

Copeland's Health Talk

See Your Physician

BY ROYAL S. COPELAND, M. D.

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

In an address recently, Dr. Lewellyn F. Barker, president of the Inter-State Post Graduate Medical Association of North America, discussed the causes for the increase in the average span of life. He recites four chief reasons, as follows:



DR. COPELAND

"Endowments of clinics to discover causes of disease."
"Attraction of greater numbers of young men of ability to this work."
"Rise in the average level of training among practising physicians, and"
"Periodic health examination."

If I were in the mood to argue the case I might dispute some of the inferences of these statements. The particular thing in my mind is the possibility that there may be implied a criticism of the older practitioners.

Of course, Dr. Barker did not intend this. Undoubtedly a full report, instead of the brief one I read, would define more clearly that the writer was pleading the importance of frequent and careful health examinations.

He was pointing out how such examinations are made possible even for the poor. The clinics, the willingness of young medical men with time on their hands to attend these clinics, and the increasing belief in the profession that frequent examinations are important—these have resulted in an extension of life's span.

When we study the statistics of long life, we find that the good results are confined largely to the

extremes of life. Under modern conditions thousands of babies live who would have died under the condition of one generation ago. In old age, too, we have learned how to prolong life.

Unfortunately, in the middle age group disease is as prevalent and as fatal as it was thirty years ago. In this period of life the old time practitioners were and are just as successful as the men of recent medical training.

Believe me, these old time doctors possess the art of medicine, remarkable skill in applying methods for the relief of pain and the prolongation of life. They have knowledge that should be the envy of the young men in the profession. Let no recent graduate sneer at these "old-fashioned," "country" doctors.

When I am sick I want two doctors. One of them, the modern physician, will apply the latest scientific knowledge. The other, the old time family doctor, will know how to place his cool hand on my fevered wrist and brow. He will know how to arrange "hot packs" or "cold packs." He will have a bag full of wonderful tricks to command my confidence and relieve my pain.

My hat is off to the old time doctor I respect and commend every-thing modern science has given the world. But I shall never forget the doctor of the old "Dr. MacClure" type. God bless him!

But Dr. Barker is right about the necessity for frequent physical examinations. I beg of you not to overlook their importance. Have your machinery overhauled occasionally. Early attention to the defects discovered in these surveys will preserve your body and prolong your life.

If you can't afford to pay the full fee for this important work, go to one of the splendidly equipped clinics. Here these trained and able men check up on your physical possessions. Follow the advice given you.

Answers To Health Queries.
F. S. T. Q.—What will remove moles?

A.—Moles can sometimes be made less noticeable by the use of the electric needle. The work must be done by an expert in this particular line.

L. D. Q.—I am 15 years of age, 5 ft. 9 3/4 in. tall: what should I weigh?

A.—You should weigh about 142 pounds.

L. B. Q.—What are among the first symptoms of diabetes?

1.—What is responsible for a roaring sound in the head?

2.—What causes the heart to come up in my throat, give a hard beat, also causing a strange feeling in my head?

A.—Abnormal appetite and thirst, nervousness and in some instances loss of weight. A careful examination will determine whether or not the disease is present and then proper treatment can be advised.

2.—May be due to nervousness, catarrh or abnormal blood pressure. Examination in this case also will determine the necessary treatment.

3.—Palpitation may be due to indigestion, nervousness or a possible heart condition. For further particulars send a self-addressed, stamped envelope and repeat your question.

W. P. Q.—Can a bronchial cough of long standing, where the lungs are not affected, be cured?

A.—Depending upon the seriousness of the trouble and its duration. Building up the general health will make one less susceptible to colds and coughs and cause stronger resistance.

The best President Coolidge could do on Armistice Day was to call for more and bigger cruisers. Happily for international peace, the law of prudence and succession will spare the world his friendly thoughts on the Fourth of July.—Norfolk Virginian-Pilot.

NOTICE OF RESALE OF LAND

Under and by virtue of an order of the Superior Court of Cleveland County, made in special proceeding entitled, L. H. Bumgardner, executor of the will of Henry Wheeler Bumgardner, deceased, and others vs. Edleman Bumgardner and others, the same being No. ... upon the special proceeding docket of said court, the undersigned commissioner will, on the 31st day of December, 1928, at 12 o'clock, noon, at the court house door in Shelby, N. C., offer for resale to the highest bidder, terms one-half cash balance in one year from date of sale; that certain tract of land lying and being in No. 11 Township, Cleveland County, N. C. known as the Wheeler Bumgardner home place, and described by metes and bounds as follows:

BEGINNING on a stone, then East 82 poles to a post oak (now down); thence South 86 poles to a stone in the center of the creek; thence with the old channel of the creek 12 poles to a stone in center of said channel; thence West to a stone, A. P. Bumgardner's old corner; thence West 100 poles to a stone pile in Joe Downs' line; then North 62 poles to a stone pile; thence East 18 poles to a stone; thence North 35 East 36 1/4 poles to the beginning, containing 56 acres, more or less.

