


GUIDEPOSTS TO Health and Happiness

By *Bernarr Macfadden*



OVEREATING OR TEMPERANCE IN EATING

Of all the diabolical traditions to which modern man is enslaved the pernicious habit of overeating undoubtedly tops the list. Sir William Osler, one of the greatest surgeons the world has ever known said: "Excessive eating does more damage than excess drinking"—which can only mean that all the evils of the drink habit taken together, moral, financial and physical, are surpassed by the direct results of immoderate eating. And yet who has not taken part in a conversation like the following:

"It's lunch time."
 "I don't feel a bit hungry."
 "But it's time to eat!"
 "I really don't want a thing."
 "But you must eat. You'll get a headache or sick or something. You've got to eat to keep up your strength!"
 And so we sit down at a table and gorge ourselves, taxing our stomachs with a load of food that it is not inclined to be prepared to digest. Or else we become worried, go to a doctor, get a prescription for an expensive "tonic," and prod the appetite into a synthetic desire for food.

This is all wrong.
 Temporary loss of appetite is nothing to worry about. For millions of years man lived in blissful ignorance of the mandate "three square meals a day." He ate only when he was hungry. Then civilization came along and originated breakfast, lunch and dinner, and man tried desperately to adapt himself to the new order of things. And in the main he has succeeded.

But every once in a while these poor fettered bodies of ours rebel. The inborn habits of millions of years have not yet been abolished by the acquired behaviour of a mere handful of centuries. We still slay and maim and pillage as our forefathers did. And likewise—for apparently no reason at all—we suddenly find ourselves minus an appetite at the "right" time and utterly ravenous at unheard-of hours.

So don't worry when this happens to you. Go right on about your business and wait until you are really hungry.
 A word about proper eating when the appetite is normal:
 Try to eat the foods that appeal to you most, provided they are sensible and nourishing. Eat only two or three different dishes at one meal and avoid those combinations that fight with each other. No matter how hungry you may be, don't fall on your food ravenously. Give yourself the pleasure of prolonging the enjoyment of eating something you like. This stimulates the entire mechanism all along the alimentary canal and causes the salivary juices to pour into the mouth. Then when you swallow your food it is met in the stomach by the proper solvents.

There is an old adage that says: "The platter kills more than the sword." Remember that. If there were any way of checking up, it would unquestionably be found that the number of people killed in war is less than the number of people who have committed suicide by overeating.

DAWES MAKES MAIDEN SPEECH

Talks of Naval Reduction At Pilgrim's Dinner In London. British Statesmen Examine His Pipe.

London, June 18.—The chosen spokesmen of two peoples, those of Great Britain and the United States, simultaneously tonight made official calls for world peace in which these two nations should be an example and an encouragement for other nations.
 Prime Minister Ramsay MacDonald delivered his pronouncement to residents of his native Lossiemouth, Scotland. United States Ambassador Charles G. Dawes made his maiden speech in that capacity at the Pilgrim's dinner in London.
 In a message from the premier read at the Pilgrim's dinner he said that the two English speaking countries desire no alliance "either of common offense or of future defense." They

only want mutual good will which will be an example and encouragement for other nations to come into "the same companionship."

"Moreover," said his message, "we are placed in an extraordinary position in that our coming together in no way means we are leaving somebody else out. It is a great world impulse to get side by side which both America and ourselves are feeling." The prime minister found no great issue with the United States but rather similarity to neglected roads between two men "with a slightly rough surface and some overgrowth, but with men determined to smooth them out."

General Dawes declared that an early agreement on naval reduction was of outstanding importance at the present time. "My theme," he said, "is what method of procedure had best be adopted between the nations—a step so important to the peace of

the world and the happiness hereafter of mankind."
 The ambassador compared at length the experiences of economic experts and statesmen in wrestling with the problem of war reparations and those of naval experts and statesmen with the even more inclusive problem of armaments. The ambassador, whose name was given to the first successful plan for dealing with the first problem, concluded that upon the statesman "lies the duty of peace making, and in these negotiations he must hold the initiative. He is the one to build up the new order and to start the new policy, guided as he goes by the advice of those competent and patriotic naval experts who serve him."

Ambassadors, cabinet ministers and the most influential men of affairs in the empire were lined along the speakers table from which General Dawes read his address, speaking rapidly and with characteristic vehemence. Tremendous and prolonged applause greeted him when he arose after Foreign Secretary Arthur Henderson had proposed his health.

General Dawes had to wave his hands high above his head like a speaker at an American political convention to subdue the applause and gain a chance to speak. He smoked his famous underslung pipe up to the very moment of rising for his address. His was the only implement of the sort among the many big cigars. Sir Austen Chamberlin, former foreign secretary, inspected it through his monocle, and Lord Desborough, who presided, and Mr. Henderson intently studied its mechanism.

350 DELEGATES GATHER HERE

Young People's Conference Opens With Record-Breaking Attendance. Continues for Week.

