

Jackson County Journal.

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SYLVA, N. C., JULY 16 1915,

\$1.00 THE YEAR IN ADVANCE

PROGRESS IN MACON. SAYS JAMES J. BRITT

Congressman James J. Britt who delivered an address before the Booster's Club Chautauqua in Franklin on Saturday, has returned and in a most commendatory manner speaks of the great improvement which the people of Franklin and Macon County have inaugurated. Mr. Britt says that a wonderful progressive spirit has made possible improvements in the way of constructing twenty-five-foot highways, raising better cattle and a general progress among the people of the county; that Franklin has paved her streets, laid sidewalks and given the town modern conveniences for which all the people of the county should be congratulated.—Gazette.

SYLVA WINS.

Sylva boys played a good game against the Camp Thursday, winning by the close score of 7 to 6.

Allen got a couple of nice hits out of three times up and they came in when they were needed.

The local boys will go to the Camp next Wednesday with the intention of making it two in a row.

Bryson pitched good ball in all except the fourth inning when they got next to his delivery for four hits a single two doubles and a home run.

The whole Sylva team put up a good grade of fielding McKee work in center field featuring.

Sylva got two more hits than the Camp boys but four of the Camps seven hits were for extra bases.

Everybody come out to see Canton and Sylva play Saturday, Canton won the only game that these two have played this year and the local boys say they are going to even up the series.

G. Bryson double with two men on bases tied the score and Warren single scoring him won the game.

The grandstand rooters were their with the goods in yesterday's game; that sure encouraged the boys.

The Camp wins from every team on the Murphy road every season but we don't know so well about it this year.

The Camp boys sure hit the ball hard and they field excellently. They have got the best team, or one of the best teams that has ever played here.

A good crowd will be expected at the game Saturday, come out and help the boys and use your mouths when you get there.

Score of Thursday's game by innings.

R. H. E.
Camp Cherokee, 000 410 100 6 7 2
Sylva, 000 012 13x 7 9 3
Batteries, Hamilton and Harrison
Bryson and Warren.

Miss Love Lonis of Knoxville Tenn. is visiting her uncle D. L. Love.

Rev. and Mrs. B. W. N. Simms of Herndon Va. are visiting at the home of Mr. F. A. Luck.

Oxford Orphan Singing Class will give a concert at the auditorium Thursday July 22. All come out and help the good cause along.

GROWING OLD: CAUSE AND PREVENTION

BY THE OLD BOY.
(Conclusion.)

The means of prevention is in the proper selection of food. This also helps bring about a cure, if the neglect has not been of too long duration.

In every scalp where the hair is not healthy, the roots of the dead or dying hair are embedded in this same old age deposit; the dandruff scales off readily. The remedy was not at the scalp, but at the source of the trouble, the stomach. Yet millions of men and women today are doctoring the head, while they continue to pour into the stomach the ceaseless supply of old age deposits in wrongly selected food and drinks. As one of the world's greatest scientists recently said: "Humanity is not yet civilized, for it treats and drugs the effects of its stupidity, and gives no thought to withdrawing the cause."

This is a hard verdict but it is correct.

The brain shows, step by step, the accumulation of old age deposits, as memory loosens its grip, and the mind ceases to take on original ideas. When the blood vessels of that mighty organ are clogged with excess mineral matter, the flow of mucus from the meninges, which is a part of the process of thinking, is lessened in exactly the proportion of the stoppage. Not only is nutrition to the brain cut off, but thinking is difficult. Old people will sit for hours with blank minds. The organ of thought is merely clogged with mineral matter, and new blood is kept out; and worse than these, the poisons that come from the waste of every day's living, are held in the brain—and do infinite harm. Irritability and many moods ensue, finally including childishness in the aged. The cause is finally tracked back to wrong food selections. It can be asserted as a positively proved fact that senility, old age, second childhood, loss of memory, blank minds, and stubbornness are all the direct results of the one cause known as mineral deposits in the brain. All these effects can be avoided; and many of them cured even now.

