

THE PLANET

Vol. 2

New Bern, N. C., May, 1916

No. 1



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FIRST BAPTIST CHURCH

New Bern, N. C.

REV. N. F. BROOKS, Pastor.

Services every Sunday at 11:00 A. M. and 7:30 P. M.

Communion every first Sunday at 3:00 P. M.

Sunday School every Sunday at 2:00 P. M. Dr. H. S. Moore,
Superintendent.

Prayer Service every Wednesday evening at 7:30.

Deacons Board Meeting every Thursday evening before first
Sunday.

Church Business Meeting every Friday evening before first
Sunday.

Home Mission Band every Monday at 3:00 P. M.

If you are a member, it won't hurt you to come to church every
Sunday—it might help you.

If you are a visitor you are welcome.

If you are a stranger, make the First Baptist Church your church.

DEACONS

Jos. Etheridge, Alex Webber, Jobie Slade, Augustus Reynolds,
John Satchel, J. F. Ham, John Kinsey

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"THE PLANET"

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School. Subscription 5 Cents Per Copy.



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PROF. H. B. SMITH, Supt.

HON. T. A. GREEN, Prest.

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EVA D. COLLINS
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ANNA E. BANKS-MOORE
MARY C. WOOD

E. J. HAYES

CLASS ROLL 1903

Violet Cuthbert (nee) Stanley

Lizzie Banks (nee) Taylor

Annie Green (nee) Boom (deceased)

Olivia carter (nee) Martin

Betsy McIlwaine (nee) Sparrow

N. F. Brooks

H. P. Kennedy

A. Y. Banks

Eva D. Collins

1904

Lillian Brown (nee) Fisher

Katie Whitley (nee) Holley

Nannie Boyd (nee) Holley

Mary Woods

Mary Henderson (nee) Foster

Leona Harris

Annie Bryant (nee) Foster

Viola Bryant

Daisy Collins (nee) Bryant

Alice Robinson

Fettie Manley (nee) Stanley

Hester Chadwick

Blanche Mourning

Dora Barber

J. P. Stanley, Jr.



J. T. BARBER, PRINCIPAL

1909

Raymond Bryan

Richard Hargett

1911

Eliza Allen

Joseph Lewis

Juanita C. Kennedy (nee) Jones

Harry Green

Alice Dillahunt

Thomas Brimage

1914

Viola Bryant

Geo. F. Allen

Wm. R. Martin, Jr.

1915

Jarvis Brimage, Jr.

Samuel Mumford

David F. Leath

John McClease

James H. Harrison

Annie M. Green

Carrie J. Blackledge

Gertrude K. Chapman

Arretta E. Pettipher

Willie G. Blackledge

Carrie E. Pettipher

Annie J. Ward

Carrie E. Whitney

1916

Joseph C. Hazel

Henry C. Sparrow, Jr.

Lillian L. West

Louisa E. Ham

Octavia G. Fonville

Carrie E. Hazel

HON. S. M. BRINSON**Superintendent of County Schools**

Will Deliver the Annual Address at St. Peters A. M. E. Zion
Church Friday Evening, May 12, at 8 O'clock.

**INTERESTING FACTS ABOUT SOME OF OUR
GRADUATES.**

CLASS OF 1903.

Mr. Amos Y. Banks is one of our leading County Teachers.

Mrs. Betsy McIlvaine, nee Sparrow, is doing well in the North.

Miss Eva D. Collins is a member of the West Street Graded
School faculty.

Mrs. Violet Cuthbert, nee Stanly, is doing Missionary Settlement
Work in Savannah, Ga.

Mrs. Olivia Carter, nee Martin, is the wife of Mr. Sylvester Car-
ter, a leading mechanic.

Mrs. Elizabeth Banks, nee Taylor, is one of our County Teachers.

Henry P. Kennedy, Ph. G., is proprietor of Kennedy's Pharmacy,
and for nine years has conducted it very successfully. Dr.
Kennedy is also a leading Church man, being at present Supt.
of the Sunday School and clerk of the Vestry of St. Cyprian's
P. E. Church.

Rev. N. F. Brooks is pastor of the First Baptist Churches of
New Bern and Beaufort. He is a leader in his denomination
and a member of the faculty of the West Street Graded School.

CLASS OF 1904

Mrs. Nannie Boyd, nee Holley, is married and doing well.

Mrs. Katie Whitley, nee Holley, is the wife of W. O. Whitley, of
the firm of Merritt Whitley and Sons, Undertakers and Em-
balmers.

Mrs. Fattie Manly, nee Stanley, is married and her husband is one
of our leading business men.

Miss Viola Bryant is doing domestic work in the North.

Mrs. Annie Bryant, nee Foster, is Clerk for S. F. Faison, Money Lender.

Mrs. Mamie Henderson, nee Foster, is the wife of one of our leading blacksmiths.

Miss Hester Chadwick is at present engaged in nursing the sick.

Miss Lillian Fisher is a member of the West Street Graded School Faculty.