With an enrollment exceeding 350 delegates and workers, the Young People's Senior conference held annually under the auspices of the synod of South Carolina, convened Tuesday evening at Presbyterian college and will continue through next Tuesday. This is the ninth convention of its kind that has been held by the Presbyterians of the state and added interest has been manifested each year by an increased enrollment. The present matriculation is the largest yet, and comprises representatives from every section of the state.

The conference is being presided over by the Rev. C. K. Douglas of Manning, as manager. Mrs. W. O. Brownlee of Guerrant, Ky., again heads the convention as dean and John Holland Hunter of the college, is the registrar and treasurer.

The faculty this year is an unusually strong one and includes some of the outstanding teachers and scholars of the Presbyterian denomination. The program and faculty for the week, follows:

Rev. B. R. Lacy, Jr., D. D., Bible.

Rev. John McSweeney, inspirational addresses.

Rev. R. A. Lapsley, Jr., D. D., Presbyterian fundamentals.

Rev. H. W. Pratt, D. D., story of the Presbyterian Church.

Rev. Flournoy Shepperson, D. D., stewardship.

Rev. Donald W. Richardson, D. D., foreign missions.

Mrs. H. L. Cockerham, home missions.

Rev. Homer Hammontree, evangelism.

Rev. S. K. Phillips, Christian Endeavor.

Mrs. George W. Sheffer, Sunday School methods.

Mrs. W. J. Roddey, Jr., recreation and group games.

Rev. John W. Davis, chief councillor for boys.

Mrs. F. L. Martin, chief councillor for girls.

Mrs. W. O. Brownlee, dean of conference.

Rev. C. K. Douglas, conference manager.

John H. Hunter, registrar and treasurer.

Mr. Hammontree is leading the singing and the vesper service.

The athletics are being directed by Mr. Phillips.

Virginia "Anti-Smith" Men Name Leaders

Roanoke, Va., June 18.—Dr. William Moseley Brown, 35-year-old Washington and Lee university professor, was selected by Virginia Anti-Smith Democrats today to lead them in their effort to wrest control of state offices from the Democratic party and repudiate Democratic leaders who supported Alfred E. Smith for the presidency. Nominated for governor by acclamation at the close of the Anti-Smith convention today, Dr. Brown came through the crowded auditorium to the platform and in a short address pledged himself to a vigorous campaign under the Anti-Smith banner.

"I have never been one of those who feared to champion a righteous cause whatever the consequences to my personal fortunes or future career," Dr. Brown said, "for right is bound to triumph, and these who are condemned as ignominious and fanatical disturbers of the established order of things will tomorrow, I believe, be hailed as the pioneers of a new era in the history of humanity."

Capt. C. C. Berkeley of Newport News, was named Anti-Smith nominee for attorney general.

The platform itself demanded the resignation of John J. Raskob, chairman of the Democratic national committee and denounced the state Democratic leadership a "most dangerous despotism."

WHAT DO P. S. JEANES DO?

SUBSCRIBE TO THE CHRONICLE

NOTICE OF FINAL SETTLEMENT

Take notice that on the 5th day of July, 1929, I will render a final account of my acts and doings as Executor of the Estate of Mrs. Sallie R. Pitts, deceased, in the office of the Judge of Probate of Laurens County, S. C., at 10 o'clock A. M., and on the same day will apply for a final discharge from my trust as Executor.

Any persons indebted to said Estate is notified and required to make payment on or before that date and all persons having claims against said Estate will present them on or before said date duly proven or be forever barred.
 R. FLOYD PITTS,
 June 4th, 1929.—7-4-4tc. Executor.

New Soda at Old Prices

Nice, dry, Anglo-Chilean Soda in even weight, paper-lined, 100-lb. bags at THE SAME PRICE as regular kind. We also have plenty of the OLD-FASHIONED Soda, as well as Sulphate of Ammonia, Acid-Phosphate, Potash, 8-3-3, 10-4-2 and 10-4-4 fertilizer. Meal and Hulls at lowest prices.

CLINTON COTTON OIL CO.

CLEAN — AS A WHISTLE

—these garments that come back from our Laundry. No matter how soiled their condition you can depend on our quality work to restore to them their original lustre. Our service is prompt and our prices are sure to appeal to you.

SEND US YOUR FAMILY WASH

BUCHANAN'S LAUNDRY

PHONE 29

THE TALE LITE

Published By the Back Seat Driver

Vol. 2 June 20, 1929 No. 12

Published for the benefit of the motorists of Clinton and vicinity by the

Clinton Motor Co.

E. D. CRAIG, Editor

"Is yo' got yo' program filled, Liza?"
 "G'wan man, yo' all know dis am mah fust dish of ice cream."

We have a good used Model A Standard Coupe in stock. Come in and look it over. The price is right.

"Some of them bank fellows is pretty slick with their fingers," said a Clinton man when he came back from a visit to New York. "Seen a fellow there that had to keep a sponge alongside him to stop his fingers from gittin' hot. He told me so hisself."

One 1928 Chevrolet Coupe in stock, just eight months old. It is a good buy if you want a Chevrolet.

