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AN EXCELLENT SHOWING
 Of the New Winter Goods at
ROBINOWITZ'



For several days we have been opening up new merchandise for the Winter trade and now our line is complete. We are much pleased with the showing as to quality, variety and price and feel that you will also be pleased when you visit our store.

New Arrivals in Men's and Boys' Clothing

Extra Pants, Overcoats, Children's, Boys', Girls', Men's and Women's Shoes, all grades and leathers; Raincoats, Hats and Caps, Shirts, Underwear, Hosiery, Novelty Neckties, Trunks and Suit Cases, etc.

We Bought Our Goods at the Low Dollar

And expect to sell them at a small profit, and you will find it to your advantage to trade with us.

Thanksgiving Will Soon be Here

Then Christmas follows close to the day of thanks and of course you will want to look your best. Better come this week and make preparations for your winter's supply—you can't go wrong by coming to

Solomon Robinowitz'

110 E. Washington. The Little Store of Big Values



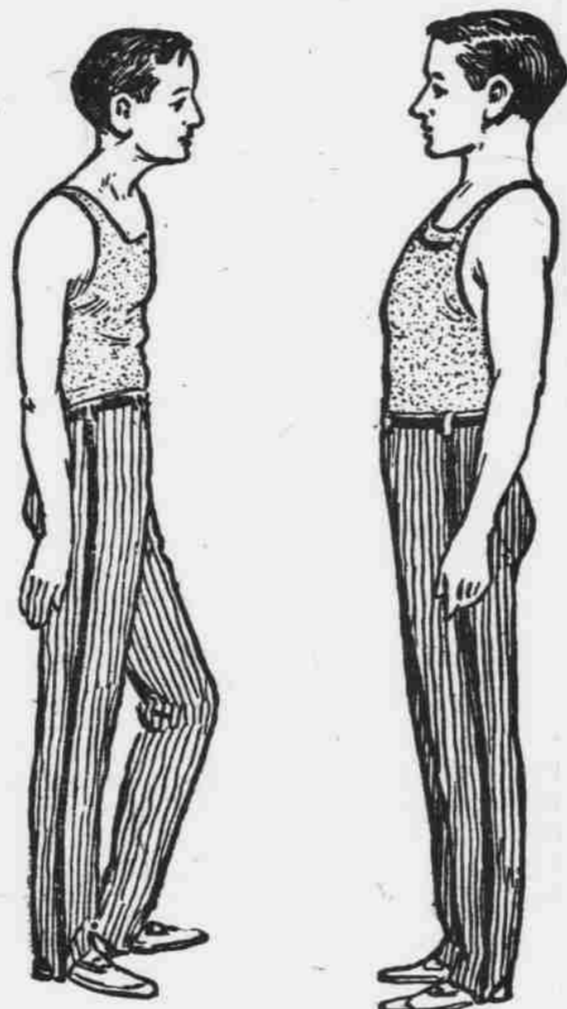
Pertinent questions on health, hygiene and sanitation of general interest to our readers will be answered in these columns or by mail if addressed to this office or to the State Board of Health at Raleigh and accompanied by a stamped, addressed envelope. No diagnosis or treatment of individual diseases will be attempted.

Posture and Health.

Good or bad posture is largely a matter of habit, yet a faulty posture is a strain upon endurance and a sure factor of poor health. Young men entering U. S. Army training camps or military schools are early introduced to the habit of maintaining a good posture.

It has been found by actual X-ray observation that an individual may lift the stomach and transverse colon from two to six inches, when these organs are posed or sagging, by simply assuming a good erect posture with chest high, chin in, crown of head high—as though endeavoring to reach an imaginary ceiling with it, abdomen drawn in and up.

Sagging of stomach and colon are now recognized as common factors of chronic digestive disturbances and ill health. Man's upright posture brings with it a numerous brood of major and minor ills which the lower animals escape. But these troubles (from visceroposis or sagging of abdominal organs) are not due to upright posture in itself, but to slouchy posture. It is true that certain individuals have



"BRACE YOURSELF, SIR!"

If Not for the Sake of Appearance, for the Sake of Health and Efficiency.

a tendency to relaxation of the supporting ligaments and structures, yet even these weak framed individuals may ward off much trouble by practicing good posture in sitting, standing and walking.

For instance, many people slump down in their chairs or seats so that they really sit upon the wings or back part of the hip bones. This throws strain upon the joint uniting hip bones to the spine, and many a backache is produced in just this way. It also seriously impedes digestion and breathing.

In standing many people form the habit of resting one leg, with the other leg bent at the knee. This throws the whole frame work out of plumb, and predisposes to spinal curvature.

In walking many toe out in a very unnatural way (forced upon them, perhaps by pointed, badly shaped shoes), carry the chin high instead of keeping it pulled in and holding the back of the neck against the collar, as a soldier is taught to do. This faulty walking posture brings early fatigue. The fact should be straight ahead or inward slightly, never outward, when walking. Watch the well trained soldier and see. He doesn't toe out—excepting the tin soldier in the movies.

They have a way of drilling this into the "plebe" or freshman at West Point. "Brace yourself, sir! some upperclassman will growl, as the poor plebe forgets and relaxes into a slouch. "Draw in that chin!" And after a few months of it the plebe learns to conduct himself like an officer and gentleman.

Women, encased in their unyielding abdominal splints, of course, can assume but one posture—the one the corset permits. It may be good or bad; that is, the posture way. The corset is always bad. It produces atrophy or wasting of the abdominal and hip and back muscles—and it favors the accumulation of fat. Therefore the corset eventually causes just what the poor deluded women imagine it prevents, that is, a stout figure.

Lucky is the young woman—and fashionable too, at present, thank goodness—who never acquires the corset habit, but trains her own muscles to support her for life.

QUESTIONS AND ANSWERS.

Filthy Lucre.

Some time since I read in the paper about a government expert finding the germs of smallpox, scarlet fever, measles and other diseases on paper money which had been in general circulation. Is there danger of these diseases being carried by paper money?

Answer—That must have been a dream perpetrated by some hard pressed correspondent. No one has as yet isolated the germ of smallpox or of scarlet fever or measles, though these diseases are probably germ diseases. Some of our treasury notes rightly merit the description "filthy lucre," but there is no reason to believe that paper money, books, letters and the like ever convey disease. The actual carriers of disease are live persons, animals, insects.

Mad Dogs and Mad People.

How long after a person is bitten by a mad dog before symptoms of hydrophobia develop? If the dog is shot immediately, is the risk lessened?

Answer—If the dog happens to have rabies, the disease may appear in the person bitten in from a few days to several months, but usually in two or three weeks. Shooting the dog after he has inoculated his victim is a mighty poor treatment. The dog should be confined for two weeks under the observation of a veterinarian, who can detect any signs of rabies. If the dog shows no signs of disease within the two weeks, there is nothing to be feared. If he does, then the victim should have the Pasteur treatment at once. If the dog is killed the head should be shipped immediately to the State Laboratory of Hygiene, Raleigh, for expert examination.

Suspect Tuberculosis—Be Examined.

What does a low blood pressure indicate?

Answer—A low blood pressure is associated with a variety of conditions. The most important, however, are tuberculosis, underfeeding, general debility from overwork, most of the acute infectious diseases, scarlet fever, chronic tobacco poisoning, depressed nervous conditions due to exhaustion, neurasthenia, venesection, hemorrhage, diarrhea and dysentery.

BACK AT HOME AGAIN



Our Millinery and Jewelry business is now located at 121 North Main street, as before the fire, but in a modern, new building with facilities for the proper handling of all business entrusted to our care.

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