

Copeland's HEALTH TALK

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

One of the common pieces of advice I give you is this: Get plenty of rest, sleep, good food, fresh air, sunlight and exercise.



DR. COPELAND

You can see the reason for each of these factors of good health. But let me ask you a question: Why should you exercise?

That may seem like a senseless question, but is it? Really, why should a person, who desires to be strong and healthy, take systematic physical exercise?

The other day I heard a masseuse say to her patient, "Your arms are soft and flabby. You should take exercise to develop them."

To one who has no work to do with the arms, no lifting, no boxing to do, to have flabby arm muscles is of small consequence. If all the other muscles are hard and strong, the state of the arm muscles would make little difference.

But here is the trouble: Unless you exercise every day, keeping the blood in circulation, keeping the figure upright and trim, there will be trouble after a while. It won't be long before the abdominal walls relax, permitting the internal organs to sag from their proper places.

Nature intended man to have his body muscles tight and firm, so to keep the abdominal organs in place. It was intended to have the back muscles in prime condition, in order that the backbone would be held in the upright position.

It was planned to have the head held in such position as to take pressure off the big blood vessels and nerves of the neck. If you permit your figure to slouch, the chin falls on the chest and there is sure to be interference with the important "triangles" of the neck.

The abdominal wall is thin in spots. Unless the muscles overlying these places are firm and strong, there may be a break. Weakness of the muscles, or undue use of the muscles here, may cause a break which results in what we call "hernia," or in the common speech, "rupture."

Unless there is regular exercise, the muscles of the diaphragm, which has an important part in breathing, may grow weak. Then there may be shallow breathing and ill health in consequence.

These abdominal muscles and the powerful diaphragm have an important part in helping to circulate the blood and fluids of the body. They help the intestines to perform their function.

Unless there is such general exercise as to keep all the muscles in first-class condition, those that supply the walls of the intestines themselves won't be able to do their work. You can see how necessary this action is.

The bones of the pelvis are held in place, as indeed are all the joints, by certain ligaments. Unless the muscles are strong, the ligaments are not helped to do their work. In the case of the pelvis this condition may result in certain neuralgic pains.

In the big blood vessels, especially in the veins, are muscles which must be in normal state, if they are to help the circulation. The heart is almost all muscular tissue.

Without systematic exercise the muscles cannot be kept in condition to do their work. Don't fail to do your part to keep them strong. Incidentally, you keep your figure and good looks.

Mrs. M. A. T. Q.—Will tan wear off in time?
A.—Yes.

SEARCH IS ON FOR 'GIRL' LOST 50 YEARS AGO
Atlantic City.—Newspapers and the police of south Jersey have been asked by Mrs. Louise Ackly of Bridgeton, to help her in the search for her younger sister, Barbara, who was kidnapped fifty years ago in Mergentheim, Germany.

At first glance the task seems hopeless, but Mrs. Ackly thinks otherwise. Twenty years ago she received information that her missing sister had married an Atlantic City man and it is her belief that she may still be found.

NOTICE OF SALE OF CORPORATE STOCK.
The undersigned has for sale thirty (30) shares of the capital stock of the Cleveland Bank and Trust company represented by certificate No. 13. Written offers or bids therefore will be received by the undersigned at its principal office in Charlotte, North Carolina, up to 12 o'clock noon on Wednesday, April 10, 1929.

This 28th day of March, 1929.
INDEPENDENCE TRUST CO.

RELIEF in 7 minutes

All Smiles instead of the awful pains of PILES

Now there is a new and marvelous relief awaiting every sufferer from piles. The very first application soothes beyond your fondest hopes. Soon the special scientific medication begins to heal. The constant agony disappears. You feel and act like a new person. Nothing you ever tried does what

Munyon's Pile Ointment does. Thousands of all ages have found it the only satisfactory way.

To be strong morally, one must be physically strong.

