

MRS. WALL WRITES IN SEARCH OF HEALTH

About the Teachers Institute Recently Held At Winston-Salem.

Madison, Aug. 23.—I have just returned from Winston where for two weeks I attended the Forsyth Teachers' Institute which was conducted by Mr. Edwin D. Pusey, Supt. of the Durham City Schools, and Miss Hattie Parrott, Supervising Teacher of the primary department of the Kinston schools. As I was in the primary grade I want to speak especially of that which Miss Parrott has been teaching for several years and presents the method of phonics in such an attractive and interesting manner that it makes one anxious to put it in practice. So advantageous the educators of North Carolina consider this method, especially for the rural schools, that Miss Parrott didn't have time to discuss in detail any other.

She thinks one reason why we find opposition in teaching it is because the subject has been incorrectly taught. I am sure the hint I had of the method is not as it is presented now. It has been improved upon just as all the new ideas have; for instance, the railroads, telephone system, etc. Miss Parrott thinks we should not falter, but persist despite oppositions in teaching the phonic method. When we are informed that Stokes county has the highest average of illiterates of any county in the State it seems to me that it is time we were getting out of the old ruts and trying something new, that which has brought other counties to the front.

The work of some of the eight and ten year old children exhibited in our room was an inspiration to me. The drawing and free hand cutting, illustrating poems and stories make me almost wish I was a child again so that I might be taught in such an impressive and attractive manner.

Of course those who have a one-teacher school will find many obstacles to surmount chief of which will be time, but I hope soon to know that there will be no one-teacher schools and with the moon light school there need to be no illiterates in Stokes county.

MRS. C. R. WALL.

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WHY YOU ARE NERVOUS

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Thousands Die Needlessly By Seeking Health In Other States.

By State Board of Health.

From 10,000 to 15,000 consumptives go west every year in search of health. This estimate is based on recent investigations made by the U. S. Public Health Service, Colorado, California, Arizona, New Mexico and Texas are the States that attract consumptives most strongly and are the States furnishing the data of the investigation.

The points bearing especial warning and advice to North Carolinians are these: From 30 to 50 per cent of these consumptives are hopeless cases and die within six months after their arrival, the percentage of those dying within 30 days running as high as 15.

A large but unknown percentage die in almshouses or are the recipients of charity, and the great majority of these could have been made comfortable in their last days if they had stayed at home among friends and relatives.

No one should think of going West or Southwest for his health unless he has at least \$1,000 above his railroad fare, and can leave all his cares, worries and troubles at home; and no one should go who is in an advanced stage of tuberculosis or who has not taken careful medical advice.

Tuberculosis can be cured in any part of the United States, and it is far better for a consumptive of moderate means to go to a sanatorium near at home, than to go west and live in perhaps a slightly more favorable climate without proper food or medical care.

Change From Debtor To Creditor Nation

The United States has for many years been a debtor nation. That is to say, in the rapid development of the country more capital has been required than our own people could supply. Therefore recourse was had to foreign countries, mainly England and France. Those countries invested largely in our railroad and industrial stocks and bonds. The annual interest on these securities, added to the millions in gold carried to Europe each year by tourists, absorbed the trade balance and always kept the United States in debt to Europe.

This fiscal year the aspect of international finances has changed. The sum usually carried to Europe by tourists stays in the United States and we have sold foreign countries products of field and factory valued at \$2,768,643,562, which is \$1,093,412,792 in excess of imports. Since the war began we have sold more to foreign countries and bought less from them. And so the balance in our favor this year is \$623,800,000 in excess of last year's balance. At this rate it should not take many years for the United States to become a creditor nation, especially as the trade balance has been augmented by sums borrowed in the United States by the warring nations. Many foreign financial institutions have also sold their holdings in America, in order to get money to invest in their own war loans.—Baltimore Sun.

Going Home.

(From the Outlook.)

There is no picture which touches the hearts of men more closely or tenderly than the figure of the tired man or woman going home at the end of the day. The fierce heat of the sun has passed, the intense high light of midday has softened into a restful glow, the strain of effort is over, and the passion of work has given place to the peace of deserted fields and streets. It was a normal instinct which sent the worker forth, eager and alert, in the morning; it is the response to a deep craving which sends him home at nightfall. The reward of labor is the rest which it achieves, and the joy of rest is the sense that it has been earned.

The alternation of day and night is a symbol of the order of life in which work and rest succeed one another in a beautiful and healthgiving rhythm. The worker goes out of himself when he takes up his tools; he returns to himself when he lays them down at the end of the day. He pours out his vitality as the water pours out of a hidden spring; if he is a real worker and not a mere drudge, he gives himself in the toil of his hand and his brain, and when night falls his weariness is not mere fatigue of body it is depletion of vitality. Before he can give himself again he must find himself; and when one goes home he finds himself.

To a vast multitude of men the thought of going home makes the heaviest burdens bearable, the most crushing responsibilities a spur to effort, the most complete surrender of ease and pleasure, not a sacrifice, but a price gladly paid for a happiness which is beyond price. The strain of the day is forgotten at the door which opens into the peace of perfect understanding, the pressure of hours and tasks is relaxed by the sound of a voice which is musical with love and faith and peace. In such a homecom-

ing there is not only the supreme reward for the work of the day that is ended; there is also the renewal of strength and courage for the day that is to bring new strife and toil.

The joy of going home is not in the ease and comfort that are waiting there; it is in the peace that flows from love, the stillness that follows in the tumult of storm, the clear atmosphere in which the dust of the highway is laid and the worker sees again the ends for which he is striving; in the quietness of such a home the toil of life is not only sweetened but its spiritual meaning shines clear again after the confusion of details has vanished. Under the heat and burden of the day the strongest man sometimes wonders if life means anything but prolonged strain of muscle and brain; in the stillness of home its blurred ends, its ultimate achievements, shine like the stars above the highway when the dust has been laid.

The home is not primarily a place for work but for life: work lies below and beyond it, but the companionship which transforms a house into a home is a sharing of the rewards of work: freedom, repose, refreshment, vision. There are houses full of conveniences and luxuries in which no one is at home; the men and women who live in them are homeless. To such men and women, as to the men and women to whom marriage is a mere social contract and the family a mere social arrangement, there is no going home, no refuge for the spirit, no place of understanding and vision. There are no more pathetic figures in the world of today than these homeless men and women; restless, discontented, and unhappy, and utterly blind to the tragedy of a life in which there is no going home.

Mr. and Mrs. James Slate, of Mt. View, were among the Danbury visitors Thursday.

DR. C. R. HUTCHINSON, Dentist. Office over Drug Store. Have Telephone Connection. WALNUT COVE, N. C.

DR. H. V. HORTON, Dentist. Is now back in his old location, corner 3rd and Main Streets, Wachovia Bank & Trust Co. building. WINSTON-SALEM, N. C. Rooms: 301, 302, 303.

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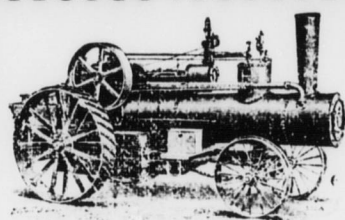
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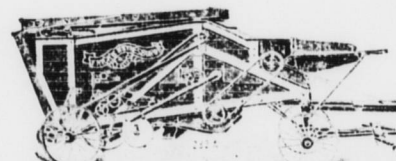
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