



# The Family DOCTOR

By JOHN JOSEPH GAINES, M.D., F.F.P.

YOUR PHYSICIAN  
"Doctor, what's the matter with me?"

"Can you cure it?"

"These two questions make the 'horns' of the dilemma in every case treated or applying for treatment. Both questions are of the highest importance for the doctor and patient."

A doctor may know exactly what the trouble is—he may be the best of diagnosticians—yet he may be sadly deficient in his knowledge of the best remedies for the disease; so broad and deep is the science of medicine!

I believe there are hundreds—thousands of patients treated and cured—when the diagnosis was absolutely a mistaken one. How? Well, the skillful doctor treated the important SYMPTOMS.

The best doctor strives to be equal to the answer to both of the questions at the head of this letter; happy the physician that can, truthfully answer both.

Suppose the doctor cannot accurately diagnose the case—yet believes he has done so; I'd trust that doctor anywhere. Why? Just because he knows what remedy to apply to the symptoms.

I would be perfectly willing for a doctor to treat me who knows well the action of the medicine he uses; he knows the cause that will bring about the effect. A good physiologist is a good doctor; the man who knows healthy life is quick to recognize any departure from it. Physiology is the science of life.

I am not so devilish particular about a technical diagnosis; I do not care how many red cells a man has, just so I know he is anaemic. Now laugh, if you want to!

#### LARYNGITIS

I am struggling today with an attack of laryngitis. It occurs to me

that my readers may be interested. You may get an attack, you know.

The larynx is the "vocal box" where the sounds of the voice are moulded into words. The "itis" signifies inflammation of the vocal cords. The first symptom is hoarseness, and is very pronounced. Not much pain, necessarily, at first. Pain indicates a more violent attack—see the doctor at once. My voice today sounds like that of an old hen with a grain of corn lodged in her windpipe!

It is weakening, sickening, disgusting. My work as a physician, takes me out in all sorts of weather, and at most all hours. There is much exposure—we call it that—and you must guard against it.

What am I doing for this distressing condition? Well, I have my throat wrapped with woolen—with turpentine and oil of eucalyptus equal parts sopped on the cloth. The vapor from this does good. I keep the neck warm on the outside. I keep my feet extra warm. I take antiseptics such as aspirin—and those containing a small per cent of formaldehyde—and let them dissolve in my mouth—five or six times a day. Of course, I attend to the regular function, good food, plenty of water, and take the best care of myself that I can. It has been most severe weather, and the climate in my state is treacherous; besides, some of these things are communicable—we must not forget that.

I admit that it takes courage to endure such attacks and remain on foot and at work. The patient who does as he should do, will go to bed, call his physician—and get well in half the time. Bear in mind that laryngitis may be a very dangerous condition. Better attend to it early.

Now that Mitchell and Harriman have been arrested, Wall Street is beginning to feel the pinch.

#### Plaster of Paris Made Quite "Permanent" Wave

Just as there are in New York barber schools, where beginners practice on the hair and beard at reduced prices, so there are schools which graduate their pupils to beauty parlors. Here a "facial" or a "wave" may be obtained for the modest sum of 25 cents. One of these schools opened in a new building, from which all the building supplies had not been removed. A customer came in who wished a "white henna" treatment. This is a treatment used to burnish white or light colored hair. They say that a paste is applied to the hair and, after a certain time, removed.

The operator opened a closet, got some material from a bag and made a paste. After it had been applied, the discovery was made that the stuff happened to be some sort of plaster of paris left by the workmen. It hardened quickly and firmly. In fact, the customer had to be removed to a suite where an operation could be performed with a chisel.

The chipping was done as considerably as possible, but the hair was chipped off with the plaster. In the end the woman had to have her head shaved.—Exchange.

#### Sea Horse Ranks High

##### Among Nature's Freaks

Of all the queer combinations in the animal kingdom, the sea horse (Hippocampidae) easily takes the prize, points out Boys' Life, the monthly journal of the Boy Scouts of America. It has the head of a horse, from which it takes its name; the tail of a monkey; the fins of a fish; and the abdominal pouch of a kangaroo, in which the male carries the eggs from the time they are laid until they are hatched. With all these borrowed trappings, the sea horse is a real fish and does not live very long out of water.

The tail, which is somewhat longer than the head and body combined, is the only tail in the fish kingdom endowed with the power to grasp things, and with it the sea horse clings to underwater foliage when he desires to rest, continues Boys' Life. In their sportive moments, these quaint little creatures wrap their tails around each other and engage in a regular tug-of-war—or a large one will seize a small one around the neck and drag him furiously around in circles, in a marine version of "snap the whip."

#### Galapagos Formation

Nearly everywhere on the Galapagos, one walks over fresh or weathered lava. It was natural that Darwin took for granted that the islands had been built up from the sea bottom by their volcanoes within comparatively recent times. Wallace and other followers of Darwin accepted this view that the islands "have been formed by submarine eruptions" and have never been joined to continental America. According to this oceanic theory, animals and plants reached them by various fortuitous means: by the wind, which could bring fern spores, seeds provided with pappus, spiders, insects, birds and bats, or seeds may be carried, adhering to the plumage or the feet of birds or even in their crops. Such stragglers are apparently still reaching the islands, and stand a chance of becoming resident if they find suitable conditions, mates, and so on.—From "To the South Seas," by Gifford Pinchot.

#### Nicaragua Walker

William Walker was a San Francisco newspaper man who, in 1855, took advantage of an insurrection in Nicaragua. He put Rivas, a native, in the presidency, retaining command of the army himself. Rivas absconded and Walker succeeded. Known as a Southern sympathizer, Walker was joined by adventurous southerners from the United States. He repealed all anti-slavery laws. A native insurrection overthrew him. He had expected support from the United States, but did not obtain it. He was captured and turned over to the American naval forces and returned to the United States. He continued his plotting and finally, while operating in Honduras, was shot. He is known to history as Nicaragua Walker.

#### "Magic Carpet" Fable

Brewer's "Handbook of Phrase and Fable" says: "The magic carpet which, to all appearances, is worthless, but which, if any one sat thereon, would transport him instantaneously to the place he wished to go, is one of the stock properties of eastern wondertales and romances. It is sometimes termed 'Prince Hausain's carpet,' because of the popularity of the story of Prince Ahmed in 'Arabian Nights' where it supplies one of the chief incidents; but the chief magic carpet is that of King Solomon which, according to the Mohammedan legend related in the Koran, was of green silk."

#### Pioneers of Methodism

The History of Methodism says: "In the British Wesleyan Conference of 1770 'America' appears for the first time, as a single circuit, served by four preachers, Pilmoor, Boardman, King and Williams. America reported a total membership of 316 to the conference of 1771. With the report came the urgent appeals of the Americans for more helpers. Five preachers offered to go, and two were accepted. The two volunteers for America from the conference of 1771 were Francis Asbury and Richard Wright."

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