

HEALTH NOTES.

(By Benj. K. Hays, Health Officer.)

What to do After Diphtheria
 It should be remembered that to every person sick with diphtheria in a neighborhood there are a number of people who have the germs in the throat but are not made sick by them. Not half the grown people who have diphtheria germs in the throat ever find it out. Such people are spoken of as "missed cases," and where the germs of diphtheria continue to live for a long period of time in the throat of a well person such a person is called a "diphtheria carrier." It is clear that a "diphtheria carrier" is just as dangerous as is a person sick with the disease. Most authorities now believe that the disease is usually spread by the "missed cases" and by the "diphtheria carriers." As has been pointed out in a previous article, the germs of diphtheria live in the nose, mouth and throat. These germs tend to die rapidly when exposed to the direct rays of the sun or even to pure dry air. As a rule diphtheria is not contracted from houses, sewer pipes, drinking water, furniture, desks, books or other places where the moist secretions of the mouth and nose are not found.

Now let us stop and think how the moisture from the mouth of one person is carried to the mouth of another. It is by kissing upon the lips, by the use of common drinking cups, by the use of glasses, by towels, handkerchiefs, sheets and pillow cases, by pencils, coins, marbles, whistles and toys which children pass from mouth to mouth, by careless spitting, by coughing, sneezing or breathing moist breath into the face of another and by handling filthy objects and then putting the fingers into the mouth. Not only diphtheria but other diseases, especially tuberculosis, are spread this way. To prevent diphtheria it is clear that due consideration must be paid to the way in which the disease is spread.

When the disease is present all cups, glasses, spoons and dishes should be boiled immediately on being taken from the sick room. Soft paper, plant bed cloth or clean rags should be used for towels and handkerchiefs, and these should be burned.

Every article of clothing and of bed clothing which is washable should be boiled. When the patient is well enough to leave the room all carpets, rugs, curtains, beds, couches and other articles which cannot be washed should be taken from the house and exposed to the direct rays of the sun for three days. The floors, walls of the room and furniture should be scoured with soap and hot water and the room thoroughly aired and dried. Fumigation is useless and unnecessary. Quarantine is continued for two weeks after the patient is well.

HAIR AND SCALP NEED DAILY CARE

Beautiful Hair is Within The Reach of All.

If you value the appearance of your hair you should treat your scalp as often and well as you brush your teeth and rub into the scalp pores twice daily a little Parisian Sage. This treatment is not a mere "hair tonic." It is bottled nourishment for the hair roots and it is simply wonderful what an improvement its use for even a week will make in the appearance of anyone's hair. It never injures, is delightfully cool and pleasant to the scalp and takes out the dull, lifeless look in the hair, making it soft, fluffy, glossy and beautiful. Two or three applications remove every trace of dandruff, and daily use will prevent its return. J. G. Hall and the leading druggists everywhere can furnish you with Parisian Sage—it costs but a trifle. 17-24

Returns from the election in China show that the proposition to substitute the monarchy for the alleged republic now existing in China, met with overwhelming favor, according to dispatches from Pekin; but with this report comes the statement that the government has decided no change will be made this year. The decision to defer the change was doubtless due to pressure brought by Great Britain, Japan, Russia and France, who feared the possible effect of a change of government in China at this time.

Sufferer From Indigestion Relieved
 "Before taking Chamberlain's Tablets my husband suffered for several years from indigestion, causing him to have pains in the stomach and distress after eating. Chamberlain's Tablets relieved him of these spells right away," writes Mrs. Thomas Cassey, Geneva, N. Y. Obtainable everywhere. adv.



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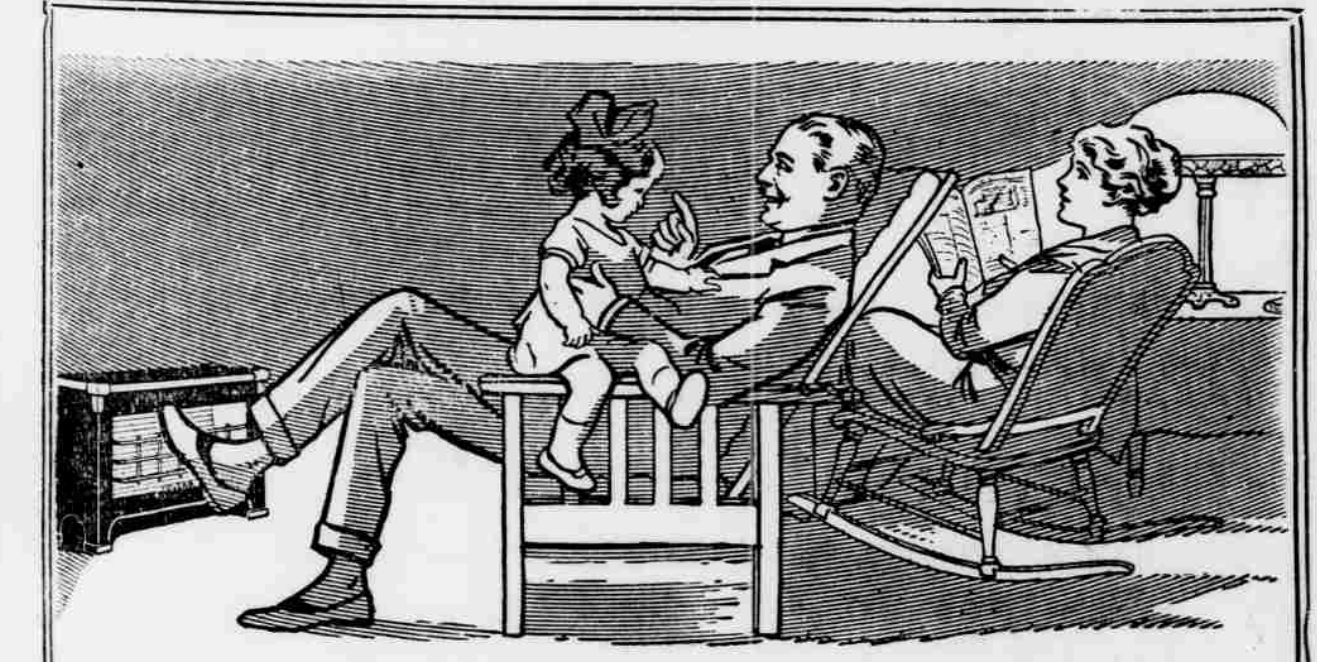
LORD CALVERT BLEND COFFEE at 40c the pound, and CAROLINA BELLE at 30c are popular brands.

