

# Copeland's Health Talk

## "Blues" Due To Health

BY ROYAL S. COPELAND, M. D.

(United States Senator And Former Health Commissioner of New York.)

Is ill-nature purely mental or has it a physical foundation? We meet plenty of persons who are cross, or depressed, or nervous, or unhappy. For the moment we will describe them all as ill-natured.

Why are they this way?

Discussing this matter is like the old question—Which came first, the egg or the hen? But it will be interesting and profitable, too, I believe, if we give the problem some consideration:

I have no doubt at all that a distressed and disturbed mind will upset digestion and, unless relief comes, will undermine the health. Worry has ruined many a life, or, at least, many days of many a life.

Bereavement, loss of position and every manner of misfortune, are prolific causes for worry and distress of mind. But in the absence of functional or organic disease of some sort will their effects continue indefinitely?

I think not. You may not agree with me and you are in serious opposition, please write and tell me why.

I cannot believe that a kind Providence would leave us stranded on the beach of existence and permit us to suffer endlessly because of things we cannot help. My theology may be wrong, but I could not bring myself to accept such a doctrine.

If a man is fundamentally sound, adding the rules of hygiene, particularly as to simple eating, sunshine, out-of-door exercise, and abundance of rest, if not of sleep, and giving himself interesting reading, listening to good music and keeping occupied—if these practices are observed, I am confident it will be a very rare case indeed that does not respond.

But if there is dyspepsia based on wrong eating, actual loss of function in the stomach or intestinal tract, or failure of the skin and kidneys to carry off the waste products, the mental kinks will be slow to straighten out. A local infection in the tonsils, nose, gall bladder or other organs, may be responsible for the absorption of poisons which disturb the brain and result in interference with cheerful thought.

Even anywhere in the body, stretching of the muscles, pressure on the eyeballs—anything that drives a person into depression and ill-nature in one of its many forms. Living in a noisy place, failure to get away from glaring lights, submitting to perpetual penances, imprisonment in stifling bedrooms, sleeping under heavy blankets—anything that disturbs the rest, is very likely to disturb the mental processes.

In many, many instances ill-nature may be traced to physical causes. If you are all the time cross or unhappy, seek to find what is wrong with your body or one of its parts.

Answers To Health Queries.

H. R. Q.—What is the cause of high blood pressure? Could a male



DR. COPELAND

Patient of 63 has a blood pressure of 2.3?

A.—May be due to failure in kidney functioning, constipation or improper diet over a period of time. Each case demands specific attention and treatment. The diet is an important factor.

A. N. Q.—What would cause a sharp, intensive pain near the waist line on the right side? I am subject to constipation—would this be due to a liver condition?

2.—What causes watering of the eyes? It is so profuse at times as to dim the sight—would this be due to a catarrhal condition?

A.—Gases due to improper diet and poor elimination. The liver is probably sluggish. For full particulars send a self-addressed, stamped envelope and repeat your question.

2.—May be due to a tear duct condition, although a catarrhal condition might also be causing some of the trouble. Have the eyes thoroughly examined and then proper treatment can be advised.

T. G. Q.—I am 5 feet 4 1/2 inches tall. How much should I weigh and how can I gain?

2.—What will clear up a muddy complexion and blackheads?

A.—Without knowing your age I cannot tell you what you should weigh.

2.—Careful diet, avoiding excessive sweets and keeping the system clear should be helpful along these lines. For further particulars send a self-addressed, stamped envelope and repeat your question.

# BOILING SPRINGS WEEK-END MENTION

Two Social Clubs Meet, One Elects Officers, Personal Items Of Interest.

(Special To The Star.)

