

Copeland's Health Talk

Ear Complications

BY ROYAL S. COPELAND, M. D.

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

A great many diseases are more serious in their complications than they are in their direct effects. For instance, influenza is a much dreaded ailment. As a matter of fact, however, nobody dies from influenza. This is particularly true of pneumonia.

The germs of influenza set up a violent inflammation in the breathing organs. The tissues become inflamed and their powers of resistance to other germs are weakened. Along come the germs of pneumonia. They find just exactly the soil upon which they thrive. Then there is serious trouble.



DR. COPELAND

Some diseases, then, prepare the way for other diseases. Some diseases extend rather widely their fields of operation. Instead of "staying put," they reach out, gradually spreading to neighboring parts and creating trouble wherever they go. In short, they do not limit their evil effects to one single part of the body.

What we speak of as "relapses" are sometimes signals of new involvements of other portions of the body. For instance, to speak again of influenza, it may leave the lungs untouched but choose to attack the ears.

Leading from the back part of the nose, the space between the nose and upper part of the throat, are two passages called the eustachian tubes. They are lined with mucous membranes of the nose. Each tube opens into the ear on the side of the head.

In its turn, the middle ear is lined with mucous membrane. In short, the same kind of tissue that covers the walls of the nose and eustachian tubes is found in the ear.

You know how difficult it is to keep strawberry plants in rows or hills. The tendrils and roots will spread into the paths between the rows or to the spaces between the hills. If left alone, it won't be long before the whole area is a solid mass of strawberry plants.

In similar fashion, the inflammation in the nose extends its effects into the mouth of one of these tubes, presses on through, and pretty soon the middle ear is inflamed. The inflammation causes the walls of the canal to swell, and there may be so much swelling that the tube is obstructed.

You know what a mean feeling that gives you. The ear is "stopped up" and the hearing is reduced for the time. But this effect is more serious than the production of temporary deafness. It may cause a damming up of the fluids within the ear.

One of the functions of the eustachian tube is to "ventilate" the ear. That is, it permits the entrance of air so that the atmospheric pressure is the same on the inner side of the ear drum as it is on the outside, where air reaches it through the outside ear canal. But that isn't all it does.

The eustachian tube is a drainage canal. It permits any fluid that may form in the ear to flow into the nose. If there is inflammation and swelling of the lining of this passageway so that fluid cannot pass, the drainage is stopped.

In all acute inflammations of the mucous membrane there is an increase in its natural secretions. You know how your nose runs if you have a cold or the influenza. There may be a perfect stream of this fluid at first and later thick mucus.

You don't have to be a doctor to realize what an extension of influenza or any other infection of the nose may do to your ears. There may be an accumulation of fluid in the ear, dammed back by the closed eustachian tube, and then what happens?

First, there is severe earache. This is caused by the congestion and the increasing pressure from the retained fluid. Then as the fluid gathers, it causes the drum to bulge outward, and unless the inflammation is controlled there is a rupture of the drum and you have a "running ear."

This possibility is another reason why nasal infections, whether from acute colds or the influenza, should be given prompt attention.

Squire Falls Writes Of Light Problems

To the Editor of The Star:

I attended the light and water meeting at the court house this week and heard the discussion of the rates in Shelby. From what I could gather it looks very much like the case in the New Testament, where the blind man was restored to his sight.

The question came up as to whether this man or his parents had sinned, and the man who was blind answered by saying "One thing I do know is that I was blind but now I see."

Now I ask what right has the mayor to give all his officers under him under their water and lights free? Echo answers, "Why?"

J. Z. FALLS.

After Inspection.

(Charleston News and Courier.)

Surprise is expressed that President Hoover overlooked his Southern supporters in Tennessee, Florida, Virginia, Texas and North Carolina in selecting the members of his cabinet.

The probable explanation is that he looked them over.

Something To Think About

Next Civilization

By BRUNO LESSING

Bishop Charles H. Brent of the Episcopal diocese of Western New York recently made a speech in a cathedral in England. It was a clever speech and his English audience approved of it. He told his hearers that the United States recognized the services of its associates in the World War as well as taking a just pride in its own achievements.

