

LEAVES FROM A COURIER REPRESENTATIVE'S NOTE BOOK.

"Balboa," Prominent Name on the Isthmus—Visit to Judge and Mrs. Gudger, Former North Carolinians—Ants Destructive—Schools in Canal Zone—Churches—Religious and Amusement Facilities—Magnitude of Food Problem.

"Balboa" is probably the most prominent name in the pages of the story of the Isthmus of Panama. He explored and partially conquered Darien, and has always had the distinction of having discovered the Pacific ocean. He was born of poor but honest parents and had noble blood in his veins. In his youth he was rather reckless, and his relatives at different times wished him "across the seas." He went to San Domingo seeking fortune and fame and went deeply in debt, so finally, to escape his creditors, was smuggled on board a ship in a wine cask by some of his friends to make an expedition to Darien. An insurrection occurred and the young Spanish adventurer was made commander. He learned from the Indians and natives that there was a great ocean beyond the jungles, and after reaching the highest point on the Isthmus obtained the first view that any white man ever had of the Pacific ocean, September 25th, 1513. This hill is called Balboa, and we were told that on a clear day, from it, one could see both the Atlantic and Pacific ocean. The town "Balboa" on the Pacific entrance to the canal will perpetuate the memory of the intrepid Spanish explorer who first looked upon the peaceful waters of the Pacific and called it Mal de Sur, "South Sea," owing to the fact that no storms were ever known on the coast of this newly discovered ocean. A Panamanian dollar is called a "Balboa." With his name so prominently associated on the Isthmus, there is no doubt as to the perpetuation of his memory, and it is a great pity that although he was allowed to live in this land with which he was so charmed, that his friends betrayed him and he was finally beheaded in sight of the great ocean which he discovered.

Visit to Judge and Mrs. Gudger.

On our return from Old Panama on Sunday night Judge and Mrs. Gudger called to see the North Carolina people. They have been living in Panama a number of years, the Judge having had an appointment from the government. They told us many interesting things about Panama, the people, their manners and customs, of the construction work of the canal, and how the government cared for its employees. On Monday morning we went to their home on Ancon Hill. The government furnishes the homes of the employes with all of the heavy furniture. Each house has what is called a "Drying Room" on account of dampness. In that room an electric light burns all of the time to keep clothes, shoes, etc., from moulding. One lady said she kept an electric light burning in her piano a great deal of the time.

In Judge Gudger's yard we saw something of how destructive the ants are in the tropics. There was a hedge of some kind of shrubbery growing about six feet high. The foliage resembled our cedars. The night before we visited them the ants had cut every leaf from one of these bushes. They travel in parties and are very destructive. They get in furniture, the seats in the churches, and all wood and before they are discovered almost ruin it, doing some like honeycombs. They are as bad as some of the yellow fever cases, and the principal cause of the death of them. They devour their own kind, and are a great pest to the people of the Canal Zone.

are more than one-fourth of the American employes members of these associations, the four associations having about seventeen hundred members. The organizations are a part of the international organization, whose committee gives direct supervision to the conduct of the work.

Magnitude of Food Problem.

While Uncle Sam has been carefully looking out for the education, religion and amusement of his people, he has not forgotten a subject that is very near to all of us—that of food—and in order that the readers of The Courier may have an idea of the magnitude of the food proposition in the Canal Zone, I am printing the following, which was clipped from a recent issue of McCall's Magazine:

Uncle Sam's orders for food supplies give a pretty good idea of the immensity of the job he has undertaken on the Isthmus of Panama. He has the largest meat contract in the world. He has contracted to take at least \$1,500,000 pounds of beef, mutton and veal from Chicago packers every year. As a matter of fact, he is taking about 4,000,000 pounds a year, which reduced to beef alone would be equivalent to a herd of 6,000 steers. He uses 350,000,000 pounds of beef, mutton and veal a month, also two and a half tons of chickens every five days and 1,230 dozens of eggs a day. His eggs cost him as much as his beef and mutton combined. He uses up 500 pounds of butter a day, six and a half tons of potatoes, seventy-five sheep, 200 pounds of ham and almost a ton of bacon. All this comes in cold storage from the States, the most of it in Uncle Sam's own bottoms. In fact, the only food supplies the commissary buys on the Isthmus are fish and tropical fruits. The department uses two tons of fresh fish a week. Uncle Sam brings his milk—pasteurized milk—from New York in bottles. He uses 500 gallons a day, and also on the side 4,500 cases of condensed milk every month. He brings oysters down from Far Rockaway—500 gallons a month. The oyster is allowed to freeze himself for his tropical trip, and he stays frozen until he is summoned for service in a stew. The "grand old man" consumes something like sixty-five barrels of flour in his bakery here, turning out 15,000 loaves of bread. If he is pushed he can run the total up to 60,000 loaves a day.

