

The Beauty Secret.



Ladies desire that irresistible charm—a good complexion. Of course they do not wish others to know a beautifier has been used so they buy a bottle of

Magnolia Balm

LIQUID FACE POWDER and use according to simple directions. Improvement is noticed at once. Soothing, cooling and refreshing. Heals Sunburn, stope Tan.

Sample (either color) for 2c. Stamp. Leon Mfg. Co., 40 South Fifth St., Brooklyn, N.Y.

Never Neglect a Cold

A chill after bathing, cooling off suddenly after exercises and drafts, give the cold germs a foothold that may lead to something worse. Safety requires early treatment. Keep Dr. King's New Discovery on hand. This pleasant balsam remedy always allays inflammation, soothes the cough, repairs the tissues. Better be safe than sorry. Break up the cold with Dr. King's New Discovery before it is too late. At your druggist 50c, \$1.00.

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Uncle Sam Accepts None but the Physically Fit For the Army

Not Even Slight Defects Are Overlooked—The Doctor Who Makes Mistake Must Refund Money Spent on the Recruit.

EVERY medical officer in the federal service who examines applicants for enlistment must certify in the ease of a successful applicant that "he has no mental or physical defect disqualifying him for service in the United States Army."

To the layman the tests made often seem unduly severe. Even civilian physicians are apt to consider the line too strictly drawn. In the examinations for the training camps the candidate often appeared with a certificate from his physician stating that he was "fit for service" and was extremely indignant when he was rejected by the army surgeon who made the examination.

The result was that for many days the newspapers contained letters from candidates who asserted that they had always been "perfectly well," had always "played tennis and golf" and were star athletes at school and college. The answer might be made that war is neither tennis nor golf and that even the perils and vicissitudes of the college athlete, from the bruises and fractures of the football field to the more insidious dangers of ice cream soda, are hardly comparable with trench warfare.

The common belief is that the regulations for the examination for the recruits are a sort of medical red tape, the requirements being based largely upon chance, as though several army surgeons had sat around a table and carefully thought out a series of physical requirements without any special rule or reason for most of them. Nothing could be further from the truth.

Two Points Considered.

The recruit is chosen from two points of view: First, the United States as an employer. Does he have the necessary intelligence and the required education to make a good soldier? By education are meant his command of the English language and his apparent ability to understand and carry out commands. Second, the physical qualifications of the recruit. Has he sufficient physical endurance to carry out the daily routine of a soldier, and has he or can he develop sufficient reserve force to stand up under the strain of unusual physical exertion? No matter how well a soldier serves during what might be called his normal activities, he is worse than useless if he becomes an additional burden to the army during periods of unusual stress.

In general, to pass the examiner the candidate must be reasonably normal in appearance. Even the layman can understand that an army of cripples would be a poor army. A perceptible limp in one private in a company will succeed in putting the other men out of step, thus making the march much more difficult for the entire company.

The applicant must be able to carry his rifle and packs, to kneel, to shoot and in other ways to perform the movements required of a soldier in a normal manner. A slight stiffness of a joint, if it does not interfere with his duties, does not disqualify.

Skin Diseases Disqualify.

The man must not be objectionable to his tentmates. For this reason skin diseases, even if harmless, are disqualifying. Even the simple acne, or pimples, if severe enough to be positively disfiguring, may serve as a bar to enlistment. In the same way uncleanly habits which would make a recruit objectionable to other soldiers are considered disqualifying.

The general diseases which disqualify require only brief mention. The acute diseases, such as acute bronchitis, typhoid fever, measles, scarlet fever, malaria and many others, may act only as a temporary bar, the enlistment being made after recovery. Indeed, in some cases, if the condition is mild and permanent disability unlikely (for example, a mild influenza), the applicant may be enlisted and kept in the hospital until cured. Of the chronic diseases, tuberculosis, Bright's disease, chronic heart disease and chronic venereal diseases are the most frequent causes of disqualification. In such cases the medical officer determines the desirability of the applicant by deciding whether in his opinion the recruit will in the future suffer disability as a result of the existing ailment, the decision being reached after consideration of the applicant's previous life and training. If an applicant is suffering from any form of pulmonary tuberculosis or any other form of chronic debilitating disease he is rejected, even if he is the most prominent athlete in college and is otherwise in excellent physical condition.

