

## Dr. Copeland Tells Millions Of People How To Keep Well

Famous Physician Advises Thousands Through Newspapers Articles All Over Country.

(By William J. Murray)

To few men is given the gift of public service. Many men so covet this gift that they earnestly strive to gain the reputation for such genius. And, assuming the air of the thing they covet, they foist themselves upon all sorts of public offices where their deficiencies are swiftly found out. But the man who really possesses the gift is first found out and then is forced to accept the office which seeks him.

When Dr. Royal S. Copeland came to New York he had behind him the record of having been discovered and not found wanting in this matter of genius for public service. Behind him were several years of efficient public service. First, as professor in the University of Michigan, from which he was graduated in 1888, and where, after specialized work in German, Swiss and Belgian universities, he was teaching when he was induced to undertake his first service in elective public service.

The city of Ann Arbor, in 1901, found out that in him was excellent majority timber so Dr. Copeland was drafted into its service. And when, after two terms, he laid down the mayor's duties, he was not permitted to rest—he was forced to remake the park system of Ann Ar-

bor between hours of service to the university.

New York first heard of Dr. Copeland when the Flower Hospital Medical college needed a dean and called him to that office. And then—strange as the ways of fortune—a chance meeting in City Hall Park with Mayor Hylan, one night at dusk, during those early days of our participation in the World war, resulted in a message to Dr. Copeland from the mayor asking his presence at the City Hall.

The mayor shook his fist under the nose of the astonished physician, when Dr. Copeland had attempted to decline the mayor's request that he become health commissioner of the greatest city in the world. "As mayor of the city of New York, I believe that I have the right to draft any man for any big service this city needs in war-time. You serve!" His honor insisted—and Dr. Copeland did serve.

The record of Dr. Copeland's service as commissioner of health during the years fraught with danger both to health and efficiency greater than the city had ever before known, is the record of the years of the World war and, in addition, the years of the most menacing influenza epidemic of history. So notable were Dr. Copeland's services as guardian of the public health that—perhaps more to his astonishment than to the surprise of anyone else—he was drafted, with but an hour's notice, to run for the senate of the United States.

As Dr. Copeland told me and I myself saw in several notable instances hundreds of men and wom-

### 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 headache 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. *NC-263*

**BLACK-DRAUGHT**

Indigestion Biliousness

en waiting to shake his hand after meeting had ended, to express their appreciation of what he had done for them.

None of these persons had met him before. Most of them now saw him for the first time. But they felt they knew him. They considered him a daily visitor in their homes.

Each of these eager men and women read Dr. Copeland's articles every week-day. They had come to feel that the general title of the series—"Your Health"—meant their health.

Practically everyone had written Dr. Copeland. And each question a self-addressed, stamped envelope, had received a personal answer in their own home.

The circulation building results, editors testified had proved so great ever since Dr. Copeland began his series, that they wouldn't be without this feature. They declared that it meant much to individual health and community welfare.

Out of the turmoil of bitter political strife, arose a fact which other editors had not previously realized:

"Today more people are interested in keeping well—not in getting well—than ever before in the history of mankind. Every man, woman and child who reads and thinks, is anxious to understand every one of the many facts necessary to avoid physical inefficiency. For everyone now realizes that upon physical health depends mental health.

Many an editor brushed from his mind all idea of politics to give thought to the tremendous public interest in health.

The returns of that senatorial race are still fresh in the memory of many a man and woman who eagerly desired Dr. Copeland's election and were sure he would be elected but were amazed by the resounding plurality by which the voters of the Copeland's gift for public service, elected him United States senator.

And then, fearful that Dr. Copeland would not be able to continue writing his daily newspaper articles upon which they had learned to lean, countless correspondents were asking Dr. Copeland whether he would continue his series and his special questions and answers service. Finding it impossible to reply individually to this multitude of well-wishers, Dr. Copeland wrote to all the newspapers publishing his articles:

"I do not consider this a 'job' in the ordinary sense. This is the pleasure I get out of life. To stop it would be to deprive me of the sweetest thing in my life. I am glad that my new undertaking will not interrupt the writing of my articles and answering the letters of those who write me about health and sanitation."

And those who know Dr. Copeland's work—men and women far and near, in the low places and the high places of the world—rejoiced. Far better even than telling the layman how he may banish some symptom of disease from his own body, Dr. Copeland's daily articles instruct everyone in the art of keeping well. Not the least important phase of this art is the ability to recognize the danger signals of disease and then to hustle to your good friend, the family doctor, who will take that "stitch in time."

Many of Dr. Copeland's most ardent admirers feel that herein lies the greatest opportunity for public service which even he, despite his remarkable record, has ever had. And in performing it Dr. Copeland continues to demonstrate that he is one of the few men of this country who possesses the gift of public service.

