

GUIDEPOSTS TO Health and Happiness

By Bernarr Macfadden



TRY THIS ONE NEXT TIME YOU HAVE A COLD

Much has been said and written on the subject of colds and yet most people are pitifully ignorant about their cause and cure. There are several gross theories as to how we catch cold: wet feet, draughts, insufficient clothing, and so on.

The orthodox physician will tell you that: "Whenever the surface of the body is suddenly chilled, the skin-vessels are contracted and those of internal parts are flexibly dilated; hence the internal organs tend to become congested, and if excessive, inflammation sets in, constitute what is called a cold." That is all very true—so far as it goes.

A cold is also caused by improper breathing, plus certain other conditions. It must be remembered that we are constantly putting into our body fuel, in the form of food, and we are usually putting in more than we can burn up. Even the exact quantity needed by the system calls for oxygen to create combustion. When food particles remain unburned, certain materials that should have been eliminated remain in the blood. And the person whose system is loaded with those materials is extremely susceptible to colds. The poison-laden blood fills the capillaries of the respiratory membranes, and not meeting the required oxygen to burn it up, it is retained, causing congestion. That is why a cold usually appears in the lungs.

So much for the cause of colds. Having "caught a cold," what is the first thing a person does?

He usually flees to a warm place, whereas he should do just the opposite. Should he flee to a cold place he would at once begin to breathe deeply. Deep breathing would increase the supply of oxygen and help to eliminate the above mentioned poisonous material in the blood.

Since a cold implies impurities in the system, the cure must be in the direction of elimination. Plenty of fluids is an excellent means. Both hot and cold baths are good in some cases. The shock of the cold bath causes profound deep breathing, which continues as long as the body is parting with an unusual amount of heat.

The hot bath, on the other hand, has an entirely different effect on the system. It causes perspiration and the filling of the surface capillaries with blood, thus relieving the central portion of the body from congestion.

It has been said by many physicians that a cold is caused by some invading germ taking advantage of a run-down condition. According to this theory then, a strong person should be immune to colds, while the weak person would have one continual cold. And yet every day we see husky, robust men and women suffering from colds.

So far the much discussed "cold germ" has eluded science; even if it were isolated, it would not destroy the above theory.

But the truly wise person will take a greater interest in cold prevention, which is best achieved by remembering that when we take into the body more food than the body can burn up, we are adding poisons to the blood which must be eliminated.



Her cheeks like apples which the sun had reddened.

—Spenser.

How many women realize the need for a new type of makeup in the spring and summer? Not many, I fear. And yet the need is indeed important. Just as one's wardrobe requires freshening, a change of color scheme, a new tone and plan, one's complexion needs a different style in makeup.

The mood of spring is different from the mood of winter. Deep shades in rouge and lipstick; fair shades of powder that have made light skins seem dazlingly white under the bright indoor lights of a winter's social season look out of place in the informal outdoor type of entertainment that characterizes the spring and summer season.

Clothes become less formal now. The atmosphere of home and countryside takes on a less artificial, more natural, freer, gayer tone. An interest in outdoor athletic activities is renewed, and with it comes again a vogue for sports clothes in pastel colors, not only for the women who participate in games, but for the fashionable feminine onlooker. With these clothes an average winter makeup seems either crude and glaring or delicately doll-like and artificial in tone.

The spring and summer makeup should be natural—adhering closely to one's own complexion tones. The powder, however, should be darker than she may have worn during the winter, to carry out nature's own idea in turning the skin darker through exposure to the sun.

Bright, light shades of rouge should be worn with these darker powders. Orange or vermilion tones are good. Red raspberry is becoming to some types, but the deep rouges with a fuchsia or purplish tint, are very much to be avoided. Likewise the darker lipsticks. Mascara has little place in the spring and summer makeup except for occasional formal evening functions. Instead the fashionable modern uses a dark eyebrow and eyelash cream, one that softens and promotes the growth of lashes and brows while it darkens them and also permits them to be trained to their slickest of natural conditions when brushed frequently with a little eyebrow brush.

Cream eye shadow is brown, green or blue, according to the color of the eye, may be used effectively on the eyelids. And a lipstick of cream lip rouge in bright light shades to match the cheek rouge is not only permissible but desirable, with the dark, outdoor shades in powder.

Pigskin boots are now manufactured for pet dogs.

Gave a Plenty

The old farmer was angry. "What're ye comin' home with your milk pail empty fer? Didn't the old cow give anything?" "Yes," replied his son, "nine quarts and one kick."—The Pathfinder.

Serious Shooting Occurs In Orange

Hillsboro, May 19.—Jim Hunt, 30-year-old white man of Little River township, is dead and Thomas Horne, 24, is in the county jail charged with the fatal shooting, which is said to have occurred in a near-drunken brawl about 12 miles from here this afternoon. Horne was cut by a knife in the hands of Hunt, witnesses told Sheriff W. T. Sloan.

Sheriff Sloan has the names of the several witnesses who saw the shooting and he will have them ready for the coroner's investigation Monday afternoon at 2 o'clock. The weapon used, the sheriff learned, was a shotgun.

Both men are members of well known families of this section. It was said that both had been drinking spirituous liquors this afternoon, but it was thought that neither was drunk.

Hunt is said to have served an 18-months road term for illicit manufacturing and illegal possession of whiskey.