Bid starts at \$1286.25. This the 14th day of December, 1928.

L. H. BUMGARDNER, Commissioner.

Newton & Newton, Attys.

Telegraph Plays Big Part In Celebration Of Yuletide Occasion

Christmas has been celebrated for many centuries but it is certain that the most wholehearted and widespread yuletide festivities have been witnessed in the present century. Today it is estimated that more than half a billion persons in all parts of the world and of practically every conceivable religious faith observe the day. Many customs of the past have survived the centuries. Today we still use holly, laurel and mistletoe even as the Druids did.

In the thirteenth century King Henry III held a Christmas feast for the poor which lasted for an entire week. Today municipalities throughout the country have community Christmas trees and provide Christmas celebrations for the less fortunate members of the community. In olden times the Lords received gifts from their tenants, and sovereigns received presents from their nobles. Today employers and employees exchange tokens and greetings are exchanged by business firms.

Sometime in the middle of the last century the greeting card came into being to convey Christmas felicitations, and today Americans, ever searching for something new, employ the telegraph to hasten their words of Christmas greeting to friends and relatives. In fact the telegraph plays a most important part not alone in the celebration of the holidays but in the business transactions which precede the day. For several weeks before Christmas the telegraph wires hum with orders for merchandise to replenish Christmas stocks or to satisfy some particular patron's desire for special items. Having had ample evidence of the efficiency of the telegram in everyday sales work, thousands of firms today solicit Christmas business by wire. Even in the busy Christmas season the little yellow blank commands attention.

In another day and age one living in America had to plan for weeks ahead for Christmas greetings to reach friends abroad and usually the messages arrived before the addressee was properly infused with the spirit of the season. Today, the greetings that go abroad by submarine cables convey a feeling of spontaneity and warmth which is lacking in messages that grow cold in the mails.

Then, too, hundreds of business houses in all parts of the country send telegrams of greetings to firms and customers with whom they do business. These messages reflect the sentiment of American business and do much to dispel the fallacious idea that business in America is merely a system of "dollar chasing."

Still another Christmas service

TRUSTEE'S SALE OF LAND.

Under and by virtue of the power and authority contained in that certain deed of trust dated the 13th day of December, 1927, made by Scott Wright and wife, Etta Wright, to D. Z. Newton, Trustee, to secure a certain note for the sum of two hundred, twenty (\$220.00) dollars executed by the said Scott Wright to A. L. Wortman, and which deed of trust was duly recorded in the office of register of deeds for Cleveland County, N. C. in book 141, page 281; and default having been made in the payment of said note as provided in said instrument, the undersigned trustee being directed to execute the trust imposed upon him will offer for sale to the highest bidder for cash, at the court house door in Shelby, N. C. at 12 o'clock P. M. on the 7th day of January, 1929, the following described real estate lying in No. 11 township, Cleveland County, North Carolina:

Beginning on a stone, known as the chestnut corner, and runs S. 67 1/2 W. 60 poles to a stone; thence S. 31 E. 91 poles to a hickory; thence S. 3 W. 52 poles to a rock pile, Azor Pruett's corner; thence S. 87 E. 50 poles to a black gum; thence N. 40 poles to a beach, near a spring; thence N. 40 E. 12 poles to the branch; thence up the branch as it meanders 17 poles to a gum at the mouth of a little branch; thence up the little branch as it meanders 112 poles to a dogwood on bank of same; thence N. 6 E. 7 poles to the beginning, containing 50 acres, more or less. Same being that tract of land conveyed to Scott Wright by deed of record in the office of register of deeds for Cleveland County, N. C. in book EEE, page 98.

This the 6th day of December, 1928.

D. Z. NEWTON, Trustee.

NOTICE OF SALE.

By virtue of the will of J. H. Austell, deceased, I will re-sell at public auction to the highest bidder on the premises of the deceased, near the town of Earl, N. C., at 10 o'clock, a. m., on Tuesday December 18, 1928, the following tracts of land, described as Lot No. 1, containing 33 acres, Lot No. 2, containing 55.75 acres; Lot No. 4, containing 27 acres; and one house and lot in the town of Earl, N. C. Bidding will begin on Lot No. 1, at \$2097.00; Lot No. 2 at \$5619.00; Lot No. 4 at \$2409.75; and house and lot at \$1338.75. Terms of sale: one-third cash on day of sale, balance in one year, deferred payments to be evidenced by note with approved security, bearing interest, at six per cent from date of sale, with privilege to the purchaser of paying all cash.

By agreement with the executor and all the heirs of said estate this is to be the last and final sale.