Boiling Springs, Oct. 27.—Mrs. J. L. Jenkins was a most charming hostess to the members of the phillonian book club and the junior college faculty at her home Thursday afternoon at 3:30 o'clock. The home was most beautifully adorned with baskets and vases of lovely fall flowers. Attractive Halloween decorations were used on the walls, mantle, and over the lights. The meeting was called to order and the business matters were discussed, the roll was called and minutes read. The program was rendered as follows: "The Artistic Value of the Stairway of the Modern Home" by Miss Mabel Goode. "The Walls of a Modern Home and Their Decorations" by Mrs. G. B. Greene. The meeting was then turned over to the hostess who assisted by Little Misses Rachael Huggins and Katherine Jenkins who were dressed in Halloween costumes, served a delicious salad course with accessories. The Halloween idea was displayed in the refreshments and was carried out in a most unique manner.

The hostess brought in a cauldron in which a fire was coftly burning. Yellow flowers were suspended on black ribbons down to the side of the cauldron and formed a pretty wreath. Each guest took a flower which when taken from the cauldron revealed a nut on the other end of the ribbon. Each guest found her fortune and read it alone. All of these pertained to some superstition of Halloween time.

Mr. and Mrs. John Cash Mrs. L. H. Biggerstaff and Mrs. D. P. Hamrick spent Monday at Asheville Normal visiting their daughters who are in school there.

Miss Mabel Goode delightfully entertained the Tonizes and Needles club Friday afternoon at her lonely home which was decorated most beautifully with a variety of fall flowers and an attractive arrangement of Halloween decorations. The meeting was called to order by the president Miss Mabel Goode and the business matters were attended to. As this was the appointed time for the election of officers the nominating committee submitted their decisions which were as follows: President, Mrs. J. H. Jones; vice president, Mrs. W. A. Webb; secretary and treasurer, Mrs. Dean White. These nominations were accepted and these officers were elected for the coming year. This club decided to follow its usual custom and make a quilt for the Thanksgiving box to be sent to the orphanage. The business meeting adjourned.

The hostess was assisted by Mrs. C. C. Goode in serving tempting refreshments. A dainty yellow flower graced each plate which made the Halloween idea complete. The next meeting will be with Mrs. L. M. Ritch but will be held at night instead of the regular time.

Mrs. G. T. McSwain who was hurt several days ago by falling down a flight of steps, seems to be improving at this writing.

# Behind The Scenes In Hollywood

Hollywood.—The problem of the broken accent versus talking pictures has been a subject of timorous interest in the colony. Let him without the first accent cast the first stone, seems to be the attitude. And, to be sure, the day of demerol and dose isn't of the past. We of Hollywood are proud but—er—human.

A few eyes have cast curious glances in the direction of the Samuel Goldwyn headquarters where the beautiful Banky has floated leisurely to stardom. Vilma's accent today is as charming as twas a year ago.

Mr. Goldwyn found pause because of this accent. He cogitated. His fellow workers cogitated. From the vague dimness of their cogitation was born an idea. Hence, Vilma's next picture, "Child's Fifth Avenue" (temp title) is to be an all talky one.

According to the story, Vilma is a Hungarian on route to Uncle Sam's territory. She speaks Hungarian records on the film. In due time, and with pathos mingled with humor, the Banky tries Americanese which she softens with that much-be-printed accent of hers. Erro of the insistent demand that the flicker-ties talk through celluloid will be met and the problem of the accent solved—simultaneously. Clever, I call it.

The Banky troupe heads East shortly to close up and lonesome highlights of Manhattan. Who the Rod LaRocque would hero opposite his wife, but the kibosh seems to have been put on that. Rod, himself, expresses no enthusiasm concerning pictures of any nature. He has made some good investments on the stock exchange and, financially, is prepared to fit his conscience to his guide. Still, many attempt to retire but few succeed.

IR U. A. M.!

Sounds of a vocal nature emanate daily from the Rubins house over on Wilton Place, where Alma practices the do-re-mi-so-fa-la-to-do range to suit herself. Alma is a mezzo-soprano. She doesn't usually discuss the art of scream, and she



VILMA BANKY

doesn't in this case, but musmuch as she will accompany herself on the ukulele and sing a couple songs in "She Goes to War." Ye scribe has her on the wing in this paragraph. But you're wrong. It wasn't her singing that prompted her and Ricardo Cortez to declare a matrimonial vacation. Ricky is largely responsible for Alma indulging in non-weight, vocal scales.

