



Pertinent questions on health, hygiene and sanitation of general interest to our readers will be answered in these columns or by mail if addressed to this office or to the State Board of Health at Raleigh and accompanied by a stamped, addressed envelope. No diagnosis or treatment of individual diseases will be attempted.

**REST AND THE OLD T B**

ONE of the most powerful allies of the germ of consumption, once it gains a foothold in the lungs, is exercise.

To the average victim of tuberculosis this may sound a little startling. That is why we put it that way.

People generally believe that a certain amount of exercise is always advisable for an invalid who is able to be up and about. Yet for the tuberculosis victim it is always a serious question whether any exercise should be taken.

Tuberculosis of the lungs, which used

Suppose you have an early stage of the disease and you are living the open air life, receiving wholesome food and good medical care. You may feel pretty good and think you need a certain amount of exercise, such as walking. But when you take even moderate exercise the lung works harder,—moves through a wider space. Consequently delicate healing tissue is stretched or torn, as a spider's web might be stretched or torn, and you give the germ, the disease, a chance to spread. Persons with "lung trouble," as tuberculosis is too commonly called, cannot realize the vital importance of prolonged rest in bed in the early stage of the disease. They feel able to be up and about, and they imagine it "weakens"



CURING TUBERCULOSIS.

Rest, fresh air and proper food under a competent doctor's direction cure the old T. B.

to be known only as consumption—because it was not recognized until so far advanced that the patient's body was being consumed by the disease—naturally tends to recovery. Nature will cure practically every case if she gets a fair chance. The trouble is that not every patient gives Nature a fair chance to help him.

No chronic disease is more frequently cured to stay cured than tuberculosis of the lungs, intelligently treated by the physician.

The very pathology of tuberculosis is nothing but an effort on the part of the lungs to wall off and localize the disease to one limited area, to protect the rest of the body against the germs and their poison, to rob the germs in the lung of nutriment. This is what consolidation or infiltration of the lung in the affected part means.

the body to lie in bed weeks or months unnecessarily and without exercise. But the fortunate patient who has tried out the real rest cure knows that it does not weaken. On the contrary, it adds wonderfully to energy and fighting power.

When there is fever—that is, a temperature which rises above the normal, 98° or 99°, at any time in the day or night—then probably absolute rest in bed is the best thing for the patient. Sitting around, "taking it easy," is not enough. The lung moves less when you are lying down than when you are sitting up.

One of the chief reasons why patients pick up in strength, weight and health when they enter a tuberculosis sanatorium is because there the physicians know the value of prolonged rest in bed in the open air.

**Watering Hogs.**

We have had a good many years of experience in raising hogs with pleasing results and have always been very careful in seeing that their water supply was the purest to be had on the farm. It is just as important to furnish hogs plenty of good clean water as it is any other animal. Some men are particular about the drinking water for their cows and other stock and for themselves but consider anything to be good enough for their hogs. This is a mistake. If furnished with plenty of good water the hog will more than repay for the trouble with a goodly gain in pounds and many grateful grunts of satisfaction.

The question of the amount of water is usually left to the hog to decide for himself and this is a pretty good way to settle the matter. One of our greatest authorities on swine, Prof. Wm. Dietrich, says that a hog will drink too much water during hot weather and not enough during cold and that better results can be obtained by forcing him to take a definite amount according to his size by mixing the water with his feed so that he will be sure to get enough and not too much.

But it will require a good deal of work to determine just what the right amount is as we will have to consider the fact that feeds contain more or less water to begin with and the needs of the pigs will keep changing all of the time as they increase in size. Also there will be some work connected with getting the pig to take just the proper amount each day. So I think those of us who are attempting to produce pork as economically as possible do pretty well in supplying plenty of the best quality of water and allowing Mr. Hog to use his hog sense as to how thirsty he is.

As to the proper time to supply the water, that can be left for the hog to decide if a supply is always accessible. But if the water is pumped to them or carried and poured into

troughs I consider it a good plan to water just before each meal. The stomach of the hog is comparatively small and if he does his drinking after eating a full meal there is danger of part of the feed being washed from the stomach before digestive juices have had sufficient time to act upon it as they should.

This subject of watering hogs may seem like a small matter and it may not be of as much importance as some others connected with the growing of swine such as feeding and breeding, but most of us spend nearly all our time looking after those bigger things and do not give enough thought to some of the lesser details, whereas our time should be divided according to the importance of our different operations among all the subjects pertaining to our work. The watering isn't such a small matter either for practically one-half the weight of the hog when he walks over the scales is made up of water, while many times this amount has to be used during his life to carry the food to the parts of the body where it is needed and in removing the waste matter from the tissues.—Indiana Farmer.

