Doctor Says Keeping Fit Is a Duty to One's Country

ONE DUTY we can all perform for the country in this hour of stress and responsibility is for each of us to keep in as good physi-cal shape as possible. You can't tell nowadays when you'll need

Dr. Clendening will answer questions of general interest only, and then only through his column.

that reserve energy to do an extra jeb in a hurry without warning or preparation.

I don't join with the scare heads that have been thrown at us. I think we are a good deal healthier than we have been told we are, but we can all do something to improve our physical fitness.

Get some exercise every daythe younger you are, the more you should get. Keep the legs and the wind in condition. Get back some strength in your arms. You may have to carry a rifle twenty miles one of these fine days. We've been told by some people

in authority that half of us Americans are in a state of semi-starvation, but in my opinion most of us eat too much. Let's go at it more moderately. Get trimmed down so our hearts don't have to carry so much extra weight.

It will leave some food for our allies in other countries and at the same time improve our own state of bodily preparedness. Eat the balanced foods, with enough vitamins-milk, eggs, vegetables and some fruit once a day. Meat at least twice a week (it contains more Vitamin B than any other food).

Cut Out Overindulgence

Those who indulge in alcohol or tobacco would be patriotic to re-duce the quota. The climate of North America is a very bad one for drinking. We are told by au-thorities that we live in the most high pressure area on earth-the area where climatic conditions conduce to the greatest amount of physical and mental activity. We also live in the area where

nature has provided such bounty that we get the greatest reward for our labor. The combination makes for a ; ate of mind and body for the average man that if he starts stimulating himself artificially, he is ry likely to overdo it. With liquo, and tobacco, those of us who indulge at all can practically reduce our consumption by one-half for the liquor and a quarter for the tobacco.

EDITOR'S NOTE: Dr. Clendening has reven pamphiets which can be obtained by readers. Each pamphiet sells for 10 cents, For any one pamphiet desired, send 10 cruts in coin, and a self-addressed envelope stamped with a three-cent stamp, to Dr. Lotan Chudening, in care of this paper. The pamphiets are: "Three Weeks' Reduc-ing Diet", "Indiraction and Constitution", "Eclucing and Gaining", "Infant Feed-but", "Instructions for the Treatment of Datastes", "Feminine Hyperne" and "The Care of the Hair and Shin".

Lower Death Rate of Married Folks Kills an Ancient Joke

By LOGAN CLENDENING, M. D. | and 1 per cent for the widowed were attributed to alcoholism, while for the married, there was I HATE TO be in on the death of a joke, and there is nothing that kills a good joke as quickly only a little more than 1/2 of 1 per cent. as the sober-sided demonstration that it is literally true. The rea-son the "Why does a chicken cross the road?" joke is going to be Accidents More Frequent Accidents appear to happen more often to people living alone

eternally good (of course, it's a Dr. Clendening will answer questions of general interest only, and then only through his column.

little stale to you, but that crawl er of two on the floor is going to et a big kick out of it about fo years from now) is that nobody is ever going to know whether the chicken really crosses the road to get on the other side or whether he has some ulterior mystical motive in his ornothological psychology.

By LOGAN CLENDENING, M. D. Of course this advice must be administered with some common sense. We are not all the same age and we haven't the same capabilities. We can't all take the amount of exercise that would condition a person for a tennis championship or a prize fight.

Each Person Different

There are 140,000,000 of us and since the finger print pattern of each one is different, it's a reasonable assumption that the muscle fibers of our arms and legs are not all exactly the same in tone and an exactly the same in tone and endurance. You are a good judge of yourself. If exercise makes you feel good, take plenty of it. If you're over fifty and a little exercise makes you feel good, take a little more. If it doesn't make you feel good, stop it and don't have it on your conscience.

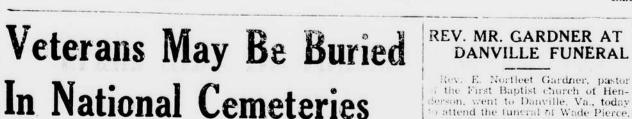
Get plenty of sleep or rest if you think you need that more than exercise. In this high power climate it's quite possible we should imitate our good neighbors in the tropics and take a siesta after lunch.

