

Watauga Democrat
An Independent Newspaper
The RIVERS PRINTING COMPANY
Established in 1888 and Published for 45 years by the late Robert C. Rivers
PUBLISHED EVERY THURSDAY
SUBSCRIPTION RATES
One Year \$1.50
Six Months .75
Four Months .50
Payable in Advance

R. C. RIVERS, Jr. - Publisher

Cards of Thanks, Resolutions of Respect, Obituaries, etc., are charged for at the regular advertising rates. Entered at the postoffice at Boone, N. C., as second class mail matter.

"The basis of our government being the opinion of the people, the very first object should be to keep that right, and were it left to me to decide whether we should have a government without newspapers or newspapers without government, I should not hesitate a moment to choose the latter. But I should mean that every man should receive these papers and be capable of reading them." —Thomas Jefferson.

THURSDAY, JAN. 30, 1941

DON PHILLIPS

The Democrat takes sad cognizance of the death of Don H. Phillips, a county boy, who was actively engaged in the publication of a weekly newspaper at Ewen, Mich., until his death a week ago.

Don came to the Watauga Democrat thirty or more years ago, as a lad and it was here that the never-to-be-erased stain of printer's ink touched his fingers. In those halcyon days of youth, Don "held a case" on the local newspaper, inked the Washington press, took note of local happenings and was an all-around helper to the deceased editor and his boys. In following years Don published his own newspapers in different sections of the country, devoting his very best to the interests of each community in which he labored, but the home-town newspaper always claimed him as "one of its boys." Don was a good newspaper man, a genial whole-souled fellow, charitable and kind, and the fourth estate has sustained the loss of one of its most energetic workers in his death. We chronicle the loss of a good friend.

JUSTICE FOR TEACHERS
(Winston-Salem Journal)
The Greensboro Daily News pertinently suggests that while it seems entirely appropriate for Chairman Dunlap of the state highway commission to draw sick leave for three months, the editorial conscience is lashed by the thought that when poorly-paid school teachers are forced out on account of sickness their lean pay envelopes are slashed. This is something to weigh heavily upon the minds of officials and the citizens who furnish the money to pay all officers and employees of the state. So patent is the need for sick leave allowance among the teachers that we continue to hope that something of a definite nature can be done and will be done as soon as possible. And we are certain that Governor Broughton and other friends of education will do what they can to hasten the event.

INCOME FROM LIVESTOCK
(Gastonia Gazette)
One of the reasons why The Gazette stresses the growing of livestock for farmers is that every authority to which we have access shows that the farmers who grow livestock have larger cash incomes than those who stick to crop farming. The letter which we recently had from a Gastonia boy studying veterinary medicine at Kansas State, who had been visiting some of the Nebraska farms, furnished further evidence. He told of the fine farm homes he saw there, with modern conveniences, automobiles and money in the bank.

A study of cash and gross income figures for North Carolina and the nation made by the University News Letter reveals the same facts as regards livestock farming and farming in this state. The figures on cash income per farm, which are for the year 1939, are particularly enlightening. California leads all the states with an average of \$3,698, while Alabama is at the bottom of the list with only \$320 per farm. The United States average is \$1,136, but North Carolina is only \$733—better than Alabama, but considerably below the California figure and the national average. The reason for this is disquieting. Of the national average figure for cash income, which is \$1,136, income from livestock and livestock products represents \$660 of the total. North Carolina realizes only \$128 per farm from livestock—a condition generally true of all the southern states. Thus our farm in-

Miss Fashion Future



New York.—The title of "Miss Fashion Future" was won by Miss Caldwell at a recent fashion show in New York. American modistes have taken the lead in fashioning garments for the world since the fall of Paris.

come from this source is only one-fifth of the national figure, accounting in large part for the failure to meet national standards. More livestock on our farms would increase the income from the farms, both from the direct revenue derived from the sale of livestock and from the increased fertility of the soil that would naturally follow from the raising of livestock. A few farmers are venturing into this form of farming. It would be a fine thing if we could get more farmers to raise more cows, both for dairying and for beef purposes.

READER FOR 52 YEARS

Dear Mr. Rivers: Please find enclosed check for \$3.00 for The Democrat. I think I have been taking The Democrat 52 years. When I get my mail with The Democrat, I always read it first. I went to school with your father and liked him very much. We were close friends. I am 85 years old. Have been married 56 years. My wife is still living and able to cook a meal.

The second school I went to was taught by your grandmother, Mrs. Jane Rivers, and she was a good teacher. We had to know our lessons. Very few of the boys and girls that she taught are now living. Respectfully yours,
M. G. SHEARER.
Lenoir, N. C.

REV. W. A. REESE WRITES

Dear Mr. Rivers: It thrills me to get a letter from you, even if it is a "dun." Some of the happiest memories of life are associated with your home and the old printing office.

