



THE FAMILY DOCTOR

By JOHN JOSEPH GAINES, M.D.

A MEDLEY—RIDDLES

There is sometimes a measure of solace in the fact that we cannot and do not need to believe everything we read. We may take every statement with its proverbial "grain of salt." That's what I shall talk about this week, Salt.

Not long ago salt was almost taboo in medical procedure. Salt made dropsical conditions worse. Water-logged patients were put to bed in our best hospitals, forbidden to have a microscopic atom of salt in bread or butter.

We admit that dropsies abated and patients progressed favorably under the restriction but, a dropsical patient will improve if not too far gone by merely keeping him in bed to rest an overworked heart, salt or no salt.

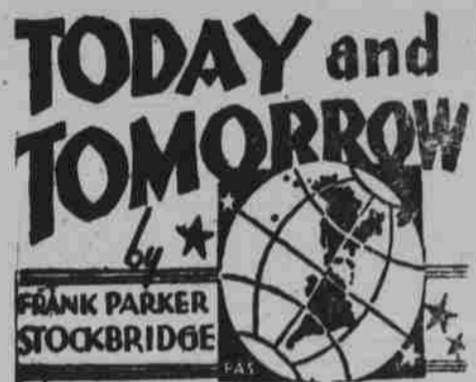
I know, because I have tried most all methods. We are a nation of trailers. When a big doctor

barks the little doctor wags! At least till the little fellow goes to work and learns something for himself.

During the long season of drowth last year many people were killed by heat. Chemical studies of the bodies post-mortem revealed a low content of salt—as low as two per cent. It takes six per cent of salt to sustain life. People were advised to eat more salt in order to better withstand the fierce heat!

Then there are the preachments that salt intensified high blood pressure. Verily, this salt problem grows complicated until some brave soul declared that salt had nothing to do with blood pressure.

What was the humble family doctor to believe? To be sensible, he must permit the invalid to have the amount of saline necessary to sustain life. And now it is said, "more people die from lack of salt than because of it!"



BREAD and baking

When I was a boy the test of a good house-wife was her ability to bake a toothsome loaf of bread. Nowadays, it seems to me, almost everybody buys bread at the store.

The big baking companies are talking about putting up the price of bread because of the increased cost of wheat and other materials. Secretary Wallace says that they had better reduce the size of the loaf than raise the price. It seems to me that there isn't much difference between reducing by making the loaf smaller and charging more for the standard loaf. Either way, the consumer gets less bread for his money.

In the old days of large families when practically everybody lived on the land, the idea of paying cash money for bread or any other cooked food seemed like wasteful extravagance. These days, with smaller families, mostly living in cities and towns, it just doesn't pay to bake home bread. My wife can still make as good bread as I have ever tasted, and about once a year she bakes a batch just to keep her hand in. But she figures that in the long run it costs about twice as much as if she bought it.

CREDIT to ability

The other day I met the Very Rev. Hewlett Johnson, Dean of Canterbury Cathedral, England. He is over here to explain the plan of "Social Credit," which is about to be tried out on a large scale in Alberta, Canada. As nearly as I can make out, the idea is that all credit should be controlled by government and granted to those who need it on the basis of their productive ability, without the restrictions which prevent most of us from getting the credit we need. "Where is the weak spot in the plan," I asked the visitor from over-seas.

"Lack of trained, intelligent manpower to administer it," he replied frankly. "That is the weak spot

in every human plan."

It seemed to me that the eminent cleric had put his finger on the weak spot of every plan of social and economic regeneration. I find myself completely in sympathy with the aims of most social reformers, but increasingly skeptical, as the years go on, of society's ability to bring about important reforms without first developing a great body of honest, intelligent administrators.

MACHINES and men

I dropped in the other day on a young friend who makes the most complicated and delicate machinery that I know anything about. That is the machinery which produces the sound for the motion pictures.

"How near fool-proof can you make this sound equipment?" I asked.

"Did you ever see any machinery that was fool-proof?" asked Ted. "I don't know of anything more complicated than a wheelbarrow that doesn't take careful, intelligent attention to operate it."

