

THE POLK COUNTY NEWS and TRYON BEE
Consolidated Nov. 1915
Published every Friday at
TRYON, NORTH CAROLINA

Telephone 99
Entered as second-class matter April 28, 1915
at the post office at Tryon, North Carolina, under
the act of March 3, 1879

B. F. COPELAND, Editor
C. BUSH, Business Manager

Subscription \$2.00 per Year

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"Long May It Wave."

Don't stop saving food.
—W. S. S.—

The value of food stuff can be measured in but one way—in the preservation of human life.

—W. S. S.—

Do you want to preserve the child life of Europe? Then you will have to save milk so that it can be exported to them.

—W. S. S.—

Next week is the last week of the War Saving drive. If you haven't redeemed the pledges made some time ago do it now, and then pledge some more.

—W. S. S.—

Already our boys are starting home. Have you done all you should to make them proud of you when they get here? How about those War Savings Stamps?

—W. S. S.—

The Clown Prince is now residing in a modest cottage among fishermen, on an island belonging to Holland. It is needless to say that the fishermen are not pleased with the idea.

—W. S. S.—

The new nations which peace will bring into existence owe their birth to the United States. Are we to grant this boon only to let them die of starvation? We hardly think so.

—W. S. S.—

Illinois re-elected Billy Mason for congressman, at the recent election. The Republicans of the "Sucker State" certainly have done nothing for which they can boast, in that action.

—W. S. S.—

Already political slate makers have brought out Gen. Pershing for the Republican nomination for President in 1920. Gen. Pershing has not been heard from on the proposition, however.

—W. S. S.—

Just because the armistice has been signed does not release us from doing our duty. We have agreed to buy \$168,000 worth of War Savings Stamps in Polk county. If you have not bought your share do so at once.

—W. S. S.—

Peace brings with it several big problems, the biggest of which is the feeding of the hungry of Europe. As usual, the United States is called on to do this immense undertaking. But we will do it, and that successfully.

—W. S. S.—

Just who will attend the peace conference as United States delegates has not been decided, but we hope Mr. Wilson will lay aside politics in this matter and select the ablest men for the place, and no one party has a monopoly on brains in this country.

—W. S. S.—

To the everlasting disgrace—if such a thing were possible—of Bill Hohenzollern, he fled from Germany alone, leaving his wife to the mercies of the Berliners. To think that this old reprobate escaped at all is enough to make one believe that the war has not been an entire success, after all.

—W. S. S.—

President Wilson has given the people to understand that as he will make his residence at the U. S. Embassy while in France, that he will, technically, be in United States territory. So Tom Marshall will not even be acting president, after all. One more reason for the people to give thanks on Thanksgiving day.

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 IN THESE COLUMNS OR BY MAIL, IF ADDRESSED TO THE OFFICE OR TO THE STATE BOARD OF HEALTH AT SALUDA AND ACCOMPANIED BY A STAMPED, ADDRESS ENVELOPE. NO CHARGE ON TREATMENT OF INDIVIDUAL CASES WILL BE ACCEPTED.

A Humidor For Your Sleeping Cave

Have you stuffiness of the nostrils? Do you "take cold" every time any one sneezes at you? Is your throat sensitive? Have you a dry, irritating cough at times? Do you snore? Are you a mouth breather when asleep? Do you wake with a dry mouth? Have you twenty dollars—but this isn't a mail-order diagnosis blank, come to think of it. Keep the twenty or buy a bond with it. What you need is a humidor to humidify your bedroom, and you can make one yourself which will do the business a whole lot better than any apparatus you can buy.

Trouble is, you're a mollycoddle and you don't know it. At least you didn't until you read this. You have the great delusion which all mollycoddles have all the time. You imagine that the way to keep warm is to



STOP BEING A MOLLYCODDLE.

Sleeping in a Sealed-Up Room is Just One Way of Shortening Your Life and Making Your Lessened Years Considerably More Miserable.

keep warm. Well, you're wrong. The way to keep warm is to keep cool. Hippocrates says so. I say so. Hippocrates and I agree pretty well on most subjects. Hippocrates said 2200 years ago: "Cool water warms, and warm water cools." People who take morning sponge, plunge or shower baths know that Hippocrates and I are right about that. The cool bath warms you up, stimulates your circulation, increases your metabolism, makes you burn fuel faster. The warm bath, on the other hand, relaxes, slows down metabolism, tends

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Simple Chronic Rhinitis

Children and young adults are so generally subject to more or less marked chronic inflammation of the lining of the nose that this very fact accounts for the great delusion—that exposure to cold, drafts, dampness, wet feet and so forth causes "colds." If an individual has a chronic low grade inflammation in the lining of the nose (vulgarily known as nasal catarrh, though the word is meaningless), any temporary disturbance of the circulation is likely to increase the discomfort in the nose temporarily, and the thoughtless victim jumps to the conclusion that he has "taken cold." Unfortunately this notion is wholly imaginary, for a normal individual suffers no illness from such temporary, circulatory disturbances as are produced by drafts, change of weather, dampness, wet feet or chilling of the body. Indeed, one of the familiar symptoms of chronic rhinitis is just this sensitiveness of the patient to slight alterations of environment. And as we have already stated, chronic rhinitis is so very prevalent (at least one-third of all young people living sedentary indoor life have it), that the catching cold phobia prevails in direct ratio with the popular catarrh cure.

