

### Health Notes

#### Don't Be an Easy Mark.

Why do you have a spleen? No one knows. The best learned scientists of the world have come and gone, and still the riddle of the spleen remains unsolved. Some have thought that its function was this, and others that it was something else, and so on. In a few cases of surgical operations it has been necessary to remove a part or all of the spleen and the patient lived and nothing happened. Hence why is a spleen?

Whether or not we find a use for the spleen this point should be remembered. If the world's greatest scientists can't tell the use of the spleen, and if we get along about as well without it as with it, why do some people break their necks buying "electric belts" or "magnetic pads," plasters, insoles, etc., for what the street fakirs and medical fakirs call "enlarged spleen," "torpid liver," "kidney disease," and a dozen and one other things that no one ever knew he had before? Such swindles belong to the "gold brick" class. When such ads of fakirs appear it is a good time to keep your money in your pocket and "save your face." Take it from me, if you bite you lose, and the other fellow will set you down as one of the original easy marks.

More than 75,000 persons in the State of Connecticut are contributing to funds for fighting tuberculosis among the working people of the State. The wage-workers in the mills, factories, and stores have also become interested in this great work and have perfected organizations to which they contribute funds for defraying the expense of their fellow-workers who have contracted consumption. Since the movement was started some years ago more than \$20,000 has been raised by the wage-workers themselves and over 400 patients have been treated at the five sanitariums now in existence in the State. As a result, too, of the efforts made by the workers, the State Legislature has taken a hand and to date has appropriated all told over \$500,000 for the erection and maintenance of sanitariums for the care and treatment of curable cases.

The following experiment shows the value of fresh air and sunshine as agencies for the cure of consumption. Here it is:

Twelve rabbits, all in good health, were inoculated with the germs of tuberculosis; six of the rabbits were turned loose to run in the open air and sun; the other six were confined in a dark cellar basement. At the end of a given period all the rabbits were killed. The rabbits that had been allowed to run wild had nearly recovered, only two showing any signs of the disease. Those that had been confined in the cellar all had tuberculosis.

Children should have plenty of fresh air, good food, exercise, rest and sleep. They should sleep in bedrooms with the windows open both summer and winter, and no child under twelve years of age should have less than nine hours of sound refreshing sleep. Children should be taught to be regular in their habits of eating, sleeping and exercise. They should also be taught habits of personal neatness and cleanliness. Unless carefully watched they will not wash their faces, comb, their hair or brush their teeth.

Consumption is a dirty air disease, and therefore preventable. It is also curable if taken in its earliest stages.

### HOOKWORM ERADICATION.

Seventy-One Counties Appropriate \$20,300 for Free Dispensaries—In January 530 Persons Examined Daily—110 Persons Treated Daily.

The campaign of the hookworm eradication is making the most rapid strides in the history of the campaign. Seventy-one counties in the State have now made a Local appropriation necessary to have six weeks devoted to a campaign of free examination and free treatment. The counties providing for the campaigns last Monday are Currituck, Pasquotank, Perquimans, and Mecklenburg. Hyde County is now the only one east of Raleigh which has not yet made provision to have the free treatment. The local appropriation is used solely for paying the local expenses of advertising, traveling expenses of a laboratory man, and the cost of thymol and specimen containers given out in the county.

#### Work of the Old Year and the New.

During 1912, 135,872 persons were microscopically examined for hookworm infection, or about 450 persons for each week day of the year. For each dispensary day in January an average of 525 persons were examined, and of these an average of 110 persons were found infected and given free treatment. The campaigns are conducted in six counties at the same time. The work is now in progress in Dare, Tyrrell, Camden, Pamlico, Moore, and Union Counties. Five Counties—Wilson, New Hanover, Wake, Craven, and Beaufort—have asked for a second round of dispensary work for the benefit of those who were skeptical when the first campaign was conducted, but have now seen the results of the cures in those who took the treatment and are desirous to again have dispensaries within their reach.

