



THE FAMILY DOCTOR

By JOHN JOSEPH GAINES, M.D.

WITH REGARD FOR FELLOW-WOMEN'S HEALTH

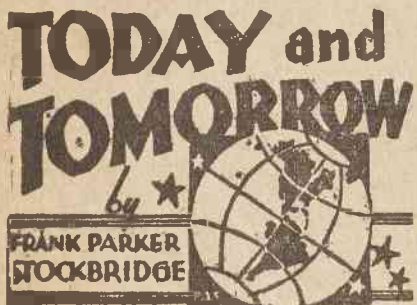
At best spitting is a vulgar habit with which can be done away with if we devote a little time and attention to the task. There is no cuspidor near my desk as I write this. I believe in the practice of what I preach.

The saliva is a very necessary digestive fluid. It was not provided as a luxury but as a necessity. To waste it is to disturb the normal balance in our adjustment. The habit of spitting is a symptom indicating disease. We should be more considerate of our fellow-men than to wilfully expose them to throat and nose infections.

Sputum may contain many forms of bacteria; in fact, the "spitter" usually has an infected throat causing the expectoration. To spit on the sidewalks, or on the ground

about the home, is to smear the premises with germs which, after drying, are ready for a voyage into some innocent respiratory tract. This is the way in which the dreaded "T. B." finds access to many lungs. In the same manner, influenza, diphtheria, pneumonia, scarlet fever, and many other ugly processes are started. To withhold your expectoration, or, if you cannot, then to deposit it on a cloth, piece of paper—something you can burn—is to be a humanitarian on a small but very noble scale.

To sneeze in your neighbor's face, exhibits idiocy, of course. To expectorate where it will dry and be carried to the throat of an unsuspecting victim, is equally ignorant, if not positively criminal. I dislike to arouse resentment on part of my friends, but I know I'm exactly right about this matter.



YOUTH approach

Whenever I encounter a young man—or a young woman who shows some signs of understanding that inexperience is not the best qualification for starting at the top, I try to give him or her a helping hand.

The son of an old friend came in to ask me to help him get a newspaper job. I gave the boy's father his first job, 35 years ago. I asked the son what his ideas about pay were.

"I don't care what the pay is," he said. "I know I don't know anything. I want to start at the bottom and learn." I sent him to three newspaper editors who are always looking for young people who know that they don't know anything yet.

Another young man came in. He had been offered \$10 a week on a small paper, but that wasn't good enough. He, too, had no experience, but wanted to get in through a second-story window. I told him to come back after he had revised his ideas of his own value.

ART work first

One of the annual events in New York is the outdoor exhibition in Washington Square of the works of struggling young artists. I strolled around the Square the other day, looking over the pictures and statuary.

Most of the efforts were so ter-

rible that they were pitiful.

"What's wrong with these folks?" I asked a sculptor friend who was with me.

"They think they know it all," he replied. "They won't take the time and do the hard, slow work of learning how to draw before they begin to paint and model. They want to start with color and figures. Of course, they won't get anywhere."

It struck me that was sound criticism of the approach toward life of many young people. They've never learned how to work or what real work means.

EDUCATION never ends

Nobody really counts for much in human affairs unless he learns something new every day, as long as he lives. One of the best-educated men I know never went to school after he was ten. He went to sea as a boy, learned everything there was to learn about ships and navigation until he became captain of a great trans-Atlantic liner. He found time, also, to master three languages.

Now, in his retirement, he is still learning. He was at my house a few nights ago, filled with enthusiasm over a radio set he had built himself. A young radio engineer who was present said the old captain knew as much about radio as he did.

I know scores of men who keep themselves young and abreast of the times by trying all the time to learn more about things of which they admit their ignorance.

SATISFACTION master

Nobody, I believe, is really satisfied with life as he faces it until and unless he has made himself master of his own part in the general scheme of things. The unhappy people I have known are chiefly those who have never taken pains to master their own jobs.

"Art is long and life is short," is a true old proverb. It takes a lifetime to master any art or craft. The late Daniel Chester French, one of the world's greatest sculptors, began work at 80 on a statue of which he had dreamed for years. "I have never felt until now that I had learned enough about sculpture to express my dream in stone just as I dreamed it," he said to me one day in his studio. "Perhaps this statue will make my reputation."

The sculptor of the great Lincoln Memorial in Washington had the modesty which all great craftsmen

have. He knew there was so much yet to learn, even at 80.

PLAY essential

There is such a thing as too much devotion to learning. An extremely ambitious young man of serious mind told me not long ago that he spent all of his spare time in studying. Life was too short, he said, to waste any of it in play.

The other day his father told me the boy had a nervous breakdown from over-study.

If I were to lay down a formula for a successful and happy life it would, I think, run something like this:

"Master your work, but don't let your work master you. Learn your craft as well as you can, but at the same time learn to play at least one game as well as you can, and drop your work, mentally as well as physically, in your play time."