Remember that it has been said on good authority, "The United States is the healthiest large nation in the world." Such a cool organization as the Metropolitan Life Insurance Company writes Such have been the successes of modern medicine and public health in the past few decades, that the results have exceeded even the most sanguine expectation of the leaders in the field." The leaders in the field-not the scaremongers.

QUESTIONS AND ANSWERS M. C. A.: "Will low blood pres-

sure cause severe headache and eye pain? Will it lead to other serious ailments if not corrected?" Answer: Low blood pressure oc-

curs in many states of lowered general nutrition and might well be accompanied by headache and eye pain. Correction of low blood pressure depends upon the cause. It may be undernourishment, tuberculosis, diabetes, and it may be neurasthenia.



Quartermaster Corps deceased is white or colored. The Veterans' Administration has con-Outlines Procedure to tracts with undertakers in each city

Jesus taught his apostles "Blessed are

they that mourn, for they shall be com-

forted

be Followed in Making Application for Lot in Final Gathering Places.

the service. Expenses for clothing, Atlanta, Feb. 20.-Dotted here and there over these United States tery is paid by the Veterans' Adare park-like spots, studded with flowers and shrubbing and kept

belutiful by perpetual care, where the veterans of Uncle Sam's fighting forces may gather at long last. death to the national cemetery, ar-rangements will be made by the They are the national cometeries and any veteran of the armed forces

who has been nonorably discharged | at the time the superintendent is is entitled to burial there, Colonel first contacted. Desires of the family Jam.s R. Alfonte, fourth corps area such as religious rites, will be grantquartermaster, announced today. ed insofar as possible.

With this announcement was an outline of the procedure to be taken by the relatives or friends of the diceased veteran to gain permission for his burial in these cemeteries Uncle Sam provides for hi

soldiers, sailors and marines. To g in such permission, the family must take the deceased yet eran's discharge-and it must be an

honorable discharge-to the superintendent of the national cemetary. The superintendent then wires the quartermaster general in Washing-

The Henderson high school band ton, for verification of all informawill go to Roleigh on March 27 to tion contained in the discharge. If compete in district elimination the information is found o be correct. events of the state music contsets the quartermaster general wires the the quartermaster general wires the superintendent the verification and April to the state contests if quali-been. permission for the burial, A lot is fied at Raleigh, members of the then assigned and arrangements Band Boosters club were told last made for the interment, including night at a meeting at the high school. the date and hour of the funeral. Problems of transportation of the This procedure usually requires band have been intensified by the about 24 hours

about 24 hours. The family or friends then arrange the services desired in such moment that the body will arrive at the band members should go by bus.

to attend the functal of Wade Pierce, husband of his half-sister, who died Thursday at his home there. Funeral services were held today. Mr. Gardner was returning home from Dallas, Texas, when he received the message of Mr. Pierce's where a national cemetery is locat-.d. If touching up service is necessary, this is furnished in addition

He further taught them, "Blessed are

the merciful, for they shall obtain

mercy.

death. He had been to the annual meeting in Dallas of the Relief and Annuity Board of the Southern Baptist Convention, of which he is member representing North Carolina

DANVILLE FUNERAL

Scripture-Mark 3:13-19; Matt. 5-7; Luke 6:12-49.

Master; for they shall be called the

children of God.

Proposed Civilian Defense Reorganization Pigeon-Holed

(Continued from Page One)

from State Collige and the Department of Conservation and Developmont. Many months later, when war finally arrived, Johnson told a meeting here that only about half the counties had been organized. In most of them, although the director did not say it, the organization had not accomplished anything.

