

Worry, Doctors Say, Is Enemy Of Youth And Best Friend Of Illness

Colliers Weekly.

Worry, the doctors assure us, is the enemy of the youthful spirit, the tormenting foe of good health. Generalizations are dangerous anywhere, even in the art of medicine, but it is possible that there is no more general medical truth than that worry is an unmitigated evil, because it is its own penalty without any compensating pleasure.

In cause, process and effect, worry is a miserable loss, doing nothing but hurt and bringing in its train not whole some repentance but futile regret.

Fear has always been the curse of mankind and the measure of manhood—for how a man deals with fear is the test of how fate will deal with him. Worry is the little sister of fear. It is the germ of cowardice that can grow swiftly to choke

courage in a man.

Our childhood story books have made us acquainted with characters like Nelson, the great English admiral who wound up an honorable career by having the worlds finest square named after his greatest battle.

We are told that Nelson could never be scared by ghost stories and that at school he tackled bullies literally at the drop of a hat; indeed it is this signal to battle that he is supposed to have originated among English school boys.

With due respect to Lord Nelson's gallant memory, man who knew no fear is hardly eligible to heroic regard, for he had no battle to win over himself. More valorous is the lowliest buck private whose soul and body revolt against the horror of slaughter but who grits his teeth and goes through. No less glorious

is the obscure man or woman who, daunted by physical or moral peril, struggles alone with the temptation, to elude danger, and wins.

Worry is a mental infection introduced by fear, and best combatted by the remedy for fear—active intelligence.

Cultivation of a carefree disposition is no effective antidote to worry. The habitually, carefree are invariably irresponsible and frequently nit-wits.

There is an old virtue that effectively supplants the internal vice of worry. It is prudence. The prudent man or woman takes thought regarding trouble or the possibility of trouble: but brooding is avoided as in itself a form of trouble.

The late Dr. Charles W. Elliot, president emeritus of Harvard, and the grand old man of American education, told a reporter for Colliers in his final interview that he owed his long career of constructive work to an early conquest of worry. With many grave things to tax his mind, Dr. Elliot had mastered the technique of concentration, which permitted him to exclude anything and everything from mental occupation whenever he chose. Even at his great age of 93, attacked by physical disabilities of age, he refused to worry about them, and lived to the last conscious moment serene and undisturbed in his contemplation of the world and his duty to it.

Intelligent men and women face the facts of life, whether pleasant or unpleasant, without surrender in any degree to the fear of living. Daydreams and nightmares have a common course that may be a common blessing; they never quite come true.

American Pilot to Fly Do-X in Atlantic Hop



Lieutenant Clarence H. Schildhauer, United States Navy flyer, will pilot the giant Dornier Do-X when it starts its flight from east to west across the Atlantic in July. "Dutch" Schildhauer is said to be perfectly familiar with the twelve American engines which will power the huge air bird.

Belwood Scout Troop On Point System

Belwood troop No. 1 is running on a new system called the point system.

After each regular scout meeting the boys go out into the school auditorium where they divide up into their respective patrols and have very lively patrol contests.

Each patrol has been on an overnight camping hike for last month and is planning for others during the coming months. At the commencement exercises the Belwood scouts will be on the school grounds parking the cars, so that if any one wants to leave at any time he can do so without difficulty. All attending should help these boys by going where they are asked.

EXECUTRIX'S NOTICE. Notice is hereby given that I have this day qualified as executrix of the will of Richard L. Thomson, deceased, late of Cleveland County, N. C., and all parties indebted to said estate will make immediate payment to the undersigned. All persons having claims against said estate will present them to me properly proven for payment on or before February 27, 1931, or this notice will be pleaded in bar of their recovery. This February 26, 1930. MRS. W. L. THOMPSON, Executrix of the Will of Richard L. Thomson, deceased. Ryburn & Hocy, Attys. 61 28c

SAYS HE COULDN'T WORK FOR MONTHS

"My friends tell me they never saw such wonderful improvement in anybody as they do in me since I started Sargon.



F. M. PLYER. "Sargon put me back on my feet again after I lost several months from work and after I'd tried about every medicine I could think of what I thought would help me. I had indigestion, was nervous and was in a generally rundown condition. Where the other medicines failed to help me, Sargon made me almost like a new man—and that's the difference. My appetite is good, my weight has increased 15 pounds and I feel 10 years younger. Sargon Pills put my liver in fine shape and overcame constipation of 12 years standing."—F. M. Plyer, 513 E. 7th St., Charlotte. Cleveland Drug Co., agents.

Dr. D. M. Morrison, Optometrist. Eyes Examined, Glasses Fitted and Repaired. Located Upstairs in Woolworth Building. Telephone 585.

