

POINTS ON KEEPING WELL

DR. FREDERICK R. GREEN Editor of "HEALTH"

PROTECTING THE MIDDLE AGED

MORE is being done for babies today than ever before in the world's history.

Old are carefully cared for in many hospitals and public institutions.

But middle age is left to take care of itself. Yet it is in the period of middle life, from thirty-five to fifty-five, the prime of life and the period of greater production, that the death rate, instead of decreasing, is actually growing.

This fact is of interest, not only to the doctor but also to the big business man. Probably no business is so vitally interested in the increasing death rate in middle age as is the insurance business. The Association of Life Insurance Presidents is the most powerful and influential body of men in the insurance business.

At its last meeting Dr. Charles H. Mayo was asked to talk to its members on "Protecting the Middle Aged." After telling his audience that in the last hundred years 75 per cent of the great developments of the world had occurred, Dr. Mayo also told them that in the last twenty-four years we have learned more about human diseases and their treatment than had been learned in the previous twenty-four hundred years.

He showed how we have been able to control and in some cases completely wipe out contagious diseases, which afflict people in the mass, but the great problem now, he said, was the reduction of individual diseases which kill a man in middle life as a result of his personal habits.

If you could see Henry Ford to look over your automobile, you'd consider his opinion worth listening to, wouldn't you? If J. Pierpont Morgan offered you some advice regarding investments, you'd be apt to give it careful consideration.

Here's what Doctor Mayo told the presidents of the great life insurance companies:

Ninety-seven per cent of all deaths are due to infections. In middle age when the body begins to wear out, it needs frequent looking over. If you have a \$10,000 car, says Doctor Mayo, you send it often to be looked over and that is a fine thing. But your own life isn't worth that much attention.

You are going to leave some money to your family, perhaps, but you won't pay even a small amount to be looked over after you are forty years old to see what you are going to die of.

Who can protect the middle aged? Only the middle aged themselves, by seeing that their bodies are given enough care to keep them alive until they are no longer middle aged but happy and successful old people.

4,000 WOMEN BURNED YEARLY

BURNS kill more women than men. This is the only kind of an accident in which the mortality is greater among women than men. Figures covering a long period show that out of every five deaths from burns, three are deaths of women and girls. Burns stand forth among the causes of accidental deaths being surpassed only by automobile accidents, falls and drownings.

In 1922 there were nearly 6,000 deaths from burns alone in the United States. Of these about 45 per cent occurred in the last five years of life. At this age the mortality for male and female are about the same. This means that up to five years of age a boy is just as apt to be burned to death as a girl. After five years of age, however, more than twice as many girls die from burns.

Up to five years boys and girls are dressed about alike. After this age boys generally wear non-irritating woolen clothes which have no loose trimmings and are not liable to come in contact with fire.

But girls wear dresses of light cotton material. They are trimmed with laces and ribbons, which can easily come in contact with an open fire or an exposed gas jet. Women, too, often form the foolish and dangerous habit of lighting matches on the soles of their shoes, even when they are wearing long and flowing skirts. Matches carelessly dropped on the floor may easily set fire to a woman's skirt, but will do no damage to a man's close-fitting woolen trousers.

Whatever the explanation, the fact remains that every year nearly four thousand women and girls are burned to death.

They are classified by surgeons according to their effect on the skin. A burn of the first degree is one which reddens the skin; a second-degree burn is one in which the skin is blistered, while in a burn of the third degree the skin is burned and blackened throughout its entire thickness.

The danger to life in a burn depends not so much on the depth of the burn as on the area covered. Even a first-degree burn is almost always fatal, if one-third or more of the skin of the body is covered.

In women and children whose clothes catch fire, death usually follows because the entire body is burned.

Greater care and watchfulness will save six thousand lives every year now lost through carelessness.

Finnish Steam Bath Something of Ordeal

When the Finlanders carried off many prizes at the Olympic contests at Paris there was wonder as to what natural qualities or methods of living had given them this advantage. A writer in a Victoria paper, an English-speaking school teacher, who lived in a Finnish colony on Malcolm island, off the northern end of Vancouver island, thinks she has discovered one cause. It is the steam bath, which is so popular with the race and is even continued under hard and primitive conditions of the west coast of British Columbia. The steam bath with the Finns is as popular as the bathroom or afternoon tea with the English.

On Saturday afternoon the entire family took their steam bath, the boys and father first, returning "pink and clean and slumberous," after which the visitor and the women folk took the lantern and went down to the shed.

A blast of hot air greeted us as we opened the door. The shed was in two divisions and I gathered we were all to undress in the outer part.