Trixie: "They say bread contains alcohol."
 Sam: "Come on, let's drink a little toast."
 We will be glad to make an estimate on any repair work on the Model A or T Ford cars. We have the equipment to do the work with and our mechanics are trained by the Ford Motor Co.

Dorothy: "Why do you insist on calling hme Marcelle all the time?"
 Bill: "Well, dear, I do not expect you to be permanent."

Firestone tires are better than they have ever been, and the price is lower.

He: "Yes, my father has contributed very much to the raising of the working classes."
 She: "Is he a Socialist?"
 He: "No, he makes alarm clocks."

We wash and grease all makes of cars.

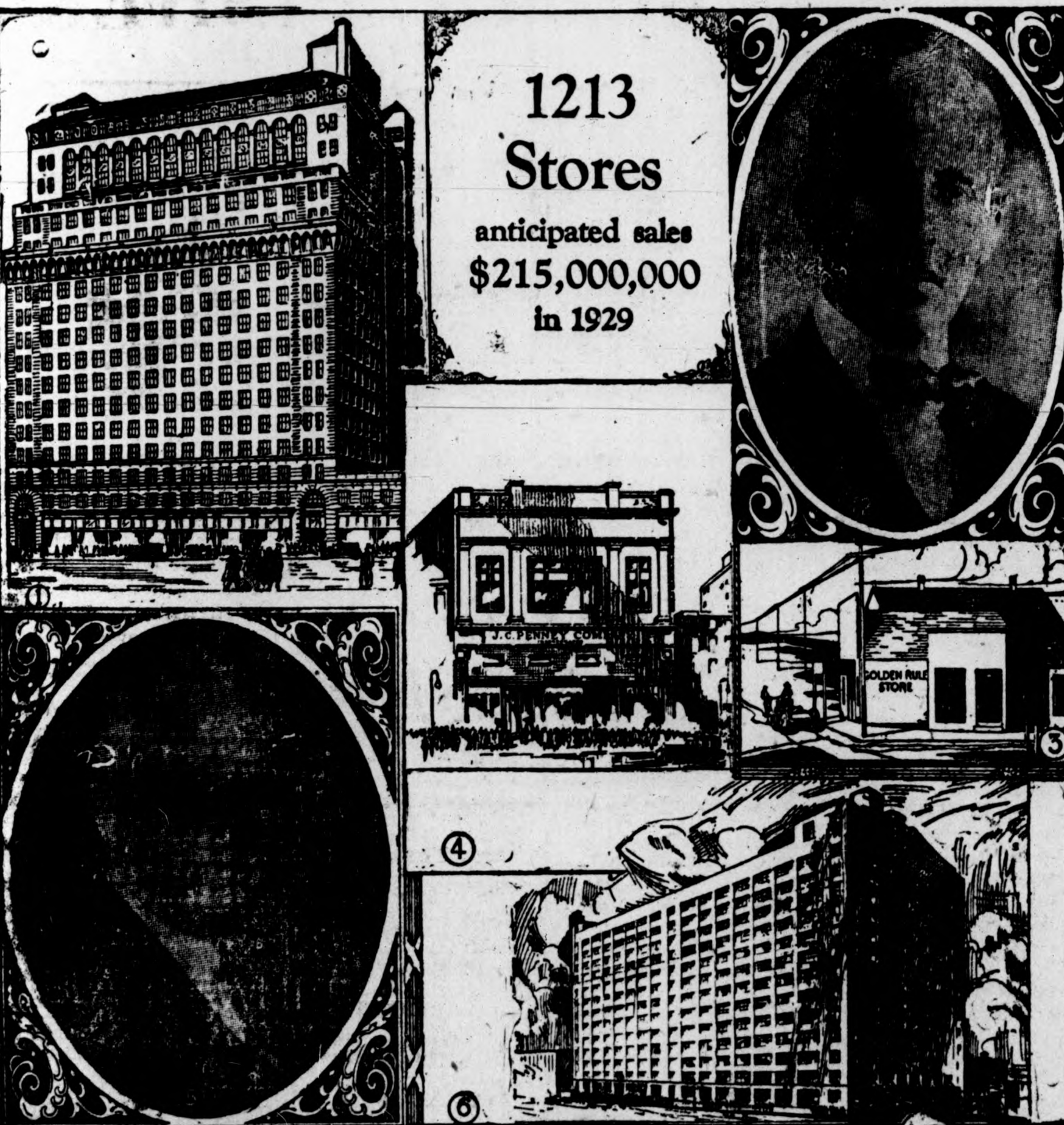
We have a New Station Wagon in stock. Come in and look it over.

Clinton Motor Co.

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Vacation Joys are long remembered if you take a

KODAK

We have a new shipment of Eastman box and folding kodaks. Box kodaks from \$1.25 to \$4. Folding kodaks from \$5 to \$17. Drop in and examine them at your leisure.

Complete line of in date Eastman Kodak films — 48 hour developing service.

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