

THE LONELINESS CAUSED BY BAD ROADS.

It may be said that bad roads mean the non development to the fullest extent of religious and educational activities; they mean loneliness on the farm, and loneliness is one of the impelling forces driving people from country to city life. It is not possible to retain upon the farm either the young people or more active laborers so much needed in farm work, so long as bad roads make easy transportation back and forth an impossibility. While I cannot vouch for its accuracy, it has often been claimed that the loneliness of the country results in more insanity among farmers' wives in proportion to the total number than is to be found in any other class of people. Whether this after repeated statement is correct or not, I can readily imagine that there may be some truth in it. The men are free to move around, and meet each other at country stores or engage in outside pursuits which furnish some diversions. The farmer's wife in a country of bad roads has little or no diversion; it is almost impossible during a large part of the year for her to visit friends or attend church, and no wonder the monotony of a life where bad roads produce these results hangs like a pall over her.—From Address of R. H. Edmonds, Editor of the Manufacturers' Record.

TYPHOID FEVER—A PREVENT- ABLE DISEASE.

A Typhoid Epidemic is a Disgrace to the Community in Which It Occurs—Why Not Clean Up the Country and Get Rid of This Deadly Disease?

Louis Pasteur, a French Chemist, is the man of all others to whom the civilized world owes its health and its absolute certainty that the great epidemic diseases of the past can not recur. It was Pasteur who discovered the bacterial origin of disease, or the "germ theory," as it is popularly called. But for him, typhoid fever would in all probability still be looked upon as a scourge of God instead of, as now, a disgrace to the community which harbors it.

Since the establishment of the germ theory of disease the subject has been investigated by scientists, has been carefully studied by physicians, has been considered and acted upon by State and municipal boards of health. The conservation of the health of the towns and cities by stamping out disease has been the topic of discussion of business men's leagues, civic improvement societies, women's clubs, public schools, not forgetting the splendid campaign for health that has been carried on by the ministers of the Gospel all over the land.

WHERE THE COUNTRY IS BEHIND THE TOWNS.

But what of the country? All

this organized and individual effort has spent itself upon the city or town and today we still witness the spectacle of a rural population, in the main unorganized, unprotected and in many instances uninformed, an easy mark to epidemics of disease.

In these organized, well regulated cities and towns we find a protected water supply, and sanitary disposal of sewerage. We observe barns and stables carefully guarded to insure against breeding places for flies. We note that the garbage is carefully and effectively disposed of, that the swamps and other breeding places of the mosquito are effectively drained. All this precaution, the result of organized effort for better health conditions.

How is it in the country? There we frequently find the open well, located in many instances without regard to drainage, surface water or filth contamination. We observe open privy vaults, possibly containing disease germs, systematically neglected, offering a loathsome rendezvous for flies, as well as a source of filth in the food supply of many of the farm animals. Or we some times find even worse conditions; a farmhouse unprovided with any sort of out-house. Statistics more or less reliable, have been collected which give us the startling information that fully 40 per cent of our Southern farmhouses have no provision for the disposal of human excreta.

We observe further that in this

rural community there is no arrangement for the systematic disposal of garbage; that masses of waste and debris remain month in and month out, offering a harbor as well as a source of food supply to insects and other household pests. About the premises are marshy places, stagnant pools, undrained ditches which offer breeding spots for the fateful mosquito.

This is not the picture the poets and novelists have given us of the country, am well aware. They have given us an ideal, and it is the work of the intelligent farm man and woman to make the ideal a reality.

TWO COUNTRY DISEASES WE MUST STAMP OUT.

For the country to rid itself of two of its most deadly foes, typhoid fever and malaria, will require years of steady determined effort. It will require a "long pull, a strong pull and a pull altogether." It is practically possible to stamp out these two diseases commonly known as "country diseases," within a few years, but it will mean a steady, patient, intelligent campaign for clean, wholesome, sanitary surroundings about every farm house.

Typhoid fever is a disease of the intestines. The germs from a typhoid-infected person, unless promptly treated with a disinfectant, are a source of immediate and certain danger to every member of the family. Typhoid is one of the most loathsome of diseases. It is essentially a filth

disease. The untreated excreta from a typhoid patient, if thrown into an open vault or upon the ground, may be carried by flies to the food, thus promptly spreading contagion to the inmates of the home, or the germs may be washed by the summer rains to the well, where they may live for years, causing a constant menace to the health of the family. Flies are the recognized carriers, because of their habits and because of their presence in the homes. Typhoid is one of the recognized preventable diseases. Destroy or abolish the source of infection and the spread of the disease is stopped at once. This means that milk, water, food, must be kept untainted and the dangerous household must be kept out of all the places of human habitation.

THE TYPHOID PATIENT'S DIET.

