



The Family DOCTOR

by JOHN JOSEPH GAINES, M.D., F.T.

A FAMILY CHAT

In our more northern states, the wintry days add much to health risks because of incidental exposure to harsh changes in temperatures. In my zone, it is not uncommon to have a day at this season uncomfortably hot at noon; by nightfall it is too cool to sit outdoors without wraps—and we must use at least two comforts on the bed if we sleep with proper ventilation. A weather mark of forty-five degrees on rising—to warm up to eighty or more at midday.

These variations are not conducive to the best of health. One eats heavier meals in crisp, sharp weather—and repents under summer heat within the same twenty-four hours. We perspire on the warm afternoons and chill with the sunset. It takes careful attention to get by the autumn-winter blending without contracting colds or digestive irregularities that may annoy all winter. It is the same when winter is breaking and spring sets in; these are known as the transition seasons," and, family physicians are kept busier watching their flocks.

A steady level of temperature is best for health. Even if it be zero outdoors. The heated season is well borne, if it be steady, no matter how uncomfortable. It is the sudden, unlooked-for change that catches us napping.

The best rule is to keep the surface of the body clean, dry, and comfortably warm, winter or summer. Always a reasonable amount of bathing, and friction on the skin with coarse towel. Keep the surface glowing, breathe deeply of pure, dry air, keep the bowels normally in order—and give the doctor a vacation.

A VERBAL STROLL

Stodious men and women are continually learning things. Years ago, it was believed that foreign bodies like grape-seeds, or very fine particles of bone—anything that might be swallowed—would somehow work into the victim's appendix and raise merry—well, a serious mess... But we were wrong; I've seen many appendices removed;

never saw a grape seed or piece of chicken bone taken out of one in my life. They probably don't get into the appendix. So, in the season of luscious grapes, I'm guilty of eating them, seeds included—but no skins. It makes a genuine pleasure of eating grapes when you don't have to segregate the seeds.

Grape-seeds are comparatively large and—smooth. I doubt if they irritate the intestine for this reason. It's not the case with blackberry and raspberry seeds—they are so small and, I verily believe are jagged! If you have artificial teeth below—and a lower dental plate—and attempt to eat a dish of nice raspberries—or a piece of good, juicy, blackberry pie, then you will get my meaning. The agony of a dozen raspberry seeds under your "lower plate" cannot be camouflaged by the rules of table etiquette!

If those berry seeds do the same thing to the colon that they do to the gums—then they are unfit to go through the human digestive tract—hence I taboo them, especially in colons past middle age, or in cases of colitis—no seeds, skins or dense fibers.

People used to think a cherry seed could enter the human appendix! Or a fish-bone! Or if the baby swallowed a shirt button!

I am glad to admit that grape seeds are not very harmful, if you love nice, fresh grapes. Leave out the skins, however.

JUST PLAIN TALK

I have just been listening to a radio program—and, am impressed with the ballyhoo of medical quacks who resort to that method of swindling the sick and afflicted. The average listener perhaps is led to believe that the charlatan is a very eminent scientist who is working daily miracles—almost. He seeks to give that impression most certainly.

Dear reader, do you ever stop to think that the quack can reach millions of folks almost face to face over the radio? The humbug I listened to last night owns his broadcasting station. He can say or do anything he desires—over his own property! It is too bad that our license system actually abets those who are engaged in swindling the sick.

This man with a voice as piously intoned as a clergyman, actually pretends to diagnose most serious diseases from symptoms written on a postcard, for people whom he has never seen! He wants them to roll right in, pay in advance, and submit to operation at his unholy hands! Cures guaranteed! No matter how old, decrepit and feeble the invalid may be! Could anything be more preposterous?

During this threatened epidemic of "sleeping-sickness," two physicians of St. Louis, Mo., offered their bodies as subjects of experiment to learn, if possible, the cause of the terrible malady. I can't think of a

Still Staunch Dry



Mrs. Ida E. Wise, Evanston, Ill., new President of the W. C. T. U. says that prohibition will return in the United States, even though she may not live to see it.

Hears Veterans' Appeal



Governor John Harland Pollard, of Virginia, (above) is President, Roosevelt's choice as Chairman of the Veterans' Board of Appeals. "Justice will be done to all," said the President in appointing Governor Pollard.

nobler, more unselfish, heroic act! Where is the medical quack or faddist with the courage to do the same? They do not exist—they'd rather do the radio swindle.

OUR BLACK CLOUD—SUICIDE

We family doctors "view with alarm" even more frequently than our crooked politicians do. How we wish we could drive the blackest of clouds away! Which is none other than self-destruction.

I can think of no greater offense to society than suicide. If we care nothing more for ourselves, then there are always some who care for us—we have no right to shock these dear ones who love us. I have seen a sorrowing mother bend over the bier of a son who died by his own hand! I hope I never may again.

