



THE FAMILY DOCTOR

By JOHN JOSEPH GAINES, M.D.

SEDATIVE DRUGS

A good general knowledge of sedative drugs is always desirable; for, it has seemed to me that half the world is engaged in hawking "dope" of some kind or other, alleged to relieve pain, or produce "sound, refreshing sleep." These things sell—tons of them—and usually at enormous profits. However, the advice I want to give in this little talk is, to be extremely cautious in pain-relievers and sleep-producers that are offered for your use, by the horde of nostrum-vendors that beset you on every hand.

Opium is the king of pain-relievers; but it is a dangerous habit-former. A very wise law protects the public, and you cannot get opiates without a prescription from a licensed physician. This is as it should be. My favorite opiate is codeine, as a sedative for harassing coughs.

The vast majority of modern sedatives are based on a drug known as "parbital." This is capable of doing much good, but as is always the case, it had better be given under the advice of a capable physician. I would beware of the medicine-peddler. Certain vegetable drugs have long been utilized as nerve-sedatives and tranquilizers for nervous patients. I refer to hyoscyamus, passiflora, pulsatilla, and such like. All have merit in suitable cases.

Then, the older sedatives,—the "coal-tars." The head of this group is acetanilide. Those things act very decidedly on the circulation, and may be positively dangerous for weak or failing hearts. Shun, as a rule, the commercialized pain-killing tablets which are hawked to all who listen.

A STITCH IN TIME

Well, let's see. I wonder if we have the family medicine cabinet all set, ready for the winter's severe trials that are more or less sure to come? Preparedness, you know.

You might need some 2-grain capsules of quinine in a large-mouthed bottle, duly labeled. Handy to have. Few family doctors carry quinine or castor oil. O, yes, see that the castor oil bottle is filled and a new clean label put on. And, first time you are in doctor's office, have him suggest for you a good, reliable "cold tablet" for emergency—so you can get in a dose or two while he is getting around to answer your call.

No, don't trust the glib-tongued salesman with the "perfect" cure for constipation—never! Also, shun the prescriber who is forty miles from being a physician. Ask your doctor.

Freshen up the bottle of Tincture of Iodine—write a new label for that too. . . . A small brush—and some medicine droppers are handy to have in the medicine-cabinet. You might add a small bottle, one ounce,—half filled with carbolic acid—and be absolutely sure about the label on that. A few drops in warm water to wash the accidental, lacerated wound.

Have the family doctor recommend an all-around antiseptic mouth wash and gargle, for cold, croupy nights. Stock a pint of it for home use. . . . Don't forget a nice, wholesome jar of pure vaseline for applications. I always liked carbolated vaseline for antiseptic dressings. . . . And yes, your "anti-constipation" tablets. Your doctor will make suggestions for you.

Get ready for winter.

TODAY and TOMORROW

FRANK PARKER STOCKBRIDGE

SILVER . . . and trade boom

The Chinese Government has protested to the United States Government against the policy of buying silver, which has forced the price of the metal up in the world markets to nearly 60 cents an ounce. China has levied an export tax on silver, so much was being drawn out of that country.

I pointed out, more than three years ago, that an increase in the price of silver to its pre-war average would make it impossible for China and other silver-money countries to compete unfairly with the gold-standard nations in international trade. The silver policy adopted at Washington has had just that effect.

As an amateur economist, I want international money. It will not be territorial money. It will not be very long now before France devalues the franc again, and the other gold-standard nations will follow suit. Then a complete equalization of the values of the currencies of all nations will be possible and international trade will begin to boom again all over the world.

PRODUCTION . . . distribution

One good result of the depression and the consequent efforts of thousands of intelligent thinkers to find out what caused it and how to prevent another one, is that we have learned, for the first time, a lot of facts that nobody knew about our economic system.

When we have all the facts may be somebody can do something about it, though it takes a long time for facts to become generally known. A lot of loose talk has been heard in the past few years about "over-production." Men have been disciplined for denying that America was producing more goods than we could consume. But now it has been ascertained, with what seems to me convincing definiteness, that in almost every line of industry the equipment for production is far below what would be needed if everybody were to be supplied with all the goods he needs.

The problem is one of distribution, and that is not going to be solved in a day. But I think we are coming out of the depression with a great deal more accurate knowledge on this and many other economic problems.

WAR . . . doubtful

Maybe, by the time this appears in print, the nations of Europe will be flying at each other's throats, but I doubt it. I do not believe that the assassination of King Alexander of Yugoslavia will precipitate a war. That is not to say, however, that no European country wants something that it can only get by going to war.

I was in Italy a couple of years ago. Everywhere I saw and heard evidence that Mussolini's government wants to control the eastern coast of the Adriatic, which is Yugoslavia. Also, I heard much talk about Italy's desire to regain the whole Riviera, as far west as Marseilles, from France. Italy wants to control the sea routes of the Mediterranean and is jealous of any other nation that might have a motive in shutting her off from her supplies of fuel oil, coal and the products of her African colonies.

If Europe had recovered financially from the last war, the present situation would look more war-like to me. I don't think any nation, except possibly France, could finance a war at this time; nor do I believe any of them wants to fight.

PEACE . . . resolutions

I have to smile, though somewhat sadly, at the numerous peace movements among well-meaning persons who haven't the remotest notion of the causes of war. Ladies' sewing circles adopting resolutions against war will never bring peace.

