

INDIGESTION

By W. Biddle Gilman, M. D.

Both of these classes of patients are very apt to, unless they are restored to a state of at least comparative health, die of phthisis pulmonalis (consumption of the lungs) in such cases a mistake of a more or less severe character is made in reducing the diet to one article, or to allow the patient to reach a point in any degree related to a condition of undeernourishment if possible to prevent it, and while a regular and consistent diet should invariably be insisted upon, it should be that of the very highest order of nutrition possible that can or could be digested without too much difficulty, which must be determined by a careful supervision of each case, it must consist of large meals nor too many articles at one time, for care must be exercised so as not to oppress the stomach at any time, but should be given somewhat frequently, so frequent as to keep up a steady nutritive action, the most digestible meals are frequently recommended, and in some cases are to be preferred to any other diet, though milk is in very good repute with many successful physicians, and when it is acceptable by a stomach so diseased it will prove of great and decided benefit, and should be used in the form of skimmed milk and no objection can be made to its use as soured milk (bonne-clabber) and in some instances is to be preferred to any other form of nourishment.

Open air and exercise modified so as to suit the physical strength of the patient should not be overlooked, in fact special care should be taken that he or she, as the case may be, spend as much time as possible in the open air, sleeping out doors is a valuable aid to recovery, the more rarified the air is the better, locating at some point where ozone is present in considerable quantities; if strong enough a very good idea is to indulge in horse back riding, in fact this form of exercise is the exercise "par excellence" for this particular form of disease, in fact any measures that tend to healthfully increase the circulation of the blood, will strengthen and enrich it, thereby rousing the vital energies which is an important matter, of course in the case of the destitute or even those of very moderate financial condition, it would be impossible to carry out the foregoing methods, but charity could do much to alleviate their condition, by inducing proper sanitation, furnishing them with the correct kind of food, and in various other ways improving their physical conditions.

There is one thing which I do not care to pass by without making some allusion to it here, and that is, that in treating any form whatever of indigestion the greatest and most frequent obstacle to overcome is the results of mistaken interest, or show of interest of friends, who are continuously suggesting something which is postively certain (from their point of view) to do the sufferer "a whole world of good," either in the form of a remedy, or some particular kind of diet, and the victim of their mistaken kindness foolishly listens to and follows their advice frequently with the result that his condition is made worse and much harder, subsequently, to control.

Give us your job work.

Mrs. Claud Byrd, of Sanford, was in Vass Wednesday.

Our Church Directory

BAPTIST CHURCH

On the third Sunday in each month there will be preaching at 11 o'clock by the pastor, Rev. O. B. Mitchell.

Sunday School every Sunday morning at 10 o'clock.

A cordial invitation is extended to all to attend these services.

METHODIST EPISCOPAL CHURCH

Rev. L. H. Joyner, Pastor.

Sunday School every Sunday morning at 10 o'clock.

Preaching every first and fourth Sunday at 11:00 a. m. and 8:00 p. m.

Prayer meeting every Wednesday evening at 8:00 o'clock.

Epworth League every Sunday evening at 7:30 o'clock.

PRESBYTERIAN CHURCH.

Rev. M. D. McNeill, Pastor.

Service every second Sunday afternoon at 3:30 o'clock and fifth Sunday morning at eleven o'clock.

Sunday School every Sunday morning at ten o'clock.

Christian Endeavor every Sunday evening at 7:30 o'clock.

Every one is cordially invited to attend these services.

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Another Lion Chained!



When it was seen that the Sandhills, among the peach sections of the country, had pulled through without frost because frost does not hit on the ridges in this neighborhood, the prophet of grief predicted that it was too soon to smile, for

You Never Know What will Happen

until you are out of the woods.

Then he thought he had his chance. Three or four weeks ago he came along with the information that the Elbertas were dropping badly.

But when Pilgrim journeyed up the hill where

HE SAW THE LION

in the road ahead of him he pressed along, because that was where his route lay. And you remember that when he reached the place that seemed so dangerous he found

The Lion was Chained!

Now comes the statement from the peach men that the drop is like the lion, for with the fruit that has dropped the orchard men find so much yet left that some of them doubt if it would not have been better to thin more than was done. The peach tree knew how much it could ripen, and it did some thinning for itself.

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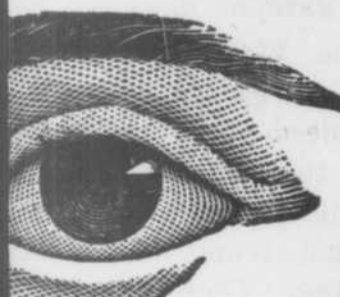
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