

EYES, EARS, NOSE AND THROAT OF PUBLIC SCHOOL CHILDREN

Issued by the Board of Health

Public School Health—Important Official Information for Teachers and Others Connected With the Public Schools of Beaufort County.

Superintendent Gives Instruction

A very important publication has just been issued from the office of Hon. J. Y. Joyner, Superintendent of Public Instruction of North Carolina...

stream, no matter how small, should have a hand-rail. One of the crying needs in our situation is better and more attractive schoolhouses...

The room should be oblong, the width being to the length about three to four, with the teacher's platform at one end.

For primary or grammar school, with register of 54 pupils and attendance of about 50, the room should be about 33 feet long, 15 wide, and 13 high...

The danger to the eyes of school children is the production of near-sightedness, due to an elongation of the eyeball backward, and insufficient light is the most potent cause.

The continued tension of the muscles of adjustment (accommodation and convergence) is the principal factor in the production of near sight...

Since a large part of childhood, and particularly that part of it in which the eyes are used most on near objects, is passed in the school-room...

For the benefit of those who are not teaching, especially committee-men and parents, I am giving the following extracts from this important publication...

The first duty of every teacher and every school official is to protect the health and the lives of the children committed to their care...

In matters of hygiene and sanitation example is better than precept, and the teaching of daily surroundings more effective than the memorizing from books of hygienic rules and laws.

Simple, brief health talks should be given to all the children of the school by every teacher once or twice every week.

The old, narrow, short-sighted idea of education that concerned itself with but a part of the child—its mind—is fast giving place to an education that seeks the development of the whole child—mind, soul and body.

The old idea, still extensively held, that diseases are foreordained, inevitable, has been shown by the extensive researches of the last quarter of a century to be incorrect.

How foolish, then, for teachers to continue to concern themselves solely with the child's mind, developing it symmetrically, and how short-sighted of teachers to fail to teach the child Nature's first commandment, self-protection...

The schoolhouse should always be located on an elevation, so that its immediate vicinity is perfectly drained.

The roads on general principles ought to be good, but in their relation to the schools all roads leading thereto should have at least a good, dry footpath, as most of the children walk, and every foot-log, over a

INSURGENTS EXPECTED TO KEEP UP FIGHT

Senate is Disturbed

Renewed Outbreaks to Come With Every Interjection of the Cannon Rules—Fate of Several Bills One of the Live Topics.

ROW UPSETS CONGRESS

Washington, Jan. 18.—No matter how satisfactorily an arrangement is made for the selection of the joint committee to investigate the Ballinger-Pinchot controversy...

Discussions between the insurgents and regulars in the House have occupied the center of the stage for a fortnight although several important measures have been passed.

That there will be a lull in hostilities in the House as soon as the Ballinger-Pinchot committee is appointed is concealed, but those who are anxious that legislation may proceed without delay are not over sanguine of their efforts to keep the insurgent row in check.

Fate of "My Policies." Second interest to the discussion of the battle between the Republican organization and the insurgents in the House is the gossip in both branches of Congress as to what will be the fate of the several administration bills to put into force what are known as Taft policies...

Inertia in the House. The message of the President bearing upon the question of enacting a voluntary Federal incorporation law to offset the interpretation placed upon the Sherman anti-trust law by the Standard Oil Company dissolution case...

The administration bills to carry out Mr. Taft's views on the subject of the conservation of natural resources are still before the House committee on public lands...

Many people believe that the administration forces made a mistake in declining the proffer of Mr. Mondell. His opposition to the Ballinger bills is said to be in harmony with lukewarm support given by him in the past to the Roosevelt or Taft programs for the conservation of natural resources.

TO BUILD COTTAGE

Mr. Charles M. Little, Jr., who has just sold his residence, corner of Harvey and Main streets, to Mrs. Elizabeth Y. Simmons, expects to begin at early date the erection of a cottage on Harvey between Main and Water streets.

TO CONDUCT PRAYER MEETING

On account of the absence of the pastor, Rev. M. T. Flyler, Mr. Samuel Carter will conduct the prayer meeting at the First Methodist Church Wednesday evening.

VASSAR GIRLS CHARM AUDIENCE

One of the Biggest Hits of the Season.

One of the biggest hits of the current season was the Eight Vassar Girls at the public school auditorium last night, being the fourth number in the Lyceum course.

MR. ANGEL DEAD

Father of Mrs. John G. Blount Dies in Birmingham. Dr. John G. Blount received a telegram this morning announcing the death in Birmingham, last night, of Mr. L. A. Angel.

MRS. E. D. DOUGH ENTERTAINS THE BOOK-CLUB

Mrs. E. D. Dough entertained the members of the "Le Livre" Club most delightfully on the evening of January 14. The house was tastefully decorated with cut palms and ferns.

