

THE FAYETTEVILLE INDEX

Published Every Wednesday

A. M. MOORE, Editor and Owner

Office 210 Green Street

SUBSCRIPTION PRICES:

One year \$1.00

Six months .50

Strictly In Advance

Entered at the postoffice at Fayetteville, N. C., as second-class mail matter.

Ships Still the Need

The suggestion that probably the Germans are leading us into a trap by allowing us to get large numbers of men across the water and then try to cut these men off from American food and supplies by submarine activity is suggested by Lord Northcliffe.

Lord Northcliffe in a trip through the west has a number of speeches and interviews stressed the great importance of building ships, and ships, and more ships, and still more ships.

According to Lord Northcliffe—and we believe he is quite correct—this country should place its confidence whatever in any reports that come from Germany about that country being weakened by the war, about its being short of food, or anything else which would indicate a lessened ability to maintain the war.

The world cannot endure half free and half slave, half democratic and half autocratic. It must become all the one or all the other. No man can be perfectly free until all men are free.

The raping of Belgium is the raping of humanity; the sinking of the Lusitania is the scuttling of freedom; and Serbia, Poland and Armenia are in the true sense colonies of humanity.

The world cannot endure half free and half slave, half democratic and half autocratic. It must become all the one or all the other.

No man can be perfectly free until all men are free. No man can be perfectly good until all men are good.

The brewers are German. Approximately 65 per cent of the saloonkeepers are German. Papers which combine anti-Americanism and anti-prohibition are almost always German or pro-German.

The submarines are destroying about 8,000,000 bushels of grain a year. The beer trade is destroying 70,000,000 bushels annually. As a grain-destroyer the Kaiser must prefer the beer trade to the submarines.

If the brewing industry were destroyed, the German propaganda and espionage agencies would go to pieces over night, and the Berlin government could not permit that.

Governor Bickett hit the nail on the head with a sledge-hammer when, in a recent address to the State Medical School Inspectors, he declared: "It has been said that it is more of a disgrace for a man to go to the hospital than to jail. To make it necessary to have to go to the hospital the man must break the laws of God. Health laws are God's law. To go to jail he must break only man's laws."

If Russia does not intend to fight any longer, the next best thing she can do is to remain in such a state of anarchy that the German army won't dare to leave, for fear that the anarchists might get together and cause more trouble in East Prussia.

What World War Means

The significance of the World War lies in the manifest interdependence of all the nations of the earth; not only industries and commerce, but also in ideals, principles and systems of government and ethics.

Universal education and free opportunities and necessary foundations for democracy. Universal democracy is the only safeguard of the world, and "darkest Africa" is a menace to "brightest Boston."

The raping of Belgium is the raping of humanity; the sinking of the Lusitania is the scuttling of freedom; and Serbia, Poland and Armenia are in the true sense colonies of humanity.

The world cannot endure half free and half slave, half democratic and half autocratic. It must become all the one or all the other. No man can be perfectly free until all men are free.

Sugar Prices

Business is not yielding gracefully in every instance to the demands of the Food Administration. Mr. Hoover has had for example to send rather sharp message to about 150 licensed sugar manufacturers in Louisiana to prevent them from avoiding the acceptance of the price for sugar as fixed by the Government.

It is very likely that if the Government had not interfered sugar would now be 15 or 20 cents a pound. With the customary cry of "shortage," the sugar men were sending the commodity up with a vim, when the Government took a hand in the proceedings.

There has been some criticism of the Government because it has not kept prices at a lower level, but the more reasonable view is that prices are a great deal lower than they would have been but for the vigilance of the Government officials.

There has been some criticism of the Government because it has not kept prices at a lower level, but the more reasonable view is that prices are a great deal lower than they would have been but for the vigilance of the Government officials.

There has been some criticism of the Government because it has not kept prices at a lower level, but the more reasonable view is that prices are a great deal lower than they would have been but for the vigilance of the Government officials.

"Do You Bit"

We are saying the Automobile Users more Money than a year else by repairing their Tires in a strictly scientific way, at the lowest cost.

