

The Family DOCTOR

by JOHN JOSEPH GAINES, M.D.

ABOUT "GERMS"

Classified according to their form, these little trouble-makers are "baccilli" and "cocci"; those words are plural; one of the first sort is a baccillus; one of the second is a coccus. "Baccillus" means rod-shaped; "coccus" means shaped like a bead or a round berry.

The baccilli make exceedingly bad company for their host. The mighty tubercle baccillus is known and dreaded—has baffled mankind for centuries in efforts to stop its depredations. It is one of the smallest of bacteria, and, hardest to find. Imagine a hair a thousand times too small to be seen with the naked eye—and the hair cut into a hundred million short sections . . .

We have the tubercle baccillus, the typhoid baccillus, the colon baccillus, and a number of others—all known as "bacteria." They are rod-shaped. When found under the powerful microscope they must be stained with powerful dyes made for that purpose. They are invisible unless treated with stains.

The cocci—the bead-shaped—are numerous and many of them deadly. I think of nothing more dangerous than the meningococcus. The pneumococcus works havoc in the human lung; and the streptococcus—at least three varieties—no greater villain known. Many American school children talk about "strep infections." Too often this "bug" must be cut after again and again—not always with success, we are sorry to acknowledge.

Black-Draught For Dizziness, Headache Due To Constipation

"I have used Theford's Black-Draught several years and find it splendid," writes Mr. G. W. Holley, of St. Paul, Va. "I take it for dizziness or headache (due to constipation). I have never found anything better. A short while ago, we began giving our children Syrup of Black-Draught as a laxative for colds and little stomach ailments, and have found it very satisfactory." . . . Millions of packages of Theford's Black-Draught are required to satisfy the demand for this popular, old reliable, purely vegetable laxative. 25¢ a package. "Children like the Syrup."

The kids of Salisbury should not trample down a man's lawn, simply because he puts up a "No Trespass" sign.

Satisfaction is felt by many persons when heavy taxes are levied on producers, which they will pay by raising their prices to consumers.

AROUND the WORLD on WASHDAY

Czechoslovakia



THE question of whether or not a woman's place is in the home may never have been settled definitely, but she will spend most of her time at home if she does her washing by the methods pictured above.

The peasant women in their dirt-floored homes, seem to take it for granted that washday means hard labor and tedious rubbing. Apparently modern methods of laundering with scientific soap discoveries, such as Oxydol, which reduce washing time to a bare minimum, have not yet done their part toward the emancipation of these women of the country regions of Czechoslovakia.

probably the most acute problem facing the industry, Dearstyne said. Special work is being done in this field. But more cooperation from small growers is needed. An increase in livability will reduce overhead costs and leave more net profit for the poultrymen.

Unfavorable Season For Wheat Crop

Completing the check up last week of the Rowan wheat contracts and finding a very minimum of errors in over planting, in fact, the county as a whole on contract will be fully 10 percent under the maximum acreage allowed. Threshing is on in full swing with yields of grain rather disappointing for the farmers. The season was unfavorable for the wheat crop, said County Agent, W. G. Yeager.

N. Y. BANKS REPORT GAINS IN SAVINGS

New York, July 19.—The Savings Banks' Association of the State of New York reports that deposits in the savings banks in the state have increased \$16,920,680 during the last quarter and over forty-one million dollars since December 31, 1933. Total deposits on June 30 stood at \$5,127,569,884.

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Nerves

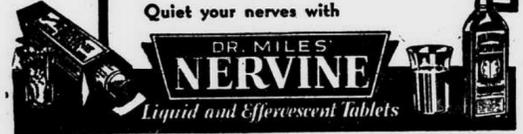
Do they torture you by day? Keep you awake at night? What is it that keeps hospitals open and doctors busy? NERVES. What is it that makes your face wrinkled and makes you feel old? NERVES. Nine times out of ten it's NERVES that make you restless, worried, haggard.

Nerves

Do they make you Cranky, Blue—give you Nervous Indigestion, Nervous Headache? When nerves are over-taxed, you worry over trifles, find it hard to concentrate, can't sit still. Nerve Strain brings on Headache. Nervous people often suffer from Indigestion. There may be absolutely nothing wrong with the organs of digestion, but the Nerves are not on the job to make the organs do their work properly.

Nerves

Do they interfere with your work; ruin your pleasure; drive away your friends? You're cheating yourself and the man who pays you if you work when your NERVES are not normal. You can't have a good time when you are nervous. You can't make or keep friends when you are keyed up and irritable. You may excuse yourself, but to others you are just a plain crank.



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SOUTHERN RAILWAY SYSTEM

Farm-Home Delegates Enjoy Annual Meeting

Farm and Home week, now in session at State College, means more to the hundreds of farmers present than a period for studying problems of agriculture.

The original farmers' conventions which began 32 years ago have grown in size and scope until the annual Farm and Home weeks, which succeeded the conventions, now touch virtually every phase of rural life.

But that is not all. The men and women who gather here from farms over the State have opportunity to mingle with one another, broaden their acquaintances, exchange ideas, and develop a more cosmopolitan point of view.

However, the Farm and Home week officials have not forgotten that there are many concrete problems to be solved, said Charles A. Sheffield, Executive secretary.

Austrian Winter Peas Suggested For Fall

Though all three of the winter-growing legumes commonly planted in North Carolina each fall are nearly equal in value for forage and soil improvement, it appears that the seed of the Austrian pea is comparatively low in price as compared with crimson clover and vetch," says Enos C. Blair, extension agronomist at State College.

"Field demonstrations show that when other things are equal, crimson clover, vetch and Austrian Winter peas make about the same yield of hay. They also give about the same increase in soil fertility when turned under; but, for some season crimson clover seed and vetch seed are high in price this season and if the winter peas may be purchased at a less price there is no good reason why they may not be substituted for the vetch and clover."

Blair says the price of crimson clover seed is nearly three times and the price of vetch seed is over twice that being asked for Austrian winter peas. Assuming that 20 pounds of either clover or vetch or 30 pounds of Austrian peas is the right amount to sow on one acre of land, the cost of seeding the vetch is 50 percent more than for the peas and the cost of seeding crimson clover is about 200 percent more.

He suggests that all growers planning to sow a winter cover crop this fall, investigate the possibility of planting the Austrian peas.

More Income Possible From Better Poultry

The rapid increase in egg production over the increase in the number of hens in North Carolina during the past decade attests a decided improvement in the quality and management of poultry flocks.

Yet there is still more room for development in the State's poultry industry, says Roy S. Dearstyne, head of the State College poultry department.

The income of \$13,200,000 from the sale of chickens and eggs in 1933 is far short of the figure which can be reached by taking full advantage of the opportunities awaiting development, he continued.

The chief factors in the further development of poultry raising are: increasing the size of farm flocks, developing commercial poultry farms, developing local markets and better means of reaching national markets, improving the quality of eggs and fowls sold, reducing poultry mortality, and exercising more care in breeding, feeding, and general management.

The size of most farm flocks should be increased, Dearstyne said. Too many farmers have only small flocks to supply eggs and birds only for consumption on the farm. The money-making possibilities of poultry are all too often overlooked, since it is hard to realize any appreciable profit from small, neglected flocks.

Careful grading and marketing of high grade eggs and birds will build up the demand for North Carolina products.

Poultry mortality, however, is

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