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"Long May It Wave."

The new Governor of Michigan is named Sleeper. But "What's in a name?"

Late reports say that the Czar of Russia is alive. That unlucky gentleman seems to have about as many lives as a cat, as this makes about nine times that he has been reported to be alive.

Herbert Hoover didn't use very choice language when he told the German food official to "Go to Hell," but the term is a very familiar one to North Carolinians, and readily understood by them.

A hungry man is always a dissatisfied man. Feed the world and the danger of Bolshevism and anarchy will soon disappear. That job devolves upon the United States. We have never yet faltered at a great undertaking, and we do not believe that we will at this one.

The Governor of North Dakota is named Lynn J. Fraz. No, we don't know how to pronounce it, but we once knew a prominent American, in talking of his political victory to say "we whipped them to a frazzle." We don't know whether Mr. Fraz and Frazzle are related or not.

Congressman-elect Berger, of Milwaukee, and his brother socialists were found guilty of conspiracy by a jury in the United States court, Wednesday. The punishment is left to Judge Kennesaw Landis. This is the judge who gave the Standard Oil Co., such a heavy fine once upon a time. Here's hoping he gives Berger and his gang the punishment they so richly deserve.

**THEODORE ROOSEVELT**

In the death of Theodore Roosevelt which occurred at 4:15 a. m., Monday, America has met with an irreparable loss. In his passing the greatest American is gone. No other man in the United States possessed the number of warm friends as did Mr. Roosevelt. He secured the biggest majority of the popular vote ever given any man who has run for the Presidency. As a President he inaugurated many reforms that will survive for ages.

President Wilson says of him: "As President he awoke the nation to the dangers of private control which lurked in our financial and industrial system. It was by thus arresting the attention and stimulating the purpose of the country that he opened the way for subsequent necessary and beneficial reforms." Many of the great laws of reform placed on the statute books were placed there because he saw the need of them and aroused the people to the necessity of them. Mr. Roosevelt was called upon to fill many responsible positions during his public career, and he made good in every one of them. While many of our citizens differ widely with Mr. Roosevelt in his views, yet not one ever doubted his courage or the sincerity of his actions. American, typically so, he was always to be found advocating that which he thought was for the good of his country. Courageous, as so many times shown; Patriotic, always and under all circumstances.

The home life of the Roosevelt family was one of the sweetest and best and the devotion between the parents toward each other and toward their children is worthy of the respect and emulation of all. "As president of the police board of his native city, as member of the legislature and governor of his state, as civil service commissioner, as assistant secretary of the navy, as vice president and as President of the United States he displayed administrative powers of a signal order and conducted the affairs of these various offices with a concentration of effort and a watchful care which permitted no divergence from the line of duty he had definitely set for himself." is the tribute paid Mr. Roosevelt by President Wilson.

**HEALTH IS WEALTH**  
**HEALTH AND HYGIENE**  
 by the  
**STATE BOARD OF HEALTH**

QUESTIONS ON HEALTH, HYGIENE AND SANITATION OF GENERAL INTEREST TO OUR READERS WILL BE ANSWERED IN THESE COLUMNS OR BY MAIL, IF ADDRESSED TO THE OFFICE OF THE STATE BOARD OF HEALTH AT FALCON AND ACCOMPANIED BY A STAMPED, ADDRESSED ENVELOPE. NO DIAGNOSIS OR TREATMENT OF INDIVIDUAL DISEASES WILL BE ATTEMPTED.

**After Forty  
 The Breakdown**

The period of life from the age of forty, when man or woman should be in the most perfect physical and mental condition, to the age of fifty or later is marked by many wrecks due to carelessness. At this time of life "general breakdown," or, as some easy-going souls prefer to call it, "nervous exhaustion," too frequently intervenes upon a career and upsets the best laid plans of men and women. Why?

The most widespread disease in America today is not tuberculosis, not pneumonia, not typhoid fever, not cancer, not malaria, but cardio-vascular degeneration—heart and artery wearing out. The various ways in which this exceedingly common degeneration manifests itself—hardening of the arteries, high blood pressure, heart muscle failure (slow insidious heart failure), nephritis (Bright's disease) and apoplexy (stroke of paralysis, cerebral hemorrhage)—render it difficult for health authorities to cope with it, since the average victim prefers to ignore the earlier evidences altogether, or, what is perhaps worse, assumes that the disturbance of health is "merely func-

off for months and years the visit to a good doctor and the thorough general examination which is so necessary to detect the earliest or incipient signs of approaching breakdown before the breakdown arrives. There is no real difference between "functional" and "organic" disease. Disease is nothing but disturbance of function. To call it "merely functional" is to quibble with facts. Every organic disease is functional, of course, and if the disease cannot be recognized definitely at the beginning, that is because no proper examination or observation of the patient has been made, or because the diagnostic methods at present employed are not sufficiently delicate to enable the doctor to reach a positive diagnosis.