We sell Auto Tires and accessories, and the quality and prices will please you. Our Experience at your service, or suggestions may save you many dollars.

Standard Hardware Co. Inc.

Phone 41 Fayetteville N. C.

Subscribe to the Index

Raleigh, N. C. November 16—Thousands of dollars spent for coal in North Carolina could be saved and farm woodlots could be improved at the same time if the farmers of North Carolina would supplement with the coal used for various purposes, according to a report furnished by the Agricultural Extension Service of the U. S. Dept. of Agriculture.

In many of the woodlots there is considerable waste fire wood, dead trees, and different kinds of other underbrush that we might call "weed" trees which could be used for fire wood, and when two pounds of seasoned wood is approximately equal to one pound of coal in heating value, this would mean a considerable saving in coal.

The Ohio Experiment Station has found that a cord of wood equals in fuel value to a ton of coal.

Owners of wood lots can easily cut enough fuel for themselves and even supply the same to local markets through the winter and will put their spare time to good advantage, as well as the time of their hired men who probably have a lot of extra idle time on their hands.

Much of the many thousands of acre of woodlots in North Carolina could be cleared of waste wood at a profit this year and be improved in addition. Some trees are old and decrepit, and others are spreading and bushy in growth.

A net profit of almost \$2.00 per cord was secured by one woodlot owner last winter. Where the market is near, and good roads exist the cost of marketing is very little leaving a good margin for profit on the enterprise.

New York, Nov. 15—The New York Tribune prints this morning a dispatch from Arthur S. Draper, its London correspondent saying in part:

"The German peace terms are expected to be made public within a few weeks. It is unlikely that any armistice will be arranged but some thing akin to it might be considered. This is the view not only of pacifists, but of those who recognize that the last few months have brought an amazing change in the whole war situation."

A Case of Laziness.

Aleck Smart is a traveling salesman. His line is well as fountain pens. He hires a boy to tote his sample case. He never walks a block if there is a conveyance handy.

"Me?" says Aleck. "Gwan, don't kid a hard working man. Never saw a sick day in my life, honest! Kind and true and—maybe that is the trouble—I stand without hobnobbing Nab, nothing wrong with me. Simply bum luck. The fax I've been running up against the last year or so."

Big, fleshy, high-shouldered, buttoned, close-shaved, thick bosomed, well-dressed fellow, double chin, heavy eyes bulging slightly, sulky from walk-



"PICTURE OF HEALTH" NO! Something Sudden May Happen at Any Time.

ing, furred complexion on close inspection proves to be minute dilated arteries on the cheek. This is the picture of a "picture of health."

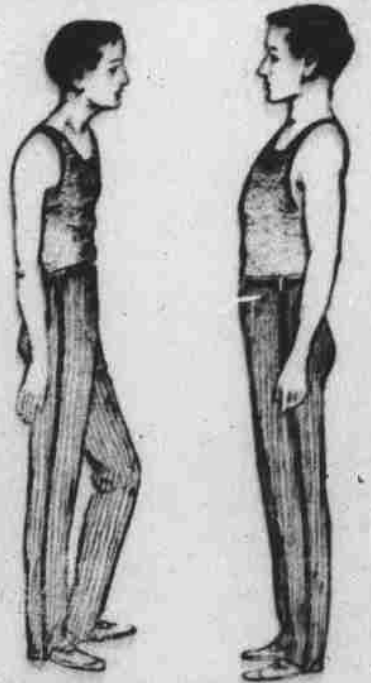
"Food?" cries Aleck. "I can digest anything from sodas to shoe leather. Lead me to a weaksteak. Once in a while a little gas or discomfort in my gizzard, but a dose of soap and eye-

Posture and Health.

Good or bad posture is largely a matter of habit, yet a faulty posture is a strain upon endurance and a sure factor of poor health.

It has been found by actual X-ray observations that an individual may lift the stomach and transverse colon from two to six inches, when these organs are propped or sagging, by simply assuming a good erect posture with chest high, chin in crown of head high, as though endeavoring to reach an imaginary ceiling with it, abdomen drawn in and up.