LEGAL ADVERTISING

NOTICE

North Carolina
Macon County
IN SUPERIOR COURT

Edith Mozeley Foster
vs
A. Byron Foster

The non-resident defendant, A. Byron Foster, will take notice that an action entitled as above has been commenced in the Superior Court of Macon County, North Carolina; that the purpose of said action is to have the bonds of matrimony now existing between the plaintiff and the defendant dissolved on the ground of two years separation, and for the custody of the minor children born to the marriage between the plaintiff and the defendant; that the summons in said action is returnable on the 10th day of October, 1936, and said defendant will further take notice that he is required to appear on said date before the undersigned Clerk Superior Court and answer or demur to the complaint filed in this action, or the relief demanded in said complaint will be granted.

This September 8th, 1936.
HARLEY R. CABE,
Clerk Superior Court.

S17-4tp-08

NOTICE OF SALE

North Carolina
Macon County

Under and by virtue of the power of sale contained in a Deed of Trust from Harry Brown and wife, Marinda Brown, dated the 8th day of December, 1927, and recorded in the Office of the Register of Deeds for Macon County, in Book No. 29, of Mortgages and Deeds of Trust, Page 466, and default having been made in the payment of the amount secured by said Deed of Trust and demand having been made on the undersigned Trustee to sell the property therein described, I will, on Thursday, the 15th day of October, 1936, at public auction, at the Court house door in the Town of Franklin, Macon County, North Carolina, at 12 o'clock, noon, sell to the highest bidder for cash, the following described property, to-wit:

Being a one-half interest in the land described in a deed from W. C. Smart to Joseph Smart, said deed bearing date of January 27th, 1909, and recorded in Deed Book C-3, at Page 282, Office of the Register of Deeds for Macon County, North Carolina, to which reference is hereby made for a definite description.

This 14th day of September, 1936.

R. S. JONES,
Trustee

By GEO. B. PATTON,
Attorney.

S17-GBP-08

NOTICE OF SALE

State of North Carolina,
County of Macon.

WHEREAS, power of sale was vested in the undersigned Trustee by virtue of a Deed of Trust made, executed and delivered by J. Grady Owens, to the undersigned Trustee on the 20th day of July, 1933, said Deed of Trust being registered in the Office of Register of Deeds for Macon County in Book No. 33, page 315, to secure the payment of certain indebtedness in said Deed of Trust set forth; and whereas, default has been made in the payment of said indebtedness, and the owner of the same has made demand upon the undersigned Trustee to exercise the power in him vested by said Deed of Trust;

I will, therefore, by virtue of the power of sale by said Deed of Trust in me vested, on Monday, the 12th day of October, 1936, at 12 o'clock, Noon, at the Courthouse

door in Franklin, Macon County, sell at public auction to the highest bidder for cash the following described property:

BEGINNING at a Maple runs south 77 degrees and 15 minutes east 12 poles to a stake and pointer; then north 80 degrees and 45 minutes east 12 poles to a stake and pointer; then north 59 degrees east 12½ poles to a Black Oak; then north 87 degrees east 4 poles to a stake and pointer; then north 24 degrees and 30 minutes east 10 poles to a Spanish Oak; then north 30 degrees and 45 minutes east 12½ poles to a stake and pointer; then north 82 degrees west 55¾ poles to a stake and pointer; then south 45 degrees and 45 minutes west 36¾ poles to a stake in the eastern margin on the public road leading from Rickman's store to Highway No. 286; then south 7 degrees and 30 minutes east with the road 2 poles to a stake in the road; then north 45 degrees and 45 minutes east 3¾ poles to a stake in the center of the branch; then with the meanders of the branch south 43 degrees east 8 poles to a stake; then south 39 degrees and 45 minutes east 7½ poles to a stake in the branch; then leaving the branch north 79 degrees east 20½ poles to the BEGINNING, and containing twelve acres, more or less.

This, the 10th day of September, 1936.

R. S. JONES,
Trustee.

S17-J&J-08

NOTICE OF SUMMONS

North Carolina
Macon County

J. M. Carpenter and wife, Ada Carpenter; Mrs. Riley Garland; B. H. Carpenter and wife, Lavanda Carpenter; Alice Carpenter, widow; Lillie Carpenter, widow; I. J. C. Norris; Aaron Cunningham and wife, ——— Cunningham; Ethel Carpenter; Grady Carpenter; Robert Carpenter; Lloyd Carpenter; ——— Taylor, husband of Sallie Taylor, deceased; Lizzie Carpenter, and all other heirs of Vance Carpenter, deceased; Arthur Carpenter and wife, ——— Carpenter; Burr Carpenter and wife, ——— Carpenter; Mary Carpenter and husband, ——— Carpenter; Minnie Carpenter; Lizzie Taylor and husband, ——— Taylor; Fannie Maulden and husband, ——— Maulden; Oscar Carpenter and wife, ——— Carpenter; Linder Carpenter and wife, ——— Carpenter; Annie Moore and husband, ——— Moore; Will Carpenter and wife, ——— Carpenter, and all other heirs of J. E. Carpenter and wife, Alice Carpenter.