Kings Mountain News

MRS. W. K. CROOK, Reporter

— Items Of News Will Be Appreciated—Phone 177 —

Because of increased interest in aviation, the Ahearn Aviation service, remained here until today. Lieut. Ray Ahearn is pilot. He has more than 4,000 hours flying experience and was with the famous Gates flying circus. He was a member of the Caterpillar club and twice set fire to an airplane while in flight, leaving the plane via of a parachute.

Their stay in Kings Mountain was featured by stunts daily. The parachute jump and airplane exhibition stimulated much interest among the people here.

In his talk at the Civitan luncheon Wednesday, pilot Ahearn advocated a landing field for Kings Mountain and stated that local citizens should take advantage of the opportunity for securing such.

Thomas Wall of Summers Drug company, and James McGill, local high school student, were injured in an auto accident last Wednesday night on the Spartanburg highway, near the Kings Mountain Ice and Fuel company.

As they were attempting to pass another car, their car skidded, and ran against a telephone pole. Mr. Wall, the driver was the more seriously injured, the steering wheel having bruised his chest and probably one or more ribs were broken. He also received a laceration on the forehead and bruises on his knees. Mr. McGill received a gash in his head which required six stitches.

Editor G. G. Page's Essex coach which was stolen Saturday night was located Monday in Abington, Va. The Chevrolet coach, which the thieves left at Mr. Page's home was owned by a man in Orangeburg, S. C.

A two-story building and basement, costing approximately \$35,000 is under construction by the Dilling Mills and \$115,000 worth of machinery has been purchased to be installed when the annex is completed.

The new building will have space for 90 looms for weaving silk. Silk, rayon and dress goods are manufactured by this mill.

W. C. Steen of Ruby, S. C., has accepted a position as junior pharmacist and general clerk at Griffin Drug company to succeed J. B. Benton who resigned recently. Mr. Benton has accepted a position with the Southern Bell Telephone company, in Greer, S. C.

The revival services held in the Presbyterian church during the past week were well attended. The sermons were delivered by Dr. C. Carson of Atlanta, assisted by the local pastor, Dr. I. S. McElroy. The song service was under the direction of Rev. Frank Wardlaw of Spartanburg.

The children and grandchildren of Mrs. Sara Hambricht met at her home last Sunday, in celebration of her 80th birthday anniversary.

A bounteous picnic lunch was spread on the lawn of her son, Mr. G. D. Hambricht, next door.

One daughter, Mrs. Alice Plaxico of Sharon was not able to be present. Other immediate members of the family were Mr. and Mrs. G. D. Hambricht and family and Miss Ancie Hambricht of Kings Mountain. Mr. and Mrs. W. R. Hambricht and family; Mr. and Mrs. R. E. Hambricht and family; Mr. and Mrs. Tom Hambricht of Grover; Mr. and Mrs. W. Ferguson and family of York, S. C.; Mr. and Mrs. Tom Simms of Sharon. Other relatives present were Mr. and Mrs. Fred Hambricht and three children of Clover, S. C.; Mrs. Joe Simms of Sharon, S. C.; P. G. Dickson of Grover; Mr. and Mrs. R. S. Dickson of Gastonia; Mr. and Mrs. Jim Borders of Charlotte and Clyde Dickson of Gastonia.

Kings Mountain boys have won four games straight. They won from Belmont high Monday by the score of 20-9. Wednesday they beat Belwood by the score of 11-9. Friday they defeated Shelby by the close score of 4-3.

Mrs. P. G. Ratteree was hostess to the membership of the Study club and a number of invited guests last Tuesday afternoon at 3:30 at her home on W. Gold street.

Mrs. M. E. Herndon had charge of the program which consisted of a study of Elizabeth Barrett Browning. Mrs. J. O. Plonk gave a reading by Mrs. Ted Weir, "Sonnets from the Portuguese." A contest was then enjoyed, consisting of questions concerning the style and works of J. E. Browning. A poem, "Cheerfulness Taught by Reason," was read by Mrs. C. E. Carpenter followed by a poem, "A Musical Instrument," by Mrs. M. E. Herndon.