The peace treaties have held armed forces to a mere 35 per cent increase over 1913.—Publishers Syndicate (Chicago.)

### Tarheel Death Rate Lower

Washington.—The death rate for North Carolina decreased from 1,206 per 100,000 population in 1926 to 1,136 in 1927, figures made public by the department of commerce show. Total number of deaths in 1926 was 34,562 as compared with a total number of deaths in 1927 of 32,917. The population of the state was estimated by the department at 2,856,000 in 1926 and 2,867,000 in 1927. The decrease in the death rate in 1927 was accounted for by decreases in the death rates from influenza,

pneumonia, diarrhea and enteritis, tuberculosis, nephritis, puerperal causes other than puerperal septicemia, typhoid fever and malaria. Leading causes of death in North Carolina in 1927 were: diseases of the heart, which caused the death of 3,358 persons; nephritis, 2,735; tuberculosis, 2,578; congenital malformations and diseases of early infancy, 2,481; cerebral hemorrhage, 2,189; pneumonia, 2,186.

While both political parties favor food prevention, neither is averse to a landslide.—Brooklyn Eagle.

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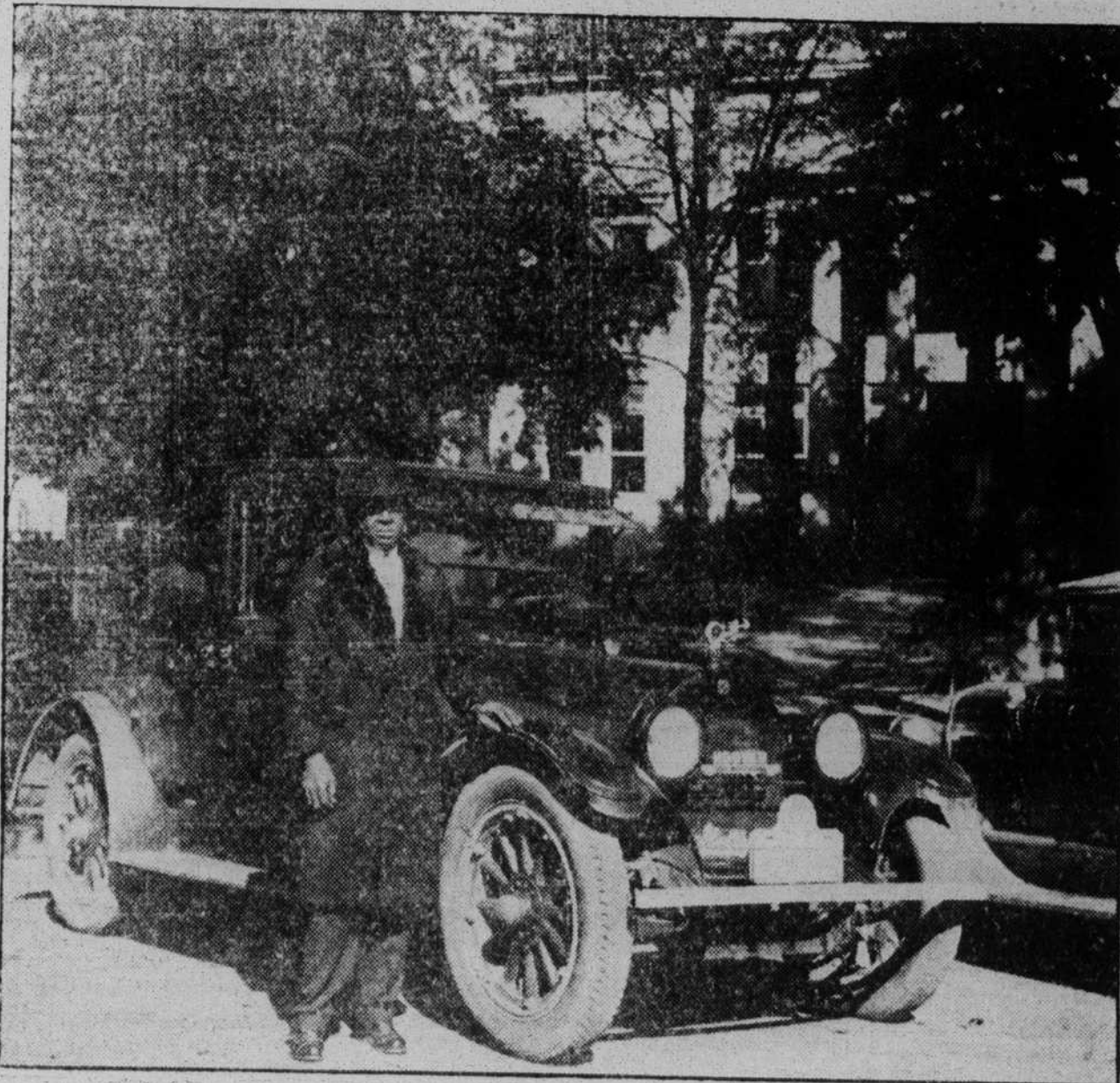
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### He's For