Naturally many of these rejects will finally be cured and will then personally testify to the inefficiency of the army surgeon and the total insufficiency of army regulations which reject individuals who later prove to be sound and healthy.

In such cases it should be remembered that the surgeon does not certify that the applicant is certain to become disabled if enlisted in the army. He merely certifies that, in his opinion, the applicant has a condition which is apt to cause disability under conditions incident to active service. Re-

Some of the Diseases That Absolutely Bar One From Service—Eyes and Teeth Must Be Good—Flat Feet Keep Many Out of the Ranks.

cruits must often be rejected for disease or disability which under the conditions of civil life would be expected to cause little or no inconvenience.

The recruiting circular from the adjutant general prescribes a table of average weights for the various heights as follows:

TABLE OF PHYSICAL PROPORTIONS. Chest Measurement At Expiration. Height, Weight, etc.

"It is not necessary that the applicant should conform exactly to the figures indicated in the foregoing table. The following variations below the standard given in the table are permissible when the applicant is active, has firm muscles and is evidently vigorous and healthy:

Chest at Expiration. Height, Weight, etc.

"Marked disproportion of weight over height is not a cause for rejection unless the applicant is absolutely obese." The requirements have been carefully worked out, and the minimum requirements are strictly adhered to. It has been found that out of a number of individuals who were below the minimum standards a surprisingly large number finally develop some form of chronic disease which was not evident on the first examination. In very exceptional cases, in which the surgeon is convinced that the applicant is otherwise unusually well qualified, special authority for enlistment of candidates slightly under the minimum may be secured from the adjutant general.

Eyes a Stumbling Block.

The eyes are another stumbling block. Circular No. 26, war department, 1909, requires that the applicants for the line of the army and for the signal corps shall have the following vision or better: 20-40 for the right eye and 20-100 for the left eye, provided that no organic disease exists in either eye.

The applicant is tested by requiring him to read black letters of various heights at a distance of twenty feet. If he is able to read the line in which the letters are three-eighths of an inch high he is said to have normal vision.

In the hospital corps and the ordnance corps the visual requirements are not so severe as the above. Defects of hearing are disqualifying. The hearing is tested by having the applicant stand with his back toward the examiner at a distance of twenty feet. While an assistant stops one ear the examiner whispers words or phrases, and if these are heard he records the hearing as 20-20. If the words are not heard the examiner walks toward the applicant until the whisper can be heard and records this distance as the numerator.

The story is told of an Irishman who, when disqualified on account of a deficient number of teeth, wanted to know if he was expected to bite the enemy. This apparently makes the requirements as to teeth ridiculous, but nevertheless they are most important. The soldier who must have special food prepared because he is unable to masticate is a burden to the army. False teeth, while satisfactory for civilian occupations, are not satisfactory for military requirements.

Foot trouble is one of the greatest causes of rejection. Every year more soldiers are discharged on surgeons' certificate of disability because of foot trouble than are discharged for pulmonary tuberculosis. The most common cause of foot disability is flat foot.

The total discharges for disease in 1912 were 1,069, or 13.43 per 1,000. This is a very low rate, but when it is considered that many of these were discharged for conditions which existed before enlistment it is at once apparent that if it had been possible to detect these cases before the government had gone to the expense of enlisting and training these soldiers a considerable saving might have been made. Of sixty-nine cases of flat foot during 1912 only two developed after enlistment. In two years from a comparatively small army the equivalent of an entire company of men was discharged for this one disability.

Mental diseases and alcoholism must both be looked for by the examining surgeon, but they are less easily detected than some of the other conditions already mentioned.

In general the surgeon must examine carefully for any evidence of disease and then, bearing in mind the common causes of discharge for disability, make up his mind whether the applicant is qualified or disqualified.

Hubby Can't Use Her Phone.

Public service commission decides Spring Valley (N. Y.) woman may have phone, but hubby, who abused "Central," can't use it.

DO YOU NEED A SPRING TONIC?

Do you tire easily? Do you feel exhausted in the morning when you wake up? Have you reached the point where you have no strength left to overcome fatigue.