"The inner part of the shed was as hot as a moderate oven. On one side was a high platform and in the middle of the floor a big cairn of stones, something like an old-fashioned brick oven. Underneath was a fireplace, under which the fire was dying out. There was a tub of cold water, but I couldn't see any hot water. The girls and I got up on the platform, and in the dim light of the lantern I felt as though I were taking part in some prehistoric ceremony. I also felt extremely uncomfortable and absurd, physically and mentally. The heat was terrific near the roof, but I am a sport and I gave out no sign or sound of complaint.

"The mother, clothed in naught but her innocence, looking like a plump priestess performing sacrificial rites, began to pour water over the hot stones, and the place filled with steam. "You weel now sweat," said the girls, "and be not so hot." Sweat I certainly did.

"They passed along a piece of soap and little bunches of cedar twigs. 'Rub yourself to get the dirt out,' they said. These cedar bunches were the only loofahs these children of nature had ever heard of, and I meditatively rubbed the dirt certainly came out.

"I had a headache next morning, and when Saturday came round again I said as truthfully as I could that I thought I would just have my usual hot water bath in the wash tub."

Valuable Paper Weight

After being used for years as a common paper weight, what is said to be the largest sapphire in the world has been taken from India to London. The jewel is worth more than \$35,000, weighs 216 carats, and is in the form of a plucked flower with a short stem. It was acquired by a government official in India who, ignorant of its value, used it as a paperweight in one of the guard huts on the Indian frontier. The discovery of the jewel was made by the director of Indian revenue when he visited the outpost. Its history has been traced to the Twelfth century when one of the Belhaha kings, while on a pilgrimage to Ceylon, was given the sapphire by a Buddhist monk. During the reign of this king the stone became the object of much veneration and was afterward captured by Malik Kafur, the great general of Alaudin. Later it came into the possession of a state official, but was lost about 1875. Experts are of the opinion that the jewel was a heirloom of an ancient deity, and there is, it is believed, a companion stone in existence.

Contradictory

Not far off the boulevard between Los Angeles and San Diego are stone quarries and one of them has a unique name. At one time it was a church, but now a double door has been cut through the side and the vestibule at the front is used for an office. But the blend of old and new affords a laugh to every traveler who stops there, for over the door, weather-beaten but still readable, is a scriptural quotation that goes: "Behold, I have set before you an open door." And on the panel below the garage man has inscribed in red paint, "Positively no admittance."

Horse No Flatterer

Because of the interest America takes in the young prince of Wales, and because the prince is so often thrown from his horse when playing polo, the following words of Ben Jonson, "Jure Ben," who lived 1574-1637, are of special significance, and show that "horse sense" is the same in all centuries: "They say princes learned no art truly but the art of horsemanship. The reason is the horse is no flatterer. He will throw a prince as soon as his groom."

Report Gold Deposits

It is reported that gold and silver deposits have been discovered sixty miles from Mistassini, in the Lake St. John (Canada) district, according to word received by the provincial government. The exact value of the ore is unknown, as the samples have been sent to the assayers in that district.

Chance for Bachelor

A crate of apples from Hood River, Oregon, when opened at Lincoln, England, was found to contain a letter saying that the grower of the apples seeks a life companion, is well off, owns a large orchard, a well-equipped house, and four motor cars.

IMPROVED UNIFORM INTERNATIONAL

Sunday School Lesson

(By REV. P. B. FITZWATER, D.D., Dean of the Evening School, Moody Bible Institute of Chicago.) (© 1925, Western Newspaper Union.)

Lesson for March 15

OUR LORD'S RESURRECTION

LESSON TEXT—John 20:1-23. GOLDEN TEXT—"The Lord is risen indeed."—Luke 24:34. PRIMARY TOPIC—Jesus Rises From the Dead. JUNIOR TOPIC—Jesus Risen From the Dead. INTERMEDIATE AND SENIOR TOPIC—Christ's Victory Over Death. YOUNG PEOPLE AND ADULT TOPIC—Proofs of the Resurrection of Jesus.

The resurrection of Christ is one of the foundation truths of Christianity. Its entire superstructure stands or falls upon its reality. It is the grand proof that Christ was what He claimed to be, the Messiah, the Son of God (Matt. 12:39-40; John 2:19-21). His resurrection authenticated His claims. If Jesus did not rise from Joseph's tomb, He was not the Son of God, nor a true prophet (He said frequently while alive that He would arise), neither a Savior; not even a good man, for He would then be a falsifier. However, if He did arise, all that He said concerning Himself is true. His resurrection declared Him to be the Son of God with power (Rom. 1:4).

