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"Long May It Wave."

As the American army increases in
size the chance for a German victory
decreases.

—W. S. S.—

Wonder what the Kaiser thinks of
"that contemptible little American
army" by now?

—W. S. S.—

"On to Berlin," is the battle cry of
the allies, and here's hoping nothing
will stop them until they enter that
accursed city.

—W. S. S.—

"Our Flag is Still There," and waving
in all her glory in the front ranks
of the allies, and to the dread and
fear of the unholy Hun who sees it.

—W. S. S.—

The good work of the allies goes
on in France, and up to the hour of
going to press allied armies are still
advancing. The resistance of the
Germans is stiffening somewhat, but
they are still retreating.

—W. S. S.—

The American people have put
their trust in the Lord, and He will
not deny them victory. "Trust in
Lord and keep your powder dry" is
still as true today as when uttered
during the revolutionary days.

—W. S. S.—

A German prisoner captured by the
American troops when asked what
the Germans thought of the Ameri-
cans said they had heard there were
a million Americans on the fighting
line, but from the way in which they
fought they thought there were fully
ten millions of them.

—W. S. S.—

"While we regret his loss yet his
mother and I are glad that he had his
chance to show what was in him." Such
is the way in which Theodore
Roosevelt and his wife look upon the
loss of their baby, Quentin. Spoken
like the true and brave American
parents that they are. Their words
should be studied by the parents of
all who have children "over there"
and may we all show the same cour-
age if compelled to undergo the same
trial.

—W. S. S.—

Thursday's papers tell us that no
single American army officer is in-
volved in the recent rain coat scandal.
As Rev. Griffith remarked in his talk
to the departing soldiers at Tryon
Wednesday, "The American army is
the cleanest lot of fellows under the
sun." Commanded by that great re-
ligious soldier and humanitarian
Pershing backed by the greatest
Christian nation on earth, how can it
be otherwise?

—W. S. S.—

One of the prettiest tributes we
have ever read was the editorial in
the Asheville Citizen a few days ago
touching upon the death of Quentin
Roosevelt. However we may fail to
agree with Theodore Roosevelt, yet
none can doubt his Americanism or
loyalty. With four sons in the ser-
vice and himself a bitterly disap-
pointed man because he could not go,
it stands to reason that his love for
America is genuine.

—W. S. S.—

The marksmanship of the Ameri-
can troops has been the wonder of
the fighting, and the British and
French look upon their work in amazement,
while the Germans look
upon their work in dread. The idea of a soldier being able to kill
an object no larger than a man at a
distance of 1,000 yards seems to be
unbelievable to the British and
French, as well as the Germans.
That is no great feat for boys who
have been trained to shoot squirrels
in the eyes with an old-fashioned
long-barreled rifle.

—W. S. S.—

To Col. Theodor Roosevelt: The
sympathy of the entire American
nation goes out to you and your noble
wife in this, your time of sadness and
bereavement. Those who do not un-
derstand you and do not agree with
you have nothing but the deepest re-
gret and words of sympathy, while
those who do know and admire you,
think more of you today than ever
before. To them your action and
words were nothing more than were
expected. May God in His wisdom,
help you and your noble heroic wife
to bear up under your burden know-
ing that He does everything for the

AN APPEAL TO ALL PATRIOTIC WOMEN

Mrs. Thomas J. Preston, Jr.,
(Formerly Mrs. Grover Cleve-
land) Urges Women of
Nation to Stand Firm.

"We can win if America can be held
steadfast and unswerving, and the wo-
men of America can hold her stead-
fast. Against all temptations to com-
promise the women of America should
stand firm and united," says Mrs.
Thomas J. Preston, Jr. (formerly Mrs.
Grover Cleveland), in a message to the
women of America, made public
through the National Security
League.



Mrs. Preston is active in the Security
League work. She was the first woman to become a
member of the League's National Ex-
ecutive Committee, and is secretary of
the League's Committee on Patriotism
Through Education.

Mrs. Preston's message to the wo-
men of the country reads in full:
"Proclaim Liberty."

"Proclaim Liberty throughout ALL
THE LAND unto all the inhabitants
thereof."

"These words were written about
1490 years before Christ, as part of
the Law of Holiness in the Book of
Leviticus. Our fathers inscribed them
upon the Liberty Bell which called our
mighty nation into life.

"Today 'all the inhabitants' enjoy
liberty, the Jew and the Gentile, the
rich and the poor, the native and the
alien-born, the weak and the strong.
The old Liberty Bell is silent, for its
voice has been heard 'throughout all
the land.'

"But Liberty is not safe. It is men-
aced along the battle fronts of many
nations, our own among them, and
America requires a new motto for her
old Liberty Bell: 'Proclaim liberty through-
out ALL LANDS unto all the inhabi-
tants thereof.' Until liberty is safe
in all lands, it can not be safe in our
own. Hence the task to which Ameri-
ca has reverently and unselfishly de-
dicated herself.

"Make Motto Real."
"The Fathers of this Republic, men
of many races, with a common love of
liberty, wrought into law our ancient
motto, thus giving liberty a chance to
enlighten the world.

"Today we, their descendants, are
called upon to make real the new
motto, and thus to give liberty the
undisputed right to bless the world."
"This can be done but only after
heroic struggle and self-sacrifice. A
premature peace would mean failure.
It would be only less disastrous than
complete defeat. Against all tempta-
tions to compromise the women of
America should stand firm and united.

