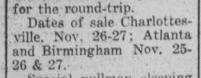
PAGE TWO

THE CLEVELAND STAR

MONDAY, NOV. 24, 1930 SHELBY, N. C.

Jones Great Loser "Don't Be Afraid", Says Famous Exercise to 'Gift Baby's' Return Demanded QUEEN CITY COACH LINES And Great Winner FOR, ASHEVILLE, CHARLOTTE, WILMINGTON Physician, Of Blood Pressure Strengthen (F. F. A. in N. Y. World.) FAYETTEVILLE. It strikes us that Bobby Jones' re-FOR ASHEVILLE AND INTERMEDIATE Dangers of Coffee Spooks and Too- short, since time escapes him. Everythe Heart lirement from conpetitive tourna-**POINTS:** thing escapes him, even his ments was made as cleanly and Fat and Too Thin Terrors Hit Leave SHELBY :- 9:45 a. m.; 3:45 p. m.; 8:45 p. m. thoughts. They vanish, he cannot gracefully as the best of his many Sleepless Sleep. FOR CHARLOTTE AND INTERMEDIATE control, but is controlled by them. With Heart Disease on the Inbots over a period of 14 years. I A grim procession of disease fears POINTS: and especially by the thought that crease It Is Folly to Nege said that he will receive about LEAVE SHELBY:-7:50 a. m.; 10:50 a. m.; 12:50 p. of the day, ghastly ghosts of worry which wander around in the twilight he cannot sleep. \$200,000 for his work in the films, lect Heart Muscles, m.; 4:50 p. m.; 9:50 p. m. "Primarily, sleeplessness is the reand those who begrudge him the labyrinths of men's minds, to tor-Says Authority. , FOR WILMINGTON AND INTERMEDIATE ment and harrow them needlessly, sult of the fear of not sleeping. It is money must be few. Probably it will are hereby tossed into the trash heap very difficult to rid oneself of this not take him more than two months POINTS: By R. S. COPELAND, M. D. fear, but it is possible by concentratby Dr. Joseph Lobel. to make the films. It will take nim LEAVE SHELBY:-10:50 a. m.; U. S. Senator from New York. This famous Austrian physician ing one's mind on something else, as long time, we imagine, to earn as FOR FAYETTEVILLE AND INTERMEDIATE Former Commissioner of Health urges human beings to discard the on the work of the day to come, to such money as that as an Atlanta New York City. dusty medical traditions that blind divert one's thoughts. lawyer. He appears to have the char-POINTS: "But why suffer on account of them and in "Don't Be Afraid," VIVILIZATION has brought acter to continue as a lawyer, prob-LEAVE SHELBY:-7:50 a. m.; 10:50 a. m.; a recent book he has written, he sleeplessness? Rather should not one with it many complications. ably because he likes it. Undoubted-FOR FURTHER INFORMATION - PHONE 450 also tears the vell off many sacred thank God that one is thus able to ly he liked playing golf, too, or he Some of them seem almost shrines in old-fashioned medicine double the length of life, instead of QUEEN CITY COACH COMPANY more and more difficult by the never could have been the great sleeping away half of it?" impossible to bear. Living is made player that he was and is. We never chests. Elaborating on the high-blood-Undoubtedly the world's hypochmultiplicity of Lave even seen anybody play a round rondriacs, who tenderly embrace pressure bogey and giving some things that tax of golf, but Jones, to our notion, i their woes, will be stabbed by despair sound advice regarding it for those the most engaging sportsman, as the human mind when they hear about Dr. Lobel, the anxious ones who are afflicted with great in victory as in defeat-a rare and heart. What gloom-chaser, and his outspoken this particular disease fear, Dr cuality-that any game has known can be done FOR THE views regarding their pet medical Lobel says. about it? Product of Civilization. bogeys, says London Tit-Bits. Leaves Car; Is Killed. S t a t i stics show that heart "Like luxuries, a high blood pres-What of those worrisome insomdisease is on the nices who generate fear at a powsure is one of the products of civil-Oakland .- Because there was no COMMUNITY erful rate because of their sleepless, ization. It is almost unknown to the increase. It is now the chief room in the roadster with their six colored races, and it is not the athor supposedly sleepiess state. companions, Howard Costar, 24 and cause of death. lete and hard-working laborer who That Blood Pressure Bogey. Arline Bowles. 19, decided to hike There are Baby Lillian Jean, above, is too young to realize what the "big fuss over her" is about. Her fight is directed against Dr. Courtland R. Sanborn, Oakland, California, physician, and his According to Dr Lobel. "They sleep are subject to it as much as the from a roadside cafe to town. Five many emergen hard-driven speculator, the politimuch more than they imagine, but cies that make minutes later the roadster struck This institution endorses and believes they wake up aften. Because only cian, the merchant and the physisuddendemands mother, Mrs. Aline Alexander (inset), seeks writ of habeas corpus in battle to regain cus-tody of har little daughter. Her them, killing Costar and fatally in-DR. COPELAND wife, Annetta, to whom she is a very short time elapses between cian. the heart. alleged to have given her baby daughter, following a chance juring Miss Bowles. whole-heartedly in every move for com-Great emotional strain has a dis "We pretend to know exactly what such awakenings, because each time tinct relationship to heart action. Without warning, a terrible strain is put upon the emotions and heart they wake up they see that the 'too high' a blood' pressure is. No meeting on a downtown streets hands of the clock moved only a doubt it is a pressure which exceeds munity welfare and progress. is put upon the emotions and heart by news of sickness or death or disaster. Even everyday living has a good deal of a strain associated with it. Dr. William J. Mayo, that emi-nent physician known from one end of the country to the other, recently spoke to the members of the Amer-ican Medical Association. In his ad-dress he said that man has