

### Copeland's HEALTH TALK

Light Is Health Factor.

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.)

Recently I read an interesting editorial in the Aerologist, a journal devoted to the idea of proper ventilation. I wish to quote a paragraph or two:

"The engineer has exceeded our most sanguine expectations in developing apparatus for mechanical ventilation indoors. Laws have been placed on the statute books making ventilation compulsory. But in spite of all this, the valleys and peaks of the mortality curves year after year remain practically unchanged. Why is this so?"

"Life follows the sun. . . Not only is the sun the great giver of life and health, but the great benefits of outdoor life, particularly during the warm summer months, are from the sun and not from the air."

"From the earliest times people have confused the beneficial effects of sunshine with the effects of air. We have been advised to live out-of-doors. The virtues of outdoor air has been extolled. The open window has been proclaimed from the house tops under the false impression that the great benefit of outdoor life was the air, when as a matter of fact, the air has very little to do with it."

"It is the sunlight, the sky-shine, the ultra violet rays, and perhaps countless other energy emanations from them that make the great difference between outdoors and indoors."

"If we have failed to observe the importance of light we have overlooked a vital, perhaps the vital, factor in health production. We just cannot thrive without it."

"For years I have battled to make the senate chamber a livable place. Now it is a thermos bottle, cut off from outside light and air. It pains me to see the senators fade and age far more rapidly than years demand. We cannot be healthy and vigorous without light. It is essential to existence."

"I am much interested in the increasing popularity of the many devices that supply ultra-violet light. The lamps are ingenious, but what is more important, they are health-promoting. I firmly believe."

"Get all the sunshine and sky-shine you possibly can. It will help you to live long and happily."

Answers To Health Queries.  
I. L. G. Q.—How much should a

given to building up the general health. The simple internal medication should be prescribed by the family doctor.  
2.—Yes.

A. D. C. D. Q.—I am 16 years old, 4 feet 8 inches tall; what should I weigh; also a girl aged 26, 5 feet 1 inch tall, and a girl aged 23, 5 feet 1 inch tall?

2.—What will make freckles less noticeable?  
A.—They should weigh respectively about 104, 121 and 119 pounds.  
2.—Use equal parts of lemon juice and peroxide as a bleach.

Isidore P. Q.—What should a boy 14 years old weigh if he is 5 feet 2 inches tall?

A.—For your age and height you should weigh about 112 pounds.  
2.—There is really no way you can increase your height. You will probably continue to grow until the age of 21.

### Revival Starts Soon At Double Shoals

Rev. John W. Suttle To Do Preaching. Some Hail But No Serious Damage.

(Special To The Star.)  
Double Shoals, July 9.—The rain that fell on Monday was gladly accepted and was very much needed. Some hail fell but did no serious damage.

The crops are looking fine and the farmers are beginning to talk of "lay-by" times.

The annual revival services will begin at the Baptist church on the third Sunday night with the pastor Rev. J. W. Suttle doing the preaching. The weekly teachers' meeting that meets on Thursday night has been postponed until Saturday night on account of some of the teachers being away on that night.

Mr. A. D. Spangler spent Saturday night with Mr. and Mrs. Clyde Cornwell.

Little Miss Francis Spangler took supper with little Miss Gilda Spangler last Tuesday.

Mal Spangler, Jr., of Shelby, spent last week with his cousins, Thomas Norris and Ralph Spangler.

Mr. and Mrs. Paul Moss and baby Francis Ann, from Charlotte, and Mr. Moss's sister from Waco visited Mr. and Mrs. C. R. Spangler last Saturday.

The day is not far distant, possibly here now, when a woman must take a course in mechanical and electrical engineering to qualify as a good housewife.

### Poplar Springs Community Items

(Special To The Star.)

Rev. D. F. Putnam and Mr. G. J. Page were the dinner guests of Mr. and Mrs. J. D. Elliott Sunday.

Mr. and Mrs. Will Brooks visited Mr. and Mrs. T. J. Pruitt over the week-end.

Mr. and Mrs. D. D. Dodd and Mr. and Mrs. Arnold Kincaid and little daughter spent the week-end in Murphy.

Miss Mollie Wallace spent Sunday with Miss Mary Sue Holland. Mr. and Mrs. W. Q. Jones and daughter of Shelby visited Mr. and Mrs. J. B. Jones Sunday.

Mr. and Mrs. Cobb and family of Shelby visited Mr. and Mrs. L. C. Debrew Sunday.

Mr. and Mrs. Dave Lemons had as their dinner guests Sunday Misses Katie Jones, and Janie Wilson, Messrs. Odus Lemons and Walter Moore.

Misses Cora, Mozell, Alda, Janie Wilson and Mr. Alvie Jones spent a while Saturday night with Miss Martha Hamrick.

Mr. and Mrs. John Rhodes and children spent the week-end with Mr. and Mrs. J. L. Rhodes.

