

Jackson County Journal.

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SYLVA, N. C., JULY 2 1915.

\$1.00 THE YEAR IN ADVANCE

CHAUTAUQUA AT FRANKLIN

The Booster Club Chautauqua will be at Franklin for three days, July 9, 10, and 12, and all the people of this county are cordially invited to attend. In addition to the Chautauqua, there will be some very prominent men each day who will speak in the interest of this country.

On July 9th there will be a very interesting lecture by G. S. Millsaps, of Statesville, Demonstrator of the State Department of Agriculture.

Mr. Millsaps will no doubt tell the people many interesting things in regard to improved farming and cattle raising.

On July 10th, Hon. James J. Britt, of Asheville, will speak on the subject of the development of Western North Carolina, and under this head will come good roads.

And on July 12th an educational address will be delivered by Hon. Thomas M. Bell of Gainsville, Congressman for the 9th Congressional District of Georgia.

All of the addresses will be in the forenoon and will be free to all.

Then in the afternoons and evenings will come the Chautauqua entertainment, for which an admission fee will be charged. The admission charges will be small, considering what you get, as you will hear some of the most talented of lecturers, musicians, etc.

T. D. SHELTON NAMED AS U. S. COMMISSIONER

Judge James E. Boyd of Greensboro yesterday issued an order appointing Theodore D. Shelton of this city as United States commissioner for Buncombe county, to succeed R. S. McCall who has resigned. Mr. Shelton took the oath of office this morning before United States clerk of court, W. S. Hyams, and the commission will be issued tomorrow. It is probable that an office in the United States postoffice and court house building will be assigned to the new commissioner. Mr. Shelton was not an applicant for the position.

The principal duties of a federal commissioner are to preside at the preliminary hearings of alleged violators of the internal revenue laws, or other federal criminal statutes, in which cases he has jurisdiction to hold the defendants for trial in the District court. Mr. Shelton, who is manager of the classified advertising department of The Gazette-News, has had several years experience in connection with the administration of the internal revenue laws. He held commissions twice under Collector of Internal Revenue George H. Brown and also temporary commissions under Collector A. D. Watts. In these positions Mr. Shelton had much field service experience in North Carolina and Virginia.—Gazette.

CARD OF THANKS

Wilmington, N. C. June, 28 1915

Dear Journal:—Will you kindly allow me space in your columns, to express thanks to my good friends and neighbors, for their kindness and great help given through my dear companions affliction, and at her death.

D. G. Bigham and family

GROWING OLD: CAUSE AND PREVENTION

BY THE OLD BOY.

(Continued from last week)

The fine microscopic glands under the skin, millions upon millions in number, are also clogged and stiffened with this excess of mineral matter, and the skin takes on the hue of age, while its flexibility and softness are decreased. Wrinkles come naturally on the face and hands.

By the same clogging which enters all tissues and membranes, the stomach hardens and is no longer able to digest animal fats.

The nerves and ganglia, or storage centers of vitality, are deprived of their flexibility, and cannot vibrate the feelings and powers of life as well as formerly.

When the supply of mineral matter is reduced to equal the demands of the body for bone repairs; when the foods are selected and prepared to meet the needs of life; and when the methods of living are simple, reasonable, and in harmony with the plain laws of nature; then old age as a period of decrepitude, weakness, helplessness, and loss of faculties is an absolute impossibility.

Countless experiments involving more than two hundred thousand cases, continued through many years, confirms the above statement. It is true that some scientists claim to have discovered the germ that causes old age; but the destruction of that germ does not take the coating off the tissue or out of the veins, nor prevent the hardening of the arteries. On the other hand, the simple process of lessening the amount of mineral matter in the food from day to day, does in fact overcome the old age tendency.

Let us see what foods cause this process of getting old:

Old beef, old mutton, old fowl and old fish; meaning the meat from animals and fish that have lived to maturity, are one of the causes of old age deposits in the body. The reason is plain. When animal life is growing, all the mineral matter goes to make bones, and we do not eat the bones. When growth has been attained, the mineral matter then lodges in the tissues, and that is what we eat. Hence we store an excess of mineral matter from matured animal life into our own bodies. We transfer the fault from one life to another, which is our own.

