

Health Important In 4-H Club Work

By CARROLL WATKINS (Riverview Club)

Health is so important for a full and happy life that health improvement is a regular part of 4-H Club work. It is not a sep-

arate project in which a club member enrolls. Every member enrolled in any 4-H Club project should work toward: (1) Improving own health; (2) Improving health of family members and making home surroundings healthy; and (3) Improving community health.

Schools, clubs, and health organizations work together to ob-



Dryman's

Macon County's Finest Men's Shop

Hats off to...

4-H



Brown & Carson

Phone 297

Franklin, N. C.

tain and preserve our country's health, but no law can keep anyone from straining his eyes under improper light. Laws cannot keep people from overeating or under-eating, standing incorrectly, exer-



Carroll Watkins

cising too little or too much, or letting teeth become decayed and infected. Laws cannot force people to get sufficient sleep and to cover their mouths when they sneeze or cough in public. In all these ways, we can injure or ruin our own health and imperil the health of others. So, while the community looks out for public health, it is important that we all know the laws of personal hygiene and observe them carefully ourselves.

The first step toward self-improvement in personal hygiene is to have a physical examination by a physician. Such a general physical examination is needed once a year. In addition, the routine of personal hygiene calls for a dental examination at least twice a year.

One of the most obvious demands of the body is for food. But unfortunately the body does not tell us what sort of food shall be eaten; it simply demands enough of any kind to satisfy hunger. Food is the sole source of energy for all activities of the body and mind. A good diet supplies not only energy but also all materials needed for growth, repair, and proper functioning of the body. In brief, the requirements for a complete diet are these: (1) Enough fuel foods, to give the body the energy it needs; (2) Enough protein to replace that lost in wear and tear of living activity; (3) Enough minerals to keep the bodily store adequate for good health; (4) Enough vitamins to prevent disease and to maintain good bodily function; (5) Enough roughage to allow the intestines to carry out proper elimination.

Many false beliefs and fads have grown up about diet, but sensible people disregard all fads. They select their diet with a knowledge of what their bodies need. Everyone who is interested in personal hygiene soon learns that likes and dislikes for this food or that have no place in the lives of those who truly seek good health. And besides, the liking for any food quickly comes with the eating.

The ear is a delicate member of the body and should be properly cared for. If the ear canal becomes filled with wax, a physician should

Forestry Is Popular 4-H Project

By PAT HENRY (Franklin Senior Club)

Forestry is one of the most popular 4-H projects in Macon County. Approximately one hundred 4-H members are enrolled in the four forestry projects. These four projects are tree identification, forest tree planting, timber stand improvement, and forest protection.

In the tree identification project the member learns to identify trees and to know their chief uses. This project requirements are as follows: Collect 20 or more specimens of leaves and mount or print these on paper labeling with the common name and scientific name. Most list chief uses of the wood and name at least 10 trees that provide food for game birds and animals.

The seedlings for the forest tree planting project are furnished to 4-H members in Western North Carolina free by Champion Paper

clean it. It is dangerous to attempt to do so at home with a hairpin or a rolled-up end of a towel for the wax may be pushed back in to the canal and strike against the head of the drum. The best policy is to never put anything smaller than your elbow in the ear. However, this does not exclude washing the outer ear.

The rules of hygiene for safeguarding the eyes are more extensive than the ears. The eyes are the most important of the sense organs. We normally depend upon them for more than 80% of our perception of our surroundings. Good seeing requires good lighting. Poor lighting strains and injures the eyes. Use daylight when possible for reading, writing, and sewing. Any injury to the eyes, any infection, even any redness, should be treated by a physician. "The eyes are far too valuable for "home treatment".

Exercise is an important part of good hygiene. If exercise is avoided, the body gradually loses its reserve of strength. Do not make work out of exercise; make it a pleasure. Walking, dancing, tennis, swimming are good exercises — and so is sweeping and bed-making.

Sleep is more than a rule of good hygiene, it is a necessity, but the right amount of sleep is a matter of hygiene. Some people need more sleep than others but, as a rule, eight to 10 hours each night might suit most.

For mental health, in the home and in all situations of life, everyone must give as well as take. Each must be considerate of others as well as of himself. No one can do it for you. Keeping healthy and happy is a day by day privilege and challenge. When you pledge "your health to better living" and put these words into practice, you are really "making the best better".

and Fibre Company. Applications should be made in the fall and early winter. Application blanks may be obtained through the county farm agent's office. The trees are set during the winter months in rows eight feet apart and eight feet in the row. This year Macon County 4-H'ers were third in Western North Carolina in the number of tree seedlings ordered.

In the timber stand improvement project the club member improves an existing stand of timber. This may be either pine or hardwood or a mixed stand. The member may thin, remove diseased trees, or remove crooked

The forest protection project concerns the protection of woodland from fire and grazing. The member taking this project studies the county fire control measures, visits fire towers with fire ward-

ens, and also helps to stop woodland grazing.

The county winner in the forestry project is selected as a delegate to the state forestry camp at Camp Millstone. I was lucky enough to win this trip and can say it is a trip well worth working to win.

