

A Politician



Women from all over the country will study party platforms and other political problems at an institute...

Fourteen North Carolina water enthusiasts who have just returned from the South's first Red Cross Life Saving and First Aid Institute...

Left to right (front row): Miss Eloise M. Tanner, Gastonia; Miss Lois Hird, Winston-Salem; Miss Elizabeth Ellis, Asheville; Miss Sara Jeffreys, Winston-Salem; J. Abby Wharton, Greensboro; Fred Meech, Asheville; Gertrude Wadsworth, Charlotte. Back row: R. H. Bennett, Gastonia; W. E. Vaughn-Lloyd, Winston-Salem; Alex Kiser, Brevard; Dr. A. D. Browne, Chapel Hill; A. W. Stainback, Durham; Miss Gladys Osborne, Canton; Miss Sara Southerland, Charlotte.

USE TIMES AND TRIBUNE PENNY ADS—IT PAYS

OLD AGE. State Board of Health Bulletin. Scientific literature on the subject of "Old Age" is very scarce, and it is a condition that is difficult to discuss or describe.

are hard to overcome. It is often too late to make a "Comeback" when one begins to realize that the years are creeping on and the full forces of the natural body are needed, and that all the broken parts of the machinery must be repaired to be able to live out a respectable life time.

We see one whining and complaining, stooping and creeping around, coming old age. In our county home a woman died a few months ago that had been an inmate of that institution for 56 years; she had entered as an old woman; she was free from care with moderate food. She did not worry about her fortune for she had none.

By following closely hygienic rules, such as avoiding mental emotions and worries about things that may happen, have a complete hour of rest near the midday hour, sleep at night in a dark and quiet room with a window open, and not to sleep less than 7 1/2 to 8 hours.

WIDOW CRIES FOR JOY. "I couldn't eat anything but raw eggs and sweet milk and was so weak I could hardly walk across the room. I would have been in my grave today if I hadn't taken Mayr's Wonderful Remedy when I did.

After one has reached the time of life when years begin to count and it is expected that the vital forces will begin to fail, then it is that great care should be exercised in controlling and bringing to play all of the elements that are necessary in keeping up perfect functioning and co-ordination of the work of all the organs of the body.

There are some diseases such as influenza, measles, and pneumonia against which we have no effective defense. Investigators are now attempting to solve these problems.

The death rate of the entire United States in 1880 was 19 per 1,000; in 1900, twenty years later, it was 17; the next twenty years makes a favorable showing by a reduction to 13. In 1921 the lowest rate yet reached by this or any other country except New Zealand was 11.

In New Zealand people live longest, averaging 60 years, while in India, the lowest average age at death is below 25 years. The death rate among the babies is enormous in India.

There has been a gain of 31 years in the average span of life since 1800. Knowledge of many communicable diseases is advanced to the point where we can feel reasonably assured of their control, and yet there will be required much educational work to reach the highest standard.

In 1920 there were 120,000 deaths from pneumonia, a rate of 137 per hundred thousand; tuberculosis, 99,000, rate of 114; Bright's disease and acute nephritis, 78,000, rate of 89; cancer, 72,000, rate of 83 per hundred thousand.

The expenditure of the Milbank Memorial Fund in an effort to stamp out many of the irregular causes of death should prove of great benefit in an educational way. Two million dollars are being spent in three communities, rural, city, and congested tenement. The American Public Health Association has dedicated itself to this plan.

Medical men can well afford to be proud of their achievement in extending the span of life in the past, and if this experiment is successful it is hoped that twenty years will be added to the average span of life. To want to live long is as natural as for water to flow down hill. If these things are done there should be no trouble in living to be 120.

The seven delegates elected to officially represent the state society at the biennial convention, October 2-6, include: Mrs. Julia Hall, of Cherryville; Mrs. John M. Cook, of Concord; Mrs. W. T. Boat, of Raleigh; Mrs. J. L. Morgan, of Salisbury; Mrs. C. O. Lippard, of Crouse; Mrs. R. L. Fritz, of Hickory, and Mrs. E. A. Schenk, of Greensboro.

WALTER P. CHRYSLER'S TRAFFIC TALKS

Hints to Pedestrians. Pedestrians should keep to the right on sidewalks, crosswalks, roadways and passageways but on highways without sidewalks, should keep to the left, commanding a clear view of approaching traffic.

Observe traffic before stepping from curb, and cross roadway at a right-angle—not diagonally—and, if reasonably possible, on a crosswalk.

Keep out of traffic whirlpools. Watch for traffic officer's signal and heed traffic signs and limit lines.

Stand on sidewalk or within safety zone while waiting for a street car or bus.

Face and step toward front of street car when alighting.

MRS. McCLANAHAN IS RE-ELECTED PRESIDENT

Officers Elected and Committees Appointed at Closing Session of Woman's Missionary Society.

Hickory, Aug. 5.—Mrs. G. W. McClanahan, of Gibsonville, who has served the Woman's Missionary Society of the North Carolina Lutheran Synod so faithfully and efficiently as president for the past two years was re-elected this morning at the closing session of the convention.

Election of officers, delegates to the biennial in Salisbury this fall, and department secretaries of the society, was the central point of interest at the morning session. Following the discussion of a field secretary for the missionary society it was decided that the committee on organization and membership appointed by the president assume as much as possible the prescribed duties of a field organizer.

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Baby Klansman



Here's the youngest Ku Klux Klansman in the country. The baby was dressed in a tiny white robe and initiated with a class of adults at Omaha. He was held in the arms of his mother during the ceremony.

We have the following Bargains in used cars:

- One Buick Six Touring.
One Buick Six Roadster.
One Willys Overland club roadster.

STANDARD BUICK COMPANY

Opposite City Fire Dept.

LAST CALL

- Small Cured Hams, per lb. 25c
Picnic Hams, per lb. 20c
Kingan's Breakfast Bacon, in Strips, per lb. 25c
No. 2 can Sausage Meat, per can 25c

CABARRUS CASH GROCERY COMPANY



LOOK

For 10 Days a Big Special Window Display Watches, Jewelry and Silver Every article a Bargain. You Save the Difference The Old Reliable W. C. Correll Jewelry Company

Robinson's August Clean-Up Sale. A SURPRISE Awaits You at ROBINSON'S Thursday Morning 9 to 12 O'clock. In conjunction with our August Clean Up Sale we place on sale Thursday morning One Hundred packages containing Merchandise ranging in value from \$2.00 to \$18.50 each.

Re-roof for the last time - right over the old shingles. Inexpensive! YOU not only save money by not having the old roof torn off—but you actually have a better roof in the end because the old shingles under the new give you that much more insulation and protection.

BATTERY SALE BRAND NEW GENUINE EXIDES Low Price 20 PER CENT OFF Quality Guaranteed Let Your Next Battery be an EXIDE—The Long Life Battery Bollinger Service Station

North Carolina Seashore Excursion To Norfolk, Va., August 15, 1924 Via Southern Railway System Tickets good 3 Days and 2 Nights in Norfolk. Round trip fare from Concord, N. C. \$7.50.

Fruit Jars, All Sizes Fruit Cans, Pints and Quarts Col-Pak Canners For Sale The New Hardware Store Ritchie Caldwell Company, Inc.