



THE FAMILY DOCTOR

By JOHN JOSEPH GAINES, M.D.

SO WE COOK OUR FOOD

An ox or a horse can seize and masticate thoroughly a dry, hard ear of corn. Most any of the farm animals may attack a cured bale of hay and with powerful teeth and capable salivary glands reduce the tough, dried grass to fit the stomach and be readily digested.

The hen picks up ripened grains, hard as wood—swallows them whole and doubtless enjoys the flavor. She has a battery of small pebbles in her interior, to grind her cereal with pleasing deliberation. It is all very interesting when we have time to think of it.

But, man cannot do things as the cattle, horses and fowls do them. We may eat a few things raw, with benefit. Our pioneers ate raw turnips freely in the days before the young orchards had arrived at the fruit-bearing stage. We find raw fruits exceedingly palatable and beneficial and even necessary to our well-being. We may eat dried or wholly-air-cured meats such as "chipped beef" if it be shaved thin and yet masticated well. It is tonic for the digestive tract and a blood-builder as well.

There are faddists today who think man should abolish cooking! The common sense of it is that vegetables and meats of all kinds need treatment before being eaten. Tough fibers must be made tender. Hard growths must be softened. Hidden food-principles must be set free that we may appropriate them to our use without over-taxing the digestive machinery within us. The process of cooking becomes one of greatest importance to the human family.

Let me mention a possible error which is over-cooking. Too ardent frying, boiling, roasting is also wrong. The artist in cookery

knows when to quit! Much of our diet is spoiled by "cooking it to death." Don't do it.

THE COLON BACILLUS

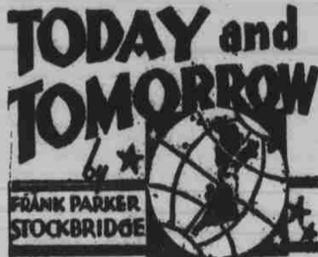
This common guest of ours does no harm, so long as it inhabits the colon, the large bowel; but when it gets into the blood-stream, through an ulcer of the rectum or from a wound, then grave trouble may occur. Many cases of gall-bladder infection, appendicitis, and suppurating inflammation of the urinary bladder may result.

Once the colon bacillus was not considered particularly harmful. We know better now. Every health board of cities looks out for this more than common polluter of the public water-supply.

My opinion is that the colon bacillus is equally dangerous, if not more so, than the typhoid germ. The microscopist may indeed find it easy to mistake the colon "bug" for the typhoid. But there is a distinct difference in form. The colon germ is thicker in its middle and more fusiform in shape.

The colon bacillus is scattered or disseminated with human excrement. It may mingle with soil. Hence the outdoor toilet, such as has been used by farm homes, is a distinctly unsanitary and dangerous proposition. The only safe model is the one with a deep pit beneath it which must be treated with un-slaked lime regularly. The content should never be permitted to accumulate on the ground, where it can be washed away by showers.

The farm home which has this equipment should tear it down at once and burn it over its own site. Then build a house-toilet with a tile drain, so that it may be deluged with strong antiseptics. This letter is not for city dwellings with modern, sanitary conveniences.



EDUCATION . . . new thoughts

I often quote a remark I heard Woodrow Wilson make, years ago. "The purpose of education," he said, "is to make young people different from their parents." Parents lose sight of the fact that, sooner or later, their children are going to take their lives into their own hands, and exercise the inalienable human right of making their own mistakes.

The last thing a school or college should do is to discourage individual thinking. I liked what President Hutchins of Chicago University said the other day. "If young people must meet new ideas some time, it would seem the part of wisdom to have them meet those new ideas where they are fairly presented by intelligent people who have no axes to grind."

Nothing can be worse than for a boy or girl to get his or her new ideas first from self-seeking propagandists or political demagogues.

YOUTH . . . opens doors

There never has been a time, in my experience, when so much thought was being given to the ideas of the young. On the one hand I hear old fogies expressing alarm lest youth get radical ideas from the study of what is going on in Communist Russia and Socialist Germany; and on the other hand I hear ardent young men and women protesting that they should be allowed to express their own beliefs, whether they conform to tradition or not.

I don't apprehend any danger to civilization from the free examination of new ideas. A generation from now the world will be what those who are young today will have made it. It will be their world. They will have to live in it. And I am firm in the belief that any new or "radical" ideas that don't prove workable will have been scrapped long before their

young proponents of today have grown up.