Mrs. Reese and I returned just a week ago from a wonderful trip to the lower Rio Grande valley of Texas, near the Mexican border. Orange and grapefruit trees were loaded with delicious fruit, the finest that grows in the world. It is indeed a beautiful country, and while there we were able to take in most of the wonderful scenery. We also went down into Old Mexico. We were visiting Mr. and Mrs. Charles Swift, formerly of the Beaver Dam section, who have now lived in Texas for about thirteen years. They have a beautiful home and farm, and a citrus orchard of about sixteen acres which is as fine as any I saw there. Trust you and all yours are well, and enjoying every good blessing. Your sincere friend,
W. A. REESE.
Somerset, Ky.

WRITES FROM IDAHO

Editor Democrat: You'll find enclosed money order for another year's subscription to your good paper. I would like to take this means of saying hello to my friends in Watauga county, especially Judge and Mrs. J. H. Bingham, Miss Jane Bingham and my old neighbor, Newton Banner, and my cousins, Mr. and Mrs. Ben F. Harmon, all of Sugar Grove. MRS. F. E. BARNES.
Kuna, Idaho.

VISITS IN WEST VA.

Mr. Editor: Please allow me a small space in your paper. Since coming here to visit a while my mind has widened out over a considerable part of my old home state, in which I feel I have a host of friends. There are too many for me to write them all personally and I take this method of reaching them. Would like to hear from all of you, who feel disposed to write me a few words to cheer me on my way. W. T. GRAGG.
R. F. D. 1, Princeton, W. Va.

VIRGINIA GRACE CARROLL

Virginia Grace, month-old daughter of Mr. and Mrs. Talmadge Carroll of Deep Gap, died Monday and funeral and interment was at Laurel Springs Baptist church on Tuesday. The parents are the only immediate survivors.

The bachelor's button, a domestic flower, is a native of India. It was introduced into England as early as 1714.

TODAY and TOMORROW
FRANK PARKER STOCKBRIDGE

SMOKING crutch
All my life I've been a heavy smoker. There's something about tobacco that is both physically and mentally stimulating. Doctors have warned me from time to time for 46 years to cut down on cigarettes. I didn't pay much attention until this year. Last summer my heart began to cut up, and I got worried. The doctor started off with the usual advice, to lay off cigarettes.

I tried it. Along in September I stopped smoking entirely. It wasn't as hard to do as I had imagined it would be. After two or three days I didn't miss my cigarettes, though I had been smoking about 30 a day. But something else happened. I found that I couldn't do my regular work of writing, without tremendous effort and great fatigue. I had to quit and lie down to rest every few minutes.

I stuck it out for six weeks. Then I called the doctor in again. I pointed out that when a man has used a crutch for many years he can't throw it away without some damage. I'd been relying on cigarettes to keep up my "pep" for so long that to quit smoking now was like throwing away a crutch. The doctor agreed that whatever damage smoking had done to my heart had already been done. I started smoking again, and I'm having no trouble with my work. The time to quit smoking is before it has done one any harm.

HEARTS strain

Naturally, I've been looking into the whole subject of heart troubles. The one thing about them on which doctors seem to agree is that more people die of heart disease in America than from any other cause. Just how much or how little smoking has to do with this situation is a point on which there is great difference of opinion.

My belief is that too much blame is placed upon cigarettes. Doctoring find that a high percentage of their heart patients are heavy smokers. But so is a high percentage of folk who never have a sign of heart trouble. There are no statistics of the number of people who have smoked to excess all their lives and never had a symptom of heart disease.

There's no doubt that most of us put too much strain on our hearts. There's something in the air of America that tempts people to try to do more than the folk of other countries do. We work at high nervous tension, develop high blood pressure, and play havoc with the workings of our bodily machines. But we get things done and have a good time doing them, as no other people do.

WORRY glands

Talking about such things with several doctors who are more or less specialists in heart troubles, I found them mostly of the opinion that worry kills more people than any specific disease medical science can put a name to. "There's nothing the matter with you that a hundred thousand dollars wouldn't cure," one of them told me, when he found I was worried about finances.

The human body has wonderful defense mechanisms. Against fear it has the adrenal glands. When one is afraid of anything, these glands secrete adrenalin, which flows into the blood stream, increase the blood pressure, and gives the muscles greater power to fight or to run away. That is one of the defense mechanisms that humans have in common with other animals. But the other animals are afraid only of physical danger. We imaginative humans conjure up fear out of money troubles, concern about our families and friends, things that haven't happened and may never happen.

