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AN ARTICLE ON FRESH AIR.

"Dog Killer" Advises People To Keep the Fires of their Body Burning and All the Waste Pipes Open.

Editors Reporter:

In my last letter, I stated what I believed to be the principal cause of pneumonia. And now I want to continue my remarks about fresh air, and its relation to health.

Reader, these cold days, as you sit by your fire and enjoy its warmth and watch the great chunks of wood vanish away in the burning flame, do you realize that in your own body there is constantly going on a process similar to that which causes wood to burn and vanish away before you? Well, such is the case. And did you ever ask yourself what it is that causes the wood to burn, or by what principle or process it is consumed in the flame? Well, it is just this: The kindlings or wood in your fire-place consist principally of carbon, which is a very inflammable or combustible substance, and, when by either friction, electricity, or the lighted match the temperature of any portion of the wood is raised up to a certain degree, the oxygen of the atmosphere begins to unite or combine with the wood or carbon, in the proportion of about two parts of oxygen to one of carbon. This union of the oxygen of the atmosphere with the carbon of the wood is a chemical combination of the two elements, and while it is being affected light and heat are evolved, the wood is consumed or converted into carbonic acid gas, and ashes, (the mineral constituents of the wood). The whole process constitutes what is called combustion, for both, the wood or carbon, and the oxygen are consumed, or, rather they are changed into carbonic acid gas, which, as we have already seen, consists of about one part of carbon to two of oxygen. And were it not that this gas is thinly diffused through the atmosphere and absorbed by the leaves of growing plants, and other sources, it would soon become a deadly poison to both man and beast. While this gas is not necessarily a constituent part of the air, it is diffused through it next the earth by burning fires, the exhalation from the lungs of men and animals, and from other sources. One authority says that this gas exists in the atmosphere to the extent of one volume in two thousand five hundred, and that it acts as a narcotic poison when present in the air to the extent of only 4 or 5 per cent. It is more thickly diffused in the air in cities, and in low lands than in the country and elevated locations. One writer claims that it exists in the air to the extent of from one to one and a half parts in two hundred and fifty, and that one per cent. of it in the air is sufficient to cause weariness, drowsiness and headache; and that twelve per cent. will occasion death. But let us stop here, and return to the subject of combustion. As already stated, when the lighted match is applied to the fuel, the temperature of a small portion of the wood is so raised that the oxygen of the air in the room begins to unite with the carbon or fuel, and this chemical combination (combustion) of the carbon involves more heat, and this, in turn, raises the temperature of other portions of the wood and causes the oxygen to unite with its carbon. And thus it is that the combustion goes on, throwing off heat and warming up your room till all the wood is consumed or changed into carbonic acid gas and ashes. But reader, suppose that when you go to kindle your fire you were to so smother it as to exclude the air from it, do you think it would burn? No, your own experience has taught you better. But why

would the wood not burn? Simply because its carbon would have no air or source from which to get the oxygen necessary to consume or dissolve it. Under such conditions there could be no combustion, no heat evolved, and your room would remain cold and uncomfortable. But if you wish to warm up your room you select the right kind of fuel, and then give it plenty of air to make it burn. And just so it is with the human system. It is possible for us to carry a heat-producing apparatus with us, even in our own bodies. For it is knowing that by certain breathing exercises one can raise the temperature of his body one degree in ten minutes. By selecting such food as contain the proper proportion of heat-producing elements and then breathing in sufficient oxygen to consume or dissolve it, we may always keep ourselves supplied with a good stock of animal heat and vital energy, which are our best powers by which to resist germs and disease. On the other hand, it makes no difference how much heat-producing food we eat, if we live in tight or badly ventilated rooms or fail to breathe in plenty of oxygen the food will fall short of its purpose. The animal heat and vital energy of the body will be diminished, and not only so, but the occupants of such rooms, breathing over and over again as they do, the air that has been exhausted of its oxygen and charged with the carbonic acid and filthy exhalations from their lungs and skin, soon have their lungs loaded and poisoned with vitiated matter—a fit breeding-ground for germs and disease. Such persons are good candidates for colds, pneumonia, and kidney and bladder troubles. And they are almost sure to be elected to one or more of these diseases. And why so? Simply because the animal heat and energy of the body having been diminished the circulation of the blood in the capillaries is weak and imperfect, that is to say, the heat fails to pump the blood out into the skin or external parts of the body; and when under such conditions one exposes himself to a little cold, the skin becomes chilled and contracted, its pores (which are so many sewer-pipes of the body) close up, and the sewerage, or waste and worn out matter they should discharge is turned back into the circulation, and thrown on to the lungs, kidneys and other excretory organs to poison and congest them. The lungs which were already loaded with vitiated matter, now receive a fresh supply; and who can wonder if pneumonia is the result?

