. Malcolm Jones. The rooms on the lower floor were thrown open and presented a beautiful scene of fairy-like loveliness by the use of white and green tulle, white roses and asparagus. The table was beautiful with its cover of daisy lace.

In the center was a tall vase of bride's roses. Suspended from the chandelier over the table was a wedding veil from which were suspended garlands of tulle for each corner of the table, the whole presenting a beautiful scene veiled in white tulle. There was much merriment over the cutting of the bride's cake. A delicious frozen course was served the guests.

Will Make First Appearance in Federal Court Here.

Announcement comes from Wilmington that James O. Carr, newly-appointed United States District Attorney for the Eastern North Carolina district, was sworn in Friday, August 18, in the office of the United States Court clerk at Wilmington, the oath being administered by J. P. Collier, clerk. Mr. Carr will make his first appearance as prosecuting attorney for the Government at the next term of Federal court at Laurinburg, which convenes here September 28.

Notice is given that the city House tax in Laurinburg this year for selling groceries will be 200. Merchants who have been 225.

Settle the "What to eat question" these warm doughs with Uneeda Biscuits—the crisp, perfectly baked soda cracker. Eat them at any time, in any way, with anything. All grocers.

UNEEDA SEAL

UNEEDA Biscuit

5c NATIONAL BISCUIT COMPANY

CONGRESS PASSES FIRST OF NATION'S DEFENSE MEASURES.

Conference Report on Army Bill, Carrying \$287,597,000. Approved by House by 51 to 9.

Washington, Aug. 9.—The House today adopted the conference report on the Army Appropriation Bill, which now goes to President Wilson for his signature. The bill carries a total appropriation of \$287,597,000, an increase of \$85,000,000 over the amount provided in the House bill. The vote for adoption was 51 to 9, there being no roll call. Those who voted against the bill included seven Democrats, one Progressive and one Socialist. They were: Huddleston of Alabama, Tilman of Arkansas, Dies of Texas, Tamm of Illinois, Buchanan of Illinois, Bailey of Pennsylvania, Johnson of Kentucky, Democrats; Martin of Louisiana, Progressive; and London of New York, Socialist.

Little opposition was voiced to the report. Representative Cooper of Wisconsin sought to open the controversy over the articles of war by asking why they were placed in a bill of appropriation measure. Mr. Hay responded that the articles of war were provided for in the War Department had requested their repeal.

Representative Small of North Carolina spoke against the provision for national guard pay.

Attention to the War Department order authorizing the discharge of men needed at home and declared the emergency for which this provision was made does not now exist.

Representative Mann, minority leader, urged the adoption of the report, announcing that the future may hold dangers requiring all that has been provided for.

"I would vote for the conference report with even more pleasure if it carried more money," he said. "I have not yet changed my opinion as to the possible dangers of the future. I cannot see how either side to the controversy in Europe can voluntarily yield. I think the war will be prolonged, and the longer it goes on the more each side will resort to various devices involving neutral nations."

"And when the time comes that one side or the other thinks it can force a defeat, that side will exert every power at its command to drag other nations into the war. I said at the beginning I would aid in every possible way to keep this Nation out of the war, but we ought to be prepared and ready for any eventuality."

"That refers to Europe. I do not know what will happen in Mexico. I was very much surprised to read, I think in this morning's papers, a statement giving as the reason why we had not intervened in Mexico that there were 400,000 Japanese in Mexico and that we were afraid to get into war. I do not want a war with Japan, but God knows, I do not want to keep out of war merely because I am afraid. And if it is the truth—which I do not believe—that there are 400,000 Japanese in Mexico for the purpose of engaging in war with the United States, we ought to make a larger Army Appropriation Bill than we now have."

"The United States can afford to maintain peace, but it cannot afford to fall to prepare for war because it is afraid to fight."

"Within a week after the Naval Appropriation Bill passes Congress and is approved by the President we will be ready to advert to bids for all the ships in the building program except the battle cruisers," said Secretary Daniels today. "The four dreadnoughts provided for will carry 16-inch guns developed by Admirals Strauss."

Mr. Daniels was asked if he thought the building program of the Senate providing for 127 new ships within the next three years, sixty-six of them to be constructed at once, would be accepted by the House. "Undoubtedly," said he. "I believe the House will vote for the plan to bring the Navy up to date. The question of eight capital ships—four dreadnoughts and four battle cruisers—will be submitted to the House for a vote. I believe it will be approved."

Japan, Russia or Italy had done to increase its navy.

"But," he added, "in my opinion our navy will be the second in the world when we get the new ships provided for in the pending measure."

The contracts to be let soon after the bill is signed are for four battle ships, four battle cruisers, four scout cruisers, twenty torpedo boat destroyers, thirty coast submarines, three of the 800-ton type, and twenty-seven of the smaller type, one oil ship, one ammunition ship, one hospital ship and one gunboat.

The Secretary expressed confidence that plans for the battle cruisers will be out of the straightjacket hands by early fall, and that contracts for the building of the ships probably will all be let by the first of January.