TAX SALES

On Monday, June 3, 1929, the same being the first Monday in June, at 12 o'clock, noon, at the court house door in Roxboro, North Carolina, the undersigned will sell at public sale to the highest bidder or bidders for cash the lands whose owners are delinquent in the payment of taxes due the County of Person for the year 1928, a list of the lands to be sold, the names of the owners thereof, and the amount of taxes due by each of them being as follows, to-wit:

Allensville Township—White	
Mrs. J. T. Averette, 56 acres	13.55
A. G. Adcock, 82 acres	52.88
T. L. & R. B. Clayton, 128 acres	40.03
B. C. Clayton, 47 acres	10.95
B. L. Duke, 60 acres	17.70
L. E. Day, 152 acres	37.08
Mrs. Susie Gentry, 28 acres	12.95
M. D. Gentry, 50 acres	33.85
H. S. Hughes, 165 acres	36.23
S. M. Morris Estate, 52 acres	39.55
O'Brian Brothers, 196 acres	67.05
Mrs. O. L. Parham, 55 acres	4.93
J. P. Tingin, 184 acres	42.05
Lucinda Woods, 340 acres	54.05
J. T. Walker, 65 acres	40.98
R. J. Yancey, 49 acres	15.20
Allensville Township—Colored	
Cy Barnett, 41 acres	14.85
Jane Day, 250 acres	27.25
J. W. Day, 17 acres	11.43
Joe Gillis, 11 acres	5.35
Robert Gillis, 11 acres	5.35
T. H. Jefferies Estate, 210 acres	82.35
George Lawson, 100 acres	34.08
O. H. Tilley, 97 acres	32.73
Josh Tapp, 75 acres	22.92

Angelette Thorpe, 107 acres	19.55	B. R. Long, 2 lots	194.45	Ernest Johnson, 1 lot	2.30
Mary L. Toran, 11 acres	5.13	R. P. Michaels, 3 lots	44.80	Louisa Johnson, 2 lots	10.55
T. H. Townsend, 30 acres	12.07	W. J. O'Brian, 41 acres	30.08	Ellen Lawson, 1 lot	16.55
Esaw Yancey, 12 acres	5.16	S. A. Oliver, 4 lots	28.00	Robert King, 1 lot	14.05
Dee Yancey, 8 acres	15.62	Curry Pointer, 31 acres	27.18	Ed Lunsford, 18 acres	10.30
Olive Hill Township—White		J. L. Perkins & Son, 25 acres	40.18	A. M. Pleasant, 1 lot	41.03
H. F. Allen, 73 acres	49.55	W. J. Pettigrew, 1 lot	41.55	Wash Mangum, 1 lot	2.80
C. H. Dunkley, 80 acres	74.95	C. W. Pulliam, 1 lot	32.20	Hubert Mangum, 1 lot	4.55
R. L. Paylor, 121 acres	59.51	R. R. Satterfield, 63 acres	46.23	Hez Mitchell, 1 lot	8.30
Mrs. T. J. Stephens, 410 acres	259.85	John Satterfield, 73 acres	22.85	Margaret Mitchell, 1 lot	13.55
Olive Hill Township—Colored		H. M. Thaxton, 10 acres	14.80	Esther Moore, 1 lot	12.35
Lloyd Graves, 42 acres	36.13	J. T. Walker, 15 lots	121.85	Thad Noel, 1 lot	11.91
Richard Winstead Est. 238 acres	98.57	Jim Westbrook, 23 acres	11.90	Linsey Peace, 4 lots	10.08
Sam Winstead, 76 acres	30.25	R. W. Wilkerson, 49 acres	89.05	Louis Ragland, 1 lot	17.50
Tom Winstead, 36 acres	18.04	Mrs. Effie Woodall, 2 lots	3.35	John Ray, 58 acres	42.35
		W. J. Yarboro, 26 acres	17.61	Robert Ray, 1 lot	12.05
		R. G. Yarboro, 102 acres	48.80	John Bob Reade, 1 lot	4.66
		A. O. Yarboro, 50 acres	53.25	James Royster, 1 lot	12.05
		J. W. Younger, 446 acres	42.20	George Smith, 2 lots	24.73
				Forrest Smith, 1 lot	18.75
				Obey Springfield, 1 lot	12.55
				John Stanfield Estate, 1 lot	16.55
				Sam Stanfield Estate, 22 acres	17.80
				H. E. Thorpe, 1 lot	12.05
				Sam Thaxton, 158 acres	37.28
				Dallas Watkins, 2 lots	6.45
				Mollie Williams, 1 lot	14.05
				Ben Williams, 1 lot	11.30
				Matthew Wright, 1 lot	9.65
				Anderson Torian, 10 acres	5.30
				N. V. Brooks,	
				Tax Collector	
				For Person County.	

Got Up In The Morning Feeling DIZZY

"I BEGAN to suffer with headache and biliousness," says Mr. John C. Malone, of Buena Vista, Ohio. "I had a hurting through the middle part of my body which seemed to come from indigestion. I would get constipated, and then feel all out-of-sorts. I would get up in the morning feeling dizzy, and everything I ate would disagree with me. 'Someone asked me why I did not try Black-Draught. I found it to be just the medicine I needed. When I feel a spell coming on, I begin by taking a dose of Black-Draught, dry, at night. I continue to take it for several days, and in a short while I am feeling fine. It is all the medicine I need.' Costs only 1 cent a dose."



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