

GET OUT INTO THE OPEN

Board of Health Bulletin.

There are still many people in North Carolina who have serious doubts about the benefit of fresh air, and especially of "night air." There are still homes where, upon the setting of the sun, every door is closed and all windows tightly fastened. Some of the windows never get opened throughout the winter, and the doors are used only as means of entering or leaving. Some of the people who insist upon such care to keep fresh air out of their houses probably read The Health Bulletin, and are convinced in their minds that fresh air is a good thing—for the other fellow.

Maybe some have excused their action these past few months because of the cold weather and the difficulty and expense of keeping the house comfortable. Perhaps they have even promised themselves that when warm weather came again they would get outdoors and get some of the health giving properties of fresh air which they had denied themselves all winter.

Well, it is high time a beginning was made. Spring is here. Now is the time for every one to forsake the house as far as possible, and let the air and sunshine of out of doors get a chance at rejuvenating the starved body.

A good plan—one of the best—is to have a garden. The raising of vegetables is most valuable form two viewpoints. It requires bodily exercise in the open, and it supplies for the table a most necessary variety of food. Incidentally, while thus benefitting physically a considerable dent can be made in the high cost of living.

There are folks so unfortunately situ-

ated as not to be able to work in either a flower or vegetable garden. The "cave-dwellers" in the modern apartment houses in our cities are denied such pleasures. For such there is nearly always available some outdoor game, such as tennis, croquet, baseball, or golf. Swimming pools have in the past few years made this excellent form of outdoor exercise available to thousands. And there is always the opportunity for walking.

But, above all, do not confine your experience of fresh air to the walking period. What is still more essential for good health is sleeping in the fresh air. If you do not have a sleeping porch available, build one. If this is out of the question, you can surely open wide the windows. Too much time is spent in sleep for it not to bring great returns in improved health. It is Nature's way of repairing the waste caused by the active day. Sleep in the open air is far more valuable and refreshing than sleep indoors.

Good Thing For Parson. Among those in charge of a church fair in Pennsylvania were a number of young women. When one of these was asked by a friend, after the event, whether the fair had been a success, she made reply:

"Yes, indeed, the minister will have cause to be grateful."

"How great were the profits?"

"There were no profits. The expenses were more than the receipts. But ten of us got engaged, and the minister is in for a good thing in wedding fees."

Cases of twins occur once in every 69 births and never use good judgment as to when or where.

RADIO BROADCASTING NEWS

(By Courtesy Radio Digest)

Program for Thursday, May 8th. (By the Associated Press.)

For Friday, May 9, 1924.

WGB, Atlanta Journal (429) 8-0 brass band; 10-45 music week concert.

WGR, Buffalo, (319) 5:30-6:30 music; 6:30 news; 8:10 concert; 10:30 dance.

WGN, Chicago Tribune (370) 6-7 address, violin, concert; 8-10 soprano, tenor, cellist, dance.

WMAQ, Chicago News (447.5) 6 "Wide-Awake Club." 7:30 banquet program; 8:50 orchestra.

WDAF, Chicago (360) 6 concert; 9 organ, orchestra.

KYW, Chicago (536) 5:30 concert; 6:20-8 music, talks.

WFAA, Dallas News (476) 12:30-1 address; 8:30-9:30 musical.

WOC, Davenport (484) 6:30 sandman; 7 lecture; 8 musical; 9 road reports.

WWJ, Detroit News (517) 7:30 News orchestra; Anne Campbell, poet; soprano.

WCX, Detroit (517) 5 concert; 6 musical.

WBAP, Fort Worth Star Telegram (476) 7:30-8:30 choral concert; 9:30-10:45 concert.

KFKX, Hastings (341) 9:30 rebroadcast KDKA.

WOS, Jefferson City (440.9) 8 musical, addresses.

WHB, Kansas City (411) 7-8 orchestra.

WHAS, Louisville Journal (400) 7:30-9 concert, readings.

KFI, Los Angeles (469) 8:45-1 a. m. concert, instrumental, vocal.

KHJ, Los Angeles (395) 8 orchestra; 8:30-12 contest, concert, orchestra.

WGI, Medford (360) 5 Bib Brother Club; 5:30 verse, talk, musical, popular songs.

WMC, Memphis Commercial Appeal (500) 8:30 program; 11 frolic.

WLAG, Minneapolis-St. Paul (417)

7:30 lectures; 8-15 May festival opera "Faust" from Mankato.

