

### If You Have Old Rumatiz Here's The Cause For It

Simple Explanation of Rheumatism, Neuritis and Neuralgia Which Are Prevalent at This Season; Cause and Prevention.

By Dr. H. D. Stewart in Monroe Journal

The natural time for prevalence of rheumatism, neuritis and neuralgia is from January to June.

There appear to be three general causes of these diseased conditions. 1. Faulty metabolism, which includes faulty nutrition and faulty elimination.

During the winter months people eat too much meat, milk and other foods rich in protein.

Elimination is less active during the winter months. The individual lives a more sedentary life. He stays in doors too much. He takes in less oxygen and stores up more carbon and nitrogen.

He drinks less water in the winter time and he does not perspire.

His kidneys are more sluggish and he is more inclined to constipation during the cold months.

So he stores up an excess of protein or protein acids. On account of not getting enough green vegetables and fruit juices there is a lack of mineral bases to combine with the poisonous acids, making soluble and easily eliminated salts.

So faulty metabolism—faulty nutrition and elimination—not only contributes largely to the cause of rheumatism, neuritis, neuralgia, lumbago, intercostal neuralgia, sick headaches and other headaches, and sinus infections but the same faults contribute to a large percentage of all human disease.

11. The second important cause of rheumatism and allied conditions is bacterial infections or focal infections. A focal infection in the nasal sinuses; in the throat; in the bile ducts; in the stomach; in the colon; or in other favorite sites of attack, will liberate enough toxic proteins to cause all sorts of aches and pains.

Bacterial proteins together with food proteins will attack joints, muscles, nerve, teeth as well as various mucous surfaces of the respiratory tract; of the gastro-intestinal tract; of the genito urinary tract; also the skin.

When these combined bacterial and food proteins attack the joints, the muscles, the nerve sheaths or the nerve cells, we have rheumatism, myalgia, (pain in the muscles); neuralgia (pain in the nerve sheath). When the joints are attacked we have arthritis or inflammatory rheumatism. When these proteins attack the nerve sheath the patient has neuritis, as in sciatica.

When these proteins are absorbed

Administrator's Notice

Having qualified as administrator of the estate of C. F. Creed deceased late of Surry County, North Carolina this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at Mount Airy, N. C., on or before the 4th day of Dec. 1929 or this notice will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 4th day of Dec. 1929.

C. F. Creed, Adm.

Notice of Sale of Land

By virtue of the authority vested in a certain deed of trust executed to the undersigned trustee by Will Mathis and wife, Della Mathis and Sam Mahone and wife, Annie Mahone for Fred Sheets dated June 18, 1923, and recorded in book 56, page 57 in the office of the Register of Deeds for Surry County, N. C., default having been made in the payment of the notes therein secured, at the request of the holder of said notes I will sell at public auction, to the highest bidder, for cash in front of the Bank of Mount Airy, Mount Airy, N. C. on

Saturday, March 2nd, 1929

at 1 P. M.

the following described real estate, to-wit:

Beginning at a granite stob at the intersection of Bower Road and Hampton Road, and running thence with Hampton Road north 20 1-2 deg. east 1000 feet to another granite stone at the corner of Rainbow Road, thence South 87 deg. West along Rainbow Road 1800 feet to another granite stone at the bend of Rainbow Road; thence South 39 deg. West along Rainbow Road 535 feet to another granite stone; thence South 45 deg. East 465 feet to a granite stone in the corner of New Street and Bower Road, thence South 86 1-2 deg. east along Bower Road 1158 feet to the beginning, containing 34.73 acres more or less, being known and designated as lot No. 65 on plat of Marshall Ney recorded in Book 68, page 524 Register of Deeds Office, Surry County. Sale made to satisfy principal, \$629.01, interest and costs of sale to add. The 26 day of January, 1929.

Wachovia Bank & Trust Co., Trustee

For colds, grip and flu take



Relieves the congestion, prevents complications, and hastens recovery.

from the colon or from the stomach they cause capillary congestion around the nerve endings. When they dilate the capillaries of the scalp or other parts of the head the increased pressure causes headaches.

111. The third important cause of rheumatism and kindred ailments is cold weather, damp weather, exposure, etc. To this may be added in a general way alcoholism, tobacco, narcotics, nerve exhaustion from loss of sleep, from sexual excess, from worry, etc.

