

About Your Health

Things You Should Know



by John Joseph Gaines, M. D.

THE ABUSE OF PRIVILEGE

I wonder if my readers sometimes pause to think of the boundless privileges that men and women possess? There is nothing in or on this big, round earth—no, nor in the skies above, that is not ours to lay hold of, and use as we please, so long as we respect the rights of our fellow-men and women.

Yet, man is the only created being that abuses his divine permit, well knowing that he must suffer by so doing. Like the spoiled child, he spends, does excesses in everything debauches his digestive, eliminative, nervous and sexual systems—there is no privilege that he does not abuse—and the penalties are as sure as today's sunset!

The abuse of privilege is mankind's most outstanding sin; we ought to be ashamed of ourselves.—blessed as we are above all animate species, and defiantly indulging our appetites as if we were damageproof. Who among us has ever observed one of the so-called lower animals violating the natural law? Violating the law of right living? They are seldom ill, and usually live out the full expectation of life unless man interferes.

Excesses in food and drink; extravagance in our output of energy; prodigality in things which are sacred; intemperance in so-called luxuries; defiance within the orchard of forbidden fruits—all these are producers of suffering and unhappiness, curtailers of life itself. I am not sermonizing.—I am arguing for temperance in ALL things, and against the violation of our God-given privileges, knowing that life health and happiness are the sure rewards. Right living will, in time, do away with the doctor and his gripful "pellets." There is nothing that we may not use; the danger lies in abuse.

HEROIC WOMAN FIGHTS FIRE AND SAVES HOME

Lexington, Feb. 1.—Mrs. D. J. Crofts of this city, is in the local hospital suffering from severe burns sustained at her home when her clothing caught fire from a stove. Mrs. Crofts jerked off the flaming clothing and in so doing set fire to some of the furniture in the home. Then she fought these flames to save her home with her bare hands, burning the flesh from some of her fingers and even losing one or more finger nails.

At the time only a small child was in the home with the mother and could render no aid. After winning the battle with the flames, Mrs. Crofts went to the telephone and called for help. She was taken immediately to the hospital where her recovery is now expected, although one of her hands may be partially crippled.

OUR CHURCHES

SYLVA METHODIST CHURCH

Rev. W. M. Robbins, Pastor
Schedule of Services.

Preaching at Sylva every Sunday morning at 11 o'clock except the 4th Sunday and every Sunday evening at 7:30 except the 2nd Sunday.

Sunday school every Sunday morning at 10 o'clock.

Epworth League every Sunday evening at 7 o'clock.

Prayer meeting every Wednesday evening at 7:30.

Preaching at Dillsboro every 4th Sunday morning at 11 o'clock and every 2nd Sunday evening at 7:30.

Preaching at Balsam every 1st and 3rd Sunday afternoon at 3:15.

The public is cordially invited to all these services.

SYLVA BAPTIST CHURCH

Preaching on first and third Sunday mornings at 11 o'clock and on second and fourth Sunday evenings at 7 o'clock, by Rev. T. F. Deitz.

Sunday School at 9:45.

B. Y. P. U. at 6 o'clock Sunday evenings.

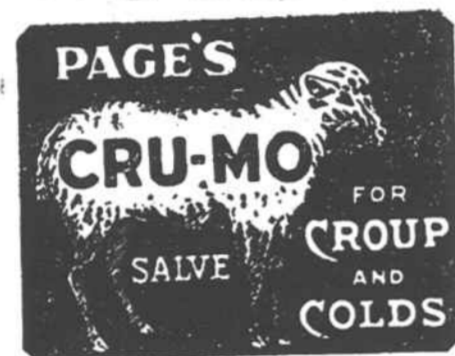
Prayer meeting at 7 o'clock Wednesday evening.

Choir practice immediately following prayer meeting, each Wednesday Evening.

A very cordial invitation is extended to the public to attend all of these services.

A carload of 37 Guernsey heifers have been purchased by farmers of Madison County.

For COLDS



Recommended and Sold by
SYLVA PHARMACY

Smoky Mountain Baby Chicks

Leading varieties including the Kiwi, the world's greatest fowl. Write for circular.

Smoky Mountain Poultry Farm,
COSBY, TENNESSEE

Tom Tarheel says the neighbors laughed at him when he started to give his hogs all they could eat by using the self-feeder but now the neighbors are building feeders too.

Take the advertisers out of a town and you'd leave it too dead to wiggle.—Austin V. Butcher in the Altoona (Kan.) Times.

Black Walnut logs suitable for cutting into veneer bring from \$150 to \$200 a thousand board feet when from 18 to 24 inches in diameter at the small end.

WANT COLUMN

The rate for classified ads in this column is 10c. per line for each insertion, averaging six (6) words to a line.

COW FOR SALE—Half Jersey. Calf two weeks old.—C. H. Kitchen, Sylva, N. C.—2 9 4t.

FOR SALE—Seven Stacks of Hay; 65 squares of good roofing at \$3.50 a square, boxing and framing at \$1.00 a hundred. H. O. Curtis, Sylva, N. C.

TURNIP GREENS WANTED—Queen's Fruit Store.

FOR SALE—1926 Model Sedan Chevrolet in first class condition. Been driven less than 2500 miles, five new tires, looks good as new. Apply E. M. Hale at Journal office.

SYLVA'S NEWEST AND BEST place to eat—The Poinsett Grill and Delicatessen.

STRAIGHT SALARY—\$35.00 per week and expenses. Man or woman with rig to introduce Poultry Mixture, Eureka Mfg. Co. East St. Louis, Ill.

