

About Your Health

Things You Should Know



by John J. Galina, M. D.

HOUSEHOLD REMEDIES

Beyond the question of a doubt there are many old-fashioned methods of dealing with acute diseases that should be perpetuated. Water, applied externally will reduce fever temporarily, and will contribute much to the patient's comfort, if applied with judgment. It should be applied warm—sponging—unless the physician is present and orders otherwise; it is free from depressing effect, which cannot always be said of drugs that reduce fever. Mustard plasters should be kept in the home, or at least the material for making them. By irritating the skin, we may partially empty a congested or inflamed part beneath, thus relieving pain. The surface should be vigorously redened to secure the best results. The "fly-blister," once a family measure, should be dismissed as a household resource; it might do exceeding harm.

Castor oil is almost too well known to mention—a very valuable agent, and should be kept in every home. I may say here that I have found it an excellent application to the skin in irritations that do not heal easily. It has cured cases for me—one a badly fissured lip wherein the patient and his physician suspected cancer; the doctor had applied caustics to kill the thing, thus keeping up the "anger" in it; a week's constant application of pure castor oil cured it!

Turpentine, in these days of kidney-disorder, should never be applied or given internally without the physician's advice. I once saw a fatal ending in a Bright's disease case, twenty hours after taking a dose of turpentine on sugar to stimulate the kidneys. Turpentine is a valuable household remedy, but is dangerous, if used ignorantly.

Next Week, "Chicken-Pox"

the building of two fine new school buildings, together with consolidation as rapidly as road and housing facilities would permit.

The latest step is a newspaper—Graham county's first journal.

The sheet will make its initial appearance on Monday, February 28, it is announced, and weekly thereafter. It was felt by progressive citizens of the town of Robbinsville and of the county that the time had come to advertise the advantages of the town and county to the people of Graham itself, as well as to the world. And such the Graham County News will seek to do, its management announces.

C. B. Lane, Robbinsville real estate man, is editor and manager.

The paper will start with 400 copies weekly. Franklin Press.

DELSBORO LODGE

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Regular communication on First and third Thursdays at 8 p. m. Visiting Brethren welcome. -R. G. Queen, W. M. F. I. Watson, Sec'y.

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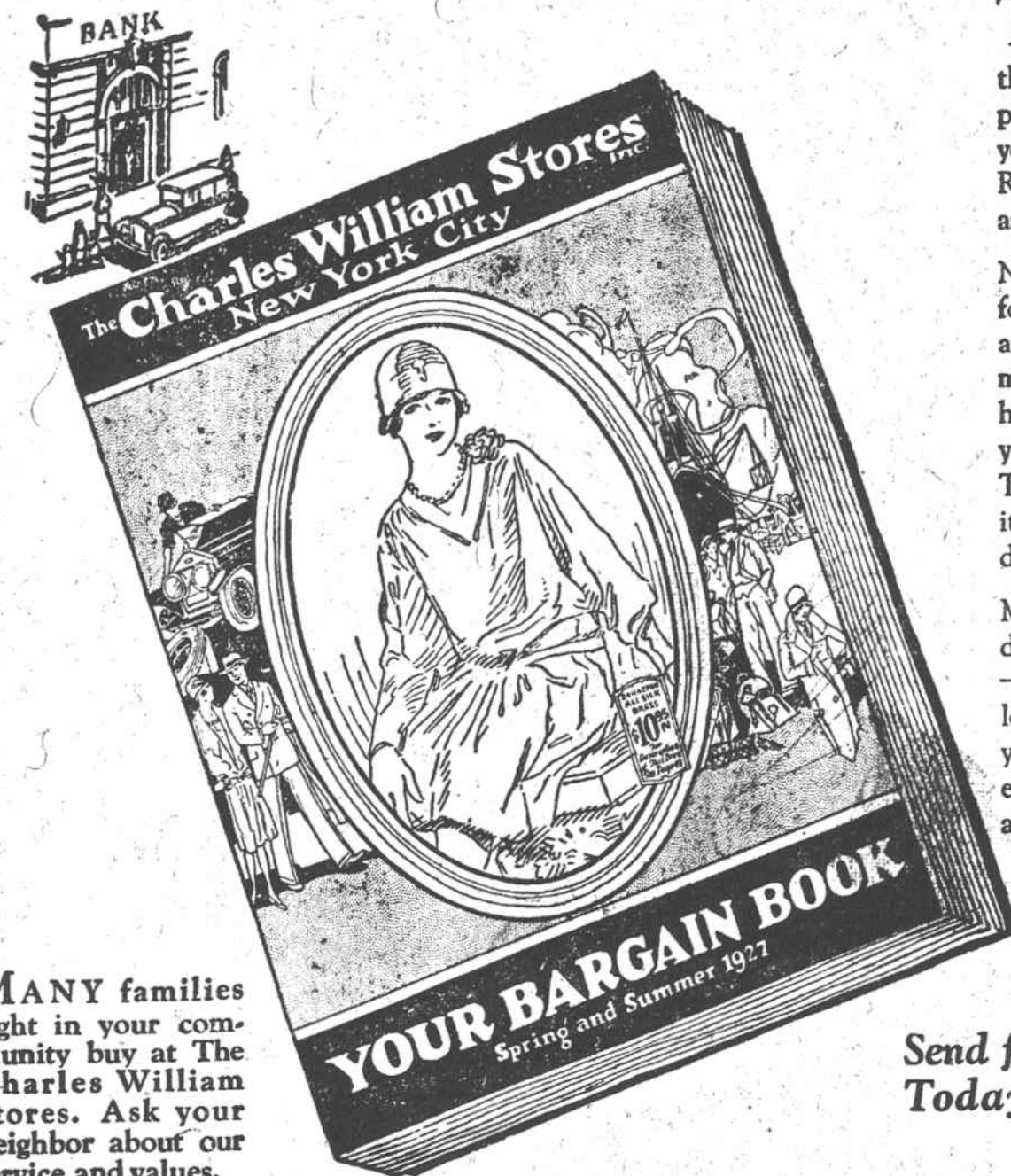
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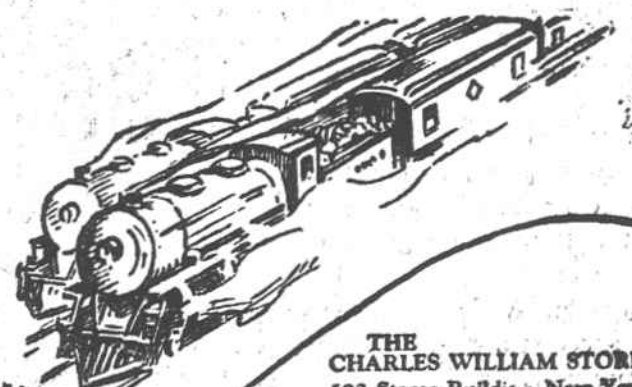


