

# THE MOCKSVILLE HERALD

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## State Board Health Weekly Health Talks

AN INEXPENSIVE MEANS OF  
WARDING OFF DISEASE.

Not one house in a hundred is properly heated and ventilated. This is one reason for our having twice or three times the amount of colds, headaches, pneumonia and catarrhal troubles and general inefficiency that we should have in the winter. We are so closely housed at this season of the year that in badly heated and ventilated rooms, churches, schoolhouses and public halls it is extremely easy to contract contagious diseases and even consumption itself.

But you say, What is proper heating and ventilating? Proper heating and ventilating is supplying from 1,500 to 3,000 cubic feet of fresh air at a temperature of 70 degrees to each person every hour. In addition to this, the air should contain considerable moisture. Air that is so dry that it will shrink and draw furniture apart and kill flowers and plants in a room is at least unfit for human use.

In the average house using a fireplace or stove for heating it is difficult to properly heat or ventilate the house in cold weather, but even then much can be done to improve conditions.

In the first place, get the thermometer habit. Keep an easily read thermometer in the living room and the work room. Hang it in a place where it can be readily seen and a place having the average room temperature. Next, keep this thermometer standing at as nearly 70 degrees as possible.

In ventilating don't be afraid of fresh air. Warm it up if possible, but have it in the room at all times regardless of its incoming temperature. Fireplaces are now so constructed that fresh air is admitted from below the floor and passes up behind and at the sides of the grate, where it is heated and then allowed to enter the room above the fireplace. Or this heated air may also be allowed to enter an adjoining room or into one or more rooms above. If stoves are used, by all means have them surrounded, at least part way, with some kind of japanned or galvanized iron shield; this shield should extend to the floor. Fresh air should be admitted through an opening in the floor beneath the stove, so that it may become heated by passing up between the stove and the shield.

While these are probably the best means of warming the air that comes into a room, a small amount of fresh air may be admitted by raising the lower sash of the window about two inches and placing a strip in the opening below the sash. This will permit a small quantity of air to enter near the middle of the window between the two sashes and will give it an upward motion as it enters the room, thus preventing "colds drafts." Better ventilation may be secured by raising the lower sash several inches and placing a shield opposite this opening to deflect the incoming current of air.

Another excellent practical means of ventilating is by thoroughly "airing" the living rooms not less than three or four times a day. This is done by simply opening the windows and doors for a minute or two allowing fresh air to flood the room. The feeling of exhilara-

tion following these "airings" is well worth the trouble. Try it once. Fresh air is cheap and no trust controls it. Let us have our share of it.

## Dying Hickory Trees: Cause And Remedy

On account of the value of the hickory for shade, nuts, and many commercial wood products, Circular 144 of the Bureau of Entomology, U. S. Department of Agriculture, by A. D. Hopkins, is of special interest to the people of any community, county or state within the natural range of this valuable tree.

It appears that although there have been several and sometimes complicated causes for the death, within the last ten years, of a large percentage of the hickory trees, investigations have proved that the hickory bark beetle is by far the most destructive insect enemy, and is, therefore, in the majority of cases, the cause of the present extensive dying of the trees.

The simple and practical methods recommended in this circular will, if put into practice between October 1 and May 1, enable those interested to protect their trees.

## The Graded School Weekly Honor Roll

(For week ending Feb. 16)

Requirements for getting on the honor roll: (1) A passing grade.

(2) Excellence in conduct.

First Grade.—None.

Second Grade.—None.

Third Grade.—None.

Fourth Grade.—Francis Austin, Mary Everhardt.

Fifth Grade.—Emma Leach, Thelma Thompson, Dewey Everhardt.

Sixth Grade.—Jno. Burrus, Alverta Hunt, Mary B. Meroney, Margaret Nail, Bailey Clement, Ernest Holthouser, Ivie Ijames.

Seventh Grade.—Annie Hall Baity, Kate Rollins, Winnie Smith, Frank Williams, Albert Linville, May Seaford, Emma Chaffin Janet Stewart.

Eighth Grade.—Beatrice Linville, Ruth Miller, Claude Horn, Wan LeGrand Philip Stewart, Clement Hanes Lester Martin Jack Allison, Elsie Horn, Irene Clement.

