

Copeland's Health Talk

The Hear's Pace

BY ROYAL S. COPELAND, M. D.

(United States Senator and Former Health Commissioner of New York)
If you live to be seventy, your heart will beat two and a half billion times, almost forty million times a year. I can't tell you off-hand what quantity of fluid is pumped during a lifetime. But it is a great river.



How can the heart keep on, hour after hour day after day? Why doesn't it break down from sheer weariness?

From early times it has been customary to divide the day into three equal parts: Eight hours for labor, eight hours for recreation, eight hours for sleep and refreshment.

This is the pretty general acceptance of the idea that eight hours of work is the outside limit of what should be undertaken. If you were to stick to this rule, it is probable your life would be prolonged.

With this division of time in mind, what does the heart do? It is interesting to find that this organ works almost exactly one-third of the time, resting the other two-thirds.

It is impossible to suggest improvements in the machinery of the body which aren't fair to the heart for you to live such a life that its pulsations are materially above the average of that seventy beats per minute average rate, the heart has ample time between pulsations to rest its tissues and to renew energy.

Suppose there is some physical condition that results in a constant heart rate of a hundred or a hundred and five per minute? You can see that this reduces the rest period very materially. Instead of working a third of the time, it is increased fully one-half.

Comparing this to normal labor, it is the same as a man worked twelve hours out of the twenty-four. If the pulsations are doubled the average number, tearing along at the rate of one hundred and forty per minute, then the poor old heart works twice as much as it rests. It is the same as if the man at manual labor worked eighteen hours out of twenty-four.

You know the man is not born who can work day in and day out, year in and year out under such pressure. Neither can a heart continue forever to work at such speed.

Rapid pulse is rather a common symptom. Please bear in mind that it may be caused by some condition entirely apart from the mechanism of the heart itself. It is the nervous system that is most likely to be out of order. In consequence, the brake is off the heart, control of its speed and regularity is temporarily lost.

Of course the rate of seventy beats which I have mentioned is the average rate of heart pulsation. It may be eighty or eighty-five per minute and yet be regarded as "normal." It may be as low as sixty or even lower, and not be a sign of disease.

If your heart suddenly develops rapid action or, in any event, if it beats so fast as to disturb or worry you, talk with your doctor about it. He will advise you and, if need be, prescribe for your ailment.

M. K. T. W. Q.—Do you think I could inherit near-sightedness after having perfect eyesight for seventeen years, or do you think it was

A. F. Q.—What should a man of forty, 5 ft. 8 in. tall weigh?
2.—What is the most vital organ in the body?
3.—What causes high blood pressure?
4.—When there is no pain or ache, is this a sign of perfect health?
A.—He should weigh about 152 pounds.
2.—The heart.
3.—Faulty diet, failure in kidney functioning, and constipation are all factors. For full particulars send a self-addressed, stamped envelope and repeat your question.
4.—Not necessarily.

M. A. W. Q.—My son of eighteen is troubled with enuresis. What would you advise?
2.—What causes one to bite the nails and how can this trouble be overcome?
A.—Be sure there is no kidney condition which may be responsible. For further particulars send a self-addressed, stamped envelope and repeat your question.
2.—Nervousness is the usual cause. Painting the nails with tincture of asafoetida should be helpful in breaking the habit.

F. E. G. Q.—What is the cause of my heels aching and my ankles being cold all the time?
A.—Your trouble may be due to poor circulation or rheumatism. For particulars send a self-addressed, stamped envelope and repeat your question.

J. L. Q.—What will prevent me from biting my fingernails?
A.—Paint the nails with tincture of asafoetida.

EARL COMMUNITY NEWS MENTION

(Special to The Star.)
Earl Jan. 1.—The old year passed last night and the New Year came with exceptional quietness.

Mr. and Mrs. E. A. Jones have returned to their home in Atlanta after a holidays visit here to see their parents.

