

HEALTH TALKS

By The Bureau of Health Education, North Carolina Board of Health

(State Board of Health) PNEUMONIA.

Following "colds" and "influenza" then comes pneumonia. Not that pneumonia is always preceded by either of these for often it is not, often it comes like a bolt from a clear sky. Pneumonia is associated in our thoughts with colds and influenza because it is a respiratory infection and the discussion of it follows the discussion of them because it is the most often fatal. It is safe to say, however, that pneumonia is always preceded by something which debilitated. Often this was a cold or influenza but it may have been unusual fatigue of exposure. If there is added to this factor of debility an irritation of the lungs, as colds or influenza will do, then pneumonia is much more likely to occur. Pneumonia has sometimes followed an ether anaesthetic for some surgical operation.

The cause of pneumonia is a specific germ—the pneumococcus—which grows, when planted, and multiplies in some part of the lung structure. Like other infections this bacteria when growing eliminates a substance which is peculiarly toxic to the human being.

Catarrhal pneumonia, or bronchopneumonia as it is often called, is more common in children and the aged. In children it often follows measles or whooping cough.

Croupous pneumonia is often called lobar pneumonia, fibrinous pneumonia, acute pneumonia or pneumonitis. Lobar pneumonia occurs mostly between the ages of twenty and fifty and statistics show that there are four times as many cases in women as men. In three-fourths of the cases of lobar pneumonia the lower lobe of the right lung is affected and in one-half of the cases this lobe is alone the seat of the disease.

Unlike most other infectious diseases one attack of pneumonia does not protect against subsequent attack. No immunity is produced and the lung once diseased is more likely to again become infected. Also the lung that has been crippled by pneumonia is much more susceptible to

tubercular infection. Pneumonia is often ushered in with a chill, rapid rise of temperature, and with pains in the chest. When this happens you can't get a doctor too quick, and don't wait until he comes to go to bed. Negligence at this time may cost a life.

BAY VIEW ITEMS.

It looks like spring at this writing, after so much rain.

Messrs. Jim Small and Arby Winberry and Misses Mary Haskett and Mary Belle Small are on the sick list with the mumps.

Little Miss Lina Mae Dowdy returned home last week from Newport where she has been visiting her brother.

Mr. Alex Graham is on the sick list at present with something like the flu.

Messrs. W. W. Chadwick and son and Joe Morton of Harlowe spent a while Sunday afternoon at the home of Mr. W. H. Dowdy.

Mr. J. T. Graham made a business trip to New Bern Tuesday the 2nd.

Mr. William Graham has been ill with the mumps but is out again so

he can drive the truck while our regular driver is ill with the mumps.

Mr. Charlie Brown of Cedar Point was a visitor in our neighborhood Sunday.

Quite a number of people from Mill Creek made a business trip to Newport Saturday.

CORE CREEK NEWS.

Today being "Ground Hog" day, we may look for six weeks of bad weather, as he can see his shadow. This un is shining bright and the old adage holds true.

Mr. M. C. Dickinson is still confined to his bed.

Mr. Alex Foreman is quite feeble. He has a deep cold.

Dr. C. N. Mason of Harlowe at-

tended our Sunday School Sunday morning. We are always glad to welcome him in our midst.

Mrs. G. C. Bell of Harlowe spent Sunday afternoon with her sister Mrs. E. C. Dickinson.

Mr. and Mrs. C. W. Fodrie and daughters of Oyster Creek spent

Sunday with their daughter Mrs. J. D. Small.

Mr. D. W. Sabiston was a business visitor at Beaufort Wednesday.

Messrs. G. M. Sabiston and son Guy went to Havelock Tuesday on business.

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THE CORNER DRUG STORE

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INTENSE PAIN

Lady, Also Nervous and Weak,
Relieved by Cardui.

"I was ill and had to stay in bed under treatment for about two weeks without any improvement in my condition, which was serious," says Mrs. J. T. Abercrombie, R. F. D. 7, Brookville, Ind.

"I had intense pain in my side. I was so nervous and weak and just out of heart. . . .

"After taking one bottle of Cardui, I felt like getting up. My nerves seemed steadier and I didn't feel so weak. I kept up taking Cardui and was soon feeling like my old self. . . .

"I am such a believer in Cardui until when I get nervous and weak I take it. I took it before my children were born. It strengthened me and helped my nerves. . . .

"I took a cold and . . . my back felt so weak and I had such pulling pains. I took Cardui and didn't have any more trouble. . . .

"I fell and broke my arm. The fall shook me up and made me very nervous. I told them Cardui would help that, and it did." C-35



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TOMATOES	Solid Pack, Red Ripe Large Can	12½c
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PEAS	Bluy Boy Fancy Sifted No. 2 can	21c
SWEET POTATOES	Peeled Ready for Use. Large can	18c

**DRIED PEAS
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Black Eye Peas, lb	10c
Navy Beans, lb	8c
Lima Butter Beans, lb	20c
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**D. P. Sliced Breakfast
BACON**

Packed Under U. S. Government Inspection	
1-2 lb.	23c
1-lb.	45c

D. P. COFFEE

The World's Best Drink lb
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OUR PRIDE BREAD 21-oz. Machine
Wrapped Loaf 10c

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Made From Pure
Sweet Cream
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BUTTER
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Childrens Shoes is now. A lot of the Fam-
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Boys \$1.00 and \$1.25 value, per suit 89c

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