

Haywood Health

Disease — What Is It?

DR. I. M. WEIR

is not being well. It is anyone of many or a several causes. Now, some possible causes are bacteria, viruses, fungi, poisons from animal and food poisoning, injury, improper living habits, but not least, improper habits.

One may not be aware of the need for periodic check-ups by your family doctor, the pain, weakness, etc., are the results of disease and are warning signs on by nature so we can get well and keep well.

Other means at our disposal for the prevention of the above diseases, as well as all other infectious diseases, is good sanitation. Or, we might say to just keep out of reach of disease-producing organisms, if we can.

One of the commonest symptoms of disease is an elevation of the body temperature above the normal. This is 98.6 Fahrenheit. This mechanism of increased tempera-

Memorable Quotations From The 1951 Scene

(By The Associated Press)

PRESIDENT TRUMAN in his "State of the Union" message to Congress: "Peace is precious to us. But more precious than peace are freedom and justice. We will fight, if fight we must, to keep our freedom and to prevent justice from being destroyed. This is our cause—peace, freedom, justice!"

SEN. TOM CONNALLY, chairman of the Senate Foreign Relations Committee: "There are many who will accept internationalism if it can be bought at the bargain counter."

INDIA'S PRIME MINISTER NEHRU: "I do not think war inevitable and I hope it will be avoided. The most dangerous thing is that people sometimes become hysterical or fatalistic about it as if it is bound to happen and there is nothing they can do about it."

YUGOSLAVIA'S PREMIER MARSHAL TITO: "Every foot of our land is saturated with blood but—if necessary—we will saturate it again with blood and it will remain ours."

BERNARD M. BARUCH: "Our consistent unwavering policy must be to pace ourselves in relation to Soviet military strength and the dangers of war. We must maintain sufficient military power to deter aggression. But we must also avoid bankrupting ourselves through a military establishment too costly to maintain."

SEN. ESTES KEFAUVER: "For every crook I found 1,000 good people and for every dishonest official I found many honest public servants."

BRIG. GEN. LEWIS B. FULLER: "The idea of a push-button war might as well have been proposed in the days of Julius Caesar. The bulldozer was the secret weapon of World War II. The tent stove has been the secret weapon of the Korean war."

SEN. ROBERT A. TAFT: "Mr. Truman threw out the bi-partisan foreign policy when he was elected in 1948. I see no chance of a change."

GEN. DOUGLAS MACARTHUR, to the joint session of Congress: "I am closing my 52 years of military service. And like the old soldier of that ballad I now close my military career and just fade away, an old soldier who tried to do his duty as God gave him the light to see that duty. Good-bye."

GOV. JAMES F. BYRNES, declaring that the South does not owe loyalty to any political party: "The people of the South are beginning to look beyond the label to see what's in the package."

FRANK COSTELLO, protesting to the Kefauver Committee that his throat was too sore to talk: "I want to testify truthfully and my mind don't function."

GEN. OMAR N. BRADLEY, chairman of the Joint Chiefs of Staff: "If the United States had followed Gen. MacArthur's plan it would have been in the wrong war at the wrong place at the wrong time with the wrong enemy."

MOBILIZER CHARLES E. WILSON: "Two years from now we should have military and economic strength sufficient to give reasonable safety against aggression."

ture is an effort on the part of the body to overcome the disease by destroying the disease-producing organisms and the poisons produced by them.

Increased body temperature increases body metabolism and activity of the germ-destroying agent, which are the white blood cells. Increased body temperature aids in destroying the body poisons as a fire destroys waste paper or other waste material.

Thus, it is seen that in acute disease, some fever is desirable, if it does not go above safe limits. It is interesting to note that in a number of diseases, the production of artificial fever is of value. In the use of hot baths, packs, diathermy, and radiant heat, we are using this principle.

Now, may we ask ourselves the

TWU CHIEF JOINS PICKET LINE



AT INTERNATIONAL AIRPORT in Miami, Mike Quill (center), president of the Transport Workers Union, joins striking Pan American workers on the picket line. Some 5,800 mechanics, stewards, stewardesses, and pursers walked off the job at five major airports, grounding hundreds of persons homeward bound for the holidays. (International Soundphoto)

Jalopy Heaven

PROVIDENCE, R. I. (AP) — If your old jalopy is cranky and has been acting up under the stresses of urban life, maybe you ought to retire it to Prudence Island in Narragansett Bay where it can spend its declining years in peace and quiet.

Real oldies are just the thing on Prudence Island. There are no

question, "Is it logical for us to take some fever-reducing medicine every time we have a fever?" Many times, we are prone to interfere with nature, rather than cooperate with nature. In a later column we will discuss some ways in which we can help Nature combat disease.

roads, no need for an operator's license or insurance, and no charge for registration because Prudence cars are not registered with the state of Rhode Island.

Your car will bump along on driftways, a fancy name for cow-path. Fifteen miles of driftways wander around the small island. Bulldozers, a scraper and grader keep the driftways in good shape. The driftways serve 30 cars, all second-hand, and another 100 belonging to summer visitors. Most of those are second-hand too.

It costs \$7.50 to ferry a car over to the island. Few ever return.

Papa Is a Nobody

The name of Nathaniel Hawthorne, the great American author, fills people with awe, even today. However, his children, in their time, were little-impressed with the importance of their father. The BOOK HOUSE FOR CHILDREN tells how the little Hawthornes, Una, Rose, and Julian, who loved him dearly, "climbed all over the great writer, covering his chin and breast with grass, while he lay in the sunshine."

A CHRISTMAS Greeting

From all of us, to all our friends
This greeting is extended...
For a very Merry Christmas
And a New Year that is splendid.

Whitman's Bakery
Main Street
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Christmas

In the spirit of Christmas, we hope that you may always enjoy the peace, happiness and good cheer that we wish you this Yuletide Season.

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To All Our Friends In Haywood County...

Merry Christmas

and a **Happy New Year**

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A VERY Merry Christmas

The warm spirit of this Holiday Season is symbolized by the friendly Christmas candle, lighting our way to closer friendships and greater happiness.

May your Christmas be radiant with joy and good health.

HARRELL'S
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holiday GREETINGS

It's traditional with us to greet our friends at Christmas time in the spirit of good will and merriment that marks the season. And this year is no exception!

Our wish today is that your Holidays be filled with rounds and rounds of good cheer and contentment. And may your New Year be one of prosperity and achievement.

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