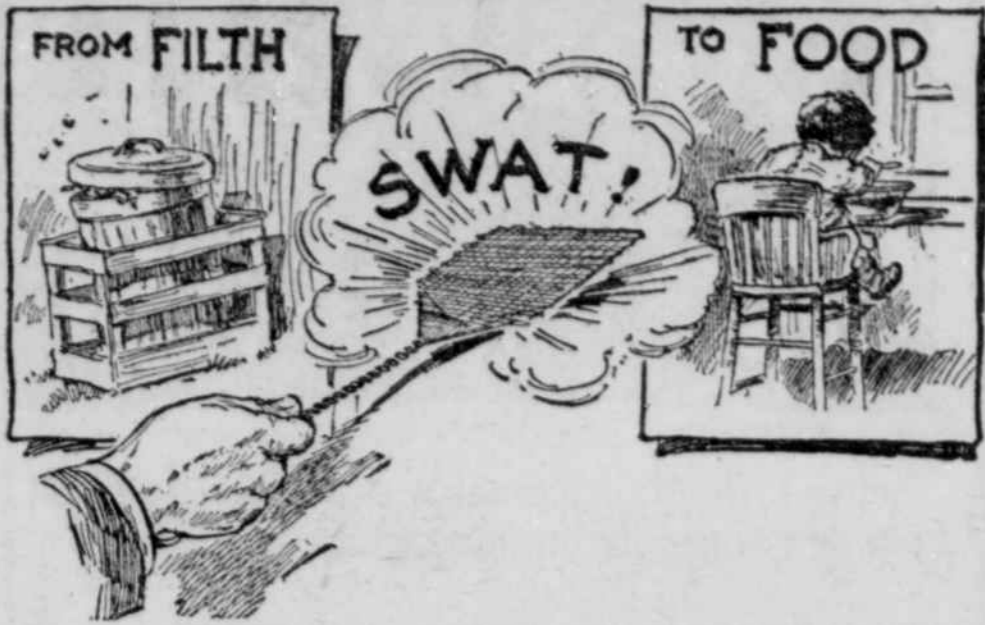


BREAKING THE CONNECTION



BEGIN BATTLE NOW

This Is the Month to Wage War Against Disease-Carrying Fly in the House.

In the Interests of Public Health Every One Must "Do His Bit"—Destroy the Few That May Already Have Begun to Annoy.

This is the month for the housewife to wage battle against the most deadly of all enemies of health and sanitation, the housefly.

This is the breeding time for the fly, and for every one killed now, there will be over a million less in the summer.

So many women are careless about flies.

They watch these dangerous pests walking over cake and bread or hovering about the sugar, without any apparent anxiety.

They allow them to buzz about the table without making any move to kill them.

Willful Neglect.

How can they be so careless when so much has been printed every year about the real dangers connected with the fly?

It cannot be ignorance that makes them so negligent about killing off these disease carriers.

No woman who reads the newspapers can plead ignorance as an excuse for such criminal negligence.

There is only one reason why any woman can sit still and let the flies, which they know carry thousands of germs, walk all over the food, and that reason is willful neglect.

You, who wish to protect your families from all possible illness must carry on an unremitting fight against the fly and now is the time to begin.

You may not think it worth while to bestir yourself for the few specimens you see about the house now.

But try to realize that each separate one of the half dozen or dozen flies you see buzzing around now is the probable breeder of a million other flies.

Later on in July and August, when the house is full of these pests, you will probably use every means to eradicate them.

But you will be too late then, for it is impossible to wipe out thousands.

Now, however, by killing off every fly you see, you can prevent your home and others from being filled with a swarm of these dangerous insects.

Read the statistics offered in the bulletin by the boards of health on the activities of the fly.

Learn how many deaths have been traced directly or indirectly to the same fatal source.

Ask any doctor to tell you his opinion on the question as to whether the harmless-looking house fly does or does not carry disease germs.

Expert Opinion.

A great many physicians declared that the infantile paralysis of last summer was spread by flies. It has never been proved, but it is very probable they might have been instrumental.

Now, if after you have made these inquiries you are not satisfied as to the dangers of the house fly you certainly should have a personal examination by an alienist.

If you are already convinced of the very real dangers of the fly, and most sensible women are, work with all your might to exterminate those which may now be roaming about your rooms.

Use fly-paper, swatters, and poisons if necessary, but kill off the flies.

Extra Care Needed.

With the fly season and warm weather at hand, extra precautions must be taken in caring for the calf pails. They should be washed thoroughly after each feed and sterilized either with steam or hot water.

Flies are a great nuisance as well as being dangerous to the health. When sitting down to a meal, with the flies bothering you, don't grumble at the flies, but blame yourself for not having screens in the windows and doors so that the flies cannot get into the house.

