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SATURDAY, AUGUST 23, 1914.

ON THE JUMP.

No county is so poor it can't afford a health officer and no county is so rich it can afford to be without one. The trouble with counties having health officers is, they try to kill their health officer. They seem bent on working him to death. Here is a part of a personal letter from the Nash county health officer which shows how they appreciate health work there.

"I am still busy with my typhoid vaccination campaign. The past week was the busiest I have ever spent, I believe. I will mention some of the things that I did. On Monday I spent the day in the Mount Pleasant community trying to organize them as to obtain the community work being done by the Rockefeller commission. On Monday night I gave an illustrated lecture at Middlesex, 28 miles away, getting home at 2 o'clock the next morning. On Tuesday morning I spent the time preparing advertisements for new dispensary points and on Tuesday evening I read a paper before the Fourth District Medical Society at Tarboro. On Wednesday I held my dispensary at Middlesex and on Wednesday night gave an illustrated lecture at Momeyer. On Thursday morning I conducted the dispensary at Spring Hope, in the afternoon spoke at the joint annual meeting of the Juniors and Woodmen of the World, held at Rocky Cross, 19 miles away. On Thursday evening I had a dispensary at Momeyer. On Friday morning I conducted the dispensary at Rocky Mount, and on Friday afternoon visited Red Oak to attend a meeting of the health committee of the community. Today I am conducting a dispensary at Nashville and hope to go to Sharpsburg this evening."

At these dispensaries the principal work consists in giving anti-typhoid treatment, in examining for hookworm and giving the treatment, in vaccinating against smallpox, lecturing on health matters and explaining details of sanitation, such as construction of sanitary privies, anti-malarial work, etc. Time never hangs heavy on their hands.

It has been shown that if these health officers did nothing but wipe typhoid out of the State or greatly reduce it, which is an easy possibility now that we have the anti-typhoid vaccine, they could save at least 1,200 lives annually. These 1,200 human lives, valued at \$1,700 apiece, would be \$2,040,000, or over 400 times the cost of a good first-class health officer for every county. Every county should have a health officer. Does yours have one.

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THE LIFE WORK OF  
A NOTED CHEMIST

Polk Miller's Word as Well as His Skill Back of This Valuable Remedy. The reaction from deadly drugs destroys the healthy tissues of the body and leaves the system susceptible to other diseases.

This means that you must be constantly taking medicine to temporarily build up what another has torn down.

It is no small thing to have the finished product of this noted chemist within easy reach and at but little cost.

Polk Miller's Liver Pills can be procured at your druggists or at the country stores for 10c a box.

They are safe and effective and not only cure sick headache, biliousness, etc., but if taken occasionally serve as a general tonic, keep the system invigorated and prevent such troubles as sick headache, biliousness, piles, appendicitis, fistula and other troubles which come from a disordered liver.

Don't poison your system with calomel or weaken it with salts or stringent liquids.

Send for a free sample or buy a box from your druggist or general store now and let nature's own remedy restore you to normal health. Examine carefully the coupon you will find in each box—worth 2 1-2c. Polk Miller Drug Company, Inc., Richmond, Va.

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FAMILY AVOIDS  
SERIOUS SICKNESS

By Being Constantly Supplied With Theford's Black-Draught.

McDuff, Va.—"I suffered for several years," says Mrs. J. E. Whitaker, of this place, "with sick headache, and stomach trouble."

Ten years ago a friend told me to try Theford's Black-Draught, which I did, and I found it to be the best family medicine for young and old.

I keep Black-Draught on hand all the time now, and when my children feel a little bad, they ask me for a dose, and it does them more good than any medicine they ever tried.

We never have a long spell of sickness in our family, since we commenced using Black-Draught."

Theford's Black-Draught is purely vegetable, and has been found to regulate weak stomachs, aid digestion, relieve indigestion, colic, wind, nausea, headache, sick stomach, and similar symptoms.

It has been in constant use for more than 70 years, and has benefited more than a million people.

Your druggist sells and recommends Black-Draught. Price only 25c. Get 12c package to-day. N. C. 127

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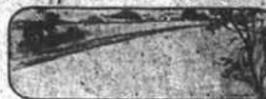
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HIGHWAY  
IMPROVEMENT



FOR CULVERTS AND BRIDGES

Steel and Concrete Combined Constitute Form of Construction Economical and Durable.