I got to thinking about the multiplication of machines of all kinds and wondered if the time might not come when the problem of finding men able to run the machines would be an even more difficult problem than making the machines.

DRIVERS not cars

One cocktail has enough effect on the average man's reactions to make it dangerous for him to drive a car, a Milwaukee physician reported to the American Safety Congress the other day.

More than 600 men, women and children were killed last week in automobile accidents.

Few of the accidents were the fault of the machine. The modern automobile is pretty nearly perfect as a piece of mechanism. What kills its victims is not the machinery but the drivers. The weak spot here, as in every other field of activity, is the human factor.

UNIONS the future

The American Federation of Labor has just voted down the proposal to reorganize on the basis of industries instead of the present basis of crafts. The industrial union idea, however, is gaining ground. I have a feeling that it will not be many years before all the workers in any given industry will be organized into one big union, regardless of whether they are carpenters, steam fitters, machine tenders or night watchmen.

From that it will be only a step to the old IWW plan of "one big union" to include all persons who work for wages or salaries. And the net result of that, it seems to me, may easily be a new collective organization of society, big enough and broad enough to take in everybody. When that comes, everybody will have to justify his right to eat by his willingness and ability to perform useful service. And that will be getting back to first principles.

The Grain Cradle

The grain cradle has a scythe-like blade, or sickle, attached to a long, curved handle. Above the blade are four "fingers" on which the cut grain falls to be pitched aside.

LEGAL ADVERTISING

NOTICE OF FORECLOSURE SALE OF LAND

North Carolina, Macon County. The Federal Land Bank of Columbia, Plaintiff,

vs. Annie Vanhook, Administratrix of R. A. Vanhook, deceased, Mrs. Annie Vanhook; Nettie Vanhook Deaver, Harvey Vanhook, Lex Vanhook, Kate Vanhook, S. A. Vanhook, Frank I. Murray, Trustee, C. W. Vanhook, Elizabeth Slagle, J. N. Pendergrass, A. F. Kimsey, The Bank of Franklin, E. A. Vanhook, Mrs. D. M. Sellers, Defendants.

Pursuant to a judgment entered in the above entitled civil action on the 14th day of October, 1935, in the Superior Court of said County by the Clerk, I will, on the 18th day of November, 1935, at 12 o'clock, noon, at the County Courthouse door in said County, sell at public auction to the highest bidder therefor, the following described lands, situated in said County and State, in Franklin Township, comprising 119.50 acres, more or less, and bounded and described as follows:

All that certain piece, parcel or tract of land containing 119.50 acres, more or less, situate, lying and being on the Hickory Knoll road about one mile East from the town of Prentiss in Franklin Township, County of Macon, State of North Carolina, having such shape, metes, courses and distances as will more fully appear by reference to a plat thereof, made by A. B. Slagle, Surveyor, on the 20th day of June, 1917, and being bounded on the North by the lands of F. M. Vanhook, on the East by the land of W. D. McClure, on the South by the land of A. F. Kimsey, A. T. Rogers and the Flucher heirs, and on the West by the Tennessee River; this being the same lands conveyed to R. A. Vanhook by E. A. Vanhook by deed dated the 1st day of November, 1897, and recorded in the Office of the Register of Deeds for Macon County, in Book "II," page 296, and in deed from A. G. Vanhook to R. A. Vanhook, dated the 20th of September, 1906, and recorded in the Office of the Register of Deeds for Macon County in Book "WW," page 135, and more fully described by meted and bounds as follows; viz:

BEGINNING at a hickory on the East side of the County road and runs W 69 poles to a persimmon tree North of the old mill dam; then S. 63 W. 30 poles to a white oak on the bank of a branch; then with the branch N. 78 W. 18 poles to a stake; then S. 84 W. 61 poles to an iron wood on the bank of the river, F. M. Vanhook's corner, then up the river with its meanders S. 2 E. 36 poles to a stake; then S. 28 W. 54 poles to the Northwest corner of N. 2; then E. 80 poles to a Hickory; then N. 20 poles to a White oak; then E. 43 poles to a Spanish oak; then S. 70 poles to a small black oak; then N 63 E. 13 poles to a stake on the W. bank of the County road; then S. 79 E. 56 poles to a post oak stump and pointers, John L. Cabe's corner; then North 155 poles to the BEGINNING.