S ce the declaration of war John on and his assistants have really v sked. But their efforts, acording to criticism reaching Raleigh from all over state, have not been very effective. There has been a lot if running around in circles, duplications of effort, misunderstanding of what is to be done and who is to do it.

vately of being ineffective. Some of good works, and glorify your Father that criticism emanated from mem- who is in heaven.") bers of his own council. Some from the people working under him. That is the sort of organization it has



PAGE FUEN

Seek ve first the kingdom of God, and His right (GOLDEN TEXT-Matt. 5 16)



Jesus Appoints and Teaches the Twelve

Jesus appoints the twelve

"Even so let your light shine before men; that they may see your good works, and glorify your Father who is in heaven."-Matt. 5:16.

By NEWMAN CAMPBELL | "Blessed are the peace makers; for (The International Uniform Les- they shall be called the children of

cations of effort, misunderstanding of what is to be done and who is to do it. Johnson has been under fire. He has been accused publicly and pri-ters to be done and who is to a first station on the above topic for Feb. 22 is Mark 3:13-19; Matt. 5-7; Luke 5:12-49, the Golden Text being Matt. 5:16, "Even so let your light shine before ment that they may see your Blest Are Happy.

To be blessed is to be happy, to be prosperous, not in the worldly sense, but in the true sense. Noth-

After healing multitudes, Jesus ing is more satisfying than to feel went to a mountain alone and com-muned with His Father all night, spirited, lacking in proper spirit, but been. But Johnson does have a good de-fense. Much of the general confusion, much of the ineffectual running in circles, is due to the confusion and fan-dancing activities of the office civilian defense in Washington, runce bis detenders. Muchower, the Simon, whom He surnamed Peter, to bis detenders. Muchower, the Simon, whom He surnamed Peter, bis detenders. Muchower, the Philin Bartholomew and Matthew Vest the numery for themsel rgue his defenders. Moreover, the tire and other rationing jobs drop-ped in his lap made it impossible for Findeus and Simon the Caananite; makers shall be called the children

casket, shipping box and rtansportation to the nearest national cemeministration. If it is desired that the body be shipped directly from the place of

to the hearse and pall nearcrs. The

contracting undertaker bills the Veterans' Administration, ordering

superintendent for services at the cemetery, ... such request is made

Local Band

To State

Contests

But one joke is dead. The Metropolitan Life Insurance Company, with cold, clammy logic, has proved that the old one about why married people live longer-"they don't, it only seems longer"-is not a joke but is literally true.

Among males in the essentially productive ages of life, the death rate among the single or widowed is about double that among the married, according to statistics for New York State, exclusive of New York City, for the years 1929 to 1931.

Recorded Rates

At the age of forty, the actual mathematically recorded rates were 6 per 1,000 among the married and 12 per 1,000 among the single and 13 among the widowed. Single women and widows are a

little less resistant than their married colleagues. At the age of forty, married women have a death rate of 5 per 1,000 as against 6 among single and 7 among widows.

Of course, these figures are open to a certain amount of interpretation. Widows and widowers are, by the very nature of their situa tion, older than married people and therefore the death rate is higher.

The same does not, however, apply to the single people, but other factors enter in. Alcoholism, for instance, particularly among males, is far more prevalent among the single and widowed than among married people. The actual figures show that 1½ per cent of all deaths at the ages of iwenty to forty-four for the single ply to the single people, but other

Wife Preservers. EGeo.Gim

Always bake dessert, vegetable or meat custards in hot water in a moderate oven, 350 degrees F If baked too quickly or for too long a time, they are apt to be coarse, tough and unappetizing.

cent of all deaths. This is an as-tonishing figure. Tuberculosis and accidents taken together account for almost one-half of the deaths in this group. Suicide is also higher among the

single and widowed, which would seem to indicate that the responsibility of a family tends to strengthen the will to live even when seemingly insurmountable

than to those who have family at-

tachments. Single and widowed

people are more inclined to take

serious risks. The death rate

among widowed males between the

ages of twenty and forty-four

was due to accidents in 22 per

problems present themselves. Another group of diseases which indicate that there is some difference between the married and single state is influenza and pneumonia. Single and widowed males between forty-five and seventyfour have a rate of 7, while the same group among the married have a rate of 6. That females do not show quite the marked difference might be interpreted as indicating that the married men have someone to look after them and

flutter over them and make them change from wet to dry clothes and keep them from exposure.