Mrs. Blanche Mourning is doing well.

Miss Dora D. Barber is the Matron of the Baptist College, Kingston, N. C., as well as teacher of Domestic Science. Miss Dora is an A. B. graduate of Shaw University.

Miss Leona Harris is one of our County Teachers, and has been for years.

Miss Alice Robinson is doing Domestic Work in the North.

J. P. Stanly, M. D., is one of New Bern's leading physicians and enjoys a lucrative and growing practice.

CLASS OF 1906.

Raymond Bryant is a member of one of our leading orchestras.

Richard Hargett is at present engaged in the plastering business.

CLASS OF 1911.

Miss Eliza Allen, recently graduated at the N. R. T. School, Durham, N. C., and is at present a member of the West Street Graded School Faculty.

Miss Juanita Kennedy, nee Jones, is the wife of Dr. A. T. Kennedy, Manager of the Ramsey Drug Co., High Point, N. C.

Joseph Lewis is a student at Kittrell College, Kittrell, N. C.

Harry Green is a Senior at Lincoln University.

Thos. Brimage is a Senior at Biddle University.

CLASS OF 1914

Miss Viola P. Bryant is engaged in domestic work in the North.

William Martin is a student at Shaw University.

George F. Allen is a student at Shaw University.

CLASS OF 1915.

Jarvis Brimmage is at present in the North preparing for College.

David F. Leath is one of our County Teachers.

Jas. H. Harrison is at work in Virginia preparing for College.

Miss Carrie Blackledge is at work in the North preparatory to her entrance in College.

Miss Arretta E. Pettipher is pursuing an advanced course in her studies.

Miss Carrie E. Pettipher is a student at the Religious Training School, Washington, D. C.

Samuel Mumford is a student at Shaw University.

John McCleese is at work in the North.

Miss Annie M. Green is at present doing domestic work.

Miss Gertrude K. Chapman is one of our County Teachers.

Miss Willie G. Blackledge is a student at Scotia Seminary, Concord, N. C.

Miss Annie J. Ward is a student at Seventh Day Adventist College.

Mrs. Carrie Harrison, nee Whitney, is married and doing well.

PREPAREDNESS.

(Joseph Hazel, Class of 1916.)

Though many things distract our mind,
But perhaps the greatest is this:
In what condition shall we find,
Our nation in the list?

"Preparedness" is our nation's cry,
From one state to another;
For the stars and stripes must ever fly,
There shall not be no other.

Our great sagacious President,
Who o'er this country rules;
Sees that if preparedness we resent,
We'll fight without the tools.

Wake up, ye people one and all,
Do all that's in your power;
"Preparedness" is the word we call,
Be ready for the hour.



GRADED SCHOOL BAND.



CLASS 1916
MOTTO: "ONWARD AND UPWARD"

GRADED SCHOOL BAND.

The beginning of our School Band was very simple. A few sessions ago, we began giving a number of boys lessons on the cornet. They made rapid progress. It was not long before they were able to assist with the music in chapel exercises.

The efforts of the boys thus far were very pleasing, and we ventured to take a step higher. In January, 1915, we organized a School Orchestra, which was successful in rendering melodious music upon all public gatherings.

In December, 1915, we organized our School Band. We now have fifteen pieces and hope to make additions as time and circumstances will permit.

At this point we found ourselves in need of a band master. We were fortunate in securing Mr. J. V. Grimsley. His pay is small, but his efforts are great. The boys are now able to appear in public and do credit to themselves and school. Each member pays a small tuition fee. This is augmented by funds raised by teachers' special efforts. A few of the boys furnish their own horns, but in order to make this feature of the school improvement a success, the principal has been compelled to take his personal earnings and purchase instruments.

THE BANNER.

Most of our scholars are interested in the general progress of the school. In February, 1915 we purchased a piano, costing \$240. Not having the cash, we signed a contract which allows us to pay \$7.00 per month. Occasionally we ask the different classes to give us a donation. The class that gives the largest amount gets the banner.

It would be pleasing to see these little ones in their effort to outstrip the other classes.

Below we give the banner class for the term, also number of times the different classes got the banner:

The banner class for the year is Fifth grade, Miss Carrie B. Roach, teacher. This class received the banner four times.

Fourth grade, Miss Eliza Allen, teacher, received the banner two times.

Eighth and Ninth grades, Mr. E. J. Hayes, teacher, received banner two times.

EARLY HISTORY OF NEW BERN, N. C.

We, the students and teachers of The West St. Graded School, being deeply interested in the growth and development of our home town, feel that a few of its early historic facts will be of interest to many of our readers, especially students.

An intelligent child likes to know the history of its parents; where they were born, where raised, and what occupation they followed. Then why not study home history.

The year 1710 is a memorable date with us. It was then that a small band of settlers from Switzerland and Germany selected a pleasant site at the junction of the Neuse and Trent rivers, in the Province of Carolina and laid the foundation of a town which they called New Berne.

