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Prescription Druggists

We are headquarters for Ice Cream, Cool Drinks and Cigars and tobacco. Complete Line of High Grade Stationery, Hudsons Toilet Waters, Perfumes, Extracts and Face Powders; also Nunnally's and Norris' assorted Candies.

## Duckworth Drug Company

Corner Main and Broad Streets. Brevard, N. C.

## Weit's Store News

Just now we have a grand assortment Silks, Kimonos, Vails, Georgettes Crepe, Fancy Silks, Crepe Fails, Tub Silks, Etc., We want you to come here and look these goods over whether you buy or not.

When you go horseback riding, walking or enjoy camping trips no wearing apparel can be substituted for our high grade Khaki Middy Suits and Khaki Riding Habits. Money spent for it will be wisely invested.

Stores open at 7:00 A. M. and Closed at 6:30 P. M.

**W. P. WEIT'S ONE PRICE CASH STORES**  
BREVARD, N. C.

## Get Your Meats From City Market and Thrift Stamps At The Bank

We have on hand now: Beef, Pork, Lamb, Breakfast Bacon, Bologna Sausage, Peaches, Berries, Oranges, Tomatoes, Cabbage, Onions, Melons, Frying Size Chickens, Cheese, etc. Everything carried by a first class market.

We pay cash for Country Produce.

## CITY MARKET

S. F. ALLISON, Manager  
Experienced Butcher. Brevard, N. C.

### HEALTH IS WEALTH HEALTH AND HYGIENE by the STATE BOARD OF HEALTH

QUESTIONS ON HEALTH, HYGIENE AND SANITATION OF GENERAL INTEREST TO OUR READERS WILL BE ANSWERED BY THESE COLUMNS ON BY MAIL IF REFERRED TO THIS OFFICE OR TO THE STATE BOARD OF HEALTH AT PALM BEACH AND ACCOMPANIED BY A STAMPED, ADDRESSED ENVELOPE. NO DIAGNOSIS OR TREATMENT OF INDIVIDUAL DISEASES WILL BE ATTEMPTED.

#### Experiments

A doctor, if he is a good doctor, is by nature averse to experimenting upon his patients. This is no typographical error. A doctor really hates to experiment upon anybody. But everybody certainly loves to be experimented on, and the doctor is sometimes forced to do it, or else become unpopular. That's the honest truth. If a doctor refuses under any circumstances to experiment unnecessarily upon his patients, people call him a crank, a crab, a mean, unaccommodating sort of man. They declare that he attempts to magnify your minor ailments into major ones, if you give him the chance.

Let's take a plain example. You

that it is just your stomach that troubles you—and he grabs his stethoscope and listens anxiously to the action of your heart.

"Right here is where I am distressed," you persist, indicating the pit of your stomach. "Nothing wrong with my chest." And your manner more than your verbal interferences with the doctor's examination tells him plainly that you are one of the large class of people who enjoy poking at the stomach when they are developing incipient tuberculosis, heart failure or Bright's disease, for instance. You belong to the majority who feel flattered if the doctor agrees with their own version of the trouble and a trifle piqued if he doesn't. So, much as the doctor would like to go ahead and make a thorough and complete examination, he dares not,

I DON'T WANT ANY EXAMINATION. IT'S JUST A LITTLE TROUBLE I'M HAVING WITH MY STOMACH, AND I WANT YOU TO GIVE ME SOMETHING TO PUT IT BACK IN WORKING ORDER.



WHO'S DOING THIS?

have, we shall say, what you think is a little stomach trouble. You have conscientiously tried every old nostrum any fool has recommended, and finding no relief, worth mentioning, you go to see the doctor. You tell him your stomach is a little below par and that you want something to help assimilate your food. That's the ticket—something to assimilate your food.

Oh, if there were only something that would make us assimilate all our food, what a large, exciting life ours would be. There would be constant tension, hearty eating folks blowing up and bursting everywhere. Think of all the food we eat and imagine what a calamity it would be if we had to assimilate so much.

Well, the doctor lays you out comfortably on his examining table and begins to paw you over, evidently with grave suspicions of your appendix, your gallbladder, your kidneys and things. Once more you remind him

for it is practically certain you would protest against paying the fee for honest service. You want the doctor to guess at what is wrong with you; you are willing to pay him for a guess, but you do not as yet feel that your case is serious enough to warrant a greater investment than that. In short, you are bound to have your little experiment, and if the present doctor refuses to experiment upon you, then you'll soon find one who will. It appears to be human nature for each of us to assume that his own individual symptoms are not very serious, that tuberculosis, heart failure, Bright's disease, cancer and things happen right along among one's friends but surely will not afflict one's own self. A foolish sort of logic, but nevertheless popular. And the tireless patient medicine takers spare no pains to perpetuate just such a false feeling of security, because as long as an individual does not know just what is the matter he is a good prospect as a nibbler at the nibbler's nostrum.