W. W. ALSTON, THE CASH GROCER PROMPT SERVICE — PHONE 190

Christmas Is Most Here

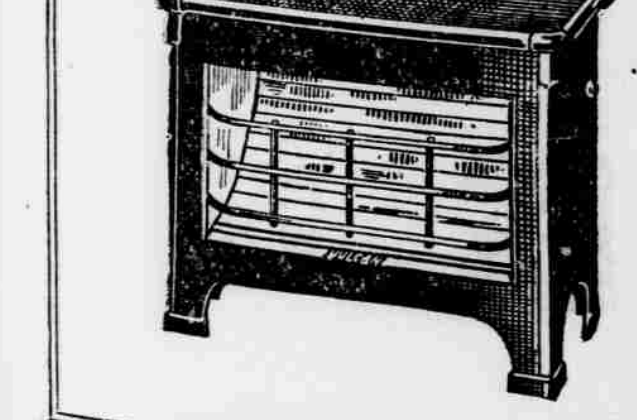
and nothing makes a more acceptable present than a good photograph of yourself. Next best thing is a roll film Seneca Camera Call at Brinkley's Studio, and let him show you. You can't attend to it too soon.

BRINKLEY'S STUDIO



Comfy Homes These Cool Nights

will be found wherever there are "Vulcan" Gas Heaters. There is nothing more comfortable than to bask in their cheerful, ruddy glow. Heat wherever you want it, whenever you want it and no extra labor or inconvenience. A Gas Heater is an economy. It gives all the heat you need at a very small gas consumption and saves all the coal you would waste if you had to start the furnace. You must see these heaters in operation to appreciate them. Call at our office or let us send a representative to demonstrate them in your homes. No obligation entailed. Write or 'phone.



The Gas Company Vulcan Reflector Heaters

The cheeriest heaters made. Copper reflector sparkles merrily when heater is lighted. Made in four sizes.

STOP - LOOK - READ

Saturday

November 20, 1915

At The Court House Door In

Oxford, N. C.

At 12 o'clock noon

I AM GOING TO SELL TO THE HIGHEST BIDDER THAT ATTRACTIVE FARM KNOWN AS "ELMWOOD" THE

Old Gregory Home Place

LOCATED ABOUT SIX MILES NORTH OF OXFORD AND ADJOINING B. M. CALDWELL AND J. B. POWELL LANDS.

296 ACRES—THIS PROPERTY IS KNOWN TO BE ONE OF THE BEST FARMS IN GRANVILLE COUNTY.

FINE TOBACCO LAND—NO BETTER GRAIN OR GRASS LAND CAN BE FOUND IN GRANVILLE COUNTY. THE PROPERTY IS WELL WATERED. LARGE 10 ROOM DWELLING IN GOOD CONDITION, LOCATED IN BEAUTIFUL ELM GROVE. TWO GOOD TENANT HOUSES. LARGE FRAME STABLE AND BARN WITH GOOD STORAGE ROOM. LARGE THREE COMPARTMENT CRIB, TWO ROOM TOOL HOUSE AND SHED ROOM. THIS PROPERTY SHOULD BE THOROUGHLY INSPECTED BEFORE NEXT SATURDAY WEEK, NOV. 20. FOR ON THAT DAY IT WILL BE SOLD AT AUCTION TO THE HIGHEST BIDDER. THE TITLE IS ABSOLUTELY PERFECT AND YOU WILL BE GIVEN A DEED THE DAY OF THE SALE CONVEYING THE PROPERTY FREE AND CLEAR OF ALL INCUMBRANCES WHATSOEVER.

Do Not Let This Opportunity Slip

FOR YOU MAY NEVER AGAIN HAVE A CHANCE TO BUY ONE OF GRANVILLE'S MOST ATTRACTIVE OLD HOME PLACES AT YOUR OWN PRICE.

Terms Announced Later

OF THE 296 ACRES, 66 ACRES ADJOINING THE LAND OF B. M. CALDWELL) CAN BE SOLD SEPARATE IF ANY PRESENT AT SALE SHOULD SO WISH, LEAVING 230 ACRES IN THE HOME TRACT.

I WILL ALSO SELL AT THIS TIME A LARGE LOT OF PILED LUMBER, AND NUMEROUS FARM IMPLEMENTS, INCLUDING A PRACTICALLY NEW BUCKEYE DRILL.

FOR FURTHER INFORMATION ADDRESS THE UNDERSIGNED OR J. M. M. GREGORY, DURHAM, N. C.

Don't Fail to See This Property Before Saturday November, 20, 1915.

R. P. Reade Durham, N. C.