Chief among the causes of chronic rhinitis is the low cost of fuel. It is an ill wind that blows no good. The war has brought certain blessings to the people, such as the final proof that severe exposure in the trenches does not, after all, cause pneumonia or rheumatism. If every well-to-do family in America—and that includes the intelligent working people—were compelled to get along this winter on one-third less fuel than last winter, it would be a blessing in disguise, for countless disabilities and fatalities from respiratory disease would surely be prevented.

to make you chilly, at least does not warm you up like a cool shower does. Oh, you can't get away from my friend Hippocrates! He and I have studied this thing all out. Just substitute air for water, and the result are qualitatively the same, not quantitatively. It takes much cooler air and much warmer air to produce similar reactions. But the air will do it just as water does.

Now, I feel sure that the mollified mollycoddle that reads this column realizes that "colds" and so-called "catarrhal troubles" are strictly and characteristically indoor ailments and not ailments of people who live much in the open. Why? Because it is too warm indoors most of the winter. Huh. It often gets up to 80 or 85 degrees F. hereabouts in the summer time outdoors! True, but look at the humidity. Old General Humidity is famous for his mid-summer drives. You can't leave the General out of this question. But in the winter time the General digs in. At any rate he is conspicuous by his inactivity in doors. Heat the nice fresh winter air up to 65 degrees indoors in the winter and you make it dryer than the driest Sahara Desert climate, by actual test.

An excessively dry climate is no place for a person with chronic nose throat or chest trouble to sleep nights.

Open up all three bedroom windows, as high as the lower sash will go, and put in screens made of unbleached Piquot or Black Rock muslin. That puts Gen. Humidity right back on the job. It keeps out rain, snow, wind, drafts and dust, but it lets in the fresh, moist night air. Damp night air. That is fine for sickly people. In olden times they used to say just dam night air. They were mollycoddles, the old folks.

With these Todd screens in the bedroom windows your indoor air will have about the same humidity as the outdoor air, and it doesn't cost a cent to keep the humidor working all night.

A FACT WORTH KNOWING.

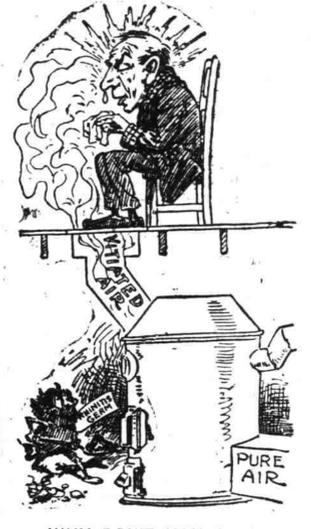
Scientific observation has shown that carbohydrate food — starches, sugars, glucose, etc., as in bread, fruits, vegetables, cereals, syrups—rather more sustaining for hard work than is protein food. There is no waste of energy in useless heat production from carbohydrates. This fact is worth keeping in mind these days when conservation of meat is a patriotic matter and the utilization of garden truck, corn products and the various other substitutes for wheat is a patriotic duty.

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and the circulation in the lining of the breathing tube is an intimate one. Every victim of simple rhinitis knows this from personal experience; when the blood is temporarily driven out of the surface vessels, by cold or dampness or draft or what not, it collects in the deeper vessels, and if those of the nasal lining happen to have lost their elasticity or tone through prolonged abuse and coddling, they become engorged or



WHY DON'T YOU QUIT?

Look at the Soldiers Who Sleep Out Doors.—Stiffness, Snuffiness, Running at the Nose, Sneezing, Just Signs That You Need Fresh Air.

choked with too much blood, which they have not the power to drive out. Stiffness, snuffiness, running at the nose, sneezing, fullness, perhaps slight headache and physical depression are the customary expressions of such engorgement. A credulous person calls it a "fresh cold," but somehow he forgets his "cold" again as soon as the usually external environment is restored—a very different history from that of a genuine coryza, or other acute respiratory infection, which sticks on the job for a few days at least, good and hard.

Plenty of exercise, fresh air, regular hours—is all the prescription you need to avoid influenza—unless through neglect or otherwise, a cold gets you. Then take—at once



Standard cold remedy for 27 years—in tablet form—safe, sure, in 10 minutes—relieves a cold in 24 hours—relieves a headache—Money Back!—The genuine box has a Red Top with "Cascara Quinine" on it. At All Drug Stores.



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An Extra Porterhouse Steak
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A Dish of Pork Chops

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