A physician told me some time ago that when treating a case of typhoid fever the problem of the fever itself was not nearly so serious as the control of the diet of the convalescing patient; that he lost more cases of typhoid after the fever was broken, from unwise feeding on the part of the caretaker than from the disease in itself. Absolute obedience to the prescribed diet as given by the physician is the only safe rule for the home nurse to follow. When the care-taker understands fully the nature of the disease, the irritate, inflamed condition of the lining of the intestine, she will readily recognize the value of the doctor's injunction to feed only liquid food. The presence of a bit of biscuit, cracker, a grain of rice, has more than once been followed by a relapse oftentimes fatal to a typhoid patient.

The daily bath should be a part of the nursing regime in all illness, and most especially should this be observed in typhoid fever. The human skin is a complicated net, whose meshes must be kept open and unclogged in order that through them the body may throw off its impure secretion. The cold sponge bath also to reduce the temperature of the typhoid patient, is the most frequent means employed, and may be successfully performed by the intelligent, moves and avoids everything that irritate the patient.

In this day, when it is possible to prevent absolutely the spread of this disease, the constant recurrence of an epidemic of typhoid fever in our homes and communities indicate gross neglect on the part of some one.

Miss Mary Taylor spent Thursday night with friends at Piedmont.

**TRIED REMEDY
FOR THE GRIP.**



**PE-RU-NA
FOR
COUGHS,
COLDS**

THIS LADY'S GOOD APPETITE

**Mrs. Hansen, in a Letter From
Mobile, Tells How She Gained It.**

Mobile, Ala.—"I suffered for seven years, with womanly trouble," writes Mrs. Sigurd Hansen in a letter from this city. "I felt weak and always had a headache and was always going to the doctor. At last I was operated on, and felt better, but soon I had the same trouble.

My husband asked me to try Cardui. I felt better after the first bottle, and now, I have a good appetite and sleep well. I feel fine, and the doctor tells me I am looking better than he ever saw me."

If you are sick and miserable, and suffer from any of the pains due to womanly trouble—try Cardui.

Cardui is successful because it is composed of ingredients that have been found to act curatively on the womanly constitution.

For more than fifty years, it has been used by women of all ages, with great success. Try it. Your druggist sells it.

N. B.—Write to: Ladies' Advisory Dept., Chattanooga Medicine Co., Chattanooga, Tenn., for Special Instructions, and 64-page book, "Home Treatment of Women," sent in plain wrapper, on request.

MADISON ROUTE THREE.

News and Personals From the Eastern Section of the County.

Madison Route 3, June 13.—Miss Susie Johnson, of Madison, is visiting relatives on Route 3 this week.

Mr. and Mrs. J. W. Wall and son, Master Jesse, are at home after a stay of two years in Idaho.

Master Nicholas Wall is on the sick list this week.

Misses Susie Johnson, Ida Lee, Ruth and Bertie Wall spent the day with Miss Mary Joyce Monday.

Misses Virginia Smith, of Madison; Nona Hamlin, of Leaksville; Messrs. Robert Chambers and Arthur Nickols, of Madison, visited Miss Effie Blackwell Saturday.

Mr. Walter Blackwell, of Pine Hall, is indisposed this week.

Misses Mary Joyce, Ruth Wall, and Annie McAnally visited Miss Lillie Sharp Saturday and Sunday.

Mr. Joe Blackwell, of Pine Hall, visited relatives on Wall's street Saturday and Sunday.

We think wedding bells will soon ring on Wall's street.

Rev. A. R. Berkley has changed his appointment at Knoll Hurst from 2:15 to 1:30.

Mr. and Mrs. Pleasant Cox spent Saturday with loved ones on Wall's street.

There will be Children's Day services at the Methodist church at Pine Hall Sunday night.

Mrs. G. F. Daniel has been suffering with neuralgia very much, we are very sorry to note.

Miss Mae Wall, who has been clerking at Wall & Cardwell's at

Madison, will return home Friday to spend her vacation.

Miss Hester Wall has been visiting Mrs. A. W. Webster, of Madison, the past week.

Mr. G. F. Daniel paid Mr. and Mrs. R. N. Wall a visit Sunday afternoon.

There was a finch party given at the home of Mr. and Mrs. R. N. Wall Saturday night.

Master Malcolm Wall and Arthur Sharp gave an icecream supper Saturday night at the home of Mr. Jeff Sharp.

Mrs. J. M. Reynolds was in Madison Tuesday shopping.

We are glad to note that Mrs. Sam Wall is improving.

Mr. and Mrs. Jesse Wall visited Mr. and Mrs. R. N. Wall, Saturday and Sunday.

Mrs. Lucy Southern is on the sick list.

The farmers are about half through planting tobacco in this section.

Wheat harvest will soon be here.

A crowd gathered at Mr. June Yates' Sunday to eat cherries.

We hear no sign of the locust in this country these days.

CHUMS.

Messrs. Joseph Martin and Wm. Martin, two Meadows farmers, spent a short while in town Friday.

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, KINNAN & 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.

Mr. J. A. Whitten, of Walnut Cove, has assumed charge of the R. P. Joyce Piedmont Transfer line at the Piedmont end.

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