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# THE NEWS-RECORD

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## BEAUTY HINTS GIVEN CO-EDS

University of California Women's Athletic Association lays Down Simple Rules

By International News Service. BERKELEY, Cal., Oct. 17.—The woman who would be beautiful and physically fit should observe these simple rules:

Get a total of 60 hours' sleep each week; eat nothing between meals except fresh fruit; eat green vegetables at least once a day; drink at least one pint of milk a day; relax completely at least one-half hour a day, and take an hour's outdoor activity every day.

These rules were laid down recently by the Women's Athletic Association of the University of California. According to the association, there can be no beauty without perfect physical fitness. For co-eds who go in for athletics the association advocates this program:

Eight hours' sleep five nights a week; three regular meals a day; no candy between meals, and not more than one cup of coffee and cup of tea each day.

Is there a tendency prevalent for women to be underweight?

University of California authorities think so.

Sixteen per cent of the women entering the university this semester are underweight, according to Dr. F. C. Yount, the physician in charge.

## N. C. HOMICIDE FIGURES LARGE

By International News Service. RALEIGH, N. C., Oct. 21.—Two hundred and ninety-nine persons in North Carolina died in 1924 as a result of homicides, according to figures compiled by the State Board of Health here. There were 171 as a result of knife wounds, 201 negroes and four Indians.

Four classes of killings are represented in the report. The included and 171 as a result of knife wounds, 201 negroes and four Indians.

## PLATE REVEALS AIR ON MARS

Photographic Invention May Show Presence of Life on Planet, Is Claim

INFRA-RED LIGHT IS USED

Radio Equipment as Part of Border is Suggested for Inhabitants

By International News Service. San Francisco, Cal., Oct. 17.—A marvelous new photographic plate that takes remarkably sharp distance photographs and that may solve the mystery of Mars has been developed by Dr. W. H. Wright, of Lick Observatory, on Mount Hamilton, 50 miles south of San Francisco.

By means of the new plate, which makes use of the new infra-red light, Dr. Wright has taken photographs of Mars disclosing that an atmosphere is present and thereby proving the theory that life may exist on the mysterious planet about which so little has been learned.

Besides this, Dr. Wright has been able to take clear, sharp photographs of San Jose and the Coast Range Mountains, 30 miles away from Mount Hamilton, and of Yosemite Valley, 125 miles from the observatory. Photographs taken at the same time with ordinary plates disclosed but a great blank of atmospheric haze.

MAY BE LIFE ON MARS Along with his discussion of the new photographic plate, Dr. Wright had something to say about the possibility of life being present on Mars.

"Is there life or there human beings on Mars? Well, you have asked me two questions," he said. "In answer I might say to a million-to-one, but that there are no human beings on Mars, but I don't know about the rest."

matter. "If we assume the theory of evolution to be true, and furthermore take it for granted that life in some form or other got started on Mars, it would be quite unreasonable, in fact, absurd, to assume that organic forms allowed the same course of development there as on the earth. The chances would be largely against it.

"It is conceivable that the Martian may have developed into a being with no power of speech or hearing, but with a completely equipped radio set as a part of his body."

"Of course, this sounds absurd and far fetched, but it is no more so than to suppose that there are human beings on Mars."

While experimenting with photographs of the planet made with various color schemes, Dr. Wright found reasons to believe that there is an atmosphere around Mars. His experiment showed that by using infra-red light the atmosphere or envelope of gases around the earth may be photographed through with comparative ease. When using the ordinary violet light a very few miles is the limit of the camera's eye.

This was seen by pictures taken by Dr. Wright from the top of Mount Hamilton toward San Jose.

In the picture taken with violet light, only the near-by ridge some six miles distant is visible. In the second picture the infra-red light rolls aside the curtain of the atmosphere, and San Jose, 13 1/2 miles away, and the Coast Range Mountains, 50 miles distant, are as clear as the foreground.

Further experiments showed it possible to take pictures of the Yosemite Valley, 125 miles off, just as easily. Two pictures of Mars show striking differences. Both were taken at the same time. The first picture shows only a grayish disk.

In the second picture, with the wearing aid of the infra-red light, the disk is removed and the presence of shapes and outlines on the planet is clearly seen. This led to the assumption of Dr. Wright that Mars is surrounded by an atmosphere in some manner similar to that of our own earth.

Calculations show that there is not only some oxygen in the atmosphere, but experts in the observatory estimate it to be a good 15 per cent of the amount of our earth.

This is less than the percentage of oxygen found on top of Mt. Everest, and no human being has ever been able to survive this scarcity long enough to reach the summit. Therefore, any living animal that we know would necessarily have to be re-physically to live upon Mars, Dr. Wright says.

## DEATH OF MRS. MALINDA FRISBY

Mrs. Malinda (Bradburn) Frisby departed this life Wednesday, October 22, 1925, at 2:30 P. M.

She left one brother, John R. Frisby and two children, Mrs. Sallie Reator, of Lawrence, Ind., and Mrs. Lucinday Sherer, of Gaffney, S. C., and a host of friends to mourn her demise.

