

### You Are Blessed With Good Health, Are You Doing Anything About It To Keep It Good, Or Are You Taking Chances?

Dr. Frank P. Richter, Medical Director of the Atlantic Life Insurance Co., Richmond, Va., says: "I have seen over there in the big chair, the doctor, the patient, and listen to yourself comfortably, and listen to what I have to say, because what I have to say is the next ninety years will be yours. What kind of an old man are you going to be? If you think and act according to a definite plan during the next ninety years, which are ahead of you, you will have acquired some things which will be hard to break or get away from. After all, you are many years away from the old age, and if you don't watch your health, you will get there a good bit faster than you ought to."

It is rather likely that within recent years you took your car around to the service station and asked them to look it over carefully, and find out if it was in good condition. Over the telephone they came the statement that "Car must be cleaned out, valve ground, oil, transmission and differential greased, changed, clutch adjusted, greases tightened and the whole car oiled and tightened up, and the tires replaced." Not a moment's attention and back went your answer right, go ahead, do the best you can for me and let me have the car as you can because I don't want to trouble this winter."

**HOW ABOUT YOURSELF?**

How about yourself? Who looked after you? A little more exercise, a little less food and tobacco, who inspected and cleaned your teeth? I'll venture to say that you do not do one single thing to prevent yourself from spring and its ravages. You know the biggest trouble you have is that you won't listen to me. Now just a minute! I'm saying this for your own good. I realize that you know your own work do it well, but that's where the trouble begins. You get so accustomed to having things your own way that the doctor and dentist are really not credit for knowing anything.

Just because you have read a few newspapers and magazine articles you have really begun to feel that your knowledge and judgment of yourself is as good as anyone's. Here's what you ought to do. Find the doctor and dentist in whom you have confidence, get them to look you over and then listen closely to what they have to say and then do what you are told to do. What's the use of spending time and money seeking advice when you won't take that advice and really did not intend to do so when you went to see the doctor?

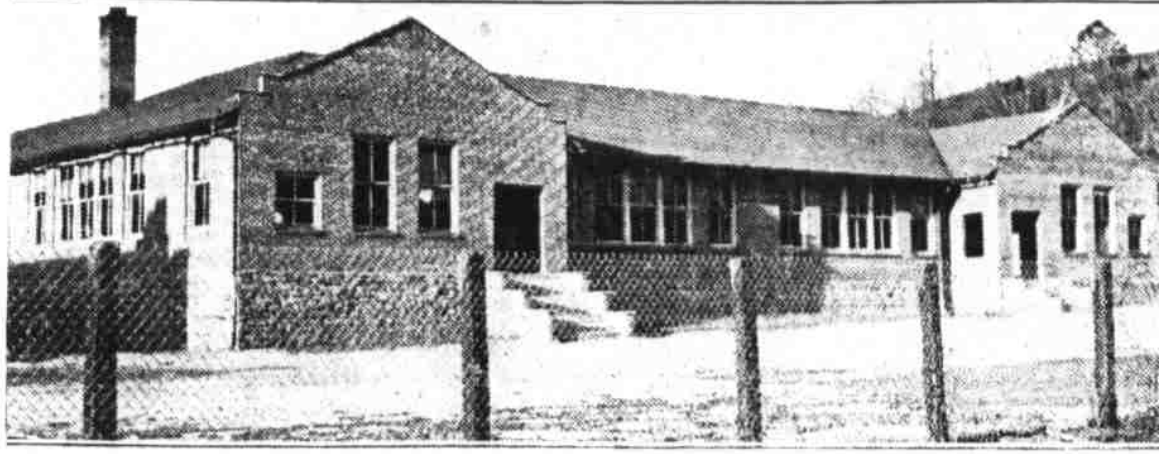
The aching knee or elbow which bothers you occasionally, the annoying and frequently persistent slight headache, the slow get-away and pick-up, the knock on the hills by way of a little added shortness of breath; is it too much tobacco or do you sometimes suspect that perhaps the faithful old engine, your heart, needs the valves ground and the carbon cleaned out? It's a good engine, so give it a chance. You have no idea how often a little pyorrhea or infected tooth root, if neglected, will assume serious proportions in a short time. Just a short time ago, I had occasion to examine a number of men while on a little trip South. Man after man showed high-blood pressure and without exception the gums indicated definite infection around the teeth, and I have no doubt infection was present at the roots of a number of teeth, as well. I also have no doubt that a large percentage of the high blood pressures were definitely traceable to the mouth infection.

