



THE FAMILY DOCTOR

By JOHN JOSEPH GAINES, M.D.

GROWING YOUNG EYES—AND LIGHTS

In winter, with the great supply of American newspapers and attractive books, most of our reading is done by lamplight. Let me offer a few valuable hints, drawn from long observation.

Some time ago, I sat in a busy hotel in the delightful region of the Missouri Ozark Mountains. The large lobby was artistically dimmed by shaded lamps—daytime, mind you—until the great room gave one the impression of being in moonlight! Outside the light was perfect, scintillating with violet rays. Inside, the guests huddled here and there, trying to read newspapers by dim, ineffectual light by the heavily-shaded lamps. I was one of the guests. I had difficulty finding a spot light enough to enable me to read.

It is fashionable to light homes in that manner; floor-lamps with beautiful shades adorn living-rooms. Here children try to search out lessons and news from printed pages. They strain young, growing eyes to decipher the intelligence printed on the page. Daddy may have the best-lighted seat, in his favorite rocker; mother next. Children on the outskirts, do their best to read with ease to their eyes, but soon tire, and, finally are driven to bed, tired and sleepy from the dim reading-light.

But it is fashionable—the twilight effect in softened light. I see it in many homes, and I confess, sheepishly, that my own living-room is lighted just that way—I am telling tales out of school. But, "an honest confession"—you know.

The best possible artificial light is that which approaches most nearly to daylight. Ground-glass globes, not muffled down to dimness, and not poised too near the eyes—the light coming over the shoulder, is best for young eyes. Parents should by all means be careful of the children's study.

THE EVIDENCE

My readers may possibly wonder why I am so frequently denouncing the six o'clock dinner; this, when so many of our foremost citizens indulge the feast as a sort of triumph of civilization.

(1) From a study of aged men and women, I find the longest-lived to be those who are hearty breakfast-eaters, and who do not load the digestive tract at the evening meal.

(2) From a study of vital statistics I find that six o'clock dinner devotees succumb to "heart disease" or cerebral hemorrhage, never later than the middle sixties. These are city-dwellers who are too busy to eat necessary meals until the day's business is done.

(3) If I were to inject the expressed juice of the average six o'clock dinner into a patient's veins, I feel sure that I would kill him instantly! Well, the six o'clock glutton gets those juices into his veins more slowly, hence he is slower about dying of "heart disease" than he'd be with intravenous injection.

(4) The tired body—the tired, half-exhausted nervous system cannot supply the necessary gastric and pancreatic fluids to digest a heavy six o'clock feed; hence the juices of the "gorge" are taken into the system by absorption, and in a

shape that cannot be utilized in the repair of bodily fatigue, not all nor half of it can be said to be fit.

(5) Hence, it is carried with the blood-current, an active poison, unfit for the human systemic repair. Hence the eater does not want breakfast next morning—has a feeble appetite at noon—but is ready for the disappointing overfeed at the following six o'clock. The very arteries of the heart become poisoned slowly. The vessels of the brain give way in their walls. Short breath and apoplectic symptoms develop slowly, insidiously. They finally kill.

(6) Any thinking physician, if he will observe carefully, cannot fail to agree with me. Lastly, if I want to have a groggy, heavy, indolent feeling tomorrow, I will stuff my carcass with a six o'clock dinner tonight, at the church dinner that I am billed to attend.

HAMILTON, BERMUDA (PA)
—There are no taxes on real estate, incomes or inheritances in Bermuda. The chief source of revenue is derived from tourists.

LEGAL ADVERTISING

NOTICE OF PUBLICATION

North Carolina,
Macon County.
In The Superior Court
Macon County

vs.
C. B. Stockton et al.
The defendants, C. B. Stockton, Cora Stockton, Craddock Terry Co., Cleveland Milling Co., Lynchburn Shoe Co., Sharp Zachary Horse Co., Griggs Paxton Shoe Co., Haynes Henson Shoe Co., H. P. Coffee Co., Hickory Overall Co., Elk Mfg. Co., The Cox Hat Co., Amelia Munday, executrix of S. A. Munday, William Christmas & Co., and C. M. Miller Co., Inc. will take notice that an action as above entitled has been commenced in the Superior Court of Macon County to the end that the plaintiff may foreclose a tax lien 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, N. C. 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 20 day of January, 1937.
HARLEY R. CABE,
Clerk of the Superior Court
J21-4tc-F11

NOTICE OF PUBLICATION

North Carolina,
Macon County.
In The Superior Court
Macon County

vs.
I. V. Ramey et al.
The defendants, Carolina Provision Co., John E. Talmadge, Jr., Justice Erwin Talmadge, J. Y. Talmadge, Ex., J. E. Talmadge, Ex., J. E. Talmadge, Jr., Admr., C. W. Talmadge, Admr., Palmer Hardware Co., and Standard Handkerchief Co., will take notice that an action as above entitled has been commenced in the Superior Court of Macon County to the end that the plaintiff may foreclose a tax lien 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, N. C. 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 20 day of January, 1937.
HARLEY R. CABE,
Clerk of the Superior Court
J21-4tc-F11

NOTICE OF PUBLICATION

North Carolina,
Macon County.
In The Superior Court
Macon County

vs.
W. L. Higdon, F. H. Higdon et al.
The defendants, Edmondson

LEGAL ADVERTISING

Barbers' Supply Co., Sloan Paper Company and J. G. Siler, Jr., will take notice that an action as above entitled has been commenced in the Superior Court of Macon County to the end that the plaintiff may foreclose a tax lien 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, N. C. 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 20 day of January, 1937.
HARLEY R. CABE,
Clerk of the Superior Court
J21-4tc-F11

