

LOOK OUT FOR PNEUMONIA

"DOG-KILLER" SOUNDS A WARNING AGAINST THE GREAT DESTROYER -- SOME SIMPLE RULES THAT MAY SAVE YOUR LIFE.

Editor Reporter:

As there is much pneumonia in the country just now, I wish to offer a few remarks for the consideration of your readers.

Pneumonia is a dreadful disease, but perhaps nine tenths of all the cases we have could be prevented if the people would take the proper precaution to avoid the disease. The fact that this disease occurs more often during the winter than in the warmer months suggests to me the cause of the disease, and also points out the best means for its prevention and cure.

Is it because the weather is colder that pneumonia is more prevalent in winter than in the warmer months? No, not necessarily so, but the cause lies in the fact that the people house up, and stay in closed and badly ventilated rooms more in cold weather than they do in warm weather. In warm weather they are in the open air more, and keep their doors and windows open, and hence their blood and lung-substance do not get poisoned by breathing vitiated and deoxygenated air. I know that it is held by some that pneumonia is caused by a germ, and, possibly the claim may be true. But I am inclined to believe that if germs have anything to do with pneumonia, they act only as an exciting cause, and are not the real or primary cause of the disease, but depend on the fundamental or real cause for their existence; and I believe that this cause is only a vitiated and deoxygenated condition of the blood and lung-substance, and whenever it is lodged in the lungs, furnishing, as it does, a kind of hot-bed or breeding-ground for germs, they find a footing and begin to multiply and do their work, and perhaps bring about that condition of the lungs we call "pneumonia;" so-called disease germs are nature's scavengers; and while some of them are small microscopic plants and are almost everywhere there is filth, I do not think pneumonia germs can do us any harm unless our lungs get loaded with vitiated, deoxygenated or deoxygenized air.

But when the lungs do become so charged with this vitiated matter, these little germs or scavengers find a sure, and out their roots or feeders into the lung-substance in search of the filthy stuff as their natural food, and in doing this perhaps they rupture, displace, and have means to do in bringing about the inflation, inflammation and organic changes characteristic of pneumonia. Now if pneumonia germs cannot find a footing or vantage ground in our lungs until the lungs first get loaded with vitiated matter, how important it becomes that we keep our lungs clean. How, then, can we keep them clean? By constant washing them as it were with draughts of pure deoxygenated air. And nothing is so simple as to do this.

Life, or well ventilated air, should breathe of the oxygen-giving life-giving air. And nothing is so simple as to do this.

about as necessary to empty every nook and corner of the lungs of all their stagnant or vitiated air as it is to breathe in a full supply of vital or oxygenated air. Oxygen is the vital or respirable part of the common atmospheric air, and when the common atmospheric air has lost its oxygen, it is no longer fit to breathe. And now, reader, here is a point I wish to impress with all the force I can: When you keep your rooms closed up tightly you soon breathe up or consume all the oxygen the air in the room contains, and not only so, but you soon load this already deoxygenated air with the carbonic acid gas and filthy exhalations you send out from the lungs and other parts of the body; and unless the ventilation or air movement of the room is sufficient to bring in plenty of fresh or oxygenated air and sweep out the deoxygenated and vitiated air, the lungs soon become congested or loaded with the foul stuff, and furnish a breeding-ground for germs, which can find a footing only under such conditions. The air in the room having been exhausted of its oxygen, there can be only imperfect combustion of the carbonaceous elements of our food, the animal heat is lowered and we feel cold and chilly. When these conditions are established, look out for pneumonia.

There are other things I wanted to have said about fresh air, but as my letter is already too long, I will stop now and write again.

D. K.

KING ROUTE 2.

King Route 2, Jan. 27—Rev. J. W. Stricker filed his regular appointment at Chestnut Grove today. He preached a very interesting sermon. There was a very large crowd not considering the day. Mr. Andy Voss has been teaching a singing there and we think he has a good choir. We noticed a great improvement in their singing at that place. He is also the teacher at Oak Grove and will sing there the second and third days in February. The Chestnut Grove has a special invitation to come and be with us. Oak Grove Literary Society met on Jan. 25th in regular order and taken up the subject, Resolved, That Tobacco Is a Greater Evil Than Strong Drink. The subject was interesting on both sides after which the judges rendered a verdict in favor of the negative. Mr. W. L. Smith proposes to reverse the statement of the subject, Resolved, That Strong Drink Is a Greater Evil Than Tobacco. He proposes to speak against any one man in the county on this subject and he, Mr. Smith, is to take the negative. Mr. Smith has the audacity to challenge the Oak Grove Literary Society on the same subject, and if no one else accepts, the Oak Grove is going to accept his challenge.

