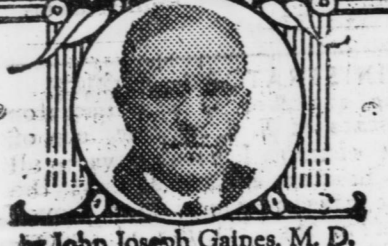


About Your Health

Things You Should Know



by John Joseph Gaines, M. D.

Prevention of Colds
To prevent a cold at this season of the year, is, possibly, to prevent a much more disastrous illness, colds lead to serious diseases, especially when neglected; a chronic cough may develop, to last all winter; a chronic throat is usually initiated by the common cold. Pneumonia is too often a consequence; hence my topic is timely.

The proper time to fortify against taking cold is, right now. No delay is permissible. Our every day task should be supplemented by sane precautions against disease. At this time of the year taking cold is the foremost thing to be dreaded, even if the attack be a mild one.

First of all, don't overload the stomach. To eat more than the digestion can dispose of is the surest way of inducing feebleness of the body; and disease does not appear

as a rule, unless one's system is in some way weakened by resisting power. The run-down constitution is the waiting host for infection.

Then drink plenty of pure water. At least two glasses should be taken on rising each morning, hot or cool, as preferred. Eight glasses of water daily keeps the ashes of the body fire moving toward elimination. It is a good practice to take a good drink of cool water just before starting on a trip in the wintry air—it renders the throat and mouth fit for the dash of much colder air outside.

Keep the surface of the body, and especially the feet—warm. To keep the head cool, the feet warm, and the bowels open is advice as old as the hills, but it is as sound today as it ever was. And, lastly, don't worry. A contented, capable nervous system is one of the best safeguards against disease that I know of. I would mention clothing, more specifically, but you wouldn't obey—so there!

Next Week—Winter Mornings.

Cuts-Burns

Vicks' healing, antiseptic ingredients bring soothing relief. Apply gently



Judge's Josh



YOU DON'T HAVE TO BE AN AVIATOR TO GO UP IN THE AIR, THE TRICK IS GETTING DOWN GRACEFUL-LIKE

What Women Want
Some clothes.
Some money.
Some gossip.
Some more clothes.
Some flattery.
Some thrills.
Some more clothes.
Some man.
Or any man.
"I hear that Mabel is studying hypnotism."
"Yes, someone told her that she'd make a charming bride."

There once was a guy named Flynn,
who bragged he could drink bootleg gin;
So when offered a nip,
He took quite a sip;
teen of water when you go hunting?
So I can take a chaser after every shot.

Now the angels have welcomed him in.
First convict: How often have you been in jail?
Second deconvict: Just this once.
First convict: You're lucky.
Second convict: Just this once. am in for life.

First Souse: Is that your best girl over there?
Second Policeman: No, necks best though.

A woman I hate is Nancy Leanit She calls me sweetie and doesn't mean it.

Silly Sam says that just because his father is a sheik, is no reason to think he is descendant from a family of drunkards.

"I'm going into the hands of the receiver," shouted the well trained football, as it sank gracefully into the hands of the half-back.

Jupiter—How can he walk with those wooden legs?
Pluvius—Lumbering, old deah.

Now We Ask You
Said a certain young lady named Della,
While riding with a husky fella,
"Big boy, you're too rough,
Quit pulling that stuff.
Do I look like a bloomin' cave dwella?"

Must Have Chaser
Why do you always carry a can-shot.

A woman was entering a picture house when she was stopped by an attendant.
"Excuse me, madam," he said, "but you can't take your dog inside."
"How absurd!" protested the woman.
"What harm could the pictures do a tiny dog like this?"
A once famous boxer was seen quarreling with a man bigger than himself. His friend said:
"I wouldn't stand for that kind of talk, Bill. Hit him."
"What!" exclaimed the boxer, "for no purse an' no gate money! Not

An aggressive young woman was scolding her boss for treating her father too badly.
When the battle had died down he asked her for her father's name.
"Sing?" he inquired.
"Yes."
"I'm not surprised."

Rbguiar Raffle.
Prof: A Turk never sees the face of his fiancée until after they are married.
Student: Can Turks get divorced?

Those Whose Business it is to Know

Lucky Strikes
—the finest cigarettes ever made.
11,105* doctors give written opinions about smoking and throat protection.



WHAT is the quality that Giovanni Martinelli, Mary Garden, William Hodge, David Belasco, Lenore Ulric, Fiske O'Hara, Blanche Ring, and other famous singers, actors, broadcasters and public speakers have found that makes LUCKY STRIKES delightful and of no possible injury to their voices?

For the answer we turned to medical men and asked them this question:

Do you think from your experience with LUCKY STRIKE cigarettes that they are less irritating to sensitive or tender throats than other cigarettes, whatever the reason?

11,105* doctors answered this question "YES."

These figures represent the opinion and experience of doctors, those whose business it is to know.

Fiske O'Hara, Pleasing Stage Star, writes:



"The throat is a delicate instrument which all singers protect with the utmost care. To avoid irritation, I smoke Lucky Strikes. They are not only kind to my throat but have the finest flavor."



"It's toasted"
No Throat Irritation—No Cough.

MADE OF THE CREAM OF THE TOBACCO CROP
*We hereby certify that we have examined 11,053 signed cards confirming the above statement.
LYBRAND, ROSS BROS. & MONTGOMERY
Accountants and Auditors
New York, July 22, 1927.



When you see it you will say, . . . "Only General Motors could produce such a car at Chevrolet's Low Prices"

The Economy Motor Co.

SILER CITY, N. C.

QUALITY AT LOW COST

Some drivers claim they never take chances—yet they often purchase motor oil without knowing its name.



If you stop to think how much depends on correct lubrication—mileage, freedom from repairs, resale value, even personal safety—you will always insist upon a reputable brand like "Standard" Motor Oil. All of the best qualities are united in "Standard".

"STANDARD" MOTOR OIL

The Measure of Oil Value



Made in Carolina