

The Courier

Mrs. Wm. C. Hammer, Publisher and Business Manager. Harriette Hammer Walker, Editor. Wm. C. Hammer Estate, Owners.

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WORTHY CAUSE

Many who bought poppies Saturday did it with the thought of "getting the job over with," others really thought they were helping the local American Legion and Auxiliary. The local organizations were helped, but not financially. Their reward was deeper seated, for they were working for a cause they knew to be worthy. This money collected from what are known as "Buddy Poppies" goes to the relief of disabled soldiers and their families, including a special allotment made each year for the support of the National Home for Widows and Orphans of ex-Service Men. This home is located at Eaton Rapids, Michigan.

A CIVIC NEED

Statistics show that Asheboro has grown in more ways than one during the past few years—grown to the place where the life-long residents can go on the streets without knowing every person who passes by. These new people have brought a great deal to Asheboro in a business and social way, yet there are certain movements and improvements that should come from the older residents. One of these needed improvements is a community building perhaps including a library and a swimming pool. Such a place would serve many purposes. Among them it might provide an auditorium for public entertainments instead of having to open the school building during the summer, or go to the court room which was never designed for entertainments. Social gatherings too would be a benefit to both young and old with occasional concerts and literary speakings.

A plan could be worked out in order for the library to serve both the town and county and it is quite probable that the nucleus of such a library might be a gift.

The number of people who motor twenty-five miles to enjoy a swimming pool would certainly warrant one for the town instead of being forced to indulge in this recreation with strangers.

As to the location of such a place, the country would be ideal for people who own and operate their own cars, but there are many people who would enjoy this place who do not own cars and there are also women who do not drive their own cars, therefore a reasonably central location would be preferable—but let's have something of the kind.

AN ENFORCEMENT PROBLEM

An editorial in the most recent copy of World's Work on Prohibition cited no words and views prohibition enforcement from an interesting angle.

Prohibition Acquires Wings

Our prohibition bureau has, or is about to have, an airplane. Agents of the bureau seized the plane in Texas when they found it carrying liquor. The courts have been asked to confiscate it and to award it to the government. If this is done, the prohibition bureau plans to add a pilot to its staff to send him out to hunt for stills.

The plan is an ingenious one, but it is scarcely necessary to point out that a single airplane hunting stills will make small progress in a nation with the area of the United States. If this plane covers a hundred square miles a day, in a diligent effort to discover evidence of moonshining, one circuit of the country will take it approximately eighty years.

The incident is not important in itself, but it is worth noting because it sums up so perfectly one major problem in the enforcement of prohibition. If Congress were seriously interested in the question of enforcement—as interested as a majority of its members eloquently pretend to be—it would have given the prohibition bureau a fleet of airplanes years ago. It would have given the bureau the men it needs and the money it needs for a serious effort to enforce the law.

Congress has done none of these things, at any time in the history of ten years of prohibition. From the first it has forced the prohibition bureau to skimp, to bluff, and to improvise with odds and ends like confiscated airplanes. That is one chief reason why in 1931 we have make-believe enforcement.

WISE CRACKS

If all the seas were dried up, what would everybody say? "We haven't a notion"—an ocean. What is that from which you may take the whole, and yet there will be some remaining? The word "wholesome." Why is it dangerous to walk in the meadows in the springtime? Because the trees are shooting and the bull rushes out. Why is an opera singer like a confectioner? Because she deals in ice-creams—high screams. Why is the letter "k" like a pig's tail? Because it is the end of pork. What trees has fire no effect upon? Ash-trees, because when they are burned, they are ashes still. What is the difference between a school master and an engine-driver? One minds the train and the other minds the mud. What is the best day for making love on? Friday. Exchange.

