

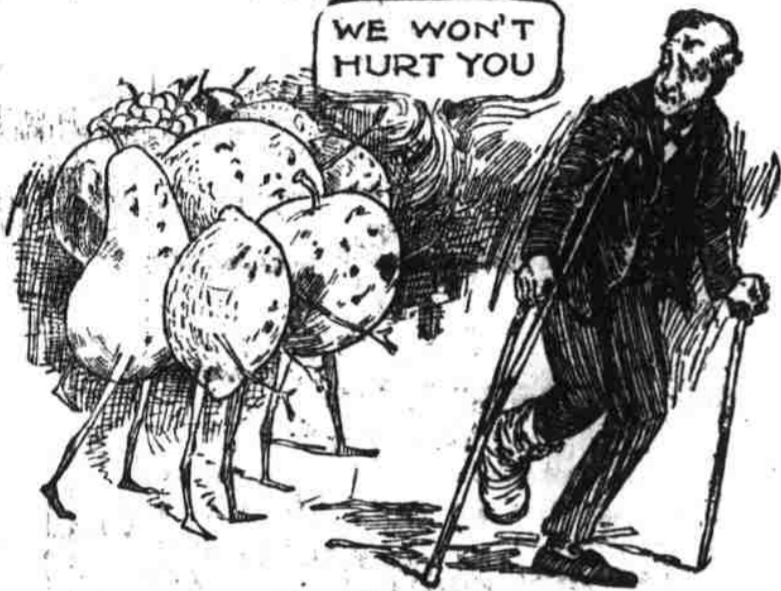
HEALTH IS WEALTH
HEALTH AND HYGIENE
by the
STATE BOARD OF HEALTH

QUESTIONS OF HEALTH, HYGIENE AND SANITATION OF GENERAL INTEREST TO OUR READERS WILL BE ANSWERED IN THESE COLUMNS OR BY MAIL, IF ADDRESSED TO THE STATE BOARD OF HEALTH AT SALISBURY AND ACCOMPANIED BY A STAMPED, ADDRESSED ENVELOPE. NO CHARGES OR TREATMENT OF INDIVIDUAL DISEASES WILL BE AFFORDED.

Acid Foods

There are many self-styled "food specialists" who, for a handsome price, will undertake to teach any credulous victim by mail what he should or should not eat and why. One of the favorite fancies of these keen charlatans is that people with rheumatism—whatever that is—should not eat acid fruits.

Into carbonic acid gas, which combines with soda, potash and lime in the blood or tissues, producing carbonates of sodium, potassium and calcium, and these are alkaline. Some of the fruit acid (citric, malic, oxalic, or whatever it may be) unites directly with sodium or potassium to form citrate or malate or oxalate of sodium, and these, too, are alkaline salts.



FRIENDS OF YOURS.

acids derived from fruits or vegetables do not increase the acidity of the blood, or, more correctly speaking, do not decrease the alkalinity of the blood, of course never becomes acid in life. Every physician of experience knows that lemon juice, for example, is one of the best remedies we have for diminishing excessive acidity of the urine in acute fevers and other conditions accompanied by concentrated, irritating, highly acid kidney excretion.

At times certain individuals suffer some immediate digestive discomfort after eating acid fruits. That, however, is not due to any change of the alkalinity of the blood.

If at first it seems a paradox that such an acid as the citric acid of lemons or oranges should render the blood more alkaline and the urine less acid, an understanding of the fate of such fruit acids will clear up the paradox. When you drink lemonade or eat an orange or a grapefruit or tomatoes or apples, the acids are partly oxidized

in the process of digestion and assimilation tend to increase the elimination of poisons or toxic matter from the blood, and sometimes this elimination of toxins aids materially in a cure.

The sort of foods that actually tend to diminish the alkalinity of the blood and increase the acidity of the urine are the nitrogenous or protein foods—lean meats, white of egg, sometimes cheese of fish.

ARE YOU TAKING THE WAR VERY SERIOUSLY?

Are the people of North Carolina taking the war seriously enough? Are they taking the work of the War-Savings Campaign seriously enough? Do they know that every bit of needless material they use for their own comfort is taking something away from those who are supplying the ships, the shells, the cannons, the aeroplanes, the rifles, the army clothing and the machine guns which are needed, and needed now, to win this war?