Among those having family Christmas dinners were: Mr. and Mrs. P. C. Lavender, Mr. and Mrs. O. F. Austell, Mr. S. H. Austell, Bettis family, Mr. and Mrs. A. E. T. Bechtler.

Mrs. Ruffin Crawford was hostess to the superintendent, secretary and teachers of S. S. Wednesday evening at her pretty little bungalow on the Crawford road. The first thing on program: Devotion by superintendent, Mr. Colton; Christmas carol, "Silent Night." After which all repeated a memory verse from the Bible.

Quite a number of contests and games were enjoyed during the evening. The hostess was assisted in serving a salad and sweet course by Misses Mary Ellis, Winnie Border, Mary Turner, Ruth Lansing. Thirty-nine guests were present.

Misses Rebecca Austell, Louise Bettis, Frelove Crawford left Tuesday to resume their studies at Bowling Springs junior college after spending the holidays with home folks.

Mrs. Austell Hostess.
Mrs. B. Austell was hostess to the B. Y. P. U. Friday evening at her home on Main street. The home was arranged with elaborate Christmas decorations. Mrs. Austell was assisted in entertaining by Misses Leitha Bettis, Mildred McSwain, Mr. Evans Crawford. During the social hours many games and contests were played after which the hostess invited the guest to the dining room where a salad and sweet course was served. Those assisting in the dining room were: Mesdames Ruffin Crawford, Johnny Debach. At the conclusion of the games each one was asked to write out their New Years resolution, all of which are to be stored away and kept until another Christmas at which time they will be read. Sixty guests were present.

Mr. S. H. Austell, Mr. and Mrs. Joe Austell and two children Virginia and Roberts, of Greenville, S. C., Louise and Eugene Bettis, of Greer, S. C. were the dinner guests of the Misses Bettis New Years.

Mr. A. B. Jones who has been visiting Mrs. B. F. Jones for the past two weeks returned to his home in Lattimore Friday.

Mr. B. F. Jones of Georgia spent the holidays here with his family.

Mrs. Bud House gave a takey party Thursday evening at her home on N. Washington street. Much fun and laughter was enjoyed throughout the evening. First prize was awarded to Mrs. Dave Moss for tackiest dress for women. Second prize to Miss Inez Morehead for tackiest dress for girl.

Mr. Henry Nichols of Raleigh, State college student, spent the holidays in the village the guest of his parents, Mr. and Mrs. R. E. Nichols.

Double Shoals Dots Of Community Items
(Special to The Star.)
Double Shoals, Jan. 1.—Happy New Year. The holidays are over, folks, returning to the various places of work and study, another period of time is marked and we are permitted to see the morn of the New Year.

A quiet Christmas was spent in this community. No deaths, accidents or drunks so far as this news gatherer knows. It was remarked by one of the leading business men to be a well spent Christmas in the way of quietness.

The New Year came in rainy and foggy with lots of sickness in the community. The flu continues to spread where it hasn't been.

Mr. and Mrs. H. C. Royster and Mr. and Mrs. C. R. Spangler spent Sunday in Shelby with their parents, Mr. and Mrs. J. T. Spangler.

Mrs. L. I. Eaker and children of Clover, S. C. spent the week-end with parents Mr. and Mrs. Alex Costner.

J. W. Costner attended a group meeting of the Kings Mountain association Sunday school at Normans Grove on Sunday in place of the Sunday school superintendent. Mr. A. A. Richards was re-elected as group superintendent for the New Year.

Miss Evangeline Peeler, daughter of Mr. and Mrs. J. R. Peeler returns today to Mars Hill college.

Mr. Leland Royster has returned to Bowling Springs junior college to resume his studies.

Mr. and Mrs. Paul Toney have moved from the community to Shelby. This community will miss this good family.

Mr. and Mrs. Blain Toney have moved back to the community, near his mother Mrs. A. A. Toney.

Miss Edith Sain of Toluca is spending a few days with her sister Mrs. Wythe Costner who is sick with flu.