TELLS HOW TO FIGHT DIABETES WITH DIET

Keep Body Weight Somewhat Below Normal, Advice Of Dr. McCallum

That many cases of diabetes can be fought without insulin if the right diet is scientifically worked out, is the hope held out by Dr. E. V. McCallum, noted specialist of Johns Hopkins. Explaining how the normal body burns up glucose and why worry and the burdens of responsibility favor diabetes, he writes in McCallum's: "In spite of the remarkable value of insulin treatment, deaths from diabetes are increasing every year. The reason for this is that so many more people are developing this disease. The prevention and effective control of diabetes depend largely on good living habits, particularly those concerned with our daily diet. Unfortunately, modern conditions favor indulgence; we eat too much food (especially starches, sugars and fats) and take too little exercise. These factors, together with worry, nervous strain and overwork, predispose one to diabetes.

"A certain portion of the food we eat is burned in the body to produce energy. Sugar and starches are first changed by the digestion into glucose, and glucose can be burned only when insulin (a substance produced by the pancreas) is burned with it. In diabetes, the pancreas supplies an insufficient quantity of insulin so that the body loses in some measure its power to burn glucose. When this happens, sugar is excreted by the kidneys. Insulin prescribed by physicians is made from an extract of the pancreas of animals. A definite amount of this product will burn a definite amount of glucose.

"Many cases of diabetes result from when this leads to persistent overeating especially when this leads to a condition of overweight. When too many sugar-forming foods are eaten over a long period, the amount of insulin used by the body exhausts the cells which form insulin and so the pancreas becomes worn out for this special purpose. Simple weight reduction is all that is necessary in order to make some diabetic patients sugar-free. If they eat just enough food to keep their body weight somewhat below normal (without giving any special attention to the composition of the food) their kidneys will cease to excrete sugar.

"Nervousness, worry and the carrying of heavy responsibility (such as that associated with the work of ship captains and locomotive engineers) appear to favor the development of diabetes. This is probably due to the fact that when one is in a state of unpleasant emotion the sugar is high in the blood. Under these conditions, the output of insulin by the pancreas is abnormally large and the gland becomes fatigued. "It is always best to attempt to regulate the diet to keep the patient 'sugarfree' without insulin. In a large proportion of cases, this is easily accomplished. However, if the laboratory findings show that little or no insulin is being produced by the pancreas, it may not be possible to feed the patient enough food to maintain weight and health without the administration of insulin."

WILL POWER NEEDED IN CURING TUBERCULOSIS

In curing tuberculosis, the responsibility lies with the patient. The patient's attitude toward "taking the cure" is far more important than anything else, says John M. Gibson in Hygeia.

The outlook for a tuberculosis patient depends little on the effect of medicine. There is little opportunity for the specialist to save a life by an emergency operation. The cure, however, says Mr. Gibson, does depend on the mode of life of the patient and on his willingness to live without the limitations that diseased lungs have imposed on him.

Few patients are cured when they leave the sanatorium, Mr. Gibson reports after a careful search of the records. Few could afford to bear up under the financial burden of remaining in the sanatorium long enough to effect a complete cure.

The condition of the patient on his return home from the sanatorium has been compared to the smoldering embers of a burning building, requiring constant attention to prevent an outbreak.

There is the temptation for the patient to regard the disease lightly as soon as he is out from under the guiding hand of the authority at the sanatorium. Unless he is blessed with great will power he decides to take a chance—which may be his last. This is the reason, Mr. Gibson says, that no fool or numskull ever recovers from tuberculosis.

The author of the article of which the above is a part is the editor of the Sanatorium Sam, Journal of the State Institution at Sanatorium.

REMARKABLE REMARKS

It is all right to standardize, as long as we standardize up and not down.—President Hoover.

One of the errors that all of us make is to judge the conduct of others by our own standards.—H. L. Mecken. Some people seem to have the impression that Uncle Sam is a great big Santa Clause.—The Rev. Grant M. Hudson.

College does to girls what brandy does to hard sauce; it spoils the taste without adding a kick.—Nina Wilcox Putman.

It is scarcely worth while to grow indignant about reformers because, with a few exceptions, they do not last.—Jay E. House.

There is not one preacher who would last a month at his job if he were to speak the convictions that there were in the depths of his heart.—The Rev. Miles Krumbine.

Crop Outlook Good

Beaufort county farmers have practically completed the setting of tobacco plants. The outlook is for a splendid Irish potato crop.

About Randolph & Randolphers

Comments On Current Events That Should Interest Every Reader.

