

## FOR BETTER HEALTH

BY DR. J. ROSSLYN EARP

Medical Editor, Division of Health Education,  
New York State Department of Health

**PERIODIC PAIN**  
Pain is an advertiser who shouts louder the more you listen to him. To those who take no notice of him he speaks in little more than a whisper. But if you hang upon his words he urges you to distraction. I know a young woman who is subject to periodic cramps. Her mother is very fond of her and very sympathetic. She always

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H. P. GRAHAM, AGENT, ELKIN, N. C.

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Many of the used cars and trucks we offer are "R&G". These are renewed to Ford Factory specifications. Then guaranteed in writing to give satisfaction or your money back!

### 1935 FORD FORDOR

This clean, good looking Ford is a real buy for someone. Looks good, runs good and may be had at a bargain price.

### 1933 CHEVROLET COACH.

You'll get thousands of miles of care-free transportation from this car. Clean and in excellent mechanical condition. And it's priced right!

### 1935 FORD COACH

Here's another good buy if you want a bargain in a good used car. In excellent condition throughout. Come in and ask for a demonstration.

### 1930 FORD COUPE

Another big buy special for our Used Car Clearance. In good condition and looks good. You'll be surprised how cheaply you can buy it.

### 1934 FORD COACH

V-8 performance at a very low and attractive price is yours if you select this car. In excellent condition. Inspect it for yourself.

### 1929 FORD COACH

If you don't want to put much money in a car and still want a good one, here it is. In excellent condition and priced to sell quickly.

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knows when the advertiser is due to arrive and in one way or another is sure to ask her daughter, can you hear anything? Last week when the girl was invited to a picnic mother declined the invitation because she knew that picnic day would also be cramp day. But daughter learned about the invitation and wanted very much to go. She went; and that day she knew no pain. Among the voices of the woods and the laughter of her friends, she forgot to expect the advertisement of pain.

The distraction was fortunate because this girl's pain was a useless one. But while picnics may be recommended with confidence for this periodic pain it must be remembered that at other times it is important to pay attention. I know another girl who nearly bled to death from a ruptured ovarian cyst because she was so eagerly devoted to her studies that she refused to heed the warning. Pain that is unexpected and unexplained should be told to your friend the doctor who will interpret it.

### CONSTIPATION

Constipation has interested healers, both amateur and professional from the earliest days; the complaint is so common, its relief so surely a cause for gratitude.

All kinds of dread evils have been attributed to it. Auto-intoxication has an ominous sound and those who want to frighten us with this particular bogey spin a specious yarn. The headache and languor that so often result from constipation seem to support the theory. But the fact that a bowel movement will relieve these symptoms long before the supposed poisons have had time to be eliminated and the further fact that all the unpleasant symptoms of constipation can be promptly induced by stuffing the lower bowel with sterile cotton lead scientists to the conclusion that a nervous reflex from the distended colon, not the absorption of poisons, is the cause of the symptoms.

The use of an enema to relieve constipation has been condemned by some specialists as irritating. No doubt a soap and water enema can be irritating and is a stu-

pid procedure known only to the Anglo-Saxon race and due perhaps to their mistranslation of the French word lavement! Plain water is less irritating. Saline solution made in imitation of nature's tears (which never irritate the eyes) is not irritating at all. It is made by adding a teaspoonful of common salt to a pint of water.

### Parade And Horse Show Are to Open Fair at 2 o'Clock

(Continued from page one)

ing, Jr., secretary, the program has been planned as follows: Parade 2 p. m. this afternoon, with all who plan to take part expected to be at the Chatham Athletic field at 1:30; horse show at the fair grounds following the parade; Four-County track meet Friday afternoon, preliminaries to begin at 1:30 p. m. and the finals immediately thereafter; "Big Apple" contest in the exhibition building Friday evening at 8:00 o'clock.

Lee's riding devices have been at the fair grounds, located off Elk Spur street on the Shoe Factory Road, since Monday, and the grounds have taken on a gay appearance. Farm and home exhibits were being placed Wednesday afternoon with many more expected this morning.