Old Mr. Stork paid this community a visit on December 24 and left at the home of Mr. and Mrs. Carl Spangler a baby girl. Both mother and baby are getting along fine.

Looking For Scrap



The McAdenville "Man Mauler," known in civilian life as Terry Roberts, but pictured above in his fighting regalia, wants to fight in Shelby. According to his manager, who desires Roberts' next bout to be fought here, Cole Miller is the rival Roberts has his eyes on. Local fight promoters are trying to get the two battlers signed up.

No. 1 Township News Cleanings Of Week

Number Of Marriages Reported. Some Sickness—Personal Mention.

(Special to The Star.)
Mr. and Mrs. Robert McQuay spent last Sunday night with his sister Mrs. Ford Towery of Trinity.

Mr. and Mrs. Homer Humphries of Gaffney spent last week with relatives here.

Miss Veolia Bridges is visiting her brother at Kings Mountain.

Mrs. Clint Humphries and children spent Saturday with Mr. and Mrs. Guy Humphries.

Mr. Gailther Humphries and Mr. Quay Byars of Cliffside were visitors here Wednesday.

Mr. and Mrs. Dee Byars and son, Emmett and Mr. and Mrs. Blain Davis visited Mr. C. C. Pruette of Bowling Springs Thursday night.

Mr. and Mrs. Will Humphries of Cliffside spent last Saturday afternoon with Mr. and Mrs. Dee Byars.

Mr. and Mrs. Julius Price and Mr. Charlie Price of Gaffney visited Mr. Rome Davis last Tuesday.

Mr. and Mrs. Darric Martin, of Shelby, visited his father last week.

Master Julius Allison and Miss Virgie Whisonant are leaving Monday for their school at Morganon.

Mr. Tom Price and family of Cliffside spent Sunday with Mr. and Mrs. Garland Hamrick.

Misses Exie Humphries and Eloise Hamrick spent Friday night with Miss Inez Humphries of Robbs.

Mr. Thurman Byars who got hurt in the mill at Gaffney two weeks ago is able to return to his work.

There has been several wedding in this community during the holidays. Among them were: Mr. Blain Davis and Miss Vernier Byars; Mr. Arthur Harris and Miss Elsie Jones; Mr. Haynes Welchel and Miss Carree Jolley; Mr. Bee McCraw and Miss Ercella McCraw.

Mr. Noah Jolley and family of Trinity spent last Sunday with his son Mr. Rob Jolley.

There are several cases of flu in this community. Among those sick are Mr. Rome Davis and Mrs. Rester Bailey and two children and Mr. Thamer Humphries and Mrs. Frank Bailey.

New Theatre Opens At Forest City 3rd

The Romina Theatre built and owned by Walter Haynes of Rutherford county will open at Forest City Thursday with appropriate exercises by gifted North Carolina talent. This is said to be one of the largest and most modern theatres in Western Carolina. In April a Vitaphone will be installed, and entire equipment and building representing an investment of \$150,000. At the opening exercises C. O. Kuester or Charlotte will present the theatre, Mayor Chas. Flack of Forest City and Clyde A. Erwin, county superintendent of schools will deliver speeches of acceptance. The Good Fellows Music Makers will furnish music during the evening.

Fry Star Job Printing ADMINISTRATOR'S NOTICE.

Having this day qualified as administrator of the estate of Pinkney Little deceased, this is to notify all persons having claims against the said estate to present same to me for payment on or before the 14th day of December, 1929, or this notice will be pleaded in bar of any recovery thereof. All persons owning the said estate will make immediate settlement to the undersigned. This 14th day of December, 1929.
J. B. ELLIS, Administrator Estate of Pinkney Little, deceased.

Mount Sinai News Of The Holidays

(Special to The Star.)
Shelby R-2—Broad River school opened Monday December 31, after having been closed for the Christmas holidays.

