

# Jackson County Journal.

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\$1.00 THE YEAR IN ADVANCE

## FRANK HOLT COMMITS SUICIDE.

Frank Holt who put the bomb in the Capital at Washington which exploded last Friday and who shot J. P. Morgan at Glencove last Saturday. Committed suicide in his cell.

On last Friday Holt placed a bomb in the reception room at the capital which exploded but did very little damage as no one was killed or injured. He then went to the Morgan home and shot Mr. Morgan. Mr. Morgan is improving and it is believed that he will soon recover.

Holt said that his object in placing this bomb in the capital was to show the people what was going on in Europe, and his object in visiting the Morgan home was to have Mr. Morgan stop the shipment of munition to the warring countries.

## A CASE IN POINT.

"Somehow it never occurred to me that I should be vaccinated against typhoid till yesterday," admitted a young man quite seriously.

"Why not you?" he was asked.

"Didn't you have confidence in it?" "Oh, yes, but I felt that it was a good thing for women and children perhaps, and a fine thing for the army and navy, but for a strong man like me, somehow it didn't seem necessary and rather a trivial thing. I thought it was something new the doctors had found and wanted to experiment with."

"You said it did not occur to you that it was your duty to be vaccinated till yesterday. Why yesterday?"

"Well a few days ago I heard that one of my good friends was sick and had been taken to the hospital. He was always so strong and well and rather prided himself on his good health, that I thought it surely could be nothing serious and that he would soon be out and back at his work. However his going to the hospital puzzled me, and as soon as I conveniently could I went to see him. As I approached the room where he lay, he greeted me with the warning that if I had not already been vaccinated against typhoid fever to go do so at once. You see what neglecting it has done for me, he said. As I watched his intense suffering and noted his alarming condition, I realized for the first time that I was no more immune than he; that his chances for passing a pleasant summer without illness only a few days ago seemed as fair as mine. Anyway, I took him at his word and went immediately to the dispensary and took my first treatment."

"How is it serving you? Did it make you sick?"

"The idea of such a thing! But I might have said it made me a little sick if I hadn't seen John suffering with the real thing. But, really, it is nothing to mind, and think what it prevents!"

Holmes Bryson left Wednesday for the market to buy a lot of new goods.

## GROWING OLD: CAUSE AND PREVENTION

BY THE OLD BOY.

(Continued from last week)

Men and women grow old faster than their years when they take the dregs of boiled water in their systems. Families who use this form of cooking show their premature age.

The vapor or steam of water, condensed and made palatable, is a solvent of old age deposits in the body. There is no reason why it should not be adopted as a drink.

All mellow and sweet fruits that are juicy, are natural solvents of old age deposits. The strained juice of very sweet and mellow apples is excellent and effective if taken fresh every day. But all fruits that are fully ripe serve the same purpose; for nature distills her fluids in her fruits.

One wrong principle of cookery is that which allows vapor or steam to escape from anything that is prepared for the table. There should be some system invented that retains the steam; or else distilled water should be employed. Some day when civilization rises one notch higher in the scale of intelligence, there will be established in every town and village, public stills that will produce water for cooking and drinking purposes; and thus solve many problems of disease and health. The multi-millionaire who really seeks to do good in the world could not employ his money to a better advantage. Just think what it would mean to the race to have this fair land honey-combed with water stills, public test laboratories to analyze and test all foods that are under suspicion; and public grist mills to produce daily whole flour from hard winter wheat, having the husks of the brand removed! Humanity is the victim of uncounted ills; and very little is being done to check the source of suffering; while much is essayed to ameliorate the damage that lack of foresight has made possible.

I am showing you the way to keep old age out of your body. No matter what your present condition may be the way is open for you to make your body into a perfect temple—yea, the beautiful temple of Life—the dwelling place of God. Such a body will have a clearer mind capable of winning success while now the future seems dark and uninviting.

Thomas A. Edison, the great inventor, is a man whose mind is one of the deepest and keenest on earth; and whose opinions sway millions rightfully. Edison is a little better than sixty-seven years old. To quote his exact words, "My grandfather, early in life became fascinated with the story of the great Venetian, Louis Cornoro, who, when he found himself a wreck in middle life, reformed his diet, and by keeping it right, managed to live more than a hundred years. My grandfather, after that ate carefully, and lived to be one hundred and four. No disease killed him. He was perfectly well up to the time he died. I've lost interest in life. The cells of which his body was composed were anxious to get away. So my grandfather told his children that he was going to his daughter's house to die. He went to her house, undressed went to bed and died. There was nothing the matter with him. He had lived as long as he wanted to

And, my father died the same way. They found that the secret of long life and perfect health lay in right eating. As for me, I eat only berries, cause I want to live. As a result my body is not poisoned with decaying matter and surplus blood my arteries are as soft as a child's. I believe in the intelligence of the cells that constitute our bodies; that the intelligence of a human being is the sum of the intellects of all his cells. I am certain that the cells possess intelligence. So long as they want to live, see how they fight for life." Let us hope that this great man, perhaps the greatest man now living, will retain the full possession of all his faculties until he has exceeded the century mark; and that then having tired of life, he will die in perfect health, when the cells of his body become anxious to get away.

To die in perfect health!

What a consummation!

Admiral Dewey at this writing is past seventy-five years old; he is very young for his age. He has just said that he owes his perfect health to the fact that he has always eaten carefully and sparingly, with due regard to the needs of his body.