(By W. F. H.)

Little boys who use bad language playing marbles grow up and play golf.

Some people are carried away by music and others are driven away.

The most effective "eye-opener" for regular use is a two-year-old early rider who thinks your stomach is a horse.

George F. Baker, who recently died in New York at 82, the third richest man in the world, said, "Silence is the secret of success." He started business salvaging cranberries left behind by workers on his uncle's farm. Silence may contribute to success, but, like everything else, it can be over-emphasized. Most of us talk too much about unimportant things, but too little about the things really worth while.

Encourage birds on the farm and the birds will discourage insect pests. The farms need every bird we have to destroy insects, but so many people never give such things a thought.

The country should be as much interested in beautification programs as the towns and cities. One reason so many people are leaving the country is because so little is being done to make country life attractive.

Mr. W. H. Redding, who lives in Back Creek township, has been very successful in growing strawberries this year.

When it comes to raising early cabbage, Mr. Wade Hardin, of Liberty, stands at the head of the list in this county. A few days ago he sold 4,600 pounds of real fine cabbage from his patch.

The town that gets a good airport has a right to feel that it has accomplished something, for it shows that it is looking ahead for business. It will not be long before an airport will be necessary for a town as a railroad station or a hotel.

Gardens, while being molested more or less by cut worms, are starting off nicely, corn and cotton crops have come up to good stands, in fact, nearer perfect than for years.

Asheboro can be counted on to get its share of worthwhile industries.

"Oh, rats," says the farmer. Make the crib rat proof, and they will not destroy feed crops.

Give the child a place to romp and play and make noise sometime—a chance to let off steam—and he will not be so apt to be constantly doing what he ought not to.

Thanks to the Staley Milling Company for the printing given The Courier last week.

Money is like rain. A whole lot can be strung out over a whole year and look like nothing. A lot of rain at one time soon runs off and in running off makes a lot of waste. A lot of money all at once is soon spent and often we don't use much good sense in spending it under such conditions.

It is not so much what we get but how we use it. Spend your money for the worthwhile things.

Why does a woman object to being quoted in the paper? Because she wants to do her own broadcasting.

Mr. S. V. Hudson, a prosperous young farmer of Ramseur, route 2, spent a few hours in Asheboro one day last week.

Mr. O. C. Marsh, a substantial and influential citizen of Randleman, spent a few hours in Asheboro one day last week.

Mr. Arthur Ross, one of the leading citizens of Asheboro, was in Raleigh one day last week on business and to see, look and learn what the boys were doing and the workings of the legislature.

Misses Edith and Evelyn Moore and Lucile Councilman, of Asheboro, were visiting in High Point Saturday.

Mr. Dewey Morton and family, of the Eldorado section, spent Sunday in and around Asheboro.

Mr. Frank Talley, who so ably represents the Randolph Grocery Company, at Randleman, was in Asheboro one day last week.

Mr. E. B. Leach, one of the influential Seagrove citizens, was a business visitor in Asheboro last Friday.

Our legislature has been confronted with more serious conditions than any for many years. Previous legislatures have, on account of prosperous conditions, raised salaries and otherwise increased governmental expenses to such an extent that when the present depression came, taxable values decreased and all sources of revenues were curtailed. With business at a very low ebb, an extraordinary unemployment situation, a general lowering of prices in all lines, made the question of raising more revenue a most serious and difficult one. The land, homes and property of the small property owner were already taxed more than they should be and the people were struggling under a heavy burden. This body has sought to place as far as possible all increase in taxes on property, persons and corporations that are not now paying their part and thus avoiding the placing of more taxes on that which is already carrying a heavy load. The present legislature is composed of a

body of strong men, and it looks now like they are going to lower taxes on land and if they do, this legislature will be the most popular legislature the state has ever had.

THE IDEAL JUROR

(News and Observer) One reason why there are so many miscarriages of justice in courts is because the law gives so many challenges that defense lawyers can often keep off the jury men who cannot be easily influenced. It often happens, too, that men of ability and position do all they can to escape jury duty and that judges yield to their entreaties to be excused.