Many entries are expected in the horse show, much interest having been shown by horse and mule owners since the feature was announced. Numerous entries have also been made for the Big Apple contest, which is expected to draw a capacity crowd Friday night.

Another feature of interest will be the tall corn contest, a prize to be given the person who produces the tallest stalk of corn.

This year's premium list is the largest in the history of the fair, amounting to over \$600 with especially attractive prizes for winners in the live-at-home department. A new department this year will be the 4-H clubs exhibit. Huge crowds are expected to attend the fair each of the three days.

### To Observe N. C. Air Mail Week

(Continued from page one)

general chairman and announced plans for placing every town in the State with a landing field on the air mail route for one day.

The observance will be on the week of October 11-16. Beautiful cachets are being prepared for every town in the State that is to be on the one day air mail route of Eastern Air Lines. Harilee Branch, Second Assistant Postmaster General, has pledged full cooperation in making the observance successful.

On October 12, Eastern Air Line planes will make stops at all of the cities and towns in North Carolina with landing fields to pick up air mail.

F. W. Graham, local postmaster, who has been named on the committee planning the event, has informed the chairman that it is considered unsafe for a mail plane to land here. The mail planes are said to land at a speed of 70 miles per hour, and no field capable of providing a safe landing is available.

### ARLINGTON

Rev. L. P. Smith of High Point, will preach at the Arlington church Sunday morning, September 26. The public is cordially invited.

The friends of Mrs. Mont Swaim will be glad to know that she is rapidly improving from a recent illness.

Mr. and Mrs. W. M. Reece and son, Turman, spent Sunday afternoon visiting Mr. Reece's father, Mr. N. W. Reece, of Booneville.

Mr. and Mrs. Joseph Darnell spent Sunday afternoon with Mr. and Mrs. John Wall.

Miss Margaret Renegar left Wednesday for Raleigh, where she will enter Rex hospital to take training for a nurse. She was accompanied by Miss Carrie Taylor, who will also take training and her parents, Mr. and Mrs. V. L. Renegar.

The annual election of the pastor of the Arlington Baptist church was held Sunday evening. Rev. L. G. Burgess, who has so graciously served the people of this church for the past year, was re-elected for another year.

The friends of Mr. J. B. Mathis are glad to learn he is able to be out again.

The people of Arlington are glad to welcome Mr. and Mrs. I. Irvin of State Road, to their

community. Mr. Irvin will operate the Arlington store.

Mr. and Mrs. Charlie Long visited Mr. and Mrs. Harvey Couch of Swan Creek Sunday.

Mr. and Mrs. T. W. Rose had as their dinner guests Saturday Mr. and Mrs. Henry Cockerham, Mr. and Mrs. D. G. Reece and Rev. L. G. Burgess.

Miss Reba Bauguess, Mr. Theodore Brown and Mr. and Mrs. Russell Bauguess spent Sunday in Mount Airy.

Mr. and Mrs. John Rose had as their guests Sunday Rev. L. G. Burgess, Mr. and Mrs. Parks Gross and Mr. and Mrs. Russell Bauguess.

Mr. Paul McBride of Statesville, visited Mr. and Mrs. T. W. Rose last week.

Mr. Troy Cockerham attended the Wilkesboro fair Saturday.

### CARD OF THANKS

I wish to thank my friends and neighbors for their many deeds of kindness and words of sympathy

### Mattie Mae Powell

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during the illness and after the death of my dear husband. May each of you be richly rewarded for every thought and act in my behalf.  
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GIBBS TOMATO CATSUP 14 Oz. 10c

PEACHES No. 2 1/2 Can, 2 for 29c

STRING BEANS, 3 No. 2 Cans 25c

JUNE PEAS, 3 No. 2 Cans 25c

CORN, 3 No. 2 Cans 25c

PEANUT BUTTER, 2 Lbs. 25c

1 Pound 15c

LARGE MILK Can 5c

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