

## Indigestion

(Continued)

BY W. BIDDLE GILMAN, M. D.

The value of exercise in keeping one up to a normal tone of the system was well known to that "grand old man" Gladstone who made it a habit of frequently cutting down a tree at his country place.

A friend of mine formerly in business in Philadelphia and who is still living at a very advanced age and who had suffered many years from occasional attacks of indigestion of an acute character, purchased a piece of woodland in Camden county, New Jersey and spent several hours a day, twice weekly in cutting down and splitting up trees upon his place, and was as well satisfied with the great benefit to his health he derived therefrom, that he long continued to do so.

It is not absolutely necessary at all that a man should take up ploughing to get rid of his indigestion, nor if his stomach gives trouble, that there is no other remedy open to him other than to cut down trees, but there are many exercises, which if combined with a judicious diet, and moderate eating adapted to the individual case, cannot help but result in a short time in markedly decided benefit and this is especially noticable in all those exercises which include the abdominal muscles, I bring to my mind an instance of this where an idea which would not have occurred to one man in ten thousand was put into practice; A medical man, a close friend of mine, whose engagements professionally were too extensive to allow him leisure time would forcibly and rapidly contract the abdominal muscles, thereby agitating the diaphragm, an excellent form of massage; he called it his "Diaphragmatic exercise" this he would do while paying his round of visits in his carriage, and has often assured me that he did not feel near so well on the days he neglected to do so.

I lay particular stress upon the importance of exercise, that is muscular exertion in the prevention and cure of indigestion, for the simple reason that next to moderate eating, combined with the sufficient amount of thorough mastication it is the highest factor we can employ.

The dumb beasts instinctively recognize this important fact, for the wild animal rendered by long period of captivity comparatively tame, will pace backward and forward for hours at a time, and we are well aware that in all properly regulated prisons certain periods of the day are allotted the inmates for exercise in the open air, the jail yards being used for that purpose.

"Where there is a will there is a way" and to the man who is so inclined, opportunities innumerable will present themselves, as time can be found daily in every man's life in which a few of the most important of the "Swedish movements" can be practiced, or a pair of not too heavy dumb bells, or light "Indian clubs" can be kept on hand for the purpose of obtaining a few minutes exercise between meals, or the same exercises as far as movements are concerned can be taken without artificial assistance; In this connection I will

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mention the case of one of the most eminent lawyers in New York City, who having been advised to take physical exercise by his physician, purchased a pair of light dumb bells, which he keeps in his office exercising twice daily with the same, the presence of a client is no hindrance, he would excuse himself for a few moments, pass into an adjoining room, take his accustomed exercise and then return and resume business where he had left off, he claiming that he was still doing business, and it was business; he would say, "It should be the especial business of every man to take care of his body and I consider that I am doing more real good for myself than making money in taking my regular exercise."

## NOTICE

On the 19th day of March, 1921, at three O'clock P. M., the undersigned will offer for sale, at public auction, to the highest bidder for cash, One SAXON SIX FIVE PASSENGER AUTOMOBILE, at the garage of the undersigned, in the Town of Vass, Moore County, North Carolina; said sale is made to satisfy the lien for repairs and advances on the said car as provided by law.

This the 26th day of February, 1921.  
KEITH'S GARAGE,  
By W. H. Keith, Mgr.

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Those sceptics who have been wondering if Knollwood meant only a bluff will change their tactics when the contract is awarded next week for the first construction work. The big club house of the Mid-Pines Country Club will then start, and the plans that have been laid before the contractors for bids show one of the finest buildings in this part of the state.

By the time spring has opened Knollwood will be one of the most active spots in the county, For in addition to the force making the golf links the building crews will be at work and the place will be a hive of industry.

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