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#### The Antediluvian Teacher

The one thing superintendents, principals and teachers in some schools hate worse than physical education is having parents coming around with grievances or complaints against medieval methods. The writer is a parent and a doctor, and he recently found it necessary to call on the public school principal to learn why no recesses were given the children—no outdoor recesses. On the day of this particular visit the weather was ideal, though a bit cold. But the ground was still damp from previous rains. It was immediately after noon intermission, and all the school children had played about the yard in the noon hour while waiting for the bell to ring.

The principal of the school in question is a typical mollycoddle. Always has some slight cough or "cold" and always nursing it. He was a bit flabbergasted at the suddenness and vehemence of our inquiry. He finally explained that there had been no recesses for some weeks back because of bad weather. "Had we allowed a recess this forenoon, for instance, many of the children would have gotten their feet wet in the yard and probably their parents would have complained to us about it." The same parents, you see, would have no possible objection to the children getting their feet wet at the noon hour. This was carefully pointed out to the principal. He was also advised that the school board rules called for outdoor recess morning and afternoon when the weather was suitable, and that unless this recess was regularly given it would be our painful duty to bring a complaint against the principal in the interest of the health of the children. No recesses were given for another

week of fine weather. So we took the matter to the superintendent of schools, who, being a fairly human being, immediately recognized the propriety of the complaint and censured the principal in question for his bad stewardship. After that, recess became a living institution in that school.

All this trouble is worth while, if a parent values the health of his children. So-called "colds," sore throat, tonsillitis, adenoids, enlarged tonsils, as well as anemia, nervousness, bed-wetting, chorea (St. Vitus' dance), and many other conditions of school children are certainly invited by prolonged confinement in the warm atmosphere and the strict discipline of the average schoolroom. It is up to the parents to see that a regular fifteen minutes of recreation, exercise and release from restraint—so hard for the child's naturally active nervous system—are forthcoming in every school, and to protest promptly and vigorously when an antediluvian teacher essays to repeal this ancient, wise and indispensable provision for the physical welfare of the child.

#### Question and Answers.

##### Perspiring Feet.

W. W. R.—What is good for perspiring feet?

Answer: Tepid foot bath each midday, and change of stockings, also of shoes if possible, at that time. When feet are dried, apply an alcoholic solution of salicylic acid, one ounce in the pint, or a water solution of official formaldehyde liquid, one ounce in the pint. Dry dust over with boracic acid powder, or talcum powder.

##### Alum In the Biscuits.

Dr. K. M.—Kindly advise me if baking powder containing alum is injurious to health.

Answer: If the biscuits are good we eat them, and we never trouble to inquire as to the infinitesimal quantity of alum they might contain. We think that you frets with the notion that good tea or coffee is not healthful.

### The Careful man avoids this road, he puts his money in the Bank



HOW CAN A CAREFUL MAN ALLOW HIMSELF TO DRIFT INTO DEBT? DEBT IS AS DANGEROUS AS A DISEASE. IT IS A DISEASE.

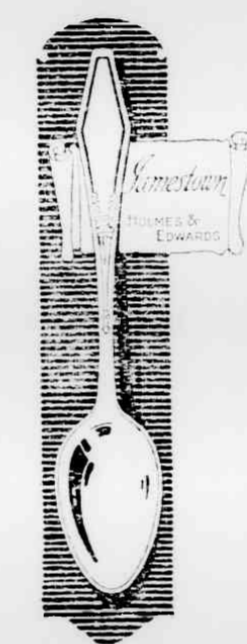
A FLY ON A PIECE OF FLY PAPER SOMETIMES FREES HIMSELF WHEN HE IS ONLY ON THE EDGE. BUT "DEBT" IS A MONSTER THAT IS HARD TO GET FREE FROM.

IT IS SO EASY TO "CHARGE IT." DON'T DO IT, PUT A LITTLE MONEY IN THE BANK INSTEAD.

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That's the kind we keep. We have just added the "Jamestown" a new spring pattern of unusual beauty.

Single pieces \$1.25 and up. Combination sets \$2.50 to \$36.00.

**FRANK B. CLEMENT**  
The Jeweler

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May we enlist our effort in your service?

Agents for Amsaboca Carbon Paper for Transylvania County.

## Brevard Printery

Wm. A. BAND, Manager

"Particular Printing"

Brevard, N. C.



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