

Health and Beauty

By Dr. Sophia Branson

HEADACHES

If you listen to the radio, you know that a day never passes but that headache cures are ballyhooed several times.

"If your head aches, just take a pill and presto it is cured," proclaim the purveyors of nostrums.

But it is not so simple as that. While there are headaches that are

caused from congestion, fatigue, colds, overeating, etc., that are not dangerous unless they become chronic, there are many others that are very serious indeed, and unless they are properly treated may lead to death.

The brain is the very hub and center of the entire nervous system. It is a mass of nerve tissue. The skull is a bony covering which is filled with brain and the cerebrospinal fluid. It is covered by a tough membrane, the dura mater. It is interlaced with many blood vessels, large, small and medium.

You know that the late President

J. D. Roosevelt died with a hemorrhage of the brain which the doctors said was massive. That means that a hardened blood vessel burst and the blood poured out into the brain. If he had lived, he probably would never have become normal again.

The morning headaches which are relieved by a cup of coffee or tea are usually due to a secondary anemia, or a run-down condition. Iron, a nutritious diet, sufficient sleep, and vitamins will cure this condition.

Some headaches are due to inflammation of the lining membranes of the bony cavities and passageways in front of the skull known as sinuses. They communicate with the structures of the nose. The reduction of the congestion and draining of the sinuses usually relieve these headaches. Headaches are often caused by

agitation. Properly fitted eyeglasses insure relief from this type.

Migraine headache is not well understood by the medical profession. It is often accompanied by many strange symptoms, such as flashes of light, grotesque vision, and great pain. These attacks may come at intervals of months or weeks. It is due to many causes of which heredity and allergic reactions are common.

In highly emotional people, it is often due to a shock, anger, grief, disappointment, or other mental upsets.

Some headache medicines are fairly harmless, but self-dosing is a dangerous habit and may lead to much harm.

One of the best remedies against headaches is a peaceful mind, especially one that is free from envy and hate.

...But only Time will Tell.....

You can't judge a boxer from a few punches...and you can't judge a cigarette without a steady try-out - Test Camels for 30 days... Your 'T-zone' will tell you how mild and flavorful Camels are!

NOTICE OF DELINQUENT TAX SALE

TOWN OF HERTFORD

Sale of Town property for delinquent taxes for the year 1951. Date of sale, Monday, July 14, 1952, at 12 o'clock noon, at the Court House door, Hertford, North Carolina.

W. G. NEWBY

CLERK AND TAX COLLECTOR, TOWN OF HERTFORD

WHITE DELINQUENT TAXES FOR 1951

	Amt.	Pen.	Cost	Total
Barbee, G. W., Warehouse	23.00	.92	.95	\$ 24.87
Bardiff, J. L., Penn. Ave.	23.27	.93	.95	25.15
Byrum, T. P., Grubb St.	46.56	1.89	.95	49.37
Campan, Jesse, Estate Grubb St.	20.25	.81	.95	22.01
Curtis, Mr. and Mrs. W. M., Barrow Lane	5.06	.20	.95	6.21
Holdren, V. A., Estate Railroad Ave.	18.24	.73	.95	19.92
Hunter, W. O., Grubb St.	44.68	1.79	.95	47.42
Landing, W. D., Railroad Ave.	24.67	.98	.95	26.50
Lane, Kermit, Edenton Road St.	20.03	.80	.95	21.78
Lane, Thomas, Willow St.	27.99	1.12	.95	30.06
Lane, Mrs. T. C., County	12.91	.52	.95	14.38
Perry, R. P., Grubb St.	10.12	.40	.95	11.47
Roberson, E. P., County	2.03	.08	.95	3.06
Smith, Mrs. R. W., Estate Church St.	180.90	7.24	.95	189.09
White, H. L., Dobb St.	20.25	.81	.95	22.01