### SOVIET PLANS TO USE MOVIES LURE PEOPLE FROM VODKA

Moscow.—In the hope of diverting to other purposes much of the money now spent in Russia for liquor, the educational authorities have launched a campaign for the "kinofication" of the country. An expenditure of \$250,000,000 is proposed over a five-year period. The money would be used to construct theatres in towns and clubs in workmen's settlements would be equipped for the showing of films.

### Notice Of Sale.

North Carolina. Cleveland county. In Superior court. J. G. Dudley, sr., J. G. Dudley, jr., and A. D. Dudley, trading as J. G. Dudley and Sons, plaintiffs, vs. R. H. Ponder, defendant. By virtue of an execution directed to the undersigned from the Superior court of Cleveland county, N. C., in the above entitled action. I will, on Monday the 24th day of June 1929, at 12 o'clock M., at the court house door of said county, sell to the highest bidder for cash to satisfy said execution all the right title and interest which the said R. H. Ponder, the defendant, has in the following described real estate, to wit:

A house and lot in the Town of Shelby, No. 6 township, Cleveland county, North Carolina and located on East Warren street thereof, and adjoining lands of J. Weaver on the West; the lands of John Roberts on the East; facing E. Warren street, on the South and an alley on the North. The lot lies on E. Warren street and has a frontage of 60 feet and a depth of 175 feet. For a further description see deed book 3-S page 473. Register of deed's office. This 20th day of May, 1929. I. M. ALLEN, Sheriff.

Try Star Wants Ads.

### Heads College Unit



University of Kansas military students at Lawrence, Kansas, will have pretty and talented Miss Adela Hale to lead them next year, since she has been appointed honorary colonel of their battalion and will be "Queen of the Military Ball."

### DANGER OF PELLAGRA IS DARED BY WOMAN

Washington.—The story of a wife who submitted herself to the danger of pellagra to prove the theory of her husband that the disease was not transmissible is disclosed in a routine congressional committee report. The woman is Mrs. Joseph Goldberger, of this city. Her husband, the late Dr. Joseph Goldberger, conquered pellagra, identifying it as a disease caused by diet deficiency and finding the food element necessary to combat it after it had baffled the best medical talent of Europe for two centuries.

This physician of the United States Public Health service died last year, a victim indirectly of the diseases he devoted his life to mastering. His service is credited with saving countless thousands of lives.

Left almost penniless by her martyred husband, with three children, of \$125 a month by the last congress, as a pension. A letter to the house pension committee by Surgeon H. S. Cumming, of the public health service, urging the pension, told Mrs. Goldberger had tested the transmissibility of pellagra at a time when many medical authorities, disagreed with her husband on this point.

"At the time when volunteers were called for this experiment, and a number of Doctor Goldberger's brother officers at once offered to receive various substances taken from pellagrous patients into their own bodies as a test for the transmissibility of the disease," Dr. Cumming related. "Mrs. Goldberger begged the privilege of representing her sex as one of the volunteers."

### Cigarette Smoking And Dangers There

The New Zealand Outlook. "You smoke thirty cigarettes a day?" "Yes, on the average." "You don't blame them for your run-down condition?" "Not in the least. I blame my hard work."

The physician shook his head. He smiled in a vexed way. Then he took a leech out of glass jar. "Let me show you something," he said. "Bare your arm."

The cigarette smoker bared his pale arm, and the other laid the leech, black leech upon it. The leech fell to work busily. Its body began to swell. Then all of a sudden a kind of shudder convulsed it, and it fell to the floor dead. "That's what your blood did to that leech," said the physician. He took up the little corpse between his finger and thumb. "Look at it," he said. "Quite dead, you see. You poisoned it."

"I guess it wasn't a healthy leech in the first place," said the cigarette smoker, sullenly. "Wasn't healthy, eh? Well, we'll try again."

And the physician clapped two leeches on the young man's thin arm. "If they both die," said the patient, "I'll swear off—or, at least, I'll cut down my daily allowance from thirty to ten."

Even as he spoke the smaller leech shivered and dropped on his knee dead, and a moment later the larger one fell beside it.

"This is ghastly," said the young man; "I am worse than the pestilence to these leeches."

"It is the empyreumatic oil in your blood," said the medical man. "All cigarette smokers have it."

"Doctor," said the young man, regarding the three dead leeches thoughtfully, "I half believe you're right."

### GLAD TO BE RID OF 'SOLID SOUTH'

Columbia Professor Thinks Breaking Of South Unloaded Some 'Bad Rubbish.'

Cleveland.—The Democratic party should be glad that it lost in the last national election the obligation it had long owed its constituents in the Southern states for forever keeping the South solidly Democratic, Lindsay Rogers, professor of public law in Columbia university, New York, told 1,000 Cuyahoga county Democrats at a rally here.

His hearers were startled by the unorthodox views expressed by Rogers, who wrote most of the campaign textbook for Alfred E. Smith, the Democratic candidate. He termed Southern Democrats reactionary and declared progressive Democrats in the North should be glad to be rid of their following.

