



THE FAMILY DOCTOR

By JOHN JOSEPH GAINES, M.D.

GET PLENTY OF NITROGEN AND OXYGEN

Oxygen is absolutely essential to human life. Let the supply of oxygen be diminished and the health suffers accordingly. There is no danger of an over-supply of oxygen from the air about us.

Oxygen is stimulant-*tonic*. Pure oxygen gas is a destroyer, and is not met with, save in the laboratory. It is a supporter of combustion—a steel watchspring will burn in it, as a pine splinter will burn in the air. Oxygen burns up impurities in the blood, reaching them through our lungs.

Oxygen in proper dilution with nitrogen makes up the air we breathe. Our "bounden duty" is to get plenty of pure air. There is little danger of getting an over-dose.

If you are in the habit of lying in bed until nine o'clock these mornings, you are not getting the health-giving supply of oxygen that you must have if you would be vigorous. The habit of lying in bed long after sunrise is pernicious in the extreme. That heavy dinner which you devoured at six o'clock the evening before, and which you should not have taken at all, gave up at least fifty per cent of deadening impurities. You felt dull, apathetic, and appetiteless when you crawled out of bed at nine in the morning; you were simply poisoned, and did it yourself. If a physician tried to poison you, you'd want to thrash him, or worse. You prefer to commit your own suicide.

Nitrogen deadens. When you consume an over-dose of nitrogenous foods—its effect is certain. You take away the nitrogen excess with

oxygen, derived from both air and water—for water is one-third oxygen, derived from both air, and harness the lungs with bed-covers nine or ten hours, it is no wonder you feel lazy and incapable. Get up early and drink freely of water to get back your "pep."

Drives One Million Miles Without an Accident

To drive a million miles is something that is rarely achieved, except by only a very few persons. To drive that many miles without a major accident is even more rare. To drive this distance without even scraping a fender seems almost an impossibility.

Yet B. W. Gibbs, a Gulf salesman of Collingswood, N. J. has just completed such a record. During 19 years of driving motor vehicles in his work for Gulf, Mr. Gibbs has covered over a million miles, over all kinds of roads, regardless of surface condition, without a single accident of any kind.

This unusual record is all the more remarkable because Gulf tabulates as chargeable accidents even such minor mishaps as damaged fenders.

Gulf is deeply interested in safe driving, and is especially active in promoting safety ideals among the motoring public of America. It wants every motorist to be a safe driver, and in order to put into practice what it urges upon others, it insists that all employees who operate Gulf vehicles do so carefully and lawfully.

Erosion has damaged 735,000,000 acres, Federal experts find.

TODAY and TOMORROW

by FRANK PARKER STOCKBRIDGE

MOVIES . . . good—and bad
There is no doubt in my mind that the moral tone of the movies has been greatly elevated in the past few years. There is also no doubt that there is room for improvement.

In these beliefs I am in complete agreement with His Holiness Pius XI, Supreme Pontiff of the Roman Catholic Church. The Pope's recent encyclical letter to all prelates of the church on the subject of motion pictures is the most comprehensive and truthful analysis of the evil effects of vicious films upon immature minds I have ever read.

The Pope calls on all bishops to take steps to pass upon all new pictures, and upon all "right-minded persons" to stay away from, and keep their families away from films that do not pass the church's tests of decency and good influence. As a Protestant I applaud this renewed effort to clean up the films. It seems to me that every good Christian ought to cooperate.

CENSORSHIP . . . for truth
I have no sympathy with censorship, insofar as it implies any attempt to dictate what I or any other adult person may read or hear or see. But until a child is mature enough to have some understanding of the world of reality, I am heartily for every effort to prevent his exposure to the world of unreality.

The child mind cannot be expected to understand that what it sees on the stage or screen or reads in novels is not life as it actually is. Instead children too often get the idea that everybody—except themselves and their immediate circles—lives in an atmosphere of glamorous romance and perpetually exciting adventure.

