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### WILLIAM CRAYTON GUPTON (1867-1929)

W. C. Gupton was born near Red Bud Church November 28, 1867 and died within two miles of his birthplace shortly before 5:00 p. m. August 22, 1929. He spent practically all his life in the Red Bud community. He was the son of D. W. and Bettie Swanson Gupton. In August 1893 he was converted and joined Red Bud church and was baptized by Rev. A. A. Pippin. He was a loyal member of Red Bud all his life. On June 5, 1884 he was married to Miss Jeannie Lancaster of Reedy Creek Church, Warren County. Of this union were born seven children, six of whom survive their father. One child, James William, died in infancy. The six living children are: Doctor Pearce,

Robert Clyde, Angie Pearl, Willie Herman, Clarence Lee, and Thomas Malcolm. All of these are members of Red Bud Church, except Malcolm, eleven years of age.

Other living relatives are: his wife, Mrs. Jeannie Lancaster Gupton; a brother, D. A. Gupton, of Red Bud community; and three sisters, Mrs. M. T. Davis, Castalia; Mrs. G. B. Smith, Red Bud; and Mrs. W. T. Williams, Philadelphia Church, Nash County. One brother and one sister are dead.

As a neighbor and citizen of his community, he had few equals. No enterprise which made for the uplifting of humanity and the service of God went begging when it was in his power to espouse and prosper it. Written deep into the fiber of every forward movement of his church and community is the loving and sacrificial of Willie Gupton. No man, woman, or little child in his community but owes this good man a debt of gratitude for what he did in making his community a better place for us all to live in. No sinner, in rebellion against the God who made him, but must face some day the tears and prayers of this lover of the souls of human-kind. No day of our lives in future that shall not be strengthened and brightened by his radiant living. May the sermon he has preached by his life, ring forever in the midst of the folks he loved with all his devotion.

W. C. Gupton was a lover of men. It was a privilege to have him as a neighbor—and friend. His handshake at Red Bud and his welcome smile as he invited us to go over the way and enjoy the hospitality of his home are things never to be forgotten, and blessings for which we shall always thank God. Hundreds of us are praising God for the friendly hand of Brother Gupton in the years that have gone.

To many of us—his life will shine brightest as a father husband, and home-maker. At his house, Christ was the unseen guest at every meal, the silent listener to every conversation, the head of the Home. Today his children rise up and call him blessed for the sweetness and godliness of the home he and the mother have made for them. Taught in babyhood to hush the name of Jesus, these children have come to believe in old-fashioned God of salvation and grace, and to serve Him in the old-fashioned way. God give us more fathers like Him and we will claim this world for Jesus in the next generation! May God point the hearts of those who hold him dearest to the rising of the sun of God's everlasting day, in which he will dry every tear, make us glad for all the toils of the way, and give back to us in never-ending reunion "Those angel faces which we have loved long since, and lost awhile."

CHARLES HOWARD, Pastor.

he." These glowing words from the Pastor of another church sufficiently attest both the reality and the quality of his religion.

Besides his devoted wife who stood by his side for more than half a century there survives him the following children viz: Mrs. W. K. A. Williams, Mr. C. S. Egerton and Mr. Blount Egerton of Franklin, Co., Mr. J. B. Jones of Henderson, Mr. B. B. Egerton of Birmingham, Alabama, Mr. J. N. Egerton of Littleton, Mr. Robert Egerton of Hopewell Va., and Mr. Walter Egerton of Raleigh. There also survive him two sisters viz: Mrs. G. W. Blount and Mrs. Dr. B. F. Whiteside both of Wilson, N. C.

E. H. DAVIS.

### HEALTH SUGGESTIONS

DR. R. F. YARBOROUGH  
County Physician.

At this time of the year when schools are opening, I deem it appropriate to make some suggestions along health lines, affecting school children.

In-as-much as home and schools are so closely allied, school being practically a branch of the home, I address the parent teacher and pupil. In any organization, co-operation is the bed-rock of success; therefore I hope the parents, teachers and pupils of Franklin county are going to co-operate for better health of the school children.

There are so many important rules of health to be observed, that it is hard to discriminate as to the most important. However I wish to stress some of the essential ones necessary to good health.

Every morning, before sending a child to school, the parent should know that each child is physically fit for school that day, and that the child is properly fed, clothed and shod. The shoes, especially the soles of them should be good, for bare feet are far better for children than leaking shoes.

The diet of the child should be simple but nutritious: milk, cereals, eggs and fruit for breakfast, with green vegetables, meat (not pork) and a simple sweet once a day.

Milk is the most important part of a child's diet. In the town, milk can be secured from the dairy; in the country, the home must furnish it. Every country home should have one or more cows and the children encouraged, and if necessary, made to drink milk freely.

The bowels can and should be regulated by diet, exercise and regular habits rather than by medicine.

The child should be encouraged to stay out of doors as much as possible, for fresh air and sunshine are conservers of health. At night, the sleeping-rooms should be well ventilated; in the day, doors and windows open to admit fresh air and sunshine.

There are certain contagious diseases not entire amenable to preventive measures, but by care, the spread of them may be greatly lessened; on the other hand, there are three that can be absolutely prevented, diphtheria, small-pox and typhoid-fever.

Therefore, every child before entering school should be immunized against these diseases. The parent who fails to have his child so immunized is recreant in his duty to his and to his neighbors child.

Last spring the State had all school children examined, physical defects noted and parents advised of the defects. Later, many pre-school children were similarly examined.

If the parents have not had, as far as possible, these defects remedied, these children have not been treated justly.

It is the teachers duty to carry on the good work begun at home, and strive to protect, as far as possible, the health of children in the school-room and on the recreation grounds.

I would suggest that each morning, the teacher observe each child, as he enters the grade, with the view of detecting any beginning sickness, that may have escaped the eagle eye of the mother. With any child showing symptoms of beginning sickness, the teacher should not hesitate to write a note to the parent, explaining the reason for sending the child home.

A sick child in the school-room is an added burden to the teacher. Besides, he may have the initial symptoms of a contagious disease, a menace to the entire school.

The teacher should see that the school-room is well ventilated and try to keep it at an equitable temperature (68 to 70 degrees Fahrenheit). Ventilation of school-room is most important, as a close hot room is a most prolific source for the spread of contagious diseases, especially those of the respiratory system. The doors and windows of all school-rooms should be opened wide at recess, letting in fresh air and sunshine, the greatest enemies of disease. Every school-child, weather permitting, should be out on the school-grounds at recess. A child not fit to be out of doors, is not fit to be in school.

Every normal boy and girl wishes to excel, whether it be in play or scholarship, and to become a strong, healthy man or woman of outstanding influence. To have a sane, sound mind one must have a healthy body and to have a healthy body one must observe the laws of health from childhood, up.

### ALEX THARRINGTON, DEAD

At four-thirty, Friday morning, August twenty-third the death angel took from us our beloved friend, Alex Tharrington.

He was a man that wore a smile and was a friend to all that knew him. He was forty-eight years of age and was a member of the church. He lived a beautiful christian life and was loved by all. He was always ready to lend a helping hand to those in need. In his home is a vacant chair that can never more be filled. On Saturday after-noon at one-thir-

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He was laid to rest in the cemetery at Mt. Grove church. The funeral services were conducted by Rev. Frank Edwards. There was a host of friends and relatives present to pay the last tribute of affection and respect to his memory.

Mr. Tharrington leaves to mourn their loss a wife and five children as follows: Mrs. Robert Chapel, Mrs. Rombley Brooks, Ellis, Dave and Jessie Lee. He leaves also a host of friends and relatives.

S. and M.  
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