Nerve imbalance or instability increases the liability to rheumatism because it removes or lessens the controls that regulate the chemical balances of the body. Then faulty metabolism and faulty elimination will surely result.

If you want to become right bilious, just lose too much sleep; worry too much; take too much hot-gut liquor or eat too much barbacous or Bologna.

Pain is a warning and a danger signal. The word means a penalty—a penalty for violating the laws of nature, of God or of the State.

Pain makes people consult their family physician. Then it is the business of the family doctor to see if the pain has a local cause or is an expression of reflex trouble elsewhere. A pain in the abdomen is a very indefinite sign. There are nine surgical divisions of the abdomen to be considered.

Many people call the entire abdomen the stomach and the chest the breast and the bladder or the back the kidneys. They are unable to differentiate these anatomical regions. Many people that consult a doctor at this season of the year are complaining of intercostal pain or lateral chest pain; of pain in the back; in the shoulder; in the neck; in the head; in the nasal sinuses; in the colon; in the legs.

It is just a warning that you are full of pathological bacteria, active at some focus in the body; and you have faulty nutrition and faulty elimination.

Treatment

Correct your diet. Try to obtain a diet chemically well-balanced with proteins, carbohydrates, fats, mineral bases and vitamins.

The quality and the quantity of the food must both be well ordered, and ordered according to the individual needs.

What will suit one man's body or mind will not suit the other fellow's every time. What is one man's meat is another man's poison.

Air, sunshine, hot water, light rays, local applications, are all useful.

Rest, warmth and comfort must be had.

Rapid and regular elimination must be sought.

Eliminate through the bowels, the kidneys, the skin and the lungs.

Drink lots of hot water and take plenty of Squibb's soda.

You have read what the causes are. Now remove them.

The rheumatic conditions, unless rapid elimination is secured will last from six weeks to six months.

To get rid of rheumatic affections quickly rapid elimination by hot sweat baths must be resorted to.

The diet must be laxative and alterative. And any focal infection must be combatted or removed.

These articles are being written to help the people of Union county and any other who may read the articles. I am anxious to see Union county the banner health county of the state.

Union county and state of North Carolina need a stronger race of people—stronger mentally and morally.

The people are so ignorant and indifferent and thousands of teachers do not know anything to teach except what they may understand in the text books.

A fine physique and a strong body are worth their weight in gold if used for the right purposes.

A good-looking fool is both disgusting and dangerous.

A great mind in a dwarfed body is pitiful and to be pitied.

A great intellect housed in a strong magnificent body amounts to little in life if the possessor is a liar, a thief, a rascal or a criminal.

One of these day I intend to discuss Eugenics in a way that you will understand.

"Should a girl be educated for marriage and for motherhood?"

"Should a young man be educated and purified for marriage and for parenthood?"

"Should mental defectives and criminals be allowed to marry?" "And should be sterilized?"

These are potent questions.

Notice

We will sell at public auction for cash in front of my garage, on Saturday, Feb. 9, 1929, at 2 P. M. one Anderson Sedan automobile, the property of Ed Gwyn, to satisfy charges against same for storage, amounting to \$25.00 and cost of sale.

This Jan. 14th, 1929.

T. J. SMITHWICK.

Dr. Roy C. Mitchell

INTERNAL

MEDICINE

DISEASES

of

CHILDREN

X-RAY

OFFICE HOURS:

9 to 11 A. M.; 3 to 4 P. M.

Telephone 100

Home calls can be made under promptly after office hours if they are put in during office hours.

### Vessels Going at A Big Bargain

Washington, Feb. 2.—The United States Shipping Board will sell \$50,000,000 worth of Transatlantic liners for \$18,200,000, if it accepts the bids of Paul W. Chapman, it reported to the Senate today in answer to a resolution of inquiry.

The Chapman bid, however, included a provision for constant operation of the vessels of the United States lines and the American Merchant lines under the American flag and the construction by Chapman of two new giant liners within three years.

The board further reported that both Government lines had been operated at a loss in the past, although the American Merchant lines showed a profit of \$24,000 in the calendar year of 1928. During that same year the United States lines lost \$281,000.

### Add Four New Routes to U. S. Air Mail Lines

Washington.—The airway map of the United States received substantial additions December 1 when the Government ordered operation of air mail planes over 3,678 miles of new routes each day.