"It is the sheerest nonsense to say that the future of the Democratic party is cheerless because the solid South is broken," he said. "To put it plainly, it may be a good riddance to bad rubbish."

"The breaking of the South has been in preparation. The Republican minorities in some of these Southern states have long been much larger proportionately than the Democratic minorities in the northern states. The Democratic party can take a new lease on life and orient its policy in a different direction. One of the reasons why the Democratic party has in the last eight years been so evasive in its pronouncements is the restraint put on progressives by Southern conservatives."

Rogers strongly recommended abolition of the two-thirds rule in Democratic national conventions.

### Alcoholic Deaths Highest In 1929 Than In 12 Years

Spring Fishing Season Brings Honest To Goodness New Fish Story.

Kinston.—A report of the use of alcoholized live bait reached the directors of the Acme Anglers' association here today and the executive committee. W. H. Sutton, D. E. Wood and J. T. Skinner, went into session immediately.

After the session it was announced the report would be investigated further before being entered on the records of the association, where many strange things are inscribed.

The directors were told that a fisherman who planned to go "perching" bought 50 minnows and a half gallon of monkey rum. He tried out the refreshments in advance. Prompted to do something devilish, he dumped a quart of the liquor into the pail containing the minnows.

### Fish Hi-Jinks.

The minnows, according to the report received by the Acme directors, staged a barn dance, a wild west rodeo and half a dozen fist fights.

When the fishing started the minnows were "keyed to a million." There was great agitation in the water when the first two were thrown in. Both were swallowed by big perch. The third "kicked up a pampus" for five or six minutes before there was a strike. When the angler pulled in the line he was astonished to find the bait clinging to the neck of a two-pound jack, which had been unable to free itself from the minnow's grip. The jack had not reached the hook.

"It is the most unusual story of the year to date," the directors said. "We are seeking verification. We have no reason to doubt it, of course."

One of the most pressing problems confronting our statesmen is how to get into the World Court without seeming to be in it.—Nashville Southern Lumberman.

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### This Girl Holds Attendance Record

Girl Awarded Prize For Perfect Attendance—Three Of Same Family Graduated.

Hickory Grove, S. C.—Among the features of interest in connection with the commencement exercises of Hickory Grove high school was the award of a \$10 gold piece to Miss Elma Love I. recognition of eleven years of perfect attendance, and also the fact that among the thirteen members of the graduating class were three members of the same family, M. and R. Huskey and their sister, Miss Neva Huskey.

Although she lives in the King's Creek community some distance away from the school here, Miss Love, according to the records, has been present rain or shine, every school day for eleven years. Never once in that long while has the young woman ever been marked "tardy."

The gold prize for her achievement was presented her by members of the high school faculty. The three Huskey pupils also live in the King's Creek community and, while there are numerous instances of twins who have been in the past or are this year members of the graduating class of various schools in the state, so far as is known there is no other family trio to graduate.

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The Literary Digest suggests that science may give us a new religion. But most of the religions we already possess have been used so little they are as good as new.—Southern Lumberman.

### PUBLICATION OF SUMMONS

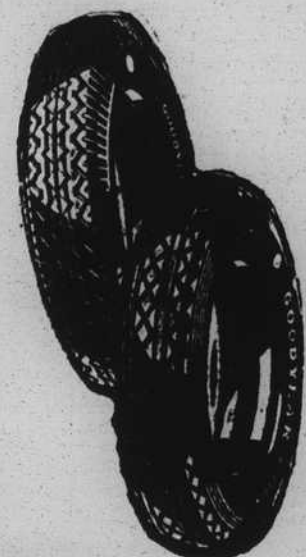
Cleveland Bank & Trust Company executor of the will and trustee of James Franklin Ware, deceased, petitioner, vs.

James Eastham Ware, Rev. W. R. Ware, Mrs. Laura Wells, Dr. A. B. Ware and Mrs. A. E. Alspaugh, defendants.

To Mrs. A. E. Alspaugh, non-resident defendant: You are hereby notified that a special proceeding has been instituted, as above entitled, in the superior court of Cleveland county, N. C., for the sale of certain real estate belonging to the estate of James Franklin Ware, deceased, for the purpose of creating assets to settle indebtedness existing against said estate and a petition has been duly filed in the office of the clerk of the superior court of Cleveland county, in which you are named as one of the defendants; you are further notified to appear at the office of the clerk of the superior court of Cleveland county, N. C., in Shelby, N. C., on or before Monday, June 10, 1929 at 10 a. m. and answer the petition filed therein, or the relief prayed for by the petitioner will be granted. This May 6, 1929. A. M. HAMRICK, Clerk Superior Court, Cleveland County. Ryburn & Hoey, Attys. for Petitioner.

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Shelby, N. C.

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