The Oak Grove Literary Society has changed the time of debating from Friday night to Saturday night. The subject for February 2 is Resolved, That Commission Of Crime Is Worse Than Omission Of Duty. The subject for Feb. 9 is, Resolved, That the South Was Justifiable in Seceding From the Union. The Oak Grove Literary Society makes a debate public and every one is invited to come out and take part in the discussion.

SMART ALEX.

Fresh Milch Cows For Sale. On hand several fresh cows for sale. J. R. SMITH, Out Cove Route 3.

DEATH OF RAY MARTIN.

Was the Son of Mr. W. C. Martin, of Moore's Springs—An Excellent Young Man.

Ray, the 15-year-old son of Mr. William C. Martin, of Moore's Springs, died suddenly of heart disease at the home of his father about 3 o'clock Saturday morning. He was said to be an excellent young man. He burned a plant bed all day on Friday. Some time in the night he became ill, and Mr. Nube Lankford, who lives near by, was sent after Dr. McCanless at Danbury. When the doctor arrived the young man was dead.

Universal sympathy is expressed for the unfortunate father, whose cup of bad luck seems to be full. On the first page of this paper appears an account of his runaway a few days since in which he sustained injuries that it is feared will result in the loss of his foot. Only a few months ago he lost a fine mule, worth about \$200.00. And now comes the greatest loss of all, his boy, who was a great help to him with his farm.

Death of Mr. Joseph Hutchens.

Mr. Joseph Hutchens, of Campbell Route 1, died at his home last week of consumption, after a lingering illness. Mr. Hutchens was a member of the North View Primitive Baptist Church, and was a man highly respected by his neighbors for his integrity and high sense of honor. He was the father of Mr. T. Hutchens, of Madison.

Mr. Geo. Isom, who died last week, carried life insurance for \$1,000.00.

MARION HARLAND.

The celebrated authoress, so highly esteemed by the women of America, says on page 103 and 445 of her popular work, "Eve's Daughters; or, Common Sense for Maid, Wife and Mother." "For the aching back—should it be slow in recovering its normal strength—an Alcock's Plaster is an excellent comforter, combining the sensation of the sustained pressure of a strong warm hand with certain tonic qualities developed in the wearing. It should be kept over the seat of uneasiness for several days—in obstinate cases, for perhaps a fortnight."

"For pain in the back wear an Alcock's Plaster constantly, renewing as it wears off. This is an invaluable support when the weight on the small of the back becomes heavy and the aching incessant."

Mr. J. N. Lasley, of Walnut Cove Route 3, was here Tuesday. Mr. Lasley is one of our county's best citizens.

Mrs. Wm. Beasley died at Big Creek last week.

N. W. Norfolk & Western R.R.

SCHEDULE IN EFFECT JAN 6, 1907

Daily Ex. Sun.	Daily Ex. Sun.
P. M. A. M.	P. M. P. M.
2:50 7:30 Lv. Winston	2:00 10:00
3:28 8:13 " " Wal. Cove	1:21 9:20
5:09 9:59 " " Martins	11:45 7:49
7:25 12:39 " " Roanoke Lv	9:20 5:15
P. M. P. M.	A. M. P. M.

WESTERN LEAVE ROANOKE DAILY.

6:00 a.m. For East Bedford, Bluefield, Tazewell and Norton. Pullman Sleeper to Bluefield, Roanoke, etc.

6:00 a.m. (Washington and Chattanooga Limited) For Roanoke, Bluefield, Bristol and the South. Pullman Sleeper to New Orleans and Memphis. No car for Bluefield. Pullman Sleeper, for Bluefield, Roanoke, Knoxville, Cincinnati, St. Louis, Kansas City, Chicago, St. Paul, Pullman Buffet Sleepers to Columbus and Bluefield.

7:00 a.m. For Bluefield intermediate stations.

1:45 p.m. For Bluefield intermediate stations.

1:50 p.m. Daily For Bristol and Intermediate stations. Knoxville, Chattanooga and points South. Pullman's extra Knoxville.

3:00 p.m. For Bluefield intermediate stations. Pullman's extra to Bluefield.

4:00 p.m. For Bluefield intermediate stations.

4:30 p.m. Daily For Roanoke and Norfolk. Pullman Sleeper to Norfolk and Richmond. Pullman Buffet Sleepers to New York, Philadelphia, Baltimore, Washington, Philadelphia and New York.

6:45 p.m. For Bluefield intermediate stations.

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