

### Copeland's HEALTH TALK

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

(Inquiries may be addressed to Dr. Copeland, care The Star, Shelby, N. C. If you desire a personal reply, enclose a stamped envelope addressed back to you.)

Many of our popular notions are decidedly wrong. For instance, we talk about gall-stones as if they were something like pebbles. You probably consider them as of that nature.

But they are not stones. A real stone will sink in water—everybody knows that. But this is not the case with gall-stones. As a matter of fact they will float in water.

Mind you, I am not talking about kidney stones. These are actually mineral in their structure. But gall-stones are more like hard cheese than actual stones.

They are albuminous in their nature. Let me make this a bit clearer.

The white of eggs is albumen. Imagine this to be cooked until it is quite firm. That is something like the material in a gall-stone. In short as I have said, these unpleasant companions are composed of albuminous material.

I am glad to tell you these things. I find that many persons are very much afraid of having gall-stones and would be worried sick if told they are actually present.

As a matter of fact, there are thousands upon thousands of persons who have them and never know it. One great authority says 95 per cent of those who have gall-stones never have a symptom. It is safe to say this disturbance is much more common than we imagine.

I read the report of a surgeon who found 75 or 80 of these bodies in the gall-bladder of a patient who had never been conscious of their presence. An operation was required, for something utterly unassociated with the gall-bladder and they were discovered quite by accident.

A tremendous amount of gall-

bladder study is being done by research workers all over the world. We shall know much more about the disease a few years from now than we do at present.

There can be no doubt that severe pain is often associated with gall-bladder disease. It may take the form of terrific colic. The remarkable thing, however, is that just as severe pain may be met in persons who have had their gall-trouble corrected.

The latest reports I have read indicate that the pain may really be in the stomach or upper part of the small intestine. All these parts of the digestive system are so close together that it is extremely difficult, if at all possible, to be absolutely sure exactly where the trouble lies.

There is an intimate relationship existing between gall-bladder, liver, the union of intestine and stomach, and the pancreas, commonly called the "sweet-bread." The liver and gall-bladder have at least one function in common, the removal of germs from the blood stream.

Sometimes, unfortunately, the gall-bladder may be damaged. Then the germs enter the tissues and cause an infection of that organ.

The lining of the gall-bladder secretes a very thick mucus. This acts as a sort of cement, to bind together the materials which enter into the formation of the so-called gall-stones.

There are a few observations regarding a very common ailment. Of course, if you think you have it, talk with your doctor. He will reassure you.

#### Answers To Health Queries.

L. L. Q.—What causes dark circles beneath the eyes? I am thirteen years old.

A.—Lack of proper rest and sleep, indigestion or constipation may be at fault. Find the cause and treatment can be advised.

B. H. Q.—What causes dizzy spells?

A.—This may be due to a circulatory disturbance, to an eye or ear condition, or to some intestinal disturbance. An examination will determine the exact cause and then definite treatment can be prescribed.

#### ADMINISTRATOR'S NOTICE.

Having this day qualified as administrator of the estate of Martha Canipe, deceased, late of Cleveland county, N. C., this is to notify all persons having claims against said estate to present them to me properly proven on or before the 16th day of April, 1930 or this notice will be pleaded in bar of recovery thereof. All persons owing the said estate will make immediate settlement to the undersigned. This April 15, 1929.

HOSE BEAVER, Administrator of Martha Canipe, deceased.

### Pleasant Hill News Of Personal Mention

(Special to The Star.)  
Mrs. Jeff Huldner fell and was badly hurt.

May 3 there was a big picnic at Mr. Allen Hill. Misses Grace and Minnie King took all the children there and they spread dinner and had a good time.

Mrs. Nora Lowery is very ill at this time.

Mrs. Vera Foster is spending the week-end with her parents Mr. J. M. Roberts and family.

We are glad to learn that Mrs. John Plummer is better.

Mr. J. W. Mayes has had nine swarms of bees.

Pleasant Hill church will soon be finished.

Mr. Miner Lowery spent Wednesday with Mr. and Mrs. J. W. Mayes.

Mr. and Mrs. J. W. Mayes were the dinner guests of Mr. Charley Putnam Sunday.

Mr. and Mrs. Dover and children were the dinner guests of Mr. J. Y. Kendrick Sunday.

### Mr. Covington Wins Honors Down East

Born On Brushy Creek Of Humble Parentage, He Wins Medal And Does Much Good.

Editor Star:

As is known to all newspaper readers, North Carolina has a patent-applied for process of being first in everything; whether it relates to pre-eminence of her active and irrepressible bootleggers and blindtigers, or causing the wilderness to blossom as fertile and productive farms; the politician that flourishes in the open air; or the volubility bordering upon eloquence that emanates from the stentorian lungs of her windjammers. Pre-eminence among its sons, grandsons and denizens are the vaunting citizens of Cleveland county.