TEAMWORK . . . of the future

My guess about the kind of social order that is going to come out of the thinking of the youth of today is that it will be based very much more upon collective effort in every phase of life than upon individual initiative. I have a feeling that we are going to evolve in America some sort of a collectivist philosophy which will be neither Communism, Socialism—as we use the term today—nor Fascism.

It is certain that business will continue to become more closely organized. Social activities, even those of children, are more highly coordinated than ever before. The whole tendency of the human spirit today is toward cooperation. Somewhere a balance will be found, I believe, between the extremes of old-fashioned rugged individualism and the suppression of all individual liberty such as prevails under Communism and Fascism.

LIGHT . . . in churches

I vote 100 per cent for the proposal that churches should be "lighted up like motion picture cathedrals." That was recommended to the Methodist Protestant Church Conference last week by its Lord's Day Committee.

The gloomy, colorless interiors of most Protestant churches give children the idea that there is something dour and solemn about religion itself. Only once in a while have I seen an American church that gave the impression of joy and happiness—and my idea of religion is that unless it is joyous and happy, it isn't much of a religion.

The "show places" of Europe are the great cathedrals, in which the greatest works by the greatest artists are displayed, and the most lavish use is made of color and decoration. I would like to see more of that sort of thing in our own churches.

HYMNS . . . in earnest

The Methodist church has authorized a revised hymn-book—and I am glad to see that most of the thrilling old hymns and tunes have been retained, and only a few of the "unsingable" ones. I've often thought that I could compile a hymn-book that wouldn't have a



Green Velvet
NEW YORK . . . Emerald green uncut velvet with an all-over scroll is the fabric which gives smartness to the above afternoon frock. The gold metal clasp at the neck and the buckle on the woven metal belt are set with green stones.

Under Huey Long Flag



NEW ORLEANS . . . Judge Richard W. Leche (above), of the late Huey Long forces, will be the Louisiana Democratic administration candidate for governor at the forthcoming primary elections, to succeed Gov. O. K. Allen.

Says 'Dirt Cheap' Is Misleading Phrase

RALEIGH, Oct. 16.—The old expression, "dirt cheap," belongs to a past era, according to James M. Gray, regional director of land utilization for the Resettlement Administration.

"Dirt is not always cheap," Mr. Gray said. "When erosion robs a man of his topsoil and leaves him with a non-productive, gully-cut farm, he realizes that his dirt was worth more than gold itself. Dirt, in the sense of productive soil, is the most valuable of all the nation's resources."

Mr. Gray, a native of Macon county, is directing a program designed to return selected areas of eroded lands in North Carolina, Tennessee, Kentucky, Virginia and West Virginia to profitable use, these projects being integrated with the broad national land adjustment program of the Resettlement Administration.

single tune in which the whole congregation couldn't join in harmony, not a hymn whose words did not carry some message of brotherly love, or some "glad tidings of great joy." And I would fire the organist or choirmaster who persisted in setting the tempo so slow that the most joyous hymns sound like a dirge.

One reason why I, though brought up in the Congregationalist church, like to attend Episcopalian services sometimes, is that the Episcopalians sing their hymns as if they were glad to be there.

I hear many folk discussing "What's wrong with the churches." I think one thing wrong is that so many of them are such dismal places.

Farmers Urged To Breed, Not To Buy, Work Stock

Every year North Carolina farmers are buying outside the state approximately \$1,000,000 worth of stock that could be raised at home. This is clearly a waste of money, in view of the fact that it costs almost nothing to raise a few horses or mules for home use, said Fred M. Haig, professor of animal husbandry at State College.

When a mare drops a colt in the spring, she need be away from work for only a few days. In fact, it is better for the colt and for the mare to keep her at work, except for a few days at foaling time, Professor Haig stated.

Four acres should produce all the feed needed by a horse or a mule for one year, Professor Haig

said. The number of horses and mules in the United States has been decreasing steadily, with the price going up, he pointed out. In North Carolina, the number dropped from 408,000 in 1925 to 339,000 at the present time.

Good work stock will always be in demand, he observed, and the price will remain high as long as the supply is low.

Unless North Carolina farmers breed and raise more stock at home, he added, they will have to pay out large sums in the future for work animals, or else try to get along as best they can with an inadequate number of animals to do the work.

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IN APPRECIATION

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