Mr. Dewey Rollins, Mrs. J. H. Rollins, Misses Ural and Norine Rollins and Miss Etha Putnam attended the funeral of Mrs. McDaniel at Ellenboro Thursday.

Mrs. J. C. Eridges has been quite ill but is improving.

Mrs. W. P. Hughes is recovering after a serious illness.

Mr. Hugo Bridges who spent last week in this community left for Florida Saturday.

Miss Etha Putnam left Sunday for Chatham county where she will resume her duties as teacher.

Miss Maude Rollins was at home from Shelby to spend Sunday.

Mr. and Mrs. Charlie Ellis, Mrs. Roy Ellis and Miss Nora Ellis were visitors in the Needmore community Sunday afternoon.

Mr. and Mrs. L. E. Weaver of Gaffney spent Sunday with Mrs. J. H. Rollins.

The Buffalo B. Y. P. U. entertained the members of the Mt. Sinai B. Y. P. U. at the home of Miss Winnie Hoyle Thursday evening. Many interesting games were enjoyed after which delicious refreshments were served. All who were present reported a good time.

The young people of this community gave an old fashioned serenade at the home of Mr. and Mrs. Conley last Friday night. The Conley family recently moved into this neighborhood.

Miss Dovie Putnam of Shelby visited Miss Kate Bridges Saturday night.

Mr. and Mrs. Reggie Weaver and family attended the funeral of Mr. Jim McMurry Sunday.

What About Driving A Car In New York

New York World.
Registrations of motor vehicles in the New York area increased by more than 11 per cent during 1928 over the registrations of 1927 up to Dec. 1, according to figures announced by Frank J. Ryan, deputy commissioner of the bureau of motor vehicles.

Passenger automobiles increased by more than 12 per cent and commercial cars by less than 7 per cent. The total in the first-named classification in New York city and the counties of Westchester, Nassau, Suffolk and Rockland was 669,715 in 1927 and 751,579 in 1928. Commercial vehicles registered in this area totaled 145,528 in 1927 and 155,600 in 1928.

The total registration of all motor vehicles in this area was 854,563 in 1927 and 909,993 in 1928. This included omnibuses, totaling 39,310 in 1927 and 43,805 in 1928. Omnibuses increased by 11 per cent.

The New York division of the motor vehicles bureau reported passenger rates of increase in both passenger and commercial vehicles than the Brooklyn and Queens areas.

HAD TO KILL THIS ONE TO FIND GOLDEN EGGS

Wilmington.—The legend of the goose that laid the golden eggs was reenacted in Phoenix, Brunswick county, when Mrs. J. W. Lorick discovered two gold nuggets in the crop of a chicken she was preparing for Christmas dinner.

Mr. Lorick said the pieces of gold were worn smooth indicating they had been in the chicken's crop for some time.

Card of Thanks.
We wish to thank our neighbors and friends for their many acts of love and kindness shown us during the illness and death of our darling baby. We especially wish to thank Dr. Lovelace and Miss Ledford for their loyal service. May God's richest blessings rest upon each and everyone who were so kind.

Mr. and Mrs. Quay Bridges, Mooresboro.

TRUSTEE'S SALE.

By virtue of the power vested in me as trustee in a certain deed of trust, executed the 20th day of December, 1928, by W. R. Martin and wife, Hattie Martin, to secure an indebtedness to the Farmers and Merchants bank, of \$290.00, and default having been made in the payment of the indebtedness thereby secured and demand having been made upon me to execute the trust.

Reference being had to the recorder, book 144, page 20, of the register's office for Cleveland county, N. C., for the said deed of trust.

I will sell to the highest bidder at the court house door in Shelby, on Saturday, January 19, 1929, at 12 o'clock or within legal hours the following described real estate: Being a lot bought of J. F. Bland and J. F. Massey and by him sold to Martin and Bro., bounded by J. A. Martin, on the west and L. M. Scoggin on the north, south of the first street in the town of Mooresboro, N. C. This being a part of the ten acre lot bought of L. M. Scoggin by J. F. Bland and containing about 5-8 acre more or less, and includes the dwelling and building now used and occupied by W. R. Martin.