1. The Empty Tomb (vv. 1-10).

John does not enter into a description of the resurrection of Christ, but says the tomb was empty, and that Jesus had repeatedly manifested Himself after the tomb was found empty. To see the body of Christ with a spear thrust and nail prints, and then the empty tomb was all that faith needed.

1. The Testimony of Mary Magdalene (vv. 1-2).

This woman out of whom Jesus had cast seven demons (Mark 16:9; Luke 8:2), announced the fact of the empty tomb to Peter and John. Prompted by great love to Him for His kindness to her, she went early to the tomb even "when it was yet dark." "She was last at the cross, and first at the grave. She stayed longest there and was soonest here." This woman's love for the Master was genuine though her knowledge as to His resurrection was defective. She had realized great good at His hand, therefore she could not rest until she had done her utmost for Him.

2. Personal Investigation by Peter and John (vv. 3, 10).

The news of the empty tomb which Mary brought with breathless haste so moved John and Peter that both ran to investigate. When John came to the empty tomb he gazed into it, but Peter entered it. This investigation convinced them. The removal of the stone from the sepulcher and the arrangement of the grave clothes convinced them that the enemy could not have done this.

11. The Manifestation of the Risen Lord (vv. 11-29).

1. To Mary Magdalene (vv. 11-18). (1) Mary Weeping at the Empty Tomb (v. 11). Peter and John went home, but Mary could not. She stood weeping. Home was nothing to her while her Lord was missing. Earnest love need not weep long for Jesus is found of those who love Him. She should have been rejoicing that the grave was empty, for the empty tomb was eloquent proof of His messiahship and deity. Had His body been there she would have had real cause for weeping.

(2) Mary Questioned by the Angels (vv. 12-13). She viewed through her tears angels at the tomb who inquired as to the cause of her sorrow. She replied, "Because they have taken away my Lord and I know not where they have laid Him."

(3) Jesus Reveals Himself to Mary (vv. 14-16). She first saw the angels and then her eyes lighted upon the Lord. As soon as He called her by name she recognized Him and fell at His feet weeping.

(4) Jesus Forbade Her to Touch Him (v. 17). This showed that she was coming into a new relationship to Him; besides there was not time for such familiarity while the disciples were in darkness. "Go tell my brethren," was the message she must carry.

(5) Mary's Testimony (v. 18). She told the disciples that she had seen the Lord.

2. To the Disciples (vv. 19-29).

(1) When Thomas Was Absent (vv. 19-23).

a. His message of peace (v. 19).

b. He showed His hands and His side (v. 20).

c. He commissioned them (v. 21).

d. He defended the power that was bestowed upon them (v. 23).

(2) When Thomas Was Present (vv. 24-29).

a. Victory of sight and touch (vv. 24-28).

b. Greater blessings for those who believe, not having seen (v. 29).

A Prayer

Father, we thank Thee that Thou hast called us to work for Thee, and we pray that Thou wilt show each one of us just what Thou wouldst have us to do.

Visions

It is well to have a vision of a better life than that of every day, but it is the life of every day from which elements of a better life must come.—Maeterlinck.

DEMAND "BAYER" ASPIRIN

Take Tablets Without Fear If You See the Safety "Bayer Cross."

Warning! Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 23 years. Say "Bayer" when you buy Aspirin. Imitations may prove dangerous.—Adv.

Sympathy

Joe—"I've got a bad head this morning." Bill—"I'm sorry, Joe. Hope you'll be able to shake it off."

For 78 Years

people have used Hanford's Balsam of Myrrh for Cuts, Burns, Bruises, Sores, Mosquito Bites, Bee Stings, etc. 3 sizes.—Adv.

Not Bothered

"Yes, he's ruined; but still, poverty is no disgrace, is it?" "He doesn't owe you anything either, then?"

Why buy many bottles of other remedies when one bottle of Dr. Peery's "Dead Shot" will work without fail? Adv.

Must Radiate Heat

Even if a man could breathe, he could not live if his body were unable to radiate heat, says the bureau of mines after extensive experiments.

The Cuticura Toilet Trio.

Having cleared your skin keep it clear by making Cuticura your everyday toilet preparations. The Soap to cleanse and purify, the Ointment to soothe and heal, the Talcum to powder and perfume. No toilet table is complete without them.—Advertisement.

More Hair

"Where are your parents?" "At the barber's. Mother's having her hair cut and father is having his waved!"

CORNS

Lift Off—No Pain!



Doesn't hurt one bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers.

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the foot calluses, without soreness or irritation.

Knowing what to do and not being allowed to do it, is one of the thorns along the pathway.