"Peace and Safety."
"Victory means peace and safety
for our children; defeat means hu-
miliation and practical servitude for
them; while a negotiated peace, with
the military machine of Prussia un-
broken, means that everything in their
lives must be subordinated to the task
of preparing for another war with
Germany. We can win now if Ameri-
ca can be held steadfast and un-
swerving, and the women of America
can hold her steadfast."

QUOTAS FIXED FOR FALL Y. M. C. A. DRIVE

National Goal of \$112,000,000 Includes
\$15,000,000 For War Work Of Y.
W. C. A.—Southeast Asked
For \$5,000,000

The quotas for the seven states of
the Southeastern Department for the
next financial drive of the National
War Work Council of the Y. M. C. A.
for \$112,000,000, which will take place
late in the fall were decided upon last
week by delegates from each of the
states. Seven hundred delegates from
the seven states of the Southeastern
Department recently met with the na-
tion's leading Y. M. C. A. workers at
the Capital City Club of Atlanta, Ga.

The quotas for the Southeastern
states, totaling approximately \$5,000,
000, were decided upon as follows:
—Florida, \$577,584; Georgia, \$1,043,
784; Mississippi, \$280,000; North Caro-
lina, \$680,288; South Carolina, \$844,
896; Tennessee, \$1,095,920; Alabama,
\$504,000.

\$15,000,000 to the Y. W. C. A.
Of the total amount \$15,000,000 will
be turned over to the Young Women's
Christian Association in order that
they may carry on the many war ac-
tivities that they have undertaken.
Every town and community of
the Southeast was represented by
its leading citizens at the conference.
Chief among the international figures
were Dr. John R. Mott, General Secre-
tary of the National War Work Coun-
cil, Geo. W. Perkins, former leader
of the Bull Moose party, a member
of the executive board of the United
States Steel Corporation and now
chairman of the Army and Navy Y.
M. C. A. bureau of finance. Others
in the party were A. H. Whitford and
Chas. S. Ward, directors of the na-
tional campaign, and A. M. Cotton of
the Navy, War and Give Campaign.



QUESTIONS ON HEALTH, HYGIENE AND SANITATION OF GENERAL INTEREST TO OUR READERS WILL BE ANSWERED IN THESE
COLUMNS OR BY MAIL IF ADDRESSED TO THIS OFFICE OR TO THE STATE BOARD OF HEALTH AT RALEIGH AND ACCOMPANIED
BY A STAMPED, ADDRESSED ENVELOPE. NO DIAGNOSIS OR TREATMENT OF INDIVIDUAL DISEASES WILL BE ATTEMPTED.

The Antediluvian Teacher

The one thing superintendents, prin-
cipals and teachers in some schools
hate worse than physical education is
having parents coming around with
grievances or complaints against med-
ical methods. The writer is a par-
ent and a doctor and he recently
found it necessary to call on the pub-
lic school principal to learn why no re-
cesses were given the children—no
outdoor recesses. On the day of this
particular visit the weather was ideal,
though a bit cold. But the ground
was still damp from previous rains.
It was immediately after noon inter-
mission, and all the school children
had played about the yard in the
noon hour while waiting for the bell
to ring.

The principal of the school in ques-
tion is a typical mollicodde. Always
has some slight cough or "cold" and
always nursing it. He was a bit fab-
bergasted at the suddenness and ve-
hementness of our inquiry. He finally
explained that there had been no re-
cesses for some weeks back because
of bad weather. "Had we allowed a
recess this forenoon, for instance,
many of the children would have got-
ten their feet wet in the yard and
probably their parents would have
complained to us about it." The same
parents, you see, would have no pos-
sible objection to the children getting
their feet wet at the noon hour. This
was carefully pointed out to the prin-
cipal. He was also advised that the
school board rules called for outdoor
recess morning and afternoon when
the weather was suitable, and that un-
less this recess was regularly given it
would be our painful duty to bring a
complaint against the principal, in the
interest of the health of the children.
No recesses were given for another

week of fine weather. So we took the
matter to the superintendent of
schools, who, being a fairly human be-
ing, immediately recognized the prop-
riety of the complaint and censured
the principal in question for his bad
stewardship. After that, recess be-
came a living institution in that school.

All this trouble is worth while, if a
parent values the health of his chil-
dren. So-called "colds," sore throat,
tonsillitis, adenoids, enlarged tonsils,
as well as anemia, nervousness, bed-
wetting, chorea (St. Vitus' dance), and
many other conditions of school chil-
dren are certainly invited by prolonged
confinement in the warm atmos-
phere and the strict discipline of the
average schoolroom. It is up to the
parents to see that a regular fifteen
minutes of recreation, exercise and re-
lease from restraint—so hard for the
child's naturally active nervous sys-
tem—are forthcoming in every school,
and to protest promptly and vigorously
when an antediluvian teacher es-
says to repeal this ancient, wise and
indispensable provision for the phys-
ical welfare of the child.

Question and Answers.

Perspiring Feet.
W. W. R.—What is good for per-
spiring feet?

Answer: Tepid foot bath each midday,
and change of stockings, also of shoes if
possible, at that time. When feet are
dried, apply an alcoholic solution of
salicylic acid, one ounce in the pint, or a
water solution of official formaldehyde li-
quid, one ounce in the pint. Dry. Dust
over with boric acid powder, or talcum
powder.

Alum in the Biscuits.

Dr. K. M.—Kindly advise me if bak-
ing powder containing alum is inju-
rious to health.
Answer: If the biscuits are good we
eat them, and we never trouble to in-
quire about the infinitesimal quantity of
alum they might contain. We think that
alum belongs with the notion that good
tea or coffee is not healthful.

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