Hard water is another prolific cause of old age deposits. Any one who has seen the lining of a kettle in which hard water has been boiled, knows what is meant.

Mineral matter from medicines, either in the form of powder, pills or liquid, are a prolific cause of old age deposits.

Vegetables and roots that have matured are also causes of old age deposits.

Soups, broths, boiled dinners, boiled water, tea and coffee, are all causes of old age deposits in the body.

THE REMEDY IS TO BE FOUND IN THE FOLLOWING METHODS:

All meats, fowl and fish you eat should be from un-matured life. Veal, steer, chicken, half grown fish and game or fowl, lamb, and similar kinds are free from mineral matter as they have not yet achieved their growth and become charged with such deposits.

Secure either distilled water, rain

water, fresh spring water, or any very soft water to drink.

Let all medicines alone as much as possible; few, if any are, necessary.

Select your foods so as to avoid those that are charged with adulterations and preservatives. Avoid baking powder cooking.

Eat only those vegetables that are young.

Stop using long boiled water, especially in drinks and food.

Make use of old age solvents, or things that dissolve the mineral matter in the body.

The above suggestions explain themselves except in the last two.

Nature will not do for man what he can do for himself. He must find out for himself what to do. When he is helpless, instinct helps him; after that he is the maker of his own life and safety.

But nature has set up laws and processes that man is to learn how to use. The most wonderful of all laws next to gravity, is that of distillation. It is intended to separate the good from the bad. Distillation occurs in four forms: Vapor, Steam, Fruits, and Young Vegetables.

Vapor is the pure part of the ocean or other body of water that rises to the clouds, and is discharged to the earth again in the form of rain; the latter being the pure part of the water. This is a powerful and immensely valuable solvent of old age deposits in the human body.

Steam is the same thing as vapor, except that it is given into the hands of man to aid him. Man, by boiling any kind of water, no matter how bad, is able to set free the pure part in the form of steam, often by double distillation; then to condense the steam into water and use it. What do you think of the prevailing custom of letting the steam escape and using the part that remains?

Every part of steam that escapes from boiling water contains the pure portion of the water. The minerals, the poisons, the dregs etc. are in the part that remain after the steam has taken the good away. Many cooks let the kettle boil or simmer indefinitely so as to keep hot water at hand. They use the dregs in tea and coffee and other ways. If at any time hot water is needed the only sensible method is to put on fresh water, bring it to a boil, and then use it as quickly as possible. Many people allow tea and coffee to simmer all day long, adding more as they need it; and thus they are drinking dregs all the time.

The worse habit of all is to cook meats and bones into soups. Some people make beef tea by long boiling or simmering. Some cooks boil dinner by the same method. While the lid remains on the kettle the steam escapes all the time, and reduces the quantity of water, as is well known.

(To be continued.)

CARD OF THANKS

Willets, N. Carolina, June 30 1915.

Editor of the Journal:—We desire to express our thanks to the many friends who so willingly gave aid and extended their sympathy in the great loss which we have suffered in the death of our precious one. May God's richest blessings attend them.

Allen Sutton, Mr. and Mrs. R. G. Snyder and family.

ATTENTION, FARMERS!

Some years ago the Commissioner of Agriculture drew a bill which was unanimously passed by the Legislature, to reduce the cost of legume inoculating material from the exorbitant price of two dollars to an acre to a price at which he felt the average farmer could afford to use it. The effect of this bill was to reduce the price of this material not only to the farmers of North Carolina, but to those of the entire South as well, and a number of the other southern states have since followed the lead of North Carolina in reducing the price of this material to their farmers also. At first the Commissioner placed a cost of fifty cents an acre on the material with the determination to reduce the price lower and lower as the demand increased. During 1914 the Department distributed nearly 8,000 acre bottles from August to December, thus effecting a direct saving to the farmers of the State of over \$10,000 in less than four months. During the past six months the distribution has reached around 1,200 acres and the season has hardly opened. The Commissioner feels therefore, that the time has come to make another cut in the price, and he now plans to reduce the cost price of the material from fifty cents an acre to forty cents, beginning July 1 1915.

