

INDIGESTION

By W. Biddle Gilman, M. D.

In most instances the slumber is disturbed by frequent awakenings, with difficulty in returning to sleep, which is marked by distressful dreams and the so-called "nightmare," the countenance is usually sallow and bears evidence of more or less mental disturbance.

Causes

Too rich and too abundant diet, over indulgence in candies, pies, cakes, puddings and other sweet concoctions, the abuse of alcoholic liquors, tobacco, narcotics or sedatives, exposure to damp or foul atmospheres, sedentary habits combined with insufficient exercise, irregular eating, especially of sweets, or any other cause which tend to disturb the normal action of the liver.

Treatment

Treatment must be especially of a character to produce as far as possible a normal, which means a healthy action of the liver. The first step (which is important) is abstinence from food (under the advice of a physician) until the existing and well marked irritability of the stomach has ceased to be imperative and then, and only then, food but of only of the lightest and most easily digested kind must be taken, taking care that it is such as to agree with the patient so affected, and must be used in the most moderate quantities. A very valuable addition in the cure of this disease is exercise, and should be such as to bring the liver directly under its influence, such as swinging the arms high above the head, bringing the hands down as near the floor as possible; also take a deep breath, filling the lungs as full as you can of air, then squat down with some force before expelling the breath; this acts by squeezing the liver, stimulating it to action; any bending exercises are good and should be persisted in, more particularly upon arising in the morning and on going to bed; if the exercise is vigorous enough to induce perspiration it is so much the more valuable; water drunk as hot as you can comfortably take it, about one pint in quantity, should be drunk soon after rising in the morning and on going to bed. Another thing highly recommended and used largely in sanitariums as well as private practice, is the massaging of the liver and the region thereabouts, and has proven to have been in many cases highly beneficial. Rest must not be overlooked, and sufficient sleep should be secured and the bedroom should be well ventilated. Mental recreation should be indulged in and may take the form of occasional excursions when the season of the year and the weather permits, more particularly if such excursions should be to a point or points where the opportunity of out-door exercise can be taken advantage of and should if possible include those of horse back riding, boat rowing or climbing hills or mountains. To those whose time is so employed as not to permit of the taking of such exercises as above mentioned I should advise the Turkish bath which could be obtained by the use of a "home cabinet." The daily ordinary bath (the early morning being the best time) should not be forgotten, nor the necessity of much friction and hand rubbing after leaving the bath should not be overlooked; hair brushes are capable of good work in that respect (hair brushes made

to fit the hand like a glove, the hair being cut very short).

(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 8:00 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 3:30 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 7:30 o'clock.

Every one is cordially invited to attend these services.

EXPERT

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EVEREADY Storage Batteries

Guaranteed $1\frac{1}{2}$ Years in Writing

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FOR SALE

Jordan's Barber Shop
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2-Chair Shop, with a good patronage.

A Good Opportunity. Call and Examine it

Speaking of Secrets

Several projects are hatching just now that are not allowed to be told because they are not far enough along to be counted. They may not work out. But if they do that will mean a lot of

New Peach Development

However, the plan at

Marlboro Farm



is no secret. MARLBORO FARM is just below Aberdeen. A few years ago it was a sandy desert.

Last week Sam Richardson bought a half interest in 25 acres of it, and the price of that 25 acres was \$15,000.

And another transaction that is not a secret is that Marlboro Farm will plant 100 acres of peaches this fall, and that ultimately it will have 500 ACRES OF PEACHES.

There is no secret about the fine peach lands the EDMOORE HEIGHTS still have available. A view from the hill top where Lee Page has cleared the tract he has bought a few weeks ago from the Edgemore property tells whether Edgemore land is peach land. Take a look at that hill top, and after you have sized up that ridge take a look at

FRANK BUCHAN

SOUTHERN PINES, . . . NORTH CAROLINA

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