



The Family DOCTOR

by JOHN JOSEPH GAINES, M.D.

EASY TO ERR

JUST had a letter of inquiry from an anxious wife in a neighboring state; she is anxious about her 66-year old husband. Somebody told her to write me.

He had what is known as a "stroke" nearly one year ago. Was in the hospital four weeks immediately following the unfortunate collapse, and, has been in bed "most of the time ever since." Can only hobble around with crutches and with two helpers besides.

This man evidently had a hemorrhage in the brain. One of his arms hangs helpless at his side—the nerves paralyzed. Such things are classified usually under the heading of "Nervous Diseases," though they may be broken-down blood-vessels.

The great error: If this man had heeded certain warnings, such as high blood-pressure—and maybe rapid increases in bodily weight—and if he had just kept in touch with his physician and had his diet carefully supervised—he might not have had this serious condition to battle with. But men will push on and on.

Another error: This man must have had good treatment while in the hospital—but expenses were prohibitive; he went home, and, then began the experiment—with a bone-adjuster! Adjusting the bones for a broken blood-vessel inside the cranial cavity! Probably no bone of his entire osseous system was out of place!

This man had a blood-clot in the brain-tissue. By this time it has become "organized" into living tissue, and exerts its constant pressure on the center governing the arm. Why manipulate the bones below the head?

Many, many times, efforts put forth with the best of motives are time and money wasted. No cure for the "stroke" now. Simply watch intelligently to keep off another stroke—all we can do.

4-H CLUB NEWS

THEY DON'T APOLOGIZE

Apologies have no place in the conversation of the New Hampshire 4-H girl when she entertains visitors or friends at tea or other occasions. She doesn't make them because she knows she doesn't have to. These are among the valuable things she learns in her training, according to the annual report on club work for that state. And what a happiness this confidence brings her.

What a relief it must be to these girls' mothers not to have to answer questions over and over as to where this or that dish or article belongs. How to set a table is one of the first things the girls are taught in their club work. Then it seems to come natural to want to know how to act at a properly set table, so good manners come in for a place in the training. Likewise how to serve and eat a meal. And they don't look on these things as "putting on airs", because they learn

that there is a good reason back of all the little niceties which should be practiced at a table.

Along with these things the girls learn how to select the foods to suit the needs of a family and an occasion, then how to prepare them and lastly to serve them. How capable these girls are is shown in the report on food preservation. They canned an average of 103 quarts of vegetables, fruits and meats, or sufficient to carry an average family through most of a winter. Besides this, 1760 girls reported making 13,735 items of clothing and a large number improved their rooms through papering, painting, changing the color scheme and repairing and rearranging furniture. Baking, health and many other projects engaged the attention of many. Altogether the projects of these girls during the year was valued at over \$20,000.00. New Hampshire will not need to worry about its future homes and husbands with such girls to engineer them.

SUNDAY SCHOOL LESSON

by Rex Charles E. Dunn

Elijah Hears God's Voice.
Lesson for July 22nd. 1 Kings 19:9-21.

Golden Text: 1 Samuel 3:9.

Our lesson tells of Elijah's recovery from despondency. First an angel commanded, "Arise, and eat." The worn out body of Elijah needed the refreshment of food. A square meal is a first rate means of banishing gloom. His appetite appeased, the prophet, like Moses, spent forty days and nights in solitary communion with God.



Rev. Chas. E. Dunn

Then the Lord asked a searching question, "What doest thou here, Elijah?" There was important work for the prophet to accomplish. A discouraged man usually needs not less work but more. The prodigal son, in his degradation, doubtless heard a query much like that hurled at Elijah. And he answered by going back to his old home, and getting to work. John Bright, famous English statesman, heard a similar inquiry as he mourned the loss of his beautiful young wife. It came to him in the appeal of Richard Cobden who urged him to give his life to the repeal of the unjust corn laws.

And now the divine voice spoke a third time. "Go forth," it said, "and stand upon the mount." How important it is to ascend to an elevation where one may see the broad horizons of God's providence! It was from a mountain that Moses looked into the Promised Land. And when Elijah had ascended, an altogether extraordinary spectacle met his gaze. Magnificent displays of physical power greeted his astonished eyes. But God, much to the prophet's surprise, was not in the wind, or the earthquake, or the fire. He spoke, instead in a still small voice. And so Elijah learned that the Lord can speak softly, as well as loudly, peacefully, as well as in the storm. Do we hear the dulcet tones of the divine appeal? Do we allow the Lord to enter the citadel of our affections on a wave of stillness? Listen to a great voice spoken by the psalmist, "Thy gentleness hath made me great."

SERMON TOPICS

ST. PAUL'S EPISCOPAL CHURCH

(By Rev. Frank E. Palley)

In the fourth chapter of St. Paul's letter to the Galatians he writes: "It is good to be zealously affected in a good thing."

There is a well-worn but never to be worn out bit of wisdom to the effect that whatever your hand finds to do, you should do

Heaven, who have "come buy cargo", they are here for business, for responsibility, for work and cheerfulness. They mingle with what they see going on; they want things to be better. Among these are Joan of Arc, St. Paul, St. Francis, Wesley, Robert E. Lee, Florence Nightingale, and many others less well known, but whose names are written large in the book of those who serve and love mankind.

Look, in conclusion, at another earnest life. The very first recorded utterance is: "Know ye not that I must be about my Father's business?" Then, in the period of manhood, "My ply a spectacle, to be seen through an opera glass. Whether things go well or ill is no concern of theirs. They remain foreigners all their life, like people from Mars, eventually becoming critics and pessimists."

Then there are others, thank Father worketh hitherto, and I

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AT CLOSE OF BUSINESS JUNE 30, 1934

RESOURCES	
Cash on Hand and Due from Banks	\$ 597,951.60
United States Obligations	304,084.00
State Bonds and Notes	1,394,000.00
Municipal Bonds and Notes	351,982.26
Other Marketable Securities	374,480.00
Accrued Interest on Bonds	28,287.54
Loans Secured by Marketable Stocks, Bonds and Commodities	255,785.26
Other Loans and Discounts	816,898.51
Overdrafts	10.71
Banking Houses, Furniture and Fixtures	81,491.87
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	\$4,204,966.25
LIABILITIES	
Capital Stock (Preferred)	\$250,000.00
(Common)	175,150.00
Surplus	75,000.00
Undivided Profits	19,203.28
Reserved for Preferred Stock Dividend	6,250.00
Reserved for Interest, etc.	20,791.08
Other Reserves	182,978.46
Deposits	3,475,593.43
	<hr/>
	\$4,204,966.25

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