He said that the ratification of the Kellogg treaty ought to take precedence in the United States senate over the passage of the naval bill.

The members of the United States senate were probably impressed when they learned that the Bishop's British audience agreed with him.

"For my country to boast," said the bishop "that war brought us no accession of territory when we do not need it or when extra-continental possessions already constitute our Achilles heel, is shortsighted. Nor may we ever forget we were offered and refused a mandate."

It was really a fine speech and his Lordship—that's what they call a bishop in England—was probably delightedly entertained by his English friends. Few people in the United States ever heard of this speech. And the English have already forgotten it.

But, oh, Boy! What a speech this bishop could have made! And one which would have made the going ring.

Let's deliver it for him.

Ladies and gentlemen," he could have said. "I am standing in the pulpit of this venerable cathedral and I am tempted to make a speech on international politics. But a church is no place in which to discuss politics. Besides, in the political field, I am only a layman. I hold no credentials from my government. I am not even the spokesman of any political faction in the United States. I hold no political office.

"It is true that I do not agree with certain currents of American thought but, to come to England on a vacation, enjoy your historical as-

sociations, your country life and your ale and, while doing so, to criticize my fellow-countrymen to an audience of foreigners, would be in extremely bad taste.

"Therefore, being a clergyman and speaking from a pulpit, I will obey the mandate of the New Testament, 'render therefore unto Caesar the things which are Caesar's and unto God the things that are God's.'"

"Let us, as Christians, not bother our heads about wars and territories and mandates. Let us leave those things to statesmen and warriors and politicians. Our business is to instill into the minds of all people that faith and that philosophy of religion which will make them so love their fellowman that all talk of war or dissension would fall upon deaf ears.

"In my native country there is much bigotry and intolerance. It worries me. You probably have similar weaknesses but they are none of my business because you are not paying me a salary. I think I had better go home and attend to my job. There are hundreds of thousands of people in my diocese who cannot afford a trip to England, who need religion in their souls and who, perhaps, ought to be enlightened about the Kellogg treaty."

"The World Smiles On."

(By Lloyd Mauney.)

The world smiles on
In spite of pain
Unmindful of despair,
Wearing a mask of hidden grief
And smiling on the fair.

The world smiles on
The anguish and tear
Spurning the friendly tone,
Treading on its stately way
Leaving the sorrow alone.

The world smiles on
The scenes of strife
Heeding not its call,
Following up its tyrant ways
Bringing grief to all.

The world smiles on
No matter what plea
Stopping for naught it seems,
Majestically turning deafened ear
On cherished plans and dreams.

The world smiles on
The good and the bad
Taking them both as one,
Placing them here to live and die
With the setting of the sun.

Wilkes farmers have organized a county Jersey Breeders association to promote the dairy industry of the county.

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FOREST PRACTICE IS GREATLY NEEDED

District Forester Appeals For Protection Of Forests From Fire, Value Of Wood.

(By Wm. L. Nothstein, District Forester, Lenoir.)

People everywhere are daily realizing more strongly the relationship which exists between man and his forests. This realization is a comparatively recent experience to the American public which has now almost exploited its vast heritage of forest resources. European countries, however, faced this problem centuries ago and have made remarkable progress toward assuring themselves of those necessities and comforts which only the forest can provide.

It is true that we are continually finding substitutes for wood but these substitutes are in many cases of necessity rather than choice. Even with these substitutes, the annual consumption of wood throughout the country is steadily increasing while the production is steadily decreasing.

Plato said, "The consequence of deforestation is the sickening of a country." We may readily agree with him when we consider the poverty-stricken condition of China which was once among the strongest and highly cultured countries of the world. Where China once had beautiful forests and regular stream flow, she has now vast areas of desolation subjected to frequent floods.