From his pie factory, also at Colon, he brings forth 1,000 pies a day, and he stands ready to boost this number to 10,000 a day. Uncle Sam, furthermore, launders the dirty clothes of about 5,600 patrons in his new steam laundry at Colon. He grinds out 400 gallons of ice cream every day at his ice cream plant. This is made from the pasteurized milk after its six-day cold storage trip from New York. He turns out seventy-five tons of ice daily from his Colon refrigerating plant and delivers it by special train over his own railroad. He sells his ice at eight dollars a ton. The Panama ice dealers ask thirty dollars a ton for theirs, and they are crying because Uncle Sam won't get out of the way and give them a clear field. The commissary sells between \$75,000 and \$80,000 worth of clothing every month to canal employes. It runs thirteen stores along the line of the canal. It sells between \$25,000 and \$30,000 worth of tobacco every month. Uncle Sam carries continually in his cold storage plant at Colon between two hundred and three hundred tons of potatoes, onions and other vegetables, 1,000 quarters of beef, 200 of mutton, 100 of veal and a ton or so of chickens. A refrigerating train leaves Colon at 4:30 o'clock every morning with supplies for the hotels, messes, kitchens and quartermaster stores. Purchases can be made at these stores by canal employes only, and only on company issues, by the commissary, which are deducted on pay day.

The commissary supply the employes with provisions at cost and on company issues. The food supplies much cheaper than they are right here in the Canal Zone. We can't buy our government provisions at the same prices in Panama that we have to pay at home.

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(Also called Tetter, Salt Rheum, Prurigo, Milk-Crust, Weeping Skin, etc.)
ECZEMA CAN BE CURED TO STAY, and when I say cured, I mean just what I say. CURE IT, and not merely patched up for awhile, to return worse than before. Now, I do not care what all you have used, nor how many doctors have told you that you could not be cured—I will give you a chance to show you that I know what I am talking about. If you will write me TODAY, I will send you a FREE TRIAL, of my mild, soothing, guaranteed cure that will convince you more in a day than 100 of any other cure could in a month's time. If you are disgusted and discouraged, I dare you to give me a chance to prove my claims. By writing me to-day you will enjoy more real comfort than you had ever thought this world holds for you. Just try it, and you will see I am telling you the truth.
Dr. J. E. Cannaday, 535 Park Square, Sedalia, Mo.
 Reference: Third National Bank, Sedalia, Mo. Could you do a better act than to send this notice to some poor sufferer of Eczema?

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We are still selling Boys' Suits at greatly reduced prices and will be glad to fit you out in this line.

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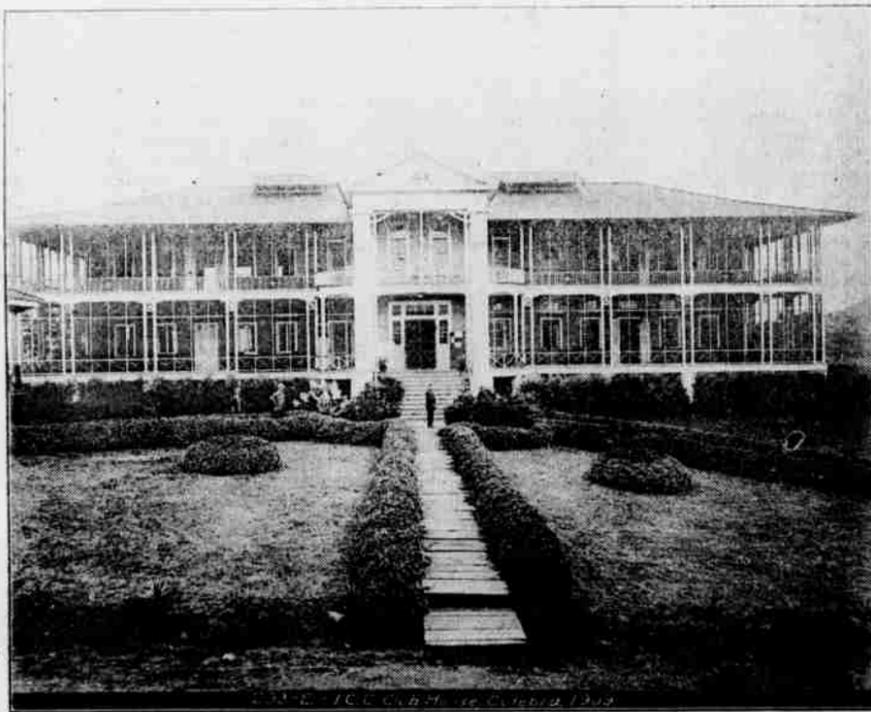
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CLUB HOUSE, Culebra.

