

Copeland's HEALTH TALK

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.)

Man's adaptability to his surroundings is one of the remarkable facts about him. Palm trees thrive in the tropics and die in cold climates. Man thrives everywhere.

The body is made to adapt itself to conditions as they are. One of the surest tests of this is that man can withstand sudden and violent changes in the weather. If he may be in the clutch of terrible heat and not suffer much if there is a sudden drop of 50 or 60 degrees. The opposite states of weather will cause him no serious inconvenience.

Of course we fret over extremes of heat and cold. We complain about the sudden changes. But in the last analysis these bodies of ours adapt themselves to whatever comes.

The skin and its wonderful equipment of blood vessels are the things that save us. The covering of the body is made on purpose to guard the interior, with its vital organs.

Among other functions the skin acts as a regulator. It is more accurate and unflinching in its operations than the most perfect thermostat ever made.

I am assuming that the man under discussion is a normal person, that he has a perfect body and lives a proper life. He cannot hope to be seriously undisturbed by violent weather changes, for instance, if his heart and blood vessels and, indeed, his every part, are not in prime condition.

When we consider the reasons why correct living is essential to safety we rarely think of the part the skin plays in promoting man's welfare. Of course, I have in mind, not only the very outside, the part we see and feel, but also the whole thickness and structure of the body covering.

To maintain the successful operation of the skin it must be well nourished. That is, it must have its full share of the food and drink we take to maintain health. It must be cleaned and fed by an abundance of pure blood.

Besides what it gets from within, it must be well cared for from without. It must be scrubbed and cleansed and never be permitted to remain smeared and clogged. We cannot hope to avoid contact with dirt, but by regular and thorough bathing we must keep the skin in first class condition. The skin requires air and light, particularly sunlight. The local circulation is improved by these agents of good. As the skin is benefited by them, the whole body rejoices because of the pleasant glow they give.

A friend of mine, a famous doctor, wears very light colored and porous clothing the whole year, winter as well as summer. He realizes the importance of light and the necessity of the skin to have it. Perhaps we won't go that far, but there is no doubt opportunity should be given those bottles of ours to drink in the goodness found in air and light. There can be no doubt, I think that the modern "lamps" emitting "ultra-violet" rays, have a real place in benefiting the skin, and, through it, the whole body. But, of course, sunlight is free to all, and while a bit uncertain during some seasons of the year, should be utilized whenever possible.

The more active the skin is, the cleaner it is, and the more it is exposed to air and light the better prepared we are to face changes of weather with indifference. With

well-nourished and well-kept skin the less we will shiver in the cold and the better we will feel in extremely hot weather.

Answers to Health Queries.
M. M. B. Q.—I had a molar tooth extracted and a little bone stuck to its roots. This caused rather a deep wound. Do you consider it dangerous?
A.—No.

E. C. H. Q.—Is it possible for a person to have three or four dislocations of the vertebrae, and would this pinch the nerves and cause a general disturbance of the entire nervous system? If such was the case what would be the remedy?
A.—No. In the case of a serious injury to the spinal columns serious results will follow. Without knowing more about the case in particular, it would be impossible to make a definite statement or prescribe treatment. The doctor attending the patient should be able to advise you.

K. N. Q.—I have had head noises for about six months and have been treated without results. What would you advise?
A.—Have also had trouble with my toenails, which grow in decayed. What causes this and what can be done to correct it?
A.—This is usually indicative of nasal catarrh. Keep the nose and throat clear.

2.—Due to some chronic affection. Have your doctor advise treatment after examination. There must be some underlying cause which must be located and treated first of all before the symptom will disappear.

G. F. B. Q.—What can be done for frequent headache?
A.—I am short of breath and troubled with brown patches on my face. What would you advise to clear up both conditions?
3.—What is the cause of a roaring in the head?
A.—Find the cause, first of all. Keep the system clear by proper diet and regular exercise. For full particulars send a self-addressed, stamped envelope and repeat your question.

