

# TODAY and TOMORROW

by FRANK PARKER STOCKBRIDGE

## CLOCK . . . a thrill

On the mantel in my farm home an old clock has been ticking away for more than 100 years. Like most old clocks, there is a painted decoration on the glass door that conceals the swinging pendulum. The colors are so faded with age that I had never noticed, until I started to wind the clock today, just what this decoration consisted of. But as I glanced at it I saw the words "The Constitution." That set me to studying this ancient design.

The picture is of a scroll of paper headed with the words "The Constitution," and partly concealing an American flag, whose folds peek out from below the scroll. Across the middle of the design are two hands clasped in friendship, and a reproduction of the old Roman fasces, the bundle of rods tied about the battle ax which was the symbol of the unity of the Roman Empire.

As I look at the clock from where I am writing it gives me quite a patriotic thrill. One hundred years ago, or whenever this old clock was made, the Constitution of the United States was a living, vital thing in the consciousness of every American, something our forefathers were proud of and swore by. I hope it may always retain its place as an object of popular veneration.

## PROGRESS . . . three headlines

Three headlines on one page of my morning paper gave me a real kick.

Two boys in a home-made airplane stayed up in the air nearly 700 hours. We have learned more about airplanes and engines since Lindbergh flew to Paris than we had learned in all the 25 years of aviation before that event.

A plane that can land on either land or water climbed 18,000 feet, carrying a load of 1,100 pounds. That is news of the greatest importance to a world which will soon be doing most of its traveling by air.

An automobile equipped with a Diesel type engine ran 1,200 miles at a fuel cost of \$2.21. That foreshadows a revolution in automobile construction and operation.

All such things mean progress.

## VIRUS . . . isolated

Men of science are pretty well agreed that the common cold is caused, not by a germ, but by a virus which is minute enough to pass through the finest filter that can be made. Infantile paralysis, measles, yellow fever, and small-pox are also believed to be caused by a virus.

It is important news that Dr. W. M. Stanley of the Rockefeller Institute of Medical Research has succeeded in isolating a virus, something which nobody has ever seen before, even through the most powerful microscope. He seems to have proved that these disease-carrying viruses are crystals of protein, which have terrific power of infecting any living organism into which they enter.

This seems to me another step, and a long one, on the road of human progress. The world is steadily becoming, from day to day, a better and safer place in which to live.

## ALASKA . . . human nature

A few weeks ago I remarked in this column that I expected to hear of dissatisfaction among the farm colonists whom the govern-

ment is undertaking to settle in the Manpannska Valley in Alaska. The complaints have begun to come in a little sooner than expected.

I don't pretend to know the rights and wrongs of the situation, but I do know that nobody, individual, corporation or government, can do anything for the benefit of any group of people without becoming the target for criticism by a high proportion of the beneficiaries. It is human nature to be dissatisfied.

I think everybody who has been around enough to understand people and their reactions must become convinced that the best service anyone can render to most people is to do nothing for them, except to encourage them to shift for themselves and see that nobody else tries to stop them from going their own ways.

## BEEES . . . a lesson

New York City folks are learning a lot about the ways of bees, now that several hives of honey-makers have been placed on one of the roof gardens in Rockefeller Center, five hundred feet or more above the city streets. These bees have to fly a long way to find honey, so a supply of syrup is kept where they can get at it.

One of the things that surprises visitors to the roof is the way in which the bees will flock out of their hives ready for a mass attack, if anyone gets too near them. Most visitors never heard of the bees' practice of keeping a sentry on guard, fifteen or twenty feet from the hive, to sound the alarm and rally the hive-dwellers to battle, if an intruder gets too near.

Bees long ago learned what the human race has been very slow to learn, that eternal vigilance is the price of liberty and security.

## Mark Twain Queen



**HANNIBAL, Mo.**—Marian Rupp (above), senior, is counted one of the luckiest girls. She has been crowned Queen of the Mark Twain Pageant of the Twain, which is being celebrated during 1935.

## Crushing Dive

**FORT WORTH, Tex.**—Apparently the water was plenty deep and Elmer Murray, 22, dived boldly through the inner tube a group of girls held at a lake near here.

He came up with a crushed vertebra in his neck. The girls had been sitting in shallow water.