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IT MAY PAY TO

TOPDRESS GRAIN

Raleigh, N. C., March 2—Small grain that looks pale in color and is evidently not doing so well, might well be given a dose of quickly available nitrogen at this time of the year.

This course of treatment is prescribed by Prof. C. B. Williams, head of the department of agronomy at State College, who believes that 100 pounds per acre of nitrate of soda or its equivalent, 72 pounds of sulphate of ammonia, might be broadcasted on the grain with good effect. He prescribes this treatment where the grain is off in color and the land is well drained and not sour.

"The efficiency of sulphate of ammonia as compared with nitrate of soda is about 90 percent," says Prof. Williams. "This is proven by our field tests. When the sulphate and the soda are selling for about the same price, the sulphate is cheaper to use and equally as efficient as a top-dressing. It is a little slower in action but sufficiently rapid for all practical purposes."

The applications of these two forms of nitrogen should be made uniformly over the field about the time the grain is beginning to send up shoots for the seed heads. The exact time will depend on the soil and the season, states Mr. Williams. It is best always to be sure that the plants are free from dew or rain so that the material will not stick to the leaves and injure them by burning.

If the small grain plants have a healthy green color, it is hardly necessary to go to the expense of purchasing the nitrate materials for top-dressing, Mr. Williams states.

NOLLNER NEW HEAD

AT JUNALUSKA

The Rev. Ralph E. Nollner, of Nashville, Tenn., well known Southern churchman, was unanimously elected general superintendent of the Southern Assembly at Lake Junaluska, at a meeting here Friday of the commission of the Assembly, representing the Methodist Episcopal Church, South, which is assuming full charge of the institution.

At the same time plans were announced for broad expansion of the assembly's work, which will be under the direction of Mr. Nollner immediately. The superintendent will make his home at Lake Junaluska after May 1.

Mr. Nollner has been for nearly a year editor of the Daily Advocate of the general conference, Southern Methodist Episcopal Church, and for

more than ten years has been assistant general secretary and treasurer of the General Epworth League Board with headquarters in Nashville. Assistant to Dr. Dobbs.

He formerly was assistant pastor of the First Methodist Church in Fort Worth, Texas, under the Rev. Dr. H. M. Dobbs, now bishop.

Under his guidance and with the direction of the Methodist Church officials the assembly grounds and church training work carried on at Lake Junaluska will be rounded out into an elaborate church school, according to tentative plans announced by the church commission.

Varied courses will be offered, of such a nature as to make the assembly one of the outstanding church training schools of the South. Further details of the school plans are expected from the commission and from Rev. Nollner at an early date.

Extensive enlargement of the Duke university summer school also is contemplated, according to preliminary announcement made by Dr. W. P. Few, president of Duke University, members of the commission. The summer school is maintained at Lake Junaluska as a branch of the university.

Mr. Nollner attended the meeting Friday. Others present were: Col. J. R. Pepper, chairman, of Nashville; E. A. Cole, of Charlotte, Hugh Sloan of Waynesville; E. L. Brown of Asheville and J. T. Mangum of Lake Junaluska.

GRAHAM COUNTY

HAS NEWSPAPER

Graham county, until only a few years ago, isolated from the remainder of the world, a "lost province" in the most literal sense of the word, is lost no longer; and Graham is celebrating the end of its isolation with a remarkably rapid progress.

A few years ago the first step was taken, when the State highway system penetrated the fastnesses of Graham, and built a road from Top-ton to Robbinsville, a road offering scenic effects of grandeur and variety hardly equalled anywhere in all Western North Carolina.

Then came the railroads—almost simultaneously lines entered Graham from Maryville, Tenn., and from Top-ton—the county's first railroads. It is the Top-ton road, however, that means most, for it goes directly to the county seat.

Next came the county's first bank, opened a few weeks ago with deposits—in coins and currency—of \$15,000 the first day. And along with its other progress was