Swat the first fly!

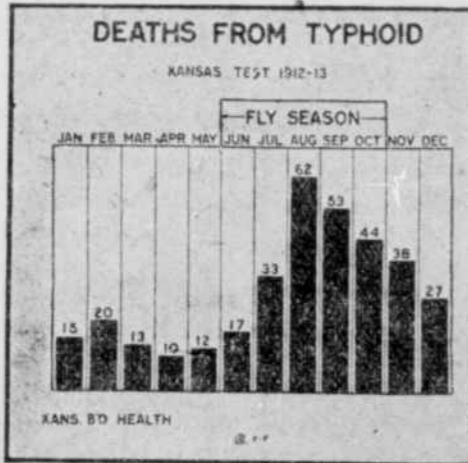
Flies cause more deaths annually than do mad dogs, which all dread.

While swatting the kaiser, don't forget to swat the fly. Both are baby killers, and on this side of the Atlantic, the fly murders more infants than the Hohenzollern.

FLIES SPREAD TYPHOID FEVER

Investigations of Kansas State Board of Health Show Responsibility for Dread Disease.

Chart—"Deaths from typhoid," Kansas investigation 1912-13. This illustrates an investigation carried on by the Kansas state board of health. The figures in this chart represent an average of the deaths from this disease during the years 1912 and 1913. The highest death rate from this terrible filth disease comes, as this experiment shows, when flies are most numerous, in the months of August and September, and decreases through October, November and December, to January. Winter typhoid is often traceable to epidemics resulting from the fly-borne typhoid of the summer-time.



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BEGIN WARFARE RIGHT AWAY

Every Hour's Delay in Fighting the Fly Means Lengthening of Human Death List in Summer.

Don't take too lightly the campaign to swat the fly merely because you have heard so much about it; that is all the more reason for taking it seriously, for it has not been discussed enough, apparently, to warn the people of all the dangers from the pesky little insect, for there is much carelessness. Listen to this from the United States health bureau:

"Fly time is more to be feared than war time.

"Screen your windows. Begin now in your warfare against flies. You cannot begin too soon. Your precaution may save your life.

"It has been clearly demonstrated that flies carry the bacillus of tuberculosis in their bodies after being in the room where a consumptive is confined.

"Our investigation shows that as the temperature rises the flies become more active and intestinal diseases become generally prevalent, with a corresponding increase in mortality. It is a mistake to think that these diseases are due to the hot weather.

"Screen your windows. Hunt flies as you would death!"

No Flies Mean a Clean City

Cleanliness Means Efficiency Better Homes Better Schools Better Humanity



Draw up The Slack

A man of fifty-two years has had what he calls chronic indigestion for fifteen or more years. In that time he has consulted some famous internists, specialists and many general practitioners in different cities. Various explanations of his trouble have been offered, and various lines of treatment employed, most of them being more or less helpful for a brief time, and nearly all of them being at least scientific. He is a man of considerable horse sense, and he does not readily absorb pseudo-science. However, he still has his indigestion.

Queried and cross-examined he gives the following history, which is not at all unusual: Twenty-five years ago he contracted syphilis, and was



BRACE YOURSELF EVERY HOUR.

thoroughly and properly treated. Eight years ago the Wassermann test of the blood was negative. Twelve years ago a good physician offered a frankly doubtful opinion that locomotor ataxia was developing; this opinion was probably influenced by knowledge of the history. But the man shows no symptom suggestive of locomotor ataxia at present; that may be due to the thorough anti-syphilitic treatment he was given through several years. We all know that it takes at least three years to conquer syphilis.

One year ago he had an X-ray negative, or several negatives of the abdominal region. A marked prolapse or sagging (ptosis) of the stomach was demonstrated. Now, this condition does not necessarily cause symptoms; some

people have a sagging stomach and perfect health. But some people have pronounced astigmatism without suffering any unpleasant effect, while others must have carefully fitted glasses for slight errors of refraction. Some people have floating kidney and are quite unaware of any disturbance of health; others complain of mucus suffering from a loose kidney. As a matter of fact this man's right kidney was floating, though the X-ray pictures failed to show it.

The doctor who suggested the X-ray pictures now ordered an abdominal supporter. The patient wore it for nearly a year, but continued to suffer from distress after eating, belching huge quantities of gas, dragging pain and soreness about the flanks, tenderness over stomach, and the other indefinite symptoms people call indigestion or dyspepsia.

Discouraged, he tried still another doctor. He was now advised to assume the knee-chest position for a few minutes after each meal. In this position the patient gets down on all fours, then lets the chest sink to floor but keeps the hips high, with thighs always perpendicular to floor. It permits abdominal and pelvic organs to rise, or fall, as you please, upward toward the diaphragm. Then he was urged to lie down for half an hour or more on an inclined couch or bed with hips several inches higher than shoulders.