Ninth Grade.—Martha Call, Geline Ijames, Margaret Meroney, Bernice Wilson, Carolyn Miller, Maggie Robertson, Kopolia Hunt, Abram Nail, James Burrus, Ruth Rollins.

Tenth Grade.—Frances Morris, Martha Clement, Rose Owens, Lonnie Call, Bonnie Brown, Rebecca Rollins, Annie Allison.

Keeps an Account.

Mr. L. T. Smith is another Caldwell county farmer, who kept an account and knows what things cost him and where the profits comes from. He started last year with 35 hens and from them he sold 488 dozen eggs, for \$88.20 and \$11.80 worth of chickens, total \$100. He fed the chickens and two hogs together and received \$20 for the hogs, the cost of feeding both \$66.20. This leaves a nice profit of \$53.80, and he has several more chickens than he started with.—News.

## What the Trouble IS

Uncle Ezra: Then what do you think is the matter with the world nowadays?

Uncle Eben: Just this; There's too much business in religion and not enough religion in business.

## Wants a Square Deal for Children

In a recent issue the Biblical Recorder, calls attention to the poor system of public schools in North Carolina and shows how conditions could be improved. The Recorder says that the country boys and girls have advantage of ninety-three days' school term a year, and as a matter of fact, many of them have only eighty days, and in instances the schools are so far apart the small children cannot attend in the wet or cold weather. The Recorder says:

"North Carolina is not giving the boys and girls of its elementary schools a square deal. In proof, let us make three comparisons:

(1) Compare our schools with those of other States. In his Founders' Day address at the Greensboro Normal sometime ago, Mr. Clarence Poe stated that the average child outside of North Carolina has a 50 per cent better chance for an education than the average boy or girl in State. The average length of the school term in North Carolina is 101 days while in the entire United States it is 155. Japan, a heathen country, with one-tenth of our wealth gives its country boys and girls a term of ten months. In North Carolina, the country boys and girls are getting 93 days, for the 101 days include both rural and city schools.

(2) Consider the State's distribution of its educational funds. For the benefit of the 735,000 children of school age in its borders the States gives annually \$225,000 to its elementary schools, and \$604,500 to its higher educational institutions. In other words out of the State Treasury is going more than \$100 annually to each student in the highest institutions, about \$12 to each student in the high schools, and only 30 cents for each student in our elementary schools.

(3) Think also of the State's sources of revenue for its educational. The law requires every man to pay 21 cents on the \$100 for State purposes; but out of this State fund thus impartially collected the Legislature gives back unequally to the children as above stated. Moreover, the last Legislature ignored the need and call of the public school for more money out of the State Treasury; for though it made an advance from 18 to 20 cents on the \$100, this does not come out of the State funds, but is an extra tax levied, collected and spent in each individual county.

"Manifestly, our common schools are not getting from the State what they deserve. We are profoundly convinced that they should have much more money out of the treasury than at present in order to have more teachers, more competent teachers, better equipment, and longer terms.

"To the next Legislature we look for improvement here. And this good our is the time for the people of North Carolina to see that no man is sent to Raleigh next winter who will ignore the common schools or refuse to give them a square deal."

## THE TRIALS OF A TRAVELER.

"I am a traveling salesman," writes E. S. Young, E. Berkshire, Vt., and was often troubled with constipation and indigestion till I began to use Dr. King's New Life Pills, which I have found an excellent remedy. For all stomach, liver or kidney troubles they are unequalled. Only 25c at C. C. Seaford.

## The Home Circle

Edited by Young Truly

Be neighborly, be obliging, be kind and courteous, and then when sorrow and sickness come you will have sympathy and help.

Let us take time to be pleasant. The small courtesies, which we often omit because they are small, will some day look larger to us than the wealth which we covet, or the fame for which we struggled.

The best way to keep the boys at home is to make it an object for them not to go out to seek amusements, for these they will have. Every farm home ought to be made a very heaven on earth to its inmates.

A cheerful countenance is a duty we owe to our neighbor and how much more is it necessary in the home! Our friends can get out of our way if we are not good companions, but our family cannot. They are helpless victims, shut up in the same house with us. For the sake of the children, for the sake of the elders, for the sake of all humanity, let us cultivate a pleasant smile, a hearty laugh, and a habit of cheerfulness.