(By C. H. MOORFIELD.) A combination of steel and concrete made in such a manner that each material will be required to withstand the character of stress for which it is best adapted—that is, tension for steel and compression for concrete—constitute a form of construction for short bridges and culverts both economical and durable.

The advantages of and their disadvantages in a large degree eliminated. This form of construction, on account of its economy and simplicity, is especially well suited to highway culverts and short span bridges, when for any reason it is desirable that their superstructures be kept flat. In the case of arch culverts and bridges built

of concrete the economy of introducing steel is not always evident and should be demonstrated in any particular case before it is decided that the arch must be reinforced.

The conditions to be met in the construction of reinforced concrete culverts make it desirable, from a standpoint of economy, that a relatively high grade of concrete be used. Any increase in the strength of the concrete necessitates a corresponding increase in some dimension of the members and thereby adds to the dead load which the structure must sustain.

Reinforcing bars should be made from steel having a safe strength of not less than 16,000 pounds per square inch, and should possess sufficient malleability to be readily bent into the desired shapes while cold. When placed in concrete they should be free from rust, grease or foreign materials of any kind, otherwise a perfect bond between the bars and the concrete will not be obtained.

Designs of highway bridge and truss structures are urged not only to investigate the safety and durability of proposed designs, but to consider their esthetic features as well. When bridges and culverts are to be constructed of permanent materials, such as reinforced concrete, the designer should bear constantly in mind the fact that any esthetic defects which may be present in such structures will become more and more apparent as the community develops.

For example, a highway bridge, the defects of which are hardly noticeable when the highway on each side is bordered by dilapidated fences and buildings may become a veritable sore

to the community. The making of good roads is one of the most important duties of the American people and their prompt repair and careful maintenance is essential. There is probably no subject in which the progressive farmer is more deeply interested than that of having roads connecting him with the market over which he may be able to haul his greatest possible load. Good roads, like all other good things, are expensive to build and of too much value to be neglected.

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ROAD  
BUILDING

ROADS PAY FOR THEMSELVES

Department of Agriculture Collects Data Showing Land Values Increase With Improvements.

The direct effect that changing bad roads into good roads has upon land value and the general economic welfare of a community is shown in several of the illustrations gathered by the United States department of agriculture. The department has just issued a statement on the subject, based upon a mass of information gathered by the office of public roads, which is making a special study of the economic effect of road improvement in the country. According to data gathered, where good roads replace bad ones, the values of farm lands bordering on the roads increase to such an extent that the cost of road improvement is equalized, if not exceeded. The general land values, as well as farm values, show marked advances, following the improvement of roads.

Among the illustrations cited by the department are the following: In Lee county, Virginia, a farmer owned 100 acres between Ben Hur and Jonesville, which he offered to sell for \$1,500. In 1908 this road was improved, and although the farmer fought the improvement, he has since refused \$3,000 for his farm. Along this same road a tract of 188 acres was supposed to have been sold for \$5,000. The purchaser refused the contract, however, and the owner threatened to sue him. After the road improvement, and without any improvement upon the land, the same farm was sold to the original purchaser for \$9,000.

In Jackson county, Alabama, the people voted a bond issue of \$250,000 for road improvement and improved 24 per cent of the roads. The census of 1900 gives the value of all farm lands in Jackson county at \$5.90 per acre. The selling value at that time was from \$6 to \$15 per acre. The census of 1910 places the value of all farm lands in Jackson county at \$9.75 per acre, and the selling price is now \$15 to \$25 per acre. Actual figures of increased value following road improvement are shown.

As the roads in no way affect soil fertility or quality of the farm, advances are due essentially to the decrease in the cost of hauling produce to market or shipping points. Farms are now regarded as plants for the business of farming, and any reduction in their profits through unnecessary heavy costs for hauling on bad roads naturally reduces their capitalization into values. With reduced costs for hauling profits are increased, with the result that the farm plant shows satisfactory earnings on a higher capital value.

The automobile, also, has begun to be an important factor in increasing rural values where good roads are introduced. Immigration is particularly marked where road conditions are favorable. In fact, the figures of the department seem to indicate that good roads indirectly increase the price of farm land, like that of any commodity, is ruled by the relation between demand and supply.

