

The Family DOCTOR

JOHN JOSEPH GAINES M.D.

PROTECTIVES

Every important organ within your body has its own protective covering. The heart has the "pericardium," a sac or bag in which it swings rhythmically without friction.

The lungs are enveloped by the "pleura," which guards the delicate lung-structure from the chest-wall—a very necessary protection.

Then, the "capsule" of the liver—and of the kidneys. Too, the "peritoneum," enclosing the bowel—and so on. Inflammation of any of these envelopes is a serious condition. Pericarditis, pleuritis, peritonitis—all are very serious conditions, requiring the skill of your best physicians. To hire a "rubbing-doctor" here, might cost one his life.

Last of all, I want to mention the meninges—coverings of the brain and spinal cord. Both encased in strong, bony structure for protection, are covered with the meninges for greater protection. Meningitis—and peritonitis are among our most dangerous diseases, as any doctor will tell you.

Inflammation of the meninges—meningitis—gives us "sleeping-sickness" now threatening our country, mostly in the large cities. People get worn down by privations or excesses and are stricken.

Watch your step these trying times. Get plenty of sleep; do not eat too much, especially for supper; refrain from worry as much as possible. The covering of the brain is not much thicker than this sheet of paper. But when inflamed, this membrane is a death-dealing conflagration. . . . I dread to encounter meningitis—and peritonitis, I believe, more than any other afflictions of the race.

AN OLD FRIEND

Whom should it be but the OYSTER . . . here in the winter season! The succulent, edible, old bivalve—prized so most everybody can afford him. . . . By the way, I have an aged neighbor who believe the Bible forbids the oyster as unclean! He should read Peter's vision, reported in Act. X-15. But the good old fellow doesn't.

So far as the flavor of the fresh oyster is concerned—well, I have always felt a need of the fine descriptive adjectives! Imagine a "half-dozen" oyster stew for supper, some crispy winter evening for supper—when you are tired! You will know what I mean.

The oyster contains iodine, iron, lime, phosphorus, copper, glycogen and vitamins—all easily digested. What an array of valuables! Then, the good, whole milk of the stew! I do not need to write any more, do I?

Our greatest scientific institutions have studied and approved the oyster as human food; then our great oyster-growing industrialists have improved the methods of cultivating and growing oysters, until practically all danger is abolished in their free use.

Long an enemy of mixtures and combinations in food, I do not see the need of oyster-salads and scallopings and "dressings" if we get actual benefit from oysters as food. Often these combinations are difficult of digestion, and the important ends sought are defeated. Prepare your bivalves as nearly "plain" as possible—there can be nothing gained by adding starches and highly-appetizing condiments, which urge too heavy indulgence in a good thing.

Old Game, New Rules

Eyes of the world are almost literally turned towards the United

Why the Sudden Change to Liquid Laxatives?

Doctors have always recognized the value of the laxative whose dose can be measured, and whose action can be controlled.

The public, too, is fast returning to the use of liquid laxatives. People have learned that a properly prepared liquid laxative brings a perfect movement without any discomfort at the time, or after.

The dose of a liquid laxative can be varied to suit the needs of the individual. The action can thus be regulated. It forms no habit; you need not take a "double dose" a day or two later. Nor will a mild liquid laxative irritate the kidneys.

The wrong cathartic may keep you constipated as long as you keep on using it.

Dr. Caldwell's Syrup Pepsin is a prescription, and is perfectly safe. Its laxative action is based on senna—a natural laxative. The bowels will not become dependent on this form of help. Dr. Caldwell's Syrup Pepsin is at all druggists. Member N. R. A.

Strike The "EAGLE" And You Strike Me!



State these days. The National Recovery Act is a popular topic from Tokio to London. And there is much to talk about.

Already the NRA has produced gratifying results. Some enthusiasts, violently reacting from the dark days of the past three years, unhesitatingly proclaim that the Blue Eagle, emblem of the new deal is in reality the Blue Bird of Happiness, thinly disguised. Happy days, they sing, are here again.

But, at the risk of being pigeonholed as a grouser, let us venture the observation that recovery is far from being a fact achieved. Happily it is true that business throughout America is improving, but the long pull is certainly ahead.