HABITS food

Most of us are victims of one bad habit or another, of which we may be totally unaware. Very few live the sort of life for which nature designed our physical structures. To be sure, the world wouldn't have made much progress if humanity hadn't abandoned many of the ways and customs of primitive man, but in climbing the ladder from savagery to civilization the race has dropped a good many customs which we would be better off if our forebears had retained.

Cooking, for one thing. I've little patience with food "faddists," but I'm sure that civilized folk today eat too much cooked food and not enough raw. We wouldn't need as many dentists as we do, otherwise. Clothes are another item in which we've departed from the healthful ways of early man. To be sure, mankind occupies colder climates than our first ancestors did, but most of us do not need as many clothes as we wear. I'm glad to see the younger generation getting away from the fetish of clothes, especially in summer. They and their children will be better off.

ENVIRONMENT height
I don't know how many genera-

BETWEEN TWO FIRES



AMERICANA

Liverpool's English tailors are in a quandary. Because of the war they must use buttons made from processed milk. Liverpool rats, tasting the milk-made buttons, have found them good, and chew them off almost as fast as the tailors can sew them on.—Fact Digest.

To debunk the contention that time spent in beauty parlors is wasted, a New York beauty salon offers free lessons in music and foreign languages, while patrons are undergoing treatment. In China, beauty shops on boats operate up and down the rivers.—Des Moines Sunday Register.

India has the world's worst hail storms. One storm there killed more than 100 people. The largest United States hail stone on record fell in Nebraska 12 years ago; it weighed one and one-half pounds, and measured 17 inches around.—Time Magazine.

A redbird hat plays nursemaid to goldfish is reported by Dr. and Mrs. E. F. Gough of Waxahachie, Texas. It sits on a limb of a tree over the pond. When the gold fish come to the surface the bird drops bugs and worms to them.—American Magazine.

Fred Clark of Newark, Ohio, struggled sleepily-eyed through his morning shave. A fly kept buzzing about his face. Finally he took a hefty swipe at it with his razor and

gions it takes for a family to become adapted to life at a different altitude than that of its ancestors, but some day science will classify human beings into mountain types, sea-level types, prairie types and so on, and doctors will be able to tell every body where he or she can live most healthfully. I met an explorer lately who told me of the Aymara Indians of Peru. They live in the high Andes, 10,000 feet or more above sea-level. If they are brought down to ordinary heights they die in a few weeks. All their bodily organs are adapted to low air pressure. A few years ago in Denver I was told that nurses brought up to the mile-high city gain eight or ten inches in girth, as they expand their lungs to breathe the rarefied air. I often wonder whether the change from street level to the upper floors of New York skyscrapers isn't physically injurious to some types of people.

MR. MERCHANT SEE THAT SHE READS YOUR AD IN THESE COLUMNS



—and lopped off a quarter-inch of his nose.—Digest and Review.

Lord Lyons, British ambassador to France in the 1870's, was so extraordinarily shy that he never dared to look any of his footmen in the face. When dining alone he used to remember their names by memorizing the contours of the calves of their legs.—Atlantic Monthly.

Like many tourists, Louis Cutlow, president of the Adventurer's Club, wondered why Mexican peons always ride on burrows while their wives walk along behind. Finally he stopped a peasant and asked him the reason. The Mexican, looking very surprised, replied: "But, señor, my wife doesn't own a burro."—This Week Magazine.

DEMAND
Improvement in the domestic demand for farm products is becoming increasingly apparent as the defense program speeds up, says the U. S. bureau of agricultural economics.

BUYS ANOTHER GUERNSEY
Monroe, Jan. 29.—The American Guernsey Cattle Club, Peterborough, N. H., reports the sale of a registered Guernsey cow by J. H. Braswell to W. M. Winkler of Boone. This animal is Connie Silver Top 602078.

FOR SALE
Several good Elgin pocket watches, 7 and 15 jewels, \$3.00 up.
B. W. Stallings
Jeweler :: Boone, N. C.

Try BISMAREX
for Acid Indigestion. Insist on Genuine Bismarex and refuse other so-called Antacid Powders recommended to be "just as good." Bismarex is sold in Watauga county only at **BOONE DRUG CO.**
The REXALL Store

Guaranteed FRESH DAILY

Every day we receive a large lot of wonderful fresh fruits and vegetables. The produce sent to us crisp and fresh, is sold to you the same day at economy prices.

CRISP ICEBERG LETTUCE, clean large heads 8c

CALIFORNIA CAULIFLOWER, fancy white 20c

FANCY TEXAS GROWN FRESH CARROTS, 2 big bunches . . . 10c

IMPERIAL VALLEY TOMATOES, 2 pounds 25c

FRESH GROWN SPINACH, flavorful, lb. 7c

CALIFORNIA GROWN CELERY, big stalk 5c

WE DELIVER FREE

Hollar's Grocery
THE HOME OF QUALITY MEATS