I wonder if you realize how friendly, kindly and sympathetic your doctor and dentist can be, if you go to them with the right feeling in your heart. Dollars can not compensate for lack of real, honest-to-goodness interest and intent.

**HOW WERE YOU THIS MORNING?**

By the way, how did you feel this morning when you awakened? Were you glad to get out of bed and did

### The Fines Creek High School



Look in 1927, the Fines Creek high school was built by Jerry Limer at a cost of about \$25,000. While the original plans called for an eight-room building, they were later changed to ten class rooms and an auditorium built.

you whistle, or were you as grouchy as a bear? Did you say "Good Morning" as if you meant the "good" part of that greeting? How about a cold shower and a few big deep breaths and a few bending exercises?

Ten to one you sat down at the dinner table last night and made no effort to make the rest of the family glad you were there. Did you tell a funny story and make that curly-headed boy laugh and that demure little maiden giggle and your tired wife smile? If you did, then you enjoyed your dinner, your stomach is comfortable and you are at peace with the world. What a lot of innocent fun we do miss in this world of ours just because we make no effort to smooth out the other fellow's road. A good laugh is worth a ton of indiscriminate meditation.

So much for you personally. How about the rest of the family? Every truly man recognizes a triple health responsibility—the health of his wife and children, that of his business family and associates, and finally, that of himself. It is a real and vital problem in these complex days of hurry and strife. Keep your eyes open and your ears to the ground. Ask a few questions once in a while to satisfy yourself that the common

sense rules of health are being followed. Repeated colds, a tired, worn appearance, clerical errors traceable to ill health, children too quiet and listless; when you see something is wrong, get behind it and find out the cause. A stitch in time saves nine.

**THINK**

Young woman, have you ever stopped to think that salads and skimmed milk do not of themselves bring health, even if they do produce slim hips? It's rather the reverse, and such a diet more often produces ill health and unstable nervous systems, with lined faces and wrinkles. God pity the babies born of pleasure mad, high strung, irritable mothers; strong mothers, strong babies, strong men and a strong country.

Young man, do you realize that all games are played according to rules and that without rules there is no game? The game of life requires rules of correct thinking and clean minds, correct living and clean, healthy, active bodies. If for no other reason, play the game for the personal satisfaction of knowing that you are fit. Virtue is its own reward.

Your health now and during the

years to come is almost entirely up to you. Obedience to natural physical laws brings health and happiness. Disobedience brings discomfort, unhappiness, and disease. From your eyebrows down you are an animal and subject to animal laws. You were really intended to go to sleep as soon as darkness came and wake when daylight made its appearance. Then you were supposed to earn your breakfast and other meals by physical effort. Electric lights did not and do not grow on trees nor is food grown in tin cans. Stop for a minute and think how far from the original intent you have departed.

Do you want the old man you are going to be after a while, one of those disagreeable old fellows, full of aches and pains and grouches, or would you rather be one of those hale, hearty, old boys who enjoy life clear up to the last minute, and pass on with a smile on their faces? Here are some Can's and Can't's for those of you who want to be in the latter group. Good luck to you and your old man.