Leaving out all technicalities, it is plain WEAKNESS that submits to the weapon of self-destruction. I had almost said—insanity. In fact, I believe no sane person will commit suicide, though I cannot prove it here. The inability to stand pressure—to overcome,—what a colossal weakness!

Dissipation and wasting bodily energy over unprofitable things produces such weakness. Normal life and living never does. Especially does sexual extravagance, with indulgence of other harmful appetites lead to collapse of everything good. Living too fast brings one to the end of the road sooner—the wise man is a good brakeman.

"Tired of life" is the usual excuse. Remember, life is just what we make it. This world and its appointments are perfectly set for the dwelling-place of man; it could not have been made better. It is almost a paradise. It is humanity that goes wrong, and "the wage of sin is death." What sane individual can take his own life?

This is a case where there is no cure; our only fight is for prevention—our only chance for good. This prevention is told in two simple words: "Right Living." It is rotten wood that gives way when the house falls. Remember that, and shun evil as you would the deadliest serpent!

N.R.A. VIOLATORS FINED

Two men, David Lind and Moe Levine, pleaded guilty to a federal indictment charging violation of the National Recovery Act Friday in what attorneys described as the government's first criminal prosecution under the NRA. They were fined \$100 each and their filling station assessed \$200.

COPS GET PAY BOOST

The Salisbury city council Friday gave a \$25 a month raise to the city policemen and several other employees of the municipality and announcement was made that adjustment of the pay roll will soon be made in other cases.

FOREIGN LIQUOR COMING

Importations of about 4,000,000 gallons of foreign liquor—an estimated four months' supply—within the first two months after repeal is planned by the government pending negotiations for reciprocal trade pacts with exporting countries for future quotas.

You can prove anything by the record. Grandfather said cigarette would ruin the country and now look at us.



WHAT SHALL I GIVE HIM? WHAT SHALL I GIVE HER?
You'll find the Correct Answer at **TURNER'S**

Gifts bright and gay! Practical gifts! We are sure you'll find something here that will please. Anyway, look over the lists below and then come in and see.

FOR HER

- Perfume
- Candy
- Manicure Sets
- Comb and Brush Set
- Compacts
- Mirror
- Cosmetics
- Pen and Pencil Set
- Cedar Chest
- Bridge Cards

FOR HIM

- Cigars
- Cigarettes
- Pipes
- Razors
- Razor Blades
- Fountain Pens
- Pen, Pencil Sets
- Shaving Sets
- Flashlights
- Cigar Lighters
- Comb, Brush Sets
- Bibles
- Bill Folds

CHRISTMAS CARDS

Come early and get your pick of these beautiful Christmas Greeting cards. We have a complete assortment from which to choose.

Turner Drug Company

W. D. TURNER

PHONE 64

GEO. E. ROYALL

for **BILIOUSNESS**
Sour stomach
gas and headache
due to
CONSTIPATION

Calotabs
TRADE MARK REG.

10¢ 35¢

Eyes Examined
Glasses Fitted

Office:
Elkin National Bank Bldg.

DRS. GREEN and DEANS
OPTOMETRISTS

Office open daily for optical repairs and adjustments of all kinds.
Examinations on Tuesdays and Fridays 1 to 5, 7 to 8:30 P. M.

NOTICE!

Pay your electric light bill before the 10th of each month. 5 percent will be added after the 10th.

SOUTHERN PUBLIC UTILITIES CO.

Hours: Open 8:30 A. M., Close 5:00 P. M.
PHONE 210

BUY
New Tires Now
Get **30% More**
Mileage!

GOODYEAR
Lifetime Guaranteed
Center Traction Tires
PATHFINDER SPEEDWAY
\$5.55 Up \$4.00 Up
EXPERTLY MOUNTED FREE
Ask for Demonstration
of Superwrist Cord!

New TIRES
"broken in" during cold, wet weather average 30% more total mileage than tires started off new in the spring. That's an extra reason for buying new Goodyears at today's low prices—you get more mileage plus the sure-grip and protection of tough new Center Traction treads during the winter when roads are slipperiest.

DOUBLE EAGLE SERVICE COMPANY
Phone 66 Elkin, N. C.

Take A Tip From Santa

DON'T LET THE HUSTLE AND BUSTLE OF CHRISTMAS MAKE YOU FORGET TO ORDER AN ADEQUATE SUPPLY OF COAL!



We know that you are going to have too much on your mind between now and Christmas to think about coal, and that's why we think we'll be doing you a favor to mention it. You wouldn't want Christmas day marred by awaking to find your coal bin empty. More than any other time you need a warm, comfy house when the children arise with the sun to see what Santa brought. So take a tip. Attend to that coal bin now and get stocked up with our quality coal. Then you'll have heating worries off your mind

FOR SERVICE WHEN YOU WANT IT, CALL

83

Carolina Ice & Fuel Co.

Good Coal

I. G. Meed

Pure Ice

PRICES

Heatrolas Cook Stoves Blue Gem TON \$8.00

Open Grates Borderland TON \$7.75

Stoves and Furnaces New Era TON \$7.25