2.—Probably due to sluggish elimination and acidity. Correct your diet and avoid indigestion.

3.—May be due to nasal catarrh, to high blood pressure or nervousness. Have an examination so that definite advice can be outlined.

EXECUTOR'S NOTICE.
Notice is hereby given that we have this day qualified as executors of the will of G. M. Gold, late of Cleveland county, N. C., and all persons having claims against said estate are hereby notified to present them to us properly proven for payment on or before July 17, 1929, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will make immediate payment to the undersigned. This July 15, 1929.

THOS. B. GOLD,
BEN GOLD, Executors of the will of G. M. Gold, deceased.

Ryburn & Hoey, Attys.

Star Advertising Pays

Poplar Springs Community Items

(Special to The Star)
Misses Gladys Harrill and Ruby Debrew spent Saturday night with Miss Lillie Martin.

Misses Martha and Ruth Hamrick had as their dinner guests Sunday Misses Selma Lemons, Katie Jones, Mattie Lou and Mada Belle Philbeck.

Miss Mary Sue Holland spent Sunday with Miss Mollie Wallace. Mrs. B. C. Queen and little daughter and Mr. Archie Queen and Mr. Irvin Noggle spent a few days last week in Salisbury.

Master Everette Wilson spent the week-end with his cousins, Ab and Neal Spangler.

Mrs. Clyde Wallace visited Mrs. Foy Lemons Saturday. Miss Edna Harrill of Lattimore visited Mr. and Mrs. Wake Hamrick over the week-end.

Mrs. D. D. Dodd spent awhile Wednesday afternoon with Mrs. Truman Wilson.

Messrs. Odus Lemons and Walter Moore left last week for Texas where they have accepted a position.

The friends of Miss Lillie Martin entertained her with a surprise party Saturday evening.

Mr. and Mrs. Cree Hamrick visited their parents, Mr. and Mrs. Barnette of Ellenboro over the week-end.

Mr. Arvie Jones visited his grandparents, Mr. and Mrs. Arnold, of Earl Friday.

Mr. and Mrs. Robert Farris and little daughter are visiting their parents Mr. and Mrs. E. E. Martin.

Mr. George Rhodes visited Mr. Virgie Brooks Sunday afternoon.

Miss Thelma Spangler spent the week-end with her cousin Miss Janie Wilson.

Many Present At Birthday Dinner

Scores of friends and relatives were present Sunday at the double birthday celebration of Mrs. William Hicks of Shelby, and Mrs. B. D. Hicks of Henrietta. They are sisters and married brothers and are the daughters of the late G. B. Sarratt of Gaffney, S. C. A bounteous birthday dinner was served and the occasion was one of pleasure for all those in attendance. Among those in attendance were Mr. and Mrs. U. C. Hicks, U. C. Hicks, Jr., of Gastonia, B. R. Hicks, Mr. and Mrs. Boyd Propst, James William Propst, and Boyd Jean Propst, of Shelby.

W. G. Hicks and Selma Hicks of Hickory; Julia Turner, Sallie Bryon of Spartanburg; Mr. and Mrs. C. L. Christy, Virginia Christy and Roy Christy of Avondale; Mr. and Mrs. A. H. Smith, Marjorie and Bettie Jean Smith, Forest City; Mr. and Mrs. J. B. Caldwell and Wilburn Caldwell of Spartanburg; Mr. and Mrs. H. M. Hicks, Malcolm, Mary Sue and George Hicks of Charlotte; Mr. and Mrs. T. C. Hicks, Harmon, Estelle and Eula Mae Hicks of Shelby; Mr. and Mrs. W. L. Hicks, W. L. Jr., Fred and Martha Hicks; Mrs. W. A. Turner, Spartanburg, Velma Hicks, Earg Hicks, B. D. Hicks, Mrs. B. D. Hicks of Henrietta; Mr. and Mrs. A. M. Hicks, Hoyle, Elizabeth and Frances Hicks of Charlotte; Mrs. C. M. Hicks, Mr. and Mrs. J. W. Hicks, J. W. Jr., and Elsie Mae Hicks of Shelby; Mr. and Mrs. W. M. Hicks, and Arthur Hicks of Shelby; Mr. and Mrs. O. E. Hicks, Charles Hicks, Artil Hicks, Max Hicks, Eugene Hicks, Mr. and Mrs. J. M. Hamrick, Ruth Hamrick, Miss Kate Bridges, Palmer McSwain, Mrs. Liza Green, Mrs. J. W. Smith, Mr. and Mrs. P. G. Abernethy, Charles, V., Mary Eugenia and Paul Hicks Abernethy.