Charles L'Enfant, a French engineer, planned the lay-out of the city of Washington.



# THE FAMILY DOCTOR

By JOHN JOSEPH GAINES, M.D.

## TO WEARERS OF SPECTACLES

Do your glasses fit? It would seem, in these days of superabundant service right at our elbows, that ill-fitting spectacles could seldom be found. Personal experience, however, leads me to write this letter on this very important subject.

For years I struggled with "bifocal" lenses. Every time I descended stairs, or walked up and down terraced steps outdoors, I groped through the reading segment of these lenses, and I can assure you, it was quite a cross to bear. . . . Looking at the steps through segments of glass that were made for a 17-inch reading distance, converted for me a fitted lens into a most ill-fitting one.

Ill-fitting spectacles have a most marked effect on the gait and general comfort of wearers of glasses. I have seen a chronic dizziness and even severe headaches set up by badly-corrected eyes. These were in patients who had neglected to visit the optician, and who had resorted to all sorts of medical means for relief.

I have seen many headaches and such other nagging distress relieved by simple correction of the lenses worn by the sufferer. I often send the dizzy patient to the optician, instead of giving him a packet of liver pills, to possibly sicken him more.

If you are a wearer of glasses,

try to see that they are perfectly adapted to your eyes. It will repay you in comfort to do so. The eye is, perhaps, your most delicately-poised fixture—do not neglect it. And, to older patients—do not hurry into a pair of "bifocal" lenses; a pair for distance and one for reading are better.

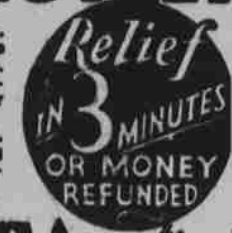
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## ACHING FEET

Tired, aching, perspiring, swollen feet—Zeeta, the antiseptic foot powder, makes them cool and comfortable in 3 minutes—or money back.



**ZEETA** ANTISEPTIC DEODORANT FOOT POWDER

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Sub-Tropical In The East—Milder On The Tableland and Piedmont—Relatively Cool and Stimulating In The Mountains

An extremely favorable climate is one of the most important of the many advantages of the Carolinas.

It should be borne in mind there is a vast difference between Climate and Weather. Climate is a fixed condition, reckoned in terms of years, while Weather is a temporary factor. Climate has a vital bearing on permanent things, such as crops, pleasure and conditions in general while Weather indicates yesterday's or today's temperature or whether it will rain tomorrow.

Annual mean temperature ranges from 48 degrees in the mountains to 63 on the Coast. Annual mean temperature for the mountain region as a whole is 55 degrees.

This mild and favorable Climate naturally has an important bearing on agriculture and the physical comfort of Carolinians. In the trucking sections the last killing frost occurs a month earlier in the Spring and a month later in the fall than in the high altitudes of the West.

Clear skies prevail a great portion of the time and tornadoes are practically unknown. Yet rainfall is amply sufficient for agricultural and power needs and good crops abound. These conditions not only are conducive to agricultural success but make the Carolinas the natural and logical playgrounds of eastern America.

That's the Purpose of The Carolinas, Inc. — "TO TELL THE WORLD"

## The CAROLINAS INC.



The Carolinas, Inc.  
Box 60, Charlotte, N. C.

Without obligations, please send full information concerning Carolinas, Inc., and copy of the Carolinas Opportunity Bulletin.

Name .....

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The newspapers of North and South Carolina have donated the space for this and a series of advertisements which will appear for the purpose of bringing facts about the Carolinas before their people, that they may be better informed as to the resources, history and industrial importance of the Carolinas, and that they may know how they can assist in the broad movement to advertise to the world the advantages of this favored section.

## Constipation

If constipation causes you Gas, Indigestion, Headaches, Bad Sleep, Pimples on Skin, get quick relief with **ADLERIKA**. Thorough in action yet entirely gentle and safe.

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RELIEVE PAIN IN 9 MINUTES  
To relieve the torturing pain of Rheumatism, Neuritis, Neuralgia or Lumbago, in 9 minutes, get the Doctor's Prescription **NURITO**. Absolutely safe. No opiates, no narcotics. Does the work quickly—and must relieve your pain in nine minutes or money back at Druggists. Don't suffer. Use **NURITO** today.