The woman is the heart of the home. If she is cross, miserable and dissipated, there will be little life and true happiness within. Let her do her part, but let her refuse to labor beyond her strength. A wise, tender mother is of more importance than anything else in the world to young children. Let every mother train herself to a wise neglect of unimportant things that she may be to her own the embodiment of sympathy, hope, gentleness, charity, wisdom and love.

The social neighbor is not always the useful neighbor, yet in her place has special influences to exert of equally beneficial consequences. The sympathetic neighbor is also a popular one, but she has to exercise continuous tact, lest her solacing influence may occasionally be overdone or utilized at untimely periods. The inquisitive neighbor is always a dread to everybody within the reach of her inquisitive curiosity, as she does not seem to have any intuitive respect for others' feelings as regards their divulgence of personal affairs to an outsider.

Let home stand before all other things! No matter how high your ambition may transcend its duties, no matter how far your talents or your influence may reach beyond its doors, before everything else build a true home! Then from its walls shall come forth the true woman and the true man, who shall together rule and bless the land. Is this an overwrought picture? We think not. What honor can be greater than to found such a home? What dignity higher than to reign its undisputed mistress? What is the ability to speak from a public platform to large, intelligent audiences, or the wisdom that may command a seat on the judge's bench, compared to that which can insure and preside over a true home, that husband and children "rise and call her blessed?" To be the guiding star, the ruling spirit in such a position is higher honor than to rule an empire.

## Cause of Disparity of fortunes great

Even the most thoughtless can see that there must be something wrong in this country when such conditions are described below are in existence. This article, taken from a Washington correspondence, is not published for the purpose of arousing prejudice, as many persons no doubt honestly believe; but for the purpose of illustrating the inequality that is forced upon the country by the policy of protection and privilege fostered by Republican policies. I ought to be the work of statesmanship to call a halt before it is too late, to so make the laws of the country that the tendency to great wealth on the part of the few and utter poverty on the part of the many should be checked. The Republican program utterly ignores this tendency that is making American conditions similar to those of the old countries from which the people flee to this land. The Republican idea of ruining the government for the benefit of the privileged few must be overthrown in this country by the increased education and intelligence of the masses. For reforms ever start at the top, and the masses the average man, can transmit equality of opportunity to his children by fighting for it himself only. The great wrongs are not necessarily premeditated on the part of those who benefit by them, most of the beneficiaries no doubt honestly believing that such things are right and proper. This is the seriousness of the situation, that the party whose policies made them more aggravated, utterly fails to admit that they exist. The article follows:

While 30,000 men, women and children mill workers at Lawrence, Mass., were out of work because of a strike to prevent a cut in their \$6, \$7 and \$8 a weeks wages, Mrs. Evelyn Walsh McLean, mother of the baby that is heir to \$100,000,000, gave a \$35,000 dinner to 50 guests at Washington, the nation's capitol. The hostess at this banquet wore diamonds that actually cost more than half a million dollars. In her hair was displayed the "famous" Hope diamond, which cost \$180,000, and at her throat another wide-celebrated gem, "Start of the East," which was even larger than the Hope diamond.

The cost per plate at the McLean dinner was \$700. One item in the expense was 4,000 yellow lilies imported from abroad at a cost of \$2 each. One of the highest paid mill workers would have to work 84 years to receive the cost of that banquet. The earnings of a dozen Lawrence workers for half a century would not have purchased the gems worn by Mrs. McLean. A Lawrence worker would have to labor 20 years to pay for the yellow lilies alone.

The strike of the men, women and children at Lawrence, and the \$700 a plate dinner in Washington, is a striking example of conditions existing under a system of excessive protection in the year of our Lord 1912. Neither the Lawrence strikenor the \$35,000 McLean dinner are exceptions. They are but samples of many similar illustrations which could be cited if space permitted. Only recently, Wm. M.

Wood, the head of the woolen trust, whose employes are now on strike at Lawrence, was arrested for knocking down and running over a pedestrian with his automobile. When arraigned in court he was asked how many automobiles he owned, and he replied he didn't know. Imagine a man so rich he doesn't know how many autos he has on hand!

Fortunes which make it possible for one woman to wear a half a million dollars' worth of diamonds at one time, and which enable a man to possess so many automobiles he cannot keep track of them, necessarily come through the power to place a price on the things which the common people must have in order to live.