It seems that later scholars dropped the final "e" in Berne and now and on we shall write it New Bern. Bath was the first town in North Carolina, and New Bern was the second.

Its founders were a small number of Swiss from the province of Berne, and a party of German Protestants from the Palatinate on the Rhine.

The Palatines came directly from England where they had gone to seek refuge from religious persecution in their own country. History tells us that they were about three months crossing the Atlantic and that half of their number died during the voyage. Finally, they landed in Virginia, and marched over land to this lovely spot which had been selected for them by the surveyor general of the province.

In September they were joined by the leader of the Colony, Baron de Graffenreid, with other settlers.

De Graffenreid found his colony in a deplorable condition.

Let us note the progress invention has brought to us. These liberty loving people were three months crossing the Atlantic. Now it is crossed in four or five days. Then we could see vessels here and there on the ocean with their sails spread like wings of birds. This was their means of travel. Now the steam vessels, with wireless telegraphy, dart across the ocean like a dolphin.

Before the town of New Bern was a year old, the Carolinians began to quarrel among themselves. They were not satisfied with their governor. The Indians, knowing that "a divided

house cannot stand" decided to strike the settlers a lasting blow for taking their land.

While they were getting ready for their murderous attack, De Graffenreid and John Lawson went on an exploring voyage up Neuse River. They were seized by the Indians. The war council decided that both of the men should be put to death. De Graffenreid told the Indians that he was king of the Swiss settlement, and escaped death by promising that no more land should be taken from the Indians without their consent.

Poor Lawson. He and a colored servant were put to death in a most horrible manner.

The Indian war reduced the colony to about forty men and a number of women and children. De Graffenreid became disheartened and sold his interest in Carolina and returned to Switzerland.

The year 1749 is a memorable date for us. It was then that the first printing press was erected in North Carolina.

James Davis brought this press to New Bern from Virginia. In 1752 he issued from his press the first book printed in the Colony, a volume of the provincial laws, bound in yellow leather, therefore it was called the "Yellow Jacket."

In 1764, some historians say 1765, he issued the first newspaper in the Colony, called The North Carolina Magazine or Universal Intelligencer.

One of the most historic spots in New Bern, is lower George street, where once stood the famous Tryon Palace. This building cost about \$75,000. It was planned by John Hawks, from the Island of Malta. It was completed in 1779. At that time it was the most handsome building in America. It was the home of the Governor, as well as State house.

In 1798 a colored woman, a servant, carried a lightwood torch in the cellar, which was filled with wood and hay. Can you imagine what happened? The main building and one wing was burned. One wing is still standing.

New Bern at that time was the largest town in the province, capital and center of education.

The next Governor to occupy the palace after Gov. Martin was Richard Caswell, the first Governor of the Independent State of North Carolina. He took the oath of office in New Bern, January 16, 1777.

OUR SCHOOL

A visit to our school will convince parents who are interested in their children that they are being thoughtfully cared for by the individual teacher. We demand well prepared lessons. Most of the children are beginning to see that school means business.

This year we have enrolled over one thousand (1000) pupils. Our daily average will be about 650. When the weather is good, we occasionally have 800 present in one day. Upon rainy days our attendance has often dropped below 400.

We kindly ask that parents prepare their children and aid them in getting to school when weather is bad. Good weather induces a boy to create a holiday of his own accord. Do our parents examine the monthly report card and note statements thereon? When the card is not presented at the usual time do you ask why? This will help the teachers.

Train the child at home to know and do the right, then the teachers will have less trouble, and progress is assured.

"Home makes the man." School helps to polish him. Our auditorium is filling a long felt want. We feel grateful to the Board of Trustees for making this assembly hall possible. We also thank those who assisted us in beautifying its walls.

Our next effort will be to put up a steel ceiling over the present one.

DOMESTIC SCIENCE.

"As we stood and watched the work in different rooms and listened to the enthusiastic explanations of their work by the Principal we could not help but think that a Domestic Science and Manual Training Department by trained teachers would bring larger practical returns both to the colored race who are struggling upward and to the white people who bear most of the financial burden in carrying on this school."

—VISITOR.



WEST ST. GRADED SCHOOL.

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LETTER FROM HENRY W. GREENE.

Lincoln University, Pennsylvania.

April 17th, 1916.

Professor J. T. Barber,
New Bern, N. C.,

My dear sir:—

After a silence of about a year, I am now writing you that you may know just how I am getting along and what has been my thought concerning the dear old Graded School which I now want to call my foster mother. Advanced as I am in College, yet I can never forget the efficient and fundamental training in the school over which you are principal. Never shall it escape me how, when I was "hot-headed" and "mulish" ready to quit school at any time, You did minister unto me with paternal admonition and ardent encouragement. Now I can see through it all. Would that the younger ones, to whom you are giving advice and counsel now, could perceive the real meaning of it all in the early stage of their school days.

