

"Don't Be Afraid", Says Famous Physician, Of Blood Pressure

Dangers of Coffee Spooks and Too-Fat and Too Thin Terrors Hit Sleepless Sleep.

A grim procession of disease fears of the day, ghastly ghosts of worry which wander around in the twilight labyrinths of men's minds, to torment and harrow them needlessly, are hereby tossed into the trash heap by Dr. Joseph Lobel.

This famous Austrian physician urges human beings to discard the dusty medical traditions that blind them and in "Don't Be Afraid," a recent book he has written, he also fears the veil of many sacred shrines in old-fashioned medicine chests.

Undoubtedly the world's hypochondriacs, who tenderly embrace their woes, will be stabbed by despair when they hear about Dr. Lobel, the gloom-chaser, and his outspoken views regarding their pet medical bogeys, says London Tit-Bits.

What of those worrisome insomniacs who generate fear at a powerful rate because of their sleepless, or supposedly sleepless state.

That Blood Pressure Bogy.

According to Dr. Lobel, "They sleep much more than they imagine, but they wake up often. Because only a very short time elapses between such awakenings, because each time they wake up they see that the hands of the clock moved only a very little, the night seems to them to be endless.

"To the really sleepless person, night, on the contrary, seems too

short, since time escapes him. Everything escapes him, even his thoughts. They vanish, he cannot control, but is controlled by them, and especially by the thought that he cannot sleep.

"Primarily, sleeplessness is the result of the fear of not sleeping. It is very difficult to rid oneself of this fear, but it is possible by concentrating one's mind on something else, as on the work of the day to come, to divert one's thoughts.

"But why suffer on account of sleeplessness? Rather should not one thank God that one is thus able to double the length of life, instead of sleeping away half of it?"

Elaborating on the high-blood-pressure bogey and giving some sound advice regarding it for those anxious ones who are afflicted with this particular disease fear, Dr. Lobel says:

Product of Civilization.

"Like luxuries, a high blood pressure is one of the products of civilization. It is almost unknown to the colored races, and it is not the athlete and hard-working laborer who are subject to it as much as the hard-driven speculator, the politician, the merchant and the physician.

"We pretend to know exactly what 'too high' a blood pressure is. No doubt it is a pressure which exceeds the normal pressure. But what is the normal pressure?"

"The conception of excessive blood pressure varies and the pressure itself varies still more."

"High blood pressure often drops by merely going to bed, by reducing one's consumption of meat or by eating smaller meals. Strong cigars, the dangerous age, or excitement of any kind may cause an increase which later entirely disappears. Simply avoid anything which might cause it to raise, take life calmly and do not wear yourself out.

"Do not eat much at a time, but rather eat five small meals a day; the last, two or three hours before retirement. Be temperate.

"Above all, do not worry about your blood pressure. If you do you will drive it up."

The "nervous-heart" superstition Dr. Lobel routs in this fashion:

"In cases of 'neurosis of the heart' one is not justified in clinging to the idea of the heart being diseased instead of the nerves. The nervous heart is a healthy heart in the body of a person with irritable, super sensitive nerves. Therefore, when such patients are treated the treatment should be directed upon the nerves."

Short Road to Long Life.

Fear of obesity must surely vanish when it is learned how comparatively easy it is to keep thin:

"Corpulence, whether partial or general, can only be attacked at its source. If the disturbance in the household of the body is caused by 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 done, 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 correctly may cause real disaster if used without the advice of a physician.

"When corpulence is caused by over-eating and by too easy a mode of living, the road to slenderness can be followed without a guide."

Dr. Lobel says of the ghosts of fear and the gloomy shadows which he spends his life trying to vanquish for others:

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

"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."

Dr. R. S. COPELAND, M. D.
U. S. Senator from New York.
Former Commissioner of Health
New York City.

Exercise to 'Gift Baby's' Return Demanded Strengthen the Heart

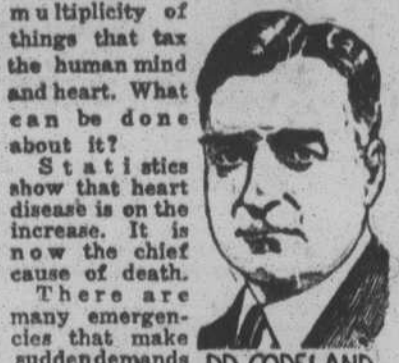
With Heart Disease on the Increase It Is Folly to Neglect Heart Muscles, Says Authority.