As one who hailed from a county in Kentucky which furnished two governors, three congressmen, two attorney generals and one chief justice, I ought to know; and hereby audit and approve her extravagant claims.

Let me chronicle a true, little story. Fifty years ago, a boy with the red head, freckles and energy of Old Hickory Jackson was born in township No. 7—upon the classic waters of the raging torrent known as Brushy Creek. At an early age he lost his mother; was placed in the strenuous vocation of farming; and denied every education advantage except those afforded by the elementary schools of that period. But he cherished a passionate yearning for education; and like the heroic Lincoln, Jackson, Johnson, and Garfield; he read all he could secure of good literature; but married young and never attended high school nor college. In North Carolina as everywhere else, poverty is a worse stigma than sheep stealing or invading the privacy of a hen roost; and he felt the blighting loneliness realized by a "poor relation."

But realizing his life handicap, he gave his children good educational advantages. Four years ago, his oldest daughter graduated with honors and an eminent daily in Eastern North Carolina, unsolicited published her valedictory address. She has distinguished herself as a successful and gifted teacher. Later, her younger sister graduated with honors, and this year won first prize in a county of this state by preparing best float in a county parade of the school where she was principal. But honors, like misfortunes—do not always come singly. This year this man was gratified at the signal triumphs of an adolescent son, answering to name of Richard—winning two gold medals in same county—one was against all contestants in high school for declaimer's medal, the other against all grammar grade contestant in oratory. The moral of this story is, no matter about the stigma of being a poor relation, nor yet "being jist about as disagreeable as his old uncle, Corn Cracker." If he and his children bring home the bacon it makes no difference with people of sense and fairness.

Ladies and gentlemen, permit me to introduce Wayne Everett Covington, formerly of classic Brushy Creek, but now of Lakeview, near Peachland.

We are told that the kingdom of heaven suffereth violence and the violent taketh it by force. Hickory, Johnson, Abram Garfield, Peter Cartwright and Andy Johnson bore the scars of conflict and so does Wayne Covington; but some of the scars adorn the features of their opponents. Bully for a scrapper when he has the approval of his conscience.

M. L. WHITE.

### Man so Nervous Feels His Stomach Jump

"I got so nervous my stomach felt like it was jumping. Vinol entirely relieved the trouble. I feel better than in years."—J. C. Duke.

Vinol is a compound of iron, phosphates, cod liver peptone, etc. The very FIRST bottle makes you sleep better and have a BIG appetite. Nervous, easily tired people are surprised how QUICK the iron, phosphates, etc., give new life and pep. Vinol tastes delicious. Quinn's Drug Store, adv.

### STRANGE DISEASE MENINGITIS, SAID

Medical Authority Investigates And Describes Rocky Mount Disease.

Washington.—Dr. G. W. McCoy, director of the hygienic laboratories of the house health service said he had identified as cerebrospinal fever "or the disease popularly known as meningitis or spinal meningitis," the melody which fatally attacked two persons at Rocky Mount, N. C.

A greater prevalence of the disease than has existed since the war, he added, has been reported this winter throughout the country. Dr. McCoy referred to the cases as spectacular and unusual, but said he saw no reason for alarm.

He said the disease is caused by an infection of the brain and spinal cord by an organism, the meningococcus, the germ being strictly a parasite of the human body.

The first epidemic of the disease was noted in Geneva in 1805. The next year there was an outbreak of it in Massachusetts. In New York in 1904 and 1905, a total of 3,455 persons died, and 6,755 were attacked by it. This outbreak was part of one which spread over the world in five or six years, then became quiescent and did not stir again until the World war when there was a general outbreak. Since the war the disease apparently remained quiescent again, Dr. McCoy said, until last fall.

"There has been a widespread increase in prevalence," Dr. McCoy said, "we do not view the situation with alarm now because, in the first place, late spring and summer are the least favorable times for the spread of the disease."

Preventive measures, Dr. McCoy added, include the examination of patients to determine the identity of their sickness, and an effort to identify "carriers."

Carriers, he explained, are persons who are affected by the germ but who do not succumb to it.

"We must frankly admit," he added, "that once cerebro spinal meningitis has become epidemic, it cannot be stamped out. It is not clear that any of the measures taken to prevent the spread of the disease have either materially influenced the course of epidemics or prevented its spread."

Predisposing factors, such as over exertion, depressive mental and bodily surroundings, and catarrhal conditions increase the likelihood of its spread. The average number of fatalities is 75 per cent, but in some epidemics it has been as low as 20 per cent. A serum used in treating cases has reduced the fatality to about 23 per cent, Dr. McCoy said.

