

## INDIGESTION

By W. Biddle Gilman, M. D.

The second cause of Atnic Dyspepsia is due to influence effecting the cerebro spinal nervous system, resulting in the greater or less exhaustion of that portion of our anatomy, these influences are close and continuous study without sufficient exercise, more especially in the open air, excessive grief, great anxiety, mental excitement and distress and exhaustive physical or mental fatigue.

In case of close and continuous mental application to study, especially for an object difficult to obtain, when undue fears are entertained as to the result, in case of great mental anxiety in business matters, or even in a hard and dubious struggle in the attainment of a living, more particularly in certain literary pursuits, all of the symptoms and conditions are very similar and as the whole physical organism sympathizes with the mental more or less stamped is plainly to be seen in the following marked manner: The face assumes a haggard and careworn expression, the eye is more or less, sunken, with contracted pupil and the manner is restless in a great degree, not only shifting the body from one position to another almost continuously, but the hands, feet and head are included in the general restlessness, in some cases, though somewhat rare, even the muscles of the mouth, eyes and nose, in fact most of the facial muscles are under the same influence; persons so affected usually suffer very much with frontal headache accompanied with roaring in the ears and much giddiness, their slumbers are usually disturbed, very much by unpleasant dreams and pass many restless nights, obtaining very little sleep, it being of short duration and very easily broken, the pulse is sharp irritable and at times irregular, the bowels are generally quite changeable sometimes loose approximating diarrhea and at times exceedingly constipated, the tongue is white coated, flabby and tooth marked on the edges, with enlarged papillas, then is a frequent feeling of sickness at the stomach and sometimes vomiting of undigested food taken, perhaps, many hours, and even at times days previously, throbbing sensations, due to the pneumogastric nerve may be present, the stomach and abdomen being the parts affected thus. The same sensation may also affect other portions of the body, there is also a sensation of weight in the stomach with distension and distress, as if of a great mass of undigested food, even if the patient has eaten but little, the appetite is generally poor, frequently for a period of time be entirely absent, upon passage of food through the pylorus into the duodenum or second stomach severe spasmodic pain or cramp may result.

As stated above, food may remain undigested in the stomach many hours, and there have been cases in which it has been retained for days the gastric juices not being of a quality to dissolve or digest the substances thus retained, consequently fermentation takes place with the resultant heartburn, pain and flatulence, this condition is more likely to occur when an excess of food is taken, more especially when sugar is taken as a part of the meal, and is almost certain to occur if fruit and sugar are combined, by that I mean cane sugar, not the sugar in the fruit, as for in-

stance in the banana which is wholesome.

To be continued

### Our Church Directory

#### BAPTIST CHURCH

On the third Sunday in each month there will be preaching at 11 o'clock by the pastor, Rev. O. B. Mitchell.

Sunday School every Sunday morning at 10 o'clock.

A cordial invitation is extended to all to attend these services.

#### METHODIST EPISCOPAL CHURCH

Rev. L. H. Joyner, Pastor.

Sunday School every Sunday morning at 10 o'clock.

Preaching every first and fourth Sunday at 11:00 a. m. and 8:00 p. m.

Prayer meeting every Wednesday evening at 7:00 o'clock.

Epworth League every Sunday evening at 7:30 o'clock.

#### PRESBYTERIAN CHURCH.

Rev. M. D. McNeill, Pastor.

Service every second Sunday afternoon at 3 o'clock and fifth Sunday morning at eleven o'clock.

Sunday School every Sunday morning at ten o'clock.

Christian Endeavor every Sunday evening at seven o'clock.

Every one is cordially invited to attend these services.

# EXPERT

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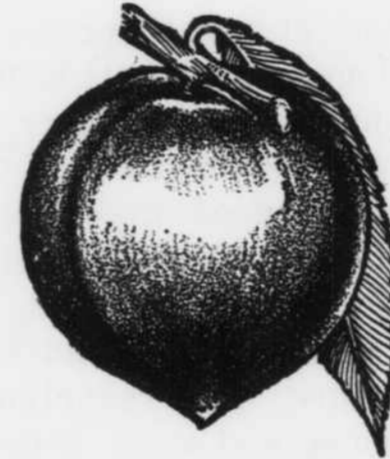
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## The Peach Wins



Last week the first peaches went out from Southern Pines. They were Mayflowers, and they brought six dollar a crate. This at the rate of twenty-five cents a quart, and it is a whaling good price.

Some of the big orchards have sold their crop at three dollars a crate on the station platform. This leaves a big margin of profit.

It is estimated that the crop this year will bring the Sandhills a million dollars, and there is now very little doubt as to the product and the money.

While every other place is grieving over ruined crops through the spring frosts Moor County Sandhills are reveling in a crop that has never been approximated.

Th result will be another big expansion of orchards, for the one main feature is settled forever. When peaches are made any place on the continent they will be made in the Southern Pines belt, and when they bring any price the Southern Pines peach will be in the list of toppers.

### The Peach Wins

The Moore County peach sits at the head of the table as usual.

The Edgemoore Heights peach locations are among the best in the world.

SEE FRANK BUCHAN AT SOUTHERN PINES.

Don't fool away your time. A lot of this land will be taken this summer and no more will be made.