

DR. R.H. TROTTER
HEALTH & HYGIENE
"YOUNG EYES NEED CARE"

By F. S. Rodgers, Opt.
It is assumed that more

[illegible]

and firm, hence, it is during the period of growth that damage to the eye is most apt to occur.

"This is one of the men you used during the war. What will

Optic nerve tissue inside the eye are apt to become stretched to an extent which they cannot stand, and tears and breaks occur in them with damage to the sight.

It is a fact that cannot be remedied, nor, for that matter, can the eye when it is once stretched come back to its normal size, in very high degrees of

perfect shape. Children who have defective eyesight, and who are not properly examined, undergo reduced receiving power by public school education. The child who is not properly examined at school work is a pain and a headache to the teacher. The children are always behind the class and soon they are recognized as mentally deficient.

SMAY CONTENT IN NORMALS A SUCCESS.

The essay contest recently held at all Negro normal schools in Texas was a decided success.

The subject of the essay was, "How I Would Teach Health to the Pupils of My School." At this time about 100 essays have been submitted to the State office.

A first prize of \$10.00 and a second prize of \$5.00 was given in each of the following are the prize winners:

Mrs. Lena H. Taylor, first, Mrs. D. M. Williams, second, Mrs. M. L. Sumner, Normal; Mrs. L. A. Beal, first, Mrs. L. A. Donnell, second.

here. Preparatory to this, the Negro Union Academy at Ruston will be moved to the new building in October.

3-YEAR-OLD BLIND BOY CAN PLAY IN REMARKABLE MANNER.

Birmingham, Ala., Sept. 25.—Bliss is a three-year-old blind boy, who already shows signs of musical genius. His mother, especially the manipulation of keys of a piano.

His father, Mrs. Sims, formerly lived in Birmingham but recently have made City Park, Ala., their home. The family relatives at 807 North Fifth

SUCCESS MEANS SACRIFICE
SAYS MAYOR OF MONROVIA

Buffalo, N. Y., Sept. 27.—Nothing worth while was accomplished without the great effort which was the incentive to the Negroes of Buffalo by ex-Gabriel M. Johnson of Monrovia, Africa. He addressed

centro, first, Miss Geraldine Reed, second, Narcisoche Colarado Summer Normal; Miss Belle Zorena White, first; Miss Ruby M. Doaks, second, Wylie University, Marshall, Texas; Miss Blanche E. Henderson, first; Miss Lucretia Sherred, second, Prairie View Normal, and Viola Washington first, Viola Humphrey, second, Beaumont Summer Normal.

The world may be safer for democracy as a result of the war

A great deal of interest in health care in the United States is being expressed. It is hoped that through essays it will be possible to conduct another essay contest next year.

COLORED BAPTISTS PROPOSE TO ESTABLISH COLLEGE

Gaston, Sept. 22.—Ladlow College, for 40 years the seat of a colored college in the South, has been sold to a committee representing the Colored Baptist Church of America. The church is planning to accommodate all the Negroes of Africa we must sacrifice food, clothing and money. Liberia is a country that is not willing to accommodate all the Negroes of Africa we must sacrifice food,

representing the Negroes of the Baptist Church in North Carolina who will establish a school there October 15. Linwood College is no more, according to announcement made by Rev. A. T. Lindsay, former owner of the world.

"Through the medium of L. we may come into our own rights. We will never gain ours by trying to break down any government. There has been a

The property embraced in the transaction includes approximately some 225 acres. The consideration not made public. It is generally

understood that Mr. Lindsay had been holding the property for a price of \$125,000. Whether or not he received this amount for the property was not disclosed by him. Neither would any member of the committee of Magnesian. Also, the committee is to be put down. Let us rise to our own honest efforts. Like the open door to Africa. A country of Liberia has never written. It would be a stimulus to a Negro boy. The early

It is also understood that the \$50,000 is outstanding bonds on the property held by a group of Gastonia citizens will be taken up as a result of the sale. To settle this matter and also many other details

connected with the purchase, a meeting or conference of all interested parties will be held in Gastonia. This conference will be attended by representatives from the 22 different associations, conventions and unions

North Carolina and the Negro Baptist Church, interested in the project. Rev. Mr. Lindsay and the Gasconade bondholders will also attend this meeting.

It is understood from John Hume,

buyers, of Dallas, prominent figure in the Colored Baptist Church, and one of the committee which closed the deal with Mr. Lindsay, that it is the intention of the purchasers to found a big Negro college on the

ways of the crowd. Often these familiar faces frequenting the roadsides on the crowded trains

The real Negro does not frequent and infest these haunts. He work or at home. He is retired and engaged in painful pursuit. Negro girls of our best homes no more frequent these places as re-

The real Negro does not frequent and infest those haunts. He works or at home. He is reticent, and engaged in painful pursuit. Negro shifts of our best homes no more frequent these places as re-
Here's where the race suffers in appraisement. Travellers judge what they see. The drive and alleys of our cities. But they know and know the best element among us. Might as well judge the factor of all New Yorkers by the personnel and standards and fumes of Port-au-Prince as in a brick house.

crude and criminal Negro life that infest public places that degrade churches, his schools, his homes, his community centers, his community enterprises, his public institutions for race betterment and community life—these reveal the real Negro. They interpret to the world his inner life, his spirit, his purpose, and the honest reality of

The obnoxious gangs that infest public places like depots and divans do not represent the Negro at his best. —S. W. Christian Advocate

Nineteen Hundred and Fifteen New Readers



Is The Actual
Record of

"YOUR PAPER"



THE DALLAS EXPRESS

IN
TEN DAYS

*It's a Service that You Need Of-
fered at the Price You Want to
Pay. Why Not Get Yours Now?*

5c Per Copy
EVERYWHERE

Mailed Anywhere in America

One Year	\$2.35
Six Months	\$1.25
Three Months	.75

Your own Coupon below, use as Order Blank

Subscription Order Blank

DALLAS EXPRESS PUB. CO.,
Dallas, Texas

Gentlemen:

Please send THE DALLAS EXPRESS for _____ months to

MR. _____

Street and number.

City or Town

State

Cash Enclosed \$ _____