

HOW'S your HEALTH



Nervous Loss Of Appetite

The loss of appetite due to some unpleasant emotional experience is something which every one has at one time or another suffered. Usually, however, this is a transitory condition, and the appetite returns in time. There are certain cases, however, in which the loss of appetite persists and the individual so affected is in grave danger of losing his health and even his life.

This condition in its gravest form is called anorexia nervosa. It was first described by Sir William Gull in 1868 and defined by him as "a peculiar form of disease occurring mostly in young women and characterized by extreme emaciation." The extreme form of this condition is comparatively rare, but mild cases are frequently encountered. It is important, therefore, that the mechanism of this disturbance be recognized, for with early and prompt treatment the individual may be spared the evil effects of the chronic starvation.

The anorexia, that is, the loss of appetite, may be considered the symptom, and the nervous element the underlying cause of the condition. Treatment must be aimed at both.

In general, the initiating factors of the disease are of a psychologic nature. The patient is commonly a young woman who has probably experienced some deep emotional crisis. This may have been a disappointing love affair, a broken engagement, a secret and frustrated attachment to some older woman, excessive preoccupation with home difficulties or failure in school work. Contributing factors may be physical illness, serious surgical operation, overwork and deliberate starvation in order to lose weight. In a number of cases there is also present the evidence of hereditary emotional instability and bad mental hygiene.

In a small percentage of cases the anorexia nervosa is a form of asceticism self-imposed as punishment for imagined guilt. In the vast majority of cases the sufferers are found to be organically sound. They do not show evidence of any chronic disease such as tuberculosis or of serious endocrine disturbances. The patients are active, mentally alert, indeed, are frequently of the overactive and intellectually keen types.

A direct attack on the lack of appetite seldom brings good results. The patients cannot be teased or nagged into eating more. But a careful and competent psychiatric study of the patient frequently brings to light the underlying difficulties and by instituting the necessary environmental changes as well as by helping the patient to unravel her difficulties, the loss of appetite may be overcome.

Card Of Thanks

We desire to thank our many friends, relatives and neighbors for their kind words and sympathy shown us in the sickness of our wife and mother. Also we wish to thank especially Dr. Falls, the hospital doctors and nurses. We deeply appreciate the floral offering from friends and the Piedmont school. May God bless you all in our desire.—Sam Davis and children.

Poorly Nourished Women — They Just Can't Hold Up

Are you getting proper nourishment from your food, and restful sleep? A poorly nourished body just can't hold up. And as for that run-down feeling, that nervous fatigue,—don't neglect it!

Card for lack of appetite, poor digestion and nervous fatigue, has been recommended by mothers to daughters—women to women—for over fifty years.

Try it! Thousands of women testify Cardol helped them. Of course, if it does not benefit YOU, consult a physician.

CERTIFICATE OF FILING OF CONSENT BY STOCKHOLDERS TO DISSOLUTION

State of North Carolina, Department of State. To All to Whom These Presents May Come—Greeting: Whereas, it appears to my satisfaction, by duly authenticated record of the proceedings for the voluntary dissolution thereof deposited in my office, that the Dilling Mills company, a corporation of this state, whose principal office is situated in this state, whose principal office is situated on Airline Avenue in the city of Gastonia, county of Gaston, State of North Carolina (A. G. Byers being the agent therein and in charge thereof, upon whom process may be served), has complied with the requirements of Chapter 22 of the Consolidated Statutes, preliminary to the issuing of this certificate that such consent has been filed: Now, therefore, I, Charles G. Powell, Secretary of State of the State of North Carolina, do hereby certify that the said corporation did, on the 6th day of December, 1936, file in my office a duly executed and attested consent in writing to the dissolution of said corporation, executed by more than two-thirds in interest of the stockholders thereof, which said certificate and the record of the proceedings aforesaid are now on file in my said office as provided by law. In testimony whereof, I have hereunto set my hand and affixed my official seal, at Raleigh, this 4th day of December, A. D. 1936.

C. G. POWELL, Secretary of State.

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Irrigation Funds Lift India's Crop And Provide Cash

DELHI—Indian irrigation schemes which have cost in all 15 crores of rupees (\$500,000,000) are estimated to be now producing crops to the annual value of 10 crores.

The Marquis of Linthgow, the Governor General, at the opening meeting of the Central Board of Irrigation recently held here, laid great stress upon the incidental or indirect benefits which irrigation and its extension are producing in India.

Productive Investment
On some of the canals direct payments for water represent a return of more than 4 per cent. There are other works on which the return derived from the agriculturist for the purchases of water does not by itself provide an economic return upon the capital at charge.