One of the best business men in the State, the late J. K. Norfleet, of Winston-Salem, said last year that when he was summoned to jury duty, he felt that it was a responsibility he could not shirk. "I, therefore," he said, "at great personal sacrifice spent the whole week in the courthouse in response to the summons. Case after case was called and every time, as I sat in the jury box, the lawyers for me to be tried, would look at me a moment and then I was rejected. Of course I did not wish to serve but it was evident that my time was being wasted and I was not wanted by lawyers who wished jurors who could be more easily influenced. That sort of experience has come to other business men. It is such practice that causes business men to be unwilling to sit around all the week while they see practices which ought not to be permitted."

What kind of jurors do a certain type of lawyers wish? According to Chub DeWolfe, writing in the Toledo Blade, here is the perfect juror:

Cartoonist Thomas, of the Detroit News, draws a picture of the perfect juror. According to his way of thinking the perfect juror when questioned by lawyers says: "I've never seen anything; I've never been anywhere; I never vote; I never read. No one ever talked to me; I never had an opinion on anything; I don't know anybody."

Pays To Use Limestone

Twelve acres of grass on the farm of B. L. Dunlap in Anson county is carrying 15 head of cows this season. That part of the pasture which received an application of ground limestone has a sod about twice as thick and vigorous as where no limestone was used.

Mrs. Wallace: "Nora, was the butcher impudent again when you telephoned your order this morning?" Nora: "Sure, but O fixed him this time. O says, 'Who the hell do you think yer talking to? This is Mrs. Wallace.'"

An Interesting Old Church Paper

By HARRIETTE H. WALKER

Editors of daily and weekly papers scattered around in all sorts of newspaper plants over North Carolina who feel that times are changed and we are all getting out papers abreast of the times and superior to any that have preceded our last issue, had better haul in the sail and look over a copy of an interesting old publication dated July 31, 1879.

This paper was called the Central Protestant and was published in Greensboro. Under the name plate the aim of the paper was set forth "The Methodist Protestant church in the North Carolina and Western North Carolina Conferences—Christian Doctrine and Morals—Charity—Literature—Science—News and Miscellany," and there is all that in this one edition, especially the miscellany. The editor was J. L. Michaux, whose name is yet well known, and the publishing committee also included some well-known names, W. C. Kennett, John C. Roberts, J. R. Ball, A. W. Lineberry, J. W. Gilbreath, W. J. Ellis and T. J. Ogburn.

On the front page of the paper were articles on varied topics presented in a striking and attractive manner. One of the leading articles was concerning the death of Rev. Dr. Alexander Clark, editor of the Methodist Recorder, who died in Atlanta on July 6, 1879. Not only were resolutions of respect and sympathy set forth "to the family, composed of a noble Christian wife, with eleven children," but there were tributes from noted men all over the country.

Another article was entitled "English Skies" and indeed illustrated the literary aim of the paper. Directly under this one was a shining example of the moral aim, dealing with the discharge of a store clerk for dishonesty. The article taught its lesson plainly for it closed with a most happy ending where the poor young clerk who was honest and true, was promoted. The recent interest in gardens is no new thing, for the right-hand article on the front page dealt not only interestingly, but beautifully with flower gardens. The pretty idea of a Scotch philosopher, Beattie, was revealed in the article, where the Scotchman drew with his fingers the third initials of his child's name and sewed the creases with flower seeds. There was, of course, a moral to the story as well as the quaint idea, but this modern love of garden was handed down to us.

"Shakespeare and Stratford" was an article written by a traveler and

quite colorful and charming.

Advertisements and Rates On the third page was a collection of advertisements—the same old Tutts Pills "for a torpid liver"; Hostetter's Bitters, recommended for the presence of the "tired business man" of that day; then a varied lot of farm machinery were recommended to the gentle readers, with gun and watch suggestions. There were two things missing from the advertisements, the automobile advs. and cuts, and there were no "bargain days" nor sales to catch the eye of the female readers. In fact this paper seemed to cater to the tastes of the gentlemen chiefly. Yaddin College felt the need of advertising since the date of the opening of Greensboro Female College was announced for August 20, and a short item stated that the next term of that school would open August 14, and board with room might be secured for the sum of \$8.75 per month. It was also suggested that students could board themselves for a cost of \$4.00 to \$5.00 a month and that tuition was \$12.50 to \$20.00 per term. It was announced at length through an advertisement that Samuel R. Street and Son, William J. Street, who had operated the well-known Gaston House at New Bern, had purchased the National Hotel property at Raleigh and would assume management. The only woman's name appearing in the entire paper save the widow of Dr. Clarke, was Mrs. Cicero W. Harris, editor and proprietor of the South Atlantic Monthly, published at Wilmington.

