

DR. McBRAYER JOINS STATE HEALTH FORCES

Will Organize and Direct Fight Against Tuberculosis.

N. C. State Board of Health Bulletin. The State Board of Health takes a great deal of pride in announcing that Dr. L. B. McBrayer, of Asheville, will be in charge after April 1st, of all the State health work directed against tuberculosis, including the management of the Sanatorium. When one recalls the fact that over one-third of all the preventable deaths that occur in North Carolina are caused by tuberculosis, the relative importance of the work entrusted to Dr. McBrayer is at once apparent.

In addition to directing the work of the Sanatorium, Dr. McBrayer will have charge of the Bureau of Tuberculosis, to which the names and addresses of some 10,000 or 12,000 people suffering from consumption will be reported every year. The Bureau will endeavor through a correspondence course with this consumptive population to aid them in obtaining a cure, and to teach them how to live so as not to convey the disease to others. The Bureau will further endeavor to interest political, social and religious organizations in assisting in the work of suppressing the great white plague.

As a man, Dr. McBrayer is big in all three dimensions—physically, mentally and morally; he is a tireless worker and a deep thinker with a broad viewpoint. As a citizen, the doctor has always shown a deep and active interest in the public affairs of his city, county and State. Through his strong personality and through the columns of the press, he has always been a leader on the side of the people. Only last summer Dr. McBrayer led the fight which resulted in Buncombe county employing a health officer for his entire time. The fine type of his citizenship is nowhere better illustrated than in the personal sacrifice the doctor makes in order to serve his State in its efforts to decrease the ravages of consumption. As an official, Dr. McBrayer's work as health officer in Asheville has attracted national attention, and has correctly advertised Asheville as one of the healthiest cities in the South. To the medical profession of North Carolina, Dr. McBrayer needs no introduction. He represents the ethical physician and the best ideals of the profession. He has always been active in North Carolina Medical Society, has held many offices in that organization, and is at present a member of the State Board of Medical Examiners.

The doctor's accession to the executive staff of the State Board of Health is a real encouragement to the health workers in the State.

THE COUNTY COMMENCEMENT.

What It Is For and the Advantages It Offers.

North Carolina Education. Preparations are being made in several counties of the State for the holding of county commencements for the celebration of the graduation of children from all the elementary schools of the county. While plans vary with places, the essential features are practically the same everywhere.

The central feature of the county commencement is the presentation of diplomas from the county superintendent of education to all who have successfully passed examinations for graduation from the elementary schools of the county. All of the elementary schools of the county, having seven grades, are entitled to enter the commencement.

Special final examinations are held and after the papers have been corrected and graded by particular teachers, a committee composed of the county superintendent, the rural supervisor if there is one, and the principals of the State and city high schools of the county pass upon the papers and award diplomas to those who deserve them. This plan tends to standardize the course and work of the elementary school with reference to the work of the high schools.

The commencement will usually open in the morning with a great educational parade of all the school children of the county, the parade being in the county seat and, if possible headed by a band. Banners representing the various schools will often be carried. Following the parade will be the presentation of the diplomas by some prominent school man and an educational address by some educational worker.

In the afternoon will be held games, athletic events and contests, track meets, etc., and in the evening probably a debate, a declamation contest, or a spelling match. Many variations on this programme may occur. The great aim of the county commencement is the upbuilding of a lively community sentiment for schools and their work, the inspiration of the students of the elementary schools, and the standardization of the elementary courses preparatory for the secondary schools.

The revolver with which John Schrank attempted to kill Col. Theodore Roosevelt in Milwaukee in October, 1912, will be presented to Mr. Roosevelt together with five cartridges which remained in the weapon when it was seized.

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Out of sorts, depressed, pain in the back—Electric Bitters renews your health and strength. A guaranteed liver and kidney remedy. Money back if not satisfied. It completely cured Robert Madsden, of West Burlington, Iowa, who suffered from virulent liver trouble for eight months. After four doctors gave him up he man. Get a bottle today; it will do the same for you. Keep in the house for all liver and kidney complaints. Perfectly safe and dependable. Its results will surprise you. 50 and \$1. H. E. Bucklen & Co., Philadelphia and St. Louis.

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LITTLE TALKS ON BABYLOGY

Talk No. 6—Sleep.

By Anna Steese Richardson, Director of the Better Babies Bureau of the Woman's Home Companion.

The healthy baby is a sleepy baby. When a baby does not want to sleep, when it is restless and wakeful, one of two conditions must exist; either it has been spoiled and actually has been trained to be wakeful by a thoughtless mother, or it is in need of medical care.

A baby comes into the world sleepy. If well and left to his own devices, he sleeps twenty-two hours out of every twenty-four during the first few weeks of his life. The mother who interrupts his slumber to cuddle him or show him off is endangering his health and her future peace of mind.