EVERYBODY INVITED

Every citizen of Washington is urged to attend the Robert E. Lee birthday exercises at the Chamber of Commerce rooms Wednesday evening, January 19, at 3.15 o'clock.

FAIR TRAINER TORN BY WILD BEASTS IS DEAD

New York, Jan. 17.—Pauline Russell, who a week ago was attacked and badly torn by one of a pair of leopards she was training at a city museum, died today.

PUBLIC HEARING OF COMMITTEE NOW COMPLETE

Rivers and Harbor Bill

The Bill Should Be Ready to Be Reported to the House Not Later Than Feb. 1, Says Chairman Alexander.

A YEARLY APPROPRIATION

Washington, D. C., Jan. 18.—The public hearings before the Rivers and Harbors Committee of the House have been completed and the committee is in daily executive session for the consideration of a river and harbor bill which Chairman Alexander believes should be completed and reported to the House not later than February 1st.

In addition to delegations of citizens interested in particular projects many Representatives in Congress were heard in the advocacy of a broad and comprehensive policy toward the waterways of the nation as urged in season and out by the National Rivers and Harbors Congress.

Among the particular projects which received attention as presented by delegations of citizens interested, introduced by members of Congress, were the Coosa and Flint river enterprises; a deep water harbor on the northwest coast of Florida either at Appalachicola, Carrabelle or St. Andrews Bay; a fresh survey of the Wabash river up to Terre Haute; the adoption of projects relative to the San Joaquin and Sacramento rivers; deeper water in Norfolk harbor; larger appropriations for locks and dams on the Ohio to the end that this great artery of commerce may be completed within twelve years.

Other projects to which attention was directed were those looking to more exhaustive surveys with special reference to the holding of water in certain seasons of the year. The Savannah river at and below Augusta is an example of the needs of better navigation facilities.

Galveston has a new project which is being urged upon the committee with great particularity by the representatives in Congress from that section, being a plan of improvement of Galveston bay as a whole. Lock and dam projects were also urged for the Cumberland and Tennessee.

"A very comfortable river and harbor bill will be passed at this session," said Chairman Alexander, "but as to the amount it will carry is a matter which rests wholly with the committee, which has voted in favor of annual bills. The present bill will be drawn with that in view."

"From 1865 to 1884," said Chairman Alexander, Congress enacted annual River and Harbor bills. Finally in 1882 President Arthur vetoed one of them which resulted in biennial bills. To obviate the business difficulty of having a bill only once in two years the continuing contract policy was adopted in 1890.

"The committee believed the day has now come to return to the original and business method of an annual bill. The plan is to appropriate each year only what the engineer corps can expend in that year."

"To harness the waters with which this great nation has been abundantly blessed," continued Mr. Alexander, "and to make the rivers work for the benefit of our diversified activities is one of the most interesting problems which confronts the committee in whose judgment I have great faith and I believe that a bill broad and comprehensive in character will be the outcome of our deliberation."

DISAPPEARANCE OF J. A. WALSTON

No Tidings of Him Since July Last.

There seems to be some mystery attached to the disappearance of one J. A. Walston, who has been living in Long Acre township, this county. He mysteriously disappeared on July 11 and since that time no tidings of him can be ascertained by his relatives or friends.

Walston was frequently seen on the streets of the city and was conspicuous for always having a bag thrown across his shoulders. Frequently in the winter time he could be seen barefooted. His disappearance cannot be accounted for.

RIVER ROAD STATION NEWS

Lyman, a little son of Mr. and Mrs. L. M. Sheppard, who has been very sick, is convalescent.

Mrs. N. B. Mitchell, of Ware's Chapel, is very ill at the home of her daughter, Mrs. D. H. Bennett, at Bunyan.

Mrs. Nelson Sheppard, of Bunyon, was very ill for several days last week.

The Episcopal convention convened at Bath Tuesday evening of January 25th and will continue Wednesday and Thursday. A special boat for the accommodation of passengers who wish to go will leave Washington, Tuesday afternoon.

Rev. C. D. Malone conducted services Sunday at the Charitable Brotherhood hall and was a guest of Mr. and Mrs. J. M. Cotten Sunday night.

Mrs. F. Allgood and children of Washington were guests of Mrs. Nelson Sheppard at Bunyon one day last week.

Mr. and Mrs. J. B. Respass and children of Broad Creek were guests of Mr. and Mrs. Lewis Allgood last Sunday.

Mr. and Mrs. I. C. Carmer Allgood and child spent Sunday with Mr. and Mrs. J. T. Singleton.

Mr. and Mrs. J. R. Allgood and child of Washington were guests of Mr. and Mrs. L. M. Sheppard last Sunday.

Messrs. L. M. Sheppard and J. D. Sheppard visited Mr. and Mrs. Nelson Sheppard at Bunyon one day recently.