We should save, save, save, and we should invest every cent we can spare in Government securities. Every man, woman and child in the country is asked to save \$20 and invest it in War-Savings Stamps. Those who can do more should do so at once. Delay will cost us thousands of lives of our young men and may in the end cost us or victory.

WAIT A MINUTE—THINK A BIT.

Wait a minute—think a bit. Do you have to spend that jit? Will you suffer much, this time, if you don't buy in that dime? Will your list of joys be shorter if you save that silver quarter?

Quarters that you lightly spent. Then will yield your four per cent. If you lend them for a spell To your Uncle Samuel!

So the moral is, "Go slow!" Think, before your cash you blow; Help to beat the Teuton scamps, Save—and War-Savings Stamps! —Berton Braley.



And This Was a Perfectly Good Woolen Blanket!

Unless you use the proper means of protecting your blankets, furs, rugs, etc., you might find them, in this condition when needed for use next fall.

Moths are great destroyers and work unseen, but are quickly killed by BEE BRAND INSECT POWDER.

In storing things away for the summer always sprinkle liberally with BEE BRAND INSECT POWDER.

It harms nothing but insects and comes in red and black tins with sifter tops.

Bee Brand Insect Powder, 25 & 50c. McCORMICK & CO. - BALTIMORE, MD.

ARMY OFFICER AND NEW CHIEF BOSS PHILADELPHIA POLICE



Lt. Col. CHARLES B. HATCH, DEMIG, Police Capt. WILLIAM B. MILLS.

Lieutenant-Colonel Chas. B. Hatch, of the Marine corps, is representing Secretary of the Navy Daniels with the Philadelphia police, and Police Captain William B. Mills, has been named acting superintendent to work with him. Philadelphia insist the navy has not taken command of the police force. But the acting superintendent will take orders from Colonel Hatch, it is said.

LONDON TIMES LAUDS AMERICAN LABOR AIM

Speech of James Wilson Fresh Proof of Labor's Loyalty in War Time.

London, April 29.—In the course of an editorial entitled "Voice of American Labor," the Times says: "In the banquetting house at Whitehall, in which one king of England walked to the scaffold for seeking to extinguish the rightful liberties of his people, from whose precincts the flight of another secured forever the foundations of constitutional government, a spokesman of American labor has reaffirmed his fellow citizens' acceptance of the challenge to human freedom which German militarism has flung down. Englishmen at home and Englishmen in New England were one people who a noble structure was created, asserting rights they had inherited in common from their fathers. The speech of James Wilson made yesterday is fresh proof that they have handed down these rights and that their descendants are vindicating the same rights today."

Happy, bright, alert—vigorous and vivacious—a good clear skin; a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood. If only every woman and likewise every man could realize the wonders of the morning inside bath, what a gratifying change would take place.

Hopes Women Will Adopt This Habit As Well As Men

Glass of hot water each morning helps us look and feel clean, sweet, fresh.

Instead of the thousands of sickly anaemic-looking men, women and girls with pasty or muddy complexions; instead of the multitudes of "nerve wrecks," "rundowns," "brain fags" and pessimists we should see a virile, optimistic throng of rosy-cheeked people everywhere.

An inside bath is had by drinking, each morning before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous days indigestible waste, sour fermentations and poisons, thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

BASEBALL RESULTS.

American. New York-Philadelphia, wet ground. Boston-Washington, rain. Cleveland, 4; Chicago, 2. St. Louis, 12; Detroit, 3. National. Brooklyn-Boston, wet ground. Chicago-Pittsburg, cold. Philadelphia, 0; New York, 6. Cincinnati, 4; St. Louis, 3. Southern Association. Memphis, 0; Chattanooga, 7. Others postponed, rain. College Baseball. At Raleigh: Wake Forest College, 2; Trinity College, 1.

THIRTY-FIVE COLORED MEN LEAVE FOR CAMP JACKSON

Probably the Most Enthusiastic Contingent of Negroes Yet to Leave Salisbury—Short Talks by Captain Frank Brown and Prof. Hannum.