Jas. L. Burgess,
State Agronomist

THE SUMMER SCHOOL INCREASES

The number continues to increase. Two hundred are now on the roll, and applications come in practically every day. We are placing them about in the community, the Dormitory having been filled to overflowing two weeks ago.

We have among the number, some of the brightest young teachers in the state. There are several of unusual intelligence and capability.

A large representation from "below the Ridge" is here. Indeed, they are here from the sea-shore to the western border of the state. These from the far east have organized themselves into a large and flourishing club for the purpose of stimulating interest in the school and contributing to its welfare. Mr. T. A. Haywood, of Waxhaw, is president, Miss Sallie Wilson of Wilson's Mills, is secretary, and Mr. H. F. Latta, of Hillsboro, is treasurer.

The Transylvania teachers have also organized into a lively club, at the suggestion of their up-to-date, enterprising, loyal county superintendent, T. C. Henderson. Their officers are: president, L. C. Blakely; secretary, Miss Allie Cantrell; treasurer, J. J. Bennett.

The Johnson county teachers, too, have an organization with a large membership. Of this the officers are: president, Miss Evelyn Wilson; secretary, Miss Sallie Wilson; treasurer, Miss Lillian Edgeton.

And last but not least, we mention the Jackson county organization, with O. S. Dillard as president, George S. Jones vice-president, F. I. Watson treasurer, and Miss Winnie Norton secretary. This is a great big club and promises great things for the county and the school. They will entertain the other teachers at a literary-social Friday night of this week.

The outlook for the institution was never brighter.

O. S. DEAN

WESTERN CAROLINA BIBLE CONFERENCE

In answer to the call of the Manager, Rev. Mr. Deitz, of Andrews, the Committee of Arrangements met in Sylva the 28th of June and made out the following incomplete program:

Conference opens Sunday, August 1st, 1915 at Auditorium in Sylva, the President, Rev. Caleb A. Ridley, in the Chair. It will continue for the period of the regular session.

The following committees were appointed:

Committee of Reception:—M. D. Cowan and Joseph A. Dills.

Publicity Committee:—J. J. Gray and James H. Cathey.

The standing committee on program reported the procurement of the following speakers:

Rev. Joseph Edgar Abernethy, of Gastonia, N. C.; Mr. Will D. Upshaw, of Atlanta, Ga.; J. Randolph Hobbs, of Tennessee; Mrs. Vessey, of Tennessee; Rev. Albert T. Rowe; Rev. George N. Cowan; Rev. Caleb A. Ridley; Rev. E. Abernethy.

The above constitutes a brilliant array of pulp and platform talent and the people of Jackson and surrounding counties are fortunate indeed to have so rare an opportunity.

This Bible conference is the finest conception in moral way, and in the furtherance of Christian Education in its broadest sense that our people have yet been called upon to entertain.

The people of Sylva should realize their opportunity—the greatest in the life of our town.

Especially should we call the attention of our farmers—the people from the country proper—to this yearly religious and educational convocation in our county site. Here you have the chance to bring your families for a week of ideal entertainment. The highest class of intellectual and spiritual feasting.

We speak advisedly and in the name of the good men and women who have the success of this great Conference at heart when we say that you cannot afford to miss it and that your presence from the opening to the close is sincerely sought and heartily welcomed.

The order in which each speaker shall appear in the final program will be announced from day to day at the sessions of the Conference as a program carried out in advance would be premature and inoperative.

JAMES H. CATHEY,
For Committee.

The Children's day exercises will be held at the Baptist church at 11 o'clock Sunday morning.

See Holmes Bryson's page ad in this issue and the special bargains he is offering. He has wired for a lot of specials which will be in Tuesday. 1000 yds. of good sheeting at 5 cents and many other bargains. Remember the big sale will go on next Tuesday Wednesday and Thursday.

Geo. Davis was in the city yesterday from Webster.

John R. Jones is spending a while with friends at Campobello S. C.

A large party of Sylva young folks attended the ice cream supper at Cullowhee Friday night. They were chaperoned by Mrs. Mary Carter Brinson.