

What I Know About You



"Your throat needs attention."
 "You drink too many 'cold' beverages."
 "You eat too much."
 "You do not guard blood circulation—especially in the cold months."
 Dr. JOHN JOSEPH GAINES.

This newspaper is this week offering its readers a new and valuable feature. Dr. John Joseph Gaines, a physician of 35 years experience and still in practice, will every week tell you of simple rules for health. He will save you many suffering hours if you will read and heed his suggestions. He believes in prevention of disease. He tells you how in the freedom and carelessness of full health you throw yourself open to dangers.

Read Dr. Gaines' article this week—EVERY WEEK.

"The Gospel"



Bessie M. Randell, 22, of Ft. Worth, Tex., grew tired of "the pace" and was converted. At Santa Anna, Calif., she organized and built a church—and took to the pulpit. So great was her success that now she is on world tour as an evangelist.

only source of infection.

While typhoid fever itself is now a rapidly vanishing disease, it is still of enough importance of itself, and as a type of its kindred diseases which are not vanishing, to deserve serious consideration. It is still very prevalent in certain parts of the world and is very familiar yet to the present generation in our own state. Universal inoculation will absolutely wipe it from the earth and its present occasional occurrence here should, like small pox, be considered a disgrace. Sir William Osler, the greatest teacher of medicine in modern time, emphasizes, intermittently expel these harbored germs in their excreta. The unsanitary disposal of this individual

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FRIDAY AFTERNOON CLUB

The Club met at the Critcher Hotel on Friday as the guest of Mrs. H. W. Horton of Miami, Florida. Mrs. Horton always claims the privilege of being hostess at some time during her summer months at Boone.

The parlors and dining rooms of the hotel were tastefully decorated with a combination of garden and field flowers: aster, sweet pea, and golden rod. These delicate and sturdy flowers were significant of the fine spirit of the social afternoon—an occasion of pleasant conversation and comradely acquaintance. The contest of the occasion was an interesting rivalry to find who remembered best in physiology. It would be difficult to determine from the answers whether man is evolving from or toward the monkey, because of the abundance of "missing links." Mrs. South, the winner, was presented with a dainty, handpainted glass cake knife.

In the dining room, all were served with a salad course followed with nuts. Assisting Mrs. Horton were Mesdames Critcher and Cole, with Misses Sarah Lillian Horton and Miss Louise Critcher. The favors, Japanese magic flowers, were borne away as mementos of the meeting. Miss Crawford and Mrs. Cole were the invited guests.

The details for the next meeting are in the hands of a picnic committee.

ABOUT TYPHOID AND HOW IT IS SPREAD

Health Bulletin.

to the well by means of polluted food. An outstanding example of that class of communicable and preventable diseases where the infecting organism is transmitted from the sick or water is typhoid fever. Classified in this group of contaminated food diseases in addition to typhoid fever is paratyphoid fever, dysentery, Asiatic cholera, diarrhea and enteritis in infants and young children and sometimes hookworm disease. This latter however, is more commonly transmitted otherwise, and because of this and because of its tremendous importance in this state, this disease will be discussed separately later on.

The causative organisms of this group of diseases must be injected actually swallowed into the stomach before they give rise to the disease. In all cases these causative organisms are given off from the affected individual in the excreta—the feces or urine or both. From such excreta they are conveyed by food water, fingers or flies to the mouth and thence to the stomach or susceptible individuals. No other animal than man is naturally susceptible to these infections, and hence man himself is the

NEED TO ADVERTISE

Gastonia Gazette. No matter what may be said about the Florida boom, one thing has been clearly demonstrated and that is the value of State national and municipal advertising.

Folks were once wont to ridicule the idea of a state's advertising its virtues and resources. They said it was money thrown away.

Look at Florida. Millions of dollars and thousands of people are flowing into the state because of the advertising. Florida's name is on every lip and the word "Florida" stares at you from every printed page. Newspapers and magazines are full of Florida advertising.

If western North Carolina should advertise as Florida has done, the result would be felt. In fact the process has started and they tell us that Asheville and Hendersonville real estate is selling like Florida lots.

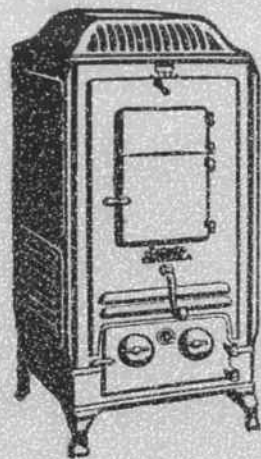
The whole state of North Carolina needs to learn to advertise. Of course we all remember what Irvin Cobb said about the state, and the boom in Florida is justification.

Cake-eater:—"Brown suits are being worn again."

Married Man:—"Mine is, again and again."



AFTER EVERY MEAL
WRIGLEY'S
 makes your food do you more good.



FREE
COAL

Winter time is drawing nigh, and it behooves us all in this section of the country to prepare well for the cold weather which is sure to come.

