

# Copeland's HEALTH TALK

## Hardened Arteries

By ROYAL S. COPELAND, M. D.  
(United States Senator and former Health Commissioner of New York)

I find in my mail a letter from a lady in Pennsylvania. She asks me three questions, about hardening of the arteries, sleeplessness and neuritis. I assume that this lady is suffering from all these symptoms. She may regard them as three separate and distinct ailments. As a matter of fact, all of them might be due to the same cause.

Hardening of the arteries cannot be regarded as a disease. It is merely one of the symptoms of a manner of living which has not been entirely proper. Carelessness about the eating, neglect of the bowels, failure of elimination by the kidneys—these are other symptoms resulting from the manner of living which is responsible for the trouble with the arteries.

If we were to live close to Nature, keeping all of Nature's rules, I suppose we might live on for a hundred years or more, possessing all the functions and capable of all the activities of youth. The very fact that we do not live to such an age, and in advance age do not possess such health as I have indicated, is our own fault or the fault of our parents.

The system must have an ample supply of the various substances which are used in the tissues of the body. Not alone must it have an ample supply, but it must not have an over-supply. If too much of a given mineral is constantly fed, there may be a deposit of the surplus in some part of the body. In this way the artery walls may be overcrowded with the mineral supply.

If the intestinal tract is not properly cleansed, there is decomposition of the fecal substance. Poisons are developed and these are carried by the blood stream to every part of the body. Some of these poisons may be stimulants which excite the brain and interfere with sleep.

Nine times out of ten persons who suffer from sleeplessness are constipated. There is no relief for the sleeplessness until the constipation is overcome.

Poisons developed in the body either in the intestinal tract, or in the blood stream, are carried by the blood stream to every part of the body. Some of these poisons may be stimulants which excite the brain and interfere with sleep.

One day I read about how other women had been helped by taking Cardui, so I thought I would try it. I found it a splendid medicine. After I began to take it, I soon began to feel stronger and able to do things.

From that time to the present I have taken Cardui several times when I was run-down in health. It has never failed to help me. Cardui should help you, too. Get a bottle today.

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the tonsils, or the teeth, or the gall bladder, may be carried to the nervous system. As the result, there may be an inflammation in the nerve. This is called "neuritis."

To avoid hardening of the arteries and sleeplessness, and neuritis and headache, it is important to have free elimination from the intestines and kidneys. It is important to make sure there are no centers of infection. It is important to live in such a way as to get a right amount of good food, fresh air sunlight and exercise.

### Answers To Health Queries.

A. R. Q.—What will relieve the pain caused by gall stones? What will clear up the condition? How long can a patient suffering from gall stones live?

A.—Application of heat and corrective diet should bring about increased comfort. Careful diet and general care, such as avoidance of constipation, proper exercise, etc., should all bring about results. Indefinitely. For further particulars send a self-addressed stamped envelope and repeat your question.

J. C. Q.—Will the removal of diseased tonsils restore or improve the hearing?

A.—Yes, in some instances.

X. Y. Q.—Would you advise the immediate removal of a lump in the breast? The patient is a woman of 50 years of age. Is this condition always cancerous or is there a possibility of something less serious? Would such a condition be apt to be brought on by violent continuous work or exercise?

A.—Yes. Such conditions are not necessarily of a cancerous nature, but a growth of any kind should always have careful medical attention. No.

W. F. W. Q.—What causes the back of my head and neck to ache?

A.—Very often indigestion will produce this symptom. The diet should be corrected and attention given to the proper elimination of the intestinal tract. For full particulars send a self-addressed stamped envelope and repeat your question.

H. L. M. Q.—What causes night sweats and what is the best remedy?

2.—Would decayed teeth be responsible in any way?

3.—What causes water on the knee?

A.—May be due to weakness, a run-down system, nervousness or a possible lung condition. Examination will determine the necessary treatment.

2.—The decayed teeth may be causing infection in your system and this in turn would undermine the general health. The teeth should have attention.

E. E. Q.—What can be done for chronic catarrh of the throat and bronchial tubes? What climate is advised under the circumstances?

A.—The general health should receive first attention. A high, dry climate where there is plenty of sunlight should be most helpful. For further particulars send a self-addressed, stamped envelope and repeat your question.

# Something To Think About

## April Fool!

By Bruno Lessing

April is All Fools' Day. In observance of this holiday many people love to play pranks upon their credulous and glib friends. You receive a mysterious telephone call asking you to telephone to a certain number and ask for Mr. Fish. You find it is the Aquarium. Or you are led into telephoning to the weather bureau and asking for Mr. Snow.