By R. S. COPELAND, M. D.
U. S. Senator from New York.
Former Commissioner of Health
New York City.

CIVILIZATION has brought with it many complications. Some of them seem almost more and more difficult by the impossible to bear. Living is made multiplicity of things that tax the human mind and heart. What can be done about it?



Baby Lillian Jean, above, is too young to realize what the "big fuss over her" is about. Her mother, Mrs. Aline Alexander (inset), seeks writ of habeas corpus in battle to regain custody of her little daughter. Her fight is directed against Dr. Courtland R. Sanborn, Oakland, California, physician, and his wife, Annetta, to whom she is alleged to have given her baby daughter, following a chance meeting on a downtown street.



DR. COPELAND

Just Ten Years Ago

A Peep or Two Back in 1920

(Items Taken From The Cleveland Star of 1920.)

(From issue of The Star November 23rd, 1920.)

In the absence of Presiding Elder H. H. Jordan at the Sunday morning service, Rev. A. L. Stanford of the First Methodist church at Gastonia preached an eloquent and impressive sermon.

A double tragedy was enacted Sunday evening about 7 o'clock in the lower part of No. 3 township when Ira Sarratt and A. G. Dawson killed each other in a pistol duel, the cause of which has never been discovered and may never be known.

Arnold Green, 13-year-old son of Rural Mail Carrier Willard Green of Mooresboro was instantly killed Saturday afternoon by Arthur Queen, 16 year-old son of R. L. Queen. Green was shot through the chest with a single barrel shot gun at a distance

of about 10-feet. The tragedy was a most shocking affair and cast a gloom over the entire community.

The Shelby graded school will be well represented at a two days session of the N. C. Teachers assembly which is convening at Asheville beginning Wednesday and continuing through Friday of this week.

Mr. and Mrs. Zoile Riviere and little daughter moved last week from their home on Merietta street into the T. W. Hamrick home on North Fayette street and will make their home with Mr. Hamrick for the present. Mr. and Mrs. Pink Riviere who have recently moved to Shelby, will occupy the Riviere home.

Rev. Lee McB. White of Chester, S. C., a former beloved pastor of the First Baptist church spent Friday and Saturday in Shelby on business.

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Jones Great Loser And Great Winner

(F. P. A. in N. Y. World.)

It strikes us that Bobby Jones' retirement from competitive tournaments was made as cleanly and gracefully as the best of his many shots over a period of 14 years. He said that he will receive about \$200,000 for his work in the film, and those who begrudge him the money must be few. Probably it will not take him more than two months to make the film. It will take him a long time, we imagine, to earn as much money as that as an Atlanta lawyer. He appears to have the character to continue as a lawyer, probably because he likes it. Undoubtedly he liked playing golf, too, or he never could have been the great player that he was and is. We never have even seen anybody play a round of golf, but Jones, to our notion, is the most engaging sportsman, as great in victory as in defeat—a rare quality—that any game has known

Leaves Car; Is Killed.

Oakland.—Because there was no room in the roadster with their six companions, Howard Costar, 24 and Arline Bowles, 19, decided to hike from a roadside cafe to town. Five minutes later the roadster struck them, killing Costar and fatally injuring Miss Bowles.

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Leave SHELBY:—10:50 a. m.;
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In Shelby and suburbs you can get THE STAR EACH AFTERNOON of PUBLICATION DAY by paying the Carrier Boy who passes your door, 25c per month.

FOOTBALL GAMES THANKSGIVING DAY

Thursday, November 27.

CAROLINA vs. VIRGINIA Charlottesville, Va.

FLORIDA vs. G. TECH Atlanta, Georgia.

ALABAMA vs. GEORGIA Birmingham, Ala.

The Southern Railway System offers greatly reduced round-trip fares from all stations in North Carolina one fare plus 25c for the round-trip.

Dates of sale Charlottesville, Nov. 26-27; Atlanta and Birmingham Nov. 25-26 & 27.

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

Head and Back Quit Hurting

"A few 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 I 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."

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