The Postoffice Department has scheduled \$60,000 miles of flying for air mail planes during the month of December, a mileage equivalent to 38 times around the world.

The new lines are Chicago to Atlanta, 623 miles; Atlanta to Miami 622 miles; Evansville, Ind., to St. Louis, 148 miles; St. Louis to Kansas City and Omaha 449 miles.

Due to the increase in mileage flown during the recent months the total distance traveled by mail planes this year will approximate seven and three quarter million miles according to records of the American Air Transport Association.

North American Indians had no regular chimneys on huts or pueblos until the white man introduced this fashion.

### Shanghai Killer Charges Only \$10

Shanghai.—Murderers can be hired in Shanghai for as low as \$20 local currency which is about \$10 in United States currency. The killers are Chinese and their victims must be Chinese. These murderers will not contract to take the life of a foreigner.

A recent case in the Provisional Court, not unusual, was that of Ming Chen-Yuek, a Chinese woman of 34-years and her lover, Yuen Tun-li. The woman's husband objected to her intimacy with Yuen. The two decided to have the husband put out of the way. They did.

Yuen hired a professional Chinese killer to do the job for \$10.

The killer, Yao Sung-yao, secreted himself in the woman's home and after the husband had gone to sleep knifed him to death.

The wife called in the police and dramatically told a story of an intruder stabbing her beloved mate. The police scouted the story but could not prove otherwise. The case was about to be dropped when a nephew of the woman angered over some trifling matter, informed the police that the woman had hired a killer to murder her husband.

The woman and her lover were arrested and confessed.

Both were sentenced to death.

### Two Fliers Killed In Mid-Air Crash

Two Planes Fly Together at Pensacola, Fla., and Student Airmen Lose Lives.

Pensacola, Fla., Feb. 4.—A spectacular mid-air collision between two airplanes during a formation flight today resulted in the death of Bennell P. Howell, 24 and Andrew Brink, 21, flight students attached to the navy training station here. The accident occurred when Howell, a radio man, who was circling for landing crashed into a plane piloted by Brink. United States marine corps reserve, who was flying in flight formation with two other planes.

Both planes were thrown out of control and crashed from an altitude of 700 feet before the pilots could take to the parachutes.

The planes of the land type, landing a mile west of old Cory field and both pilots were dead when their bodies were extricated from the wreckage.

Brink, who was born in Wilmington, Del., is survived by his mother, Mary C. Kennedy of Wrentham.

Howell was born in Franklin, Texas.

NOTICE  
Under a deed of trust executed to the undersigned by John White to secure a debt of \$400.00 I will offer for sale at public auction to the highest bidder for cash at the Court House Door in Dobson on  
February 16th, 1929,  
at 1 o'clock P. M.,

the following land: First tract: adjoining the lands of Weldon White, Ab. White and others: Beginning on a rock, Weldon White line, Ab. White N. W. corner and of lot No. 7 runs W. 90 links to a pine N. 12 cts. to a sourwood west 4.40 cts. to a rock, east 21.5 cts. to a rock, east 5.2 cts. to a rock north 21.5 cts. to beginning, containing 11 acres more or less. Second tract: Beginning on a rock, Weldon White line, runs south 21.5 cts. to a rock, T. W. Dockery line, east 5.2 cts. to a rock north 21.5 cts. to a rock in Weldon White line, west 5.2 cts. to beginning. Containing 11 acres more or less. Third tract: Beginning on a rock, Weldon White line, runs south 21.5 cts. to a rock, C. W. Dockery line, east 5.2 cts. to a rock north 21.5 cts. to a rock in Weldon White line, west 5.2 cts. to beginning. Containing 11 acres more or less.

This Jan. 17th, 1929.

A. D. Folger, Trustee.

PEPSI-COLA—famous for quality, flavor and purity.

The Ideal Grate Coal.  
RED TOP  
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-a Six in the price range of the four!

The COACH \$595

The Roadster	\$525
The Phaeton	\$525
The Coupe	\$595
The Sedan	\$675
The Sport Cabriolet	\$695
The Convertible Limousine	\$725
Sedan Delivery	\$595
Light Delivery Coupelet	\$400
1 1/2 Ton Chassis	\$545
5 1/2 Ton Chassis with Cab	\$650

All prices f. o. b. factory. Fleet, Mich.

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