

W. J. Powers

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Poor Health and Death Rate Made Less By Pure Air In the Homes.

King, June 19.

Mr. Editor :

In looking around us, we see so much sickness and death, we look and wonder what is the cause. If we can only find the cause, then we can find the cure. In most cases, it is breathing impure air. Yes, look into the matter carefully. "The breath that goes out from our lungs, contains 40 parts of carbonic acid in 1,000 parts of air." A candle or a lamp will go out in this air. Birds confined in it will die. Every breath that you send out in a room that is closed with no means of ventilation reduces the purity of the general supply of air. As you exhale impurities, they taint the air just like a little milk will a pail full of water. In an hour or two the air in the room will be decidedly lowered in its oxygen and the amount of carbonic acid increased. We must have plenty of oxygen to breathe if we want healthful bodies. Pure air is only one-fifth oxygen at best. When we sleep in poorly ventilated rooms, we breathe 10 times as much carbonic acid as nature intended we should. The amount of air actually consumed by an adult in 24 hours, is somewhere near 360 cubic feet, according to best authorities. If you were out of doors and used up this, it would have no effect on the purity of the general supply, as out of doors is so vast in its extent, and nature has arranged that vegetation should inhale the impure air, throw out and return it to the atmosphere pure again. Of course, no direct sickness will result from breathing this impure air. There will simply be a slight headache, lowered vitality, labored breathing, palpitation and a feeling that we are not fully refreshed. Physiology tells us it will in time, cause ill health and death. For perfect health, the air in the house should be as pure as out of doors every day and night of the year. Nothing else will do, then, we will breathe the kind of air the Creator intended for us to. We think it awful when we hear of some one committing suicide, but this is the very thing you are doing when you are sleeping in closed rooms; committing suicide by degrees and lots are killing their children, too, by having them to breathe this impure air. Open your windows wide at night, let the pure air rush in and the bad out and you will soon be strong and well and your children destined to be healthful men and women. If you are not used to sleeping with plenty of air coming in, I would advise when you begin do not sleep in a draught at first, but sleep where the draught will not strike you and it will not be long before you can sleep right where the wind and pure air can come flowing in on you and feel all the better. No danger taking cold or the baby the croup. Modern doctors have decided plenty of fresh air will cure pneumonia. Stop taking all kinds of medicines and ruining your stomachs by all kinds of drugs, go to nature and get well. Of course, doctors are a lot of help especially in acute disease, and we cannot value them sick at any time. But if we can learn to obey all of nature's laws and no accident come to us, we would undoubtedly live out our allotted time. "The Great White Plague," consumption, has been the cause of about one-seventh of all the deaths the world over and it is

a preventable disease; it is a house disease; it is a mainly caused by breathing impure and unwholesome air in buildings. This is an established fact. A person who has consumption and hasn't let it go too long can obtain a complete cure by simply living out of doors all the time, night and day, with reasonable attention to diet, exercise, etc. This has been done over and over in this country and across the ocean. This goes to prove the cause as stated above. A healthy person breathing plenty of pure air and living properly is in no danger whatever of these germs or any other kind, while most of diseases are caused by germs. Germs are waiting around to kill those who have too greatly violated nature's laws. Haven't you noticed how ill health is likely to culminate in spring time. People are very sick and die. One cause of this is the impure air of our homes, which we have been confined to during the winter and our vitality has been lowered and we are in a condition to take diseases and then we will receive our punishment for not obeying nature's laws. We may go on in our old ways burying our loved ones from time to time and call it a dispensation of providence and try to make ourselves believe the air in our homes is all right but that does not alter the facts. When we go out from our sleeping rooms in the morning and they smell as pure and fresh as it does out in the open air, then we will have a preventative for most of our sickness and this preventative is also a cure.

AUNT LUCILLE.

SANDY RIDGE ROUTE TWO.

Sandy Ridge Route 2, June 18.