A few other things I want the reader to consider, and then draw his own conclusions.

It is estimated that a man will, in one hour, consume 4 hogheads of air, and that in 24 hours, he will exhale 15 cubic feet of carbonic acid. Now, if, as already stated, one per cent. of this gas existing in the air, is sufficient to produce weariness, drowsiness and headache, and twelve per cent. sufficient to occasion death, and the gas is already existing in the air to the extent of from one to one and a half parts in two hundred and fifty, how important it becomes that we keep our rooms constantly filled with fresh air. You must see that when a man consumes the oxygen from 4 hogheads of the air in his room in one hour, and throws off 15 feet of carbonic acid into the air of the room in every 24 hours, a tight room would soon become dangerous to live in. But do not think that because the carbonic acid of our breath has a poisonous effect on the air of our rooms, we should not throw it off from our lungs, for it is all important that we do so, as it is a necessary consequence

of the oxydation and purification of our blood. If it is not thrown off by the lungs it will remain as a poison in the system. The quantity of carbonic acid we exhale from our lungs is in proportion to the quantity of oxygen we breathe in; and this makes it all the more important that we have a constant supply of air containing its normal proportion of oxygen. For the less oxygen we breathe in, the less carbonic acid we breathe out; and the impurities we fail to breathe out are crowded back into the blood and poison or disease the various parts of the body through which it circulates. Remember that the blood in its excursion around and through the lungs gives of its nourishment and energy as it goes out from the heart, and as it comes back, it gathers up certain elements, and the waste or broken down and worn-out cells and tissue of the body, and brings them into the lungs to be destroyed or rather dissolved and changed by being acted upon by the oxygen we breathe in. While these elements and impurities are being burnt up or dissolved and changed by the oxygen we breathe in, animal heat and energy are generated in our bodies. But if we fail to breathe in sufficient oxygen to consume or change the impure substances they remain as a poison in the system, and are sure to cause more or less trouble of some kind. In this connection I wish to say a few words about the internal use of water. Every thought, word and action of man breaks down or wears out some cell or tissue of his body, and if these worn out substances are not carried out of the body they act as a poison and bring about disease. And for this reason God has provided us with certain excretory organs which serve as so many sewers or pipes to carry the waste or dead matter out of the system. But reader, rest assured that these filth-carrying, body-cleansing vessels and pipes will fall short of their purpose and do us but little good if we fail to drink a sufficient quantity of water to keep them flushed and open, and constantly carrying off the waste matters from our bodies. Why do we not use the same good judgment with reference to our own bodies that the people of a city exercise in the construction and management of their sewerage system? It would make no difference how wisely the system was planned nor how carefully and well laid, the pipes, unless they were to supply the pipes with a sufficient quantity of water to keep them unlogged and constantly carrying off the filth, the whole system and city would soon become a stinking mass. So then, as our Creator has provided our bodies with a heat and energy-producing apparatus and the very best system of sewers to carry off all the waste and impurities, let us not abuse them by keeping them full of filth and disease, but let us keep them well and clean, by keeping their fires going, and all the waste pipes open. We can do this only by breathing in plenty of fresh air and drinking an abundance of pure water. Yes let us keep our bodies clean, both inside and out, for they are temples of the Holy Ghost—the instruments God has given us by and through which to function and perform our work on earth, and through which to reflect his likeness or image in our own being, and thus fulfill the purpose of the law through which we were brought into existence.

Well, Mr. Editor, I have not said half of what could be said about fresh air and pure water, and their relation to health. But here I am, on the 23rd page of my manuscript, and my wife says that I have made my letter so long that I have worn out a pair of pants while writing it, and that you must take up a collection to get me a new pair. So I guess I had better stop now and go to studying domestic economy.