WBAH, Minneapolis (417) 7 musical.

WOR, Newark (450) 4:15 songs; 4:30 bedtime; 5 string quartet.

WBAF, New York (492) 5:30-8 talks, orchestra.

WJY, New York (405) 5:30-9:30 entertainment.

WHN, New York (390) 7:30 orchestra, entertainers; 9:10 songs; 9:20 orchestra; 9:50 singing.

KLX, Oakland (509) 10-12 Mills College Alumni banquet.

WOAW, Omaha (526) 6 speaker, 6:30 orchestra; 9 college program.

WDBR, Philadelphia (392) 5:30-6 talks; 7 recital 8:03-9:30 orchestra.

WOO, Philadelphia (509) 5:30-8:03 orchestra, concert, dance.

WIP, Philadelphia (500) 4:05 orchestra; 5 talk.

WFL, Philadelphia (395) 4 talk; 4:30 orchestra.

WCAE, Pittsburgh (492) 5:30 concert; 6:30 bedtime; 7:30 musical.

KDKA, Pittsburgh (326) 4:30 organ; 5:30 bedtime; 6 "The Violin Maker of Cremona," 7 concert.

KGW, Portland (492) 10 lecture; 12:30 Eoot Owls.

KFAE, Pullman (330) 9:30-10:30 talks, solos, piano.

WKAQ, San Juan (360) 6-8 studio.

WGY, Schenectady (380) 5:30 children; 6:30 health talk; 6:45 comedy "Dangerous people"; 9:30 musical.

KFOA, Seattle (455) 10:30 musical.

WBZ, Springfield (337) 4 music; 5:30 bedtime; 6 jazz.

KSD, St. Louis Post-Dispatch (546) 8 artists, address.

WCAP, Washington (469) 6:30 talk, dance, orchestra, features.

WRC, Washington (469) 5 children.

CKY, Winnipeg, (450) 8:15 concert.

Pasteurization Law Is Valid.

Board of Health Bulletin.

In a decision "men on February 27 the North Carolina Supreme Court declares valid an ordinance of the town of Tarboro requiring all milk sold in the town to be pasteurized.

The ordinance was adopted in 1918 at the suggestion of the county health department. To make the ordinance operative a municipal pasteurizing plant was installed, Tarboro thereby setting a pace for the remainder of the state. The pertinent provisions of the ordinance are as follows:

"After August 1, 1918, it shall be unlawful for any milk or cream to be sold for human consumption in the town of Tarboro which shall not have been previously pasteurized in accordance with the standard set forth in this ordinance.

"No milk may be sold in the town of Tarboro except by persons having a license for this purpose, which license

shall have been obtained from the county health officer. Such license must be renewed yearly, and is subject to cancellation at any time in case of violation of any of the provisions of this ordinance by the licensee.

"Violation of any of the provisions of this ordinance shall constitute a misdemeanor, and a fine of \$25 shall be imposed upon any person found guilty of such violation."

The case came to the Supreme Court on appeal by Kinchen Edwards, convicted of violating the ordinance and fined \$25 in the Edgecombe Superior Court at the October, 1923, term, Judge George W. Connor presiding. Admitting the violation of the ordinance, the defendant appealed on the ground that the ordinance under which he was convicted is an unreasonable exercise of the police power, and therefore void.

Associate Justice Stacy writes the opinion for the Supreme Court. Briefly opinion for the Supreme Court, in similar citing a number of decisions in similar

cases in support, he says: "We think the ordinance in question is valid. Its violation is admitted. No error."

Take No Chances. It was a bumpy old vehicle that was taking the traveler to the station. What is more, it was the slowest thing since the Ark, and its passenger was becoming fearful of missing his train.

"Is your horse sick?" he asked the driver, after the beast had pulled up beside the road again and was contemplating nature.

"Balky?" "Nope—but he's so darned afraid I'll say 'Whoa!' an' he won't hear me that he stops every quarter of a mile to his ten."

The final try-outs for the selection of the American Olympic catch-as-catch-can wrestling team are to be held in Madison Square Garden May 27-29.

SALES SERVICE. We carry a complete stock of bumpers, piston rings, bearings, Sparten and Klaxon Horns, Motor Meters, shock absorbers, Gabriel Snubbers and practically every thing in the accessory line. Call and see us. Auto Supply & Repair Co. Phone 228 (Genuine Ford Parts).

