

WATAUGA WOMAN MAKES GOOD IN FIELD OF OSTEOPATHY

(The following clipping concerning the professional career of Dr. Ella Hardin of Durham, will be of interest to her many friends in this section. Dr. Hardin was reared near Ruthwood in Watauga county.)

(Mrs. Tom Spaulding in Durham Morning Herald)

Dr. Julia Ella Hardin is a self-made woman. Today she is successful in a field unique to women, osteopathy. Her story began years ago on top of one of the rugged Blue Ridge mountains of North Carolina. She was one of 10 children. Her mother's lot was made doubly hard at the death of her father, yet as little Julia Ella looked about her it seemed that every woman on the mountain had a life filled with work and trouble. She decided the days began and ended with crying children. The more she looked about her the more determined she was to get an education. . . she vowed she would teach . . . or anything, rather than live in the mountains and raise children.

At the age of 15 she left home to go to Boone (only a distance of 10 miles, but the girl had been there only once before) to enter the Appalachian State Teachers' College. Not that she had a great desire to become a teacher. Her supreme desire was for an education. To get this education she washed and ironed the clothes of the people of Boone, ran their errands, and tended to their children. Once graduated there seemed little to do except teach. She spent one long and unhappy year instructing in a mountain school.

What I had always wanted to do was something in teaching. . . goodness, as a child I had devoted all the sick children, chickens and pigs on the countryside. . . But I was thwarted in this desire because everyone said I wasn't physically strong enough to become a nurse. . . and at that time I did have very bad health. Also at that time I didn't dream there was such a profession as osteopathy, let alone opportunities in it for women. . . recounts Dr. Hardin in the clipped, quick speech peculiar to her.

Well, my mother who believed they can. After trying out pediatrics and knowing full well it wasn't her calling, the delicate girl, now a woman robust and vital, went to Wilmington to take a business course. This completed, she worked one year for a railroad and one year for a lawyer. It was during this period of her life she became interested in osteopathy.

I became interested because an osteopath gave me health I never knew existed. With a normal body there was no reason why I couldn't enter the field of my dreams. . . curing the sick. Without a backward

look, I quit my job and enrolled in the College of Osteopathy and Surgery at Kirksville, Mo., tells Dr. Hardin of her early struggles.

She graduated in 1924 after four years of day and night work. Although Julia Ella Hardin was so busy during her undergraduate days she didn't even know the names of all the students in her class and never attended a college dance, she states the double job of earning a living and . . . ing an education wasn't the killing grind some would imagine, for she was "doing work she would rather do than anything else."

Dr. Hardin began her professional career in Wilmington, where she was associated with another doctor for three years before having the opportunity to open an office for herself. She operated her own office in Fayetteville for three and a half years, or until August, 1930, when she came to Durham to establish a practice.

The brunette, business-like, Dr. Hardin speaks of her profession with vigor which springs from impassioned force.

"Some people seem to think that the practice of osteopathy is confined to the setting or adjusting of 'displaced vertebrae.' Osteopathic physicians, upon the completion of their education, are fully qualified as all-around family physicians. Many of them become osteopathic specialists after further study. The scope of osteopathy includes all acute and chronic diseases; major and minor surgery; fractures and dislocations; obstetrics; yes, ear, nose and throat, female disorders; and foot troubles."

In discussing women in the professions, Dr. Hardin stated that she believed it was necessary for a woman to work harder than a man to acquire an equal amount of success. She contends that much more is expected of the "weaker sex," and that women are expected to be paragons of tolerance and sympathy.

A positive and a negative thought constitute this successful woman's philosophy of living. She says thoughtfully, but quite frankly, "To be happy, I must create my own happiness and not depend upon others. It is not the blessings we have, but how we enjoy these advantages that makes happiness."

"In life, I must put aside useless worrying. I must do something about my difficulties. Learn to reason out problems; then act, never just sitting there. Things I can not help, I must put out of my mind."

Dr. Hardin is a person of simple tastes. She is very interested in tropical fish, studying their habits with intelligent interests. Her office in the Depositors National Bank building has a large bowl of these colorful swimming creatures. She isn't particularly fond of formal occasions, nor of reading, however, she follows avidly almost every word written about her profession. And although Dr. Hardin is athletic in appearance, she isn't in practice. "I get enough action and strengthening movement in my work without seeking it after office hours," she relates, smiling. "My relaxation is playing bridge."

Dr. Hardin is a member of the Altrusa club and of the First Baptist church. She lives in the Washington Duke hotel.

SUNDAY SCHOOL LESSON

By REV. CHARLES E. DUNN

THE TEMPTATION OF JESUS Lesson for October 15: Matthew 4:1-11

Immediately after his baptism Jesus suffered the temptation in the wilderness. There are ebbs and flows in Christian experience and the hour of exultation may leave one peculiarly susceptible to temptation.