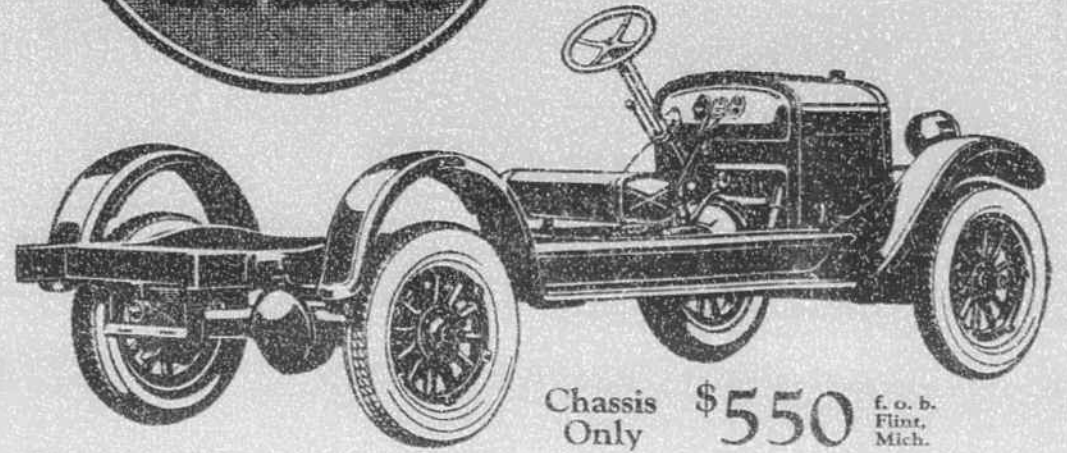
We have the most wonderful heating unit known. The patented feature known as the intensifier, which no other indoor furnace has or can get, gives the Heatrola a distinction all its own. There are many so-called indoor furnaces, claiming all kinds of qualities but the proof of the pudding is the eating. It will give us great pleasure to show you the meritorious features of this system.

For this season, we will give you, for the price of one cent, one ton of coal, with each Heatrola. We can also arrange to give you terms, making the payments easy to meet. This is a most wonderful offer and a chance to get the best heating unit on the market today. Please let us talk this proposition over with you.

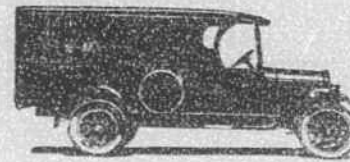
BOONE HARDWARE CO.
 "The Friendly Store"



for Economical Transportation



Chassis Only \$550 f. o. b. Flint, Mich.



The Chevrolet chassis may be fitted with a wide variety of bodies, suitable for any industry, including such styles of bodies as Panel Delivery, Stake, Open Express, Canopy Express, Bus, Dump and Tank.

Large 30" x 5" tires on front wheels only \$35 extra. See us today regarding a style of truck to fit your particular needs.

Chevrolet introduces a new one-ton truck, built according to the fundamental policy of this company to provide "Quality at Low Cost".

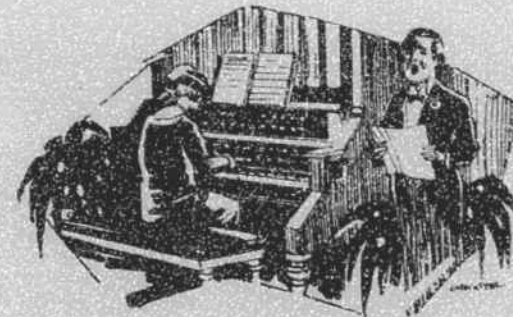
It has a fine appearance and is specially designed and constructed for commercial service. Its deep 6-inch channel steel frame, hung low to the ground on long semi-elliptic springs, allows the platforms to be placed at the right height for easy loading and unloading.

The powerful Chevrolet motor is famous for its ability to stand up under heavy service. It has well balanced crankshaft thoroughly lubricated, standard 3-speed transmission, fully enclosed dry-plate disc clutch, extra heavy rear axle with large spiral bevel driving gears and rigid one-piece pressed steel housing, heavy truck-type wheels and large tires, full running boards and fenders, Remy generator, starter and distributor ignition, and other quality features.

This truck is not only well adapted to city work but also for use in hilly country and over difficult roads.

For lighter loads there is a Chevrolet commercial 1/2 ton chassis possessing the same quality features, price \$425 f. o. b. Flint, Michigan.

A. & B. CHEVROLET COMPANY



Thought and Harmony

It is the inner man who governs all our acts. As thoughts and ideas are presented so are our lives influenced. The methods of presenting thought or ideas are many. The most direct and least involved is by the spoken word. Add to that spoken word the power of music—and the appeal is twofold.

The harmony in music creeps in and makes receptive the inner man for good thoughts. That is why music has its place in church services. In every Boone church every Sunday there is good music to be enjoyed. When you go to church you cannot help responding to the good that is in you. Therefore in justice to your own happiness and well-being, make it a habit to go to church every Sunday.

GO TO CHURCH EVERY SUNDAY
YOUR OWN CHURCH - BUT GO!