### Hoover Regards Al Smith Highly

New York.—President Hoover regards Alfred E. Smith, his Democratic opponent in the recent national campaign, as a distinguished American and a great public servant.

The president's estimate of Mr. Smith was expressed in a letter read at the presentation of the Lactare medal, the annual award of the University of Notre Dame, to the American lay Catholic "who in his particular field of endeavor has achieved such distinction as reflects glory upon the Catholic faith."

### Memorial Services.

Memorial services will be held at Elizabeth Church Sunday, May 11. Everyone invited.

### CERTIFICATE OF DISSOLUTION

State Of North Carolina, Department Of State. To all to whom these presents may come—Greeting:

Whereas, it appears to my satisfaction, by duly authenticated record of the proceedings for the voluntary dissolution thereof by the unanimous consent of all the stockholders, deposited in my office, that the Paragon Furniture company, a corporation of this state, whose principal office is situated at No. 8, LaFayette street, in the City of Shelby, County of Cleveland, State of North Carolina (M. A. Spangler being the agent therein and in charge thereof, upon whom process may be served), has complied with the requirements of Chapter 22, Consolidated Statutes, entitled "Corporations," preliminary to the issuing of this certificate of dissolution:

Now therefore, I, J. A. Hartness, secretary of state of the State of North Carolina, do hereby certify that the said corporation did, on the 22nd day of April, 1929, file in my office a duly executed and attested consent in writing to the dissolution of said corporation, executed and attested consent in writing to the dissolution of said corporation, executed by all the stockholders thereof, which said consent and the record of the proceedings aforesaid are now on file in my said office as provided by law.

In testimony whereof, I have hereto set my hand and affixed my official seal at Raleigh, this 22nd day of April, A. D. 1929.

J. A. HARTNESS, Secretary of State. (Official Seal) 41-21c

### Place Telephones On Moving Trains

Toronto.—The feasibility of two-way telephone conversation between a moving train and a stationary point has been demonstrated on the Canadian National Railway Service is to be made available shortly for passengers on trains between Chicago and Toronto.

A two-hour conversation was maintained between a train speeding northward through Ontario at 40 miles an hour and the main offices of the road at Toronto.

The telegraph wires along the railroad right-of-way are used by the system which has been developed under the direction of J. C. Burkholder, of the Bell Telephone Laboratories at Newark, N. J.

Radio waves carry the voice of the speaker in the railway car to the wires by which the impulses are transmitted to the receiving point.

The test was made by B. D. Robb, vice president, in charge of the Canadian National Railway telegraph and telephone service. He picked up an ordinary telephone instrument and asked the operator for Mr. Barber, general manager of the Canadian National Telegraphs. The connection was made promptly.

After Mr. Robb had congratulated Mr. Barber on the success of the device other railroad officials conversed until the test had consumed two hours.

### COLLEGE MEN RETURNING TO MORE SOMBER CLOTHES

Los Angeles.—Collegiate styles in clothing are losing favor with the well dressed college man.

That is the observation of college fashion experts in the Daily Bruin, student newspaper of the Los Angeles branch of the University of California. What the well dressed college man will wear is forecast as follows:

Darker colors in suits, sweaters, ties and socks.

Shirts are conservative; no "loud" colors or "dramatic" collars. Extreme pointed collars are passing.

Colors in hats, which have high crown and narrow brim. "Quiet" ties.

Long, narrow shoes.

### NOTICE.

North Carolina, Cleveland County, in Superior Court.

W. A. Beam, Executor of the Estate of J. F. Beam, deceased.

vs. Eugenia Beam, widow; Claude Beam; Mamie Daniels and husband, F. R. Daniels; W. A. Beam and wife, Helen Beam; Ethel McGee and husband, Sproles McGee; G. R. Beam; and Lois Stainback and husband, Banard Stainback.

The defendants, Mamie Daniels and husband, F. R. Daniels; Ethel McGee and husband, Sproles McGee, will take notice that an action, entitled as above has been commenced in the superior court of Cleveland county, North Carolina. Said action being brought by the executor of the estate of J. F. Beam to sell certain timber from the lands of said J. F. Beam for the purpose of providing funds to pay the indebtedness against said estate.

And the said defendants, above named, will further take notice that they are required to appear before the clerk superior at his office in Shelby, N. C. on or before the 27th day of May, 1929 and answer or demur to the petition of the plaintiff or the relief asked for therein will be granted.

This the 22nd day of April, 1929. A. M. HAMRICK, Clerk Superior Court. Peyton McSwain, Atty.