The subscription rates were given as \$2.00 in advance—the same as most weeklies of the state are now charging. The advertising rates were given as \$1.00 per inch and \$15.00 per column.

Well-Known Minister Mentioned

On the second page was a list of the ministers of the state with their post office addresses attached. This list included many names familiar to-day as foremost men of the ministry such as John W. Heath and W. C. Kennett, Pleasant Garden, uncle of Dr. Paul Kennett, of High Point College; R. H. Willis, Enfield; S. A. Cecil, High Point, father of Mrs. Oscar Durand, High Point; T. J. Ogburn, Kittrell, father of Dr. Ogburn, well-known physician of Greensboro; W. C. Hammer, father of the late Congressman Wm. C. Hammer, of Asheboro; W. A. Bunch, father of W. A., James, Robert, Edward, Miss Lillian Bunch, of Asheboro, and Mrs. Horace Siske, of Wilkesboro; Dr. T. J. McCulloch, Chapel Hill; brother of Dr. J. F. McCulloch, of Greensboro, editor of the Methodist Protestant Herald, and many other familiar names.

The editor encouraged young men to write (women did not stoop to this

profession then) but the editor gave wise counsel on the subject. He felt that brevity was a great thing and he recommended Webster's dictionary. This was not bad newspapering for on another page of the paper appeared a nice advertisement of this excellent book and the advertisement was marked paid. The editor was a business man by nature, but the week this particular edition came out he had a very human ailment and was not ashamed to ask the leniency of his dear readers in his editorial column. He explained that he was indisposed, not really ill, but confined to his room with a plain old bilious attack. They had those then, but again the editor shows his good sound business sense, and the editorial squib was placed side by side with the good old liver pill advertisement, so the editors of the present day newspapers who feel that they are keen business men and women will do well to just follow the example of this editor of 1879, for he had good sound business sense and literary ability that would perhaps rest uneasy in his tomb could he see some of the literary achievements of our present-day scribes.

One thing further must be said for the editor of the Central Protestant, he was a politician, for not a word of politics appeared. Perhaps the legislature was not in session at that time.

