

Copeland's HEALTH TALK

● **Those Blackheads!**
 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.)

Health is regarded as a most precious possession. It is natural that questions should be asked about what to do for this ailment or the other. Hundreds of letters come to me every week, asking for information regarding various diseases.

Everybody recognizes that imperfections of the skin are an evidence of impaired health. On this account, and also because there is a certain degree of embarrassment associated with the appearance of skin troubles, many persons seek a means of removal of these blemishes.

It seems to be the history of youthful development that at certain time of life there shall be pimples and eruptions of the skin. It is too bad that this period coincides with that period when boys and girls begin to take an interest in social affairs.

Blackheads, red swollen spots, and hard lumps that never come to a head, ruin the complexion. The chin and forehead are the parts of the face likely to be involved. The shoulders and upper part of the chest are other places where the eruption may appear.

The general term applied to all such disturbances of the skin is "acne." Acne is found wherever boys and girls are met. Beginning at the age of ten or twelve it goes on and on for several years. It is rarely seen after the age of twenty-five.

I want to be frank about it: In my opinion one of the neglected factors in the production of this disease is a lack of cleanliness of the skin.

Some skins are so made that they are not readily infected. The fine-grained, small-pored skins are pretty oily, and possess large, open pores. It is very liable to acne.

You can see that unless a skin of this sort is scrubbed clean with soap and water, it won't be long before these big pores are filled with dirt. Within a short time the pore has become a breeding place of germs. There will be pus formation, inflammation, redness of the skin and the formation of an ugly pimple.

Neglect of the diet is another factor. Too many children are brought up on candy and starches. They eat excessive quantities of fat, nut sundaes and hot biscuits. I need not

tell you that this is a mistake.

Please do not think I have any objection to the foods just mentioned. In their proper place and in reasonable quantities, they are quite all right. The trouble with young people, however, is that if they indulge excessively in these things they are likely to avoid fruits and green vegetables, milk and coarse bread.

The person inclined to have a bad skin should drink quantities of water. It is important to have the wastes of the body carried away promptly. An abundance of fluids will help to accomplish this. Activity of the bowels and kidneys is important.

Exercise in the open air is of vital importance. Every activity that causes the skin to perspire will make for its good health.

Some other time I shall speak more at length regarding the care of the skin. Perhaps I have said enough today to put you on guard against a few things which are destructive to its beauty.

Answers to Health Queries

A. M. M. Q.—What causes numerous fine blood vessels around the nostrils?

A.—May be due to a circulatory disturbance. Consult a skin specialist for treatment.

"A reader." Q.—Can anything be done to keep one from growing taller?

A.—No.
 2.—Moles may be made less noticeable by the use of the electric needle handled by an expert.


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Vaie Boy Does Not Miss A School Day In Just Seven Years

Lincolnton, T. E. Sain, twelve-year-old son of Mr. and Mrs. M. F. Sain of Vaie, has made a record during his school career which is rather remarkable and one of which any boy should be proud. He has gone to school seven years without missing a single day, and the schools he has attended were not the usual six months schools, but seven and eight months.

T. E. has seven certificates, four of the seven certifying that he is "worthy of recognition for regular and prompt attendance at the public schools of Lincoln county." He has two certificates of perfect attendance and also a certificate of excellence, presented May 21, 1927, for regular attendance, correct deportment and highest scholarship. At the close of school this year he received a seventh grade diploma and another certificate of perfect attendance, making him a total of nine certificates in seven years.

His teachers from the first grade through the seventh have been: Miss Evelyn Cornwell, first; Miss Edna Sorrels, second; Miss Louise Gilbert, third and fourth; Miss Sallie M. Seagle, fifth; Miss Naomi Lowry, sixth and Miss Essie Dalton, seventh.

T. E. has had the measles, the whooping cough, chicken pox, French measles and the shingles, but he has been fortunate enough not to catch any of the diseases during the school terms. He is justly proud of the record he has made and when he enters high school in the fall he expects to do as well as in the past.

BOLL WEEVIL EXPECTED IN PIEDMONT SECTION

With the data regarding the emergence of the boll weevil and its low winter mortality in hand, it seems safe to predict that a comparatively large number of weevils will emerge and enter the cotton fields in the piedmont section at the beginning of the growing season, says M. H. Brunson, extension entomologist. Mr. Brunson advises farmers to be prepared for the abnormal condition and thereby avoid unnecessary losses from the attack of the pest.

Cotton fields in the piedmont are ordinarily comparatively free from the boll weevil early in the growing season but Mr. Brunson explains that such a condition probably will not be the case this season, for the winter mortality of the weevils in hibernation seems to be abnormally low because of the mild winter just past. A recent report issued by the bureau of entomology at Washington bears out this statement to the extent that the spring emergence of weevils is exceptionally high thus far.

COWS NEED SUCCULENT FOOD FOR GOOD MILK

The amount and kind of milk with which dairymen will be able to supply their customers next fall largely depends on an adequate amount of succulent feed and roughage of good quality for cows during the late summer and fall.

Some farms will need to change their system of cropping land. The area of crops in various fields should be arranged so that more green crops will be ready for pasturing or for cutting and feeding next fall.

Alfalfa hay is the best to produce milk. Good clover hay comes next while grass hay is of less value. Most weeds have little or no feeding value while some are poisonous and some flavor the milk. Good hay is green in color. The green color is lost when mold develops in the field or in the hay mow. Hay should not be cured in the shade to retain its bright leafy appearance for sunshine helps develop vitamins in the hay.