These works are justified because of their value as protection against famine. But the water rates charged on the whole of the irrigation systems throughout the land make a good average return upon capital. In the direct sense, expenditure upon irrigation is thus productive.

Provides Employment
Much of the food produced in India is of low nutritive value. It is recognized that some of the best food crops are produced under irrigation. Vast areas of wheat in the richest wheat-growing provinces are thus watered. Another aspect of irrigation is its value in relation to unemployment. Every new irrigation canal provides employment to a large number of cultivators.

Irrigation projects are seldom executed unless they come within the definition of "a productive work," namely, one which can within 10 years of completion and after paying interest charges and running expenses, show a return of at least 6 per cent on the capital invested.

TALK TO PARENTS
A College To Fit By BROOKE PETERS CHURCH
All schools—especially all colleges—are not necessarily suited to every child.

John, who is fully developed both mentally and socially, who has a strong physique and is emotionally stable, may do very well in a big university where the individual is thrown more or less on his own resources.

Sam, who is ready for college, but whose brain has grown faster than his body, who has little social sense and is emotionally immature, might be better off in a smaller college.

Mary, who has never met boys and is just beginning to take an interest in them, might be all right in a girls' college. Or she might profit by the contacts of a co-educational institution.

Every child must be separately considered. Just because the family has always gone to Yale or Vassar is no reason to suppose that all the children will do equally well in those schools. Tradition is a very poor guide in choosing schools.

Of course it would be ideal if a child's brains, body, social sense and emotions kept pace with one another. But even the most careful, scientific upbringing will not assure this. Many children can pass all their preparatory examinations at 16 or even 15, and in all respects except the intellectual, remain mere children. To throw such a child suddenly into the freedom of the life of a big university is frequently unwise. Their dependence on home and guidance should be broken more gradually. Especially is this true of girls.

Sometimes a year abroad or in a junior college will help tide the child over and teach him to stand on his own feet. In any event, the choice of his college should be the result of careful thought, not merely a matter of family tradition or casual acceptance.

Sunday School Lesson

Love's Great Power

International Uniform Sunday School Lesson for Dec. 20.
Devotional Reading: John 15:12-17.

"THE Greatest Thing in the World" is what Henry Drummond called Paul's eulogy of love in the 13th chapter of 1 Corinthians a few years ago.

That title was well chosen, for love is indeed just that. Here in our lesson it is called the supreme gift, and there is real significance in this title. Love is, first of all, a gift.

Years ago, a skeptical young critic whose own attitude was one of kindness and goodness, but who was in a mood to find faults in current religion, said to me as he quoted lines from Leigh Hunt's poem, "Abou ben Adhem": "Christianity starts with love to God, a very illogical procedure." I think he quoted also the words of John, "If a man love not his brother, whom he hath seen, how can he love God, whom he hath not seen?" God, whom he hath not seen? My reply to him was that whatever might be the defects in current Christianity, true Christianity started neither with love to God, nor with love to man, but with the love of God.

If love is indeed a fact, it is in the universe. It was there before we came into the world. God is love, and love is God's gift to man.

Love is like the sun that shines upon us; it is like the air we breathe. It is not something that we create, but it is something that we take and receive.

This distinction may seem merely one of words and theory, but it really is important, because it has to do with the essential character and supremacy of love. It means little for a man to love his neighbor as himself, if he has no real love for himself. If a man is a drunkard, or

a sneak, or a thief, or if, without being any of these things, he is a weakling, it does not mean very much that he should love his neighbor as himself.

But when a man has discovered the love of God, when, with all his being, he has turned to God, and has returned that love with all his heart and soul and mind and strength, to love his neighbor as himself becomes the greatest thing that he could possibly do.

So it is that the writer here in 1 John sets the matter forth logically, and in its true foundation. We ought to love one another because love is of God. If God so loved us, we ought also to love one another.

The man who lives in the sunshine and cares nothing whether other people live in dark, gloomy, and unsightly hovels is a poor specimen of humanity. God's sunshine has done very little for him, yet that is almost an exact illustration of the situation of a loveless man.

LOVE is not a matter of mere sentiment, or a kindly feeling. When it really lays hold of a man's life, it becomes the determining motive of all that he thinks and says and does.

It enlarges his life, and gives him a new conception of his world and his fellow man. This is suggested in the current lesson by the power of love to cast out fear.

Do we need any commentary on that? If so, we should find it in the lives of those who have particularly manifested the glory of love.