# "Hisstah Hoovah"



One more Hoover-for-President supporter came to Cleveland county last week. He was Esco Mull, of color, whose native abode is in the Lawndale section, but who has been living long enough "up north" to own a big car, good clothes and be for the Republican candidate, Mr. Hoover, for President. The above photo of the Hoover supporter was snapped at the Shelby court square curb, not for from the Confederate monument. (Note: Close inspection will reveal the "Hoover-for-President" tag on the front of Esco's car.)

(Political Advertisement.)

# MR. HOEY SAYS BIG RALEIGH AUDIENCE

Only Indirect Allusions To Simmons; Flays Herbert Hoover.

Times and Observer.

Clyde R. Hoey, of Shelby, Democratic elector-at-large and who has borne a greater share of the burden than any other Democratic orator in this campaign, last night came to Raleigh for his 40th campaign speech and delivered what was by common consent adjudged the most pleasing speech heard here during the campaign.

Speaking in the city auditorium where Senator F. M. Simmons delivered an anti-Smith speech the night before, Hoey drew a smaller crowd, but all of his 2,500 hearers remained for the entire address, whereas Senator Simmons was unable to make himself heard and lost over two-thirds of his big crowd.

Simmons References Indirect.

Only two references were made to the Simmons speech, both of them indirect. Mr. Hoey was introduced by Robert Ruark, chairman of the Wake County Democratic club, who characterized the present campaign as without parallel for misrepresentation and attempted assassination of character and who declared of the man he was introducing:

"He does not come to regale you with a recital of his own virtues and accomplishments nor to ridicule Democrats who may differ with his views."

Near the beginning of his remarks Mr. Hoey asserted:

"I have made 43 speeches in North Carolina for Al Smith and the Democratic party and I have never been cheered by Republican politicians or applauded by Republican newspapers, so I know I am right."

"When Democrats and ministers are applauded by Republican newspapers and cheered by Republican politicians they ought to have a serious examination with themselves because whenever Democrats support the Democratic party and ministers preach the Gospel they do not receive Republican applause because there is no comfort for the

# Spartan Fair To Open Tomorrow

Months Of Preparation, Football Game And Other Features For Each Of Five Days.

(Special To The Star.)

C Spartanburg.—The Spartanburg County Fair will be held on Oct. 20-21, Nov. 1-2-3. Secretary Erierson and his corps of efficient workers have been working for months to make this the greatest fair ever held in this section. There will be horse races four days, trotting, pacing and running. On Friday motorcycle races will be run off immediately following the harness races. Official automobile races will be run on the closing day of the fair. There will also be greyhound races. A football game between Wofford and Presbyterian colleges is staged for Thursday, Nov. 1 at 10:30 a. m. Rubin and Cherry St. ows have been secured for this year's big event. A great display of fire works is scheduled for four nights of the fair. There will also be splendid free acts before the grand stand each afternoon and evening. The annual field meet for schools will be held Friday, Nov. 2. The exhibits promise to be a great feature this year and will consist of poultry, educational, agricultural, community, fancy work, flowers and canned fruits and vegetables. The live stock exhibits will consist of pure bred dairy cattle, hogs sheep, etc.

