

TOLUCA AND KNOB CREEK GLEANINGS

(Special to The Star.) Toluca, Feb. 28.—We sure are having a lot of rain. The road workers are getting on slowly. Mr. and Mrs. D. H. Connor spent last Friday night with her grandparents near Mooresboro. Miss Ina Carpenter spent last Saturday night with Miss Mabel Barber. Mrs. F. H. Sain and children spent last Sunday at the home of her son Mr. and Mrs. Thurman Sain. Misses Mary Sue Tillman and Lunette Norman of Belwood visited Miss Inez Propst on last Sunday. Miss Charlie Sain spent the past week-end in Shelby at the home of her sister Mr. and Mrs. Bill Morehead. Misses Helen Sain and Pauline Lackey spent last Saturday night at the home of Mr. and Mrs. Wylie Costner of Double Shoals. Mr. and Mrs. J. L. Connor motored to Asheville last Sunday to spend a few days. Messrs. E. L. Propst and S. H. Sain were visitors in Morganton last Sunday. Mrs. S. A. Sain and son Thaxton spent last Sunday afternoon at the home of Mrs. J. C. Hoyle. Mr. Ambrose Hoyle and Hazel Yarboro who have been sick with pneumonia are improving at this writing. Also Mrs. Clarence Cook is improving. Mr. Russel Sain spent last Tuesday night with Messrs. Ralph and Roy Carpenter. Mr. and Mrs. T. J. Vickers of Shelby spent last Sunday with their parents, Mr. and Mrs. J. M. Carpenter. Mr. J. T. Barber and Mrs. Jake Hoyle accompanied by Mr. Joe Costner visited at the home of their brother Mr. and Mrs. Barber of Belmont on last Sunday. Misses Kathlene and Lois Propst spent last Saturday night with their grand parents, Mr. and Mrs. J. A. Costner. Miss Helen Sain spent last Tuesday night with Miss Kathlene Boggs of Belwood. Mr. Clyde Upton who has been in the orphanage for many years has come to stay at the home of his sister, Mrs. Dennis Sain. Mrs. C. G. Boyles was to see Mrs. Boggs at Fallston last Wednesday afternoon who is very low with pneumonia.

Copeland's Health Talk

Rheumatic Symptoms

BY ROYAL S. COPELAND, M. D. United States Senator and Former Health Commissioner of New York.

Drilled into the public mind is a respect for certain diseases, as well as a sense of conviction regarding them. It is almost impossible to change popular opinion. It becomes almost as fixed as the laws of Nature.



DR. COPELAND.

"Rheumatism" is a disease of this sort. It is all but impossible to make the average man believe he is mistaken about it. He was taught in his youth that going without a warm coat, getting the feet wet, or sitting in a draught, would cause rheumatism. He hates to be disturbed in his conviction.

Our grandparents thought every baby should cut its teeth on a rind of pork. They looked upon the tomato, or "love apple," as they called it, as a dangerous fruit—eating it, they believed, would cause cancer. Sleeping in the moonlight, these ancestors of ours were sure, would bring on insanity.

As regards rheumatism, for instance, we have gone past the exposure idea of its cause. For according to this idea, rheumatism is due to the absorption of bodily poisons.

Of course there are other factors. We cannot disregard the lowered powers of resistance which result from underfeeding or something else that lessens the nutrition of the body. Dampness and exposure have their effects it cannot be denied. Indeed every broken rule of right living is a factor. From time to time I write about the evil effects of "lime starvation." In childhood particularly it is vital to have an unfailing supply of lime. Without it all sorts of troubles threaten.

But there is another side to the lime question. There is such a thing as getting too much lime and for that matter too much phosphorus. These two minerals have an intimate relationship to bone development. Bone and joint and tendon are close relatives. What disturbs the welfare of one may cause trouble in the others. An excess of lime and phosphorus may cause deposits in the tendons or between them, as well as in the joints.

I shall say more about this on another occasion. It is an interesting problem.

But I was speaking about the infection theory. According to this teaching, if we have diseased gums, abscessed teeth, infected tonsils or chronic infection somewhere else in the body, the germs may be carried through the blood stream to one or more of the joints.

What happens then? Inflammation. Following it there are deposits and thickening of the tissue. Then nodules, nodes, lumps and deformities result.

These swellings, or tumors, or lumps, or whatever you choose to call them, are to be felt under the skin. The skin moves freely over them and they appear to be fixed in place. Any of the joints—the fingers, knuckles, elbows, knees, ankles and even the bone under the scalp may be involved.

These are some of the present-day ideas about rheumatism. We cannot hope to find a means of overcoming the ailment unless we seek for its cause. The real factor may be a long way off from the painful part.

Think over what I have said and see if your "rheumatic" pain is not due to an infection, wrong feeding, or a run-down state from any cause. There is some underlying condition which must be discovered and removed.

