

About Your Health

THINGS YOU SHOULD KNOW

By John Joseph Gaines, M. D.

HEART DISEASES

The prevalence of so-called "heart disease" strikes terror to most of us who read of the numerous deaths from such ascribed cause. Perhaps, if we knew more about this vital organ, we might treat it with more consideration in our daily walks and habits.

Pericarditis is inflammation of the investing membrane—the "sac" which encloses the heart. This condition produces, sometimes, "dropsy of the heart," or fluid within the pericardium. It is rather a rare condition; I have seen only two or three cases in 25 years active experience. People will consult the physician before this disease progresses very far.

Endocarditis is inflammation of the lining of the heart, and includes the valves of the organ. It is a very common affection, and causes often "leakage" as patients term. It results from rheumatism, and very frequently from infected tonsils, as is well known by men of experience in medicine; the young are especially subject to attacks. Cases of pneumonia, influenza, bronchitis and laryngitis, especially if severe, should always excite our apprehension—the heart must be watched; endocarditis is a distinctly curable condition in most cases.

Then—myocarditis, inflammation of the heart-muscle itself; a fortunately, rare disease, often degenerative, always dangerous. It is sometimes difficult of diagnosis even by the skilled; sudden, deep-seated, stinging pain about the heart should take one to the doctor at once, as should frequent fainting spells, or decided shortness of breath, occurring with regularity, for which no cause can be traced.

Rest is the thought first and foremost to be obeyed in serious heart troubles. Rest is a big thing for you to know—rest in bed is always good procedure, and the family can provide that. Leave the medicinal measure to the physician—and obey him.

FARM ORGANIZATION IS ASSURED FOR STATE

Raleigh, Oct. 19.—A state-wide organization of farmers in North Carolina is assured through the action of the organization committee which met at State College on October 11.

This organization committee came into being as a result of a conference of representatives of farm organizations which was held following action taken by the farmers of North Carolina at the last state convention. The committee last week had a harmonious meeting in which action predicated over the adoption of the American Farm Bureau Federation as the national organization to be brought into the state failed to develop. The committee agreed that steps would be taken immediately to begin the organization of farmers and that the organization work would be done by the farmers themselves. An executive committee of nine members was appointed to work out plans of procedure. These plans were adopted by the general committee.

In general, the plan is to federate communities and neighborhoods into a county organization with a regular adopted constitution and by-laws. This county organization is to be known as the Agricultural Association of Watauga County (or other county as the case may be). When 25 counties are so organized, the committee will form a state organization to be known as the North Carolina State Agricultural Association. In any event, this state-wide association will be formed following the organization quarter which ends on April 1st. Then the state organization will adopt its own constitution and by-laws and will decide whether or not it wishes to affiliate with any existing national farm organization.

At the same time an organization of the business groups of farmers will be formed and this, together with the new organization and the old organizations such as the Alliance, the Union and others will form a state council of farm organizations. Charles F. Cates of Mebane, is chairman of the organization.

AVERY COUNTY POTATOES TO FLORIDA FOR SEED

Newland, Oct. 16.—Irish potato seed grown in Avery county this year are to be planted in Florida during the fall, County Agent C. B. Baird reveals in reporting an order for fifteen bags of certified seed received from Florida last week.

The consignment is for the vast potato districts of Florida in the Hastings and Miami districts. According to Mr. Baird, the recent order was a trial order for comparison with northern grown seed, but should the experiment prove successful, it will open up a good market for seed potatoes from North Carolina.

Clean up the garden and burn the crop residue so that the insect population and the disease spores may be destroyed. If there is not too much disease present, probably it is better to plow under the vegetable matter.

GREEN AND WHITE COLOR FOR NEW AUTO LICENSES

White figures on a green background will be the color scheme of North Carolina's next automobile license plates which go on sale in December for the calendar year

1928. Sprague Silver, chief of the automobile bureau of the state department of revenue announces.

This Way Out

Tramp: "Have you a good square meal for a hungry man, missus?"
Lady: "Yes, I have. And he'll be here any minute, so you'd better heat it."

Here any minute, so you'd better heat it."

Mollie: "I'm to be married tomorrow and I'm terrible nervous."

Chollie: "Do you think there's a chance of the man getting away before then?"

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Never before was a low-priced car so delightful to drive as today's Chevrolet!

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—exactly the type of performance that everyone wants in an automobile today!

In addition, there is all the finger-tip steering, all the positive braking and effortless gear shifting that have made Chevrolet so decidedly popular for congested traffic. And never before was a low-priced car so comfortable—for Chevrolet springs are 88% as long as the wheelbase... and built of chrome vanadium steel!

Come in! Learn what a feeling of confidence it gives you to drive a car that is powered for the exceptional need... that is smooth and quiet at every speed... that responds to the slightest pressure on the steering wheel.

Then you'll know why millions have acclaimed today's Chevrolet as the finest performer in the low-price field!

The COACH
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- The Coupe \$625
- The 4-Door Sedan \$695
- The Sport Chevrolet \$715
- The Imperial Landau \$745
- 1/2-Ton Truck (Chassis Only) \$395
- 1-Ton Truck (Chassis Only) \$495

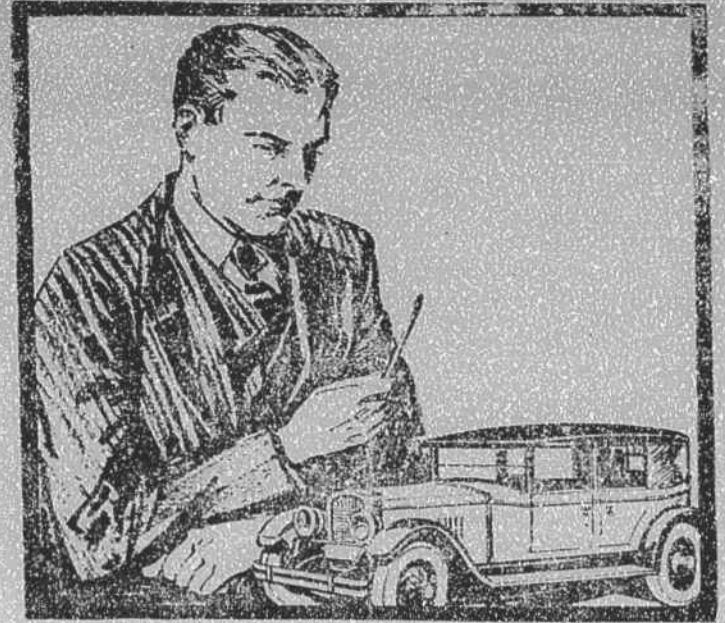
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It will therefore pay you to consider varying trade-in allowance offers in the light of these basic facts:

- 1 Your present car has only one fundamental basis of value: i.e., what the dealer who accepts it in trade can get for it in the used car market.
- 2 Your present car has seemingly different values because competitive dealers are bidding to sell you a new car.
- 3 The largest allowance offered is not necessarily the best deal for you. Sometimes it is; sometimes it is not.
- 4 An excessive allowance may mean that you are paying an excessive price for the new car in comparison with its real value.
- 5 First judge the merits of the new car in comparison with its price, including all delivery and finance charges. Then weigh any difference in allowance offered on your present car.
- 6 Remember that you are making a purchase—not a sale. You are buying a new car and simply using your present car as a credit against the new car's purchase price.

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