A LETTER FROM MISS LASLEY.

An Exposition Of the Scripture In Regard To the Creation Of the Earth, Etc.

In the first chapters of the book of Genesis we have a brief record of how God created the heavens and the earth and made man in His own image. The words are brief, but mighty, and how sublime the language. Milton, and other great writers, have labored to describe the works of the beginning, but their multiplicity of words and scenes tire and fail to satisfy. Not so with God's statements of the work of His own hands. The more we read and ponder the sweeter they become and our hearts are satisfied in believing. The hungry mind and heart finds rest and answers to all its many questionings by simply taking from God's hands what He makes and offers.

Everything God makes is good. He is the author of confusion but ever works in order, and the result is perfect symmetry and beauty, as the world was after it came from His creative hand. But we read in Gen. 1:12 "and the earth was without form, and void, and darkness was upon the face of the deep." This condition shows that something happened after the "beginning"—some strange catastrophe, doubtless the expulsion of satan from Heaven. Rev. 12, 7, 8, 9. But God moves forward in his plan to make a world and in six days He made the heavens and the earth with all the inhabitants thereof.

The spirit of God "moved upon the face of the waters." The spirit moved or brooded, God spoke and it was done. All was done by the Almighty Father, the spirit and the word. The word is Jesus, John 1:1. The spirit, the third person in the Trinity, each subject to the will of the father. In the work of each day we see a type of the Christian life. The earth when it was without form and void, and darkness was upon the face of the deep, is a picture of the deadness of the sinner's heart. The life of a creature without God is aimless and dissatisfied and in darkness a thousand fold denser than he can realize, till the spirit of God moves upon him and he becomes awakened, or convicted of sin, and if he submits to his creator He transformed him and instead of an aimless entry life the sinner is a "new creature in Christ Jesus." The recreated heart has light. For God who commanded the light to shine out of darkness hath shined in our hearts, to give the light of the knowledge of the glory in the face of Jesus Christ. Sec. Cor. 4:6. The new creature now drinks waters from above (John 4, 13, 14) divided the waters which were "under the waters which were above."

The work of the third day shows that the Christian is bringing forth fruit. If we drink of the water from above, that is lead a life of constant prayer and fellowship with the Son, we surely bring forth spiritual fruit. Christians who pray are not idle bodies, but are ever active for God, though in the dim gleam of the first light he often becomes discouraged and goes under a heavy sense of duty, at times, but when the "great lights" appear (work of fourth day) he is no longer in bondage, but is free in the spirit. The work of fifth day pictures the spiritual fruit of this stage in the Christian life.

Everything brought forth "abundantly." Creation under the last light is living creatures while under the other light was of material things. God was five days preparing a home for man—the masterpiece of creation. "God created man in His own image,

and breathed into his nostrils the breath of life, and man became a living soul, and the Lord planted a garden eastward in Eden, and there he put the man whom He had formed." God said of the work of this day that it was "very good." On the seventh day God ended His work. He blessed this day and set it apart for the good of His creatures. The Sabbath day is as great blessing as ever came from our Father and all His true children love and honor it and use it to His glory by ceasing from their own works and giving the whole day to prayer and service. God saw man's great need of an help-meet, so while Adam was in a deep sleep He took from his side a rib and of it made Eve, his wife, and they lived in perfect happiness in the beautiful garden God made for them. He gave them the delightful task of dressing and keeping this garden and the matchless privilege of having the Lord God walking and talking with them in the "cool of the day." So they had temporal and spiritual blessings in abundance. But as man was a free moral agent, God put him to the test and said to him, "of the tree of knowledge of good and evil, thou shalt not eat of it for in the day thou eatest thereof thou shalt surely die." They obeyed God for a while, but one day the foul temper came in the form of a serpent and Eve listened to his lies and turned her back on God, looked upon the forbidden fruit longed for it, tasted, ate and died, and, like all unfaithful wives, drug her husband down with her by tempting him to eat. He, too, looked away from God and yielded, ate the fruit of disobedience and died a spiritual death with her. By this dark sin they brought sin and death on the whole human race. Their eyes were opened and they saw with horror that they were stripped of their glory, they made themselves aprons of fig leaves to hide themselves. So it is ever with the guilty sinner and backslider, they try to conceal their naked, barren souls but they cannot do it, in the sight of man nor God.