She Knew Her Needs.

A negro woman was in an auto accident. After regaining consciousness the doctor sought to cheer her by remarking:

"You will undoubtedly be able to obtain a considerable amount of damages, Mrs. Johnson."

"Damages?" said Mrs. Johnson, "what does Ah want wif damages? Ah got enuf damage now. What Ah wants is repairs!"—Ex.

Republican party in either of those two things.

Few Preliminaries.

With only a few preliminaries, which included a brief review of the history of the Democratic party for the past 30 years and a tribute to his townsman and brother-in-law, O. Max Gardner, gubernatorial nominee, Mr. Hoey plunged into his discussion of the national campaign.

# DR. TORREY IS DEAD, NOTED EVANGELIST

Asheville, Oct. 27.—Dr. Reuben Archer Torrey, world famous evangelist and Bible student, was found dead in bed at his home in Kenilworth this morning. He had been ill only a few days, although in declining health for several months.

No funeral arrangements will be made until his son, R. A. Torrey, jr., arrives from St. Louis sometime tomorrow.

The distinguished scholar was 72 years old. During a life notable for activity he preached in most of the civilized nations of the world, and in many of the remote places. On a tour in 1907 and 1908 he preached in England, Scotland, Ireland, Germany, France, Australia, New Zealand, Tasmania, China, Japan and India.

He was a Yale graduate, Bible scholar throughout the world looked upon him as one of the best informed preachers in America. From 1889 to 1908 he served as superintendent of the Moody Bible institute. From 1912 to 1921 he was dean of the Bible institute of Los Angeles. He leaves a long list of books on religious subjects. Some of them are "How to Bring Men to Christ," "How to Succeed in the Christian Life," "Divine Origin and Authority of the Bible," "Soul Winning Sermons," "The Real Christ," "The Gospel of Today," "The Christ of the Bible."

NOTICE OF SALE. Under and by virtue of the will of J. H. Austell, deceased, and as representative of the heirs-at-law of said deceased, I will on the

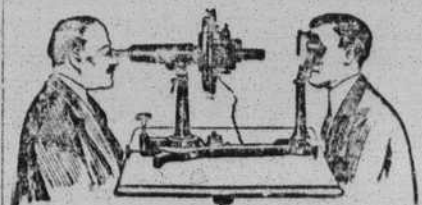
12th day of November, 1923, at 10 o'clock a. m., at the old home place of said deceased, near the town of Earl, N. C., offer for sale the highest bidder all that tract of land belonging to said estate, consisting, according to recent survey, of 222.15 acres. There will also be sold at same time one house and lot situated in the town of Earl, N. C.

This farm has been divided into seven lots, and will be sold in lots and then as a whole and plat of same is in hands of J. H. Austell, and he will be glad to show the land to any prospective purchaser. This is very valuable farm land, situated right near the town of Earl, with good churches and school almost at the door.

Terms of sale: One-third cash on day of sale, and the remaining two-thirds on November 12, 1929, the deferred payments to be evidenced by notes with approved security, and to bear interest at six per cent from day of sale.

Privilege will be given the purchaser of paying all cash on day of sale, or upon confirmation of sale. This land will be sold subject to a raised bid within 20 days, This October 3, 1923.

S. H. AUSTELL, Executor.



# AVOID REGRETS

If you have the least feeling that something is wrong with your eyes, there undoubtedly is, for something has made you aware of a change in your vision.

Have your eyes examined at once in order to obtain proper glasses to correct any defect and thus avoid future regrets.

Dr. D. M. Morrison

Located Downstairs Next To Haines Shoe Store. Phone 585. Shelby, N. C. Note: Dr Morrison Will Be In Rutherfordford Office On Every Thursday.