Asked if the proposed Government armor plate plant would be ready to furnish armor for the new battleships, Mr. Daniels declared that an effort would be made to rush the work on the \$11,000,000 plant or plants provided for in the bill, but private concerns would be permitted to bid for the armor contracts.

The naval architects, said Mr. Daniels, have planned the new dreadnoughts, the fuel and hospital ships, the scout cruisers and most of the submarines. The dreadnoughts will draw about 32,000 tons and be propelled by electricity. There will be eight 16-inch guns to a ship, with a capacity to pierce armor at a distance of more than 17,000 yards. In the recent North Sea fight his views

on the "big gun" battle for his views on the controversy between officers over the provision in the Naval bill to promote by selection.

"Every day during my term of office," said he, "the importance of a better system of promotion of officers has been impressed upon me. I am not satisfied with the present system of promotion by seniority. That rule is a deterrent to efficiency and is contrary to every rule guaranteeing that merit shall win its just reward. I strongly urge that promotion be based upon the establishment of capacity and that only the ablest and fittest men be enabled to reach the highest rank."

DON'T DRINK BEER IN SUMMER.

Drinking Beer Increases Heat One Hundred Per Cent.

"Beer is not cooling," said a noted physician recently while discussing the best summer drink. Continuing he said: "While cold beer tastes cool to a hot man, it does not cool him off. Beer contains 4 per cent of alcohol, a pint contains eight tenths of an ounce which is nearly two table-spoons of whiskey. The effect of alcohol is to send an excess of blood to the skin, so when a man drinks beer in hot weather, he increases his chance of sunstroke at least 100 per cent. The best drink for a man at work, whether it is physical or mental labor, is clean, cool water."

As to drinking beer, a member of the crew of the Deutschland is quoted as saying: "Yes, we have beer on board, but not a drop of it is taken in stormy days or nights. There is no need for prohibition either. We have all tried at one time or another to quench our thirst with beer in our hot hours, only to suffer the tortures of hives when we are back on our feet. It makes you perspire a hundred times worse than does water and you drink water like camels. We take enough of it in eight hours of rest to last us in the four hours on watch."—Health Bulletin.

Mrs. McLaurin Entertains.

Reported for The Exchange. Mrs. H. W. McLaurin delightfully entertained at a miscellaneous shower yesterday afternoon, August 10, in honor of Miss Pearl Jones, whose marriage to Mr. Robert Yoder was solemnized Wednesday, 15. Mrs. McLaurin fully sustained her reputation as a charming hostess and the bride-elect was the recipient of many beautiful and useful gifts.

D'EXMA New Herbal Skin Balm

With salicylic acid this new skin balm... It is the only balm in this town... BLUE'S DRUG STORE.

CHINA FAST BECOMING MIRROR OF MISSIONS.

More Converts in Last Fifteen Years Than in All the Years Before—

Southern Missionary News Bureau.

"There have been more converts made in China in the last fifteen years than in all the years before." This is the surprising statement of Bishop Wilson S. Lewis, for several years a resident of China, superintending part of the work of the Methodist Episcopal Church in that land. "The people have lost confidence in heathenism," he continued, "first, because western ideals and school systems have shown them that their religious views were untenable. Second, because in time of need and under practical strain, their religious systems have all broken down. President Yuan Shi Kai was very friendly to Christianity. He gave liberally to the Union Protestant University in Peking. The university, built and endowed by the extra indemnity money which the United States returned, is completely equipped with Christian teachers, though it is a government institution. Prayer meetings are regularly held, and ordinary instruction is given a Christian bent. Recently one of our missionaries went into a province where he was visited by the governor, who reminded the missionary that he had given him his education as a boy, and that he desired to offer every possible co-operation that he, as a missionary, might command. That governor is now one of the seventy advisers of the President."

"Are many of the officials Christians?" he was asked.

"While I was holding a meeting in 1909, a splendid young man professed conversion," he replied. "He later became the secretary of President Yuan Shi Kai, and is now the secretary of the seventy advisers. The more thoughtful people are turning to Christianity as the only solution of China's problems. The war between Christian nations at first staggered them; but now they seem to recognize in it man's utter helplessness and need for a vital religion. Whenever I visit the capital of a province, I am expected to call upon the governor. He soon returns the call and confers with me about many vital matters. The vast importance of our work in China lies in the fact that the leaders trust Christian missionaries, and come to them for help in the solution of present government problems."

"Do you look for an unusual revival in China?"

"There never was so much interest in the Christian religion as now. In Hingwa we are compelled to hold three meetings a day in a building which holds 800 people, and to refuse anyone the privilege of attending more than one of these meetings. The Methodist church has been wise in putting two bishops into China, for the demands upon Bishop Bashford and myself are far beyond what we can meet."

The newspapers, magazines, and other periodicals in China have increased ten-fold in last years. We are putting much time and thought on the educational system. China has been too busy and too much unsettled to formulate a system. We are building a school plan reaching from the kindergarten through the high school, hoping we may mark out the way which China will ultimately follow. This vast empire is certain some day to become Christian, and no man can have a greater privilege than to spend his life in this strategic time in preparing China for that day."

Germany Will Have Food Enough for Another Year.

