

THE FEATHERHEADS

By L. F. Van Zelm



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Indigestion
bad spells relieved

"NOTHING can take the place of Theford's Black-Draught with us because we have never found anything so mild and so effective," says Mrs. Hugh Nichols, R. F. D. 4, Princeton, Ky. "When the children have spells of indigestion and upset stomachs, I always straighten them out with a dose or two of Black-Draught."

"Several times I have suffered with bad spells of indigestion myself and found I would soon get relief if I took a course of Black-Draught. I was troubled with a bad accumulation of gas and severe pains across my stomach and lower bowels. Now when I feel a spell of this kind coming on, I head it off by taking Black-Draught—a dose every night for a few nights will prevent the trouble and save me much pain and suffering."

"My whole family uses Black-Draught for biliousness and constipation. It is a splendid medicine." Sold everywhere. 25 cents.



BUREAU OF HEALTH EDUCATION, N. C. STATE BOARD OF HEALTH

STRONG HEARTS

True-hearted; whole-hearted; hard-hearted; tender-hearted; chicken-hearted; lion-hearted, are all common and very expressive terms denoting character. By legend and story the heart is the fountain of life. Perhaps, in truth, the character of the heart does not determine the character of the individual, but most certainly the physical condition of the heart determines to a great extent the physical status of the individual.

The human heart is little different from the hearts of animals so familiar in the meat markets. The average weight is a little over one-half pound, and it is about the size of the individual's own clenched fist. It is a pump which by its contractions and relaxations pumps the blood stream through the miles of varying sized blood vessels in the body. Its action is exactly like that of the hand grasping and squeezing the rubber bulb of a syringe. Normally it squeezes a little over seventy times each minute while awake and sixty times when asleep. While beating at this rate the heart pumps an average of about five quarts of blood per minute. Often it is beating much faster and may pump as much as twenty quarts per minute.

Would your hand get tired squeezing the rubber bulb of a syringe if you had to pump seventy-five gallons of water per hour and force it through little tubes so small the eye could not see them? Suppose there was added to this labor the knowledge that if you stopped squeezing for even one minute, day or night, year after year, it meant instant death. When you realize all of this you get a faint idea of what your heart must and does do. Isn't it worth a little special thought and care to see that such a hard working little engine is treated fairly? Over two million people today in this country have serious heart trouble. Is YOUR heart alright?

The main causes of organic heart diseases are rheumatism (so-called), certain contagious diseases of childhood, syphilis, and improper habits of living.

Very serious and permanent damage to the heart may result from getting up too soon after diphtheria, scarlet fever, measles, influenza and, in fact, any infection. The poisons of these diseases are very irritating and destructive to the valves of the heart and if there is added to this the extra exertion of getting up in the weakened condition, it may be the "last straw that breaks the camel's back."

Some other causes of heart trouble will be discussed next week.

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- Horizontal.
- 1—Bench
 - 4—The sun
 - 8—Persian ruler
 - 12—Burdened
 - 14—To tear
 - 16—Boy's name
 - 17—Made up for
 - 18—Patience
 - 21—To blind again
 - 23—One of the fobus trees
 - 24—Encountered
 - 25—Skill
 - 26—Damp
 - 28—Insure
 - 29—Brighter
 - 32—Indefinite article
 - 33—A duct
 - 34—Rowing implement
 - 35—You and I
 - 36—New Jersey city
 - 38—Animal's foot
 - 39—Pastry
 - 40—To immerse
 - 41—A levy
 - 42—Kind of flower
 - 44—Precious jewel
 - 47—Washes
 - 49—Member of violent mob
 - 51—Unity
 - 52—Battle
 - 54—Pertaining to the country
 - 55—Saucy
 - 56—To obstruct
 - 57—Ancient Phoenician city
- Vertical.
- 1—To close a door violently
 - 2—To devour
 - 3—Loved
 - 4—Domestic
 - 6—Competition
 - 7—Part of mouth
 - 8—Part of horse's harness
 - 10—Concerning
 - 11—Belonging to that woman
 - 13—Washed material
 - 15—Composition
 - 16—Fencing stone
 - 20—Less elevated
 - 22—Period of time
 - 24—Human
 - 25—Member of a troop
 - 28—To disgrace
 - 29—To bring a suit
 - 30—Light brown
 - 31—Not many
 - 32—Raiment
 - 35—Beeswax
 - 36—Metal worker
 - 37—End of a match
 - 38—Indistinct
 - 39—American writer
 - 41—Kind of game fish
 - 42—To support
 - 43—Large European tree
 - 45—Atmosphere
 - 46—A fillet
 - 48—Glossy
 - 49—Crown of head
 - 53—Sun god
- Solution will appear in next issue.

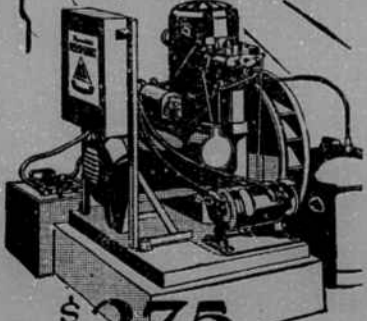
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YOUNG HARRIS
Young Harris, Ga., April 26—Work on the new highway through Young Harris has been resumed, to the great relief of all who had the experience of traveling over it in the early stages of construction.

Clean up week has mobilized our villagers against the ancient and persistent enemy, dirt, which they can be seen "going up in smoke," and evacuating the town in junk wagons.

Some of our folks have chicken pox—and the others have flu.

At the last meeting of the Y. H. Woman's club, plans were discussed for starting the fund for the log-cabin club house, the first being to sell pies and coffee from an attractively decorated booth at "Four Points."

Mrs. J. G. Logan, secretary of the Gainesville district Missionary Work, was in town last week, planning with the local society for the programs and entertainment of the district conference which is to meet at Young Harris June 1 and 2.