The hostess assisted by Mrs. B. D. Ratteree and Mrs. J. B. Keeter served a tempting salad and sweet course.

The following guests were present, Mrs. Harry Moore, Mrs. D. C. Mauney, Mrs. C. T. Carpenter, Mrs. J. O. Plonk, Mrs. J. N. Gamble, Mrs. W. W. Souther, Mrs. J. M. Garrison, Mrs. B. F. Ormond, Mrs. L. C. Parsons, Mrs. Grady Patterson, Mrs. Grady Watterson and Mrs. B. D. Ratteree.

The Wide Awake Housekeepers club was delightfully entertained last Wednesday afternoon by Mrs. F. E. Finger at her home on South

Railroad avenue, at 3:30 o'clock. Mrs. J. E. Anthony announced an interesting March Hare program. New officers were elected as follows: Pres. Mrs. J. O. Plonk; vice president, Mrs. Charles Thomason; secretary, Mrs. E. W. Griffin; treasurer, Mrs. T. P. McGill.

The hostess assisted by Mrs. Joe Neisler, Mrs. O. B. Carpenter and Mrs. Harry Falls served a delicious salad course to the following, Mrs. H. N. Moss, Mrs. W. G. Bird, Mrs. E. A. Smith Jr., Mrs. Floyd Mauney, Mrs. Grady Watterson, Mrs. J. M. McGinnis, Mrs. Charles Thomason, Mrs. J. E. Anthony, Mrs. L. P. Baker, Mrs. W. K. Crook, Mrs. Campbell Phifer, Mrs. C. T. Carpenter, Mrs. C. E. Carpenter, Mrs. Hayne Blackmer, Mrs. M. E. Herndon, Mrs. D. C. Mauney, Mrs. W. A. Ridenhour, Mrs. E. W. Griffin, Mrs. Wiley McGinnis and Miss Lotte Gortorf.

The American Legion Auxiliary met Tuesday afternoon with Mrs. B. F. Ormond.

Mrs. Pride Ratteree presided. The meeting was opened with a prayer by Mrs. Ormond. Reports from the various committees were given. The chairman of the "poppy committee" announced that 1,000 poppies had been ordered to be sold on "poppy day."

As the meeting was held on the day of which the last funeral rites were held over the body of Marshal Ferdinand Foch, generalissimo of the allied armies during the world war a program was rendered in the nature of a memorial service to this world famous hero. At the conclusion of the program the hostess assisted by Mrs. J. W. Gamble and Mrs. W. W. Souther served delicious cream and cake.

Winter Park, Fla.—Disappearance of the "Solid South" through surrender to the "same forces that are Americanizing Europe" was predicted by President Harry W. Chase of the University of North Carolina, here in an address on the "disappearing south" at the Rollins college first annual institute of statesmanship.

"This section became highly conventionalized through the development and great concentration of wealth in the hands of a comparatively small but very powerful class of large planters," President Chase recounted. "And with the aristocracy of family and wealth was established its new system of operation."

The section flourished and grew strong and powerful, he said, and inevitably developed an underlying system of philosophy to justify its basic institutions.

President Chase described how the South broke through the "Jeffersonian ideal" and how growing economic power and attractiveness of the southern labor system "confirmed this section in its view that government must need represent property and privilege."

Later, President Chase asserted, came a new culture, order, consistency and correlated, the sort of culture that had distinctiveness and such individuality as seen "now and then in someone about whom clings the air of being a real person in a great world."

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STATE TO CLIP TAXPAYERS MORE

Raleigh.—Plans of the revenue department to increase the yield of the North Carolina income tax through "closer collections" are based primarily upon the Wombles amendments to the penalty section of the revenue act.

