

About Your Health

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plenty of outdoor exercise in the open air every day. For those whose occupation prevents this there are a few calisthenic exercises which may be recommended. One of the easiest to carry out and about as effective as any is the following: Lie flat on your back with arms by your side, legs straight and toes pointing upward. Bring the right leg up as far as possible, keeping leg straight; at knee and toe pointing back over head. Repeat this movement fifteen times. Go through same move with left leg. fifteen times. Then repeat fifteen times with both legs together. This exercise should be taken preferably on a hard floor immediately on getting out of bed every morning. Another form of exercise that may be tried with excellent results is somersaults, which need no description. After the exercise is completed, one or two glasses of cold water should be taken. Cold water is much more preferable than hot water. Now to repeat once again, take plenty of time for a properly prepared breakfast

of regular food. Water should be taken with meals and between meals in satisfactory quantities. Each individual should be his own judge as to the quantity necessary and which conforms to his own comfort. Properly prepared tea or coffee in moderation is not harmful to adults but should not be given to children.

Careful and systematic attention to the details set forth in this article with reference to food and the establishment of proper health habits will prevent the constipation habit, unless organic disease is present.

To the many who already suffer we offer a few additional suggestions. We shall not discuss complications which may be present, such as polyplipes, fissures or ulcers, because that is a condition which demands the careful attention of a good physician. Furthermore, any person having such complications should avoid all self medication, exercise, food regimen and so on except directly prescribed by the attending physician. For those who suffer from simple obstinate constipation of long standing without complications, it may be necessary to prescribe some drugs and an occasional small enema in putting into

effect successfully the advice offered in the foregoing article. A personal physician can best attend to this but a few simple suggestions can do no harm and may be helpful. The patient should realize in the beginning of the treatment that constipation in itself after all is not serious. That will eliminate worry. Do not worry about the "liver being out of order."

The liver is one of the most perfectly functioning organs in the human body. If all the people knew that fact some of the lawyers representing the half billion dollar "patent" medicine industry would have to go to work for a living. Physicians have found from experience that one of the best aids in beginning the successful treatment of constipation is some form of Japanese seaweed. The laboratories know it as Agar Agar. It is a jelly like mass which retains its consistency down to the lower bowel and easily combines with the fecal matter there, forming a consistent mass not too loose and yet soft enough to be satisfactorily evacuated. This substance should be used with decreasing frequency and in diminishing quantity. A small dose of mineral oil taken twice a week and used in the same way for a while is useful. If both fail for a few days in the beginning of the treatment and headaches and vertigo occur a light enema about twice a week may gradually relieve the condition until nature reasserts itself and both drugs and enemas may be discontinued.

In conclusion, if there is no complication simple constipation may be successfully prevented by careful attention to "Habit Time" and intelligent food selection.

Choate & Browne Pharmacy

Another of Elkin's boasters for the new Hugh Chatham Memorial Hospital and the community as a whole is the firm of Choate and Browne, of which Mr. E. E. Browne is manager.

The company had its office in our neighboring town of Honda, where it was operated for several years. Realizing the advantage and future opportunity of Elkin, the company decided to move their drug business here, and a location was secured in a small building.

Occupying this place for some time, Mr. Brown realized that he was handicapped for room in properly serving the patrons of the store, and the building formerly occupied by the Carolina Store was secured and the stock moved there.

In the new location and their present home, the firm is in position to carry larger stocks of merchandise in their line, and have ample room for a complete prescription department, the latter being one of the hobbies of the company.

In addition to a general line of drugs and drug sundries, a fountain service is maintained where friend meets friend in their daily quest of a thirst quencher. Adjacent to the fountain will be found a complete line of cigars, cigarettes, tobacco and everything for the smoker. Your visits are always welcomed by Choate & Browne.

Harris-Burgiss Electric Co.

"Abe" Harris and "Radio" Burgiss are familiar characters in any town pertaining to electricity when that question arises among our population. And their work is not confined to local territory exclusively, for frequently they are called into consultation for estimates on work outside the "boundary line" as it is commonly termed when thinking of a fair radius of mileage from which to expect business.

Mr. Burgiss built the first radio receiving set ever to be shown here, and later constructed a broadcasting station at his home, and is known as the pioneer radio fan of this section. In selecting the line of radio handled by the company, the management was fully convinced of the merits of the Atwater-Kent and R. C. A. radios and since taking on the line have placed countless numbers in this territory.

Another important article sold by the firm is the Frigidaire, which is proving popular with an army of users throughout the nation, and this territory boasts of owning a good number of them to make up the sum total.

Visitors who inspect the new Hugh Chatham Memorial Hospital will doubtless be attracted by the illumination in the operating room, the work of which was done by this firm.

Prospective builders or purchasers of radios, electrical refrigeration systems, or electrical supplies are invited to see or communicate with this popular electric dealer before placing an order for anything in their line.

A bricklayer said to a foreman on a new job: "I'd like to work here, but I can't find a place to park my car."

The foreman replied: "I guess you won't do. This is a high class job, and we want only bricklayers who have obauffers."

SUCCESS

Has crowned the efforts of those responsible for the erection of the

Hugh Chatham Memorial Hospital

which is about to open its doors to the public. We venture to say that every citizen of this community feels a justified pride in the institution and join in extending congratulations to all who have given assistance in any manner.

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It is a worthy institution and will be capably managed. Here's our wish for abundant success!

DRUGS AND SERVICE

—That's Our Hobby!

A complete line of drugs and drug sundries, including hospital supplies.

PRESCRIPTION WORK A SPECIALTY. PURE DRUGS. CAREFULLY COMPOUNDED, AND PRICES THAT ARE MOST REASONABLE.

Choate & Browne Pharmacy

Elkin, N. C.



We Congratulate

THE PROMOTERS OF THE NEW

Hugh Chatham Memorial Hospital

This new building stands not only as a monument to our progressiveness, but also in memory of a former beloved townsman, Hugh G. Chatham, for whom the institution was named.

As its doors are about to swing open to the public, we realize that its service has long been needed in this community, and rejoice in the completion, wherein afflicted humanity may be aided and made comfortable.

The spirit that backed the idea of a hospital here is most commendable, and to all we say: "Congratulations."

A Word To The Staff

In rejoicing over the completion of the new hospital, let us not forget to extend a most hearty welcome to the surgeon and staff of nurses who will be in charge. The latch-string hangs on the outside of our place, and you will find a hearty greeting when you visit us—which we trust will be often.

Again—a welcome to our city and stores.

A COMPLETE LINE OF FRESH GROCERIES AND MEATS AT ALL TIMES. FULL LINE OF FRUITS, TOO

No. 1—ELKIN

No. 2—JONESVILLE

BASKETERIA, Inc.

Joe Bivins

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