

# Health Topics.

## CLEVELAND COUNTY FARMERS.

The Cleveland County Farmers' Union met in Shelby, October 24, and elected officers for the coming year as follows:

President, Joe E. Blanton; Vice-President, W. P. Wilson; Secretary and Treasurer, G. H. Logan; Chaplain, Rev. J. G. Graham; Doorkeeper, J. G. Jones; Executive Committee, E. L. Jenkins, J. Z. Falls, and B. G. Logan; County Organizer, A. P. Spake; County Agent, J. C. Beam.

Rev. A. G. Graham and A. P. Spake were elected as delegates to represent Cleveland at the next State meeting to be held in Raleigh in December.

Reports from the various locals show the Union to be in fine shape in this county.—Shelby Highlander.

## WHAT IS HEALTH?

Health is more than the absence of sickness. It is being well and a little bit more. It is not sufficient to be in such a physical, mental and normal State that we can tell our neighbors and friends that we are "well this morning, thank you." It means more than simply feeling that we have no aches and pains. It means an exuberance of life and energy. It means that you have strength for your task and a little energy to spare.

Great numbers of people never feel that pleasant throb of life, vitality and energy pulsing through their bodies, not even during glorious autumn days. No, you will not feel that exuberance of health and energy if you are troubled with indigestion in some of its forms, if you have hookworms sucking your life blood or malaria organisms floating around in your blood. You will not feel every whit a man or woman if you have headaches, are constipated and your plumbing system is all out of order; if you are continually having colds; if you are worried, overworked and burning the candle of life at both ends with some form of dissipation.

Some people have not been perfectly healthy for so long that they have really forgotten how they used to feel as children, when aches and pains were utter strangers to them. They have grown used to feeling about 25 per cent under par, and don't know what they are missing. As a result, they are plodding through life scarcely able to eke out a living, with no surplus of time, energy or means for improvement, luxuries of amusements. Such people need to get out of the rut. There are better things in store for them. The little difference between the man feeling "not sick" and the man feeling "just fine" is the very difference between success and failure. It is the little extra that helps one man to seize a good position or a business proposition while another lets it go by. In the race of life it is the little extra that makes a poor second or third into a good first.

How to get out of the rut? That is usually easy. Look about and see what rut or ruts you are in. Find out what put you in these ruts. Then cut out those things which put you in. If you are in the mire or a deep rut, go to your doctor and ask him to help pull you out. Give him full charge of the reins until you get on level ground. Then follow his instructions, and, above all, learn how to drive this coach of state yourself. Keep in the middle of the road and you will be surprised that you should ever have driven off.

The average man requires eight hours' sleep every night. Most of us sleep too little and eat too much.

## FEEDING BABIES.

Does it pay to feed babies on the breast or bottle? Here are some interesting figures. During the siege of Paris in 1870-1871 the city milk supply failed and mothers were compelled to nurse their babies. The death rate among babies fell from 330 to 170 per 1,000 births. In England during the Lancashire cotton famine mothers remained at home and nursed their babies, and there resulted an even greater saving of infant life. Wherever mothers nurse their babies it is found that the breast fed baby has six chances of living where the bottle fed baby has one.

## THE IMPORTANCE OF DUST.

Avoid Floor Dust if You Would Avoid Tuberculosis.

Did you know that, according to published reports, about one-third of the five thousand street cleaners in New York City are infected with tuberculosis? Previous to their employment by the city these men were all examined by civil service physicians and pronounced free from organic disease. It is claimed that five years' work as a street cleaner in New York makes the average individual a consumptive.

Of course, street sweepers labor under some of the very worst conditions. The dust they meet doubtless contains a large amount of dried sputum and all of that, but did it ever occur to you that it is part of this very same dust which every one carries on his shoes and clothing into houses, churches and school-houses? Now, the point is simply this: If an excessive quantity of dust is so fatal, even smaller quantities are undesirable, and therefore the less dust the better.

One of the chief sources of dust is that resulting from the old-fashioned dry broom method of sweeping our floors, etc. The antiquated feather duster is another dust evil. By using some of the many forms of kerosened brooms, sweepers, mops and dust cloths now on the market, the amount of dust raised in sweeping and dusting, as compared with that raised by the old dry broom and feather duster, is reduced from 90 per cent to 99 per cent.