Miss Merrill, a teacher in a graded school, had trouble with Johnnie last week. Johnnie had trouble doing his work and the authorities finally discovered that his sight was defective. Miss Merrill took Johnnie and sent him home with a note to his mother. He gazed at the note in horror, then at the teacher, and burst into tears. The note read:

"Johnnie has astigmatism; do not let him return to school until he has been attended to."

Miss Merrill understood his grief better when she received a note from his mother. It read:

"I don't know what he had done, but I licked him for it. I can't find it on him, and he says he ain't got it; now you better lick him and see if you can find it."

"There's a dead horse on Kosciusko street," announced a Brooklyn patrolman. "Well, make out a report" ordered the sergeant. "Why, you make out the reports, don't you, sergeant?" "I don't. Make out your own." Mike began scratching. Presently, "Sergeant," he asked, "how d'you spell Kosciusko?" "G'wan. You're writing." An interval of silence. "Then, sergeant, how do you spell Kosciusko street?" "Stop bothering me," the sergeant ordered. "I'm no information bureau." Pretty soon the patrolman got up, clapped on his helmet, and started for the door. "Where you goin'?" demanded the sergeant. "I'm a-goin'," said the policeman, "to drag that dead horse around into Myrtle Avenue."

It does seem that when a farmer makes up his mind to shovel two or three thousand bushels of corn into a lot of steers he would take the precaution to select the kind of animals that will make the best use of it.



### Cabbage and Strawberry Plants and Long Staple Cotton Seed AT UNION PRICES

#### Brother Union Farmers:

I have for sale, at prices to suit the times, Charleston Wakefield Cabbage Plants, 1,000 for \$1.00; 75 cents per M. in lots of 5,000 or over.

Klondyke Strawberry Plants until Feb. 1st, at \$1.50 per M.; in lots of 5,000 or over, \$1 per M.

Hazel Long Staple Cotton Seed, \$1 per bushel; 5 bushel lots or over, 75 cents per bushel. These seeds have been selling at 17 and 19 cents a pound.

**ELROY BAILEY, Chadbourn, N. C.**

Member of Washington Local.

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### We Do Not Claim

To "own the world" or all the good fowls in it, but we do breed as good fowls as the best, and better than most, of the following varieties: S. C. White and Brown Leghorns, Light Brahmans, S. C. Black Minorcas, Cornish Fowl, Houdans, S. C. R. I. Reds, Barred Plymouth Rocks, White Wyandottes, Pekin and I. R. Ducks, American and English type. Hen eggs, \$2 and \$3 per setting of 13. Duck eggs, 11 for \$2. In business twenty years. Have exhibited at all the leading shows.

**NEVIN POULTRY YARDS,**

Order from this Adv.

Charlotte, N. C.

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STATESVILLE, N. C.

Capital - - - - -	\$100,000.00
Surplus and Profits - - - - -	33,000 00
Resources - - - - -	750,000.00

Farmers are specially invited to open an account with us.

JOS. C. IRVIN, President.

E. S. PEGRAM, Cashier.

## The Citizens National Bank

GASTONIA, N. C.

Capital & Surplus, \$	92,249.26
Deposits, - - - -	392,300.45
Resources, - - - -	603,927.71

5 % Paid on Time Certificates of Deposit

## The Union National Bank

Charlotte, N. C.

CAPITAL - - - - -	\$100,000
T. W. WADE, . . . . .	President
F. B. McDOWELL, . . . . .	Vice-President
H. M. VICTOR, - - - - -	Cashier

We cordially invite business and offer every courtesy and accommodation consistent with safe banking. We particularly invite the accounts of Farmers.

**H. M. VICTOR, Cashier**

## \$ Every Idle Dollar \$

of your money should be put to hard work. When your money is invested it works for you day and night—interest accumulates with astonishing rapidity. Also the knowledge that your money is safe from thieves or fire helps you sleep nights. Why not start a Savings Account here and let your money earn future money?

We pay 4 per cent on Certificates of Deposits and all Saving Funds.

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