de-veloped a brain at the expense of his body. Long cons ago man learned very little, the night seems to them the normal pressure. But what is Just Ten Years Ago the normal pressure? to be endless "To the really sleepless person, "The conception of excessive In making adjustments to keep your night, on the contrary, seems too blocd pressure varies and the pressure itself varies still more." business in step with changing conditions, To the Creditors of Carpenter-Hamrick "High blood pressure often drops To the Cryditors of Carpenter-Hamrick Drug Co. Ind., a Corporation: You are hereby notified that I, Frank F Nock, have been duly appointed per-manent receiver of the above named cor-poration by his honor, Judge Thos. J. Shaw, as the fail term, 1930, of Cleveland superior court, and that all persons or corporations hereing claims against the said Carpenter-Hamrick Drug company. Inc. are hereby notified to present them to me properly proven, within thirty days from this date, as ordered by the court the assets of the corporation and have inventory made of the stock of goods and store fixtures, and I have advertised same for sale on December 181, 1930. This November 18, 1830. F. E. HOEY, Receiver of Carpenter-Hamrick Drug Company, Inc. 4t Nov 21c (severy issue) BAKING by merely going to bed, by reducing you will always find our officials earnestdress he said that man has de-veloped a brain at the expense of his body. Long cons ago man learned to dentrol his emotions. Dr. Mayo appears to think this has thrown a tremendous strain on the heart, so that it may account for deteriora-tion of the heart in civilized times. He spoke, too, of the great strain a surgeon is under in his work. He must control his emotions in order to be succeasful in his work. There is ho doubt but that there is much heart disease among doctors. And it is so in other walks of life. The heart is a mass of muscles. It must beat seventy times or so, every minute. No matter how quiet you may be, the powerful heart muscles contract strongly every time there is a heartbeat. When you are hurried or excited, these contractions are quite violent. For many persons, safety de-mands moderation and caution against those experiences which er-cite the heart. But for the most of us it is moortant to train the heart so that it is accustomed to hard but reasonable work. When you realize that the heart is A Peep or Two Back in 1920 POWDER ly willing to advise you in whatever mat-(Items Taken From The Cleveland Star of 1920.) SAME PRICE ter you are most concerned. From issue of The Star November of about 10-feet. The tragedy was 23rd, 1920.) most shocking affair and cast a **UNION TRUST CO.** 40 YEAR> It the absence of Presiding Elder gloom over the entire community. H. H. Jordan at the Sunday morn-The Shelby graded school will be ng service, Rev. A. L. Stanford of "IN UNION THERE IS STRENGTH" well represented at a two days ses the First Methodise church at Gas-Guaranteed pure P. 10 sion of the N. C. Teachers assembly ionia preached an eloquent and imwill drive it up. and efficient. which is convening at Asheville be-The "nervous-heart" superstitution pressive sermon gining Wednesday and continuing ounces For Dr. Dobel routs in this fashion: USE FOOTBALL GAMES In Shelby and suburbs you can get THE through Friday of this week. "In cases of 'neurosis of the hear! THANKSGIVING DAY A double tragedy was enacted less than of high one is not justified in clinging to the r45 STAR EACH AFTERNOON of PUBLICAunday evening about 7 o'clock in Mr. and Mrs. Zolie Riviere and lit idea of the heart being diseased in-Thursday, November 27. priced brands. he lower part of No. 3 township the daughter moved last week from **TION DAY** by paying the Carrier Boy who stead of the nerves. The nervous then Ira Sarratt and A. G. Dawson their home on Merietta street into CAROLINA vs. VIRGINIA heart is a healthy heart in the body reasonable work. MILLIONS OF POUNDS USED reasonable work. When you realize that the heart is largely muscle, you know that it must be treated like other muscles if it is to be strong. There must be systematic exercise, during which the heart muscles are made to work somewhat harder than they usually do. This strengthens the heart. passes your door, 25c per month. cilled each other in a pistol duel, the the T. W. Hamrick home on North Charlottesville, Va. of a person with irritable, super sen-BY OUR COVERNMENT cause of which has never been dis- YaFayette street and will make their FLORIDA vs. G. TECH sitive nerves. Therefore, when such covered and may never be known. home with Mr. Hamrick for the patients are treated the treatment Atlanta, Georgia. present. Mr. and Mrs. Pink Riviere ALABAMA vs. GEORGIA should be directed upon the nerves." Arnold Green, 13-year-old son of who have recently moved to Shelby, Short Road to Long Life. Birmingham, Ala. Rural Mail Carrier Willard Green of will occupy the Riviere home. do. This strengthens the heart. It is the height of folly for people to go through life, too lazy, or too negligent, to get the amount of ex-ercise needed daily for good health. Keep a reserve of strength, not only of the heart muscles, but of all the body muscles. This can be done by vigorous exercise, and exercise that is resultar, not snamodic. Fear of obesity must surely van-The Southern Railway Mooresboro was instantly killed Satsh when it is learned how compara-System offers greatly re-Rev. Lee McB. White of Chester, uday afternoon by Arthur Queen, 16 ively easy it is to keep thin: Please Help Find Me A Home duced round - trip fares year-old son of R. L. Queen. Green S. C., a former beloved pastor of the "Corpulence, whether partial or was shot through the chest with a First Baptist church spent Frida; from all stations in North general, can only be attacked at its single harrel shot gun at a distance and Saturday in Shelby on business