YOU WILL ENJOY EATING AT the Poinsett Grill and Delicatessen.

FOR SALE—300 Bushels Seed Oats, 300 bushels apples, 13 to 15 hay stacks, several tons of oat straw. A. B. Dills, Sylva, N. C.—2 1 2tp.

THE MOST DELIGHTFUL PLACE in town to eat.—The Poinsett Grill and Delicatessen.

STOVE WOOD FOR SALE—Roy R. Dills.

THE FOOD, THE SERVICE, THE cooking and the surroundings all combine to make the Poinsett Grill a delightful place to eat.

STOVE WOOD FOR SALE—Roy R. Dills.

Men 18 35, Railway Mail Clerk positions. Big salary commence. Experience unnecessary. Write George Robbins for free particulars about instruction for this examination. 672 H Burchell Bldg. Washington, D. C.

IF YOU REALLY WANT TO RELISH a meal try the Poinsett Grill and Delicatessen.

WHITE LEGHORNS, Trapnested Prize Winning Stock. Eggs \$1.50 per 15, 10c apiece any number, postpaid. From these eggs get breeding cockerels of your own raising. Barred Rocks same price. B. H. and H. P. Cathey, Sylva, N. C.—1 19 3tp

How Doctors Treat Colds and the Flu

To break up a cold overnight or to cut short an attack of grippe, influenza, sore throat or tonsillitis, physicians and druggists are now recommending Calotabs, the purified and refined calomel compound tablet that gives you the effects of calomel and salts combined, without the unpleasant effects of either.

One or two Calotabs at bed-time with a swallow of water,—that's all. No salts, no nausea nor the slightest interference with your eating, work or pleasure. Next morning your cold has vanished, your system is thoroughly purified and you are feeling fine with a hearty appetite for breakfast. Eat what you please,—no danger.

Get a family package, containing full directions, only 35 cents. At any drug store. (adv.)

RHEUMATISM

While in France with the American Army I obtained a French prescription for the treatment of Rheumatism and Neuritis. I have given this to thousands with wonderful result. The prescription cost me nothing. I ask nothing for it. I will mail it if you will send me your address. A postal bill bring it. Write today.

PAUL CASE, Dept. C-654, Brockton Mass.

Light Draft Economy

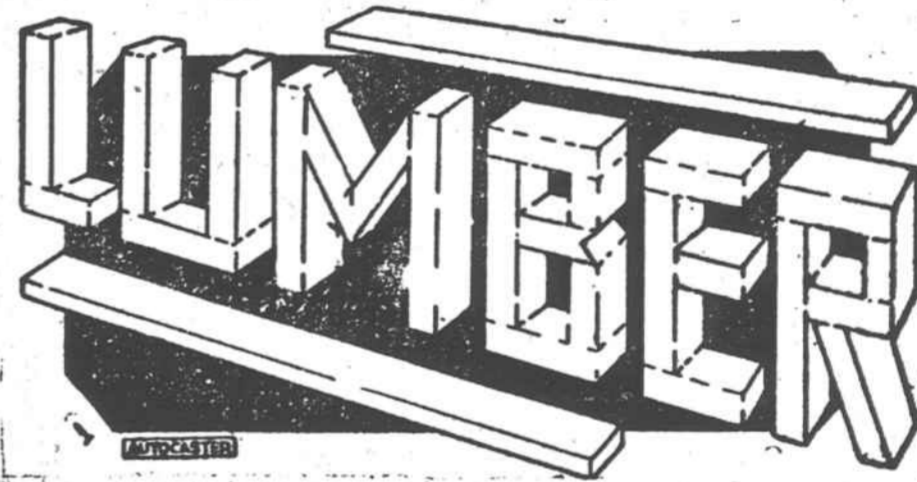
It is admitted by the wagon world that the George E. Nissen wagon, is the lightest draft wagon known, and with the improvements which the new Nissen Company have made, the George E. Nissen wagon is one of the strongest and most durable wagons on the market today. We are offering the special inducement of fall terms on all wagons sold during this month. If you anticipate purchasing a wagon this season, you should take advantage of our liberal terms. Our prices are as follows:

- 2 1-2 size Nissen gear.....\$107.50
- 2 3-4 size Nissen gear..... 110.00
- 3 x 10 size Nissen gear..... 112.50
- 3 3-4 x 10 size, Nissen gear..... 115.00

To those wishing to pay cash for wagons we will allow a five percent discount for cash on all wagons purchased during the month of February.

Sylva Supply Co.

HARDWARE



Interest and activity in building and construction work is increasing with the coming of Spring.

If you are contemplating building either now or in the Spring—let us stress the advantages of buying now. Prices are bound to increase.

LUMBER OF ALL KINDS
BRICK — CEMENT — LATHES —
SHINGLES

Sylva Coal & Lbr. Co.

Chas. Price, Manager

JUDGMENT

SHOW YOURS BY BUYING A



COMPARE our new low prices with those of any other car on the market	COMPARE the used car or resale value of any car on the market.
COMPARE the performance of the Ford with any other car on the market.	COMPARE the monthly payments on time sales of a Ford with those of any other car on the market.
COMPARE our replacement parts and repair labor charges with those of any other car on the market.	COMPARE the country-wide service of the Ford with that of any other car on the market—then

AFTER CONSIDERING ALL THESE COMPARISONS SHOW YOUR GOOD JUDGMENT BY BUYING A FORD

J. S. Higdon,

Sylva, N. C.

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