One wag remarks that some girls use dumb-bells to get color on their faces and some use color on their faces to get dumb-bells—Savannah News.

"A 10 per cent duty was levied on a set of skeletons at the New York Customs House." All in all, the wisest tourist will not attempt to reduce abroad.—Detroit News.

Saint Paul News Of Community Items

(Special to The Star)
The farmers of this community have been enjoying some pleasant showers during the past week. Crops are looking fine now.

Mr. J. B. Smith and daughter Miss Dorothy, returned from Chapel Hill Saturday where they spent a week.

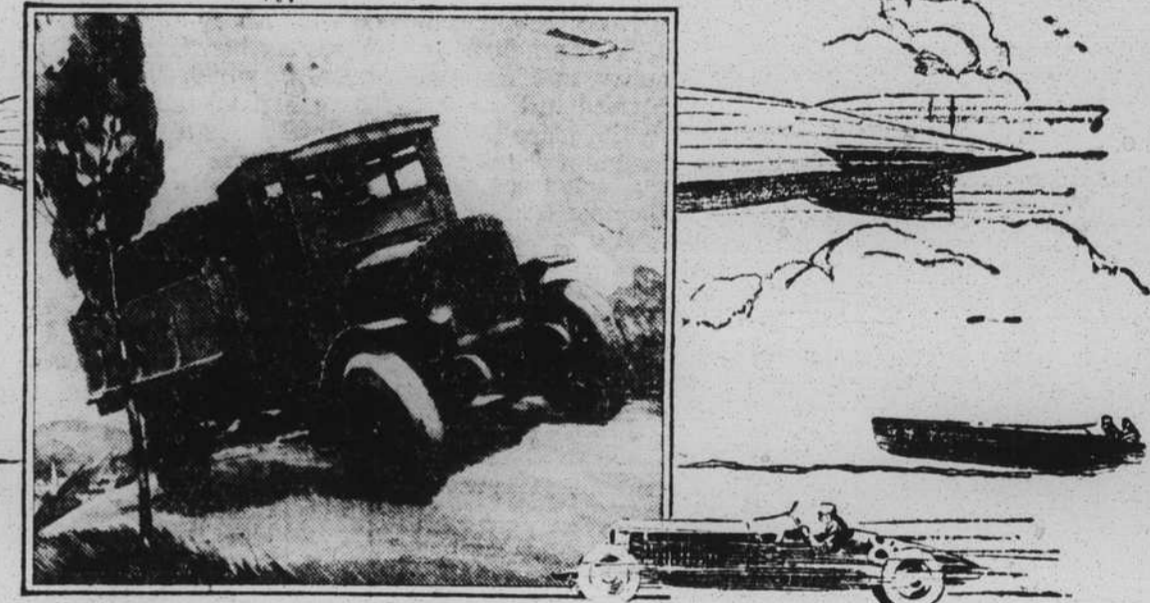
Mr. and Mrs. W. S. Fortenberry and family and Mr. and Mrs. Albert Perry attended a birthday dinner at the home of their parents

near Lawndale Sunday. Mr. and Mrs. W. C. Harmon and family and Mrs. G. M. Harmon spent Sunday with Mr. and Mrs. Misner Jenkins near Lattimore. Miss Lease Barrett visited Miss Edna McSwain Sunday afternoon. Miss Faye Harrelson visited Miss Bain Canipe Saturday afternoon. Mr. Jethro McSwain visited Mr. Wilbert McSwain Sunday. Miss Margaret Dixon of near Shelby spent the week-end with Miss Dorothy Smith.