**Progress Toward Prohibition.**

1. Nineteen years ago, in the war with Spain, the colonel of a regiment was allowed to decide whether intoxicating liquors should be sold in the camp canteen.

2. Several years ago the United States government prohibited the sale of liquor in the camp canteen.

3. About three years ago liquor was driven from the ships of the navy.

4. A few months ago Congress made it a criminal offense to sell intoxicating liquor to any man wearing the uniform of the United States.

5. An order has been issued prohibiting saloons near the army camps. Can any one fail to note the rising tide against the saloon? It will not ebb until the nation is saloonless for ever more.—W. J. Bryan.

**Rockefeller's Foundation.**

Everything.

We receive for August a statement of what the Rockefeller Foundation has been doing in the war, and it reads like a romance. The richest man in the world, when he first established his Foundation, reserved the right to each year give two million dollars in his own way. In other words, he was willing to let the greater part of his wonderful gift "to promote the well being of mankind throughout the world" be disbursed as the officers of the Foundation saw fit, but he wanted to throw a couple of millions of it away to suit his own fancy. In his letter requesting this Mr. Rockefeller said:

"The Rockefeller Foundation was a development into impersonal form of my own personal plans of giving, followed for many years. While I desired to have the directors of the Foundation free to use the funds as they might see fit, in making my last gift I reserved the right to designate during my lifetime the specific objects to which \$2,000,000 of the income should be given annually, my purpose being in this way to provide for the various philanthropies more or less personal to myself and related to the places of my residence, to which I have been a contributor in the past. Under the terms of the clause of my letter of gift reserving this right it is stipulated that the objects must be within the corporate purpose of the Foundation, and my designations are subject to review, by the board as to that feature."

But even this did not look right to the wonderful man, so last month he wrote the officers and told them he wanted to quit that part and let them handle the entire amount in war work. He said:

"In view of the increasing demands upon funds of the Foundation, especially those arising in connection with the great war for human freedom in which our country is now engaged, which have led the Foundation to appropriate a part of its principal, as well as all of its income, I hereby release the conditions set forth in the provisions quoted above and surrender from this date all right to designate the application of any portion of income of the Foundation, and release the Foundation from any designations heretofore made which have not already been paid."

This appears to us as a wonderful thing. Old John has been used as a universal pounding bag for many years; he has been held up as a demon, because he made good in the game in which we are all engaged; but to see him take his big snow ball that he has rolled through a long life and turn it over, without a string tied to it, and urge the men selected by him to spend his money on the war, to help the soldier, to assist in all ways possible—well, if it please your honor and gentlemen of the jury, we stand uncovered in his presence. The total disbursements of the Foundation from January first to June thirtieth was eleven million three hundred and fifty-one thousand two hundred and eighty-six dollars and two cents, all given by one man to "promote the well-being of mankind throughout the world," one of the gifts being an unconditional one of five million dollars to the Red Cross.

Wonderful, indeed, has Rockefeller been, and more wonderful he is being. Looks like he had been chosen to horde the money as it flowed along in order that when great things were to be done this pile of wealth which he only holds in trust could be utilized. For a man to labor as Rockefeller has labored; to stand all the abuse that has been piled upon him, and to walk along in his old age, happy and contented, and to know that he was taking his money that had been entrusted to him to help his fellow man, what grander life could he have lived?

The rich man gets it in the neck and elsewhere, but after all without Old Man Money Bags where would we be? Doesn't this last skirmish to raise a few billion dollars to prosecute the war suggest that maybe Money Bags is about the best asset this country has? Looks so to us, and we are willing to stand on the proposition.

**New Company at Kenly.**

The Consumers' Milling Company, of Kenly, was chartered Tuesday by the Secretary of State. It starts with \$10,000 of its \$50,000 capital paid in. The incorporators are J. W. Darden, J. H. Kirby and L. Z. Woodard.

**FREE OF CHARGE.**

Any adult suffering from cough, cold or bronchitis, is invited to call at the drug store of Creech Drug Co., and get absolutely free, a sample bottle of **Boschee's German Syrup**, a soothing and healing remedy for all lung troubles, which has a successful record of fifty years. Gives the patient a good night's rest free from coughing, with free expectation in the morning. Regular sizes, 25 and 75 cents. For sale in all civilized countries.—Adv.

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