All along the line of human experience, there comes the universal verdict of those who have proved the truth in their own lives, that health and the possession of the faculties unimpaired in advanced age, is due, first of all, to right living. I will refrain from making reference to myself here—but I believe those who read this will agree with me that I am correct in what I say. I am past ninety-eight, and I will leave you to judge whether my faculties are on the wane. It has been said that I write like a young man. He who said that spoke truthfully. I want to add, however, that I think like a young man—I feel like a young man. But

Behind the seeming casual remark of Edison, "My arteries are as soft as a child's," rests the profoundest truth in human life today. When the arteries begin to harden, then old age commences; and this is actually occurring in people who are not yet out of their twenties and their thirties. A careless diet may cause the deposits of old age material; or minerals in the foods eaten beyond the needs of the bones of the body, may pile up their surplus any time of life; and no longer can it be said that their arteries are "as soft as a child's." Here is the secret of the disease known as growing old. It is wholly controlled by what you eat and drink.

One of the first signs of age is the dimming of the eyesight. While the eyes may be disturbed by many causes, in ninety cases out of a hundred, the chief trouble is in the blood; and the blood is nothing more than the food it is made of. Old age deposits beginning at any time, even in youth, harden the nerves that support the vision; and they are the most delicate nerves in the body. Even where there is no other kind of trouble, the advancing years always play havoc with the eyes; and there is but one channel for their enmity, and this is in hardening the blood vessels and interfering with their nervous condition.

The approach of ear trouble is one of the easiest processes to trace

as age secures a grip on its victim. The ear drum vibrates like the disc of a telephone, and its vibrations set in motion the nerves that communicate with the brain centers where these movements are translated into intelligence known as sound. Many blood vessels and many fibers of nerves are involved in this sense. Their work cannot be well done when deposits choke the small blood vessels, or harden the fine nerves. Hearing is best when the whole circulation of the body is best; when the blood that supplies nerves and tissue to the ear and its parts, is pure and wholesome, vigorous and free from injurious deposits. Under such conditions, there will never come a time when bad hearing will follow; for any man or woman has the power to preserve the hearing for more than a hundred years, when you meet a person to whom you must shout your remarks, you can always know that old age deposits have brought on the loss of that great faculty. Preserve it at all hazards.

(Continued next week.)

## A PROFIT IN STRAWBERRIES

Editor Journal:—Noticing your article in the Journal last week concerning the strawberries grown in the eastern part of the State, brings to mind more things on the subject of strawberries.

One year ago I bought ten thousand strawberry plants, set out so late in the season—May 1st—that I lost more than half of them, which reduced the plot of land to about one half acre left in berries and where it looked like they were all dead I planted the middle in navy beans and kept the beans and plants cultivated clean and in the fall the beans paid for cultivating strawberries.

On the fourth of May I commenced picking berries and on June 14th the picking ceased, and when I began to reckon the profits I found I had picked a little over one thousand and quarts of berries, (some of which 16 berries would fill a quart basket) and these berries sold for from 10 cents to 20 cents per quart, averaging more than \$2.40 per crate of 24 quarts or at the rate of \$225.00 per acre, and nearly all sold on the local home market, and to add further to the profit of these berries, they were raised on the land between the terraces where apples are grown at the rate of 48 trees to the acre and if the trees bore one to five bushels per tree, then you have an average of say \$1.00 per tree for the apples grown on the same land.

Every family should have two short rows in their garden to supply the family. I picked as many as 28 large berries from one plant this season, many of which weighed more than one ounce each.

This is my first experience and next year I am going to try to do better.

Now is the time to set out plants, in order to get a crop next year, or not later than September 15th to 30th may do, but July and August is the best time to set them.

R. F. JARRETT.

## HON. J. J. BRITT TO SPEAK AT FRANKLIN.

Hon. James J. Britt will deliver an address on the subject of the improvements of Western North Carolina at Franklin July 10.

Mr Britt will discuss good roads as it is one of the most needed improvements.

There will be a party meet Mr. Britt here Friday about noon to take him over to Franklin and they would be glad to have as many as will join them here.

You will not only hear Mr. Britt's address but a number of very prominent men are going to speak while the Catawqua is going on.

WESTERN NORTH CAROLINA INTERDENOMINATIONAL BIBLE CONFERENCE. SYLVA, N. C. AUGUST 1st. to 10th 1915.

We, the undersigned committee on Entertainment appointed for the Western North Carolina Interdenominational Bible Conference desire the hearty co-operation of all the people in and around Sylva in entertaining the Ministers who will be in attendance at the Bible Conference and to that end ask those who will entertain one or more ministers during the above Conference to fill out the coupon below and hand to one of us committee men at once so we may have arrangements made to take care of all Speakers and Ministers who may be present. Please attend to this at once.

Respectfully,

A. J. Dills, Chairman.

A. A. Nichols.

M. D. Cowan.

To the entertainment Committee of the Western North Carolina Interdenominational Bible Conference.

I will entertain \_\_\_\_\_ Ministers or Speakers during the Bible Conference.

Signed

Andrews Base Ball team will be here Saturday July 10 th they have got a good team and you will get your money's worth if you see this game.

The Sylva boys had tough luck this season losing several games by close scores.

Read Holmes Bryson's ad. in this issue and remember he has lots of bargains in clothing, dry goods etc

Everybody come out to the game Saturday, if there is not a good crowd it will be the last game here this year

The Woman's Auxiliary of the Baptist Church will meet with Mrs. J. B. Ensley Wednesday afternoon, July 14th at three o'clock.

The home boys plays Andrews 10 th Camp, Cherokee 14 th Canton 17 th and Waynesville 21 st and 24th all of these will be played at home except one, if good crowds come out.

Prof. and Mrs. J. C. Ingram returned home last Friday from Campbell S. C., where they have been visiting friends and relatives.

Mr. and Mrs. James Marion Knight are visiting Mr. Knight's sister Mrs. J. C. Ingram.

Miss Dorothy McKee is visiting friends in Waynesville this week.