THEIR LONGEVITY

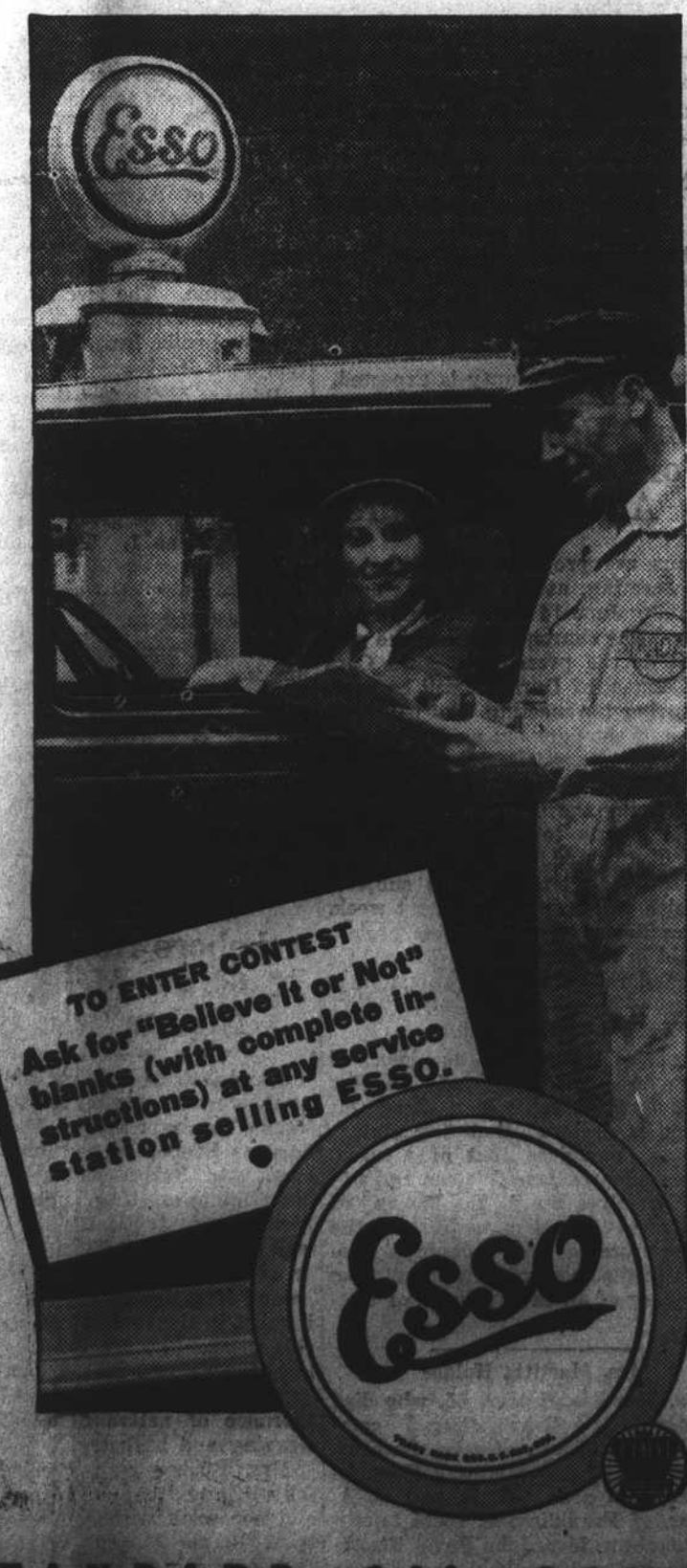
(The Detroit News.)

High up in the Himalaya mountains lives a tribe of which nearly every member, who escapes freezing or sudden extinction under an avalanche, lives to the age of 100 or more. A band of British scientists is forcing its way into this lofty recess to inquire into the people's manner of life, hoping to learn the secret of longevity. Thus far we have nothing but speculation to go on, but there are two or three plausible theories. The tribesmen live to 100 because they never use tobacco, being unable to obtain any; because they eat goats' milk cheese in the absence of any other food; because they spend much time in the open air, the only kind they have, and because they have kept no records of when they were born and don't know how to count.

The School Dollar

The school revenue dollar last year was raised from the following sources: County property taxes, 54.6 cents; districts property taxes, 22.1 cents; and state sources other than property taxes, 13.4 cents. The remaining ten percent came from previous years' balances and from fines, forfeitures, and other miscellaneous sources.—The N. C. Teacher.

\$5,000,000 IN PRIZES



"Believe it or Not" Contest

TUNE IN ON



AT 7:45 P.M. (Daylight Saving Time) WEDNESDAYS AND FRIDAYS

Everybody's talking about the new ESSO program.—But they're not talking during the program. No sir. It's too exciting for that. When Robert L. Ripley's on the air, every Wednesday and Friday, at 7:45 P. M., E. D. S. time, people listen.

For one thing, they want to get one of the 54 prizes that are going to be awarded by the manufacturers of ESSO. Six big ones in cash. 48 others, consisting of brand-new Atlas Tires. The contest closes at midnight, June 30, 1931. Another reason they listen is because "Rip" tells you things you never heard before and never expected to hear.

Listen in yourself every Wednesday and Friday, 7:45 P. M., E. D. S. time, over the following hook-up:

- WJZ New York \*KDKA Pittsburgh
WBZA Boston \*WHAM Rochester
WBZ Springfield \*WLW Cincinnati
WBAL Baltimore \*WRVA Richmond
WPTF Raleigh

(\*Wednesdays only)