

# THE BOOK

the first line of which reads, "The Holy Bible,"  
and which contains Four Great Treasures

## by BRUCE BARTON

### ABRAHAM

MOST of the pioneers since the world began have lived and died and left no memory of their deeds. They blazed the trails which those who followed trod to paths, and by the time that these had become macadamized highways it was too late to find the record of him whose adventurous feet had first passed that way. Edward Everett Hale found himself profoundly moved by his contemplation of the nameless saints whose heroism we have inherited.



Bruce Barton

What was his name? I do not know his name; I only know he heard God's voice and came. No pealing trumpet thunders forth his fame; He lived, he died; I do not know his name. But a few of the heroic adventurers left authentic records that defy the effects of oblivion. Prince of the pioneers is Abraham. He lived, as his ancestors had lived, in the fertile valley of Mesopotamia, a great landowner and shepherd.

Lot, his nephew, was also rich. And there was strife between the herdmen of Abram's cattle and the herdmen of Lot's cattle. More pasture was needed for their flocks, and to their neighbors that was a sufficient explanation of their migration; just as many historians regard "economic pressure" as the whole explanation of the journey

of the Pilgrim Fathers and of so many other important movements in history.

Now the Lord said unto Abram, Get thee out of thy country, and from thy kindred, and from thy father's house, unto a land that I will shew thee. And he went out, not knowing whither he went.

In those two sentences, one from the Old Testament, the other from the New, you have the real story of Abraham's migration. He was already on the way when the message came to him.

God changed the name of Abram to Abraham.

Neither shall thy name any more be called Abram, but thy name shall be Abraham; for a father of many nations have I made thee.

He was given children when more than ninety years old, and he lived to be a hundred and seventy-five, "an old man and full of years." Among many elements which combined to make him great, one is particularly worthy of remembrance—he was the real head of his own household. God said: Abraham shall surely become a great and mighty nation, and all the nations of the earth shall be blessed in him.

For I know him, that he will command his children and his household after him, and they shall keep the way of the Lord, to do justice and judgment.

If leaders were chosen in our day on the basis of their proved power to govern their own families in righteousness, how many would qualify?

(Next week: Joseph)

Cummings (with an "s"). Worry kills more people of middle and advanced age than all of the infectious and preventable diseases. So the recent convention of Life Insurance presidents was told. Old age pensions might prolong many lives.

My own observation leads me to believe that nobody really knows much about keeping himself in good health until he has reached the age where whatever he does doesn't matter much.

**PEACE . . . . . and war**

I met the young son of a friend the other day, all dressed up in a gorgeous uniform. He had just been promoted Captain, he said, of the Knickerbocker Greys, the cadet corps which serves as a training school for officers of New York's Seventh Regiment.

"Don't they teach you in school that war is wrong?" I asked him. "Not on your life," he replied. "My school teaches that every good citizen ought to be ready to fight. Gee! I hope I'll get a chance to go to war some day!"

The boy may have his wish, if there's anything to the law of averages. In the past 158 years the United States has been engaged in six major wars, averaging about 26½ years apart. The last one ended late in 1918. That would make the next one due about 1944.

The history of human progress is, after all, mainly a history of war. Put two contradictory national cultures in close juxtaposition and sooner or later they'll fight.

**HONESTY . . . . . on labels**

Senator Copeland of New York has rewritten the so-called "Tugwell Bill" regulating the labelling and advertising of food and drugs. All that the proposed law does, in its present form, is to insist upon honest labels of packaged foods and drugs, telling exactly what is inside of them, and making no professions that they will "cure" certain diseases for which medical science knows no cure.

In other words, all that the law would require, if enacted in its present form, is common honesty on the part of the makers of packaged products.

I think that a lot of ballyhoo has been raised over the presumed danger to public health under present conditions. With the Government promoting the sale of alcoholic liquor for the sake of revenue, it doesn't seem to have much of a leg to stand on in the matter of "protecting" people against the effects of what they put into their stomachs.

## JUNIORS HOLD MEETING HERE

### District Officers Named; R. D. Sisk Elected Councilor

At a meeting of the Junior Order of United American Mechanics, District No. 1, which was held here last Thursday night, the following officers were elected: R. D. Sisk, councilor; W. C. Reid, vice councilor; George Womack, chaplain; J. V. Hall, recording secretary, financial secretary and treasurer; John Jones, conductor; A. J. Rickman, warden; J. L. Higdon, inside sentinel; Calvin Wilson, outside sentinel; W. P. McGuire, W. C. Cagle and B. W. Justice, trustees.

District No. 1 is composed of Graham, Swain, Clay, Cherokee, Jackson and Macon counties.

The next district meeting will be held here on May 2.

The Roman Empire at one time included 1,544,000 square miles. "Sam Hill" is a euphemism for the devil.

## WEAK AND SKINNY MEN, WOMEN AND CHILDREN

Saved by new Vitamins of Cod Liver Oil in tasteless tablets.