The Defendants: Mrs. Riley Garland; Alice Carpenter; Lillie Carpenter; Ethel Carpenter; Grady Carpenter; Robert Carpenter; Lloyd Carpenter; ——— Taylor, husband of Sallie Taylor; Lizzie Carpenter and all other heirs of Vance Carpenter; Arthur Carpenter and wife, ——— Carpenter; Burr Carpenter and wife, ——— Carpenter; Mary Carpenter and husband, ——— Carpenter; Minnie Carpenter; Lizzie Taylor and husband, ——— Taylor; Fannie Maulden and husband, ——— Maulden; Oscar Carpenter and wife, ——— Carpenter; Tom Carpenter and wife, ——— Carpenter; Linder Carpenter and wife, ——— Carpenter; Annie Moore and husband, ——— Moore; Will Carpenter and wife, ——— Carpenter, and all other heirs of J. E. Carpenter and wife, Alice Carpenter, will take notice that an action entitled above, has been commenced in the Superior Court of Macon County, North Carolina, for the purpose of foreclosing tax liens owned by the plaintiff against land in Macon County, North Carolina, in which the said plaintiffs have an interest, and that they are proper parties thereto.

The defendants will further take notice that they are required to appear before the Clerk of the Superior Court of Macon County, North Carolina, at his office in Franklin, on the 28th day of November, 1936, and answer or demur to the complaint of the plaintiff, or the relief demanded in said complaint will be granted.

This the 29th day of September, 1936.

HARLEY R. CABE,
Clerk Superior Court.

01-4tc-022

LEGAL ADVERTISING

Having qualified as administrator of W. B. Cansler, deceased, Macon county, N. C., this day of September, 1937, or this notice to exhibit them to the undersigned on or before the 17th day of September, 1937, or this notice to plead in bar of their recovery, persons indebted to said estate please make immediate settlement.

This 17th day of September, 1936.
GEORGE CARPENTER,
Administrator.

S17-6tp-022

ADMINISTRATOR'S NOTICE

Having qualified as administrator of Jess Coleman (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 10th day of September, 1937, or this notice will be plead in bar of recovery. All persons indebted to said estate will please make immediate settlement.

This 21st day of September, 1936.

SAM J. MULLIN,
Administrator.

S24-6tp-029

ADMINISTRATOR'S NOTICE

Having qualified as administrator of Mary E. Toy, deceased, 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 22nd day of September, 1937, or this notice will be plead in bar of their recovery. All persons indebted to said estate please make immediate settlement.

This 22nd day of September, 1936.

B. C. TOY, Administrator.

S24-6tp-029

EXECUTOR'S NOTICE

Having qualified as executor of the estate of Ed Kinsland, deceased, 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 2nd day of October, 1937, or this notice will be plead in bar of their recovery. All persons indebted to said estate please make immediate settlement.

This 2nd day of October, 1936.

R. D. SISK, Executor.

08-6tc-N12

ADMINISTRATOR'S NOTICE

Having qualified as administrator of L. L. Long, deceased, 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 20th day of September, 1937, or this notice will be plead in bar of their recovery. All persons indebted to said estate please make immediate settlement.

This 26th day of September, 1936.

R. L. LONG, Administrator.

01-6tp-N5

EXECUTRIX' NOTICE

Having qualified as executrix of the estate of Mayant Addie Guest, deceased, 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 29th day of September, 1937, or this notice will be plead in bar of their recovery. All persons indebted to said estate please make immediate settlement.

This 29th day of September, 1936.

MARY LOU YORK, Executrix.

01-6tc-GLH-N5

EXECUTOR'S NOTICE

Having qualified as executor of the estate of L. A. Thomas, deceased, 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 27th day of August, 1937, or this notice will be plead in bar of their recovery. All persons indebted to said estate please make immediate settlement.

This 27th day of August, 1936.

R. B. CURTIS, Executor.

S3-6tp-08

NOTICE

Notice is hereby given that application will be made for parole for Joe Hall. All persons protesting the granting of parole will file their protest with the Parole Commissioner, Raleigh, N. C., on or before the 15th day of October, 1936.

This the 28th day of September, 1936.

FURMAN, Parole Commissioner.

01-2tp-08

RETURN ENGAGEMENT THE TRAIL OF THE LONESOME PINE

Lyric Theatre

Sylva, N. C.

Thursday and Friday, Oct. 8 and 9

Matinee Both Days at 3:00

Nights at 7:00 and 9:00

Adults 25¢

Children 10¢