COLORED DELINQUENT TAXES FOR 1951

	Amt.	Pen.	Cost	Total
Baker, Alonzo, King St.	12.60	.50	.95	\$ 14.05
Blanchard, John H., Edenton Road	3.04	.12	.95	4.11
Brickhouse, Rachel, White Lane	8.10	.32	.95	9.37
Brothers, Percy L.	6.93	.28	.95	8.16
Cox, Theodore, Covent Garden	7.16	.29	.95	8.40
Dail, Elwood, Estate, Covent Garden	1.52	.06	.95	2.53
Elliott, Arthur, King St.	7.09	.28	.95	8.32
Elliott, Lillian, Roberta	6.75	.27	.95	7.97
Everett, Mamie, King St.	5.20	.21	.95	6.36
Felton, Elec, King St.	3.29	.13	.95	4.37
Felton, John, Railroad Ave.	10.13	.41	.95	11.49
Felton, Mary L., Estate King St.	10.13	.41	.95	11.49
Felton, Rufus, Dobb St.	8.61	.34	.95	9.90
Felton, William O., King St.	8.15	.33	.95	9.43
Felton, Wilmore, King St.	6.07	.24	.95	7.26
Forehand, Lillie, White's Lane	4.12	.16	.95	5.23
Franklin, John, King St.	10.62	.42	.95	11.99
Gambury, Wallace	12.38	.49	.95	13.77
Ganderson, Jas. and Wife, Covent Garden	4.18	.17	.95	5.30
Gregory, Wilder, Gum Ave.	8.15	.33	.95	9.43
Greewood, Sadie, Brace Ave.	6.75	.26	.95	7.96
Hardy, Ernest, Sammy, Dobb St.	11.36	.46	.95	12.76
Harrell, Anderson, Mkt. St.	15.19	.61	.95	16.75
Hassell, Handy D., King St.	4.05	.16	.95	5.16
Hinton, Lee, King St.	10.85	.43	.95	12.23
Hoffler, William, King St.	20.83	.83	.95	22.61
Holly, Alpine, King St.	7.42	.30	.95	8.67
Holly, Council, Stokes Lane	6.78	.27	.95	8.00
Holly, L. D., Dobb St.	16.33	.65	.95	17.93
Hurdle, Millie, Liberty St.	3.38	.13	.95	4.46
James, George Jr., Dobb St.	17.64	.71	.95	19.30
Jerrigan, Cherry, Church St.	4.73	.18	.95	5.86
Jones, Lula Alphonso	8.10	.32	.95	9.37
Knight, Mattie, Dobb St.	4.05	.16	.95	5.16
Lee, Elva, King St.	8.10	.32	.95	9.37
Lassiter, Herbert, King St.	4.05	.16	.95	5.16
Lyons, Ellis, Cox Ave.	6.07	.24	.95	7.26
Lassiter, Elsie Mae, Grubb St.	5.06	.20	.95	6.21
Martin, Haywood, King St.	9.23	.37	.95	10.55
Moore, Andrew, Brace Ave.	10.55	.42	.95	11.92
Overton, Colister M., Grubb St.	8.10	.32	.95	9.37
Overton, Miles, Cox Ave.	14.26	.57	.95	15.78
Parker, Henry Heirs, Dobb St.	10.13	.41	.95	11.49
Peal, Henry, Gum Ave.	2.07	.08	.95	3.10
Sheard, Rosa, King St.	6.75	.27	.95	7.97
Symons, Hughie, Hyde Park	12.15	.49	.95	13.59
Skinner, Raleigh, Edenton Road	3.21	.13	.95	4.29
Smith, Fred, Mkt. St.	14.99	.60	.95	16.54
Sprull, Joseph, Edenton Road	107.11	4.28	.95	112.34
Strong, Freda, Covent Garden	10.85	.43	.95	12.23
Sutton, B. J., Est. Eden Rd. and Dobb St.	18.90	.76	.95	20.61
Tucker, J. H., Lot and Store	49.28	1.97	.95	52.20
Waffe, Harrison and Odessa, King St.	11.54	.46	.95	12.95
Walker, Mary, Mkt. St.	4.05	.16	.95	5.16
Waters, Harriet, Mkt. St.	6.07	.24	.95	7.26
Williams, Willie	18.75	.75	.95	20.45
Winslow, Willie, Cox Ave.	29.67	1.18	.95	31.70
Zachery, Lizzie, Mkt. St.	13.50	.54	.95	14.99

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- Cold-Clear-to-the-Floor!

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Ford Victoria

Fordomatic Drive, which allows you to convert from sedan into convertible, is available on all Ford Victoria models.

FAMILY REUNION

The children of Mr. and Mrs. T. W. Nixon held a family reunion Sunday, June 8, at the home of Mr. and Mrs. Sidney Layton.

The bountiful meal, consisting of country ham, fried chicken, vegetables, salads, pickles, corn sticks, hot rolls, iced tea, ice cream and cake, was served on the lawn.

In the afternoon everyone ast around and talked and then enjoyed swimming.

Those present were: Mr. and Mrs. Nixon, Mr. and Mrs. Lewis Knight, Mr. and Mrs. Dan Munford and sons, Mrs. Johnnie Chappel, Mr. and Mrs. W. D. Stanford and girls of Norfolk, Va., Mr. and Mrs. Bob Layton of Ra-

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