QUESTIONS AND ANSWERS M. S.: "If one is X-rayed and fluoroscoped and the appendix is not seen or does not fill with barium, does this indicate that there is trouble in this region or that there is no trouble there?"

Answer: In my opinion the Xray has no value whatever in the diagnosis of any kind of appendicitis. It was only by accident that a French doctor once saw the appendix visualized by the X-ray. I think it was a great tragedy that he did see it, because it has led to condemning many normal appendices, and to useless survery.

EDITOR'S NOTE: Dr. Clendening has

Wife Preservers

In purchasing cabbages in your market: choose heads that are firm, solid, with out-er leaves still strongly attached to stem. Examine them for bruises, decay, worms and coloring of leaves.

that the body will arrive at the cemetery at the hour set. They will arrange to handle expenses covering all services such as embalming, cloth ing, casket, shipping box, hearse transportation, etc. The governers atter named charman of a cosing the grave. However, after the burial, the responsible privies meaning these obligated for the expenses of the function with properly endors- the buries to be played by the band ministration, with properly endors-

ed, may apply to the vector of store concerts to be parted by summer and said that at least one concert will be reimburse to the extent of \$100. Will be played prior to the Raleigh Provision is also made for burnal music contests. Present plans are

of the veteran's wife there, but that both the high school band and when the wife dies first and is buried the junior band will appear in the in a national cemetery, the veteran first concert of the series. must sign an agreement that he, too, It was reported that the benefit

will be buried there. At the time football game after the close of the either is thus buried, reservation season last year netted \$301.85 for is made for an adjoining grave site the club treasury.

clinic.

unmarried adult daughters is per- at the meeting. mitted, under certain conditions.

signed to the individual veteran. LOCAL MUSICIANS **TO PLAY CONCERT**

people. But apparently the governor has changed his mind about thatif, indeed, he had ever made it up. The business of salvaging waste paper, scrap metal, old rubber and hey shall see God.

rags has been taken away from John -----

with Johnson but not under him the authority. Moreover, it is quite possible that The governor says that he is playrationing will be taken over by ted- ing no politics whatsoever in the tor the other. Mrs. Ralph Thompson, president rationing will be taken over by ted-The burial of minor children and of the Band Boosters club, presided eral offices, also The office of price matter of civilian defense So do the administration intends to set up a Legionnaires. It is interesting to note judgment, Don't go to church ex-North Corolina office. It may do nowever, that most of the men pecting to be helped if you have a the local job itself. So it begins to recommended by the veterans were grudge against a brother or friend, look as if the state defense council not Broughton men during the last First go and be recorded to your will have less to do and that its gabernatorial primary. Pennell was brother, and then whatever grut pennell was brother, and then whatever grut pennell was brother to the additional to get the state of the state defense council not Broughton men during the last before to the during the gapernatorial primary. director will be left in charge of its Maxwell's manager. Duncan is a Re- bring to the altar will

figure, and is handled by the quart-figure, and is handled by the quart-free master corps at the post where the deceased was assigned. This expense bandmaster. been invited to send eight musicians to the play with the group, it was nounced today by W. T. Hearne, bandmaster. been invited to send eight musicians to the play with the group, it was bandmaster. been invited to send eight musicians to the play with the group, it was the play with the group it was the play with t

that amount in exceptional cases up-on authority of the quartermaster

cident, etc. the government will pay expenses incurred in the re-covery of the body in addition to embalming, clothing, casket, shipping box, hearse, transportation, pall took part in the Greenville band man recommended was Andrew Joy- He has it under Johnson and he warned them not to pray ner of Greensboro. The jog was of- would have had it under McMillan hypocrites, standing in public place-

fered to him but he turned it down. and Joyner. But he might not get so that everyone could hear them It is understood that another man along so well with some of the and think how religious they were, also received the offer and declined others. His desire to keep the reins but pray to God the Father in secret. it. The governor became irked and is understandable. So is the viewbe buried in a national cemetery, afternoon at 3 o'clock. A program made that it hdr shrdlu shrdl shrdl boint of some of htose who are afraid rust doth corrupt, and thieves break under so is obtained from the will be rendered by the New Bethal said that he would look elsewhere. That politics already has played too through and stall but her up for Among the men the Legion sug- much part in defense organizations vourselves treasures in heaven