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R. H. GRAHAM, Division Passenger Agent, Charlotte, N. C.



A **FRW** years ago, I found that I was very weak and nothing I ate seemed to give me any strength," writes Mrs. R. B. Douglas, 704 South Congress St., Jackson, Miss.

"I suffered intense pain in my head and back. At times I would have to hold to something to steady myself, so as to do my little work. I was worried about my condition. "My mother told me that

should take Cardui. After taking two bottles, I felt stronger, but I kept on taking it until my head and back quit hurting. I took about six bottles in all, and have never quit praising Cardui." USED BY WOMEN FOR OVER 50 YEARS

stipation, Indigestion,

When a person has a weak heart, that is a different matter. Such a person should be guided by the physician in all such matters as ex-ercise, and the general care of the health. But for most of us regular and moderate exercise, freedom from worry and emotional strain, and right living in general, keep us fit for daily living. the absence of the secretion of some gland, the doctor has to discover which gland does not function and arrange to replace it. Only a physician can decide what should be acne, and nothing is more dangerous than the individual use of such a strong medicine as thyroid tablets. The same remedies which may accomplish wonders if applied correct-Card of Thanks. ly may cause real disaster if used without the advice of a physician. We wish to thank those kind "When corpulence is caused by

over-eating and by too easy a mode neighbors and friends who were so of living, the road to slenderness sympathetic in their expressions to can be followed without a guide." us on the occasion of the death of Dr. Lobel says of the ghosts of fear and the gloomy shadows which Mrs. Eulalie Doster. S. M. Green and Family, he spends his life trying to vanquish L. C. Doster.

for a moment how much

med your family. Your po

your community, you

your name in this book will mean

family's social activities, your op

portunities to enjoy life require that

you be always within quick and

easy reach of your friends and busi-

nam associates. A telephone in your

home provides for these contacts.

for others: "Man only dreads mystery. Anything that we understand thoroughly and realize clearly cannot cause

ource. If the disturbance in the

nousehold of the body is caused by

"Everyone will quite readily abandon fear if he gets something else in exchange for it. This should be confidence. The best means to prolong one's life is not to shorten it by melancholy."

HOSIERY HOSPITAL, Inc. (Of Charlotie, N. C.) Branch At Mrs. Harmon's Hemstitching Shop (Under Chocolate Shop) Hosiery and Knitted Goods Neatly All Hose Must Be Laundered.

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