This amendment, which is aimed primarily at corporations, sets forth in detail certain methods of hiding income which it declares to be illegal, and gives the state government the power to collect taxes on what the income of the corporation actually was. For example, this section requires that, when because of an interlocking directorate, a corporation sells goods to another which controls it, at a price below the general market price, that it shall be taxed on what its profits should have been with the prevailing market prices in that business.

Laws To Be Same.
In an effort to bring the state collections up to the level of the federal collections, the finance committee inserted in the law another provision, which requires the state revenue department to adopt rules similar to the federal treasury's rules for calculating incomes. In addition to increasing collections, this section will aid business men who have been required to keep two sets of books, one to ascertain their taxable income under the federal rules, and another to ascertain their taxable income under the state law.

The defeated Johnson bill, which was estimated to bring in \$500,000 at least in additional revenue, provided that whenever a taxpayer received a notice from the federal government that his income tax return was incorrect, he should notify the state department. If the taxpayer failed to do this, he could have been immediately indicted for a violation of this law.

The state can still collect from these taxpayers, by making arrange-

May Rule Canada



Growing out of the appointment of Prince George, youngest son of King George of England, to \$1,000 a year clerical position in the foreign office, rumors are around that the King is grooming his sons for governor-generalships in the dominions and that Prince George will become the next Governor General of Canada.

Falling to get patients Dr. J. C. Stanton of London opened a barber shop and is making a success.

Mrs. Eleanor Chapin of Elain, Ill., called out the fire department to rescue her cat chased up a tall tree by a dog.

The REFRIGERATOR of the FUTURE...

Mechanism on top, hermetically sealed... never needs oiling... quiet, all steel, cannot warp... electrically operated.

\$215 At the Factory with conveniently spaced payments.

THE same group of engineers and scientists who perfected the hermetically sealed mechanism of the General Electric Refrigerator, now have designed and produced an all-steel refrigerator cabinet—the first all-steel refrigerator ever built!

It is a small-family model—entirely of steel—strong and durable as a safe. It has no wood in it. It cannot warp. No cold can seep out, no heat can creep in.

You will readily understand why this has been called "the refrigerator of the future" when you examine it yourself and compare it carefully with all others. Be sure to come in and see it. This, or any model, may be purchased on easy payments.



All steel with electrically welded joints. Heavy hardware, bolted into the steel. Black-steel door edges, self-cleaning, gaskets to protect against moisture, and many other unique features.

Listen to the General Electric Hour, broadcast every Saturday evening, 9 to 10 Eastern Standard Time, over N. B. C. network of forty-two stations.

GENERAL ELECTRIC ALL-STEEL REFRIGERATOR HORD & RANSON

South LaFayette Street, Shelby, N. C. Phone 720. New Low Prices Now in Effect on all Models. THE STAR EVERY OTHER DAY \$2.50 PER YEAR



PRICES WITHIN REASON

is one of the recognized conventions of this place of business, but we can't help wondering what has become of the little girl who looked forward to the day when she would wear long skirts. A long wait! No waiting by the roadside with motor trouble or fouled fuel line if you use SINCLAIR gas. Its purity and filtered excellency protects you against the aggravating trouble commonly encountered. You will find your confidence in SINCLAIR gas and OPALINE oil well deserved.

Cleveland Oil Co. Distributors



RELIEF in 7 minutes

All Smiles instead of the awful pains of PILES

Now there is a new and marvelous relief awaiting every sufferer from piles. The very first application soothes beyond your fondest hopes. Soon the special scientific medication begins to heal. The constant agony disappears. You feel and act like a new person. Nothing you ever tried does what



Munyon's Pile Ointment does. Thousands of all ages have found it the only satisfactory way.

To be strong morally, one must be physically strong.

PAUL WEBB & SON

SICK HEADACHE

Ex-Sheriff Suffered From Constipation and Felt Very Bad Until Relieved by Black-Draught.