I am unusually proud to note the progress of the West Street Graded School under your guiding mind and general supervision: the new building, the standard of work, the additional group of teachers. You, as well as the faculty are to be highly congratulated on your excellent work.

I am glad, too, to have heard that many of our graduates have realized that it is dangerous to drink shallowly from the Pierian Spring." I hope that our future graduates will see these truths.

As to my work, I can say nothing more than that, I am making a record of which you and my host of friends need not be ashamed. Last examinations (January 1915) I did not fall below 85 in any subject and made over 90 in four: Latin, Greek, Chemistry and Logic. My other subjects were: Mathematics (Calculus), German, English Bible and Spanish. I was assigned to the general roll of honor with special honors in Greek and Latin classics. The examination in differential Calculus was the most difficult of all my examinations. I made 88 in it. There was only one who made 90. My general standing in my class of thirty-two (32) as far as I can ascertain, is third.

Owing to the large number of freshmen in Lincoln this year, I was appointed as Instructor October (1915) in freshman Latin, which pays for my tuition, books and half of my board (\$75).

This helped me a great deal, for it gave me a chance to settle my great debt with the University.

The students are finding Lincoln very hard. Of course you know failure here means exclusion from the University. From 15 to 20 fail every year (mostly freshmen and Sophomores.)

My subjects this term are: Moral Philosophy, Economics, Chemistry, German, English Bible, Latin and Greek Classics, and Integral Calculus.

Remember me kindly to all the school boys and girls and also those of the faculty who know me.

Respectfully,
HARRY W. GREENE,
Class of 1911.

COMMUNITY SERVICE

Early in December of 1915, the Sunday Afternoon Forum was organized. The purpose of the meeting was to get our citizens interested in Civic Improvements and Social Uplift.

From the very beginning a lively interest was manifest. Papers and improvement speeches for the afternoons, together with music by the best local talent in the city, have enabled the committee to get before the people many practical things to be worked out.

From this organization a committee was sent out to look into the matter of a Community Nurse. Addresses were made in Churches, Sunday School and Lodges, asking for monthly pledges for the work. The committee came back with favorable report—and a nurse has been placed in the field, with a most excellent work being done. In this connection the ladies have an Auxiliary, working to equip a loan closet with linen for the nurse—thus for the first time in the history of the city the colored citizens have a nurse on the field.

Many big problems can be worked out along these same lines, if only small plans are presented and pushed. The committee has need to feel proud of the support being received by the citizens in helping to do Community Service.

Yours,
WILLIAM H. JACKSON.

THE OBSERVANCE OF MOTHER'S DAY AN AID TO SCHOOL DISCIPLINE.

That the school room is a place where manhood and womanhood are developed has long since been admitted. That the parents (mothers especially) bear close relationship to the teachers in this development is a fact that needs no proof. Formerly it was thought that teachers' rights begin where parents' rights end in this very important work. It must be acknowledged, however, that this is true in a measure; but there is a place where co-operation must take place if the child is to be trained rightly. The duty of the one is co-equal, in many respects, with that of the other, and must be strictly exercised if good results are to obtain.

One of the greatest assets to any school is discipline. Without it the school becomes a disorganized assemblage of boys and girls. Insubordination, idleness, irregularity in attendance, tale-bearing, etc., will gradually creep into and become a part of those whom the teachers strive to make good. The school in which this is allowed is at once a failure. Instead of making boys and girls better, it becomes a curse to them and the community at large. Dr. Levi Seeley, professor of pedagogy in the State Normal School, Trenton, N. J., fittingly says: "The ends to be sought in school discipline are two, namely, (1) the protection of the rights of every individual child, and (2) the maintenance of the good name of the school as a whole." From this it is easily seen that discipline is a means to an end, and should be strictly required in every school.

To bring about this good means, it is necessary for the teachers and mothers, especially, to assemble occasionally for the purpose of discussing subjects leading to the development of the pupils. This meeting known as Mothers' Day, etc., is one in which teachers and mothers have opportunities of getting better acquainted with each other's ideas and ideals. Here they discuss the attendance, tardiness, behavior, home study, etc. of the pupils, and the remedy for the same if bad. Too, the realization is brought to each that the parents nor the teachers can remedy these alone, but that it takes the combined efforts of both (except, perhaps, in boarding schools) to keep them at par. The mothers are made to see plainly that poor attendance makes poor students, and if the child does not study at home, little or no

advancement can be made in his studies. On the other hand, the teachers will find out the dispositions of the mothers, in a degree, the physical weaknesses of the children, if any. In this way an understanding will be established and the "reports" of son or daughter about what the teacher did will have no bad effects upon the parents.

Such meetings will go a long way in making our schools, homes and communities better. Too, the school virtues—neatness, accuracy, silence, industry, truthfulness, regard for duty and politeness—will be so thoroughly instilled within the child that rowdyism and vice will soon be antique factors.

Each teacher and each mother, knowing that children are "gifts of God" and that they can be rightly trained as indicated above, should decide to become a member of some Mothers' Union, Mothers' Conference or Mothers' Assembly, and occasionally observe Mothers' Day in our schools. It will help the teachers; it will help the parents and guardians.