Mr. Clyde Fisher left Friday to be gone two weeks or more on a camping trip. Mrs. G. M. Harmon was the dinner guest of Mrs. M. C. Beam Saturday night with Mr. and Mrs. Eugene Harrelson. Misses Madge Harrelson, Annie Mae Perry and Annie Mae Harmon spent Saturday afternoon with Misses Annie Laura and Josephine Beam.

Mr. and Mrs. E. L. Whitworth of Waco visited Mr. and Mrs. M. C. Beam Sunday afternoon. These are enervating days. The feet are easier than the mind to get on a desk and the fishing and golf visions predominate.

A lowly COAL TRUCK hangs up a record..



It may not be as exciting as a cross-country flight in an airplane—but this record, made by a coal truck, means something to every car and truck owner!

NINE years ago (a long time in the life of any motor) their heavy-duty Nash truck (loaded with coal) pulled out of the yard of the Fountain Oil, Mill and Fertilizer Co. of Fountain Inn, S. C. for the first time... This truck has run every working day since at a total repair expense of LESS THAN \$100. "The reason," says O. C. Woods, treasurer, "is that we have used 'Standard' Motor Oil exclusively."

"STANDARD" MOTOR OIL The Oilier Oil

Every day, in automobiles, trucks and buses, "Standard" Motor Oil is helping reduce repair bills and prolong motor life. "Standard" Motor Oil is "oilier," specially processed to cling to metal, prevent friction and to stand up longer. Ask for it when you next fill your crankcase. At all "Standard" Service Stations and Dealers.

WHEN CHILDREN Need a Laxative
"We have used Theford's Black-Draught in our family for nineteen years. I have found it of great help in raising my family. I have given it to all six of my children. Whenever they complain of upset stomach, or begin to look pale and sickly, I make a tea of Black-Draught and begin giving it to them. In a day or two they are all right. I give it to them for constipation, and my husband and I both take it. I always give it for colds in winter, for I believe a way to prevent them is to keep the system clean."—Mrs. Doshie Terry, 1205 4th Ave., Decatur, Ala.

Black-Draught for CONSTIPATION, INDIGESTION, BILIOUSNESS
WOMEN who need a tonic should take CARDUI. Use over 50 years.

HAY FEVER
Avoid it! Guard the delicate nose membranes against the poisonous attacks of plant pollen with SI-NOK. A noted physician's prescription.

SI-NOK
SI-Nok Company Indianapolis, Ind.

LANDIS SHOE SHOP
For The Best Shoe Rebuilding. Rebuilt And New Shoes For Sale. Also Headquarters For Singer Sewing Machines & Parts. West Marion St. 3rd Door From Western Union. Shelby, N. C.

RISE EARLY — — BE HERE On TIME

PARAGON'S SUMMER TIME SALE

Starts Promptly At 9 O'Clock To-Morrow Morning

The policy of this Store is to hold Two Big Sales a Year, one in January and the other in July. People of Cleveland and adjoining counties know what a Paragon July sale means,—a lowering of price all over the house giving you opportunity to buy HIGH GRADE MERCHANDISE at lowest possible prices.

The time is here, the sale is on, we want you to visit us during this Special Event. Everywhere you go, from the Basement to the top floor Special Displays and Special Prices will meet with your instant approval. A number of High Powered Values are offered for Opening Morning. Come early and you'll not be disappointed.

THE COOLEST STORE IN TOWN — ROOM FOR ALL — PLENTY OF FRESH AIR — ELECTRIC FANS. ICE WATER AND EVERYTHING TO MAKE YOUR VISIT A PLEASURE.

THE PARAGON DEPARTMENT STORE

PHONE 581. SHELBY, N. C.