A torpid liver prevents proper food assimilation. Wright's Indian Vegetable Pills come up the river. They act gently but surely. 272 Grand St., New York, N. Y.

Be sure the gun is loaded before attempting to teach the young idea how to shoot.

Children Cry for Fletcher's CASTORIA



Fletcher's CASTORIA

MOTHER:—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, especially prepared for Infants in arms and Children all ages.

To avoid imitations, always look for the signature of Dr. J. C. Fletcher. Proven directions on each package. Physicians everywhere recommend it.

JOSEY OPEN-FORMULA FERTILIZERS. GUARANTEED ANALYSIS: 10-3-3 FOR COTTON. ACID... 10.00% AMMONIA... 3.00% FISH... 3.00% POTASH... 3.00% MANUFACTURED BY N.B. JOSEY GUANO WILMINGTON, N.C.

10-3-3 FOR COTTON. Under present conditions, the authorities advise more Acid Phosphate than was formerly used. Therefore, we recommend at least 10% Acid Phosphate. The Ammonia is planned to give both speedy and continuous growth. Also made in 10-4-3 by adding 1% more Soda. This is an excellent fertilizer. There is a salesman in every bag of Josey's Fertilizers. For sale by leading merchants almost everywhere. If there is no dealer near you, write us. C-3



Feel Achy After Every Cold?

ARE you lame and stiff; tired and nervous—constantly troubled with backache and twinges of pain? Have you given any attention to your kidneys? Grip, colds and chills, you know, are apt to be mighty hard on the kidneys. And if the overtaxed kidneys fail to properly filter the blood, impurities accumulate and throw the whole system out of tune. Then may follow daily backache, rheumatic pains, headaches, dizziness and annoying kidney irregularities.

In such conditions a good stimulant diuretic should help the kidneys flush the poisons out of your system. Use Doan's Pills. Doan's have helped thousands. Are recommended by folks you know. Ask your neighbor!

A North Carolina Case

S. C. Milner, mechanic, 112 Depot St., Waynesville, N. C., says: "I had the grip and it settled in my kidneys, causing them to become disordered. My back ached and sharp, catching pains darted across it when I stooped. I had to get up at night on account of the weak, too free action of my kidneys. I read about Doan's Pills and tried them. One box of Doan's rid me of every symptom of kidney trouble."

Doan's Pills

Stimulant Diuretic to the Kidneys

At all dealers, 60c a box. Foster-Milburn Co., Mfg. Chemists, Buffalo, N. Y.

"House Was Full of BED BUGS—

but no bed bugs now", says Arkansas man

Here's evidence that can't be disputed: "I am living in an old-fashioned house. When I moved in, the house was fairly walking with bed bugs. I have entirely rid the premises of those pests, using only Bee Brand Insect Powder."

Take this first-hand testimony and profit by it. Kill Bed Bugs and keep Bed Bugs away with Bee Brand Insect Powder. Dust it in cracks and crevices, or about the furniture. Bee Brand Insect Powder kills Flies, Fleas, Mosquitoes, Ants, Roaches, Water Bugs, Bed Bugs, Moths, Lice on Fowl and Plants, and many other House and Garden insects. Close the doors and windows and blow Bee Brand Insect Powder into the air from a piece of paper and watch the insects die.

It's harmless to mankind, domestic animals and plants—non-poisonous—non-explosive. Will not spot or stain.

The surest, safest, quickest way to kill insects is with Bee Brand



If your dealer can't supply you, send 25c for large, household size. Give dealer's name and get our free booklet, "It Kills Them", a guide for killing house and garden insect pests.

Bee Brand Necessary as Soap and Water

Every home needs the protection of Bee Brand Insect Powder. It should be used regularly to prevent insects. Keep a can always on hand—and blow or scatter it wherever insects may be hidden.

McCormick & Company, Baltimore, Md.

ACHIMENESE

A most effective remedy for the treatment of all kinds of skin diseases, including eczema, psoriasis, and other conditions. It is a natural product of the earth and is safe for all ages.

IMPROVED WELL FIXTURE. BRIGHT SHAFT AND CO. WILMINGTON, N.C.

PARKER'S HAIR BALM. Restores Color and Beauty to Gray and Faded Hair. Cleanses the Scalp and Promotes the Growth of the Hair.

HINDER CORNS. Removes Corns, Calluses, etc. Helps all parts, restores comfort to the feet, makes walking easy. Be by mail or at drug-gists. Hester Chemical Works, Paterson, N. J.

WANTED Young Men to Learn the BARBER TRADE. Best college in the South. Jobs awaiting our graduates. Charlotte Barber College, Charlotte, N. C. W. N. U., CHARLOTTE, NO. 11-1925.