The terms of the sale are as follows: One-third cash, the balance payable in three equal installments.

All bids will be received subject to rejection or confirmation by the Clerk of said Superior Court, and no bid will be accepted or reported unless its maker shall deposit with said Clerk at the close of the bidding the sum of ONE HUNDRED (\$100.00) DOLLARS, as a forfeit and guaranty of compliance with his bid, the same to be credited on his bid when accepted.

Notice is now given that said lands will be resold at the same place and upon the same terms at 2 o'clock, P. M., of the same day unless said deposit is sooner made.

Every deposit not forfeited or accepted will be promptly returned to the maker.

This the 17th day of October, 1935.

G. A. JONES, Commissioner.

O24-4tc-J&J-N14

NOTICE OF PUBLICATION

North Carolina, Macon County. In the Superior Court.

The Federal Land Bank of Columbia,

vs. C. G. Gunter, Dolly Woodall, W. B. Mozely, W. C. Arvey, Geo. B. Patton, Trustee, The Bank of

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Franklin, J. H. F. McDowell, Robert L. Smart and Floy Smart.

The defendants, J. H. F. McDowell and Robert L. Smart, will take notice that an action as above entitled has been commenced in the Superior Court of Macon County, North Carolina, to the end that the plaintiff may foreclose a mortgage covering lands in which the above named defendants have an interest, and the above named defendants will further take notice that they are required to appear within thirty days in the Office of the Clerk of the Superior Court of Macon County, North Carolina, and answer or demur to the Complaint in said action, or the plaintiff will apply to the Court for the relief demanded in said complaint.

This the 16th day of October, 1935.

HARLEY R. CABE, Clerk of Superior Court, Macon County, North Carolina.

O24-4tc-J&J-N14

NOTICE OF SALE

North Carolina, Macon County.

WHEREAS, power of sale was vested in the undersigned Trustee by virtue of a deed of trust made, executed and delivered by A. J. Welch and wife, Laura Welch to the undersigned Trustee on the 23rd day of December, 1932, said deed of trust being registered in the Office of Register of Deeds for Macon County in Record of Mortgages and Deeds of Trust No. 33, page 95, to secure the payment of certain indebtedness in said deed of trust set forth; and whereas, default has been made in the payment of said indebtedness, and the owner of the same has made demand upon the undersigned Trustee to exercise the power in him vested by said deed of trust;

I will, therefore, by virtue of the power of sale by said deed of trust in me vested, on Thursday, the 7th day of November, 1935, at 12 o'clock, noon, at the Courthouse door in Franklin, Macon County, North Carolina, sell at public auction to the highest bidder for cash the following described property:

A tract or parcel of land, situate in Burningtown Township, Macon County, State of North Carolina, and described as follows: Adjoining the lands of Steve Duvall on the North; John Anderson on the East; C. C. Welch on the South; Florence Rogers and Vinnie Holbrooks on the West; containing 54 acres, more or less.

This 7th day of October, 1935.

H. W. CABE, Trustee.

O10-4tc-J&J-O31

NOTICE OF SUMMONS

AND MOTION FOR GUARDIAN AD LITEM

State of North Carolina, County of Macon, In the Superior Court.

The Federal Land Bank of Columbia, Plaintiff;

vs. Maude E. Jones, Administratrix of the Estate of Nannie E. Jacobs, Deceased; Maude E. Jones and husband, Gilmer A. Jones; J. L. Jacobs and wife, Frances Jacobs; Roy Jacobs, Jr.; Town of Franklin, a Municipal Corporation of the State of North Carolina; and Nantahal Power & Light Company, Defendants.