Ardmore, Okla.—Mr. W. N. McClure, for several years a resident of this city (111 Third Ave. N. W.), formerly was a political leader in Pike County, Arkansas, where he served as sheriff and county judge.

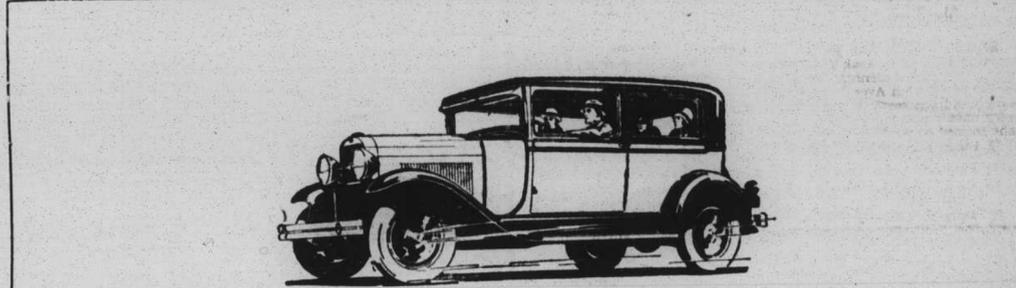
"I used to suffer with sick headaches," says Mr. McClure. "These spells would come on me and I would feel very bad. I would get bilious and upset.

"My trouble was constipation, and after I found it out, I began using Black-Draught. This quickly relieved the cause, and I got all right.

"I began using Black-Draught in my home, shortly after the Civil War, when I lived in Pike County, Arkansas. I came out of the war, like many other soldiers, with bad digestion. I suffered a lot from sick headaches and dizziness. I would get constipated, and for a while I would feel very bad.

"I found this medicine brought quick relief for constipation, and removed the cause of my headaches and dizziness, so we have always tried to keep it in the house.

"After I take a course of Black-Draught, I feel fine. My system is rid of poison, and my appetite picks up." Sold everywhere. Try it. MC-203



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Until you actually get behind the wheel and drive the 1929 Oldsmobile yourself, you cannot really know its versatility—its steadiness and stamina—its brilliant abilities in every phase of performance.

Come in today. Let us place an Oldsmobile at your disposal. Try its performance. Put it to the severest tests you know. Find out not only what it does, but how it does it.

You'll have thrilling speed at your command—easy, effortless speed that is as restful as it is exhilarating. You'll discover brisk, smooth getaway to take you into the lead as the signal changes. You'll experience swift, sure acceleration to pass other cars on the road. You'll find a tremendous power reserve to conquer steep hills, deep mud or sand.

Further, Oldsmobile is easy to drive in traffic or on the open highway. Quick-acting, positive, four-wheel brakes bring you to a smooth, safe stop. You can steer with your finger tips and park without effort, even in small spaces. The easy action of

Oldsmobile's spring-cushioned clutch—the noiseless, effortless gear-shift—the comfortable driving position afforded by its new Fisher adjustable front seat and adjustable steering wheel—all add to driving enjoyment. Four Lovejoy hydraulic shock absorbers and specially designed springs assure restful riding comfort, even on rough roads.

Oldsmobile's smooth, quiet, high-compression engine now develops 62 horsepower. All working parts are held within exacting limits of accuracy. Even the piston pins are pressure-lubricated—a feature heretofore characteristic of high-priced cars. And Oldsmobile's silenced chassis and silenced interior prevent noise and vibration.

The only true test of performance is personal experience. Take the wheel and make your own performance tests. Match Oldsmobile against other cars in speed, power, flexibility, and riding comfort. Then you will know for yourself why owners everywhere praise Oldsmobile performance.

NEW LOWER PRICE TWO DOOR SEDAN \$875 f. o. b. factory, Lansing, Mich. Spare Tire and Bumpers Extra

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