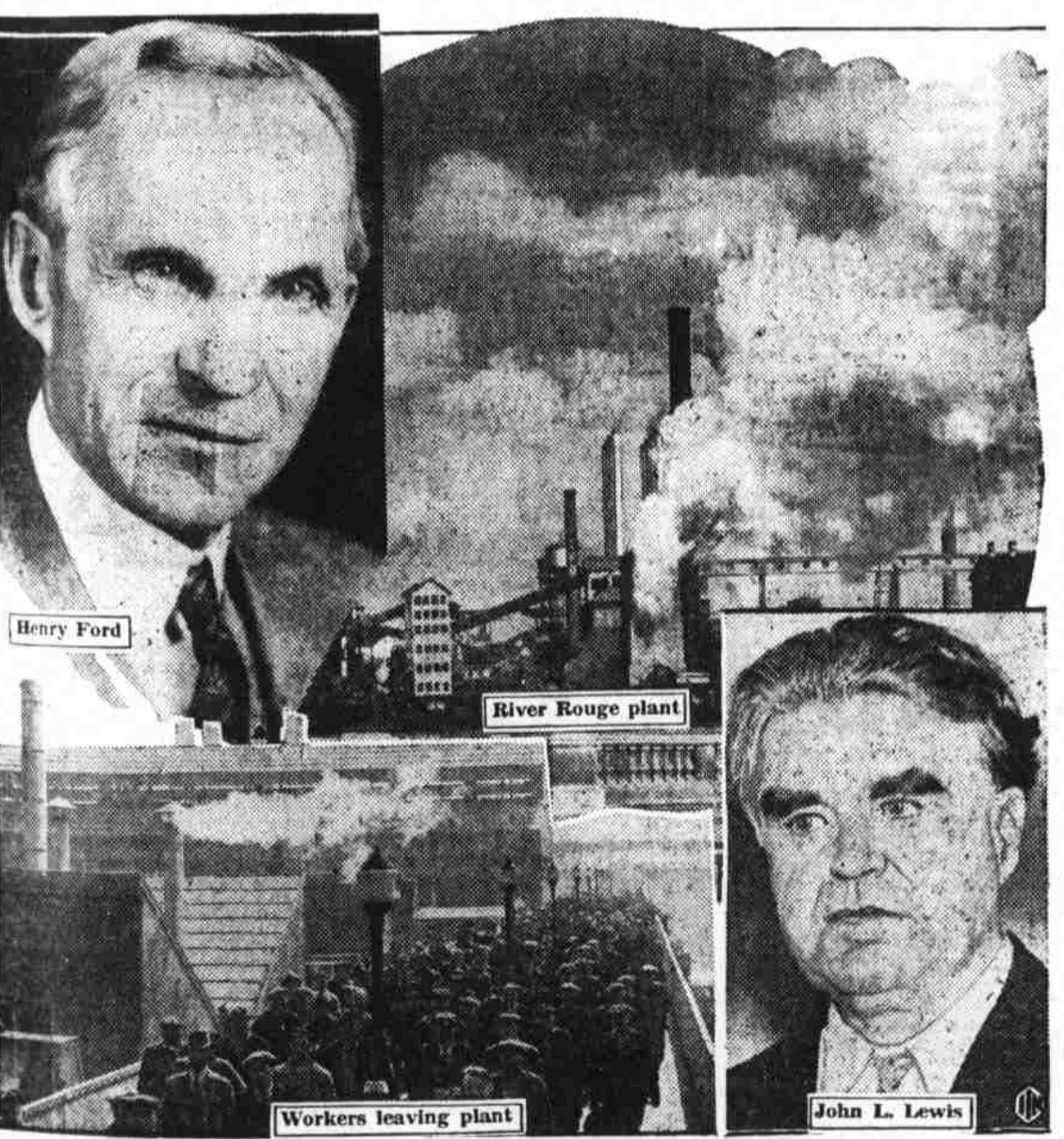
**YOU CAN**

Keep your mind free from impure thoughts, envy, hate; think of the

- happier things of life;
  - Laugh, say a pleasant word or give a cheery greeting;
  - Brush your teeth at least twice a day; see your dentist twice a year;
  - Take time to chew your food thoroughly;
  - Be governed by the needs of your stomach rather than the enjoyment of your "taste";
  - Eat balanced foods, fruits and vegetables;
  - Take twenty deep breaths a day standing at an open window;
  - Avoid distress your heart by poisoning it with too much tobacco;
  - Avoid alcoholics;
  - Bend your waist in four different directions for five minutes twice a day, and stretch all your muscles;
  - Walk at least two miles daily;
  - Sleep for eight hours;
  - Play hard, work hard;
  - Be examined once a year and in this way know your condition.
- YOU CAN'T**
- Keep your mind in a turmoil, and stay healthy;
  - Keep your eyes in the gutters while the sun is shining and the birds are singing without being depressed;
  - Refuse to smile and say a cheery word, and have friends;
  - Neglect your teeth, and keep them or avoid disease;
  - Bolt your food, and live free of distressing indigestion;
  - Load your stomach all the time, and then expect to have a healthy body, and a clear mind;
  - Immobilize your chest, and expect to keep your lungs active and your circulation up to par;
  - Smoke all day long every day without heart embarrassment and finally serious trouble;
  - Eat just meat and potatoes, and not pay the price in aches and pains;
  - Drink whiskey, and get away with it. It has been tried often, but it can't be done;
  - Refuse to take exercise, and keep fit;
  - Burn the candle at both ends and turn night into day, without serious consequences.

## Will Ford Prove Stumbling Block to Automobile Union?

### Motor Magnate Takes Determined Stand as Organizers Launch Drive on Last of "Big Three"



**By MAURICE MERRYFIELD**  
International Illustrated News Writer

DETROIT—Will the C. I. O. find the traditionally independent policy of Henry Ford an insurmountable obstacle in its drive to unionize the automobile industry?

That question is being asked in Detroit these days as the United Automobile Workers of America, a C. I. O. affiliate, is launching its plans to invade the last of the automobile industry's "big three."

In the past Ford has maintained a policy which brooked little tolerance of interference in his business affairs by any outside agency. Even the federal government found him a difficult customer when the NRA attempted to dictate to him.