This the 17th day of December, 1928.
J. H. QUINN, Trustee.
B. T. Falls, Attorney to trustee.

Epworth League To Meet Here Friday

All local league chapters are expected and urged to send a large number of delegates to the Shelby district union meeting in Gastonia Friday night of this week, January 4, at 7:30 o'clock at Main Street church. This is a very important meeting and every league in the Shelby district is urged to be represented.
V. C. MASON, JR., (Dist. Sec.)

PUBLIC YET ANXIOUS ABOUT KING GEORGE

London.—The large array of doctors again in consultation at Buckingham palace over the condition of King George tended to keep public feeling in anxious suspense. There were six physicians, exclusive of the two ultra violet ray experts.

The medical bulletin, however, was on the whole of a favorable character.

The king's extreme weakness clearly continued to be a matter that gives the physicians the greatest anxiety.

At present it is understood his nourishment consists mainly of two beaten raw eggs daily, supplemented by a little milk and meat and fruit juices.

A scientist at Ithaca, New York, says the lower animals may sometime overcome and devour the human race. This seems like a pretty good time for the squirrels to get busy.—Detroit News.

TRUSTEE'S SALE.

By virtue of the power of sale contained in a deed of trust executed by J. S. Wilson and wife, Mary Wilson, on December 1, 1923, to me as trustee of the Shelby Building and Loan association, and default having been made in payment of the indebtedness secured thereby and having been called upon to execute the trust, I, as trustee, will sell for cash at public auction to the highest bidder at the court house door in the town of Shelby, N. C., on

Saturday, January 12, 1929 at noon, the following described real estate:

Situated on the south side of Pinkney street in the town of Shelby, N. C., and being known as No. 19, plat D on map filed in official proceeding No. 1293, in the office of the clerk of the superior court of Cleveland county, and being the lot deeded to J. S. Wilson by R. L. Ryburn, commissioner, by deed dated December 1, 1922. Reference is hereby had to said deed and plat for full description by metes and bounds. Purchaser will buy subject to any taxes due or assessed.

This December 10, 1928.
CLYDE R. HOBY, Trustee.

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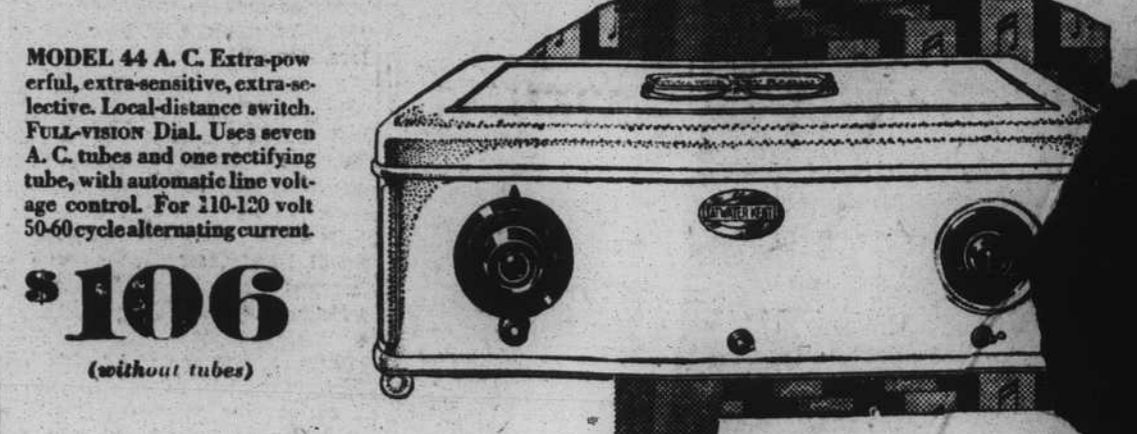
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