It is significant, in this connection, that the tariff, the cost of living, \$700 a plate dinners—everything but the working-man's wages have increased hand in hand, reverting the intimate relationship of one to the other.

## Other Countries Doing Something for Men

Few Americans realize how far the government of England and Germany have recently gone in legislation for the betterment of conditions of working people. Although these countries are nominally monarchies and America a land where the people are supposed to rule, such legislation as England and Germany have now adopted would be rejected as wild socialism by most American legislatures. The latest achievement of the Lloyd-George administration in England (we say the Lloyd-George administration because while Mr. Asquith is Prime Minister Mr. Lloyd-George has been the moving spirit in the progressive legislation adopted) is the bill insuring working men and women against illness and unemployment. "The plan is, in brief, that each wage earner shall be required to contribute eight cents a week and his employer four cents, and this sum, supplemented by six cents from the State, constitutes the insurance fund. Persons earning less than 30 cents a day are not obliged to contribute, and those paid less than 62 cents a day have reduced contributions. Besides the sick relief, generous provision is made for preventive measures and for sanatoria for consumptives."—Progressive Farmer.

## Explained.

An old lady, the customer of an Irish farmer, was rather dissatisfied with the watery appearance of her morning's cream, and finally she complained very bitterly to him. "Be aisy mum," said Pat. "You see the weather of late has been so terribly hot that it has scorched all the grass off the pasture land, and Oi have been compelled to feed the pore bastes on water lilies!"—Ideas.

## New To Him

After he had tried for a moment to get his key inserted in the keyhole, he stepped back and leaned against the side of the vestibule. Then he scratched his head in perplexity and said:

"It's sh strange! I never knew before that we had one of these revolvin' doorsh here."—Ex.

Telephone Charlie Brown for fruits and vegetables. No. 49.

## Short News Items From All Points

An election for a \$30,000 bond issue has been ordered in East Bend Township, Yadkin county, March 16th, which, if carried is to be used for road improvement in that township.

An effort is being made to build another roller mill at Walkertown, this county, to take the place of the one recently destroyed by fire.

Charles Plowman, living near Yadkinville, N. C., has been bound over to Federal court by U. S. Commissioner James. He is charged with blockading.

Editor Joe Robertson, we learn, has decided to move his paper, the North Wilkesboro Advance, to Morganton, N. C., where good inducements have been offered him to make the change.

## Same Old Story; He Carried a Gun

"He's sitting in prison, and sorrow is his'n, he's wishing he never had carried a gun; he thought it was clever to pack one forever, and aim it at people in the spirit of fun. And it, one fine morning, went off without warning, and plugged a bystander, who turned up his toes; and now he is wailin' the wearisome jail in, and no one has pity for him in his woes. The boneyards are crowded with gentlemen shrouded, and seeping in boxes, the victims of fools; of pin-headed varmint who loaded their garments with all kinds of deadly and murderous tools. And widows are sighing and orphans are crying all over this country because of the blocks, who always are plannin' to spring a big cannon and brandish it gaily till somebody croaks. Oh, let the law step on a fool with a weapon, and bury him deeply and load him with chains! No lunatic's greater; it seems the Creator in building forgot to equip him with brains."

Postmasters throughout the United States, as all rural delivery carriers, have been instructed to break up, so far as is in their power, the practice on the part of rural delivery patrons to leave money in their lettea boxes for the purchase of money orders.

It is pointed out by the Post-office Department that this practice will encourage theft, and, if continued eventually will cause the department no end of trouble and expense in investigating cases of robbery.

It is on this account that the Postmaster General has issued instructions to have all patrons on rural delivery routes notified that the postoffice does not countenance the practice. His orders are that patrons should be impressed with the fact that they should obtain the money order in person from the post-office if possible, but that if this is inconvenient they should see the carrier personally, and obtain his receipt for the sum deposited. In no instance should purchasers of money orders go without the usual receipt from provided by the department.

FOR SALE—128 1/2 acres of land situated about 8 miles N. W. of Mocksville, near Lowery's store. Good 6-room dwelling and all out buildings. Portion set in clover. Terms reasonable. J. H. STUART, Harmony Route 1, Box 75.