

# GUIDEPOSTS TO Health and Happiness

By Bernarr Macfadden



### THINGS THAT MAKE YOU GROW OLD

Everybody hates to grow old. Yet, because the march of Time leaves its inevitable traces on the face and form of man, most people are resigned to that fact. But we should not blame Time if we grow old in thought and spirit. That is our own fault.

Age is, for the most part, a state of mind. With the approach of middle-age, most people think it is time to "settle down." They fear to do anything that might be called undignified and so they give up everything in the nature of exercise or sports. They take a back seat and watch the world go by. They lose their interest in other people. They become careless of personal appearance. They coddle themselves if the weather is inclement or take to their beds with every twinge of pain or digestive disturbance. They refuse to accept any new or radical idea, believing that "the old way is best." They often give up some lifelong ambition, saying, "It's too late now—I'm getting old." Then they begin to indulge in self pity.

And those are the things that make people grow old before their time. Those things also bring on many of the ailments associated with age. The minute a man or woman begins to let up, deterioration sets in. Our bodies are wonderful machines, and as such they must be cared for, properly fueled and kept in first class running condition.

The way to stay young in spirit and thought is to regard life as a thrilling adventure with who-knows-what just around the corner.

If you have children, try to see their point of view and make them glad to have you around instead of waiting until your back is turned to really enjoy themselves. Let them help you stay young.

Read the new books, listen to new ideas and don't hesitate to do something simply because you have never done such a thing before.

Make a hobby of some sport or exercise—whether it be golf or pitching horseshoes or just walking. Do anything and think anything that will exhilarate you and make you glad to be alive. Make up your mind to get the most out of life until the day you die.

If you have cared for your health and kept your body up to par during your youth, many of these things will come naturally to you. But even if you have committed some of the follies of youth, it is never too late to start building again.

You may not look young until the day you die, but it is certainly within your power to keep young and vital in spirit.

Farmers of Jackson County sold three cars of Irish potatoes recently at \$1.10 a bushel delivered at the car door.

### How To Save Gasoline

Detroit, Sept. 25.—Millions of dollars could be saved annually by the automobile-owning public through a more strict observance of the factors that control the gasoline mileage offered by the average automobile. It was revealed in a survey of fuel economy completed today by the Chevrolet Motor Company.

A gain of from two to five miles on the gallon of gas could be effected, on the average, it was shown, if the motorist paid strict attention to the elements that govern fuel consumption.

The matter of economy has always been a factor of the uppermost importance with Chevrolet in the designing of its cars. Having brought the mileage to the highest point ever offered in a six cylinder car, Chevrolet sought to corral in this survey, the many seemingly unimportant details, which through carelessness or indifference on the part of the driver, cut down the mileage that might be obtained through more intelligent handling of the car.

Manufacturers have been doing their utmost to make gains in the direction of greater mileage and now it is felt that with greater cooperation from the driver, motorists may ride millions of miles yearly at no extra fuel cost if the matter of watchfulness can make a sufficiently strong appeal.

Just how this attention to fuel economy brings its reward is illustrated in records of performances coming in to the company's offices, which show that although the Chevrolet six is expected to run approximately 20 miles to the gallon, motorists in various sections of the country are getting 23, 24 and 25 miles through just a little added attention to the matter.

The majority of items to be watched are rather obvious to the average automobile owner, but through an inadequate appreciation of their importance, are commonly overlooked.

The survey sets down specifically a number of factors, which, if observed, should increase your mileage two to five miles to the gallon. They are:

1. When standing or waiting for the light to change, don't race your motor.
2. When you are to make a stop of more than a minute, turn off your motor.
3. Don't drive at excessive speeds unless the occasion demands. High speed travelling burns more gas.
4. Remember that the faster you drive the more gas you consume. So when you find that you are about out of gas and are heading for a gas station, take it slowly and your chances for negotiating this distance will be greater.
5. When starting watch the choke. Don't drive with the choke out a moment more than necessary.
6. Be sure that your brakes are not dragging. This cuts down your mileage. Get your brakes inspected frequently.
7. Have your valves ground when they need it.
8. See that the idling adjustment on your carburetor is set at the proper point so that the mixture is not too rich. If it is not at the proper point it gives you inefficient idling performance and wastes gas.

9. Don't fill your gas tank full to the cap, some will escape through the vent in the cap.
10. Don't ride the clutch.
11. Watch gas line for leaks at joints. Check it periodically to see that fittings are tight.
12. Be sure that spark is in fully advanced position.
13. Avoid excessive use of brakes in traffic.

Observance of these suggestions, the survey points out, will save money for the motorist and add considerable mileage to your driving and reduce the number of necessary stops at the gasoline station.

