

SOME POLK COUNTY HISTORY.

(Continued from page 1.)
 infancy, proved a serious loss. No improvements were made from 1861 to 1865. It is no use mentioning the condition of the people at the close of the war, for the tale has often been told. Very little was done in the way of improvements until the years 1876-7-8, during which time a line of railroad from Asheville, N. C., to Spartanburg, S. C., was located and being built through the western part of the county, caused our people to take on new life and the result was the location of several little towns in the county on this line of railroad. Tryon, five and one half miles west of Columbus, a thriving little town occupied by as many good citizens as any town of its size in this part of the state. Saluda, another town on the line of railroad, ten miles southwest of Columbus, is noted for its good citizens, good schools, and is a pleasant summer resort.
 Five miles northeast of Columbus is Mill Springs, beautiful for situation located at the base of the great White Oak mountain, and noted for its having been the place where the first two sessions of the county court were held and for its being the supply town of the county, situated as it is in almost the very center of the county and being surrounded by a splendid farming country.

Columbus, the county seat, is one of the most desirable locations for a town in Western North Carolina, and had it not been for the late war would now, no doubt, have been a city of several thousand people. The town was in a prosperous condition from 1855 up to 1861, when all things seemed to stop, property depreciated in value and the town was soon in a dilapidated condition and remained so until the year 1891, at which time Mr. F. M. Stearns, of Cleveland, Ohio, visited our village while on a trip thru the South, who saw at a glance our peculiar natural advantages over many other places and began at once to purchase property and make substantial improvements. Purchasing one whole square in the center of the town he erected thereon a two-story school building, putting in patent seats and desks and employing a teacher of culture and ability; finding his work appreciated and an increasing interest in the school, he erected another handsome building for a kindergarten and public library. For this part of his philanthropic work he engaged the services of a teacher of rare ability, opening the school doors to all who would come, free of charge.
 By this generous act on the part of a stranger our people were encouraged, and with his continued interest the town is taking on new life and improvements are being made on every hand. The name of F. M. Stearns has become a household word and is synonymous with progress and improvement. Through this good work the town and county has greatly improved in wealth and good citizenship.

The taxable property of the county for 1876 was \$520,000, and for 1895 it was \$1,500,000. It will be seen by the above statement that the valuation of the taxable property has more than doubled since the year 1876 and most of this increase has been within the last five years, with brilliant prospects for the future.

PLAN THE WAR GARDEN NOW

More Food Than Ever Before Should Be Raised by Amateur Growers This Year.

The ending of the war has placed additional obligations on the American people. We have not only our friends the allies to feed, but our former enemies must also be kept from starvation.

The larger part of the people of the evacuated regions are destitute; they must have food and this country is the only place it may be had in sufficient quantities. This means that we will be asked to get along with less meats, fats, grains and sugar and make up the difference with things we can grow in our own gardens. The home gardens of America must be relied upon for a larger proportion of our living than ever before.

Potatoes, beets, carrots, peas, corn and tomatoes are among the most important garden crops from a food standpoint. Radishes, lettuce, onions, cucumbers, turnips, squash, cabbage, cauliflower, spinach, parsnips, eggplants, peppers, etc., add to the variety.

Potatoes, peas, beets and carrots can be planted almost as soon as the frost is out of the ground, and then can be followed by the more tender crops as soon as the ground has become reasonably warm.

When there is sufficient room an asparagus bed should be planted, also rhubarb and the small fruits, particularly raspberries.

Larger grounds afford room for grapes, blackberries, currants, gooseberries, strawberries and possibly a few apples, peaches, pears, cherries and plums—and the children especially enjoy and thrive on plenty of fresh fruit.

Grade Streets With Marks.
 Grading streets and giving them marks as is done with pupils in the public schools is the plan used in the city's petition to force the Pittsburgh Railways company to spend \$623,447 in track and equipment improvements. Some of the company's tracks are graded as low as 30 per cent, this representing the worst stretches of road. The receivers of the company insist that further increases in fare will be necessitated if they are forced to improve their equipment.

Soon Grows to Mutton.
 Visitor—"Do things grow rapidly in your part of the country?"
 Young Housekeeper—"I should think they do! When I order lamb from the butcher it always grows into mutton on the way home."—London Tit-Bits.



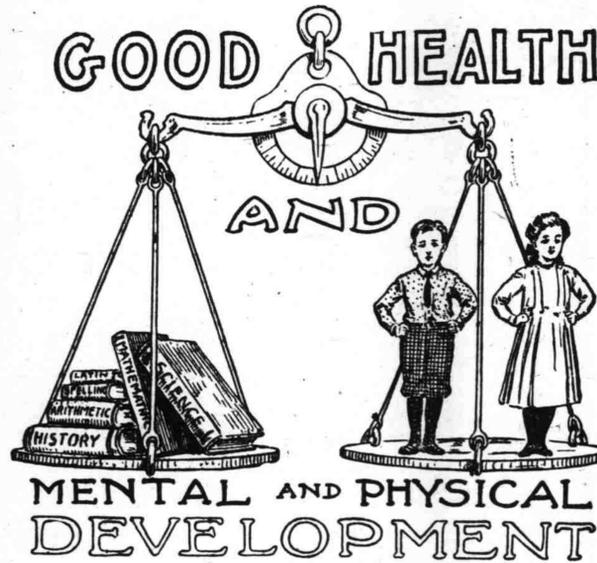
QUESTIONS ON HEALTH, HYGIENE AND SANITATION OF GENERAL INTEREST TO OUR READERS WILL BE ANSWERED IN THESE COLUMNS OR BY MAIL, IF ADDRESSED TO THIS OFFICE OR TO THE STATE BOARD OF HEALTH AT RALEIGH AND ACCOMPANIED BY A STAMPED, ADDRESSED ENVELOPE. NO DIAGNOSIS OR TREATMENT OF INDIVIDUAL DISEASES WILL BE ATTEMPTED.