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Murphy's Heir? A storm has broken within Tammany, according to political rumblings, as the result of efforts to seat James A. Foley to succeed the late Charles F. Murphy. Foley is mentioned as first choice of a majority of district leaders of Tammany Hall. England's only woman master mosaic worker is Miss Gertrude Martin, some of whose work is to be seen in Westminster cathedral.

MORE BONDS TO BE SOLD FOR ROAD CONSTRUCTION. Ten Millions of Bonds Will Be Disposed of May 16th; Total of Contract is \$50,000,000. Raleigh, May 6.—Ten millions of State highway bonds will be offered for sale May 15th under authorization given Treasurer Ben Lacy by the governor and council of state today. The bonds will be serial, 10 to 40 years, and must not bear an interest rate exceeding four and three-fourths per cent. Bids submitted to Mr. Lacy will be opened at noon on the 15th. Thus far \$34,500,000 of highway bonds have been sold, while \$15,500,000 for highway financing has been raised through the sale of short term notes. The \$10,000,000 to be disposed of May 15th will go to the road builders, and not for retirement of any portion of the short term notes. Treasurer Lacy will be "ready" for the short-termers when they come due, he said. The State had intended selling \$20,000,000 of bonds, but Mr. Lacy found the money market rather inactive so that half the amount was decided upon. The \$10,000,000 will meet the demands of the highway builders for some months. Highway contracts completed or under award run up to nearly \$50,000,000. The goal of the highway commission is to finish the job early in 1925 so that the full quota of \$55,000,000, authorized by the Legislature, will have been expended soon after the first of the year. Governor Morrison and Mr. Lacy, looking after the finances of the highway builders, are keeping the money coming as the demand is made. Adding the bond sales and the money raised through the sale of short term notes, \$50,000,000 has already been provided. The \$10,000,000 of bonds expected to be sold May 15th will leave only \$5,000,000 from the \$65,000,000 authorization; although sooner later, bonds must be sold to meet the \$15,500,000 of short term notes. There are only four distinct tastes—bitter, sweet, salt, and acid.

MOMN POP "The Vacant Chair." BY TAYLOR. GEE—I WISH I COULD FIGURE OUT SOME WAY TO WIN CORA'S HEART—I'VE TAKEN HER OUT TO LUNCH AND BOUGHT HER NICE PRESENTS—MAYBE IF I TOOK HER TO A GOOD SHOW I COULD MAKE AN IMPRESSION. GEE—THERE'S A SWELL SHOW COMING TO THE PALACE THIS WEEK AT 4 BUCKS PER SEAT—THERE'S AN CHANCE TO MAKE A BIG SPLASH WITH CORA, PROVINCING I CAN GET THE BOSS TO ADVANCE ME 6 BUCKS ON MY NEXT WEEKS PAY. MR. DOWNER, I'M A LITTLE PRESSED FINANCIALLY AND I WONDER IF YOU'D CARE TO ADVANCE ME 6 DOLLARS ON MY NEXT WEEKS WAGES. BUT WHAT SECURITY DO I GET—? WELL CAN'T YOU TAKE THE WORD OF AN HONEST MAN? WELL, I MIGHT—BRING HIM IN!!

Daily Fashion Hint. A PICTURESQUE FROCK. Dance frocks are quaint, picturesque and exceedingly simple in their design. This changeable radium tafeta has a gathered skirt attached to a fitted bodice with front of all-over lace. Outlining the lace trimmings, which is also appropriately called a collar—are tiny accordion-plated frills of the silk. Medium size requires 4 yards 36-inch radium and 3/4 yard all-over lace. Pictorial Review Dress No. 2065. Sizes, 34 to 38 inches bust, and 16 to 20 years. Price, 45 cents.

Luxury. Rare beauties and distinctions in lines, finish and upholstery—and the great mechanical luxury of an engine that actually improves with use! The wonderful Willys-Knight sleeve-valve engine is the same type of engine used in the finest cars of Europe. See the Willys-Knight—go for a good ride! Concord Motor Co. WILLYS KNIGHT

BANKRUPT SALE. Men's Pants \$1.75 to \$5.48. Men's Dress Shirts 89c to \$3.48. Men's Collars, Dozen \$1.25. Men's Suits \$8.50 to \$24.95. Men's Shoes \$2.98 to \$7.95. R. C. NEWSOM, H. T. McBRIDE Owners.