

Copeland's Health Talk

Health's Blessings

BY ROYAL S. COPELAND, M. D.

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

Life is a battle. But it is a battle half won if the child is well born. Don't misunderstand: When I speak of being well born I do not mean being born with a silver spoon in the mouth. Neither do I regard it as necessary to be born into the home of royalty or high position of any degree.

The desirable birth I have in mind is to come into the world with a perfect body, pure blood, and normal function. To be without taint or blemish is the greatest blessing that can be given the infant.

What can be finer than the mating of two young persons and their gift to society of well-born children?

If by any chance these words are read by the parent of a baby not so favored, I shall be distressed if they are disturbing or the cause of unhappiness. It must be admitted at once that we have not progressed to the point where we may hope for a perfect race. Several generations will come and go before that golden age arrives. Unfortunately for us, there are doubtful effects of what happened before we were born.

But even if we cannot avoid beginning life with certain defects, we can hope to overcome them, or, at least, to check their evil effects. That is our duty so far as our troubles are concerned. It is doubly our duty to do everything possible to wipe out the blemishes discovered in our children.

This is a long introduction to what I started to say about anemia. You know what I mean by "anemia." It seems to be without blood. There is no color in the lips and cheeks. The skin is almost like wax.

This type is due to the illness of the mother. She has not had blood sufficient for her own needs, perhaps, and certainly not enough for her baby. In consequence it has anemia at birth. The mother of such a baby is very likely to be pale and flabby, or else very thin and anemic herself. Perhaps the mother's condition is the result of chronic disease of some sort.

There is another form of anemia which is the result of wrong feeding of the infant. In consequence the child develops rickets or hidden scurvy. The anemic condition is

SENTIMENT MIXED OVER KING CASE IN YORK SECTION

There Are Many, Paper Says, Who Believe Faye King Killed Herself.

Yonkville Enquirer. As time for the convention of the spring term of the York county court of general sessions April 15, approaches, it is more and more evident that the people of York county are divided somewhat on the question as to how Faye King, Sharon French teacher, came to her death on January 25.

There are those who hold to the belief that the pretty young wife did take her own life because as she told her friend, Miss Pearl Fulton, society leader of Kings Mountain, N. C., "My whole life is ruined. Fear. Don't ever throw your life away as I did mine." On February 7, Miss Fulton, beautiful social leader of Kings Mountain and bosom friend of the late Mrs. King told a newspaper man:

"One afternoon while we were moping, just the two of us, Faye suddenly broke down and began crying. She said to me, 'My whole life is ruined, Pearl! Don't ever throw your life away as I did mine! Nothing more was said then and I thought she was merely blue or despondent or had had a quarrel with her husband. I knew of a previous love affair she had and thought possibly she still loved this boy and was anguished because she had married another."

"Months later when her trouble became known, I first realized what she meant that afternoon in the car. I didn't dream at the time that Faye had such a burden on her. To one who knew Faye, it would seem impossible that she would ever have thought of ending her own life."

Despite the fact that clothing, including a coat bearing the initials "R. F. K." said to be correct initials of Rafe King, were found in the attic of the King home by Chief of Police Frank Faulkner on February 20, there are people who say that the clothes could have been planted there. Of course nobody who knows Frank Faulkner would believe or intimate for a moment that he planted the clothes there. Still people are people and people are human and the human mind the mind sharps know, in-

cludes many angles and crooks and curls, and there are those in York county and in Charlotte and Shelby and Columbia and New York and everywhere over the country where people have been startled by the tragic death of Faye King, who say she killed herself; and there are many who argue that Rafe King, her husband, who at present is the only person who formally stands accused of her alleged murder had no possible motive for killing the popular Sharon lady.

Bears Good Character. They argue that the accused husband loved his wife, that testimony is that he allowed her to check on his account at the First National Bank of Sharon without stint or complaint. The character of King is good they say. King never drank liquor. He told newspaper men at the county jail on February 5, that he never drank liquor. He was a quiet, hard working, unassuming chap they argue, who allowed his wife who loved society and who was a scintillating light in Sharon and belittled by everybody, to entertain as much as she pleased and regardless of expense. It was natural that King himself never cared for those things—men as a rule don't, they say. That is—he-men!

Because his car refused to run in cold weather, John Hanson of Ashland, Wis., completely wrecked it in a fit of anger, then offered it for sale as junk.

"Religion by mail" is offered. How much of it will go to the dead-letter office.—Tampa Tribune.