Probably the most enthusiastic contingent of colored men yet to leave Salisbury for an army training camp were the thirty-five gathering here today and leaving on No. 45 at 2:30 o'clock for Camp Jackson, Columbia, S. C. These men assembled in the civil service examination hall in the federal building this morning at 9:30 o'clock, every man called answering to his name, and after the captain and lieutenants had been announced by the local board the men were addressed by Captain Frank Brown, who admonished them not only to be true to their government but also to their God and to keep themselves clean in body and soul.

The roster of the men leaving this afternoon is as follows: Captain: Joseph C. Moore. Lieutenant, 1st squad: William S. Carr.

- Robert L. R. Gillespie. Joe Palmer. Rob Douglas. George Peterson. Thad Dixon. Larence Gaston. Neely Correll. Richard Percy Carter. Lieutenant 2nd squad: William White. Arthur Clements. Eugene Carr. James Rankin, Jr. Joseph Hunter. Henry Stenson. Charlie Wilson. Wm. C. Lysterly. Joe Willie Crosby. Lieutenant 3rd squad: Samuel Col. Hon. Ho. Arthur Perkins. Ellis McIlwaine. Sidney W. Reax. Mack McCoy. John Graham. William Massey. Van Owens. Lieutenant 4th squad: Jesse McFaden. Jack Johnson. Joseph Kendall. James Staton. Lewis Teamer. Rannie Holmes. Hugh Drain. Noah Kerns.



Capt. GUSTAV AMBERGER, Lt. OTTO VAN RITZEN, Lt. FREDERICK MILLER, Hospital Officer, HENRY ROPPE.

These war prisoners, members of the crew of the German U-Boat 58, which was sunk by the United States destroyer Fanning, arrived Wednesday, April 17, on the same vessel that brought Secretary of War Baker from France. The committee on public information refused permission for photographers at that time to take pictures of the prisoners. This photograph was taken April 24 as the prisoners entered Fort McPherson in Georgia.

A Business Should be as Big as Its Job

If bigness is of benefit to the public it should be commended.

The size of a business depends upon the needs which that business is called upon to serve. A business should be as big as its job. You do not drive tacks with a pile-driver—or piles with a tack-hammer.

Swift & Company's growth has been the natural and inevitable result of national and international needs.

Large-scale production and distribution are necessary to convert the live stock of the West into meat and by-products, and to distribute them over long distances to the consuming centers of the East and abroad.

Only an organization like that of Swift & Company, with its many packing plants, hundreds of distributing houses, and thousands of refrigerator cars, would have been able to handle the varying seasonal supplies of live stock, and meet the present war emergency by supplying, without interruption:

First—The U. S. soldiers and the Allies in Europe by shipping as much as 800 carloads of meat products in a single week!

Second—The cantonments in the United States.

Third—The retailers upon whom the American public depends for its daily supply of meat.

But many people ask—Do producers and consumers pay too much for the complex service rendered?

Everyone, we believe, concedes the efficiency of the Swift & Company organization—in performing a big job in a big way at a minimum of expense.

Swift & Company's total profit in 1917 was less than 4 cents on each dollar of sales of meat and by-products. Elimination of this profit would have had practically no effect on live stock and meat prices.

Do you believe that this service can be rendered for less by any other conceivable method of organization or operation?



These questions and others are answered fully and frankly in the Swift & Company 1918 Year Book sent free on request. Address Swift & Company, U. S. Yards, Chicago

Swift & Company, U. S. A.

Local Branch, East Council St., Salisbury, N. C.

NOTICE TO CREDITORS.

Having qualified as executor of the last will and testament of Celia S. Bringle, deceased, this is to notify all persons having claims against the estate of the said deceased to present them duly itemized and verified to the undersigned on or before the 26th day of March, 1919, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate settlement. This March 26th, 1918. P. S. CARLTON, Executor.

NOTICE OF ADMINISTRATION.

Having qualified as executor of the last will and testament of J. N. Ledford, deceased, all persons having claims against the said J. N. Ledford are hereby notified to present them duly verified and itemized on or before the fifteenth day of April, 1919, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate are requested to make prompt settlement with the undersigned. This the 4th day of April, 1918. J. B. IVEY, Executor.