She was a good mother, and a good neighbor; and manifested while she was still here that her faith in Christ was unshakable, and that she was safe in the hand of Him that doth all things well.

It might be said that Mrs. Frisby was one woman of great business ability, and while she was handicapped by being alone in this world, she was able to take care of herself, even against odds. She was strictly honest and fair in her dealings with her associates and neighbors.

She was laid to rest in the family cemetery near her home at the west end of Marshall, beside her only son, Major Bradburn I might say to a million-to-one, but that there are no human beings on Mars, but I don't know about the rest."

## DUTY

By EDGAR A. GUEST

I am not bound by conscience to achieve  
High goals beyond my strength or gift of skill,  
To plant my banner on a higher hill  
Than those whereon my neighbors proudly leave  
Their standards when the sun sinks down at eve;  
I hear no voice that urges greater will  
Or bids me strive for larger conquests still  
And vaster fortunes, blind to all who grieve,  
But something in my soul commands me thus:  
"Keep faith with God and man and play the friend!  
Heed not the cry of fame vociferous,  
But keep life's gentler manners to the end!"

## SINGING SCHOOL AT THE FREE WILL BAPTIST CHURCH

A 10-night Singing School started at the Free Will Baptist Church last Sunday, October 25, conducted by Messrs. Jeter and Chappel Wallin, of Revere. Several of the young folks and a few of the older ones are attending and it is hoped that much good will be done. Mr. Chappel, the leader, knows quite a lot of music and possesses the patience needed in teaching a singing school.

A stranger strolled up to a colored prisoner, who was taking a long interval of rest between two heaves of a pick. "Well, Sam, what crime did you commit to be put in overalls and under guard?"

"Ah went on a furlong, sah." "You mean you went on a furlough?" "No, boss, it was a sh-shuff furlong. Ah went too far, and stayed too long."—Exchange.

"This tough luck to have your hand blown off." "Well," said the cheery fellow, "I'll be damned," said the fellow as the fat lady fell off the bridge.

## COUNTY SUPERINTENDENT'S COLUMN

Edited by O. S. DILLARD

The State Department of Education has recently completed a study of the preparation of the teachers of the various counties of the state for the school year 1924-25. It has rated the counties on the basis of the number of non-standard teachers employed in their school system for last year. By non-standard teachers we mean those teachers who have not completed a standard high school course, and consequently cannot qualify for the elementary teachers certificate, the lowest standard certificate issued by the state department of education. These non-standard certificates are divided into four groups: County Second Grade Certificates, Provisional B certificates; Provisional A certificates and Temporary certificates.

County second grade certificates are the lowest certificates permitted to be issued by law. These certificates are rated as having two years of high school training, usually with no summer school or professional training. The Provisional B certificates represent the equivalent of three years of high school training, plus two years of high school work in a non-standard high school plus one summer school. The temporary certificate represents four school work plus at least two summer schools of professional training.

Last year Madison County employed twenty-five teachers who held only second grade certificates. This represented one-sixth of the teachers employed in the county, or one teacher out of every six had no professional training and only two years of high school work. There has been only one county in the state that had more second grade teachers employed, and that was Randolph, but Randolph's percentage was not so high as Madison's because of a large number of more teachers.

There are many reasons to account for this large percentage of non-standard teachers. One is from the fact that Madison County until very recently had no standard public schools. Another reason is because that a great many of the schools were inaccessible on account of roads, etc. Another reason is because the county felt that it was not able to employ teachers with standard certificates.

These reasons have been excuses for this cause, but today conditions have materially changed. We have three standard public high schools in the county this year. These high schools will graduate thirty or thirty-five pupils next spring. In addition to this, the high school department at Mars Hill College will increase this number very materially. Therefore there can be no excuse for the lack of opportunity to get to High Schools. Our road conditions have improved greatly within the past year or two, and with the work that is now being carried on by the Board of County Commissioners, all our schools are getting very easily reached. The third condition has been improved very greatly by the large increase that Madison County secured this year from the Equalizing Fund. Erett Ledford, son of Mr. Z. V. And we have further promise Ledford of Bluff, have enlisted that this fund will be increased in the ratio that we increase the percentage of qualified Battery C, 5th Field Artillery at teachers. Madison County this year will make about \$8500.00 soon assisting in firing the big gun in the state to help pay the guns which have a range of 10 miles.

## DECORATION AT RUNION CEMETERY

There will be a decoration at the Runion cemetery Sunday, November 1st, at two-thirty o'clock. There will be some good music and speaking and a large crowd is expected. Come, everybody!

## BALDWIN AND LEDFORD NOW MEMBERS BATTERY C, FIELD ARTILLERY

Fort Bragg, N. C.—Caney A. Baldwin, son of Mr. James Baldwin of Alexander, and E. V. Ledford, son of Mr. Z. V. And we have further promise Ledford of Bluff, have enlisted that this fund will be increased in the ratio that we increase the percentage of qualified Battery C, 5th Field Artillery at teachers. Madison County this year will make about \$8500.00 soon assisting in firing the big gun in the state to help pay the guns which have a range of 10 miles.