Mama to Johnnie—Johnnie, I took you to the show so you could see how well those animals act and behave. You are so naughty at home sometimes, I am ashamed of you.

Johnnie—Mama, those animals have a trainer, and they are trained.



GALL.

(By Mamie E. Fox Riddick, Substitute Teacher.)

As I was riding on the train
One torrid day in summer,
A sleeping man sat opposite,
 s snoring was a hummer;
His head was tilted back, his mouth
Yawned like Vesuvius' crater,
And all the while his rancous snore
In volume grew the greater.

The fat conductor passing through
Took in the situation,
And said, "I bet I'll have some fun
Before we reach the station."
He called the porter: "Jim, come get
The key unto my locker;
Bring me a vial of quinine,
I want it for a shocker."

Jim knew some mischief was afoot,
But wisely asked no question,
He just obeyed his chief's request,
Ncr volunteered suggestion.
That naughty, bad conductor took
From Jim the little bottle,
Removed the cork, the contents poured
Right down the sleeper's throttle.

The man awoke and shut his mouth,
Then took one mighty swallow,
Fell from his seat into the aisle,
Where he began to wallow.
In agony he flopped about,
And all the floor he dusted,
"Oh get a doctor!" he cried,
"My gall has gone and busted!"

FAREWELL, DEAR GRADED SCHOOL

By Joseph C. Hazel—Class '16.

Farewell! farewell, dear Graded School,
Farewell to all therein;
We leave thee with the Golden Rule,
That has your motto been.

We graduates do forward go
To seek for higher planes,
Though hard may be the task, we know
We will not work in vain.

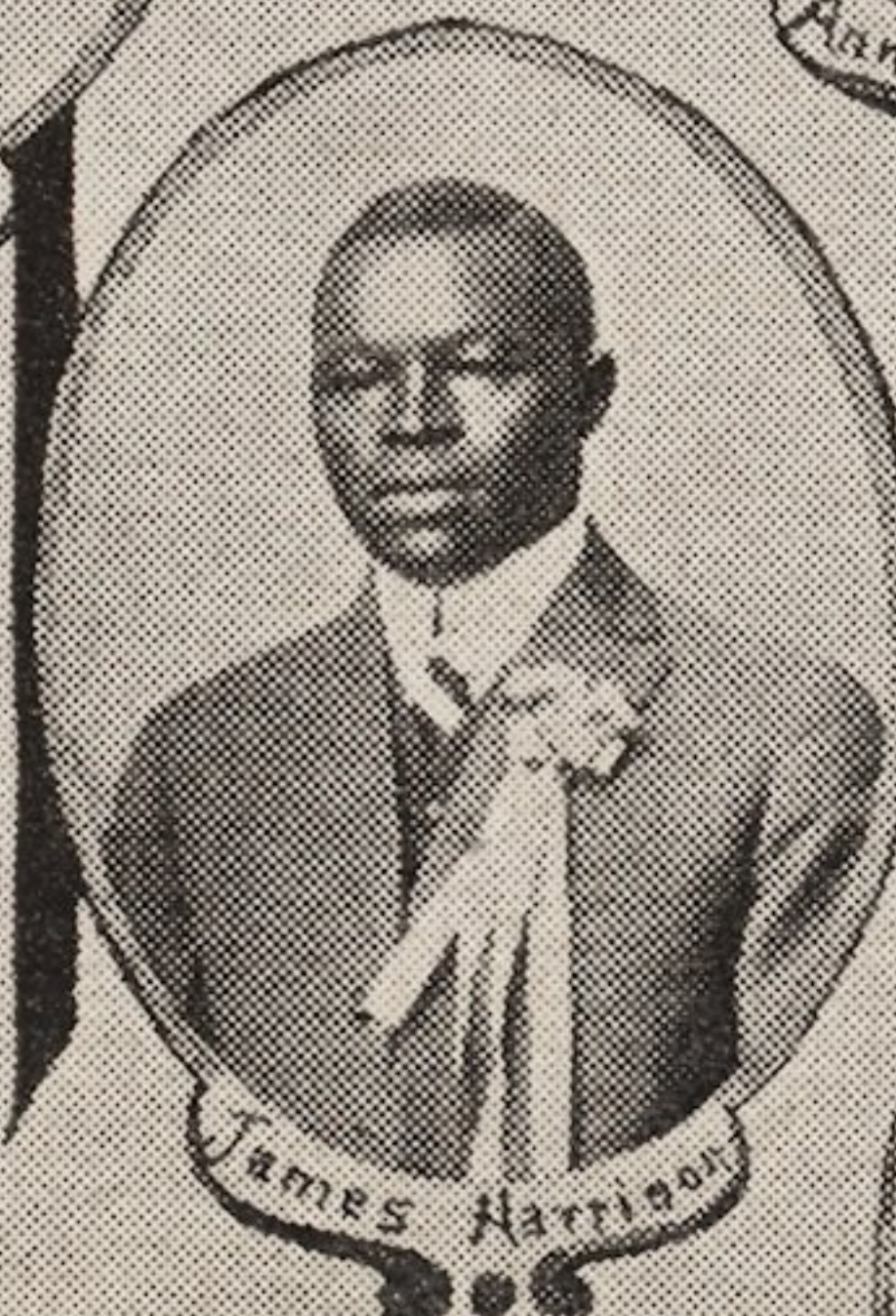
We'll miss the days of pleasantness,
Spent at this school so dear;
But like great Caesar we'll do this:
Press on and have no fear.