addition to Andrew Joyner, were trouble is that nobody has ever got your heart be also" Bob Hanes of Winston-Salem who is around to the point of putting per-

pretty well taken with his defense sonal prejudices, personal power, contract work. Thurmon Chatham of personal politics, personal publicity, Savior which is difficult for us to Winston-Salem who since has been personal credit and personal blame remember and to practice. accept d by the Navy, Bill Duncan aside and centering their attention

of Raleigh, Burgin Pennell of Ashe- on the importance of the job that is ille, John Stedman of Lumberton, yet to be done.

Claude Ramsey of Raleigh, Pat Tay-"I've somewhat changed my no or of Wadesboro, and Bill Umstead tions," sold the governor, when asked f Durham. It is obvious that the ma- about the appointment which now iority of these min would not take may never be made. "I'm going to a place as assistant to Johnson. They jet a good, first-class office manager might be willing to run the office That's the chief need now."

they shall be comforted. "Blessed are the meek; for they shall inherit the earth. "Blessed are they which do hun-ger and thirst after righteousness; or they shall be tilled. If obey the laws and down by the as the Pharisees did, but obey the good impulses of our hearts no matter what happens to us This is what Je-sus taught His apostles and the mul-tindee, who came to listen to Him.

sus taught His aportes and the mul-sus taught His aportes and the mul-shall obtain mercy. "Bles ed are the pure in heart; for the sus taught His aportes and the mul-titudes who came to listen to Him. Not to destroy the law. Jesus said He came into the world, but to give finer, inner laws which, if obeyed, would save the world torever. It is son's office for the most part. The but would hardly be willing to take no easy task He set us who try to follow Him. Even the best Chri-own salvage office, which works the blame if they were not given that it hard to do, but they

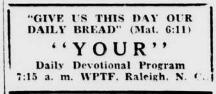
eep on trying. The has stated that we should not dill, but Jesus said that whosever s even angry with his brother with-

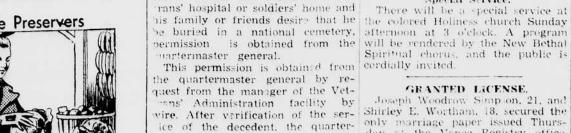
In case a member of any branch of the armed services dies while on active duty, burial may be made in a national cemetery if the family so desires, and the government will figure, and is handled by the quart-ermaster corps at the post where the entivited to send eight musicians to the play with the group, it was

on authority of the quartermaster general. If death is by accident, such as drowning, an airplane ac-cident, etc. the government will Fort Bragg when it appeared recently "Lay not up for yourselves treat-

gested to Governor Broughton, in and market continue to do so. The for where your treasure is, there will

"Judge not, that ye be not judged," is another admonition of the





uartermaster general. This permission is obtained from cordially invited. the quartermaster general by request from the manager of the Vetmns' Administration facility by vire. After verification of the ser- Shirley E. Wortham, 18, secured the ice of the decedent, the quarter-oster general will send a wire to day of the Vance Registry office.

be superintendent of the cometery seconds there showed today. which burial is desired. Completion of arrangements is then the re- Darham, Fob. 29. - Back hom sponsibility of the manager of the attern

earers and an escort.

If a veteran of the Spanish-Ameri-

can or World War 1 dies in a vet-

provided there is room in the lot as-

Lots are not assigned in all ceme-

teries.

two-day swing through Virfacility and the superintendent of cinio. Duke's varsity swimming term be cemetery. The manager will ad- prepares to meet William and Mary ise the superintendent when the in the Duke pool tomorrow afternoon

body will arrive and whether the at 3:30 o'clock.

Spiritual chorus, and the public is

GRANTED LICENSE.

SWIMMERS MEET

Special Service.

Joseph Woodrow Simpson, 21, and