Some have asked if God was the author of Christ's temptation. Freedom of choice is necessary to character development. God tries men that He may prove how strong they are; the devil tempts men that he may find how weak they are.

The several temptations of Jesus were similar to those that come to us. Material things tempt men now. There are men who compromise to get on in the world. In our moments of pessimism we may be inclined, like old Elijah, to think that all men are untrue, that every man has his price if you can discover what it is, that he is like Nebuchadnezzar's image, with head of gold and thighs of brass but feet of clay.

The second temptation was to do the spectacular and win the people. There are foolish sects today that propose to demonstrate faith by handling moccasins and rattlesnakes. Many are tempted at times to deal in showmanship and to speak the Master's word as a passport to favor, though they do not have the Master's skill. And many are tempted by ambition to attempt great things by compromise. "The end justifies the means." This and similar statements are like Jacob's cattle they are ringstreaked and spotted and they bear on their own backs the marks of their guilt.

The temptations of Jesus were aimed to induce Him to employ His divine power to escape the woes he was destined to suffer as a man, and to achieve more speedily His mission as the Messiah.

Many cannot understand how Jesus could have been tempted. It is unthinkable that He could have yielded. How then is there any example unto us? For this reason—so perfect was the union of Jesus with God that He could not yield. And as we grow into more perfect union with God we shall be less and less susceptible to temptation.

Vilas News

Mr. and Mrs. Claude Isaacs of Heaton, visited Mrs. Isaacs' parents, Mr. and Mrs. J. H. Brinkley, Sunday.

Mrs. Thos. Taylor of Mabel, visited Mrs. J. C. Smith during the weekend.

Mr. and Mrs. M. D. Elmore spent Sunday with Mr. and Mrs. Amos Adams. Mr. Elmore is a native of Arkansas. Mrs. Elmore was formerly Sarah Lee Green of Lovill.

Mr. and Mrs. Albert Wilson had three guests for Sunday dinner: Mr. Ler. Wilson, Miss Ethel Wilson and Miss Ruby Wilson of Boone, and Mr. Thomas Bradley of New York.

Mr. and Mrs. Lonnie Henson spent Sunday with Mr. and Mrs. Ben Henson at Mast.

Mr. and Mrs. W. L. Henson, Mr. and Mrs. J. L. Reese and their sons, Gene and Frederic, spent Sunday in Albemarle.

Mr. Vance Cornell arrived Sunday from Kansas City, Mo., to visit his father, Mr. Bill Cornell, who is very ill in the Watauga hospital.

Messrs. W. E. Shipley, John Eggers, Lonnie Henson, J. L. Reese, Albert Willyson and Fred Edmisten are attending the state fair in Raleigh this week. James Dugger, Gene Reese, Council Henson and Earl and Gilbert Edmisten, all 4-H club boys, are also attending. The group is expected to make a good showing in the stock exhibit.

Mr. and Mrs. He Whitstone and son Jack, and Mr. and Mrs. Clarence Johnson of Johnson City, Tenn., visited Mr. and Mrs. Sam Atkins Sunday.

Mrs. D. F. Horton had the following visitors Sunday: Mrs. Zel Adams, Misses Margaret and Reba Adams, Mr. Dale Adams, Mrs. David Mast, her mother, Mrs. Blaylock from Virginia, and Mrs. James Mast from Virginia, and Mrs. James Mast.

On Sunday evening Mr. and Mrs. C. C. Edrington and son Billie, visited Mr. and Mrs. Ralph Choren of Valle Crucis.

On October 6, Mrs. A. J. Glenn entertained her grandson, Thomas Glenn, on his eighth birthday.

Largest sand dunes in Eastern America are the nine shifting sand mountains of Dare county, North Carolina.

The birds may still fly over our heads, as the old illustration has it, but we shall more and more be able to prevent their building their nests in our hair.

MORE

Cash income of the American farmer for 1939 probably will exceed \$7,900,000,000, the government's previous hopeful estimate for the year, says the U. S. bureau of agricultural economics.

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The first important difference is in the cost. Station-to-Station service is about one-third cheaper than Person-to-Person service.

A Person-to-Person call is one where you ask to be connected with a particular person at a distant telephone. Timing of a Person-to-Person call does not begin until the person you want is brought to the telephone.

A Station-to-Station call is one where you merely ask to be connected with a distant telephone. After the called telephone answers, if you wish, you may then ask for some particular person, but the charges on a Station-to-Station call begin when the distant telephone answers.

Also, the rates for most Station-to-Station calls, after 7 P. M., are about forty per cent less than the day rates, while rates for Person-to-Person service after 7 P. M., are reduced approximately thirty per cent on calls on which the initial day Person-to-Person rate exceeds 50 cents.

For rates and other information, look in the front pages of your directory, or ask the long distance operator.

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