One of the slang words of today is that which describes a person as a "bonehead." There is much truth in the phrase. The hardening of the blood vessels and ossifying of the tissues of the brain, is very much like the natural process of turning flesh to bone. Old people cannot think, cannot take on new ideas, and are at a standstill in their mental processes when they reach the "bonehead" stage; and the semblance of this condition in younger people justifies the term of reproach.

All the organs of the body harden when the old age minerals are brought in with the food and drink, such as tea, coffee and the like, where the steam has taken the distillation from the water; the use of long boiled water for making drinks of any kind, even in the preparation of tea and coffee as is the custom of today to a great extent; and the use of broths, soups and boiled dinners where long boiling has carried away the vapor of the liquid, even when the cover is on the kettle; these are powerful causes of filling the body with old age mineral matter. Organs harden. The

liver suffers first, then the kidneys, and finally the heart.

The heart, little by little slows up in its work.

But every flow of blood that contains mineral matter is bound to leave some part of it on the inner lining of each artery and vein, and in all the small blood vessels. Even one fleck of such matter, left to impede itself in the interior of any passage, is sowing the seed of future hardening. The heart suffers in many ways from this process. It is deprived of its nutrition to some great extent; it is weakened by the hardening; it is clogged by the interference; and it cannot throw off the ever present poisons of daily waste. Its tones are not as good. It may become diseased, or it may bring death to some other organ by its inability to supply it with pure blood. Here is the first cause of apoplexy in the brain. Here begins what is known as old age pneumonia because of the weakening of the lungs. Here the kidneys are left to succumb to their own poisons.

A clock runs down and stops by slow degrees when its spring ceases to retain its power. Some clocks are a day or more running down; then all is still. The human heart may be years in running down before its final beat is made; growing weaker and slower all the time. The cause is in the stomach, for the heart must look to the stomach for its supply of food, and must take whatever the stomach has to offer it. You cannot allow old age minerals in the food year after year, and expect a heart of energy and power.

The skin wrinkles when the old age deposits array themselves along the lines of use. Thus a person who laughs a great deal, and whose body holds much old age mineral matter, will build wrinkles along the lines of the face that are used in laughter; and the same is true even more strongly of scowling. Any one repeated movement of the face will invite the permanent residence of old age deposits; and so we can recognize the old man and the old woman by the marks that are charged to time instead of being placed against the account of an excess of minerals in the food and drink.

A non-mineral diet maintained for many years will keep the old age wrinkles from the face, just as it keeps old age out of the whole body.

The hardening of the spine, and the stiffening of the muscles and cords, especially when accompanied with the "letting go" of the upright carriage of the body, are all due to the same cause. It takes years to bring back youth to a person past middle life. It is always better to begin before too many years have been piled up in the span of existence.

You can always be moving back towards youth, even if you move slowly. It does not matter, so much how fast you travel if you are going in the right direction.

If you have yet the years of age before you, all power is now placed in your hands to remain young in body, in faculties and in power; for your body may be not more than half-hardened in its arteries and veins.

In addition to this pleasing prospect, you will always have the knowledge that you are always in the right in every respect; your mind will become cleaner and stronger, your health perfect, and your usefulness in life, to yourself and to others, will grow until it is crowned with a perpetual prosperity.

A FARM-LIFE SCHOOL FOR YOUR COUNTY

"A farm-life school!" The name sounds well and the thought back of the name is even better than the name itself.

A farm-life school as we are trying to have in North Carolina, is a professional school which attempts to train for life on the farm, and thus to give to the prospective farmer and his wife and sister a chance to prepare for a definite life work just as other professional schools give one a chance to prepare for law, medicine, pharmacy, dentistry, architecture, engineering, and many other professions.

What about such a school for the boys and girls in your county?

THE SUBJECTS TAUGHT.

In addition to the subjects taught in the rural high school, the curriculum of the farm-life school, offers instruction in agriculture, sewing, household economics, and many other farm-life subjects of practical, every-day value. People who believe that certain subjects should be studied in order to train the brain are coming to believe that it does train the brain when one studies and attempts to master the difficult and intricate problems of the man who is to run the farm. Does your county have such a school for the training of its boys and girls?