Signing codes of ethics and business practices is important, but not enough. Abuses as ancient as trade itself are not to be eradicated by the swish of a flowing pen. Human nature can be altered, but it is not going to be changed by a miracle. Neither President Roosevelt nor General Johnson is Aladdin.

The acid test is going to come after the fanfare has died, after the parade is past. It will come when the wheels of the new machinery begin, creakingly at first, to mesh and to turn. Then every signer of a code will in his own way meet his own temptation to evade it by playing fast and loose with regulations governing wages, hours, and practices. Then each consumer must decide whether he or she will forego the saving of pennies or dollars by buying from those who observe the spirit of the act instead of from those who do not.

The new deal has changed the rules of the game, but no one is excused from playing, and playing hard. There is nothing magic about the NRA, it is man made. Sound principles of buying and selling goods for profit are just as applicable as ever they were. Men and women will continue to be attracted and courteously offered. The NRA has brought no moratorium on keen thinking, analytical judgment, decisive action.

The rules have changed, but not the game.—Rotary Magazine.

A Modern Gunga Din

An ex-convict called on a restaurant keeper in Marshall Michigan, last week and paid fifteen cents to the proprietor of the eating place explaining that several years ago when he was a fugitive from justice, and eluding the police, he was destitute, and that he went into the man's restaurant, and he credited him for a cup of coffee and a doughnut. After serving his term, and getting in a position to pay the Marshall restaurant keeper for his hospitality, he decided that he could do nothing more fitting than go back and pay the fifteen cents, even though the favor was extended years ago.

We have an idea that this is one ex-convict who is honest. The news dispatch did not say for what crime he was in prison, but it does go to show that good men sometimes slip, and get into trouble, and is another argument for the position which we have always taken, that there is always some good in every person;

and it is practically impossible to crush out these good impulses. This man may be an ex-convict, but like Kipling's Gunga Din, he is a darn sight better than a lot of us who owe far more than fifteen cents, and yet, our consciences do not affect us in the least.—Mocksville Enterprise.

Youth Not So Flaming

Many evidences are at hand to show that the young people of 1933 are looking ahead with a clearer notion of "what it's all about" than did their parents. They recognize froth for what it is.

A smart magazine, popular only a few years ago with college students, has, in the vernacular, "folded up" for want of support. The football hero of yesteryear isn't lionized quite so much as he was. Why? "We see him in the classroom," one young lady smilingly told an inquirer. Athletics are increasingly regarded as means of acquiring personal enjoyment and health and not as public spectacles alone. In short, a new youth, not quite so incandescent as his older brother or sister, is emerging from these late depression days.

The plain fact of the matter is, however, that the whole world is getting over a giddy headache, brought on by the world war. It is seeing more clearly than it did. The response to the national recovery act is in itself testimony of a growing understanding of the troubles of economic and social health. Newspapers are printing less news on "sex money, and crime" to make space for news on science, business, religion, and education. Labor controversies are being settled more and more by arbitration and less and less by violence and bloodshed. In

The NEW Coleman CENTURY DUO-LITE

THE 2-IN-1 LIGHT

The New Century Duo-Lite is a useful, decorative reading lamp that can quickly be made into a lantern by lifting from base, removing shade and inserting a lantern ball. Pyrex Glass Globe makes it wind proof and bug proof. Lights instantly and produces up to 150 candlepower of clear-shining, steady brilliance. Single mantle type. Metal Base of fluted column design, handsomely finished. Beautiful parchment shade.

SEE YOUR LOCAL DEALER or write to: G.A. 2822 The Coleman Lamp and Stove Co., Wichita, Kansas, Chicago, Ill., Philadelphia, Pa., Los Angeles, Calif.

HELENA SCHOOL NEWS

The faculty and students of Helena high school will give a hallowe'en party in the gymnasium Friday evening, Oct. 27, at 7:30 o'clock. The evening will be filled with hallowe'en stunts and various forms of amusements. Five cents will admit you to the party if in costume. Candies, fruits and ice cream will be sold in addition to the weiner roast at the end. The proceeds will be used for the grade libraries.