Now That's Exactly What We Wonder

Monroe Journal. Any one will tell you that times are not so good. And every other man will tell you that some particular thing is wrong in Union county. If we could make a bale of cotton to the acre, we would be happy. Taxes are too high, and if they were lower we would be happy. We don't have enough industry. Too much property sold for taxes. Too bad this and too bad that. Would we be any happier if we had what we say we want? About everything we say we need they seem to have in Cleveland county. Are they all satisfied up there? Here is what the Cleveland Star says:

The valued output of Cleveland county industry is more than 15 million dollars a year. The farmers of Cleveland county last year averaged almost a bale of cotton to the acre on more than 60,000 acres. The county-wide tax rate in Cleveland county is lower than in any county in the state except four. The cost of collecting these taxes is far below that of the average county, and far less property is advertised for unpaid taxes than in the average county. By actual statistics Cleveland county is the second wealthiest and perhaps the most prosperous of the 21 counties in the section known as Western North Carolina. Still we hear quite a bit of complaining here and there. Why is it? With no intention of even bor-

dering on being sacrilegious we are inclined to use a street expression and wonder if some people will not be inclined to find fault with Heaven?

Probably when Cupid twanged one in the direction of Lindy he pulled that old one about "the higher they fly the harder they fall."—Indianapolis News.

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a business man—in big business or small—makes plans to protect and develop his business, so that his income will increase. But too few consider what will happen to their families when that income stops, for not many can accumulate

\$1,000,000

Life insurance provides the way—insurance in a sound company, under a liberal policy.

You will be interested in the advertisement of the Metropolitan Life Insurance Company appearing in this paper. It points out the many ways by which insurance serves both home and business, and will perhaps bring to your mind some new ideas for yourself. The local office of the Metropolitan will be glad to advise you.

L. R. St. Thornville Cornevin,

ASSISTANT MANAGER.

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A Million Dollars a Day



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Metropolitan Life Insurance Company

EVERY business day in 1928, the 26 million policyholders of the Metropolitan Life Insurance Company, who are its sole owners, added a million dollars to the great reserve fund needed for their protection against the hazards of life and business—present and future.

Happily, more and more persons have a new understanding of what life insurance promises, what it can do and what it does do. They are learning that it does many different things equally well.

While the original purpose—to take care of the breadwinner's dependents in event of untimely death—has never been lost sight of, today life insurance is largely and directly concerned with the business of living.

ONE form of life insurance provides education for children at the very time when their education costs most... Another kind of policy tides over enforced idleness because of accident or sickness. Another form of policy, paid for in regular installments, is a sound financial investment, as well as a protection.

Employers and employees join together in buying another kind of insurance which provides leisure and freedom from financial worry in later years.

Business men build needed credit for business with life insurance policies... Final payments on homes are made certain by insurance.

About one person in every five in the United States and Canada shared in the Metropolitan's greatest year of service.

Financial Report to Policyholders for Year Ending December 31, 1928

Assets	\$2,695,475,965.64
Liabilities:	
Statutory Reserve	\$2,346,775,847.00
Dividends to Policyholders payable 1929	77,138,725.33
All other liabilities	111,485,393.38
Unassigned Funds	160,075,999.93
	\$2,695,475,965.64
Increase in Assets during 1928	\$306,828,329.32
Income in 1928	743,412,385.21
Gain in income, 1928	92,343,796.78
Paid-for Life Insurance Issued	
Increased and Revived in 1928	3,259,181,384.00
Total Bonuses and Dividends to Policyholders from 1897 to and including 1929	448,523,599.20
Life Insurance Outstanding	
Ordinary Insurance	\$7,825,652,878.00
Industrial Insurance (premiums payable weekly or monthly)	6,297,013,786.00
Group Insurance	2,249,289,338.00
Total Insurance Outstanding	16,371,956,002.00
Number of Policies in Force	42,329,281
(Including 1,304,569 Group Certificates)	

Total expenditures for Health and Welfare Work among Policyholders in 1928 . \$5,953,211.12
Trained nursing care for sick Policyholders in 1928 3,771,939 visits
Health pamphlets distributed free in 1928 48,232,101 copies