We'll miss the days of romp and play,
Spent on our large school green;
We'll often wish we could have stayed,
To witness that once seen.

Let those who next shall follow us,
Become inspired as we;
And they will reach their end, we trust,
And happy they will be.

Lest we forget our teachers dear,
Farewell our voices say:
Our wish to you is this you hear—
Success to you always.

Yet with this all we say farewell,
Though saddened are our hearts;
Farewell! dear school we love so well,
To thee we owe our start.



Walter, Newton

1915
West Street Graded School

VICTORY FOR US.

(Marion H. Faison—'18.)

About this time last year, you know
The following we could not say
For on yesterday we won a game
From the E. N. C. I. A.

We lost the first game this season,
But cheer up and let me say:
We want you to always remember,
That we've conquered the "E. I. A."

Willie Pearson pitched a few for them
Then Gillis tried it a while,
But trying to conquer the little "White Sox"
Had really gone out of style.

Let us praise little John T. Pearson
Who for us held his post "in the box,"
He held high the flag of the Graded School,
Three cheers for the little "White Sox."

On second I didn't have much to do
Just two hot ones, as heavy as lead,
But I stopped and delivered them over to first
And "Mitch" Pender just "killed 'em dead"

Their batters thought they had a cinch
At Parsons not so "big and stout,"
And they just thought, and thought and
thought,
"Till the umpire hollered "you're out."

So you see that this for you we've done
And in honor to our dear school
For the White Sox are "hot stuff" remember
And, believe me, we're hard "to cool."

Now, when we get "Billy" Taylor straight,
We'll put him back in the nine,
And by that continuous labor,
We shall reach the champion's line.

HOME ECONOMICS.

Home Economics is all that makes for health. The right care of the body. Sanitation as it relates to the home. The proper environment of the home, ventilation, heating, lighting, water supply, disposal of household waste. Healthful food—its selection and preparation.

The part of Home Economics that I shall especially emphasize is Domestic Science, and of this important branch of Home Economics the food problem is, perhaps, the most difficult. Because it is so vital to the welfare of the family; and hence, of a nation. The food question once meant providing some thing palatable and presumably wholesome at a cost within our incomes. Today it implies a knowledge not only of the cost and nutritive value of food materials, but their composition and digestibility, and proportions of different food principles necessary for perfect nourishment. Mrs. Ellen G. Richards says that "the prosperity of a nation depends on the morals and health of its citizens; and the health and morals of a people depend mainly upon the food they eat and the homes they live in. Strong men and women cannot be raised on insufficient food. Good tempered, temperate, highly moral men cannot be expected from a race which eats badly cooked food, irritating to the digestive organs, or unsatisfying to the appetite. So, then, to have quick, clear brain, and strong, capable bodies we must have properly cooked and nourishing food.

In order for girls to acquire this knowledge and practical experience, Domestic Science should be taught in our public schools.

Why? Because, first to give them the fundamentals of cooking, and the values of food, and second, because the homes are neglecting this.

They should be taught also, to keep the home clean, sanitary and attractive. How few of the children now even, know how to wash dishes. The following simple rules will enable anyone to accomplish this seemingly enormous task, with great ease and rapidity.

First, gather dishes together. Remove waste and sort. Then rinse in cold water any that are badly soiled. Fill two dishpans, one half full of hot soap suds and one half full of clean hot water. Wipe and polish with a clean soft towell in the following order. First, glass; second silver, third china, fourth wood, fifth, cutlery, sixth, granite; seventh tin; eighth steel.

Ordinary washing soda, alcohol and household ammonia may be used instead of soap. Proportion one tablespoonful to one quart of water. Scour all utensils except steel with powder or coals. (Never dry tinware over heat, the utensil will turn dark. Apply cleaning powder on bath brick directly to steel. Be sure to wash towels and dish cloths after each dishwashing.

Remember that particles of food left on the utensils in which food has been cooked, is unsanitary, soon ferments and causes germs which brings disease in a short time.

Many valuable lessons can be learned from the study of Do-



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mestic Science, and none of more value than the dignity of work.

In order to have sound minds our bodies must be sound. In the near future I am sure we will have less disease and thereby become more capable and healthy citizens.

MRS. AGNES SULLIVAN.

TUBERCULOSIS.

