

Medical Director Offers Hot Weather Health Hints

The present widespread heat wave has led Dr. Robert A. Fraser, chief medical director of the New York Life Insurance company, to issue a health warning, cautioning every one to take simple safeguards that their health may not be impaired by the extreme temperatures.

Dr. Fraser offers 10 health hints for hot weather that are easily followed by young and old. They are:

1. Take it easy—don't rush around.
2. Wear a hat out in the sun.
3. Wear cool, loose fitting clothes.
4. Get plenty of rest and sleep.
5. Eat moderately of easily digested foods.
6. Drink plenty of cool (not ice cold) liquids.
7. Exercise moderately.
8. Take frequent tepid (not cold) baths.
9. Do not stay in direct sunshine for long periods.
10. Avoid large meetings in poorly ventilated auditoriums.

"If all of us would observe these rules," Dr. Fraser said, "our general physical condition would be vastly improved and we would be able to withstand hot weather with much less difficulty."

In commenting on his 10 health hints for hot weather, Dr. Fraser feels that children are more apt to forget rules five and six, which are extremely important for them, while adults are very likely to ignore rules one, two and frequently six.

"Children, because they really don't know any better, are very prone to overeat, and to gulp large quantities of ice cold 'pop' and water," Dr. Fraser remarked. "They should be carefully controlled along these lines. Children either observe the balance of the health hints without knowing that they are doing so or, because of their youth and vitality, they can afford to ignore them. For instance, a child may rush around all day long without a hat, frequently out in the sun, and show no ill effects. On the other hand, they instinctively prefer a minimum of clothing and will sleep readily, if they are tired."

"Adults, however, should avoid going out without a hat. They should also drink sparingly of 'ice cold' liquids and, very important, see to it that they get plenty of sleep and rest. In addition, grown people should refrain from expending great quantities of energy in

needless haste. On hot days take it easy."

Two Common Ailments

Sunstroke and heatstroke, Dr. Fraser points out, are two hot weather ailments that are quite common, though very different in their symptoms and in the way they affect the stricken individual. Both sunstroke and heatstroke can be avoided by following the health hints for hot weather.

Sunstroke

Sunstroke can be avoided by keeping out of the hot sun and by not overdoing in physical exercise. An attack frequently begins with nausea, giddiness and mental excitement, following a long exposure to the sun. The face is flushed, the pulse full and rapid.

The first thing to do is remove the patient to a cool spot and then send for a doctor immediately. Reduce the body temperature by placing the patient in a cold bath, sponging the surface of the body with cold water or rubbing the body with ice.

Keep up the treatment for 10 or 15 minutes and then place the patient between blankets without drying the body. If there is no improvement within 15 minutes, repeat the cold applications as before and keep repeating them every 15 minutes until consciousness is well established.

Sometimes after apparent recovery, the patient becomes drowsy again and the head becomes hot. The treatments must then be repeated as before.

"Those who are forced to work in the open sunlight," Dr. Fraser explained, "should see to it that they wear a hat that protects the back of the neck as well as the top of the head and their clothing should not be close fitting or bind the body. Furthermore, they should take great care to drink large amounts of cool water or cool, weak tea to make up for the excessive amounts of moisture lost by the body through perspiration."

Heatstroke

Heatstroke differs from sunstroke in that it does not depend on exposure to the sun, but may attack a person during extremely hot, humid weather. It is characterized by sudden fainting attacks, the body is cold and clammy, the face pale, the pulse weak and flighty

and a gasping or sighing respiration.

First send for the doctor. Then apply heat to the patient's feet and around the body. If the patient is conscious and can swallow, give quantities of hot, weak tea.

Now Checking Farms Under Soil Program

The work of checking compliance on some 130,000 North Carolina farms which are cooperating in the agricultural conservation program got under way this month.

Information gathered in the check will be used to determine the amount of soil-building and diversion payment each grower is to get, said H. A. Patten, state compliance supervisor at State college.

Forms have been furnished from Washington on which will be set down the acreages of depleting and conserving crops and the areas on which soil-building practices are being conducted.

Since farmers have until October 31 to plant certain conserving crops and start soil-building practices under the 1937 program, the task of checking compliance cannot be fully completed until after that date, Patten pointed out.

In 60 counties, aerial photographs being made this summer, or taken previously, will be used to determine the acreages of different fields on individual farms.

The supervisor will take the pictures to the farm and identify, with the help of the farmer, the different fields and the crops growing on them.

Acreage can be checked with an accuracy within one per cent when

the photographs are used. This method is also faster and more economical than measuring with tapes, Patten stated.

North Carolina farmers earned more than \$12,000,000 under the program last year with some 115,000 farms cooperating.

Borax Cures Yellow Disease in Alfalfa

Alfalfa growers over the state have been reporting a diseased condition of their crop in which the plant leaves turn yellow in midsummer.

Applications of 5 to 10 pounds of ordinary borax per acre will remedy the trouble, said L. G. Willis, soil chemist at the N. C. agricultural experiment station.

After more than a year's study of the problem, Willis said the disease is due to a deficiency in the soil, and the trouble has been found to increase year by year.

Many growers have been afraid to cut the diseased plants for feed, with the result that they lose their

midsummer cutting. Spring and fall cuttings are not affected by the disease.

Borax costs about \$3 a hundred pounds. To apply it evenly over a field, mix it with some other material. Basic slag is recommended, as it tends to neutralize soil acidity.