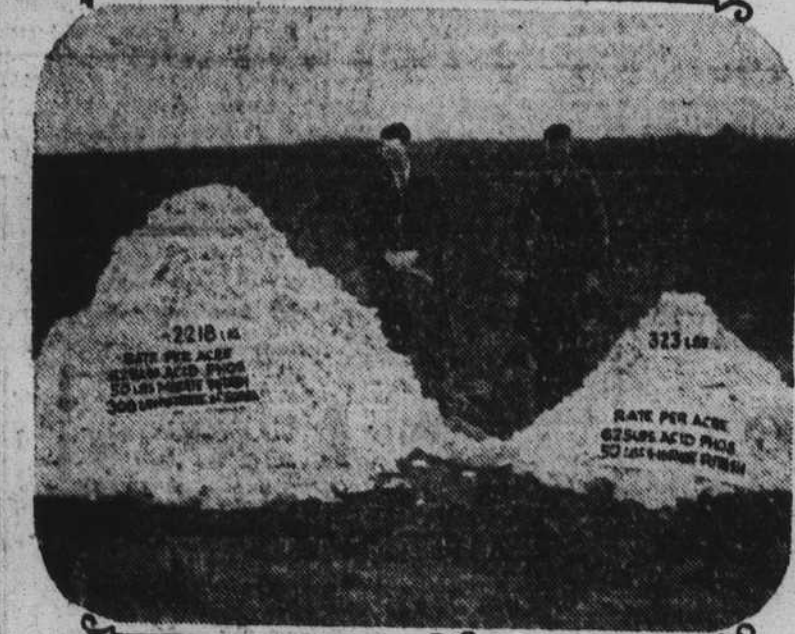
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The Metropolitan Life Insurance Company is a mutual organization. It has no stock and no stockholders. Its wealth is owned solely by its Policyholders.

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Record Cotton Yield Made By A Farmer Of Rutherford



Henry L. Moore of Forest City in Rutherford county made practically the same yield of cotton last year as did the state champion J. W. Alexander of Mecklenburg county. In this picture he is seen talking the matter over with his county agent, F. E. Patton. Mr. Moore produced 4,037 pounds of lint cotton on 4.5 acres in a demonstration conducted with Mr. Patton last year.

Mr. Henry L. Moore, who farms near Forest City in Rutherford county, had produced 45 more pounds of lint cotton on the 4.5 acres of land which he had under demonstration last year, he would have tied the cotton champion of the state, J. W. Alexander of Mecklenburg county, reports County Agent F. E. Patton in announcing the results of this demonstration. Mr. Alexander, the champion, produced 4,082 pounds of lint on his demonstration area, while Mr. Moore produced 4,037 pounds on his, says Mr. Patton. This fine yield by Mr. Moore was grown in one of the five-acre cotton demonstrations conducted by the extension service of State college in cooperation with the Chilean Nitrate of Soda Educational Bureau last year. Part of the five acres was used as a check plot.

Mr. Moore grew the Rucker variety. The seed was planted on April 24 and the crop was cultivated seven times and chopped with a hoe three times. Ten days before the cotton was planted, Mr. Moore applied a fertilized compound of 625 pounds of superphosphate, 50 pounds of muriate of potash and 50 pounds of nitrate of soda per acre. Directly following the first chopping, he top-dressed the crop with 250 pounds of the nitrate per acre. As a result, he secured 10,201 pounds of seed cotton or 4,037 pounds of lint from the 4.5 acres so fertilized. This was at the rate of 2,218 pounds of seed cotton or 877 pounds of lint per acre.

On the check plot where he used 625 pounds of superphosphate and 50 pounds of muriate with no nitrate of soda, he harvested at the rate of 323 pounds of seed cotton and 129 pounds of lint per acre. The net value per acre from this

FIND MORE THAN \$2,000 UNDER BED MATTRESS

New Bern—Bills and currency amounting to \$2,390 were found in an old piece of flannel cloth under the mattress of the bed in which Mrs. Catherine Swindell, 65, died early Thursday morning at her home at Stonewall, it has been learned here.

Not even close relatives had any idea that the woman had so much money. She was known to be a thrifty, hard-working person but it was thought that she was very poor. She was the widow of George H. Swindell, who committed suicide a year ago in jail.

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WEAK AND THIN

Virginia Lady Was Just Dragging Around. Health Improved Steadily After She Took Cardui.

Bristol, Va.—"I was just about down in bed and so weak I was past going," writes Mrs. Jennie Goodman, of 718 Portsmouth Avenue, this city. Mrs. Goodman says her family was very uneasy about her condition, as she seemed so weak and thin.

"I ached all over," she explains, "and my back and sides hurt most of the time. I dragged around, and did not see a day of good health. I went to call on one of my neighbors, and she remarked about my looking so bad. She told me to get a bottle of Cardui and take it. Next Saturday night, my husband brought it home to me."

"Before I had taken Cardui a week, I was feeling much better. I continued taking it for awhile, as my health kept on improving. I gained in weight, and soon was feeling like a new person. Since then I have taken Cardui several times, and it has always done me good. I can recommend it to others."

Cardui has been in use so long that its merit has been proved by the experience of several generations of women.

A purely vegetable, medicinal tonic. For sale by all druggists. NC-29