Sagging of stomach and colon are now recognized as common factors of chronic digestive disturbance and ill health. Man's upright posture brings with it a surplus blood of major and minor life which the lower animals escape. But these troubles (from vibration or sagging of abdominal organs) are not due to upright posture in itself, but to slouchy posture. It is true that certain individuals have



"BRACE YOURSELF, SIR!" If Not for the Sake of Appearance, for the Sake of Health and Efficiency.

a tendency to relaxation of the supporting ligaments and structures, yet even these weak framed individuals may ward off much trouble by practicing good posture in sitting, standing and walking.

For instance, many people slump down in their chairs or seats so that they really sit upon the wings or back part of the hip bones. This throws strain upon the joint sliding hip bones to the spine, and many a headache is produced in just this way. It also seriously impedes digestion and breathing.

In standing many people form the habit of resting one leg, with the other leg bent at the knee. This throws the whole frame work out of plumb, and predisposes to spinal curvature.

or seltzer fixes it. Beer? Oh, maybe two or three glasses a day when I am not bilious. Beer makes me kinda bilious. Smoke four or five cigars a day, mild ones."

Aleck will now stop ever behind the screen and strip. Everything? Yes, B. V. D.'s and all? Certainly. All right—here you are. 200 pounds of guaranteed pure unadulterated flesh. Heart's all right, isn't it?

The heart action is regular. Pulse full. A snapping sound over the aortic valve—heart working against heavy resistance somewhere. Arteries? Bright? Well measure Aleck's blood pressure. 150 millimeters. Not so bad for an old fellow of seventy. But Aleck was born only 42 years ago.

We put him through a half minute of callisthenics. Pulse runs up fifteen beats a minute and doesn't slow down again for more than five minutes in efficient circulation.

Hemoglobin test 85 per cent. Fair for a lay chap.

Urinanalysis. Low specific gravity. faint trace of albumin, one lens has line cast found in three slides under the microscope. Not significant, only suggestive.

Radial artery rolls palpably under the fingers when the pulse is shut off above the wrist. Aleck is wearing his arteries our face.

Diagnosis: Incipient hardening of the arteries. Causes: Overeating, moderate use of alcoholic beverages, excessive smoking, inadequate daily exercise.

In other words, the man is about thirty years' old for one of his age. He has lived seventy years in forty-two. He will be lucky to see fifty. If he keeps on at this pace, here is his prescription:

1. Oxygen at least a mile twice daily on the hoof. One day a week a diet of plain milk and crackers. Always quit the table not quite satisfied. No alcohol. Not more than two snipes a day. Meat, fish or eggs not more than three meals a week. Cultivate vegetables. Take to the woods ten days twice a year. Open air exercise and sunlight tend to balance up an unbalanced metabolism.

In walking many toe out in a very unnatural way forced upon them, perhaps by pointed, badly shaped shoes, carry the chin high instead of keeping it pulled in and holding the back of the neck against the collar as a soldier is taught to do. This faulty walking posture brings early fatigue. The feet should toe straight ahead or inward slightly, never outward, never walking. Watch the well trained soldier and see. He doesn't toe out—excepting the tin soldier in the movies.

"They have a way of drilling this into the 'plebs' or 'frankies' at West Point. 'Brace yourself, sir!' some upperclassman will greet as the poor plebe forgets and relaxes into a slouch 'Brace in that case.' And after a few months of it the plebe learns to conduct himself like an oficer and gentleman.

Women, engaged in their upyielding abdominal posture, of course, can assume but one posture—the one the correct posture. It may be good or bad, that is the posture way. The correct is always bad. It produces sloping or wasting of the abdominal and hip and back muscles—and it favors the accumulation of fat. Therefore the correct posture causes just what the poor slothful woman imagines it prevents, that is, a stout figure.

Lucky is the young woman—and fashionable too at present, thank goodness—who never acquires the correct habit, but trains her own muscles to support her for life.

QUESTIONS AND ANSWERS.

