

INDIGESTION

By W. BIDDLE GILMAN, M.D.

(Continued from last week)

Frontal headache is the most likely form of headache to accompany this condition, but does not occur immediately after a meal, usually coming on some considerable time after eating, for instance a dinner eaten today may produce a headache tomorrow, when however the gas which has formed in the stomach is eructated the patient most frequently experiences a sense of relief, a condition which can be brought about by taking about one-half of a teaspoonful of supercarbonate of soda in a large cup of water as hot as can comfortably be drunk, or the gas may pass on from the stomach into the bowels, thereby doing away with the feeling of discomfort that was experienced while it remained in the stomach, in fact the feeling of pain and distension may entirely cease for the time being, but unless the diet is more carefully attended to you may expect a recurrence from time to time until a more or less chronic form asserts itself.

While the foregoing condition exists there is frequently a sensation of faintness, which in severe cases may end in a greater or less degree of prostration if nothing worse, sometimes a small quantity of easily digested nourishment in a dry form will mitigate the symptoms, or a little water may be employed in those cases where there is exceeding faintness, weakness or a tendency to collapse.

Fermentative dyspepsia is to some extent different in its general character and symptoms than the above, in as much as it may assume several different conditions, one of which is, perhaps the most important of which, that in which pain, distension and a feeling of great fullness takes place very soon after a meal and this is followed later by sickness at the stomach and more or less frothy and fermentative liquid matter is vomited, this matter is sour smelling and distinctly acid both in odor and taste and leaves considerable froth upon the surface, having a resemblance to yeast having with it most frequently a certain amount of carbonic acid, leaving an unpleasant burning feeling in the mouth and throat.

This form of "indigestion" appears to be the most common of all, though it does not follow that each sufferer of this complaint should experience it in the same degree of severity, with some it only makes its existence known when they have partaken of some particular article of diet or of some combinations of food which will not properly digest with them, or such which upon the avoidance of which seems to depend their immunity from attacks.

With others it seems to have a periodicity, seems to and actually does put in its appearance at regular intervals, and this I find to be particularly so with those who are suffering from some abnormal condition of the liver, or are of well marked bilious temperament, or who may have been unfortunate enough to have acquired malaria, I have one patient whom I had the opportunity of watching carefully for years, who remained entirely free from these attacks except when she drank coffee continuously for several days, and who at one time abstained from coffee for three years and over, and during which time she did not have a single attack, but upon returning to her coffee the attacks soon returned as well.

CAMERON ROUTE ONE

Messrs. W. E. and J. A. Thomas, was in Sanford on business, a day of last week.

Mr. M. D. Shaw, and son, J. A. spent last Sunday on Sanford Route 3.

Mr. J. A. Thompson and family of Aberdeen spent Saturday afternoon with relatives here.

Miss Agness Graham of Jackson Springs was a guest last week at the home of Mrs. Mollie Graham.

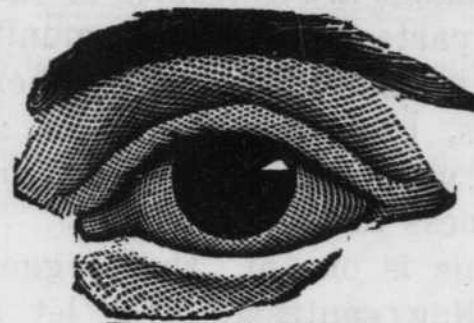
Mr and Mrs. R. E. Patterson of Southern Pines, was the week end guest of Mr. and Mrs. A. J. Keith.

Miss Bessie Cameron of Jackson Springs, spent last week end with her mother, Mrs. Mag Cameron.

Mr. Carl Thompson was over in Sanford on business a day of last week.

Mrs. Louisa Cameron, died Sunday morning at the home of her daughter Mrs. Patrick Monroe, her remains were laid to rest Monday afternoon in the cemetery at Cypress church, funeral services conducted by her pastor, Rev. M. D. McNeill. She was a good woman and will be sadly missed in her home and community. She is survived by eight children, her husband having preceded her to the grave several years.

HAVE YOUR EYES EXAMINED BY AN EXPERT



Dr. J. C. Mann

Eyesight Specialist will be at Cheers' Jewelry Store, Sanford, every Wednesday in each week from 10:00 A. M. to 4:00 P. M. Glasses fitted that are easy and restful to weak eyes, children and young people given special attention. Office supplied with the latest examining instruments. Cross eyes straightened without operation. Consultation free and invited.

Smith's Garage Vass, N. C.

Repairing and Supplies, Oils,
Gasoline, Accessories
Auto Service

ALWAYS

ON THE JOB to repair your car, no matter how badly damaged. Also Oils, Gas, Greases and Accessories.

Keith Garage Vass, N. C.

SAVE

What You've Got!

Your Property
Your Income
Insure It
Do It Now

D. A. McLAUHLIM, Agent

VASS, N. C.

Fire Insurance Life Insurance

THE SONG OF THE HANDSAW AND THE MUSIC OF THE HAMMER

Will be the chorus heard in the neighborhood of Southern Pines and Knollwood this summer.

The club house at the Mid-Pines club, possibly the homes of some of the early lot buyers at Knollwood and above the club grounds, will be the inciting motive at that end. On the hill in Southern Pines Mrs. Packard has begun a house eighty feet long, Mrs. Atwood is about to begin another one of liberal size, and the lumber is going on the ground for Mrs. Dull's big house that will be a hundred feet on the main dimension. Donald Herring is soon to start, and the Smith house will be commenced before long. Others of not quite such magnitude are scheduled, and it is whispered that the Lewis purchase means a building of prominence.

You know what that is going to do with the land between the two pointss

Edgemoore has a number of fine building sites that have not yet been taken. The prices of this land is still ACRE prices, or it is on that which has not been sold. What has been bought the buyers seem to think is worth more money.

Some of the nicest ridge locations in the county.

Close to two stations,

Two postoffices,

Two golf clubs,

The hunt club,

On the Capitol Highway and the Seaboard Main Line.

Have you ever seen anything to equal it?

Talk about the opportunity with

FRANK BUCHAN,

Southern Pines