Mrs. R. L. Woolard who has been very ill is improving.

Miss Lena Willis was a guest of Miss Lillie Allgood last Sunday.

LIST OF LETTERS

Remaining uncalled for in post-office for week ending January 15, 1910.

Gentlemen—Harry Ayeock, Roy T. Buckingham, Reynold Ball, J. R. Bartoe, Tomas Claims, John S. Dennis, Walter Ellis, Henry Evans, Leslie Fowden, Willie Granger, J. R. Holliday, E. L. Jones, James A. Knight, Alan G. Lynn, Mr. Marshburn, John Robinson, R. E. Ray, M. L. Smith, Edward C. Smith, Mr. Washington, R. C. Waters.

Ladies—Mrs. Rachel Boyd, Mrs. H. A. Clemons, Mrs. Olivia Corson, Miss Mary Gibbs, Miss Lou Hunter, Mrs. Mary Holiday, Miss Clara Hardy, (illegible), Mrs. W. E. Pearce, Maria Jane Smith, Mrs. Lula Whitfield, Miss Luella Williams, Miss Lottie Whiteaker, Miss Lulla Whitfield.

These letters will be sent to this dead letter office January 31, 1910, if not delivered before. In calling for the above, please say advertised, giving date of list.

DAUGHTERS OF THE CONFEDERACY MEETING

The Pamlico Chapter, Daughters of the Confederacy, are requested to meet tomorrow afternoon at the residence of Miss Lena Windley, on Market street, at 4 o'clock. The attendance of all is requested.

CONVALESCING

The many friends of Mr. John K. Hoyt, Sr., who has been quite ill at his home in Beaufort, N. C., suffering from congestion of the lungs, will be pleased to learn that his condition is much better and that he is now on the road to recovery.

WORK IN THIRD DEGREE

There will be a regular communication of Orr Lodge, No. 104, A. F. & A. M., at their lodge room this evening at 7:30 o'clock. Work in the third degree. All visiting brethren and the members cordially invited.

NOTED CHEF WILL GIVE DEMONSTRATIONS

On Majestic Range

Professor Joseph Becker, One of the Nation's Noted Cooks Here and Will Exhibit Skill at Harris P. & S. Co's Store.

LADIES CORDIALLY INVITED

Beginning tomorrow afternoon from 2 to 5, and continuing each afternoon during the remainder of the week, Professor Joseph Becker, in his demonstration of the great Majestic Range, will be the novel attraction at the J. H. Harris Plumbing & Supply Company's store.

Every lady in Washington, and the men, too, for that matter, should attend this demonstration and hear Professor Becker, and well they may, for he is a chef of no mean reputation. He was selected by the Majestic Range people from hundreds of applicants, some five years ago.

During the series eighty-three different kinds of pastry will be made in the presence of the audience. Some afternoon during the exhibition the Professor will, during the space of one hour, roast eight pounds of beef, one row of sweet potatoes, two pounds of Irish potatoes, parsnips and dressing and three dozen biscuits, raised with baking powder—all in the same pan.

Special arrangements have been made with Professor Becker for him to make his famous "walking cake." This product will be 15 inches square and 7 inches high. Prior to serving a board is placed on top of the cake and 29 whips in the audience are invited to stand on it. Needless to add the cake becomes as flat as an open book, run over by a train of cars.

The professor gives one more information on good, common sense and economical cooking than all the cook books that are printed. He bakes all kinds of dainty pastries, mixing everything before your eyes and explaining each ingredient as he goes along. He gives free lectures and practical demonstrations on the art of economical cooking, each afternoon. He bakes the wonderful walking cake, talks to the ladies, answers any questions concerning cooking and gives recipes of anything for the simple asking. He shows the ladies and all others how to make the art of cooking a pleasure instead of a burden, as most people term it. He serves all his dainty cakes, in fact everything he bakes, to the ladies present. This is the chance of a lifetime for the ladies of Washington to learn the cooking art. Each exhibition during the week will have some feature.

No such opportunity has ever been presented to the ladies of Washington. They are cordially invited, beginning tomorrow afternoon from 2 to 5, and each following afternoon during the week. A cordial welcome awaits all at the J. H. Harris Plumbing & Supply Company, where Professor Becker will demonstrate his skill on the Majestic Range.

The reason a woman likes to wear low shoes in cold weather is she would be so much more comfortable in high ones.

New Advertisements

- in Today's News
J. H. Harris Plumbing & Supply Co.—Cooking Demonstration.
J. K. Hoyt—White Goods, Etc.
Washington Water & Light Co.
Gas for Cooking.
Gem Theater.
Gaiety Theater.
Wm. Bragg & Co.—Insurance.
Cardui.
Doan's Kidney Pills.
Pain Ointment.
Capidine.
Vick's Remedies.
Luxative Bromo Quinine.