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The Chronicle seeks the cooperation  
 of its subscribers and readers—the  
 publisher will at all times appreciate  
 wise suggestions and kindly advice.

CLINTON, S. C., JULY 4, 1929

**8 PAGES**

A THOUGHT

Our Hope.—The hope of the righteous shall be gladness; but the expectation of the wicked shall perish.—Prov. 10:28.

Prayer.—“My hope is built on nothing less, Than Jesus' blood and righteousness.”

Hoover is the engineer, but the senate is acting as conductor.

If the movement to stamp out illiteracy succeeds where shall we get our future juries?

It's easy to be a college president. All one has to do is to please the board of control, the parents, the student body and alumni, and beg for money.

Blondes blush more than brunettes, according to a scientific investigator. But that doesn't mean that blondes blush such an awful lot.

Say it with flowers, or with candy, if you prefer, but don't say it with a hammer.

You have noticed this, also, it is easier to find fault than it is to find a remedy.

Yes, we generally have some weather like this every year in July and August.

One way to make yourself popular is to tell your friends they work too hard.

Another man who believes in personal liberty has just died from drinking bootleg whiskey.

An entertaining merchant in another town has been advertising a frying pan which will accommodate a couple of chickens. Considering the present price of poultry, a man must be a real optimist to indulge in such advertising.

**DR. SNYDER'S ADDRESS**

At the commencement exercises of the University of South Carolina held recently, Dr. Henry Nelson Snyder, president of Wofford college, delivered the address to the graduates. Dr. Snyder is a speaker of fine attainments, scholarly, with easy grace and with a strong foundation of subject matter that always carries a message of uplift and inspiration. The theme of the distinguished speaker on the occasion referred to was most appropriate, “Life, a Profession, and An Art.”

In every respect the address differed materially from what is usually heard on such occasions. There was advice, of course, but this was so blended with the force of what was being said as to make it appear in new garb. It was appropriate from every viewpoint, and coming from this particularly fine authority it must have made a deep and lasting impression upon those to whom it was specifically directed.

A very comprehensive and discriminating digest of the address was published in The State, and from this we take a few extracts. Beginning with the immediate present Dr. Snyder said:

“For the college student life is an ordered routine made up of appointed hours, required courses, electives, majors and minors. But a day comes called commencement, when this routine satisfactorily followed gets him a degree and a piece of parchment, and then goes to smash with a devastating suddenness, leaving him facing a required course by way of major elective.

“This required course is the simply fundamental matter of making a living. The student may have been told all along that he is being prepared to live greatly and nobly, but there is no great and noble living without such a drab, common thing as the labor of one's own hands and mind for food, clothing and shelter.

“Every self-respecting human being must take this course, though he is allowed a certain freedom of election in choosing the major through which he will acquire that degree of economic independence which is the basis of all successful, ethical and happy living. It is this major elective that each is doubtless thinking of at this time—a thinking so serious that it puts no

little grayness into the rich color of an otherwise happy occasion.”

Dr. Snyder then discussed the recognized professions and gave special emphasis to the fact that through some of these each one is to make a living and establish a career, “A compulsion from which there is no escape, even if we desired to find one. A major elective must be chosen. As we have made, or are making, our choices, let us consider whether we may not lift each of them into the dignity and worth of a profession and an art, and this is my subject, ‘Life, a Profession and An Art.’”

In concluding the address Dr. Snyder had this to say: “Who shall say that the great surgeon at the operating table, the great lawyer in the courtroom, the great preacher behind the pulpit, the great teacher at his desk does not feel the lift of that high mood in which the artist loses himself in the creation of picture or statue or symphony or drama? I think they do, and if they do, all who work in their mood and spirit may know something of their satisfaction and joy in the performance of their tasks.

“The engineer who builds the bridges and shapes the roadways, the architect who designs the shelters for the living and labors of men; the manufacturer who creates out of the raw materials the finished products for the manifold uses of life; the merchant who distributes the products to the ends of the earth; the farmer, taught of science, who feeds and clothes the world; the banker who accepts his relationship as that of the financial trustee of his community and state—these and all the rest who share in developing and maintaining the economic bases of life, they, too, may be of the professions, if they bring to their tasks a generous knowledge, a wise understanding, a special training, high ethical standards, a sense of public service and a satisfaction in good work perfectly done. For such, life is a profession and an art, whatever the business may be.”

**CARD OF THANKS**

We wish to express our thanks and appreciation for the beautiful floral offerings and the many deeds of kindness shown us during our bereavement in the loss of our dear daughter and sister.