Auto and Good Roads. The auto has come to stay and there is no fighting against it or trying to penalize the owners for destroying country roads. There is no doubt that an auto will wear out a dirt road quicker than a team carrying 3,000 pounds, and while the latter are penalized in some states, all efforts to give the same medicine to the owners of autos have failed. The only remedy is to build roads that will stand the wear and tear of heavy wagons, autos and anything else and then take the penalty off everything.

Duty of People. The making of good roads is one of the most important duties of the American people and their prompt repair and careful maintenance is essential. There is probably no subject in which the progressive farmer is more deeply interested than that of having roads connecting him with the market over which he may be able to haul his greatest possible load. Good roads, like all other good things, are expensive to build and of too much value to be neglected.

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EXTRAORDINARILY LOW EXCURSION

FARES VIA

NORFOLK SOUTHERN RAILROAD TO BALTIMORE, WASHINGTON, D. C., NORFOLK AND VIRGINIA BEACH

TUESDAY, AUGUST 18, 1914.

Following Round Trip Rates.

Stations Balto Norfolk Washington Va. Beach.

Table with 4 columns: Station, Va. Beach, Norfolk, Washington. Rows include Bayboro, Beaufort, Farmville, Fayetteville, Greenville, Goldsboro, Kinross, LaGrange, Morehead, New Bern, Oriental, Plymouth, Wendell, Washington, Wilson, Zebulon.

Tickets will be on sale for all trains August 18th, bearing final limit returning September 2nd.

Grand Steamer trip to Washington and Baltimore. Low Fares from all Stations. Convenient schedules. Ask Ticket Agent for time table and fares.

J. F. MITCHELL, T. P. A. Raleigh, N. C. E. D. KYLE, H. S. LEARD, T. M. G. P. A. Norfolk, Va.

8-13 to 9-12c.

FOR SALE.

House and lot on East 2nd street, one and a half blocks from court house in a desirable location and good neighborhood. Nine room house and conveniently arranged. All modern conveniences, equipped with water and combination lights, both electric and gas. House almost as good as new, having been recently rebuilt. A good stock house consisting of stables, feed room and carriage house, a good smoke house. A large wood shed and a good garden.

Apply to GEO. E. RICKS, At Sheriff's Office.

7-11-tfc.

NOTICE OF SALE

By virtue of the authority vested in me as Commissioner of Court, in Special Proceeding entitled "N. J. Simmons, Adm. of Lavinia Padgett vs. J. W. Ange and others," by order of Superior Court of Beaufort county, N. C., I will sell at public auction to the highest bidder to cash, at the Courthouse door of Beaufort county, N. C., on Monday, August 17th, 1914, at 12 m., the following described property:

House and lot situated in Bath, N. C., Beaufort county and in Bath township, beginning on King street at D. B. Harrison's North corner and running west with D. B. Clayton's line 113 feet or to T. B. Clayton's line thence N. with T. B. Clayton's line 85 feet, thence East 313 feet to King street, thence with King street 8 feet to the beginning. It being the tract of land conveyed by Geo. B. Adams and wife to Geo. W. Padgett and wife Lavinia Padgett by deed dated March 25, 1904, and recorded in Book 128, page 175, Beaufort county registry. And also being that lot which was adjudged the property of Lavinia Padgett the owner thereof, by judgment of the Superior Court of Beaufort county, N. C., in the action entitled "Lavinia Padgett vs. Geo. Padgett," as appears from the records of the Clerk of Superior Court of Beaufort county, N. C., and of record in Beaufort county registry.

This July 14th, 1914. NORWOOD L. SIMMONS, Commissioner of Court

7-17-4w.

No. 666

This is a prescription prepared especially for MALARIA or CHILLS & FEVER. Five or six doses will break any case, and if taken then as a tonic the Fever will not return. It acts on the liver better than Calomel and does not gripe or sicken. 25c

CHICHESTER'S PILLS

THE DIAMOND BRAND. Labeled Ask your Druggist for Chichester's Diamond Brand Pills in Red and Gold wrapper. Do not take cheap imitations. Beware of cheap imitations. Beware of cheap imitations. Beware of cheap imitations.