P. A. Q.—What do you advise for nose bleeds? A.—Have a careful examination to locate the cause of the trouble.

"A DAILY READER" Q.—What is the normal blood pressure for a woman aged 32? 2.—How much should women of the following ages and heights weigh, age 32, 5 feet, 4-1-2 inches tall; 5 feet 5-1-2 inches, and 5 feet 6 inches tall?

A.—About 125. 2.—They should weigh respectively about 132, 135 and 138 pounds.

E. C. Q.—What should a girl 17 years old weigh if she is 5 feet 3-1-2 inches tall? 2.—What do you advise for gaining weight? 3.—What is a cure for constipation?

A.—For her age and height she should weigh about 119 pounds. 2.—Proper dieting and deep breathing is the secret. You should eat nourishing foods and have plenty of sleep and rest. 3.—You should correct your diet, avoiding foods unduly rich in fats and starches. Eat simple, well-cooked food.

C. B. A. Q.—What causes a soreness in the small of my back? A.—You may be troubled with lumbago. You should have your teeth, gums, tonsils and nasal sinuses examined for possible points of infection. Make sure that your kidneys and bowels eliminate properly. Locate the cause and treatment can be advised.

D. B. F. Q.—What would you advise for an itchy rash which looks like little festering pimples? A.—It is possible you are troubled with eczema. The diet should be carefully watched. Eat simple food abstain from starches, sugar and coffee. Add bran muffins to your food.

SPEAKING OF BEING FUNNY JUST READ THE FOLLOWING

Our good friend, U. B. Blalock, writes us, states the Stanley News Herald:

"I have just enjoyed your Scotch jokes in the editorial column of your February 15th issue. Now let me tell one:

"A Scotchman went out and purchased himself a quart of 'hooch,' but before testing it out called on a chemist friend of his to analyze it. When he returned for his quart he was informed by this chemist friend that if he took a stiff drink out of the quart he would become stone blind. Smacking his lips some what in a disappointing way he remarked that that was 'too bad' but reached over and picked up his bottle.

"What are you going to do with it, pour it in the sink?" inquired the chemist.

"No, I have a blind man spotted around the corner that I am going to sell it to," replied the Scotchman.

"Speaking of Scotch economy," said Tom Bumgardner the other day, "Harry Lauder tells me on a famous Scotch golfer who suddenly abandoned his favorite out door sport. Some one asked this famous Scotchman's closest friend if he knew why the gentleman had quit golf.

"Yes," answered the friend. "He lost his ball the last game he played."

No wonder Mussolini can handle tangled affairs. He was raised on spaghetti.—Fountain Inn (S. C.) Tribune.

NOTICE OF SALE OF LAND.

Under and by virtue of the authority conferred by deed of trust by Mrs. Ola Smith, (widow) to the First National Bank of Durham, N. C., trustee, dated May 1, 1928, and recorded in book 150, page 229, Cleveland county registry, the First National Bank of Durham, N. C., trustee, will on

March 21, 1929, at 12 o'clock M. at the court house door in Cleveland county, sell at public auction for cash to the highest bidder the following described property:

Beginning at a stake on the south edge of Elm street, the north east corner of lot No. 13 and runs thence with the south edge of Elm street south 55 east 70 feet to a stake in said street; corner of the Gidney property; thence with the Gidney property south 2.51 west 170 feet to an iron stake; thence north 65.47 west 63.5 feet to an iron stake; thence north 65.47 west 3.5 feet to an iron stake in the line of lot No. 13; thence with the line of lot No. 13, north 3.15 east 188 feet to the place of beginning. Same being lot No. 14 of the B. F. Curtis development known as Sunrise Terrace, a plat of which development is of record in the office of the register of deeds of Cleveland county, N. C. in book of plats No. 1 at page 57, and being that lot deemed to Mrs. Ola Smith by deed recorded in book 3-W at page 419, in the office of the register of deeds of Cleveland county, North Carolina, reference to which deed and plat is hereby made for further identification and description.

This sale is made on account of default in the payment of indebtedness secured by the said deed of trust.

This 14th day of February, 1929. FIRST NATIONAL BANK OF DURHAM, Trustee. W. S. Lockhart, Atty., Durham, N. C.

TRUSTEE'S SALE.

By virtue of the authority granted the undersigned as trustee in a certain deed of trust executed by Ora Bowen and wife, Coy H. Bowen, and Nora Bowen, widow, to secure the payment of the sum of sixteen hundred (\$1600.00) dollars in two notes of eight hundred (\$800.00) dollars each, with interest from March 30, 1921 until paid; said deed of trust being dated the 30th day of March, 1921, and recorded in book 111 at page 222 in the register's office of Cleveland county; default having been made in the payment of said obligations, and the holder of said notes having called upon the undersigned trustee to expose the lands described in said deed of trust to public sale and apply the proceeds of said sale to the payment of said notes in accordance with law.