Schools in the Canal Zone.

The government has provided educational advantages in the Canal Zone for the children of the employes equal to those in the United States. There are twelve schools for white children and seventeen for colored. Elementary schools have been established at different towns in the Zone and High Schools at Culebra. The schools are under the supervision of a superintendent just as ours are, and teachers are all women. Salaries range from \$60 to \$110 per month. English children are taught the Spanish language and Spanish children are taught English. The colored schools have colored teachers, most of them coming from Jamaica. These schools are maintained for the children of the West Indian laborers and the native inhabitants of the Canal Zone.

Churches—Religious and Amusement Facilities.

Just as schools have been provided for the children, so have churches and club rooms for the employes of the canal in order that moral and spiritual environments may be thrown around them. The Commission has constructed several buildings which are used for religious services and it maintains a corps of chaplains of different denominations, whose duty it is to minister to the spiritual needs of the employes of the Zone, make daily visits to the hospitals, etc. Four club houses have been built at Culebra, Empire, Gorgona and Cristobal. The rooms are equipped for religious services of the Young Men's Christian Associations, libraries, reading rooms, gymnasiums, bath rooms, amusement rooms, etc. There

A Wild Blizzard Ragging

brings danger, suffering—often death—to thousands, who take colds, coughs and laryngitis—that terror of Winter and Spring. Its danger signals are "stuffed up." Nostrils, lower part of nose sore, chills and fever, pain in back of head, and a throat-grinding cough. When Grip attacks, as you value your life, don't delay getting Dr. King's New Discovery. "One bottle cured me," writes A. L. Dunn, of Pine Valley, Miss. "after being laid up three weeks with Grip." For sore, lungs, Hemorrhages, Coughs, Colds, Bronchitis, Asthma, it's supreme. 50c. \$1.00. Guaranteed by J. T. Underwood's, next door to Bank of Randolph.

The Democratic Congressional Convention for the Eighth District met in Statesville last Friday and nominated Mr. R. L. Doughton, of Alleghany County.

A Wretched Mistake to endure the itching, painful distress of Piles. There's no need to. Listen: "I suffered much from Piles," writes Will. A. Marsh, of Siler City, N. C., "till I got a box of Buckler's Arnica Salve, and was cured." Burns, Boils, Ulcers, Fever Sores, Eczema, Cuts, Chapped Hands, Chilblains, vanish before it. 25c. at J. T. Underwood's, next door to Bank of Randolph.

Women as Well as Men are Made Miserable by Kidney and Bladder Trouble.

Kidney trouble prevails upon the mind, discourages ambition, ruins beauty, saps vigor and cheerfulness, and soon disappears when the kidneys are out of order or diseased. Kidney trouble has become so prevalent that it is not uncommon for a child to be born afflicted with weak kidneys. If the child urinates too often, if the urine scalds the flesh, or if, when the child reaches an age when it should be able to control the passage, it is yet afflicted with bed-wetting, depend upon it, the cause of the difficulty is kidney trouble, and the first step should be towards the treatment of these important organs. This unpleasant trouble is due to a diseased condition of the kidneys and bladder and not to a habit as most people suppose.

Women as well as men are made miserable with kidney and bladder trouble, and both need the same great remedy. The mild and the immediate effect of Swamp-Root is soon realized. It is sold by druggists, in fifty-cent and one-dollar size bottles. You may have a sample bottle by mail free, also a pamphlet telling all about Swamp-Root. Home of Swamp-Root, including many of the thousands of testimonial letters received from sufferers who found Swamp-Root to be just the remedy needed. In writing Dr. Kilmer & Co., Binghamton, N. Y., be sure and mention this paper. Don't make any mistake, but remember the name, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y., on every bottle.

A CHECK BOOK

A check book does not burn a hole in your pocket like the actual money. Signing your name to a check makes you think you don't spend a check as readily and carefully as you spend ready cash. An account at one bank would tend to restrict your spending. Try an account with us and pay all your bills with checks. We will gladly give you a check book. If you will try this for one year you will be surprised at the money you will save and you may then smile at all your troubles. Make your bank account grow. It is recording your history and telling a truthful story of your success. Open an account with us today. Drop a little into the bank every week and its rapid growth will surprise you.

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Mrs. J. P. Hornbuckle, wife of Rev. J. P. Hornbuckle, of Reidsville, died last week, after suffering from palsy for two years.