Miss Connie Jones had as her guests Sunday Misses Lois Wesson, Cora, Alda Wilson.

Mr. and Mrs. Vester Martin spent the week-end with Mr. and Mrs. E. E. Martin.

Mr. and Mrs. R. B. Patrick visited Mrs. B. C. Queen Sunday night.

Mr. and Mrs. L. E. Hamrick and daughters visited Mr. and Mrs. Alonzo Hamrick Friday night.

Mr. and Mrs. J. M. Gladden and family were visitors in Raleigh Friday.

Miss Kate Alein spent the week-end at home.

Little Myrtle Queen and Muriel-dine Wilson are sick at this writing.

Mr. and Mrs. Thurman Hamrick and daughter, Selma, visited Mrs. Hamrick's parents, Mr. and Mrs. Harrell of the Mt. Sinal community Friday.

Mrs. Cynthia Tate is visiting Mr. and Mrs. Newton Davis.

Making highways forty feet wide wouldn't change things much, except that buses would expand to thirty-eight feet.—Kenosha (Wis.) News.

Law will seem sacred to everybody whenever the beaches think the man is out just because the ump says he's out.—Brockville (Ont.) Recorder.

Try Star Wants Ads.

### CLEVELAND CLOTH MILL GLEANINGS

(Special To The Star.)

Misses Beatrice and Ora Holt were hostesses at a lovely little party Saturday night. Games and refreshments were enjoyed.

Mr. and Mrs. J. E. McGill announce the birth of a little daughter, Edna Fae.

Mr. and Mrs. Dee Elmore announce the birth of a little daughter also. Both babies are doing nicely.

Mrs. Roy Camp of Kings Mountain is spending the week with her aunt, Mrs. J. W. Smith.

Mr. J. W. Smith, Jr., spent the week-end with Mr. Clyde Murphy of the Beams Mill community.

Mr. and Mrs. J. W. Smith, Sr., Mrs. Roy Camp and Mrs. G. B. Greene spent Sunday at Patterson Springs.

Mr. and Mrs. J. B. Gladden and family, Mrs. E. G. Gladden and little daughter were visitors in Charlotte Sunday.

Mr. and Mrs. Wade Bright, Mr. Claude Mabrey and Mr. E. G. Gladden visited Mr. and Mrs. Bright's son who is in a hospital at Pinehurst Sunday.

Mr. and Mrs. Arthur Holt enjoyed a trip to Bridgewater during the week-end.

Miss Evelyn Beattie and Mr. R. McKinney spent Sunday with the latter's brother at Hickory. During the afternoon they enjoyed swimming and boat riding.

Mr. and Mrs. George Caldwell, Mr. and Mrs. Jess Adams, Misses Ruth Walker, Ora and Beatrice Holt enjoyed a nice swim at Cleveland Springs Sunday afternoon. Mrs. Caddell and Mrs. Adams also enjoyed a little ride in an airplane.

Mr. Homer Smith spent the week-end in Cherryville with his parents.

Miss Edith Nichols of Marion, visited Miss Ruth Walker Sunday.

Mr. and Mrs. W. J. Pennington of Cramerton spent Saturday with Mr. and Mrs. D. E. McCraw. Mr. and Mrs. McCraw visited Mrs. McCraw's sister who is in a hospital in Rock Hill Sunday.

Mr. and Mrs. Arthur Shaw and Mrs. Shaw's mother spent Sunday with an uncle of Mr. Shaw's at Cowpens.

Mr. and Mrs. Dewey Stewart and Mrs. Raymond Vaughn of Camden, N. J., Mrs. John Vaughn of Ware Shoals and Mr. Homer Agnor of Winston-Salem were recent visitors of Mrs. Nelle Bragg.

Mr. Agnor, Miss Sallie Allison and little Miss Loetta Bragg motored to Chimney Rock while Mr. Agnor was in the city and reported a wonderful time.

Mr. and Mrs. M. A. O. Shaw and baby and Mrs. Dee McCraw motored to Gastonia during the week-end.

Mr. and Mrs. Emmett Tidwell are visiting Mr. Tidwell's sister Mrs. Garnett Scott here.

Mrs. J. C. Wilson's mother visited her several days ago.

Messrs. J. C. Wilson, R. A. Wilson and Dave Taylor were lucky fishers a few days ago. They caught a big string of fish and all had a big supper together.

Miss Christena Panther was a week-end guest of Miss Isoline Wilson.

Mrs. Harry Reynolds' daughter and husband of Lovell spent the week-end with her.

Mr. and Mrs. C. B. Walker motored to Spartanburg Saturday evening to carry the former's mother back home.

Our ball teams are progressing nicely. The first team played in Gaffney with Lincolnton Mill and won while the second team played Eastside and won. We are proud of them and hope they will continue the good work.

