

About Your Health

THINGS YOU SHOULD KNOW
By John Joseph Gaines, M. D.

HOT WEATHER HINTS

Assuming that there will be some hot weather this summer, it behooves the "Fats" as well as the "Leans" to get all the comfort out of it that is possible. Perspiration, a most valuable process, should not be arrested, but its discomforts should be dealt with intelligently, if it becomes disagreeable.

Light, airy clothing is indispensable; it permits free access of air to the person, which is effectual in carrying away excess moisture. Some people have sweat-glands that are excessively active, especially the fat bodies with nervous temperament—these may attempt to limit skin drainage, by maintaining more free action of bowels and kidneys. It is not always advisable to cut down water drinking in hot weather, unless it be the intake of ice water, which for many reasons is not good for the human system. Neither should plenty of exercise be neglected; exercise and plenty of good, cool water are among the best conservers of health.

If your perspiration has a very offensive odor, your elimination by bowels and kidneys is insufficient; lessen your dietary of animal and saccharine foods.

Locally, bathing, especially the cool shower is tonic; the coarse dry towel is a faithful ally. Many powders are used for dusting remote surfaces; know the quality of the stuff you buy. If the skin presents a "greasy" surface, the stearate of zinc is excellent—may be used freely without danger of poisoning in any way. The only precaution to be observed, never dust baby so that he inhales the powder—and this applies to any dusting powder on the market. The stearate of zinc is a good ficer.

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powder after shaving, especially if the cuticle is oily in appearance. Borated powders are very useful on irritable skins, and, entirely harmless. No dusting compound should contain lead.

CALDWELL MAN SHOT TO DEATH BY STEPSON

Lenoir, June 24.—T. A. Marshall, age 50, farmer of Little River township, was killed Wednesday about noon by a rifle shot alleged to have been fired by Leonard Craver, his 16-year-old stepson. Officers arrested Craver and placed him in jail here on a charge of murder.

The trouble arose between father and stepson at the noon meal hour, it was said. It appears that there were four of the Craver children. The stepfather corrected one of the Craver girls for some purpose, and this was resented by the child's mother. Words followed and, according to the story told by the children, Marshall was beating Mrs. Marshall, their mother, Leonard Craver, the 16-year-old youngster, ran to get a rifle but an older brother took it away from him and broke the rifle in two. After he had put it out of commission, he threw it down and was thinking of separating his mother and father.

Again Leonard picked up the rifle and noticed that when his brother broke the stock from the barrel it

Chief of the Drys



Seymour Lowman of New York who has just taken over Gen. Andrew's job of national prohibition enforcement

did not affect the lock or firing mechanism and he fired one .22 calibre bullet which struck his stepfather under the right arm. Upon being shot it is claimed that Marshall started to get a shotgun but the older stepson succeeded in getting it first and fired both barrels before his stepfather could reach it. In his last efforts to reach the gun the man fell from wounds inflicted by the rifle bullet.

EXPECT RECEIVER FOR DEFUNCT WILKES BANK

North Wilkesboro, June 25.—The affairs of the Bank of Wilkes, which closed its doors on Saturday, May 28, as a result of the illness of its president, Chas. Wrenn, and due to extended credit brought about by much of the bank's paper being worthless and slow and tied up in real estate, will likely be cleared up by a receiver appointed by the corporation commission of North Carolina.

Since the examination of the bank on Monday following its closing by D. M. Darden, the bank has been in the hands of the corporation commission and this is exactly where it is today.

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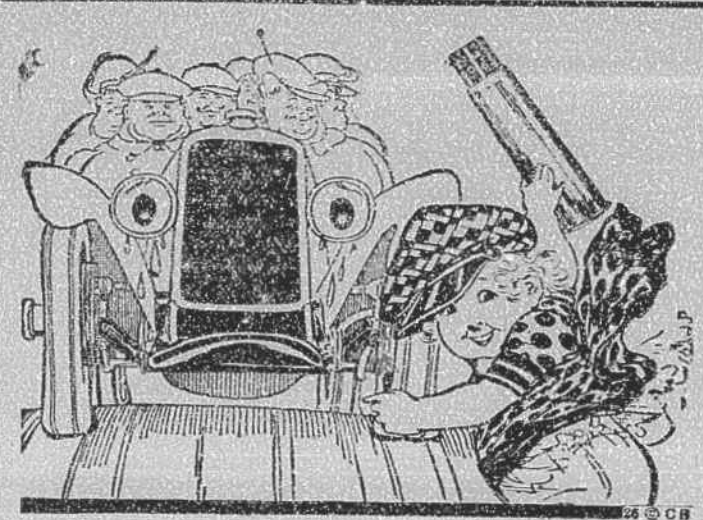
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CHRISTIAN CHURCH TO ORGANIZE SUNDAY SCHOOL

All members of the Christian Church in Boone and vicinity are

urged to meet together for a special church at three o'clock Sunday afternoon, where plans will be outlined for church work and establishment of a Sunday school by this denomination in Boone.



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- For N. Wilkesboro 12:30 p. m.
- Bristol 7:30 a. m.
- Bristol 1:30 p. m.
- Lenoir 7:30 a. m.
- Lenoir 1:00 p. m.
- West Jefferson 4:45 p. m.
- Elk Park 12:30 p. m.

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