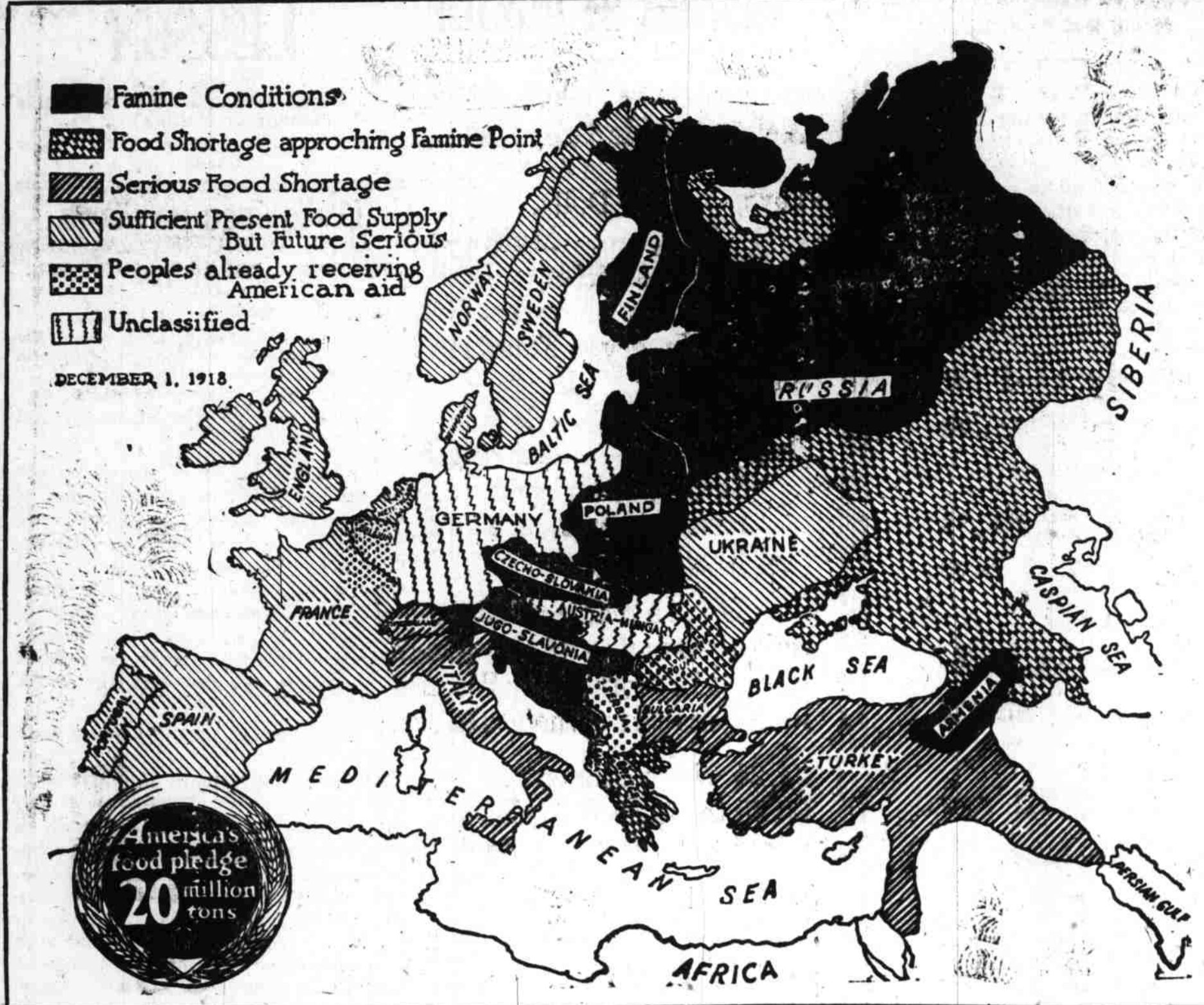


# HUNGER DRAWS THE MAP



A food map of Europe today shows not a single country in which the future does not hold threat of serious difficulties and only a small part which is not rapidly approaching the famine point. With the exception of the Ukraine only those countries which have maintained marine commerce have sufficient food supplies to meet actual needs until next harvest, and even in the Ukraine, with stores accumulated on the farms, there is famine in the large centers of population.