### TRUSTEES SALE OF REAL ESTATE.

Under the power of sale contained in a certain deed of trust executed by Louis P. Ponder, single, to Union Trust company of Maryland and Insured Mortgage Bond corporation of North Carolina, Inc., as trustee, which deed of trust is of record in office of the registry of Cleveland county, N. C., in book 155, page 155, said deed of trust having been given to secure notes therein described, and the said Louis P. Ponder not having paid said notes the holder of same having requested foreclosure of said deed of trust, the undersigned trustees will offer for sale for cash at public auction to the highest bidder at the court house door in Shelby, N. C., at 12 p. m., June 3, 1929, the following described lot or parcel of land, situated just east of the city of Shelby, N. C., and being lot No. 9 in block B of Cleveland Heights, developed by Gardner and Mull, plat of same being of record in the aforesaid office in book 2, page 21.

Beginning at a stake in east edge of state highway No. 20, or the Asheville - Charlotte - Wilmington highway at a point which is located 172 feet from J. A. Wilson-Samuel Green old line, and runs thence N. 43 deg. 35 min. E. 204 feet to a stake in the line of lot No. 22; thence with the lines of lots Nos. 22 and 23, S. 43 deg. 36 min. E. 60 feet to a stake, corner of lot No. 8 in line of lot No. 23; thence with the line of lot No. 8 S. 46 deg. 30 min. W. 197 ft. to a stake in the east edge of state highway No. 20, the same being corner of lot No. 8; thence with the east edge of said highway No. 20, 50 feet to the beginning. This May 1, 1929.

UNION TRUST COMPANY OF MARLAND, INSURED MORTGAGE BOND CORPORATION OF N. C., Inc. Trustee.

Newton & Newtons, Atty's.

# WANTED

BY OLD LINE LIFE INSURANCE CO.

A FEW LIVE WIRE REPRESENTATIVES FOR THIS TERRITORY

A. H. Fleming, a part-time agent of Alabama, writes: "I wrote \$27,000 of life insurance in March, and I believe this business was written with not over one-half hour's work a day. Your records will show that my commissions on this business amounted to about \$350.00. I believe my commissions on life insurance have averaged \$125.00 a month since I made my contract with the Pan-American Life Insurance Company."

The Pan-American Life Insurance Company desires a few live-wire representatives in the Shelby territory. It is not necessary to devote your entire time to the business; you may continue in your present position and write life insurance only in your spare time. Experience is not necessary.

The Pan-American Life Insurance Company is an 18-year-old legal reserve company with more than \$22,000,000 of assets and with more than \$180,000,000 of insurance in force—a company whose capital and surplus totals more than \$2,000,000.

This is an unusual opportunity for a few live-wire people who desire to turn their spare time into dollars. Apply today to—

D. R. McBRAYER, General Agent, Shelby, North Carolina.

PAN-AMERICAN LIFE INSURANCE CO.

New Orleans.

CRAWFORD H. ELLIS, President. E. G. SIMMONS, Vice President and General Manager.

Check Oldsmobile Performance by the Surest Test of all—

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THERE'S one sure way for you to prove Oldsmobile performance... come and drive the car yourself! Learn by actual experience, not only what this Oldsmobile can do, but how it does it.

Get behind the wheel. Make yourself comfortable... regulate the adjustable driver's seat to suit your height. Note the convenient arrangement of controls and instruments—the facility with which you can operate the starter, lights, gear-shift, accelerator, clutch, and brakes.

Then drive! Try this finer Oldsmobile in traffic and on the open road. Test every phase of its performance. Even in thickest traffic, you'll find Oldsmobile easy to drive. Swift, stageless pick-up gives you the advantage at the signal.

NEW LOWER PRICE TWO DOOR SEDAN \$875

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Consider the delivered price as well as the list price when comparing automobile values. Oldsmobile delivered prices include only reasonable charges for delivery and financing.

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Your Only Safe-guard is Insurance With

CHAS. A. HOEY

### A SERIOUS CHANGE

Kentucky Lady Was Seriously Ill for Months But Was Finally Relieved By Cardui.

Lawrenceburg, Ky.—"At a time in my life, when my health was undergoing a serious change," says Mrs. J. C. Ray, who lives near here, "I found Cardui to be of the greatest benefit to me. I was seriously ill for about two months, and for several months I was not well. My nerves were all unstrung. I could not bear the least noise around me. I could not sleep.

"My head ached until it seemed as if it would burst. My feet and limbs swelled dreadfully. I felt tired all the time. When I was up, I dragged around the house, but most of the time I spent on the bed. "I got Cardui and began taking it regularly. Very soon I could see that it was helping me. I began to sleep better and eat more. The awful nervousness got better.

"When I had finished the first bottle, I was much better than I had been for many weeks. I was so encouraged that I kept right on. Before very long I was doing all my housework and was feeling quite well."

Thousands of other women have been helped by Cardui after long suffering from weakness and nervousness.



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## FOR Dysentery

### Anti-Ferment

Avoids Annoyance, Regulates Digestion. Staves Off Stomach Troubles.

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