In addition to this trip there are even bigger prizes on a district and state level that are worth striving for.

CARD OF THANKS

May we take this occasion to express our grateful appreciation for the many kindnesses shown us at the death of our loved one, Robert Richard Angel. We pray God's richest blessings on all who so tenderly ministered to us and we will always cherish the memory of your goodness.

The Family of Robert Richard Angel

He's the only MAN in TOWN,



who doesn't use the WANT-ADS

Clearance

WE ARE SELLING THESE OUT AT OUR COST THEY HAVE TO GO!

Close Outs — No Trade-Ins

— ON —

Hot Point

REFRIGERATORS, RANGES, FREEZERS, WASHERS, DRYERS AND DISHWASHERS

	Reg. Price	Close Out
1-126-EA 8 REFRIGERATORS	\$199.95	\$139.95
2-227-EA 8 REFRIGERATORS	\$1.99.95	\$159.95
1-EB 11 REFRIGERATOR	\$299.95	\$183.75
1-EG 12 REFRIGERATOR	\$429.95	\$279.95
1-EA 8 REFRIGERATOR	\$359.95	\$209.95
1-EK 17 FREEZER	\$479.95	\$279.95
1-RB 73 w/w RANGE	\$309.95	\$229.95
2-RB 72 RANGES	\$259.95	\$190.95
1-RR 1 RANGE	\$199.95	\$148.95
1-RB 61 RANGE	\$189.95	\$139.95
1-RC Colored RANGE	\$399.95	\$289.95
1-201g2 DRYER	\$274.95	\$189.95
1-LK 23 WASHER	\$319.95	\$200.00
1-50MC 20 DISHWASHER	\$349.95	\$249.95

SPECIAL

FOR ONE WEEK ONLY

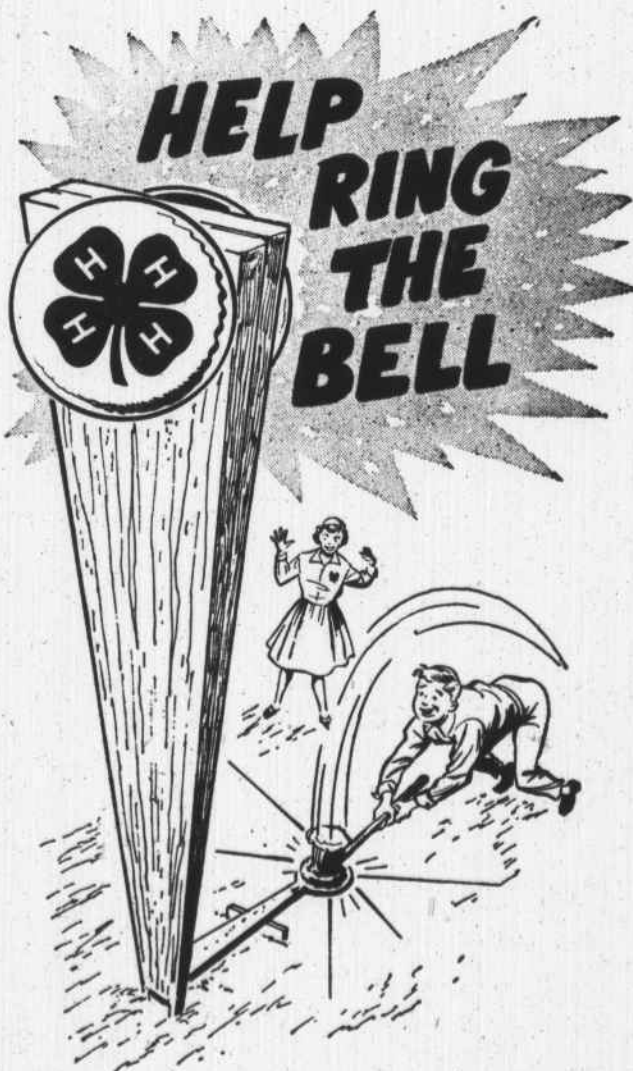
G. E. Rollaround VACUUM CLEANER	\$59.50	\$39.50
1-Universal ELECTRIC BLANKET	\$44.95	\$30.95
1-G. E. ELECTRIC BLANKET	\$39.95	\$30.95
3-Cosco KITCHEN STOOLS AND STEP LADDERS	\$16.95	\$9.95
1-COSCO HIGH CHAIR	\$14.94	\$7.95
32 Piece and 53 Piece DINNER SETS		1/3 off Reg. Price
4 pc. CANNISTER SETS		80c
Open Stock DISHES		50% off Reg. Price

Franklin Hardware Co.

Always Parking On The Square

Phone 117

FRANKLIN, N. C.



BURRELL MOTOR CO., INC.

Chevrolet — Sales-Service — Oldsmobile Dealer 3014

Phone 123

Franklin, N. C.

We Salute 4-H! . . .

4-H Club members know the pride of ownership . . . which in turn develops a growing sense of adult responsibility. To a young organization of such outstanding worth, our sincere compliments — during 4-H Club Week, March 2 to 9, and throughout the year.

MACON CONSTRUCTION CO.