J. P. Stanley, Jr., M. D., Class of 1904.

Tuberculosis is a chronic, less frequently acute general or local infectious inflammatory disease the result of the implantation and proliferation of the tubercle bacillus. The action of the tubercle bacillus is peculiar in that it stimulates the cells of the body wherever it may lodge and grow, to the formation of little masses of new tissue which are called miliary tubercles. The effect of nationality upon the receptivity of tuberculosis can be studied more advantageously in America on account of the cosmopolitan character of its population.

During and immediately after slavery it was a rare thing to hear of a negro having tuberculosis, but in proportion that he rises in the scale of civilization in that same proportion there is increased susceptibility, thereby bringing about a greater prevalence of the disease.

Medical Science has discovered the fact that it isn't necessary that a person should have this disease because his parents or relatives had it. Too much importance has heretofore been attached to the influence of inherited constitutional peculiarities to the exclusion of other potent factors, especially an infective environment. I know of a prominent family in this city that has been practically wiped out of existence on account of carelessness on the part of the members of the family and patient. The patient nor the members of the family hesitated in using the same eating, drinking utensils and towels without being sterilized. The same principles that were practiced in the above case are being practiced in the churches and schools in this city and those in authority have placed the stamp of approval upon it by allowing such conditions to go on. I contend that we should have individual Communion cups which can be easily sterilized after being used. I know of many cases who suffer from mouth diseases and partake of the Holy Communion with their mouths polluted with millions of pathological bacteria. I think that it is high time that we should open our eyes and behold the gravity of the situation and apply a remedy for the same. There is no age exemption, the suckling babe at its mother's breast as well as the octogenarian succumb to this disease. Before we finish our stewardship upon this terrestrial ball, before we succumb to the mandates of nature, I hope that we can look back upon a life well spent in the service of God and for the benefit of humanity.

THE FLY.

(Contributed by H. W. Fisher, M. D.)

The fly is of no possible known use to humanity, but of great actual harm.

Did you ever hear of his birth, where he is born, what he lives upon, who his neighbors are and of the great trouble he causes in this world?

The garbage pail, manure pile, pig pen and dirty stables are the chief Maternity Hospitals for this filthy little creature.

A female fly will deposit about one hundred and twenty-five eggs in a manure pile. They all hatch out into very small white maggots in less than twenty-four hours.

These maggots squirm around in their hospital, eat and grow fat and grow a shell, once in this shell they begin to grow wings and legs, developing into a normal fly.

It takes about five days for this process and then they make a trip from the hospital to our tables and there feast upon the good things prepared for us, sometimes before we do, after we have been called or invited.

We have learned a great deal about the fly recently. It is known that he is one, if not the greatest enemy of the human race. This little dirty creature is the medium through which the germs of many diseases are introduced into our bodies, causing death of many thousands every year. Typhoid, dysentery, infant diarrhoea, tuberculosis, smallpox and probably hook worm disease, are brought to us by this unwelcome guest, the fly.

His digestive apparatus is so simple that the germs which cause these fatal diseases, pass through the body without being changed and they are especially fond of tuberculosis sputum, and typhoid dejecta, and when we see these little creatures crawling and feasting on our food before we do, they are without doubt in many instances depositing these very germs. We should see to it that we eat no food which flies have feasted on first; if we do we are in immediate danger of some of the above named diseases.

The first thing for us to do about the fly, is to rid ourselves of this unwelcome guest,, and we can do this easily by cutting off the source of supply.

First, do away with the hospitals spoken of above, remove all filth from our premises. Old trash piles, garbage cans and keep the stable clean as well as the house. Secondly; they should be screened out, not only from the kitchen and dining room but from all the house. After this has been done if a few should remain, then swat, but never swat until you have cut off the source of supply.

As long as this great enemy is allowed a place in our homes, especially at our tables, the Doctor will necessarily be a frequent visitor and occasionally the Undertaker.

MOSQUITOES.

(Contributed by H. S. Moore, M. D.)

Mosquitoes are classified among the higher invertibrates, and belong to a large and complex family numbering probably fifty thousand species.

Many of them familiar from the seasonal annoyance they inflict on man and animals, and in recent years more seriously considered as carriers of diseases. The mouth parts are adapted to sucking and piercing, and they have but two wings, the hinder pair being converted to little structures which are used to balance or direct the fly in his flight.

The mosquitoes are known from the tropics to the poles, but it is only in recent years that their relations to the three serious diseases of man have been suspected and proved. It has been shown beyond question that the germs of malaria, yellow fever and lariasis are transmitted from man to man through the agency of mosquitoes.