HELPS THE GROWN-UPS

A farm-life school will present to the farmers of the county the best methods of cultivating crops, the splendid results carefully planned, rotation of crops, the use and care of the latest and best type of farm machinery and implements, the care of animals on the farm, and the care of orchards and vineyards. Would a farm-life school that did these things help the grown-ups in your county?

A CENTER OF ENTHUSIASM

The farm-life school is destined to be the center of a genuine and spreading enthusiasm that will have a constructive influence upon the whole country. Big summer picnics will be held at the farm-life school, and fine growing crops out in the well-tilled fields around the school will be practical lectures on agriculture, lectures so clear and so convincing that all will heed with interest and profit as they look around the well kept farm. Does your county need such a center of constructive enthusiasm?

COST OF A FARM-LIFE SCHOOL

The cost is not great and the state will help the counties that are willing to help themselves. Any county may have a farm-life school, if it will provide the required equipment and make an adequate appropriation for its support. Whatever it provides in money for the support of the school, up to \$2,500.00, the state will duplicate. Superintendent Joyner is ever ready and anxious to confer with the school authorities in any county who wish to know about the details of establishing a farm-life school.

TWELVE COUNTIES HAVE THEM

At least twelve counties in North Carolina have taken advantage of the present law permitting the establishment of farm-life schools, and there are now in these counties as many as fifteen farm-life schools. The number will increase rapidly

as the years go by. The boys and girls in one of these schools visited by the writer, were enthusiastic about their school and studies and on commencement day said to him, "We are going right to work tomorrow and show folks we know something about farming." And these boys and girls will be thinking all summer about what they have learned at school.

Does your county need a school that will hold the attention of its pupils during the whole vacation?—University News Letter.

JOHNSON CO. CLUB ENTERTAINS FACULTY

Cullowhee, July, 14—Tuesday evening the members of the Johnston county teachers' club gave a delightful social in honor of the members of the faculty of the institution. Tables were arranged in the parlors of the dormitory and a contest in word-forming was enjoyed by those present. The task was to make as many words as possible from the letters in the name "Johnson County Club." Some of the guests were very successful, securing a large number of words.

At the close of the contest refreshments in the form of a solid course and iced tea gave opportunity for conversation in delightful groups and for satisfying the taste for things to eat well and daintily prepared.

Miss Agnes Jarvis, the attractive representative from Belhaven, Beaufort county, delighted the guests with music and with a rendering of "Aux Italiens".

The guests left with feelings of pleasure and gratitude towards the charming hostesses, who had given them so happy an evening.

The names of those who constitute this association of intelligent and interesting young ladies follows: Miss Evelyn Wilson, of Wilson's Mills, president; Miss Sarah Wilson, of Wilson's Mills, secretary; Miss Lillian Edgerton, of Kenly, treasurer; Mrs. Annie Parker, of Salem; Miss Luna Gurley, of Selma; Miss Leta Mae Wellons, of Micro; Miss Louetta Pitman, of Micro; Miss Bessie Turlington, of Beuno; Miss Mary Turlington, of Benson; Miss Agnes Hales, of Kenly; Miss Zula Mae Austin, of Clayton; Miss Evelyn Royall, of Smithfield.

O. S. DEAN.

NURSES WANTED FOR TUBERCULOSIS PATIENTS

The State Sanatorium is having numerous calls for nurses to nurse cases of tuberculosis in various parts of the State. They are unable to supply these demands from their own nursing staff, and, therefore, have decided to establish a registry for all nurses who will nurse tuberculosis.

To that end they request every nurse in the State, who is willing to nurse cases of tuberculosis, to send her name, together with such information as regards her graduation experience in nursing tuberculosis references, as to her ability and character, and whatever else she may desire to have placed on record to the State Sanatorium, Sanatorium N. C. Upon receipt of same the Superintendent of the Sanatorium will place the name on a registry and upon application will furnish the complete list of names on the registry to inquirers, who may select such nurses or nurses as they may desire. There will be no expense to the nurse, except the two cent stamp required to send in her name and the information.