Take a lesson from puppies and kittens. They sleep day and night. The wise mother dogs and cats do not disturb them. The wise house-mother tells her children not to touch or disturb the newborn pets, and yet she will permit family and friends to break in upon the slumber of the newborn baby of the household.

Directly a baby has been ushered into the world, washed, dressed and fed, it goes to sleep. Unless roused for feeding, it is apt to sleep many hours. This a nature's warning to mothers that newborn babies need 3 things, warmth, food, sleep. And for the future good of the household the greatest of these is sleep and the habit of sleeping. When a newborn baby is permitted to sleep and trained to sleep, the family and household routine is not disturbed.

The healthy baby starts life by sleeping three hours, and then waking to be fed. If the quality of the breast milk or bottle milk fed him is sustaining and satisfying, the 3 hour interval is correct. If the milk is not quite heavy enough, he may wake at intervals of two hours and a half, but no baby should be fed oftener than once in two hours. If he does not sleep in stretches of two hours, there is something wrong with his general health or the quality of the milk he takes.

For two or three months, the baby varies this monotony of eating and sleeping only by an enforced daily bath and an occasional crying spell. Som babies drop right off to sleep after being fed; others cry a little. Moderate crying does not hurt a baby nor indicate a serious condition. It is about the only farm exercise he has and in moderation it is good for his lungs. But if his sleep is badly broken and his crying is shrill and prolonged, his digestion is probably at fault.

If the baby wakes up inside of two hours, and there is no evidence of ill-health or discomfort, the mother should let him wait, even if he cries until the two-hour limit is up. This period she can gradually increase to two hours and a half, and then three hours. The healthy baby is easily trained.

Of course, a dimpled, rosy baby is a great temptation to the mother, especially while she is lying restfully in bed with a nurse in attendance. It is so delightful to snuggle the baby against her, to cuddle his tiny fists, to smooth his soft cheek, his silky hair. But just the same every time Baby's sleep is interrupted by these maternal pettings, Mother is laying foundations for future trouble. When she is up and about with no nurse to relieve her, and household duties to perform, she will wish that she had trained baby to sleep to the limit of his desires and inclinations.

At the third month, the baby begins to take notice of what goes on around him and will lie awake a little longer between naps. If undisturbed, however, he will soon drop off asleep of his own sweet will.

At six months he sleeps from six o'clock to six, straight through the night with just one feeding at 9 p. m. This 9 p. m. feeding should be given quietly and the baby immediately returned to his bed or crib. He should also be having two naps a day from 9 to 11 in the morning, from 1 to 3 in the afternoon. If he sleeps too late in the afternoon, he will be "wakeful" at 6, the hour set for going to sleep for the night.

After his first birthday, Baby has only one daily nap, in early afternoon, but the twelve hour sleep at night is essential to his health until he has passed his sixth birthday. It is nonsense to say that a young child does not want to sleep. Nature cries out for sleep. Parents interfere with nature by starting the baby off wrong and teaching it not to want to sleep. The best argument is that the baby who is kept up to romp with papa in the evening, at the age of two, three or four years, is a late sleeper in the morning, irritable and heavy.

The baby should not be rocked to sleep, nor should he be tucked in a carriage and trundled to sleep. In clear weather, he may be snuggled up in his carriage and set out of doors in a corner screened from draught or direct rays of the sun for both his morning and afternoon naps. At six o'clock he should be undressed and made perfectly comfortable, fed and then laid down on a firm hair mattress without a pillow, to go to sleep without further attention. Do not form the habit of singing a baby to sleep or holding his tiny hand till he drops off. There will come evenings when you are too tired to sing, or there will be other work for your busy hands to do—and Baby, not understanding, will raise his voice in protest.

From birth, the baby should sleep alone, in a dark room well ventilated. Baby knows no fear and needs no light, neither does he need the warmth of an adult body. There have been sad tragedies of babies smothered by tired mothers, too heavy with sleep to know they had rolled over on the tiny, helpless form. There have been other cases where babies permitted to sleep with adults, afflicted with chronic disease, have contracted the ailment and died.

Ventilation is important. Occasionally we read of unusual cases where parents boast that they have raised eight, nine, or ten healthy children in bedrooms. These children have been

constitutionally strong enough to survive such doses of vitiated air. The modern mother does not take the chance. She supplies fresh air to her baby from birth. The little crib should not stand in a draught, but the window should be dropped from the top and raised from the bottom to create a current of fresh pure air. The crib with its little sleeper may be protected by screens.

Above all things, do not start your baby's sleeping habits with the warning—"Hush!" Have the room in which he sleeps as free from noise as your household habits will permit, and do not permit other members of the family to disturb him unnecessarily, but when he is a sleep on the second floor do not demand that everybody tiptoe and speak in whispers on the ground floor. Remember a healthy baby is not a nervous invalid whose "nerves" must be saved in every possible way. Take it for granted that he was sent into the world with sound nerves and a normal appetite for sleep as well as food.

