

Equalizing Fund.
County Supt. of Education:—
A preliminary estimate shows that the Equalizing Fund will be sufficient this year to provide a term of 16 days, or slightly less than 16 days, in addition to the term of 80 days, provided by county funds.
Your county, therefore, having provided a term of 80 days may expect to receive an apportionment for teachers' salaries in accordance with Section 4 of the Equalizing Fund Law for an extension of term of between 15 and 16 days.

The work of checking up the Equalizing Fund is practically finished, and we expect to have the State Board officially review the work and finally apportion the fund March 1 or 2, at which time you will be notified of the exact amount of your apportionment.
Yours very truly,
J. Y. JOYNER,
Supt. Public Instruction.

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HEALTH IS WEALTH
HEALTH-HYGIENE
By the STATE BOARD OF HEALTH

Questions on Health, Hygiene and Sanitation of general interest to our readers will be answered in these columns or by mail if addressed to this office or to the State Board of Health at Raleigh and accompanied by a stamped, addressed envelope. No diagnosis or treatment of individual cases will be attempted.

The Doctor In The Small Town

"We have only three doctors here that one could consult, and none of them understand such cases."
This sentence, or something like it, appears rather frequently in letters coming from readers who reside in the country or small villages.
If there is any difference in the professional ability of the doctor in the small town and the doctor in the city, I have never been able to detect it. In fact, speaking as a city doctor, my impression is that the doctor in the small village averages a few points higher than his city colleague in ability, no matter whether the city man is a hospital or dispensary staff man or not. The size of a city does not determine the professional ability of its doctors. I need not mention stereotyped illustrations of this fact. They are so common that mention is unnecessary.
A doctor in a small village may have the same schooling, the same medical society affiliations, the same textbooks, the same medical journals, in fact every means his city colleagues enjoy in keeping abreast of medical progress. One can find fearful mistakes doing a large and lucrative practice (business would be the right word) in the city. Personality, affability, social activity, financial backing—a great many factors besides medical proficiency may build up and hold a paying practice.
I know many villages and small towns where the entire medical profession is united in scientific work, marching in the van of medicine, fully posted on the very best and latest progress of the art. And I doubt if

there is a single large city in America where twenty-five per cent of the physicians are not hopelessly behind times, though perhaps apparently prosperous, perhaps actually prosperous in a business sense.

A man may study in the country as well as in the city. The country doctor may visit the clinics for special work just as readily as the city doctor. Do not let the glamor of the city blind you to the facts. The man doing a hard country practice may not have the exterior trim of a city physician, but under his old mud-soaked clothes beats a heart as true as any; and after all, it may be that his rough exterior is but a mark of the rugged honesty and high-mindedness within.



TWEEDLEDEE AND TWEEDLEDUM
The woods are full of country doctors who can give cards and spades to our city brethren.

The woods are full of country doctors who can give cards and spades to our city brethren when it comes to making a scientific diagnosis or applying the very best of treatment.
Don't be deceived by appearances. If you are, first thing you know some suave quack will have you in his clutches, of material prosperity.

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The Evolution Of a Case Of Insanity

Jack Jones is an only son, with parents in moderately good circumstances. Jack, being an only son, had his own way too much at home. There were no brothers and sisters to dispute it, and the parents loved to give Jack the best of times.
When sixteen, Jack began to get along badly with his school work. Of course, the school was to blame. So Jack's parents sent him away to a private military school. It was the making of Jack. The first Christmas vacation home showed that. He was dressed like a magazine clothing ad. And when Dad wasn't around Jack generally had a cigaret stuck to his under lip. Also, he found considerable pride in hanging out at a cigar store and pool-room down town, or standing in the doorway listening to the elevating conversation of the young gentlemen of leisure who congregate in such places and comment so interestingly about passing ladies.
Jack's second summer home found him a full-fledged lad. He was what the boys call a "wiseheimer." He had stories that made 'em howl at the

tively dangerous, and he was committed to a hospital for the insane—at 20 years.

I know the cigarets didn't cause the insanity. I know the poolroom didn't. I know the military school didn't. I know Jack's foolish, blind parents didn't. Jack acquired his insanity in a way which is utterly common among our bright young men. He contracted syphilis.

But I insist that cigarets were a strong predisposing cause. The pool-room associations were another. Jack's



JACK HAD HIS OWN WAY TOO MUCH AT HOME.

"When a boy finds it necessary to resort to tobacco there is something radically wrong."

over-indulgent parents were another. Had Jack been whipped into line, not physically, but morally, by his father, when he first began to disagree with his teachers; had he been kept away from the poolroom gang; had he been kept at home under his parents' eyes (supposing they were not blind), the chances are that the boy might have struggled through and found himself.

Newspaper paragraphers often spin funny paragraphs about the spasmodic efforts of legislators and public organizations to eliminate the cigaret from the habits of youth, but there is really nothing funny about it. When a boy finds it necessary to resort to the narcotic, tobacco, in his formative years, there is certainly something radically wrong with him.



poolroom. He was the center of an admiring crowd everywhere. And now he smoked cigarette cigarets right under Dad's nose.
Shortly before the third holiday vacation Jack came home. All ran down from overtoppy. Eyes had given out. He looked bad. He talked worse. In fact, Jack was very nervous in his conversation, making remarks which greatly annoyed his people, and greatly amused his boon companions.
Recently the doctors were administering barbiturate medication. But no use. Jack kept getting worse. Mind went to pieces. Finally he grew pos-

go!

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