There is a "Death Chamber" in the FLY-TOX factory. This chamber is about the room size. It is used to test the quality of FLY-TOX as a spray to kill flies, mosquitoes, bedbugs, roaches, etc. During a test a large number of young, healthy insects are placed inside the cabinet. These insects are raised in incubators for testing purposes. While the insects are flying and crawling around in the "Chamber of Death," FLY-TOX is sprayed inside. Less than a teaspoonful is used. Instantly there is a change. Within five minutes not a buzz is heard. All insects are dead. To make sure they are really dead, the insects are carefully removed from the "Chamber of Death" and placed in incubators in an effort to revive them. If a wing flutters, the FLY-TOX tested never leaves the factory. This test is your guarantee of FLY-TOX quality. It does what you want it to do—kill insects in and about your home. Yet, FLY-TOX is positively harmless to people. FLY-TOX was developed at Mellon Institute of Industrial Research by Rex Research Fellowship. It will not stain. Has a delightful perfume-like fragrance. There is only one FLY-TOX—insist upon the genuine in bottles with blue labels.—Adv.

The West Indies sent nearly \$387,000,000 worth of sugar to the United States last year.

In Paris a firm uses robots to pass out circulars.

### Trustee's Sale Of Land

Under and by virtue of the power contained in a certain deed of trust, executed on the 14th day of December, 1925, by Sidney Pettiford, and wife Blanche Pettiford, of record in Register of Deeds Office of Person County, in Deed-of-Trust-Book No. 3, page 444, the bond secured thereby having been not paid at maturity and the holder having requested that the power of sale be exercised, the undersigned trustee will on

Monday, October 28th, 1929, at 12 o'clock noon at the Courthouse door in Roxboro, N. C., sell at public sale to the highest bidder for cash the tract of land conveyed by said Deed of Trust, and described as follows; to-wit:

Lying and being in Flat River Township, Person County, North Carolina, and described as follows, viz: Beginning at a rock, it being the South-

west corner of E. A. W. Pettiford's E. W. Clayton's line 1285 feet to a rock the Southeast corner of E. A. W. Pettiford, in the Blalock Estate line; thence with the Blalock Estate line 8 1/4 degrees West 538 feet to a rock; Northeast corner of T. L. Pettiford's lot or lot No. 4; thence with T. L. Pettiford's line West 1341 feet to a rock Northwest corner of T. L. Pettiford's lot in E. W. Clayton's line; thence with said Clayton's line N. 25 1/2 degrees East 538 feet to the beginning, containing 16.80 acres more or less, and being lot No. 3 of the subdivision of Emily Pettiford land, as surveyed by W. R. Cates.

W. W. Whitfield, Trustee.

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## Central Service Station

Roxboro, N. C.

### SICK AT HIS STOMACH

"I WAS suffering from stomach trouble, in 1917," says Mr. C. K. Nelson, a railroad engineer living in Pulaski, Va. "I had a tightness in my chest, a shortness of breath. There seemed to be a heavy weight in the pit of my stomach, and quite a bit of nausea, yet I couldn't vomit. I tried different remedies, yet suffered on just the same.

"When in West Virginia on a work train, I was in such a condition that I just gave up and came home. I couldn't stand to work in my condition. Some one told me about Black-Draught. I started taking it in small doses after meals. It helped me, and I went back to work."



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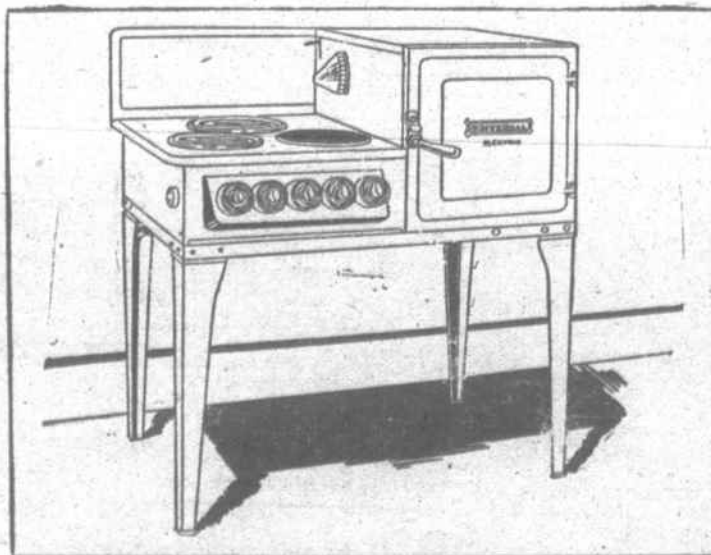
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