The baby's habits of sleep are regulated largely by his physical comfort, and this in turn is dependent upon the way in which he is clothed. So the next talk on Babyology will deal exclusively with clothes for the baby. Copyright, 1913 by Woman's Home Companion.

To the Housewife.

Madam, if your husband is like most men he expects you to look after health of yourself and children. Coughs and colds are the most common of the minor ailments and are most likely to lead to serious diseases. A child is much more likely to contract diphtheria or scarlet fever when it has a cold. If you will inquire into the merits of the various remedies that are recommended for coughs and colds, you will find that Chamberlain's Cough Remedy stands high in the estimation of people who use it. It is prompt and effectual, pleasant and safe to take, which are qualities especially to be desired when a medicine is intended for children. For sale by all dealers.

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VIRGINIA & CAROLINA SOUTHERN RAILROAD CO.

TIME TABLE NO. 20.

Between Lumberton and Hope Mills. SOUTHBOUND

Table with columns for station names (Lv Hope Mills, Roslin, McMillan, Oakland, Ar St. Paul's, Lv. St. Paul's, Roziers, Powers, Bee Gee, Ar Lumberton) and times for No. 65 and No. 79.

NORTHBOUND—Daily

Table with columns for station names (Ar Hope Mills, Lv Roslin, McMillan, Oakland, St. Paul's, Ar St. Paul's, Lv. Roziers, Powers, Bee Gee, Lmberton) and times for No. 64 and No. 78.

ELIZABETHTOWN BRANCH.

Between St. Paul and Elizabethtown Mixed Train Daily Except Sunday.

Table with columns for station names (Ar. St. Paul's, Lv Tar Heel, Dublin, Elizabethtown) and times for No. 8 and No. 7.

Raleigh and Charleston Railroad

TIME TABLE NO. 3 TAKING EFFECT SUNDAY, NOV. 20, 1913, 12:01 A. M.

SOUTH BOUND

Table with columns for station names (Lv. Lumberton, Pope, Kingsdale, Proctorville, Barnesville, Flowers, Marietta, Homesville, Pages Mill, Kemper, May, Mellier, Squires, Fork, Smithboro, Zion, Rogers, Ar. Marion) and times for No. 5 and No. 1.

NORTH BOUND

Table with columns for station names (Lv. Marion, Rogers, Zion, Smithboro, Fork, Squires, Mellier, May, Kemper, Pages Mill, Holmesville, Marietta, Flowers, Barnesville, Proctorville, Kingsdale, Pope, Ar. Lumberon) and times for No. 2 and No. 6.

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NOTICE OF COMMISSIONER'S SALE OF LAND.

Under and by virtue of the decree of the Superior Court of Robeson County, rendered in the special proceeding entitled "Lee M. French, Administratrix of George G. French, deceased, et al. vs. Howard Morrison, individually, and as co-administrator of George G. French, deceased, et al." the undersigned commissioner will, on the 27th day of April, 1914, at 12 o'clock noon at the court house door, at Lumberton, North Carolina, offer for sale and sell to the highest bidder, for cash, the following described real estate, to-wit:

Lying and being in the town of Lumberton, on the South side of Fourth street and North of Third street, between Elm and Water streets, and particularly described as follows: Beginning at a state on the South edge of Fourth street, heretofore sometimes called Trade street, one hundred and eighty-two (182) feet west of the southwest intersection of fourth and Elm streets, and runs parallel with Elm street in a Southerly direction thirty (30) feet to a stake; thence in an easterly direction and parallel with Fourth street twenty-seven (27) feet to a stake; thence in a southerly direction parallel with Elm street seventy-eight (78) feet to a stake; thence in a Westerly direction parallel with Fourth street thirty-one (31) feet to a stake; thence in a Southerly direction and parallel with Elm street five (5) feet to a stake thence parallel with Fourth street in an easterly direction nineteen (19) feet and ten (10) inches to a stake; thence parallel with Elm street in a southerly direction one hundred and three (103) feet to a stake in the Northern edge of Third street; thence with the northern edge of Third street; in a westerly direction forty-nine (49) feet and ten (10) inches to a stake, the Southeastern corner of lot No. 123; thence in a northerly direction parallel with Elm street two hundred and sixteen (216) feet to a stake in the Southern edge of Fourth street; thence with the southern edge of Fourth street in an easterly direction thirty-four (34) feet to the beginning.

Said land will be subdivided into lots and sold in separate lots and then sold as a whole, and the best bid so obtained will be accepted. The Commissioner reserves the right to require a cash deposit of ten per cent (10) with any bid made.

This the 26th day of March, 1914.

J. D. M'LEAN, Commissioner. M'LEAN, VARSER & M'LEAN, 5-30-4 Mon. Attorneys for Plaintiffs.



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