God saw all the evil man had brought upon himself and He came down in the cool of the evening as before, but this time it was to bring the guilty pair to account. They each made excuses but we have no account that God put the blame where they did, but He put the result of their sin their own, disobedient hearts. Adam and Eve were free to mind God and enjoy perfect bliss and daily communion with their loving, heavenly Father, or they, of their own free choice, could eat the forbidden fruit and lose that love and communion, which is banishment and spiritual death. They were driven out and sorrowfully they turned away to labor and eat by the sweat of their brow and in sorrow to bring forth.

While God is our judge He is a God of love. In Gen. 3:15 we have His precious promise of a Saviour, "And I will put enmity between thy seed and her seed, it shall bruise thy head, and thou shalt bruise His heel."

This is a direct promise of our conquering Christ. Thank God He came in due time "in the likeness of sinful flesh," and if satan did bruise His heel our Christ crushed his black head. God's promise is full an abundant salvation that is more than a match for the foul work of the devil. Jesus says of himself "I am come that they might have life, and that they might have it more abundantly." And in Isa. He declares "my righteousness is near, my salvation hath gone forth." Glorious thought that it reaches the spot of sin on the soul. The fall of man is a million fold deep-

Briefs Adrift.

Easter comes March 31st this year.

Mr. W. W. King went to Winston Friday.

Maj. W. S. Ray was here a short while Saturday.

Rockingham court is in session at Wentworth this week.

Mr. F. S. Nunn, of Westfield, was here a short while Friday.

Mr. Will Nelson, of the Hard Bank section, was here Saturday.

Mr. Jno. M. Reynolds, of Saxton, was here on business Thursday.

Mr. Walter Mitchell, of Walnut Cove Route 3, was in Danbury Thursday.

Mr. John R. Smith, of Walnut Cove Route 3, was in business a short while Thursday.

It looks now like railroad passenger rates in North Carolina will soon be 2½ cents a mile for first-class and 2 cents for second.

Mr. E. N. Taylor, of Charleston, W. Va., was here Friday. Mr. Taylor is visiting his father, Mr. H. H. Taylor, on Campbell Route 1.

It is learned that the contract has been let for the erection of Rockingham's new court house. It will be modeled after the Statesville court house, and will be equipped with fire proof vaults.

Register of Deeds C. M. Jones spent Saturday and Sunday with relatives at Pinnacle and Germantown. Mr. Jones' sister, Mrs. B. J. Savage, is right sick at her home at Germantown at this writing.

Sheriff R. J. Petree went to Raleigh the past week to confer with members of the Legislature in regard to the bill recently introduced by Senator Buxton to appoint a tax-collector, etc., for Stokes county.

Mr. F. L. Moore, of Smith, was here Saturday driving two nice young mules to a buggy. Just after leaving town Mr. Moore got out of his buggy to break a switch when the mules started off and he was unable to overtake them. Mr. Moore followed them on foot as far as the Seven Island ford on the river, two miles from town, and having no way to cross he came all the way back to Danbury and got a horse. The mules and buggy were found a mile or two beyond the river where they had been caught and tied. After crossing the river they took a plantation road, following it a good distance and going up a creek as far as they could turned around in a very close place and came back to the public road, where they were caught. The remarkable part of it was that neither the mules or buggy were injured in the least.

er and blacker than we can ever realize here, but God's word teaches and experience proves that the remedy will cure the sin-sick soul and make it pure again. "For as in Adam all die even so in Christ shall all be made alive." 1 Cor. 15:22. This is complete redemption through the shed-blood of the lamb of God which taketh away the sin of the world." All glory and honor be to His matchless name.

These are good days with us. The word of God is our daily food. The Sunday School lessons and service are sources of abundant blessing and light. Our heart is made to rejoice as we dig deeper into God's word, and we thank Him for salvation by faith in Him. "Look unto me, and be ye saved, all the ends of the earth." Isaiah 55:22.

MELISSA LASLEY.

Notice.

Notice is hereby given that application will be made to the present General Assembly of North Carolina to amend the charter of the town of Walnut Cove, N. C.

D. S. BOYLES, Mayor.