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'Always Good — Always Uniform — Always Best. Eagle Roller Mill Co. SHELBY, N.C.

Special Tax Notice

Any tax payer who wilfully fails to list any real or personal property and poll, liable for taxation in this state shall be guilty of a misdemeanor, and failure to list shall be prima facie evidence that such failure is wilfully.

Sec. 7971 of the Consolidated Statutes makes such tax payer subject to a penalty of 25% on all property listed by such tax payer the previous year.

It is earnestly requested that all tax payers make their returns promptly to the local tax listers of the respective township in which said tax payer lives during the month of April, and thus avoid the penalty.

W. R. Newton. COUNTY TAX SUPERVISOR

SAVING is a pleasure. WHEN your eyes are fixed on the goal that lies ahead, on the day that will bear the fruits of your self-discipline; the happiness and freedom of financial security. UNION TRUST CO.

DISSOLUTION NOTICE. Notice is hereby given that the firm of Hamrick and McKinney heretofore dealing in furniture repairs and antiques in South Shelby, N. C. has this day been dissolved. All parties indebted to the said firm will please make immediate settlement to R. E. McKinney who will pay all bills owing by the said firm, but not be responsible for any obligations hereafter contracted in the name of the said firm. This March 28, 1930. R. E. MCKINNEY and D. W. HAMRICK, trading as Hamrick and McKinney. 41 28c

These Hotels Offer Superior Accommodations for Your Next Visit to WASHINGTON, D. C. MARTINIQUE 16th St. at M Northwest—Idea for Motorists. Single with bath \$2.00 to \$4.00 Double with bath \$3.00 to \$5.00 Hamilton Hotel 14th at K Street—In the Heart of the City. Single with bath \$2.00 to \$3.00 Double with bath \$3.00 to \$4.00 CAIRO HOTEL Que St. at 16th—Washington's Tallest Building. Single with bath \$2.00 to \$3.00 Double with bath \$3.00 to \$4.00

Back Quit Hurting. "I was in a very weak condition from a serious sickness," writes Mrs. I. Leonard, of 571 Joseph St., New Orleans, La. "I was so weak, I wanted to sleep all the time. I did not have strength to do anything. My back ached nearly all the time. I was just in misery. "My mother told me I must arouse myself from the sleepiness, and take something to help get my strength back. She had taken Cardui and had been helped, so I decided to take Cardui, too. After my first bottle, I could see that it was helping me. I took four bottles at this time. My strength came back and I gained weight. Pretty soon, I was my old self again. My back quit hurting, and I haven't had any more trouble since I took Cardui." CARDUI Helps Women to Health. Take Theford's Black-Draught for Constipation, Indigestion, and Billousness. 25-100

TOLUCA BOY CUT WHILE IN BATHING

His Abdomen Was Cut Open While Two Boys Fought at Swimming Hole. Personals.

(Special to The Star.)

Toluca, April 17.—Paul Sain son of Mr. and Mrs. Walter Sain is in the Lincoln hospital in a serious condition from cuts. Paul and a crowd of other boys were at a swimming hole last Sunday evening, when Paul and another boy, Garland Grigg, got in a fight, the Grigg boy cutting Paul in the stomach. A large portion of his intestines were out when they got him to the doctor. He also received a cut several inches long on the shoulder, also a stab on the hip. He is getting along as well as could be expected at this writing.

As the warm weather has set in the fishermen are flocking to the fish ponds. Messrs. Ellis Hartman, Ambrose Hoyle and Clyde Costner, enjoyed the day last Saturday at Bridgewater fishing. Messrs. C. G. and L. E. Boyles, Rev. J. M. Morgan and Rev. Morris enjoying several days this week at Green River fishing.

Miss Lydia Crow, daughter of Mr. and Mrs. Pink Crow and Mr. Edison Mull, son of Mr. and Mrs. Joe Mull, surprised their many friends on last week when they were happily married.

Mr. F. A. Boyles, census taker for No. 10 township, is making great progress with his work, and expects to complete it in a few more days.

Miss Osa Sain of Morganton spent a few days last week with her parents Mr. and Mrs. J. L. Sain.

Miss Ola Mae Brackett and Claud Ivester were visitors of Miss Mary Ledford Sunday evening.

There will be preaching at Carpenters Grove church Sunday morning at 11 o'clock, Sunday school at 9:30.

Mr. and Mrs. C. G. Boyles visited at the home of Mrs. Boyles parents, Mr. and Mrs. Jim Ward of Vale, on

last Sunday.

Mr. and Mrs. Carme Young and family of Newton visited at the home of Mr. Young's parents Mr. and Mrs. W. H. Young on last Sunday.