His stand was made clear in a recent statement when he said he "never would recognize" the union. To this John L. Lewis, C. I. O. chairman, replied: "Henry Ford will change his mind on this subject."

Union leaders are apparently aware that they are facing a

struggle which may possibly be the most critical yet. They are proceeding slowly and systematically toward their ultimate objective of lining up the huge Ford system.

**Union Proceeding Slowly**

Their intention is seemingly to organize the outlying and feeder plants of the Ford industrial empire rather than attack the main citadel—the huge River Rouge plant which employs some 90,000 workers. Their plan of strategy is to obtain control of plants which supply vital parts to the central assembling units and work inward.

"Ford will eventually be unionized and will be with the union," Homer Martin, president of the U. A. W., stated unequivocally after Walter P. Chrysler had signed an agreement with the union.

Ford's plants, however, are not so integrated as to permit shutdowns to stop all operations. The River Rouge plant is composed of independent units. Should, however, Ford decide to close down rather than make a direct fight, he has huge liquid resources. And there

are no stockholders to demand action.

The drive sponsored by the C. I. O. in the mass industries has given tremendous impetus to success in the steel and auto fields. While these victories have not been complete, nor has the C. I. O. attained all it sought, their progress has been undeniable.

As a result, an amazing psychological support has been mustered behind the John L. Lewis organization. Thousands of new members have flocked to the steel and auto unions in recent weeks. Almost as important a factor in this increase in size as the success of the C. I. O. in its Chrysler and General Motors campaigns was the rather surprising agreement concluded with the Carnegie-Illinois Steel, largest production unit of the giant United States Steel corporation.

Union leaders are apparently not carried away by their march forward, however, and plan to proceed slowly in their campaign to unionize the Ford system. In view of this it is improbable that there will be any immediate showdown between Ford and the C. I. O.

**Growing Children,  
Thrive On It!**

**And Grown-Ups,  
Delight In It!**

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Milk that is produced  
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