Hurdle Mills H. S. Honor Roll, 7th Gd.

Through mistake the honor roll of the seventh grade in the Hurdle Mills school was omitted last week and is given here: Annie Moize, Love Whitfield, Sallie Wilson, Alice Wrenn, Bessie Hawkins, Nannie Briggs, Lottie Cates, Foy Rimmer.

SAVING

Friend to movie house manager—Well, how's business at your theater?

Manager—Why, man, we turned people away at last night's show.

Friend—G'wan, you don't mean it. Manager—It's perfectly true. There were only eight people who came to the performance and we figured it would save money to give 'em their money back and call the show off.

CONFIDENCE

There is a noticeable increase in confidence that the Roosevelt plan will "pull the country out of the hole." Some doubters are "waving wands," according to Secretary Wallace. The Secretary declares that temporary methods will improve the situation. The policy of the Administration he says is for long-term planning.

Long Look

"Supply and demand, political pressure and the long look ahead" has been discussed by Secretary of Agriculture Wallace. Mr. Wallace belongs to the group of public leaders who believe that the agricultural situation must be cured before the nation can pull out of its difficulties. He has lots of good company sharing this belief.

VIOLATORS

William Green, president of the American Federation of Labor, has named sixteen corporations which he says are violating the codes signed up with the National Recovery Board. He threatens strikes and walk-outs in order to compel obe-

dience to the law and adherence to the principles of the National Recovery plan. Apparently some of the people who signed the codes had their fingers crossed. Apparently, also, Mr. Green is supposed to stop strikes and walk-outs instead of promoting them. The Government has arranged to back up proper demands of labor by enforcing the rule and regulations provided by Congress.

Timely Farm Questions Answered At State College

Question: What causes chickens to pull out their feathers and how can this be corrected?

Answer: This trouble is caused by what is known as the depluming mite. The parasite burrows into the skin of the birds and causes considerable irritation with the result that the birds pull out the feathers. To destroy this mite the birds should be dipped in a solution containing 12 ounces of flowers of sulphur and six ounces of well-dissolved laundry soap to each five

gallons of tepid water. Give the treatment on a warm day and be sure the solution reaches the skin. Question: How much silage will one cow consume during the winter feeding? Answer: This depends upon the length of time the animal is to be fed. Ordinarily a cow will eat about three pounds of silage a day for each 100 pounds of live weight. The weight of the cow in hundred pounds multiplied by three will give the amount of silage pounds consumed in one day. This amount multiplied by the number of days the animal is to be fed will give the amount of silage to be stored for each cow.

Question: Is it too late to dust cabbages and collards with calcium arsenate for worm control?

Answer: If the cabbages are well advanced it would be better to apply the Pyrethrum dust rather than the arsenate but, if the arsenate is applied, there would be no danger from the poison. Either dust can also be applied to collards but, as the collard is not headed as much as the cabbage, the calcium arsenate should be used.

A perfect complexion in any light

EVEN in the glare of brilliant, unflattering sunlight, Mavis Face Powder gives a perfect petal-soft complexion. It is the truly invisible powder. Use it as heavily as you wish . . . on any skin. There can be no purer powder—delightfully soft—and it stays on. The Mavis fragrance will thrill you.

Flesh, White, Brunette, Dark Brunette

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MAVIS

FACE POWDER

50c

Sell Your Tobacco In Roxboro

Roxboro tobacco market improves steadily as the better tobaccos come in. Bring your next load to Roxboro and go home feeling sure that you got the highest market price for your tobacco. Today's prices were much higher than last week's prices. Below is a list of a few of the averages made on today's market:

- D. & E. Bradsher averaged 22c around for their load.
- Roy Rogers averaged 22½c around.
- R. F. Cover averaged 25c around for his lot.
- T. O. Pass averaged 23½c around for 1502 lbs.
- E. L. Veasey sold 724 pounds for \$152.80.

We can safely say that today's prices were very satisfactory and people are talking about the Roxboro market. Be sure to bring us your next load and be convinced that Roxboro is the place to sell tobacco.

Planters Warehouse Winstead Warehouse
Pioneer Warehouse The Hyco Warehouse