S. H. AUSTELL, Executor of the estate of J. H. Austell, deceased.

provided by the telegraph companies is the Gift Order Service. One may step into any Western Union office and send a Christmas Gift Order to any part of this country. Not only does this assure rapid transmission of the gift but it also solves the ever perplexing problem of "What Shall I Give?" With a gift order one can buy what one wants or what one needs and there is no gift so welcome as a gift of a much wanted or urgently needed article. All too frequently one cannot make known in a proper manner just what one wants or needs for Christmas but through the Gift Order Service the wants of the needs of a loved one or a friend may be amply satisfied, and at the same time a message of greeting may be sent with the gift order without extra charge.

This year still another Christmas service will be made available to thousands of persons. Heretofore telegraphic greetings, though delivered on handsomely decorated Christmas blanks, were written in typewriter type. Today, residents of certain cities may send these Christmas messages in their own handwriting. This service is provided by the Western Union under the name "Photograms," and provides for the transmission of facsimile messages. Another marvel of the day!

To those persons desirous of sending a picture of themselves to their folks on Christmas Day the Telephotograph Service is available this year. A photograph can be transmitted over the telegraph wires in this day of marvels with amazing speed and clarity and such a picture will undoubtedly be a welcome Christmas gift in many homes this year.

Christmas Is Busy Time For Western Union's Messengers.

Santa Claus who is generally credited with being everywhere at once on Christmas Eve, has nothing on the 15,000 messengers of the Western Union whose activity at this season of the year puts to shame the proverbial busy bee.

These modern couriers of business are pressed into service at the Christmas season to deliver the nation's gifts either for the individual or the merchant.

SALE OF PERSONAL PROPERTY

On the 20th day of December, 1928, I will sell at public auction the personal property of Sam T. Poston, deceased, consisting of two mules, one cow, one two-horse wagon, one buggy, and all farm implements. Terms of sale cash. This 3rd day of December, 1928. WALTER T. POSTON, Administrator of Sam T. Poston, deceased. 313c

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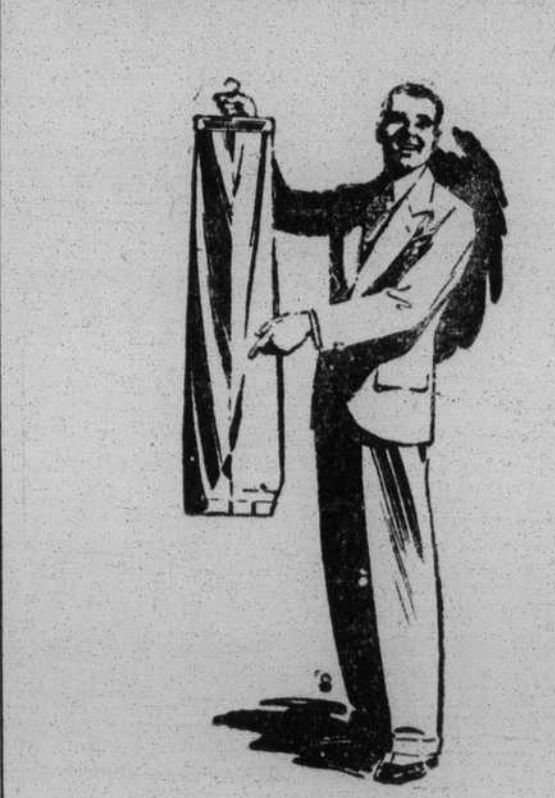


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This is useful and appropriate present—inexpensive but elegant. We have a large assortment in kids, in browns, tans, grays—both silk and fur lined. Priced from—
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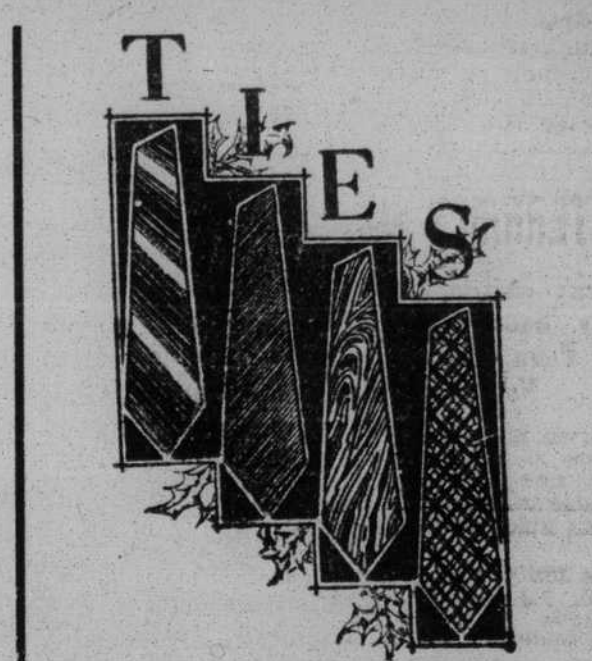


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We have some very fine quality garments, in new patterns, made of both broadcloth and madras. Priced from—
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A man never has enough neckwear. Our stock is complete. New shapes and patterns—
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