Rev. J. W. Fitzgerald of Fallston, was a dinner guest of Mr. and Mrs. Joe Bingham on last Sunday.

Messrs. Walter Boyles and son, Mr. DeVaughn G. Boyles of Lincoln county were dinner guests on last Sunday at the home of her brother Mr. and Mrs. F. A. Boyles.

Mr. Ellis Hartman hiked to Cherryville on last Sunday to see his son Mr. Ed Hartman.

Mrs. W. A. Sain and son Dwight, took Mrs. Alice Sain to Rutherfordton last Saturday to have radium treatment applied for a small cancer on her nose. While up there they took a sight seeing trip through the Mountains to Chimney Rock.

New York—When a well-known bride wins the National tennis championship again in the summer her husband probably will be absent. Helen Wills Moody explains: he has a vacation coming, but I think he'll probably go sailing. He likes tennis, but he's more interested in sailing—sailing and squash racquets."

Restore Your HEALTH

Vitality, Strength! SMI-LAX gives increased protection against epidemics and wasting diseases. It maintains strength during illness and assists recovery. It builds up the system after illness and restores health, vitality and strength. It aids digestion and relieves constipation. There is no efficient substitute for SMI-LAX as a natural health builder.



AT ALL GOOD DRUG STORES.

OXO-GAS The Cheapest and Most Efficient Fuel Known to Science. Noiseless — Smokeless — Odorless. For all heating purposes, takes the place of wood or coal in any stove or heater, also excellent for heating urns, gas plates, hot water coils, etc. We will be pleased to have you call at our office on West Marion St., next door to Bost's Bakery for demonstration. GLORIA OIL BURNER CO., G. A. GREEN, Mgr.

CUT COFFEE COST IN HALF. You get as many cups from 1 lb. of "Gold Ribbon" Brand Coffee and Chicory as you do from 2 lbs. of ordinary coffee, because it is Double Strength. Cut your coffee bill in half by using "Gold Ribbon" Blend—1 lb. lasts as long as 2 lbs. of ordinary coffee—and you pay no more! DOUBLE STRENGTH USE ONLY HALF AS MUCH AS OF ORDINARY COFFEE. Gold Ribbon (BRAND) Coffee AND Chicory. THE STAR EVERY OTHER DAY \$2.50 PER YEAR.

for Economical Transportation CHEVROLET .. it's wise to choose a SIX! There is one sure way to get greater value in a low-priced car today—choose a Six! This greater value is instantly obvious when you drive a Chevrolet Six. You notice first of all its greater smoothness. There is no rattle in the steering wheel—no rattle in the floor boards—no drumming in the body. In addition to the finer performance of its six-cylinder motor, the new Chevrolet gives you truly remarkable economy. Its six-cylinder smoothness saves the entire car from the strain and wear of vibration. This, of course, lowers the cost of maintenance and assures a longer-lasting automobile. From the standpoint of operating expense, Chevrolet is equally economical. No automobile uses less gasoline and oil. No car shows a lower expense for tires. And no car costs less for service. Because of its modern engineering, Chevrolet also assures a high re-sale value—for its entire design is just as advanced as its six-cylinder engine. Chevrolet gives you fully-enclosed, weather-proof, 4-wheel brakes. It gives you a modern fuel system—with the gasoline tank mounted in the rear outside the body. It gives you four long semi-elliptic springs, mounted lengthwise in the direction of car travel. It gives you beautiful Fisher bodies built of combination hardwood-and-steel. It gives you a full ball bearing steering mechanism, an adjustable driver's seat, a Fisher VV non-glare windshield, and tilting beam headlights, operated by a foot-controlled button. Before you decide on any car in the low-price field, see and drive the Chevrolet Six. The more thoroughly you investigate, the more certain you are to conclude that it's wise to choose a Six—for value, for performance and for economical transportation! ROADSTER or PHAETON \$495 The Sport Roadster...\$555 The Coach...\$565 The Coupe...\$565 The Sport Coupe...\$655 The Club Sedan...\$625 The Sedan...\$675 The Special Sedan...\$725 (6 wire wheels standard) The Sedan Delivery...\$595 Light Delivery Chassis...\$365 1 1/2 Ton Chassis...\$520 1 1/2 Ton Chassis with Cab...\$625 Roadster Delivery...\$440 (Pick-up box extra) Prices f. o. b. factory, Flint, Michigan. COMPARE the delivered price as well as the list price in considering automobile values. Chevrolet's price includes only reasonable charges for delivery and financing. Easy G. M. A. C. Terms. Crayford-Chevrolet Co. Phone 265 SHELBY, N. C.