Find Diamonds in Illinois

Sterling, Ill.—One hundred three black diamonds have been taken from the earth near Harmon, Ill., but no "gold rush" is expected as the jewels are part of a shipment of 133 diamonds lost in mail plane crash.

EXECUTRIX'S NOTICE

Having this day qualified as executrix of the last will and testament of Ida L. Humphries, late of Cleveland county, N. C., this is to notify all persons having claims against said estate to present same properly proven to the undersigned on or before the 8th day of May, 1930 or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement.

This the 8th day of May, 1929.
 VERNIE MAY POTTE, REYNOLDS, Executrix, Gaffney, S. C., Route 1.
 B. E. Williams, Atty.

ADMINISTRATOR'S NOTICE

Having qualified as administrator of the estate of S. J. Bingham, deceased, this is to hereby notify all persons indebted to said estate to make payment of such indebtedness immediately to me; and this is to notify all persons holding claims against said estate to file same with me on or before the 17th day of April, 1930, or this notice will be plead in bar of recovery thereon.

GETTYS BINGHAM, Adm'r. estate of S. J. Bingham, decd.
 Newton & Newton, Atty's.

Ten Points For The Educated Man

Literary Digest.

Am I getting an education? We have all asked ourselves that question at one time or another. Sherwood Eddy uses it as the title of a recently published symposium "Doubtless, Doran" on the methods, purposes and results of American colleges and universities, which are now undergoing such searching criticism. George A. Coe, veteran educationist of Northwestern University, Union Theological seminary, and recently retired from Teachers college, is convinced that a good education is education for good living. "What an absurdity it would be to certify as well-educated a youth who has never been socially awakened—well-educated, yet negligible as far as social well-being and social progress are concerned!" Mr. Eddy concludes his symposium on "Am I Getting an Education?" with Dr. Coe's ten points, by which a truly educated man can be detected. Originally published in Dr. Coe's book entitled "What Ails Our Youth!" (Scribner's) these ten points are worth reconsideration:

1. An educated man is one who is trained to use the tools of human intercourse with readiness, precision, and accuracy. We mean, especially, language and the rudiments of number.
2. An educated man must have sufficient knowledge of nature to understand the main processes upon which human life and happiness depend.
3. An educated man knows enough history to enable him to the main achievements of man.
4. An educated man is acquainted with the major resources for intellectual and esthetic enjoyment. He knows nature, literature, music, and the other arts sufficiently to choose superior to inferior enjoyments.
5. An educated man is marked by his interests as well as by his trained abilities. His attention is habitually attracted by significant rather than trivial objects, events, pursuits, and enjoyments.
6. An educated man must have not only this general culture, but also training for a specific occupation. Focalized activity that is directed toward some sort of efficiency has to be included.
7. An educated man must have toward his fellows the habitual attitudes that are commonly called ethical—such attitudes a honor and honesty, helpfulness and good-will and cooperation.
8. An educated man must have loyalties to at least some of the important organizations and institutions of society, such as one's family, one's country, one's church.
9. An educated man must have in life, the sort of education that I have been outlining should include some apprehension of, and feeling for, the divine; the ideally educated man will reverence God, and know how to worship.
10. To determine whether your education is still alive and growing, and not a dead and finished thing, Sherwood Eddy suggests answering the following questions:

1. Am I learning to study and to think?
2. Am I getting the knowledge that I need most? Am I learning to enjoy things that are most worth while? Am I acquiring esthetic appreciation of the significant values of life?
3. Am I living in the real world or in a corner apart? Am I learning to live, by living now; by acquiring some vital knowledge of the world and its real problems, by actually facing them and beginning to try to solve them now? Or am I evading or postponing life, playing about with its trifles in a thoughtless and unreal academic world?
4. Am I progressing, standing still, or going backward?

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."

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GROUND 'PEARL' FIND PUZZLES SCIENCE ANEW

Washington.—Ground pearls, strewn in great quantities in the soil, have been found in California and present anew to science the puzzle of the creatures that make them.

"Gems" which once gave the finder the thrill of unearthing a pirate's treasure, have been established to be little houses in which an extraordinarily delicate insect—margarodes—shelters itself during a period of inactivity.

"Pearls" for feminine adornment are produced in colors ranging from pure white to reddish-brown and in size from tiny gun shot to almost the size of a pea.

They may be found in loose or sandy soil in a band around the world as far north as Poland and as far south as Chile. In the United States they occur especially in Georgia and Florida.

Scientists have been unable to determine, however, how the "pearls" are produced or what the habits of the insect are.

A life cycle, built partially by conjecture, supposes that eggs hatched in the soil produce small larvae.



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The globe, brittle but hard is thought to shelter them for periods of years under adverse conditions they could not otherwise stand. Then they burst through their self-made cell as full-fledged insects and make their way into the ground, where eggs are laid and the process is repeated.

The spheres, which may be dug up by the handful, long have been used for ornamental purposes.

The bureau of entomology has received a sample of the "pearls" found in California, but no study has been made to determine further the history and habits of the creatures that produce them.

In Chile, where one species has been studied, the insect feeds on grape vines but, as far as is known, is not a pest in any other region.



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Many Disasters in 1929. Washington.—Unprecedented disasters in 1929 has overwhelmed Red Cross workers now extending relief in 25 states. Five of these states have suffered twice recently and two states have been afflicted three times. Victims of disaster this spring total more than 116,000 persons.



IT WOULD BREAK A MAN'S HEART

If he couldn't get even with friend wife in some way; here's how one hubby did it: He was shaving her neck when she said "Ouch, that razor is terrible," to which he replied: "Yes dear, I know it—is the one that you used to trim your corns and I have been saving it for this purpose."

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