Pounds of firm healthy flesh instead of bare scraggy bones! New vigor, vim and energy instead of tired listlessness! Steady, quiet nerves! That is what thousands of people are getting through scientists' latest discovery—the Vitamins of Cod Liver Oil concentrated in little sugar coated tablets without any of its horrid, fishy taste or smell. McCoy's Cod Liver Oil Tablets, they're called! "Cod Liver Oil in Tablets", and they simply work wonders. A little boy of 8, seriously sick, got well and gained 10½ lbs. in just one month. A girl of thirteen after the same disease, gained 8 lbs. the first week and 2 lbs. each week after. A young mother who could not eat or sleep after baby came got all her health back and gained 10 lbs. in less than a month.

You simply must try McCoy's at once. Remember if you don't gain at least 2 lbs. of firm healthy flesh in a month get your money back. Demand and get McCoy's—the original and genuine Cod Liver Oil Tablets—approved by Good Housekeeping Institute. Refuse all substitutes—insist on the original McCoy's—there are none better.

## New Kidneys

If you could trade your neglected, tired and lazy kidneys for new ones, you would automatically get rid of Night Rising, Nervousness, Dizziness, Rheumatism, Burning, Itching and Acidity. To correct functional kidney disorders, try the guaranteed Doctor's special prescription called CYSTEX (Sisa-tex). Must fix you up in 8 days or money back. All druggists.

## Get a LIFT with a Camel!

**FAMOUS AVIATOR.** (Right) Sir Charles Kingsford-Smith says: "Once you've had a chance to appreciate the mild, mellow flavor of Camels, no other cigarette seems to suit you. Camels are my 'supercharger'—they give me new energy and 'go.' And they never throw my nerves off key."



**PHYSICAL INSTRUCTOR.** (Below) "A Camel gives me a sense of renewed vim," says Charles Adams. "I enjoy this delightful 'lift' often. Camels never interfere with my nerves."



**BANK TELLER.** (Left) "I've noticed that after any strain or when I need cheering up, I get a 'lift' in energy from a Camel," reports Baxter Davidson. "They taste so good. Camels don't disturb my nervous system."



## THE FAMILY DOCTOR

By JOHN JOSEPH GAINES, M.D.

**NOTES BY THE WAY**

Some months ago I reported a farmers wife in a western state, that had been bitten by a "Black Widow" spider. She was then suffering very intensely in one of the best western hospitals; in spite of the efforts of the specialist, she died from the venom of the poisonous insect.

Now I want to tell you an occurrence that happened just the other day: The paper containing the account of the spider-bite happened to fall into the hands of a convict in one of our northern state prisons. He at once wrote me, advising the use of a "flax-seed" poultice in the very next case of severe insect bite! He condemned the modern methods of treatment which he said always failed; this was diverting to me, coming from the source it did; it made me think there was something good in the

unfortunate fellow, even though shut in prison, convicted of a crime.

Speaking of the old flax seed poultice, it is by no means an outcast, for, many good surgeons employ it with satisfaction. As a household remedy for acute inflammation, it should always be kept ready for use—with the consent of your family doctor.

The old flax-seed poultice! Let us suppose you have a threatened abscess, due to a focus of infection that has somehow been acquired. To encourage the "boil" into supuration is often the quickest way of getting rid of it, and keeping it confined to one locality.

Get a paper bagful of ground flax-seed from the drug store; over your gas-burner convert some of the meal into a mushy hot mass; this may be wrapped in a cloth and applied to the affected surface continuously until it is ready for opening. Not bad treatment.

**KAPOK**

Kapok is the silken down of the tree Ceiba pentandra. It is not grown commercially in this country although experiments in its culture have been conducted in California. Kapok is shipped into this country from the Federated Malay States, Java and Ecuador. Ceylon also exports some, and very small amounts are exported from the Philippine Islands.

**ANCIENT SOAP FACTORY**

The use of soap is of great antiquity. A well-equipped soap factory was found in the ruins of Pompeii, which was destroyed in 79 A. D.

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**TODAY and TOMORROW**

FRANK PARKER STOCKBRIDGE

**ADVERTISING . . . . . The Times**

I have just been looking over the 150th anniversary edition of the London Times, founded in 1785. The Times is the most independent and one of the most prosperous newspapers in the world. It has never tied itself up with any party or group of political leaders, but has given its powerful support to whatever person or party seemed at the moment to be in the best position to further the interests of the people of England, and had the soundest program.

Explaining its independence, The Times points out that it is due to its great variety of advertisers. A newspaper must have support outside of what it gets from sales of the paper. It can only get that

support from political subsidies or from advertising. If it accepts a subsidy it cannot be independent. But no single advertiser can be powerful enough to influence the paper's policies.

Advertisers don't care what a paper's policies are; they only want to know that it reaches readers who are able to buy their wares. American newspapers generally understand and are guided by that principle, but the London Times was the first to discover it.

**HEALTH . . . . . very good**

Surgeon General Hugh S. Cummings, of the U. S. Public Health Service, reports that the nation's death-rate for 1933 was the lowest yet. That seems to blow up the common charge of the uninformed that thousands of people are dying of starvation in the United States.

Dr. Cumming doesn't say so, but I have a shrewd suspicion that more people die every year from overeating than from undernourishment.

Incidentally, don't get the surgeon-general mixed up with the attorney-general. Their names are very much alike. The head of the department of justice is Homer S.

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