I counted up a while ago the major wars that had been fought in the world since the United States declared its independence. They totalled more than thirty. Our nation was only involved in seven of them. But let some able propagandist convince the people of the

United States that some other nation is treading on our toes, or threatening to deprive us of some of our rights on the seas, and see how quickly the young men of America will rush to enlist for war!

I do not expect to live to see the last threat against the world's peace removed. My great-grand-children, if such there be, will not see it. Meantime, peace societies will continue resolving but wise statesmen will be preparing for war in time of peace.

MORALS . . . then and now

I am not one of those who believe that the moral standards of the human race are deteriorating. I don't know that I would say they are improving, but, taken by and large, I think there is little difference between the morals of 1934 and those of the period of my own adolescence, say 1884.

The principal difference is that people talk and write more about breaches of morals than they used to in the days when such things were not discussed in public. Boys and girls behave about the same as they used to, and I think about the only difference is that there is less parental restraint. There are more divorces, true, but that does not signify that there weren't as many grounds for divorce fifty years ago as now. It is simply that it is no longer regarded as disgraceful to be divorced.

Just now many things are done and exploited publicly that used to be regarded as strictly private affairs. The pendulum will swing back, as it has many times in the

course of history, and we shall see another era of hushing up moral lapses instead of magnifying or glorifying them.

The Dictator

A dictator is one whose solemn conviction it is that God has selected him for the task of human regeneration.

Flying Horse on Sign

The Flying Horse in Shanghai, China, is declared to be one of the most wonderful electric signs in the world.

FEEL TIRED, ACHY— "ALL WORN OUT?"

Get Rid of Poisons That Make You Ill

IS a constant backache keeping you miserable? Do you suffer burning, scanty or too frequent urination; attacks of dizziness, rheumatic pains, swollen feet and ankles? Do you feel tired, nervous—all unstrung?

Then give some thought to your kidneys. Be sure they function properly, for functional kidney disorder permits poisons to stay in the blood and upset the whole system.

Use Doan's Pills. Doan's are for the kidneys only. They help the kidneys cleanse the blood of health-destroying poisonous waste. Doan's Pills are used and recommended the world over. Get them from any druggist.

DOAN'S PILLS

THE BOOK

the first line of which reads, "The Holy Bible," and which contains Four Great Treasures

by BRUCE BARTON

PAUL WRITES A MESSAGE

THE work was going well everywhere, even in Thessalonica! And they hoped Paul would come back! Eagerly Paul called on parchment and, with Timothy as a volunteer stenographer, he dictated a letter to send back to Thessalonica.

He told them how he had left with his two companions, but on reaching Athens had changed his mind and sent Silas and Timothy back.

Wherefore when we could no longer forbear, we thought it good to be left at Athens alone;

And sent Timotheus, our brother, and minister of God, and our fellow-labourer in the gospel of Christ, to establish you.

It almost killed him to think that they might have forsaken their faith. But they had not; they were standing fast.

But when Timotheus came from you unto us, and brought us good tidings of your faith and charity, and that ye have good remembrance of us always, desiring greatly to see us, as we also to see you:

Therefore, brethren, we are comforted over you in all our affliction and distress by your faith:

For now we live, if ye stand fast in the Lord.

So he dictated, fast as Timothy could write, and sent the letter by a messenger going north from Corinth. He put in sundry exhortations, a little doctrinal teaching, and started the message forth on its eventful journey. He did not know that he had begun a new Bible. He never suspected that this impetuously composed first letter to the Thessalonians was to be the first volume in a new sacred li-

brary. But it was; and that is the way the New Testament began.

He had to write a second letter to the Thessalonians to answer some questions growing out of the first one. These letters were lent to near-by churches and copied and read to the congregations. Paul heard how widely they were used and so he wrote more and more. He had learned to supplement the living voice with the written page. If he were at work to-day he would not only preach; he would be a regular contributor to the press.

After eighteen months in Corinth he went back to Jerusalem and gave account of his second missionary journey. He had a string of new churches through Asia Minor, Macedonia and Greece. He had developed his method, and he was happy in the knowledge of a great success. He learned that in Galatia, in Asia Minor, where he had established churches, he had been followed by fundamentalists who were telling the people that Paul was not really an apostle; that he possessed no real authority; that the good news was defective because he did not teach the Mosaic law.

(Next Week: Paul Scores Fundamentalists)

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Flowers of the Months

January's flower is the snowdrop; February's the primrose; March, violet; April, daisy; May, Hawthorn; June, honeysuckle; July, waterlily; August, poppy; September, morning glory; October, hops; November, chrysanthemum; December, holly.

16-Foot Elephant

The fossil remains of an elephant that once lived in India show that it stood more than 16 feet high at the shoulders. The Narbada elephant, as this animal is known, was probably the largest elephant that ever existed.



DON'T BE DOWNHEARTED



GET A LIFT WITH A CAMEL!

When YOU feel dispirited or "low," smoke a Camel. Smoking Camels produces a return of your own natural, vibrant energy. Camels are made from finer, MORE EXPENSIVE TOBACCOS than any other popular brand of cigarette. They never upset healthy nerves.

Blowout Protection? Sure! But— NON-SKID GRIP is 5½ times more necessary to safety



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