Rev. Cook To Preach At Buffalo On Sunday  
(Special To The Star.)  
Rev. M. Cook will preach at Buffalo church 11:00 a.m. Sunday morning at 11:00 o'clock. He hopes that a large crowd will come out to hear him. There will be Sunday school at 10 o'clock.  
The revival meeting starts at 8:00 p.m. on Saturday in July. Our B. Y. P. U. is just going along fine. Have elected new officers and hope to have a great success.

Star Advertising Pays Try Star Wants Ads.



### USED CAR BARGAINS

- Chevrolet Coupe, 1927 Model. New tires, new Duco finish.
- Chevrolet Coupe, 1926 Model. New tires; A-1 mechanical shape, new Duco finish.
- Chevrolet Roadster, 1928 Model.
- Chevrolet Coach, 1927 Model. Need a car for the family be sure to see this one.
- Ford Coupe, 1927 Model. New tires, and in first class mechanical condition.
- Ford Roadster, 1926 Model. New paint; good rubber, excellent condition.
- Ford Touring Car, 1925 Model. Four new balloon tires, new top.

All the above cars have been reconditioned and have 1929 license tags. Terms if desired.

## Crawford-Chevrolet Co.

'Phone 265

# EFIRD'S JULY SALE

CONTINUES EVERY DAY THROUGH SATURDAY NIGHT, JULY 27th

MOTHERS!

### GIRLS' DRESSES

59c Values

Brand New. Cute little dresses, made of dainty floral prints. Worth 59c. Efird's July Sale price, 25 cents.

25c

### FRIDAY MORNING SPECIAL CLEVER APRONS

15c

Worth 50c

Specially purchased for Efird's July Sale. One-piece Happy Maid Aprons, worth 50c, go on sale at 15c each.

PASTEL TINTED

### RAYON BLOOMERS

39c

Usually 69c Elsewhere

Most ladies will want several pairs of these. Neatly tailored, with elastic at waist and knee. Reinforced at wearing points.

### SWIM SUITS

\$1.88

100% Wool

All swimming suits prices take a dive in the July Sale. These at \$1.88 ordinarily would sell for \$2.50 and more. Sizes for misses and women.

One special table of women's, misses' and children's swimming suits go on sale Friday and as long as they last at 59c

MOTHERS!

### GIRLS' DRESSES

48c

Of Printed Batiste

Smartly styled little dresses of plain color batiste and solid color voile. Shown in the newest summer colors.

Regular Size

### OCTAGON SOAP

3c

Regular size cakes of Octagon Soap. July Sale priced.

95c QUALITY

### PRINTED CREPES

\$1.00

39 in. all silk printed crepe de chine, a good variety of patterns, usually sold up to \$1.59. See window for July Sale price, Friday morning per yard . . . . . \$1.00

### LADIES' UNDIES

Values To \$1.50

79c

Delusterized Rayon Silk bloomers (the \$1.50 kind) and dance sets, gowns, step-ins, French panties, in tailored or fancy lace trimmed styles. Made of soft Roma voiles.

Crepe de Chine brassieres, daintily lace trimmed. Sell at most places for 50c. Efird's July Sale price . . . . . 25c

### FLAT CREPES

\$1.00

39 in. all silk Flat Crepe in white and season's leading colors, qualities usually sold at \$1.59. July Sale price, commencing Friday morning, per yard \$1.00.

### Ladies' Patent Pumps

\$1.35

Special Bargain Table of ladies' plain and one-strap patent pumps, some of all sizes, for Friday morning and while they last. Special July Sale price . . . . . \$1.35

HAND EMBROIDERED

### Ruffled Curtains

35c

Standard size white ruffled curtains with tie backs, usually 59c.

Ladies' Full Fashioned

### Pure Silk Hose

79c

NOT rayon, but pure thread silk hose. Full fashioned, all sizes. At—  
In white and the newest summer colors. You'll want several pairs.

### Allendale Sheets

\$1.00

Full standard quality Allendale Sheets, 81x90, snow-white starchless and seamless.

### SPOOL COTTON

J. & P. Coats' Spool Cotton—Efird's price—

3c

A special bargain for the July Sale.

\$1.00 SHIRTS

68c

Men's soft collar colored madras shirts, a semi-dress and work shirt, extra full cut, two pockets. \$1. value. Sale price 68c.

MEN'S \$1.50 SEERSUCKER

PANTS

\$1.00

A special purchase of men's genuine seersucker pants, all sizes, \$1.50 value. July Sale price commencing Friday morning, \$1.00.

### SPOOL SILK

50-yd. spool silk—Efird's July Sale price—

3c

In twenty different colors to choose from.

### Wide Pajama Checks

10c

Full yard wide bleached snow white pajama checks, beautiful quality. Useful for many purposes.

### 9-4 Bed Sheeting

25c

81 in. seamless full double bed width 9-4 bed sheeting. Good quality, worth 39c.