It is impossible to picture in a brief space the multitude of more or less trifling symptoms which suggest cardio-vascular disease. And no one or several of the symptoms in themselves would warrant the conclusion that the patient has cardio-vascular degeneration. The diagnosis must be made by careful examination of arteries and heart, blood pressure, urine (chemical and microscopic examination). That means, consult a good physician. But here are some of the symptoms which at least should warn the individual that it is time to be overhauled: Breathlessness on mod-



**SHORT ON THE COME-BACK.**

There is No Use Being Worn Out at Forty.—Have a Thorough Physical Examination and Remedy the Faults by Removing the Causes.

tion" and hence appropriately treated by any old nostrum which purports to be good for the stomach, the liver, the kidneys, the nerves, the blood, or whatever the victim assumes is at fault. Unfortunately old fashioned physicians placed undue emphasis on a certain distinction of so-called "functional" ailments from "organic" ailments, and this artificial and senseless distinction has led many a victim of cardio-vascular degeneration to put

erate exertion. Sleeplessness. Unwonted headaches. Accumulation of superfluous weight. Digestive upsets or dyspepsia to which you have not previously been subject. Nervousness developing in one not heretofore nervous. Anemia. Unexplained fatigue or "run down condition." Of course such symptoms are as likely due to other causes, but if you have them, your old machine probably needs an overhauling by an expert repair man—the doctor.

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**Fat And Fear**

The reason why many individuals are too fat and therefore physically inefficient, not to say unhappy, is as plain as day. They eat too much. The majority of the fat ones will indignantly deny the allegation and insist they eat less than lots of skinny folks. True enough, perhaps, yet the fact remains that they eat too much. No matter what the relative size of the appetite may be, no matter how birdlike the appetite, if the weight is above the normal for age and height, the individual certainly is consuming more food than his system requires or can properly utilize, and the excess is deposited as superfluous flesh or fat. This fat amounts practically to slacker tissue; it is made up of fat cells, slacker cells, cells which do no useful work in the economy, but are just a burden and a handicap to the host.

Now the reason why so many people accumulate excessive flesh after thirty is because they have acquired certain habits of eating and exercise which have been normal enough in early life but are not suitable for the later years. Up to the age of thirty there is actually a greater food requirement than after thirty. A growing youth or girl needs and can metabolize or utilize an actually greater daily total of food than a full grown adult. This explains the enormous appetite of many a lank, lean, rapidly growing youngster. The activities of such a young person, and the heavy demands of energy for growth and building new tissue naturally create the big demand for nutriment.

Twenty or thirty years of habit are hard to change in a day. So when we slip past the thirtieth milestone into the dangerous age we are inclined to continue feeding at the same old rate; moreover, we are also inclined to become less active physically and perhaps mentally too. The natural result is an abnormal accumulation of superfluous flesh—insidious, too often mistaken for the hallmark of good health, but a distinct handicap and a definite shortener of life.

Why don't we cut down the intake of food, then, if we can't keep up the physical activity of younger days to burn the excess? Because we are obsessed by a fear, a fear founded on misunderstanding of the facts and ignorance of physiology. A "hearty appetite" is popularly considered a sure sign of health and an omen of continued good health, although the very victim of apoplexy will eat as no horse would dare eat if you give the opportunity, the man with Bright's disease is likewise tempted to make a hog of himself and the fellow with high blood pressure or arterial or heart degeneration goes on feeding his face like a hungry boy until the breakdown ultimately puts him in the hands of the doctor.

The fear of starvation is instinctive in the race. But fasting is not starvation and abstemious eating is not even fasting. Rid your mind of that foolish fear—it is as foolish as the fear of thunder. If you are too fat, you can reduce your weight week after week by simply cutting down the total daily ration, no one particular item, but a trifle less of everything. And at the same time you will discover that you are regaining some of the old time "zip"—you are growing young again.

The Government forecasts show that prospects for another bumper wheat crop are encouraging, eighty million bushels more than any other previous crop. Pass the flapjacks, please.

Plenty of exercise, fresh air, regular hours—is all the prescription you need to avoid influenza—unless through neglect or otherwise, a cold gets you. Then take—at once

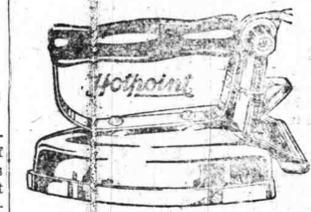
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