Belgium and northern France, as well as Serbia, appear on the hunger map distinct from the rest of Europe because they stand in a different relation from the other nations to the people of the United States. America has for four years maintained the small war rations of Belgium and northern France and is already making special efforts to care for their increased after-the-war needs which, with those of Serbia, must be included in this plan, are urgent in the extreme and must have immediate relief.

The gratitude of the Belgian nation for the help America has extended to her during the war constitutes the strongest appeal for us to continue our work there. The moment the German sales withdrew from her soil and she established once more in her own

seat of government the little nation's first thought was to express her gratitude to the Commission for Relief in Belgium for preserving the lives of millions of her citizens.

Germany, on the other hand, need not figure in such a map for Americans because there is no present indication that we shall be called on at all to take thought for the food needs of Germany. Germany probably can care for her own food problem if she is given access to shipping and is enabled to distribute food to the cities with dense populations, which are the trouble centers.

England, France, the Netherlands and Portugal, all of which have been maintained from American supplies, have sufficient food to meet immediate needs, but their future presents serious difficulties. The same is true of Spain and the northern neutral countries—Norway, Sweden and Denmark—whose ports have been open and who have been able to draw to some degree upon foreign supplies.

Most of Russia is already in the throes of famine, and 40,000,000 people there are beyond the possibility of help. Before another spring thousands of them inevitably must die. This applies as well to Poland and practically throughout the Baltic re-

gions, with conditions most serious in Finland.

Bohemia, Serbia, Roumania and Montenegro have already reached the famine point and are suffering a heavy toll of death. The Armenian population is falling each week as hunger takes its toll, and in Greece, Albania and Roumania so serious are the food shortages that famine is near. Although starvation is not yet imminent, Italy, Switzerland, Bulgaria and Turkey are in the throes of serious stringencies.

In order to fulfill America's pledge in world relief we will have to export every ton of food which can be handled through our ports. This means at the very least a minimum of 20,000,000 tons compared with 6,000,000 tons pre-war exports and 11,820,000 tons exported last year, when we were bound by the ties of war to the European allies.

If we fail to lighten the black spots on the hunger map or if we allow any portions to become darker the very peace for which we fought and bled will be threatened. Revolt and anarchy inevitably follow famine. Should this happen we will see in other parts of Europe a repetition of the Russian debacle and our fight for world peace will have been in vain.

## Schoolroom Air and Adenoids

It is a constant source of anxiety to parents nowadays that children of school age seem so susceptible to coryza (so-called "head colds"), sore throat, tonsillitis, enlarged tonsils and adenoids. They wonder why doctors are always discovering enlarged tonsils and adenoid growths and urging the need of operations.

One definite cause for this tendency of children to develop chronic disease of the nose and throat or unduly frequent acute nose and throat troubles, is unquestionably the foul air in the school room.

A great deal of study and observation in recent years has produced at least one very positive conclusion, namely, that excessive warmth is the principal feature which distinguishes foul or "vitiating" air in a room from fresh or pure air. As soon as the temperature of the air in a room rises above 70 degrees Fahrenheit, and often when it rises above 68 degrees, the symptoms caused by "bad air" manifest themselves in the occupants of

The familiar effects of foul air on the teacher, as noted in a great many instances, are nervousness, worn out feeling, anemia, poor appetite and unrefreshing sleep.

Open air schoolrooms are not for the rabble, but only for the more intelligent communities. It is going to take years of effort yet to impress upon school boards in the remote and unenlightened sections the value of open air instruction, both physically and mentally, and especially for delicate children. Yet fresh air is cheap enough everywhere, and the use of the cloth window screens for the windows of any schoolroom will keep the air fresh and sweet, yet not too cold for comfort, and at the same time exclude dust, rain, wind and snow. The muslin screen simply takes the place of the wire screens used in summer time. It admits plenty of soft light, and is a very cheap way to insure fresh air in any schoolroom. Teachers, in schools where it has been tried out, at first opposed, then endured, and finally became enthusiastic about the screens, for the children showed better general deportment, better scholarship and far less frequent "colds" and other illnesses.

A schoolroom may be fitted with cloth screens at a cost of about \$1.50 per window, and the fresh air itself keeps the circulation active and keeps the children and teacher comfortable with considerably less cold.

### QUESTIONS AND ANSWERS.

#### An Old Trick.

G. L. Brokshire. Upon leaving a bottle of urine stand for a few days a "brick-dust" looking substance settles to the bottom of the bottle. What is wrong with my kidneys?