Berlin, Aug. 20.—This year's crops will be much larger than any in the last season of peace, according to information now at hand, the Food Regulation Board announces, and Germany is assured of supplies of all the necessities of life for another year.

Magnolia Balm

Is the Liquid Face Powder used by famous beauties. It has been passed upon by the European court with the result that they are to hang, are evincing no fear of death and when informed that their graves had been decided, advanced, made no comment except to say that they had not yet given up the fight. Gov. Park Trammell is expected, within a short time, to name the day of their execution. The triple hanging will be the first of the kind in the history of the state and also the first time in the history of Santa Rosa county that white men have suffered the death penalty. The men are all of the uneducated type and spent most of their lives in the woods and on the water.

Raleigh News Letter.

Raleigh, N. C., August 23.—With only ten weeks intervening between now and election day, Chairman Warren, of the Democratic State Committee, has adopted a hurry-up, slogan, and is endeavoring to impress upon the local party managers and leaders in all the counties the necessity of getting the campaign formally started everywhere without further delay. Every intelligent person knows how dangerous delays are, yet in some counties there has been a disposition to put off things that should be looked after and carefully looked after, at once. The local speakers who have been disposed to balk at "hot weather" will now find the first fall month peeping at them just around the next corner—and they are expected to "get a move on them" without further parley and proceed to swat the enemy at every little meeting place available—wherever a few may assemble themselves together. It is at these little meetings, where one's neighbor tells him the truths and developments which ordinarily would not come to his knowledge, that the bed-rock of the year's campaign is laid. That is Chairman Warren's opinion, and it certainly sounds like the real thing. Closely connected with these little meetings is the opportunity thus presented for the precinct committeemen to get in some good work and pass it on up to the county chairman—one of the most desirable and effective, not to say indispensable, results being the proper polling of the voters of every precinct, as the State Chairman has been urging already. That is the way to start up his political machinery and get it in good working and running order.

A little later on, some of the big guns of the campaign (who can't be everywhere at one time) will visit every county, and help the cause along—and there'll be some mighty fine material hooked for the bigger meetings. Then aside from the committee for governor, and presidential electors at large, than whom it would be hard to find three more eloquent and convincing speakers in this or any State.

We want to make every effort to keep our hold on a majority in the new Congress, both House and Senate, for it looks every day now more and more like four more years for Woodrow. Bear in mind this juncture while you keep your eyes open in the several congressional districts where it is known the Republicans are making real efforts and using money to capture a new congressman.

Attorney General Bickett, Democratic candidate for Governor, will speak at Asheboro next Saturday, August 29th, and State Chairman Warren announces the following additional appointments for Mr. Bickett: At Nashville Monday, August 28th; at Shelby September 4; at Lillington September 5; Albemarle, Stanly county, September 9.

Through some accountable error the date of the Asheboro meeting became confused, and a number of papers announced it for August 19th, instead of August 28th. Next Saturday (26th) is the date officially stated from Democratic headquarters here, and the prospects are that it will be a prominent Democratic participating.

Electors Cam. Morrison's appointments for the immediate future are: At Raeford August 25; at Sanford August 26; at Laurinburg August 29; at Fayetteville August 30; at Saint Pauls August 31.

Appointments for Elector Sinclair will be announced soon. Like his yoke-mate in this campaign, Mr. Sinclair is one of the finest campaigners in the State, and people will be delighted to hear these "big guns" discuss the issues of the day.

Despite the ancient assertion that figures don't lie, here are some that at least avoid the truth in a glaring manner. Mr. Candidate Hughes' campaign manager has just announced his first "forecast" of the season. Of course an attempt to figure out in August how the election will go in November is rather previous, and to that extent worthless. But this initial "forecast" of the Republicans, based on what they term "reasonably certain" votes, is as ridiculous as worthless, and will hardly serve the evident purpose of fooling somebody who knows no better.

Selecting exactly half the number of States this prognosticator ladies out an even 200 votes for Hughes, or 54 more than necessary to elect. These States he terms "reasonably certain," and then proceeds to add 100 more electoral votes which "probable" Republican States will yield his candidate.

Just how worthless such calculations are (except for possible effect on voters meanwhile) can be shown in a jiffy. For instance, in order to figure out a majority of the electoral college in the first list of "reasonably certain" States, this calculator includes West Virginia, New Jersey, New York, Ohio and Delaware. Those five States cast 84 votes and they alone, with the "solid South" added, counting Maryland, then there are Missouri and Kentucky left, with several doubtful western States to swell the Wilson vote to much larger proportions than Hughes' men are now claiming.

The three Roberts brothers, convicted of the murder of an aged couple named Wyman, on Santa Rosa sound, in Florida, a year ago, and whose case has just been passed upon by the European court with the result that they are to hang, are evincing no fear of death and when informed that their graves had been decided, advanced, made no comment except to say that they had not yet given up the fight. Gov. Park Trammell is expected, within a short time, to name the day of their execution. The triple hanging will be the first of the kind in the history of the state and also the first time in the history of Santa Rosa county that white men have suffered the death penalty. The men are all of the uneducated type and spent most of their lives in the woods and on the water.

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