On fields where yellow plants are found, borax should be applied immediately, Willis pointed out.

To prepare a field for alfalfa sowing this fall, the soil should be limed to neutrality. Or basic slag can be used in place of the lime. With the slag or lime apply 5 to 10 pounds of borax.

When slag is used, less superphosphate can be applied in the fertilizer. This will save money. Superphosphate also increases the need for borax.

Basic slag contains manganese, an element that increases the efficiency of the borax.

Borax should be applied each succeeding year at the rate of 5 pounds per acre at the time of the regular fertilization, Willis said.

NEW SAFETY for BABIES

Mother—think of it! Ninetenths of all the hospitals important in maternity work now give their babies a body-rub every day with Mennen Antiseptic Oil! Why? Because this treatment keeps the baby

safer from his worst enemy, GERMS...helps protect his skin against infection. Give your baby this greater safety. It's so important! Buy a bottle of Mennen Antiseptic Oil at your druggist's today.

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REPORT OF CONDITION OF

THE BANK OF FRANKLIN

Of Franklin, in the State of North Carolina, at the Close of Business on June 30th, 1937

ASSETS

1. Cash, balances with other banks, and cash items in process of collection	\$135,208.51
3. United States Government obligations, direct and fully guaranteed	26,550.00
4. State, county, and municipal obligations	69,078.15
7. Loans and discounts	79,027.77
9. Banking house owned \$13,425.00, furniture and fixtures \$1,328.44	14,753.44
11. Other real estate owned, including \$8,811.00 of farm land	23,415.13
16. TOTAL	\$348,033.00

LIABILITIES AND CAPITAL

17. Deposits of individuals, partnerships, and corporations:	
(a) Demand deposits	232,711.64
19. State, county, and municipal deposits	48,867.92
21. Certified and officers' checks, letters of credit and travelers' checks sold for cash, and amounts due to Federal Reserve bank (transit account)	
22. TOTAL DEPOSITS	\$284,938.87
29. Other liabilities	2,074.16
30. TOTAL LIABILITIES EXCLUDING CAPITAL ACCOUNT (except deferred obligations shown in item 33 which are subordinated to claims of depositors and other creditors)	\$287,013.03
31. Capital account:	
(a) Capital stock and capital notes and debentures	\$43,000.00
(b) Surplus	14,500.00
(c) Undivided profits	3,504.47
(d) Reserves	15.50
(e) Total capital account	61,019.97
32. TOTAL LIABILITIES AND CAPITAL	348,033.00

33. On June 30, 1937 the required legal reserve against deposits of this bank was \$42,750.00. Assets reported above which were eligible as legal reserve amounted to \$135,208.00.

34. Deferred obligations not included among above liabilities, which are subordinated to claims of depositors and other creditors (None).

†This bank's capital is represented by \$..... capital notes and debentures sold to Reconstruction Finance Corporation and \$..... sold to public; 180 shares of first preferred stock, par value \$100.00 per share, retirable at \$100.00 per share; shares of second preferred stock, par \$..... per share, retirable at \$..... per share; and 250 shares of common stock, par \$100.00 per share.

MEMORANDA

35. Pledged assets (except real estate), rediscounts, and securities loaned:	
(a) U. S. Government obligations, direct and fully guaranteed, pledged to secure liabilities	\$15,000.00
(b) Other assets (except real estate) pledged to secure liabilities (including notes and bills rediscounted and securities sold under repurchase agreement)	30,000.00
(e) TOTAL	\$45,000.00
36. Secured and preferred liabilities:	
(a) Deposits secured by pledged assets pursuant to requirement of law	\$42,048.00
(d) Deposits preferred under provisions of law but not secured by pledge of assets	3,359.31
(e) TOTAL	\$45,407.31

I, H. W. Cabe, Cashier, of the above-named bank, do solemnly swear that the above statement is true, and fully and correctly represents the true state of the several matters herein contained and set forth, to the best of my knowledge and belief.

H. W. CABE, Cashier.

Correct—Attest:

M. D. BILLINGS, Director
GROWER JAMISON, Director
W. A. ROGERS, Director.

State of North Carolina,
County of Macon.

Sworn to and subscribed before me this 8th day of July, 1937, and I hereby certify that I am not an officer or director of this bank.

My commission expires January 30, 1938.

PAUL KIRK, Notary Public.

Can You Afford To Be Without It?

Funeral Benefit Insurance costs so little that no one should do without it, especially those who are dependent on moderate incomes.

The rates are far lower than you might expect. These rates are based on the death rate within our own organization, a mutual body governed by the laws of North Carolina. In this association the following assessments are now in effect:

Ages 1 to 9 years	5¢ Quarterly
Ages 9 to 29 years	10¢ Quarterly
Ages 30 to 49 years	20¢ Quarterly
Ages 50 to 65 years	30¢ Quarterly

Benefits are provided in the amount of \$100

for persons over 10 years of age and in the amount of \$50 for persons under 10 years of age.

In slightly more than a year that this association has been in operation we have reached a membership of more than 6,000, and during this time we have paid our members over \$2,000.

Our finances are in excellent shape and with your co-operation we will continue to make this a strong association.

Don't wait for an agent to call on you—come in today and join while you are in good health, tomorrow it might be too late.

Bryant Burial Association
FRANKLIN, N. C.