Then you certainly need a tonic, one that will act quickly and surely. You don't want any guesswork about it, either. Do not take stimulants or nauseating oily mixtures, but just take a concentrated tonic—one 5 grain tonone tablet before each meal and at bedtime will produce wonderful results in a few days; just try it.

Gardner Drug Company reports having a wonderful sale on tonone tablets.

From the Medical Press Dr. G. M. F. says: For all run-down, enemic, exhausted conditions I have found 5-grain tonone tablets act quickly and most effectively. They should not, however, be used by people who do not wish to increase their weight as they are the greatest known flesh builder.

Women employed by the Navy Department are to receive the same pay as men holding similar positions. Secretary Daniels, who with several other department heads announced recently that during the war women would be given preference in filling clerical jobs wrote in response to a query from Mrs. Carry Chapan Catt, president of the National Woman's Suffrage Association.

PROFIT BY THIS

Don't Waste Another Day

When you are worried by backache; By lameness and bladder disorders—Don't experiment with an untried medicine.

Follow Reidsville people's example. Use Doan's Kidney Pills. Verify if you wish:

Mrs. J. P. Somers, 237 Lindsey St., says: "I have taken Doan's Kidney Pills on several occasions for lame back. At times I have pains between my shoulder blades and I feel all tired out. My kidneys were not acting as they should. Doan's Kidney Pills however soon make me feel like a different person. I have given this medicine to several of my children for kidney and bladder trouble and it has always brought relief." Price 50c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Somers uses. Foster-Milburn Co., Props., Buffalo, N. Y.

Brig. Gen. W. A. White of the British army has come to the United States to take charge of the recruiting of British subjects in this country. It is said that there are 500,000 men of military age in America who owe their allegiance to King George.

Mother's Troubles

Mother's unending work and devotion drains and strains her physical strength and leaves its mark in dimmed eyes and careworn expressions—she ages before her time.

Any mother who is weary and languid should start taking

SCOTT'S EMULSION

OF NORWEGIAN COD LIVER OIL

as a strengthening food and bracing tonic to add richness to her blood and build up her nerves before it is too late. Start SCOTT'S today—its fame is world-wide.

No Alcohol. Scott & Bowne, Bloomfield, N. J. 16-4

Advertisement for Orange Jooj featuring a large bottle illustration and text: "The Cold, Julepped Nectar of Fruitland... For real refreshment on a hot day, there is nothing as satisfying."

Advertisement for Belle Mead Sweets featuring an illustration of a woman and a box of sweets. Text: "The Lily Needs No Gilding" Yet after making Belle Mead Sweets Bon Bons & Chocolates just as pure as pure can be, we then put them in beautiful boxes of wonderful color combinations, making an assortment of chocolates containing luscious fruits, tempting nuts and the most delicate flavors the world holds, so that a package of these pure chocolates represents the best the world holds in fine candy.

Sloan's Liniment For Rheumatism The pain goes so quickly after you apply Sloan's Liniment for rheumatic pains, neuralgia, toothache, lumbago, sprains, and it's so easy to use. It quickly penetrates and soothes without rubbing and is far cleaner and more effective than mussy plasters or ointments. Keep a bottle in the house and get prompt relief, not only from all nerve-

Large advertisement for Minnie Lee Jones Hat Shop. Text: "50 PER CENT REDUCTION ON ALL MILLINERY Our stock is large and varied and the very latest styles prevail. Now is a splendid opportunity to get BARGAINS. PLEASE CALL AND SEE Minnie Lee Jones Hat Shop"

Advertisement for The Southern Railway Company. Text: "An Ambition and a Record THE needs of the South are identical with the needs of the Southern Railway: the growth and success of one means the upbuilding of the other. The Southern Railway asks no favors—no special privilege not accorded to others. The ambition of the Southern Railway Company is to see that unity of interest that is born of co-operation between the public and the railroads; to see perfected that fair and frank policy in the management of railroads which invites the confidence of governmental agencies; to realize that liberality of treatment which will enable it to obtain the additional capital needed for the acquisition of better and enlarged facilities incident to the demand for increased and better service; and, finally— To take its niche in the body politic of the South alongside of other great industries, with no more, but with equal liberties, equal rights and equal opportunities. 'The Southern Serves the South.'" Southern Railway System