Filthy Lucre. Some time since I read in the paper about a government expert finding the germs of smallpox, scarlet fever, measles and other diseases on paper money which had been in general circulation. Is there danger of these diseases being carried by paper money?

Answer—That must have been a dream perpetrated by some hard pressed correspondent. No one has yet isolated the germ of smallpox or of scarlet fever or measles though these diseases are probably germ diseases. Some of our treasury notes might show the description "filthy lucre," but there is no reason to believe that paper money, bank letters and the like ever convey disease. The actual carriers of disease are live persons, animals, insects.

Mad Dogs and Mad People.

How long after a person is bitten by a mad dog before symptoms of hydrophobia develop? If the dog is shot immediately, is the risk lessened?

Answer—If the dog happens to have rabies, the disease may appear in the person bitten in from a few days to several weeks, but usually in two or three weeks. Shooting the dog after he has inoculated his victim is a risky procedure. The dog should be confined for two weeks under the observation of a veterinarian, who will detect any signs of rabies. If the dog shows no signs of disease within the two weeks, there is nothing to be feared. If he does, then the victim should have the Pasteur treatment at once. If the dog is killed the head should be shipped immediately to the State Laboratory of Hygiene, Raleigh, for expert examination.

Suspect Tuberculosis—Be Examined.

What does a low blood pressure indicate? Answer—A low blood pressure is associated with a variety of conditions. The most important, however, are tuberculosis, underlying general debility from overwork, most of the acute infectious diseases, as scarlet fever, chronic tobacco poison, also depressed nervous conditions due to exhaustion, neurasthenia, venereal, hemorrhage, diabetes and dysentery.

Business Locals

FERTILIZERS—Meal, acid, soda lime, Ammoniated goods, fish scrap, blood and tankage. We handle everything in fertilizers and satisfy the trade. Attractive prices on acid for spring delivery. Drop us a line and we will quote you and call on you. T. T. COVINGTON & SON FAYETTEVILLE N. C.

Our wood subscribers will receive a hearty welcome just now.

Plenty of all kinds of kinds of blankets at the Index Office.

WANTED—10 first class mill foremen capable of handling colored labor efficiently. Good wages and a steady employment the year around on inside work for parties with proper qualifications. In reply address Superintendent Tallahassee Power Company Babin N. C.

REWARD—Lost, Strayed or Stolen all of our wood subscribers. A liberal reward will be paid for their capture and immediate return to Index Office 210 Green St.

Farmers Notice

We have just received two cars of the highest grade seed wheat which we are selling at actual cost to us.

This wheat was selected for us under the supervision of the U. S. Department of Agriculture and is the best for this section. So see this quick before it is all sold.

The Christian - Ewing Company

Fayetteville, N. C. Phone 304

Norfolk Southern Railroad

Published as information only and not guaranteed.

TRAIN LEAVES FAYETTEVILLE 8:00 A. M. Daily except Sunday for Raleigh and intermediate stations.

1:50 P. M. Daily except Sunday for Raleigh, connecting at Raleigh with through sleeper, leaving Raleigh at 9:20 P. M. for Wilson, Greenville, Norfolk, Va.

1:50 P. M. Sunday only for Raleigh and intermediate stations.

ARRIVE FAYETTEVILLE 11:20 A. M. Daily

4:50 P. M. Daily except Sunday

For information call on or write to

C. M. Beasley, Agent, Fayetteville, N. C.

W. J. Williams, C. A. Raleigh, N. C.

J. F. Dalton, G. P. A. Norfolk, Va.

Your Patriotic Duty

If you want your light to shine and give more light for less money, the farmers Aladdin lamp is what you need. It gives twice the light on half the oil.

Is better than Electricity or gas. More economical, reliable and enduring.

Most practical Most satisfactory Most efficient

Is soft, Bright and easy on weak eyes. No Noise, No Odor, Clean and Elegant.

Something you will be proud of in your home.

A postal card will bring it to you if addressed to

Evander Edge, Fayetteville, N. C.

DR. J. H. JUDD Dentist

Office Second Floor of New Building on Hay Street, Opposite Postoffice