—We are having plenty of rain in this section now, and crops are looking fairly well.

The annual "Children's Day" will be held at Mt. Hermon the third Sunday in July. Everybody cordially invited to attend.

Several people around here are aiming to attend the Sunday School convention at Sandy Ridge next Saturday.

Mrs. John Purgason has been right sick the past week, but is much better, we are glad to note.

Rev. Bob Hill, of Mayodan, will preach at Mt. Hermon the first Sunday in July.

We are glad to hear some talk of Stokes county having a fair this fall. We think it would be instructive and interesting to both old and young.

LEO.

STUART, VA.

Stuart Enterprise.

R. W. George and son will close down their flouring mill this week for more up-to-date machinery. They have also just completed their new storage house near their mill.

A. M. Scales, contractor, has laid the foundation of the jailor's new residences at this place.

The wheat crop is reported good and will be in the shock by last of next week. Corn, oats and tobacco are doing well.

Mrs. Jennie Moir, of Francisco, N. C., who has been visiting Mrs. Dr. R. S. Martin for the past six weeks, returned home Friday, accompanied by her sister, Mrs. Sallie Hubbard and Miss Mamie Wooding, of Pittsylvania county.

Messrs. W. H. Lackey and H. H. Young, of Hartman, were here Monday.

THE TORCH OF INCENDIARISM.

Barn and Two Fine Mules Of Mr. Dee Smith Burned By Moonshiners Near Watkinville—Attempt Made To Fire Dwelling.

News reached here Saturday of the burning of the feed barn and two mules, besides a quantity of feed and other property, belonging to Mr. Dee Smith, near Watkinville, Friday night. Every indication points to the fact that the fire was incendiary, as an attempt was also made to burn Mr. Smith's dwelling, in which he with his family, were sleeping. Straw was scattered around the house and set on fire, which was discovered in time to prevent the ignition of the building.

It is reported that Mr. Smith, who is an honorable and law-abiding citizen, recently incurred the resentment of the moonshiners living in his community by harboring officers of the law, and that the damage to his property was an overt act of revenge on the part of the illicit stillers.

GERMANTON ROUTE ONE.

Germanton Route 1, June 19.—Messrs Dock and Ollie Boyles, of Winston-Salem, visited their parents last Saturday and Sunday. Come again, we are always glad to see you come.

Mr. W. E. Boyles called on his best girl Sunday.

Mr. S. D. Bennett has been on the sick list for some time; glad to note he is improving. Hope he will soon recover.

Miss Claudia Johnson visited Misses Cora and Lula Sunday. Guess they had a nice time. Come again, Claudia, we enjoy your company.

Well, the people in this community are about done harvesting wheat and rye and are now killing crabgrass.

Hello, Miss Bettie, how did you enjoy the footwashing. Alright, I guess.

Well, we have changed our Sunday School from 9 o'clock to 3 o'clock in the evening. Think it will give the girls a better chance to come. Now, girls, come, you have no excuse to stay at home, only to chat your fellow, so come and bring him with you and help us along as Sunday School is a grand place to take the stand for Christ, as our good old Supt. tells us how we should do. So now come, boys and girls, and join in with our happy little band of Sunday School workers.

KATIE.

KING ROUTE ONE.

King Route 1, June 19.—The farmers are very busy harvesting their wheat. They say their wheat is not so good.

Now, a word please in reply to Mr. "Butter Bean Blossom." I called you Mr., but I believe you are a Miss. You call yourself a blossom, but nobody but a cross-eyed person will say you are half that pretty. If you are any kind of a blossom, you are a cowslip blossom. Come again, and tell us some more about Walter Kiser kissing his girl and her knocking his nose to one side. He says he had rather kiss the slop bucket than to kiss "Butter Bean Blossom." I think that he can marry where they won't give you your breakfast. I guess you are in practice reading notices by this time. Ha! ha!

Mr. Walter George, of Francisco Route 2, was in town last Friday.