Think, if you will, of the men and the women who have loved their fellow men. Are not their lives the lives that most truly tell of strength and courage? They have lived above fear, as they have lived above selfishness and meanness.

Fiddlers Convention At Casar School
A fiddlers convention sponsored by the school will be held at the Casar high school next Saturday night, December 19. Prizes will be awarded and there will be a beauty contest for the young ladies. The general public is invited.

Bees have two stomachs

MRS. J. F. PARKER DIES IN SPARTANBURG, S. C.
J. C. Parker in Shelby this morning from Bessemer City to which place he moved some years ago from No. 4 township, reports the death in Spartanburg, S. C. of Mrs. J. F. Parker, his sister-in-law. Mrs. Parker was 81 years of age and died Oct. 29th. She was a aunt of Ab Jackson of Shelby and a sister of Mrs. Martin Turner of this county.

BRAZIL GOAL OF GOOD WILL FLIGHT



Bent on cementing the relations of citizens of Portuguese descent in this country and South America, Joseph Costa primed his plane for a good will flight from Corning, N. Y., to Para, Brazil. He is shown with his ship during test flights at Roosevelt Field, New York. (Associated Press Photo)

DRAMATICS CLUB HOLDS MEETING

"Just Actors," the No. 3 Dramatic club had its regular meeting at the school December 11. Parts were given out for a one-act play, Happy School days.

At a business meeting of the No. 3 Glee Club, Coleman Self was elected president and Effie Patterson secretary and treasurer. Plans were made to submit a name and motto for the club.

The W. M. U. of the New Hope Baptist church, Earl, met Thursday December 10th with Mrs. Henry P. Winchester as hostess.

An interesting program on Peace was presided over by Mrs. Kate White.

An artistic arrangement of chicken salad, stuffed dates and coffee was served.

Misses Rebecca and Mary Sue Austell entertained the Fideles Sunday school class Friday night at their home in Earl. After the busi-

Jots in Jest

WHAT'S in a name? Dr. Stagers of Cleveland, O., balanced 4000 matches on the mouth of a bottle.

A Hollywood item reports that some stars are successful amateur farmers. Imagine the harvest of vegetables some of them can reap in one personal appearance.

Hitler has ordered his commander to organize annual Nazi Olympic Games, which is one way to insure German triumphs.

That Italian couple who fainted during their wedding ceremony must have suddenly realized what they were getting into.

Physicians who are so puzzled over that new disease which makes its victims talk incessantly must be bachelors.



IF YOU CAN'T BE THERE — Telephonel

A gift that you know will be welcome, is a long distance telephone call to those friends and relatives in other cities whom you cannot visit in person during the holidays.

Such a gift, you will find, really rewards the giver with as much pleasure as it does the one who receives.

If you want to make certain the party you wish to reach will be at the telephone, notify them in advance of the day and hour of your call, and use the lower cost Station-to-Station service.

Express your holiday greetings in your own voice. You will find a "long distance" telephone call is quick, personal, low in cost. Ask the operator for rates to anywhere.

SOUTHERN BELL TELEPHONE AND TELEGRAPH CO. INCORPORATED

Season's Greetings

FROM R. J. REYNOLDS TOBACCO COMPANY
MAKERS OF CAMEL CIGARETTES AND PRINCE ALBERT SMOKING TOBACCO

Copyright, 1936, R. J. Reynolds Tobacco Company, Winston-Salem, N. C.

One full pound of mild, mellow Prince Albert, packed in the cheerful red tin and placed in an attractive gift package.

A full pound of Prince Albert in a real glass humidifier that keeps the tobacco in perfect condition. Gift wrap.

Camels

There's no more acceptable gift in Santa's whole bag than a carton of Camel cigarettes. Here's the happy solution to your gift problems. Camels are sure to be appreciated. And enjoyed! With mild fine-tasting Camels, you keep in tune with the cheery spirit of Christmas. Enjoy Camels at mealtime for their aid to digestion. Camels set you right! They're made from finer, MORE EXPENSIVE TOBACCOS—Turkish and Domestic—than any other popular brand.

At your dealer's you'll find this Christmas package—the Camel carton—10 packs of "20's"—200 cigarettes.

Another Christmas special—4 boxes of Camels in "flat fifties"—wrapped in gay holiday dress. (right, above)

Prince Albert

It's easy to please all the pipe-smokers on your list. Just give them mellow, fragrant Prince Albert—the National Joy Smoke—the Prince of Pipe Tobaccos. "P. A." is the largest-selling smoking tobacco in the world—as mild and tasty a tobacco as ever delighted a man. Prince Albert will wish your friends and relatives the merriest Christmas ever.

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