



THE FAMILY DOCTOR

By JOHN JOSEPH GAINES, M.D.

THE EXPECTANT MOTHER

By all odds the nearest to a miracle that we perform is the reproduction of our race. I can not think of anything more wonderful than the art of caring for the young mother. The advice given in this letter is of the utmost importance.

There is nothing more natural than that the healthy young wife should bear children. It is a perfectly natural process, and need not cause the least damage when intelligently managed.

There is a great wave of dread in the country—dread of the baby, the young mother pictures herself as the victim of all sorts of accidents; now here is my first advice: do not ask your neighbor's opinion of child-bearing; she may have been subject to neglect, or, indeed, cruel treatment; she may not have had a careful physician; she

may not have been a healthy woman to begin with. The way for you to do when you suspect pregnancy is to consult the best physician you know, get the one that most women recommend. Then, keep in close touch with him that he may guide your case to a happy termination.

My chief advice in this letter is, be advised by your physician and not by your friends and neighbors. This is highly important.

The avoidance of bearing children for economy's sake is poor policy; no industrious young couple should have fewer than two children. See your physician at least every month; have him examine the urine and keep the bowels and kidneys acting normally.

The young mother makes a healthier woman than the young wife who avoids pregnancy. It is woman's mission to bear children—the highest privilege on earth.

Oak Dale

Mr. and Mrs. Sam Waters, of Kyle, spent Saturday night with Mr. and Mrs. E. C. Cope.

Mrs. Bertha Cook, of Tellico, spent the week-end with her parents.

Miss Bryant and Will Marie Tallent were the guests of Allene and Ruby Roper Sunday.

Lon Mack, of Kyle, spent Saturday night with Milton Roland.

We are having a very nice school here now; with John Slagle as teacher.

Edgar Reeves and Ruby Roper took supper with Miss Geneva Bryant Sunday night.

L. P. Roper, who is staying on Wayah Bald, spent the week-end with home folks.

Forest Slagle and Herman Anderson, of Tellico, spent Saturday night with Royal Burnett.

Mr. and Mrs. Bryan Ray, of Charlotte, spent the week-end with Mr. and Mrs. Charlie Ray.

We are having a fine Sunday school at Oak Dale, and B. Y. P. U. also.

Mrs. Matilda Bateman, who has been sick, is improving.

Eugene Baldwin and Lester Crawford, of Aquone CCC Camp, spent the week-end with home folks.

Mrs. Maude Tallent and children spent the day with Mrs. Carrie Roper Monday.

Miss Annie Mae Roper, who is staying on Cowee, spent the week-end with home folks.

Jim Wilds is very busy visiting the relief folks.

Miss Marie Tallent spent Monday night with Allene Roper.

We are glad to say that Jud Wilds is improving now.

Born to Mr. and Mrs. Harlie Swafford, twin boys, Tuesday, May 14; but we are sorry to report they both died.

Ellijay

Mr. and Mrs. Lance Jennings announce the marriage of their daughter, Allie, to Mr. Wendell Moore, last Saturday.

Mrs. David Moses has been on the sick list. We hope she will soon recover.

Misses Arrieta Bolick and Olivia Bryson and Messrs Glen Dowdle and Bill Bolick motored to Highlands Sunday.

Mrs. Joe Borrow and baby, of Gastonia, are visiting at the home of her parents, Mr. and Mrs. Jack Moore.

Mr. and Mrs. Roy Berry announce the birth of a daughter recently.

The Moses brothers are busy farming, also getting out acid wood, stone bolts and saw logs in the Carpenter cove section.

Mrs. Harlie Stewart and children attended preaching at Ellijay Sunday.

Peter Moses visited relatives at Mt. Grove recently.

Mr. and Mrs. Alex Higdon and daughters, of Gastonia, were visiting at the home of Mrs. S. A. Higdon the past week.

Mrs. J. J. Corbin and two grandsons have returned from a visit in Atlanta.

Chavez Now Senator



Santa Fe, N. M. . . . Dennis Chavez (above), former Democratic representative, is the new U. S. Senator from New Mexico to succeed the late Senator Cutting, killed in a recent air crash. Senator Chavez announces that his suit for the Cutting seat which was pending will now be dropped.

Births

Born to Mr. and Mrs. Fred S. Sloan, a daughter, at their home, "Sunnyside Farm," on Sunday, May 19.

Mr. and Mrs. Don Raby announced the birth of a son, Don, Jr., at their home in Franklin township on Wednesday, May 15.

LEGAL ADVERTISING

ADMINISTRATOR'S NOTICE

Having qualified as administrator of Lon England, deceased, late of Macon County, N. C., this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 17th day of May, 1935, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement. This 17th day of May, 1935.
CLIFTON ENGLAND,
Administrator.

M23-6tp-127

Gneiss

C. N. Jones and Howard Keener are now at work in the CCC camps. The Forest Service men surveyed a tract of land belonging to J. W. Henry last week. It looks like another boundary of land is going to be sold to the government.

Mr. and Mrs. Charles Jones spent Sunday on Ellijay with Mr. and Mrs. Lester Mincy.

Born, to Mr. and Mrs. George Gregory, a baby girl.

A baby girl arrived at the home of Mr. and Mrs. Ralph Crisp on May 17.

Mr. and Mrs. Willie Moses spent Sunday at Shortoff. Mrs. Moses' sister, Miss Wood, came home with her for a visit.

Everett Mashburn, who has been at work at the Peek Hotel in Franklin, is at home now.

Announcement

THE RABUN GAP-NACOOCHEE SCHOOL AS A FARM SCHOOL OFFERS TWO YEARS OF TRAINING AS A JUNIOR VOCATIONAL COLLEGE

With the opening of the fall quarter on the first Monday in September, 1935, the Rabun Gap-Nacoochee School, as a farm school, will offer in addition to the 10th and 11th grades of high school two years of study and training as a Junior Vocational College.

For Junior College students the charges for board and tuition, besides the general fees, are \$125 for the session of nine months. Students who can not pay \$125 in cash can reduce it to \$100 by entering in the summer quarter and working four weeks in advance. Those who can not pay \$100 in cash can reduce it to \$75 by working eight weeks in advance. The charges for high school students, besides the general fees, are \$100. Those who can not pay \$100 can reduce it to \$50 by working six weeks in advance.

For the booklet describing the School in detail, the forms of application for admission, and other information, apply to

A. J. RITCHIE, President, or
C. L. HARRELL, Dean,
Rabun Gap, Georgia

Safeguarding Your Money on Deposit

IT IS gratifying to know that the funds you deposit in a bank will be completely protected against loss. The result is a feeling of security based upon justified confidence.

Deposit Insurance, a permanent addition to national law, provides these benefits.

Created for the purpose of insuring bank deposits, this form of financial protection is now available here to all of our customers.

Although \$5,000 is the amount insured for each depositor, it is not necessary for you to have this amount in your account before you can enjoy insurance. All amounts up to and including five thousand dollars which you deposit with us are fully insured by The Federal Deposit Insurance Corporation.

The Bank of Franklin