Wood alone is not the only production of the forest. Fish and game are dependent on the forest for a home. Streams require the forest to hold the rainfall and release it gradually so there is a continuous flow rather than periods of destructive floods and droughts. The power from these streams makes the electricity which is used in our homes for so many purposes.

Productive forests reduce taxes. Acres of burned, non-productive land are taxable yet they produce no revenue. The owner is losing not only his money paid as taxes but his money invested in the land as well since it is a growing liability. Then these money invested in some profitable enterprise, is also to be considered a loss. Thousands of acres in North Carolina are suitable for no other crop than timber. If this area is protected from fire, it will prove a steady source of tim-

ber, so is the rate of taxation decreased. Forests are an absolute necessity to the protection of land not used for pasture or tillage. If fire once removes the vegetation cover from this land, especially where it is sloping, the rains will gradually wash small furrows into the surface. These furrows increase in size until they become deep gullies and the land, which was once valuable, becomes worthless.

The first step to be taken toward assuring ourselves of productive forests is to protect the present forest area from fire. This can be done by exercising a little care when we are in the woods. Matches and tobacco should never be left burning; camp fires should be put completely out before leaving them; brush should never be burned unless the winds are favorable and there is sufficient help at hand to control the fire. The public should extinguish or report to the nearest forest warden any fire which should happen to break out. No normal citizen would pass by a burning building without reporting it to the fire department. Forests, like buildings, have an economic value and should be shown the same consideration.

The basis of all law is to enforce respect for the rights and property of our neighbors. For this reason the state of North Carolina has passed

its existing forest fire laws. Forest fires are most destructive in the spring and fall. The spring season is here and our forests are about to pass through the most dangerous period of the year. With the cooperation of the public, this period will be one of little damage. It costs nothing to prevent fires but it is expensive to extinguish them. Let us keep the landscape green by preventing forest fires.

Carolina mountain counties have caught the lespedeza fever and the first cooperative shipment of seed for Yadkin county was placed last week.

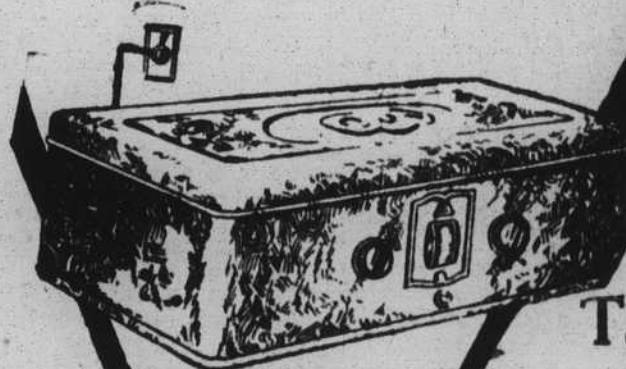
The Smoky Mountain Mutual Exchange has been organized by poultry farmers of Jackson, Clay, Swain and Cherokee counties.

Pastures are being planted in Albemarle county at the rate of 40 acres a day when weather permits.

About 400 additional acres will be planted to peanuts in Scotland county as a result of a recent meeting of those who grew the crop last season.

John Van Ryn beat Tilden three straight sets. Maybe the tennis association is right about Bill's being an amateur now.—Nashville Banner.

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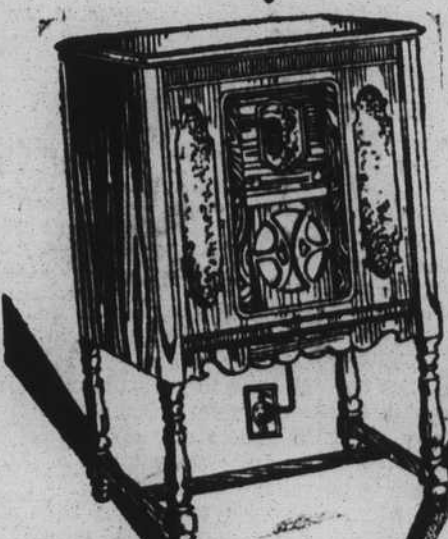
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