



QUESTIONS ON HEALTH, HYGIENE AND SANITATION OF GENERAL INTEREST TO OUR READERS WILL BE ANSWERED IN THESE COLUMNS OR BY MAIL, IF REFERRED TO THE STATE BOARD OF HEALTH AT RALEIGH AND ACCOMPANIED BY A STAMPED, ADDRESS ENVELOPE. THE CLASSIFICATION OF 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.

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 interference 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 dare not.

Let's take a plain example. You

I DON'T WANT ANY EXAMINATION. ITS 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 gall-sac, 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 fakers spare no pains to perpetuate just such a false feeling of security, because as long as an individual does not know just what the matter he is a good prospect as a nibbler at the nimble nostrum.

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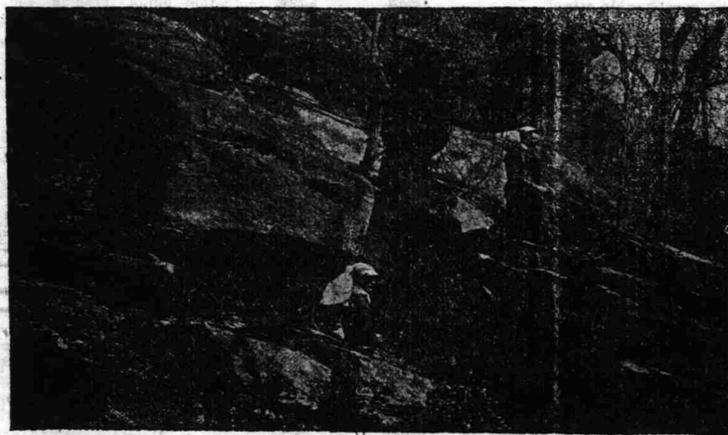
Tryon As It Used To Be



A Familiar Type of Mountain Road in Polk County



Famous Old Skyuka Inn



A Favorite Resting Place



Well Known Landmark

**EXECUTOR'S NOTICE TO CREDITORS.**

Having qualified as executor of the estate of E. L. Walker, deceased, late of Polk County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned, on or before the 6th day of June, 1920, or this notice will be pleaded in bar of their recovery.

All persons indebted to said estate will please make immediate payment. This the 16th day of May 1919.  
J. W. WALKER,  
Administrator of E. L. Walker.

STATE OF NORTH CAROLINA,  
County of Polk.  
In the Superior Court.  
Arch B. Calvert, Plaintiff,

vs.  
W. H. Stearns, William M. Newman, S. G. Finley, Abigail Smith, and husband, W. B. Smith, Mariah Murphey, Louise Murphey, G. T. Murphey, Robert Murphey, Mrs. L. D. Childs and husband L. D. Childs, G. H. Peake, G. H. Norman, Jason Norman, Mrs. J. D. Jones, and husband, J. D. Jones, Edgar Norman and I. Frank Peake and C. H. Peake, Defendants.—NOTICE.

The defendants, S. G. Finley, Abigail Smith and husband, W. B. Smith, Mariah Murphey, Louise Murphey, G. T. Murphey, Robert Murphey, Mrs. L. D. Childs and husband, L. D. Childs, C. H. Peake, G. H. Peake, G. H. Jones, Jason Norman, Mrs. J. D. Jones and husband, J. D. Jones, Edgar Norman and I. Frank Peake will take notice that an action entitled as above has been commenced in the Superior Court for Polk county, for the purpose of removing a cloud from the title of 367 acres of land deeded by Geo. W. Justice, Commissioner, to Arch B. Calvert, on the 12th day of March, 1918, and fully described in said deed which is recorded in Book 37, at page 367 of the Register of Deeds office for Polk county, reference being hereto made to said deed for a full and complete description of said land.

And the defendants will further take notice that they are required to appear at the term of the Superior Court of said county to be held on the second Monday after the first Monday in September it being the 15th day of Sept. 1919, at the court house in Polk county, in Columbus, N. C., and answer or demur to the complaint in said action, or the plaintiff will apply to the Court for relief in said complaint.

J. P. Arledge, C. S. C.  
This 19th day of April, 1919.

**NOTICE.**

There will be an election on June 10, 1919, at Sunny View school house in Cooper Gap township, to ascertain whether or not there will be an annual special school tax to supplement the county fund for that school, for an amount not to exceed 50 cents on every \$100.00 valuation of property, and \$1.50 on each poll.

According to petition now on file setting out the boundaries, etc., with the board of county commissioners of Polk county.

W. D. Helton, Registrar; P. D. Williams and N. E. Williams, Judges.

Done by request and petition to County Commissioners of Polk county, at May 5th meeting. This 6th day of May, 1919.

F. M. BURGESS,  
Clerk to B. C. C.

**NOTICE.**

Tom Duncan is back with the McLane Milling Co., formerly known as the Harris Milling Co., at Campobello Springs, S. C.

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