Letter From a Stokes Boy In Kibler, Va.

Kibler, Va., June 18.

Mr. Editor :

I will write a few lines to your honorable paper, as I have not seen any letters from here.

Fruit growing and sawmilling is the chief industry in this section, as the land is rough and steep. It is well adapted to grass and cattle raising.

The Dan Valley Lumber Company is fixing for a large business. Mr. Mack Pedigo has undertaken a large job of sawing.

This is a green country up here, the land is covered with a thick coat of green verdure from the water edge to the mountain top and on the mountain side are forests of chestnut, chestnut oak, water oak, bass, lynn and many others that make fine sawmill timber.

This country abounds with salable herbs.

The people up here are very different to the people of Walnut Cove, my former home.

They talk of building a new grist mill in this place. It is needed very badly.

It is very delightful to roam over the mountain, for anybody not used to them.

In the case of Clements, cutting John Wetherman, Clements was bound over to last week under a 250,000 bond.

I like the country here mighty well, it is very thin settled. They are making some improvements on their roads in this section.

You all ought to come up to the wedding next Sunday, I think he called his last time last Sunday night. Hope a large crowd will be present.

You all don't know how I enjoy reading the columns of your paper and hearing from my friends and old acquaintances.

If this escapes the waste basket, I will come again some time later. I think the paper is making steady improvements every issue.

STOKES COUNTY BOY.

VADE MECUM ROUTE ONE.

Vade Mecum Route 1, June 17.

—We have had a wonderfully good season. I think every farmer has finished planting tobacco in this section. I think there is as large a crop planted in this section as has been for many years.

Mr. T. J. Thore planted one row of tobacco which took 6 thousand plants to set, under which he used about 1,000 pounds of guano special.

The farmers are all in a strain trying to save their grain and the grass growing in the tobacco and corn. So get up and hustle, fight the grass while the sun shines.

Mr. J. R. Morefield is coming to clean the deck threshing this season, as he has ordered a new separator and gasoline engine. So look, out boys, he is coming down the road.

J. J. J.

Fire Destroys Sawmill and Lumber Plant of Lackey & Young.

The sawmill and lumber plant of Messrs. Lackey & Young, near Hartman, were destroyed by fire Thursday night. Only the carriage of the machine was saved. The engine was demolished, and a large quantity of lumber burned. The loss is placed at about \$1,600 with no insurance. The fire originated in the dry kiln.

Much sympathy is expressed for the unfortunate young men, who had by hard work and honest dealings built up a good business.

DEATH OF MRS. SAM TUTTLE.

She Passed Away At Greensboro Friday Night at Typhoid Fever—Interment At Meadows Sunday.

After an illness of only a few days Mrs. Sam Tuttle died Friday night at Greensboro of typhoid fever. The remains were shipped to relatives at Meadows, this county, Saturday afternoon, where the interment took place Sunday evening attended by a large crowd of relatives and friends.

Mrs. Tuttle, who was formerly Miss Josie Sands, daughter of Mr. and Mrs. P. W. Sands, of Meadows, was quite a young woman, and her untimely death is deplored by a large circle of friends. She had been married to Mr. Tuttle only about a year. They had lived at Greensboro several months.

GERMANTON ROUTE ONE.

Germanton Route 1, June 19.

Mr. Editor :

If you will allow me a little space in your paper, I will throw in a little of my gab.

The farmers of this section are busy now, cutting wheat, planting tobacco, etc. I think the farmers are missing it, by planting so much tobacco.

Old Aunt Nancy Boles, who died Saturday the 17th inst., was buried at Friendship church on Sunday at 3 o'clock p. m. Her age was 99 years, 11 months, and 26 days. She was a fine old lady, and was loved and respected by all who knew her.

Mr. Sales Ferguson has been looking rather sad for the past three or four weeks, as he got his license for a certain girl, and she went back on him. Cheer up, Mr. Sales, I guess she will be alright in a few days.

