

HEALTH HINTS

Training for Home Nursing.

An interesting experiment in training for home nursing is being undertaken at Duke, N. C., by Dr. William P. Holt in connection with Good Hope Hospital. Briefly summarized, the plan proposes the intensive training for ten or twelve workers in the essentials of home nursing to a small class of women, thereby fitting them for emergency home or neighborhood employment.

The idea was probably originated by Dr. John Dill Robertson while health officer of the city of Chicago. Several thousand were trained under his direction in that city, and the plan seemed to work well when applied in a heavily populated municipal area. That the idea is to be given a trial in this state is gratifying, and its development will be watched expectantly.

Writing up the plan as now being worked out, Dr. Holt says: "The idea was originated by the welfare worker of the Ervin Cotton Mills Company. The plan is to give ten or twelve weeks of lectures twice a week to a class of ten; then give a certificate showing that each has taken this course."

"The lectures are given by myself, and the practical instruction by Miss Lulu Zerbe, superintendent of Good Hope Hospital."

"The plan is to teach this class of women some of the fundamental essentials of home and community nursing. The course is after the plan of the Red Cross manual. The class consists of ten women, selected from the number of volunteers to take the course. After the first class has finished, we hope to take others. We think the work will be educational in its scope, and help the women taking the course, and also the community in which they live."

"It has occurred to us that if this could be done in a majority of the hospitals of North Carolina it would be a great help in dispelling much of the ignorance regarding the care of the sick in the home throughout the state."

Nervousness Is Bad Habit.

Most nervousness is just bad habit, according to Dr. Lydia Allen DeVillbiss of the Woman's Medical College, Philadelphia, in an article in the Hygeia, popular health magazine.

The nervousness probably had its beginning in physical disorder, improper diet or an irritating environment, but it is likely to persist after these have been remedied, until the person is willing to fight about face and learn to control his unruly emotions, the woman physician declares.

Nervous persons are like a trolley car on a rainy day, when trolley and wheels give off sputtering sparks of electricity. In the same way, nervous people leak their nerve force and vitality.

The first and last step in the cure of nervousness is for a person to learn to relax the tension of taut nerves and to rest.

Two Foes Of Old Men.

Frenzied finance and over-eating are the elderly man's two favorite methods of abusing his body, said Dr. H. H. Drysdale of Cleveland in an address reported in the Hygeia.

"Many serious illnesses are the result of the frenzied finance habit, which will not allow a man to relax and forget his responsibilities when it is necessary," Dr. Drysdale asserts.

The national sin of over-eating—especially of taking too much meat—is a second cause of illness and death, among men at the apex of their careers. Alcohol, taken before meals, was given as one of the causes of overeating.

What Kings Mountain Means To America

A North Carolina congressman, Representative A. L. Bulwinkle, is reported to have made quite a hit at the recent anniversary celebration of the Battle of Kings Mountain by pleading himself to exert all his efforts to have the site of the Kings Mountain battleground converted into a national military park and reservation.

Whether this can be done without weakening in any way the movement to create a national park in the Appalachians we do not know. But surely something of the kind suggested by Mr. Bulwinkle ought to be done. There is no spot in America richer in meaning than the Kings Mountain battleground. If there are those who doubt this, let them but read, if they will the testimony of Theodore Roosevelt in his great story "The Winning of the West." They will see then how great was the part which Kings Mountain played in American history how far-reaching were the influences which radiated from it, and why it belongs peculiarly to the nation rather than to a section.—Charleston News and Courier.

More than 3,000,000 rural boys and girls in one-teacher schools are under teachers who have never completed their high school education. Thousands of them have only an elementary school education.—School Life.

In an effort to reduce to the minimum interruptions of school time, William McAndrew, superintendent of the public schools of Chicago, has caused the meetings of the high school teachers' council to be discontinued.

Father George Sheeting

Now is the time for sheeting. A heavy quality 36 inch sheeting, priced specially for Dollar Days at, 8 yards

(Limit 8 yards to a customer.)

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A neat glass bottom Mahogany tray in a variety of sizes. Choice



Turkish Bath Towels

A regular 19c quality Towel in the most desirable size. Specially priced for Dollar Days only at your choice, 6 for



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A good quality seamed sheet that sells regularly at \$1.25. Choice



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---ATTEND THESE BARGAIN DAYS---

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Large size Octagon soap. Regular price 8c per cake. Dollar Days, 17 cakes for



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Pure Silk Hose, full-fashioned. All desirable colors. Special for Dollar Days



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Good Quality Window Shades. Colors green and white. Friday, Saturday, Monday, 2 for



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Children's Umbrellas, regular \$1.25 values. Good for school use. Friday, Saturday and Monday only



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Women's Leatherette pocket book and vanities. Very special for Dollar Days



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Striped gown, good quality outing, all sizes, long sleeves, \$1.25 values, special at



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Chamoiside gloves in the season's best styles and colors. A size that will fit all, a regular \$1.39 values, special, your choice, only



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27 inch Apron Gingham. Very special for Gilmer's Dollar Days, 10 yards for



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Good quality sweater, brown & red. \$1.25 value, special for Dollar Days at Choice



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A high grade clock guaranteed for one year, your choice, only



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To be had in all the new popular colorings for fall. All lengths with pleated flounce. Regular \$1.29 value. Dollar Days at



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A good heavy quality light and dark outing in stripes, plaids and solids. A 19c value, special for Dollar Days, 6 yds.



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10 lbs. of fine sugar will be sold during Dollar Days for only 69c provided your purchase amounts to



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Regular Sizes. Beautiful Styles and Colors. One lot of beautiful fall silk dresses made of excellent quality canton crepe. Colors, black, navy and brown, and other smart styles and colors. For the new season, very special for Friday, Saturday and Monday. All at one low price of

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A group of Gingham and Voile dresses in all sizes that formerly sold up to \$1.98. Specially priced for these three Days at

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Women's corsets of pink and white coutil. All comfortable models. Special for Dollar Days



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A good quality knit union in Ecu only, but a size for everybody, \$1.39 value, your choice Dollar Days



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