I am not at all sure that many of the books and films commonly regarded as good, or at least harmless, do not do more damage than some which are frankly vicious.

I am more concerned with truthfulness, in the movies and elsewhere, than I am with what is unusually meant by "decency."

TONGUES . . . translated
The Bible tells of the "confusion of tongues" at the building of the Tower of Bab-El. There would be equal confusion in the Assembly of the League of Nations at Geneva, if it were not for an ingenious Yankee device which enables every member to understand what any speaker is saying in any language. When Haile Selassie, Ethiopia's ex-emperor, addressed the League the other day in the Amharic tongue, probably no one there could understand a word of it. But on each member's desk in a box with earphones attached, and push-buttons labelled with the names of the world's principal languages. Back of a screen behind the speaker are expert translators who understand and speak every known language. They translated into microphones while the Abyssinian King was speaking.

All any member had to do was to set his receiving apparatus for his own tongue, English, French, Polish, Chinese or what have you, and listen to the voice of the translator who was repeating Haile Selassie's words in the listener's own language.

That, it seems to me, is a real triumph of modern science. I don't know the name of the engineer who devised the apparatus, but Edward A. Filene, the great Boston merchant, told me about it before it was ever installed. It was Mr. Filene who paid for it as a contribution toward better international understanding.

CHANGES . . . always slow
I read and hear about many marvelous new things that are going to be done, but I notice that I usually have to wait a few years before they come into reality. I have been waiting ten years now for television, but it wasn't got out of the laboratory yet. I read of great changes which the application of chemistry to agriculture will make, but I notice farmers are still growing the same old crops in the same old way.

I think we are all inclined to talk too much about what could be

done and what we intend to do. When it all doesn't come true over night, people begin to doubt that it will ever come true.

I am sure that great changes are coming, for I have been watching the world do nothing but change for more than sixty years. But I have got over expecting any important changes to occur in less than half a lifetime from the time they start.

FOURTH . . . now sane
One of the greatest changes that has occurred since I was a boy is in the celebration of the Fourth of July. It used to be that several hundred persons, mostly children, were killed by fireworks and toy pistols every Independence Day.

This year the reports of the nation recorded fatalities.

For this I believe we must go to a great campaign for a safe July many years ago.

Meeting of Agricultural Students Called

Agricultural students in school who are attending White Lake camp, starting July 27, are invited to meet at 6:30 p.m. on the day night in the school building for the trip will be discussed at this meeting.

"DIGESTION GOES ALONG SMOOTHLY"



JOHNNY FARRELL (left) says: "Smoking Camels during and after meals is a great aid to my digestion." Enjoy Camels steadily! They never get on your nerves.



FIRE-CHIEF FRIELIAR says: "My digestion goes along smoothly when I smoke Camels." Camels are a flow of digestive fluids.

CAMELS COSTLIER TOBACCO

Bryant's Leader

The Best Stove on the Market for the



The Bonus You Get When You Buy This Range

ECONOMY

Compact and graceful in its design, this Bryant's Leader range continues to lead the field. It has full flush construction, with all bolts concealed on an extra heavy reinforced cooking top which heats quickly and retains its heat—and it is equipped with the exclusive Knowlton's heat—this stove has sold as high as \$65, but we are now offering it for only \$46 because we are buying them in quantities. Today we are stocking the largest stock of ranges and stoves ever brought to Macon County.

Other Ranges from \$29.95 Up

BRYANT FURNITURE

FRANKLIN, N. C.

Why Gulf is the Gas for July



THE "DOG DAYS" start in July. Hot, sticky days that play hob with your car's mileage—unless you use a fuel tailored to the weather. If you don't want part of your gas to go out the exhaust unburned, wasted—get That Good Gulf in July. It's specially refined for summer driving—"Kept in Step with the Calendar." And that's why all of it goes to work, none of it goes to waste. Try it.



"Kept in Step with the Calendar" **GULF** THAT GOOD GULF GASOLINE