Therefore the undersigned trustee will offer at public sale to the highest bidder for cash at the court house door in Shelby, N. C. on Monday, March 18th, 1929, at 12 o'clock, noon, the following described tract of land, situated in No. 2 township, Cleveland county, North Carolina, and more particularly described as follows: Beginning at a post oak in the north edge of the Shelby-Bolling Springs road, Moore's corner, and running thence with the line of the Moore heirs S. 10 W. 184 poles to a stake, the R. N. Hawkins corner; thence with R. N. Hawkins line S.

The scientists who are unable to account for the dark weather prevailing in Europe seem to overlook the fact that Mr. Einstein is busy explaining his theory.—Boston Transcript.

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80 E. 19 poles to a stake in Sugar branch of Beaver Dam creek; thence up Sugar branch as it meanders 2.5 poles to a stake in the east edge of the Sharon-Bolling Springs road; thence with said road S. 66 E. 9-6-10 poles to a stake in the east edge of a Spring branch and in the east edge of said road; thence N. 35 E. 72 poles with M. D. Moore's line to a stake, M. D. Moore's corner; thence N. 88 W. 172 poles with the line of T. J. Hamrick to a Spanish oak; thence south 52 poles to the beginning corner, containing 144 acres, more or less. The same being known as the J. W. Bowen farm, where the said Ora Bowen now lives; and is fully described in said deed of trust recorded in book 111 at page 222, and reference is hereby made to said deed of record for more complete and accurate description of said property.

Date of sale: Monday, March 18, 1929 at 12 o'clock noon at the court house door in Shelby, N. C. Terms of sale: Cash. This the 14th day of February, 1929. PEYTON McSWAIN, Trustee.

BILLIARDS-Cleveland Cigar Store Old A. & P. Stand

Dr. Charlie H. Harrill—Dentist—Office in Judge Webb Bldg. Over Stephenson Drug Co. Office Phone 530, Residence 630 SHELBY, N. C.

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SALE OF PERSONAL PROPERTY

As administratrix of the estate of J. E. Champion, deceased, I will offer for sale all the personal property belonging to said estate, consisting of one tractor, two mules, farming implements of all kinds, two wagons, etc., about 50 bushels of corn, and other things of value, to the highest bidder for cash at 2 o'clock p. m. on Saturday, March 9, 1929, at the home place of the late J. E. Champion, just west of Cleveland Mills (the Peeler place) in Cleveland county, N. C. MRS. J. E. CHAMPION, Administratrix. 31

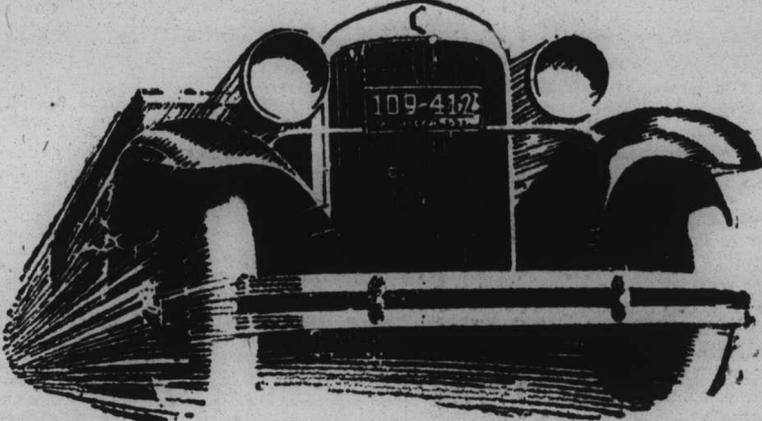
LEGAL NOTICE

To whom it may concern: Notice is hereby given that the partnership heretofore existing between J. C. Crocker and J. C. Weathers, operating and doing business under the partnership name of J. C. Crocker & Co., with their headquarters at Shelby, Cleveland county, N. C., has been dissolved, and all claims against the said partnership are to be presented within the next thirty days, properly proven, to the said J. C. Weathers at his office in Shelby, N. C.; Notice is further given that no contract, debt or other agreement made subsequent to the date of this notice shall be binding on the partnership, nor, shall either of the above named partners, J. C. Crocker, and J. C. Weathers, make any contract, debt or agreement that will be binding on the other. Dated this 15th day of February, 1929. J. C. WEATHERS, J. C. CROCKER.

Announcement Dr. F. Bobo Scruggs wishes to announce that he has located in Shelby for general practice of medicine. Offices on Marion St. Office Hours 9:30 a. m. to 12 Noon, 2 to 4:30 p. m. Office Telephone 545 — Residence, Hotel Charles.

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