NOTICE OF PUBLICATION

North Carolina,
Macon County.
In The Superior Court
Macon County

vs.
Olive Patton et al.
The defendants, Lucille Mercer and S. Gumpert Co., Inc., will take notice that an action as above entitled has been commenced in the Superior Court of Macon County to the end that the plaintiff may foreclose a tax lien 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, N. C. 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 20 day of January, 1937.
HARLEY R. CABE,
Clerk of the Superior Court
J21-4tc-F11

NOTICE OF PUBLICATION

North Carolina,
Macon County.
In The Superior Court
Macon County

vs.
J. W. Dowde et al.
The defendants, M. A. Love, Laura M. Love, will take notice that an action as above entitled has been commenced in the Superior Court of Macon County to the end that the plaintiff may foreclose a tax lien 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, N. C. 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 12 day of January, 1937.
HARLEY R. CABE,
Clerk of the Superior Court
J14-4tc-F4

NOTICE OF PUBLICATION

North Carolina,
Macon County.
In The Superior Court
Macon County

vs.
Ollie Sutton, et al.
The defendants, B. E. Champion, will take notice that an action as above entitled has been commenced in the Superior Court of Macon County to the end that the plaintiff may foreclose a tax lien 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, N. C. 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 20 day of January, 1937.
HARLEY R. CABE,
Clerk of the Superior Court
J21-4tc-F11

NOTICE OF PUBLICATION

North Carolina,
Macon County.
In The Superior Court
Macon County

vs.
W. H. Galloway, Trustee, W. H. Galloway and wife, — Galloway
The defendants, W. H. Galloway, Trustee, W. H. Galloway and wife, — Galloway, will take notice

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that an action as above entitled has been commenced in the Superior Court of Macon County to the end that the plaintiff may foreclose a tax lien 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, N. C. 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 12 day of January, 1937.
HARLEY R. CABE,
Clerk of the Superior Court
J14-4tc-F4

NOTICE OF PUBLICATION

North Carolina,
Macon County.
In The Superior Court
Macon County

vs.
W. L. Higdon et al.
The defendants, Sloan Paper Company, will take notice that an action as above entitled has been commenced in the Superior Court of Macon County to the end that the plaintiff may foreclose a tax lien 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, N. C. 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 20 day of January, 1937.
HARLEY R. CABE,
Clerk of the Superior Court
J21-4tc-F11

NOTICE OF PUBLICATION

North Carolina,
Macon County.
In The Superior Court
Macon County

vs.
George B. Patton et al.
The defendants, Motor Finance Company, L. S. Patton and S. Gumpert Co., Inc., will take notice that an action as above entitled has been commenced in the Superior Court of Macon County to the end that the plaintiff may foreclose a tax lien 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, N. C. 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 20 day of January, 1937.
HARLEY R. CABE,
Clerk of the Superior Court
J21-4tc-F11

NOTICE OF PUBLICATION

North Carolina,
Macon County.
In The Superior Court
Macon County

vs.
Tom West, et al.
The defendants, Tom West and Minnie West, will take notice that an action as above entitled has been commenced in the Superior Court of Macon County to the end that the plaintiff may foreclose a tax lien 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, N. C. 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 20 day of January, 1937.
HARLEY R. CABE,
Clerk of the Superior Court
J21-4tc-F11

NOTICE OF PUBLICATION

North Carolina,
Macon County.
In The Superior Court
Macon County

vs.
Lonnie Grant et al.
The defendants, Carter Bryson, will take notice that an action as above entitled has been commenced in the Superior Court of Macon County to the end that the plaintiff may foreclose a tax lien covering lands in which the above named defendants have an interest, and

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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, N. C. 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 12 day of January, 1937.
HARLEY R. CABE,
Clerk of the Superior Court
J14-4tc-F4

NOTICE OF PUBLICATION

North Carolina,
Macon County.
In The Superior Court
Macon County

vs.
J. H. Grant et al.
The defendants, Royal Clothing Mfg. Co., will take notice that an action as above entitled has been commenced in the Superior Court of Macon County to the end that the plaintiff may foreclose a tax lien 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, N. C. 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 12 day of January, 1937.
HARLEY R. CABE,
Clerk of the Superior Court
J14-4tc-F4

NOTICE OF PUBLICATION

North Carolina,
Macon County.
In The Superior Court
Macon County

vs.
B. H. Hawks et al.
The defendants, B. H. Hawks, will take notice that an action as above entitled has been commenced in the Superior Court of Macon County to the end that the plaintiff may foreclose a tax lien 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, N. C. 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 12 day of January, 1937.
HARLEY R. CABE,
Clerk of the Superior Court
J14-4tc-F4

ADMINISTRATOR'S NOTICE

Having qualified as administrator of Jno. N. Arnold, 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 22nd day of January, 1938, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement.

This 22nd day of January, 1937.
LESTER L. ARNOLD,
Administrator.

J28-6tp-M4

EXECUTRIX' NOTICE

Having qualified as executrix of C. H. McClure, 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 20th day of January, 1938, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement.

This 20th day of January, 1937.
ETHEL MCCLURE,
Executrix.

J21-6tp-F25

ADMINISTRATRIX' NOTICE

Having qualified as administratrix of H. G. Cabe, 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 January, 1938, 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 January, 1937.
MARTHA CABE,
Administratrix.

J21-6tp-F25

GUARD YOUR BABY with this OIL RUB

Mother—heed the urgent advice of doctors and hospitals; do as they do; give your baby a daily body-rub with the anti-septic oil that chases away germs, and keeps the skin SAFE. That means Mennen Antiseptic Oil. It's used by nearly all maternity hospitals. It gets down into skin-folds—and prevents infection, chafing, chapping and roughness. Get a bottle today. At any drugist.

MENNEEN Antiseptic OIL