The defendants J. L. Jacobs, Frances Jacobs and Roy Jacobs, Jr., will take notice that an action entitled as above has been commenced in the Superior Court of Macon County, North Carolina, for the purpose of reducing to judgment that certain note from Nannie E. Jacobs and husband, R. A. Jacobs, to The Federal Land Bank of Columbia, dated December 12th, 1921; and for the further purpose of foreclosing the lien of that certain mortgage deed from said parties to The Federal Land Bank of Columbia, bearing said date and registered in the Office of the Register of Deeds for Macon County in Book of Farm Loan Mortgages No. 2 at page 9, reference to which is hereby made, and for the purpose of forever barring and foreclosing any and all rights of said defendants in said lands.

And the said defendants will further take notice that they are required to appear at the Office of the Clerk of the Superior Court of Macon County in the Courthouse in Franklin, N. C., on the 17th day of December, 1935, and answer or demur to the complaint in said action or the plaintiff will apply to the Court for the relief

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demand in the complaint.

And the defendant Roy Jacobs, Jr., will further take notice that he is required to apply to the said Court for the appointment of a Guardian ad litem to represent him in this action on or before said date or the plaintiff will on said date move the Court to appoint some suitable, fit and competent person as Guardian ad litem for the said Roy Jacobs, Jr.

WITNESS my hand, this the 21st day of October, 1935.

HARLEY R. CABE, Clerk Superior Court, Macon County, N. C.

O24-4tc-G&C-N14

NOTICE

Under and by virtue of the power of sale contained in a certain deed of trust executed by W. D. Simpson and wife Dollie Simpson, to W. Roy Carpenter, Trustee, under date of June 28th, 1932, securing indebtedness therein described, said deed of trust being recorded in the office of the Register of Deeds of Macon County, N. C., in Book No. 33 at page No. 50, default having been made in the payment of said indebtedness, and at the request of the holders thereof, the undersigned will, on the 25th day of November, 1935, at 12 o'clock noon at the Court House door in Macon County, N. C., offer for sale at public auction, for cash to the highest bidder, the following described lands and premises, to wit:

Lying and being in Macon County, Millsheal Township, and described as follows: All the land described in a Deed from E. R. Nichols and wife Annie B. Nichols to W. D. Simpson and wife Dollie Simpson, dated June 28th, 1932, and being recorded in the Office of the Register of Deeds for Macon County, N. C., in Book T-4 page 370, to which deed as so recorded reference is hereby made, for a more complete and definite description of the land herein conveyed. This conveyance is made for the purpose of securing the balance of the purchase price on the above described tract or parcel of land. This the 21st day of October, 1935.

W. ROY CARPENTER, Trustee.

O31-4tc-BYO-N21

ADMINISTRATORS' NOTICE

Having qualified as administrators of J. Q. Pierson, deceased, late of Macon County, N. C., this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 15th day of October, 1936, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement. This 15th day of Oct., 1935.

W. P. PIERSON, VIRGINIA PIERSON MERRILL, Administrators.

O17-6tc-N21

ADMINISTRATOR'S NOTICE

Having qualified as administrator of Nath Dawkins, deceased, late of Macon County, N. C., this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 30th day of September, 1936, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement. This 30th day of Sept., 1935.

GEO. B. PATTON, Administrator.

O3-6tc-GP-N7

ADMINISTRATORS' NOTICE

Having qualified as administrators of Addie Guest, deceased, late of Macon County, N. C., this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 21st day of Sept., 1936, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement. This 21st day of Sept., 1935.

Geo. Guest, Jim Guest, Fred Guest, Administrators.

EXECUTRIX NOTICE

Having qualified as executor of Quahlee Bryson, deceased, late of Macon County, N. C., this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 25th day of Sept., 1936, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement. This 25th day of Sept., 1935.

GRACE BRYSON, Executrix.

young MOTHERS



Take no chances. Children's colds are best treated without "dosing." At bedtime, just rub on VICKS VAPORUB

PROVED BY 2 GENERATIONS