Schools And Physical Education

A school superintendent, principal or teacher who complains that the curriculum is already so completely taken up by other subjects that it is difficult to find time for physical education in the public school merely confesses to a faulty training, since every modern authority on education gives due place to the importance of regular daily exercise in the development of healthy, clean-minded young men and young women. Efficiency is the word nowadays, and physical training is one of the essentials.
 A curriculum which takes up so much time that even the inalienable right of the child to a daily forenoon and afternoon recess of fifteen min-

subject. In the past it has been even considered fashionable to be delicate and sickly, and among the older generation of school teachers we fear there is still a sort of contempt for physical education—the contempt of crass ignorance of the subject. Modern pedagogues, however, as stated, are unanimous in their insistence upon the necessity of physical training along with mental training in the public schools. The great war has probably strengthened this feeling. We hope it has, at least.

It is a curious, yet a deplorable fact that most of our laws regulating the practice of medicine or the healing art are made by legislators who know nothing of this art or of the ways of hygiene or health. It is a wonder that our laws are as good as they are. Shall we permit school superintendents, principals and teachers, with little or no knowledge of physical training and less respect for it, to emasculate such laws as may be made in



GOOD HEALTH OUT WEIGHS ALL ELSE.
 With Good Health All Things Are Possible, Without It Nothing Is Worth While.

tes in the open air is forgotten or ignored, in the hot pursuit of history, mathematics or highfalutin smatterings of science, is a very poorly arranged curriculum indeed.

Fifteen minutes of general exercise every morning and every afternoon would go far toward overcoming the inherent physical defects of the race which were so sadly in evidence in the huge proportion of candidates rejected by army examining boards in the recent drafts.

Before real physical education can be imparted in the public schools the principals and teachers themselves must acquire some knowledge of the

benefit of this vital feature of education? Shall we admit that the curriculum as arranged by such educators cannot be modified sufficiently to give the necessary time to the healthful physical development of the student's body? No, not if we hope to see our children grow into strong vigorous manhood and womanhood.

It is up to every intelligent parent to see to it that sons and daughters in school receive proper physical training. It is still more the duty of every school board to make due provision for the physical training of school children under the supervision of a competent instructor.



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Puzzle: Find The Felon

"A year ago I had a felon. My doctor put on some salve. Well, you know what happened. Presently I entered the hospital, and they fussed with it, boiled it, poured iodine into it, salved and poulticed it, until I got tired, after a month, and insisted upon an anesthetic and thorough surgical relief. They trimmed off the ring finger. Since that time I have never



GEE, HOW IT HURTS.

And all to no purpose, either. If You Have a Felon Have It Cut Out.

been able to close the other fingers, and the stub is always freezing. I am wondering whether, by having the other joint removed, I could not get relief from the coldness and tendency to freezing. Or would it help any to poultice or apply skunk oil?"

It takes a great deal of didactic instruction to teach some victims of felon a lesson. This man is still true to the poultice in spite of all the needless suffering it has caused him. And the skunk oil! Cruelty runs high in the outlands.

Felon—salve—hospital—long disability. The formula usually works out

that way. It is bad arithmetic. Felon—ether—scalpel—drainage—all well in six days. That is algebra—a little too difficult for many plain folks to understand.

Felon—poultice—danger—permanent deformity or permanent trouble. That is neither arithmetic nor algebra, but blind gambling.

A felon is a deep infection. Usually the pus-producing germs are upon or underneath the periosteum, which is the protective and nourishing covering of live bone. If pus accumulates here, or even in the deeper soft tissue of the finger, the patient will suffer great pain. If the pus is under the periosteal membrane, it will strip this nourishing membrane away from the bone, and the result of that is necrosis or death of the bone. When dead bone is present there is certain to be prolonged trouble from a sinus or running sore—the condition described by the correspondent.

As soon as pain, swelling, redness and localized heat or inflammation appear, that is the time to have the felon opened. And not "lanced." Lancing is old stuff, painful, brutal, inefficient; it is the half-way measure of the timid. The felon must be freely incised, right down to the bone, with the patient under the effect of ether. Only in this way can the thing be nipped in the bud. In from three to six days any felon should be practically healed. That is, if the accumulating pus is drained before serious damage has been done by procrastination.

Felony, the advocates of salves and poultices should bear in mind, is a crime.

Questions and Answers.
 C. C. B.: What is a good remedy for chronic sore throat, when the tonsils have already been removed?
 Answer: Building up the general vital resistance is a remedy of greatest importance. The inhalation of hot steam is a most valuable measure. Gargling the throat with hot water is also valuable. Hot fomentations may be applied to the throat morning and night with advantage, and the moist pack worn about the throat at night is also valuable.

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