The life history of the malaria germ has been quite thoroughly investigated. Malarial fever which is the most deadly disease of the tropics, is caused by a minute amoeba, like one-celled organism, parasitic in the red blood corpuscles. These grow and multiply asexually in the blood, but their sexual multiplication occurs within the stomach cavity of the mosquito. "Anopheles," not only the intermediate host of the malarial parasite, but also the sole source of infection. Thence they make their way to the poison-gland of the insect, and are so introduced into the next person bitten by the species. The "Anopheles" is the mosquito with spotted wings, fortunately less common than the gray-winged or brindled-winged, mosquitoes of the genus culex. Another mosquito "stegomyia," is responsible for the dissemination of yellow fever and of filariasis, the life history of the germ proceeding along much the same line as with malarial germ, so far as it has been investigated. The destruction of mosquitoes, especially of the "anopheles" and "stegomyia," and protection from their attacks, have consequently been recognized as a most important safeguard to health, especially in tropical countries. Protection is chiefly to be had by extensive and thorough screening of houses and porches; destruction of mosquito larvae can be effectively accomplished by draining swamps and stagnant pools, in which they chiefly feed, and where draining is impossible, by periodically covering surface of the water with a thin film of kerosene. Standing water in cisterns or rain barrels should be carefully screened.

By these methods of prevention the mortality from malarial fever and yellow fever in tropical regions has been greatly reduced. When in the construction of the Panama Canal, they have been systematically and thoroughly applied.

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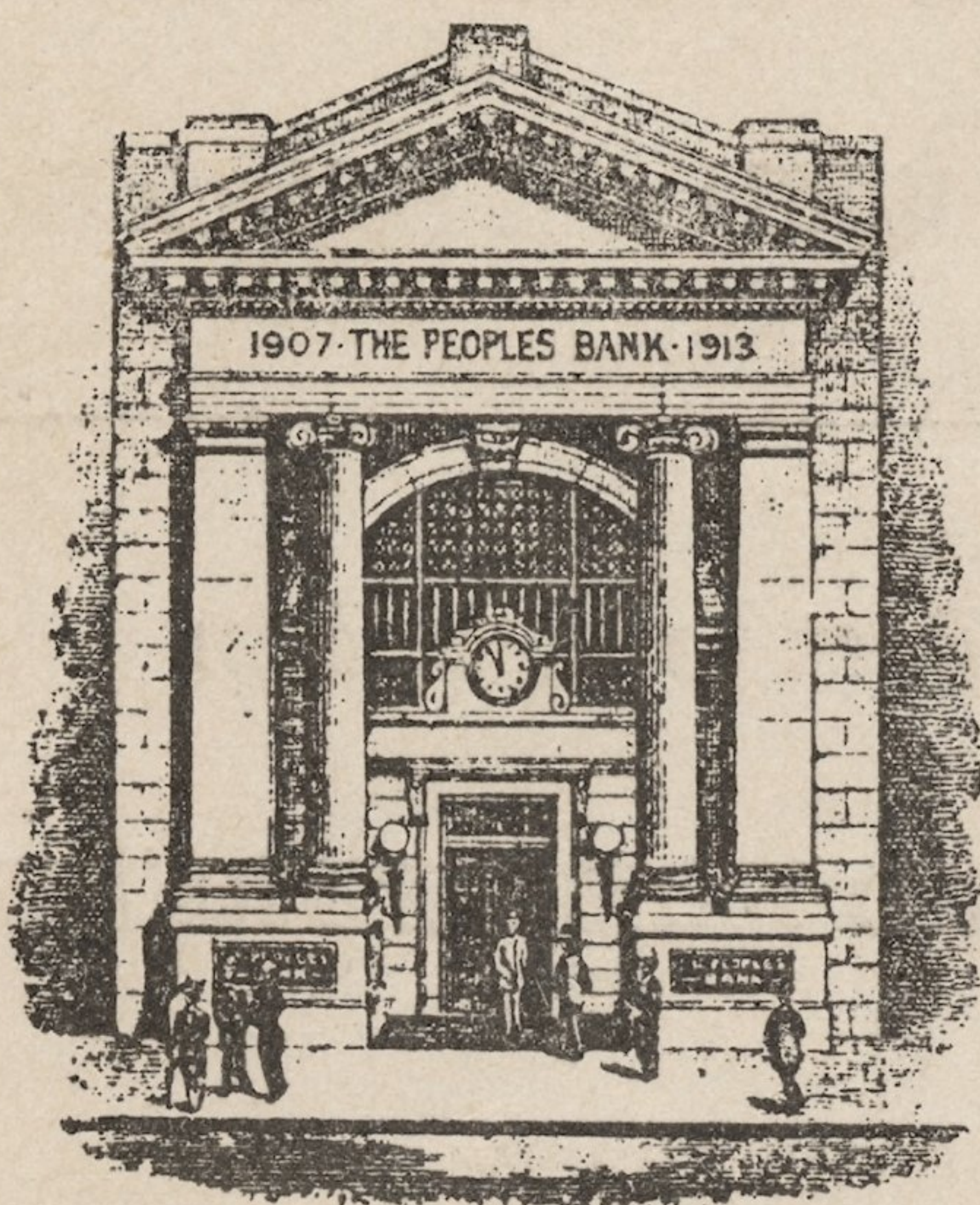
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