## MOTION PICTURES TO AID RED CROSS.

"Hope" is the title of the leading note in a new motion picture film which will be released for exhibition on November 16, by Thomas A. Edison, working in co-operation with the National Association for the Study and Prevention of Tuberculosis. The scenario of the picture was written especially for the anti-tuberculosis campaign by James Oppenheim, and the film will be used during the next six weeks as a special feature of the Red Cross Christmas Seal Sale.

The story, as portrayed by Mr. Oppenheim, tells of a young banker in a little New York town by the name of John Harvey and of his bookkeeper Wells, with whose daughter Edith the banker is in love. A few weeks before the holiday season, Harvey one day receives a letter and some literature from the National Association for the Study and Prevention of Tuberculosis, asking him to engage in a tuberculosis campaign in his district, to form a committee to sell Red Cross Christmas Seals, and to work for the erection of a local sanatorium. He shows the material to his old bookkeeper and both the men laugh at the idea that a country district need engage in such a fight. Tuberculosis, they believe, is a thing only of the

city slums. Careless and unthinking, however, Wells puts some of the pamphlets in his pocket and forgets the incident.

Meanwhile Edith is trying hard to conceal from her father and lover the annoying cough which she has developed and also the knowledge given her privately by the old family physician that she has tuberculosis. She struggles hard against her love for Harvey and her father, especially when the banker shows her the new home which he is building for them. She is about resolved not to yield to the doctor's advice recommending that she go to a sanatorium, when one evening she accidentally discovers the tuberculosis literature in her father's pocket. As she reads of the dangers to which she is exposing those whom she loves, and of the hope of a cure that may be hers, if she will go to a sanatorium, she finally conquers her immediate desire and resolves to live for health and a cure. She writes a note to her father and to Harvey releasing him from their engagement and leaves home secretly for New York to see what chance she has of being cured, for there is no sanatorium nearer to her home than a day's journey.

It is the bitter realization of the truth that tuberculosis lurks everywhere, even in their own homes, that spurs Harvey and Wells to arouse their townfolk to the need of preventing this disease and erecting a sanatorium. And all the while they are searching for Edith, until one day by chance they find her name on the records of Bellevue Hospital Tuberculosis Clinic. They trace her to the ferryboat day camp at that institution and finally to her own miserable hall bed-room. It is not a difficult task to persuade Edith to go home and take the cure in the new sanatorium on the outskirts of the town. Here she completely recovers her health and as an indication of her future mode of life on entering her new home for the first time, a happy bride, she throws the windows wide open to let in the fresh air.

Don't permit your palate to get your stomach into trouble. Taking a pill does not solve the diet problem.

The only night air that is injurious is last night's.

Get the fresh air habit.

## TO BREAK DOG FROM SUCKING EGGS.

To stop a dog from sucking eggs put one teaspoonful of tartar emetic in an egg and place where he can get it, but care should be taken that nothing else gets it. One or two eggs will be sufficient.

It is not the advertising that costs so; it's the stopping. The moral, therefore, is plain—never stop. Rent as much space as you think you can use to advantage and then run your big ads when it is "off" if you want to do it that way, but run something in every issue.

Have a hobby. Let your hobby be to be a hen-crank, the commonly used expression, and the chances are, your hens will fare well and take care that your pocket-book always has a mission.—Rural Mission.

If your habits interfere with your principles, cut out your habits.

## Jolly & Wynne Jewelry Co.

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J. F. Jackson, Agricultural Agent, C. of Ga. Ry  
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## Root Hog, Or Die!



Yet you put rings in their nose or "snout" them to keep them from rooting for the earthy elements that are supposed to prove a conditioner.

Fat shoats are always more liable to disease than aged hogs. They lack these earthy elements.

## Feed Red Devil Lye

Begin feeding it as soon as you ring or snout them. Keep it up all through the feeding stage and you will enable them to resist disease. You "Get the Germ Before the Germ Gets the Hog."

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Some of your dealers have Red Devil Lye. Ask all of them for the Big 4 1/2-inch 10c. Can. The handy Friction Top prevents waste.

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