Miss Ola Allen is all smiles this week, as Mr. Cary Darnell called on her Sunday.

Look out, girls, Messrs. Chester Ferguson and Walter Terry are going to take a flying trip down about the Cove next fourth Sunday.

Mr. J. F. Boyles went to see his girl Sunday and came back sick. Wonder what is the trouble?

Mr. Coy Bennett and Miss May Bell Smith took a flying trip to Mt. Olive last Sunday week and as they came back through the great city of Mountain View, they didn't see a single house. Wonder what was attracting their attention.

DAD'S BEST BOY.

Editor Webster Improving.

says: "The paralysis, which affects his right arm, leg and vocal organs, is gradually yielding to treatment and he hopes to be out soon. This statement should perhaps be made by way of correcting the erroneous impression abroad that the editor's condition has been serious."

HOW'S THIS?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. Cheney & Co., Toledo, O.

We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

WALDING, KISSAN & MARVIN, Wholesale Druggists, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists.

Take Hall's Family Pills for constipation.

PETER'S CREEK, VA., ROUTE ONE.

Peter's Creek, Va., Route 1, June 19.

Mr. Editor :

I am very anxious that we should have a good turnout at our old soldiers meeting and as Saturday is generally a leisure day with most people, I have decided to change the date of our meeting from the 7th day of August to Saturday the 12th. I hope the people will pardon me for trying to organize the old veterans of Stokes as I think it is somebody's duty and it ought to have been done long ago, however, I hope it is not too late yet. As there is a goodly number of them still living and most of the people of Stokes are Confederate soldiers and the descendants of soldiers and I can see no reason why we should not have a good turnout of the old soldiers and people generally and I want everybody, both ladies and gentlemen, who feel an interest in the soldiers to come out on that day and bring a nice basket of something to eat for themselves and soldiers and I hope the soldiers of Stokes will interest themselves sufficient to all come out and let us have a good old time. I hope some good speaker will do us the kindness to meet us there and make us a good speech suitable to the occasion. I also hope the people of Danbury will do us the kindness to make some arrangements for a table and anything else they feel like doing, for a few more years and we will all have answered the last roll call.

Respectfully,
J. A. LEAKE.

PINNACLE.

Pinnacle, June 20.—Mr. Dock Boyles came to see Mr. Luther Wall Sunday and left him a nice coat. Come again, Uncle Dock, and finish out the suit.

Misses Genie and Emma Boyles visited Miss Minnie Boles Sunday.

Mrs. Fulp and Mrs. Nettie Boyles visited their mother Sunday, who is very feeble.

A large crowd went from Pinnacle to King Sunday evening to a singing concert. I think from all accounts, they enjoyed it fine.

Sale Of Malt Stopped.

An order has been issued by the city authorities of Winston forbidding the sale of "malt extract," "beerine," "lagerine" and such beverages without beer license. The license fixed for the privilege of selling these drinks, all of which are nothing short of malt, is fixed at \$1,000. This will effect the drug stores as well as many small grocery stores.

A GUARANTEED CURE FOR PILES.

Itching, Blind, Bleeding or Protruding Piles. Druggists refund money if Pazo Ointment fails to cure any case, no matter of how long standing, in 6 to 14 days. First application gives ease and rest. 50c. If your druggist hasn't it send 50c in stamps and it will be forwarded post-paid by Paris Medicine Co., St. Louis, Mo.

Take Notice.

Chapter 318 of the Public Laws of North Carolina, ratified Feb. 28, 1901, and Chapter 616 of the Public Laws of North Carolina, ratified March 9, 1903, protect Telephone lines from injury, and make it a misdemeanor for any person to carelessly or negligently cut or fell any tree or limb or branch therefrom in such a manner as to cause any injury to line or poles, or to cut, tear down or destroy, or in any way render unfit for the transmission of messages any part of the wire of a telephone line.

People living along telephone lines might save themselves trouble by bearing the above in mind.