He was further taught how to stand erect, and advised to "brace himself" every hour by the clock, no matter what he might be doing or where he might be.

A new broom sweeps clean. The man is delighted with his relief. He has gained several pounds in a few weeks—and it seemed impossible for him to gain weight heretofore.

Position is not everything in this world, yet it is well worth cultivating.

Questions and Answers.

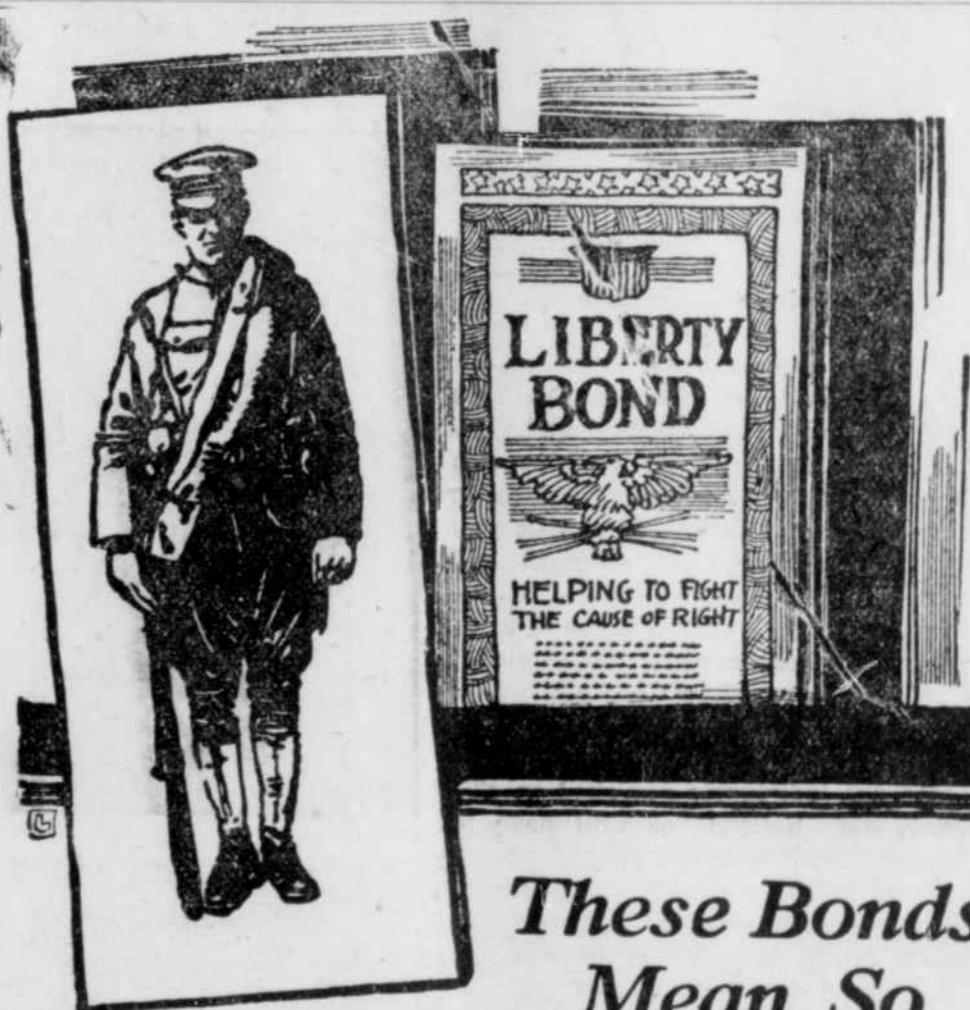
Acid Fruits and Rheumatism.

A. F. R.—Should one with chronic rheumatism indulge in such things as lemons, tomatoes, grapefruit and the like? Are not such fruits full of acid? Answer: One should, whether he has rheumatism or not. In the first place, no joint disease is caused by acid in the blood; in the second place, all fruit acids circulate as alkaline salts, thus tending to increase the alkalinity in the blood.

Canker Sores in the Mouth.

L. C. H.—Please tell me what will relieve canker sores in the mouth. I have them every few weeks.

Answer: Touch each suspicious spot with tincture of iodine morning and night. Look well to your oral hygiene, or have the dentist do it.



These Bonds Mean So Much More Than Money

Your money would be of little use to you if the Germans should win the war abroad and come over here to complete their work of world subjugation. Invest your money in Liberty Bonds—one Bond arms a soldier and may save his life.

"It's civilization against devilization"

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