Answer: The deposit you see settling to the bottom of the bottle of urine on standing is probably what is known as "phosphates and urates." This sediment is an indication of trouble in the alimentary tract. Again old Doctor Diet must come to the rescue, bringing along plenty of good drinking water and laxative foods. Warning: The only way to be sure that this is the condition is to have a good physician make at least four or five careful examinations of morning urine on separate days.

#### HEALTH DON'TS.

- DON'T sleep in a room with the windows closed.
- DON'T overeat or become constipated.
- DON'T expose yourself to the cold improperly clad.
- DON'T work in a room that is not ventilated.

## SAVE 16,000,000 BUSHELS OF WHEAT THAT FORMERLY WAS LOST IN THRESHING

Farmers, Urged by Food Administration, Provide Seven Extra Loaves of Bread for Every American.

By adopting cleaner threshing methods and by literally combing harvest fields to gather grain formerly wasted, threshermen and farmers of the United States this year saved fully 16,000,000 bushels of wheat, estimated as equivalent to about seven one-pound loaves of bread for every person in the country. This result, accompanied by corresponding savings of barley, oats, rye and other grains, is shown by reports from 33 grain states to the U. S. Food Administration. Other states, although not prepared to furnish definite figures of conservation in the grain fields, report greatly reduced harvest losses.

This rural food saving achievement, accomplished in scarcely six months' time, was in direct response to requests by the Food Administration, which asked farmers and threshermen to reduce harvest losses from about 3 1/2 per cent—the estimated average in normal times—to the lowest possible minimum. Country grain threshing committees carried into every grain growing community the official recommendations for accomplishing the results desired.

In numerous instances drivers of racks with leaky bottoms were sent from the fields to repair their equipment and frequently bad order threshing machines were stopped until the cause of waste was removed. But in proportion to the number of persons engaged in gathering the nation's grain crop, cases of compulsion were comparatively rare. The Food Administration freely attributes the success of the grain threshing campaign to patriotic service by farmers, threshermen and their crews. Incidentally grain growers of the United States are many millions of dollars "in pocket" as a result of the grain saved.

#### NO ONE SUFFERED HERE.

The marvel of our voluntary food-saving, now that we are "getting results" is that no one ever actually suffered any hardship from it; that we all are better in health and spirit and better satisfied with ourselves because of our friendly self-denial.

Food control in America held the price of breadstuffs steady, prevented vicious speculation and extortion and preserved tranquillity, at home,

### CURE FOR BLUES NEAR THE CAMPS

Community Service Takes Place of Mother, Friends and Home for Soldiers.

Ten young officers of the Student Army Training Corps of the University of Detroit recently applied for a furnished house and a housekeeper who would not be a servant, but as one young officer expressed it, "the sort of woman to whom the boys can call out 'Hello, mother!' when they come in the front door."

Homesickness is the malady for which War Camp Community Service supplies innumerable cures.

"We've got your number," says the W. C. C. S. to the homesick boy from camp with leisure to spend in any one of the three hundred towns scattered over the country. While he's wondering what on earth he'll do with himself when he gets there, not knowing a soul in town and with a limited percentage of his "thirty per" in his pocket, along comes a friendly printed card from the local branch of his own lodge announcing a reception that night especially for soldier members. By the same mail the Methodist church sends an announcement of all its meetings, addressed to him, with This Means You printed at the bottom. How did they know he was a Methodist?

He had forgotten about the little "Personal Card" he made out at the adjutant's request during his first day in camp when it was only one of the endless details in the round of dentists and doctors and general confusion. The W. C. C. S. had not only his number, but his name and address, his home town, the name of the school he'd gone to and a good bit about the things he was fond of doing—each fact written into a little blank on the card especially for it.

In no other nation is there so willing a sense of voluntary self-sacrifice as in America—that was shown in the abstinence from wheat.

Find more wheat, it came; more sugar, it came; save sugar, it was done. So Americans answered the challenge of German starvation.

God will rule the new world as fear governed the old world. Through sharing food America helps make the whole world kin.

Food control made sufficiency from shortage, kept the rein on food prices, gave the nation's full strength exercise.

Starvation by Germany challenged all the world; food conservation in America answered the challenge.

Food conservation in America has been the triumph of individual devotion to the national cause.

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