Some ingenious folks offer their friends cakes made of rubber or put a seidlitz powder into a salt cellar. We are a playful people, with a mild sense of humor and many of us love this sort of thing.

The joke lies in crying "April Fool!" when the victim realizes that he has been duped.

Why not make this a national holiday upon which all people can review the various occasions when they were duped and cry "April Fool!" to themselves?

Many people believed that Prohibition would abolish the use of alcohol, diminish crime and elevate the country's standard of morality. Gaze upon the picture today! Crime debauchery, drunkenness, poisoning, corruption everywhere.

April Fool!

We absolve churches from taxation because they are a link between us and the next world. They are spiritual institutions whose purpose it is to prepare us for a future life. Instead of which, these churches accumulate billions and billions of dollars worth of earthly goods. And support or attack candidates for public office.

We spend billions of dollars for public schools in order to give our children an education. As a result of a century of the kind of education which they have received, the popular impression throughout the land, today, is that Babe Ruth is greater than Mozart, that Bill Hart is greater than Shakespeare and that Henry Ford is wiser than Aristotle.

April Fool!

We waste millions of dollars and billions of hours every year watching paid performers play baseball and football and other games when we could have so much fun and add so much to our health by playing these games ourselves.

We pay millions of dollars to congressmen and legislators and congressmen to make laws for us, and we let them make laws which we do not like and which we refuse to obey.

We want our wives and our sisters and our sweethearts to behave themselves, yet we go to theatres and cabarets to see creatures whose principal asset is their misbehavior.

We stay up when we ought to go to bed. We stay in bed when we ought to get up. We eat things that we know are not good for us—which the silliest dog or duck would refuse to do.

April Fool!

One could stretch out, ad infinitum, the silly doings of humanity which, if we enjoy that kind of humor, provide a vastly better excuse for crying "April Fool!" than the spectacle of the

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### ADMINISTRATOR'S NOTICE

Having qualified as administrator of the estate of John H. Garver, deceased, late of Cleveland county, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to undersigned at Lawdale, N. C., on or before March 18, 1930, on his notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This March 18, 1929.  
A. A. GARVER, Administrator of John H. Garver.  
Jno. P. Mull, Atty.

### ADMINISTRATOR'S NOTICE

Having qualified as administrator of the estate of Bert H. Hamrick, deceased, late of Cleveland county, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at Hot Springs, N. C., on or before the 15th day of March, 1930, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment.

This 15th day of March, 1929.  
W. C. HAMRICK, Adm.  
Quinn, Hamrick & Harris, Attys.

### TRUSTEE'S SALE OF LAND.

Under the power of sale contained in a certain deed of trust, executed by Alma Webber and wife, Hettie Webber, to Chickamauga Trust company, trustee, for Fidelity Insurance company of America, on November 14, 1924, to secure a note of \$1000.00 of same date, said deed of trust being on record in the office of the registry of Cleveland county, North Carolina, in book 131, page 47, and said note and deed of trust not having been paid as therein provided, and the holder of said note having requested the undersigned to foreclose said deed of trust, the undersigned, as trustee as aforesaid, will offer for sale at public

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**RELIABILITY** Saginaw, Michigan—24-hour non-stop run covering 1259 miles averaging 52.5 M.P.H. Grand Rapids—Petoskey and return, 461 miles in 8 hours, 50 minutes, ice-rutted road. Duluth to Minneapolis and return over icy roads, 344 miles in 6 hours and 28 minutes. Salt Lake City—Ogden to Bear River City and return, 72.3 miles in 70 minutes and 30 seconds.

**HILL CLIMBING** San Francisco—Essex wins Oakland Enquirer Trophy for fastest time from the Toll House to top of Mt. Diablo—23 minutes and 3.2 seconds, beating the world record by 23.4 seconds. To top of Mt. Baldy, 8.05 miles with hairpin turns in 10 minutes 16.4 seconds. Fastest time ever recorded, lowers record of well-known eight-cylinder car.

**ACCELERATION** Birmingham, Ala.—Standing start to 50 M.P.H. in 14.2 seconds. From 10 to 70 M.P.H. in 19.2 seconds. Little Rock, Arkansas—Standing start to 60 M.P.H. in 26 seconds. St. Louis—Standing start to 60 M.P.H. in 28 seconds.

**BRAKES** Detroit—From 45 miles an hour to stop in 25 feet; from 35 miles to stop in 18 feet. Dayton, Ohio—From 30 miles an hour to stop in 1 second. New Orleans—35 miles an hour to stop in 29 feet.

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