Mrs. Alah Benjamin and Family.



**GOOD POLICY**

Preaching is one thing; good business policy is another. Men find things to criticize in preaching; only a dumb-bell opposes the safe and sane business proposition.

If you study your newspaper as you should, ten take note of the great number who are overtaken in crime, folly, and other wrongdoing. Set the number down in your memorandum-book each day for a month. The number will astonish you—and the sad total will be a shouting, thundering argument for right living.

There is absolutely no excuse for doing wrong—for it is the poorest business policy in the world; why? because it leads inevitably to disaster.

Take intoxicating drink, for instance. Over-indulgence, or, for that matter, taking it under any circumstances save under advice of a good doctor for illness—is a very, very poor business policy. Why? Because its victims are legion.

If cheating, defrauding and falsify-

**LEAFLET SHOWS IODINE CONTENT**

Comparative Table Give Some Interesting Facts On Vegetables From California, Oregon and S. C. A leaflet being distributed by the S. C. Natural Resources commission, showing the iodine content of South Carolina vegetables as compared with vegetables from other states, has created considerable interest in the campaign to develop the state's trucking industry. The leaflet carries the following table, showing the comparison as to iodine content between vegetables grown in South Carolina and those grown in California and Oregon.

(Parts per billion, dry measure)		
Lettuce	.....	761
Summer squash	.....	716
Spinach	.....	694
String beans	.....	429
Turnip tops	.....	433
Cabbage	.....	336
Asparagus	.....	285
Beets	.....	227
Turnips	.....	223
Potatoes	.....	211
Carrots	.....	197
Sweet Potatoes	.....	98
Blue berries	.....	116-212
Broccoli	.....	1603
Chinese cabbage	.....	299-310
Collards	.....	452-483
Cow peas	.....	79
Cucumbers	.....	523
Dill pickles	.....	216
Oats in hull	.....	20
Okra	.....	433-438
Onions	.....	136
Peaches	.....	285
Peanuts	.....	46
Peas (ripe)	.....	192
Peas	.....	100
Pecans	.....	56
Sweet peppers	.....	150
Tomatoes	.....	273
Butter	.....	56
Egg plant	.....	338

**Canada Liquor Running Losing**

Windsor, Ont., June 29.—H. B. Jackson, assistant chief customs inspector, who is making a survey of the liquor situation in the Great Lakes region, has announced that export on liquor from Detroit river docks in the last

two weeks has not been sufficient to meet the overhead costs.

This decrease, he said, especially has been true of the docks at Windsor, Sandwich, East Windsor and the Riverside docks of the border cities.

He said the rum runners were extending their flanks, however, to Amherstburg, at one end of the Detroit river, and across Lake St. Clair at the other. But even the shipments from these points, he added, failed to bring the total up to the usual June standard.

He said four liquor boats were loaded and ready for departure while 19 empties were tied up. At La Salle, a number are tied up, including eight seized for failure to report to the customs upon their return to the Canadian shore. Unless these are claimed by their owners they will be confiscated and sold at auction.

Inspector Jackson was sent to the district because of “certain criticism” of the customs department. He said he probably would spend several more weeks visiting various docks along the lakes.

**Removes Shine from Clothing**  
 Cloth that has been worn shiny can be restored by sponging the garment with hot vinegar or ammonia (1 tablespoon ammonia to 1 quart of water). Cover with damp cloth and press on with mangle. Remove cloth and brush.

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**QUARTERLY CONFERENCE AT SARDIS ON SUNDAY**

The third quarterly conference for the Kinards circuit will be held at Sardis Methodist church, at Renno, July 7th, at 11 A. M. Rev. P. F. Kilgo, presiding elder of the Cokesbury district, will preach. After the service a lunch will be served, and the quarterly conference will be held. A cordial invitation is extended to this service. Owing to this service there will be

no services at Sharon or Hopewell churches. These congregations are asked to meet at the Sardis church.

**CARD OF THANKS**

We wish to thank our friends for the many kindnesses shown us at the recent death of our brother, Elija Ray. This evidence of love and interest on your part is appreciated more than we can express.

Mrs. Mary Prather.  
 Mrs. Ella Franklin.

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**GUIDEPOSTS TO Health and Happiness**  
 By Bernarr Macfadden

**WHAT IS WRONG WITH PHYSICAL CULTURE?**

“There is something all wrong with the idea of physical culture,” a man of fifty said to me one day. “Why should it make the young man healthy and strong and the older man uncomfortable and sick? If it's so fine, why isn't it universally beneficial? Take me, for example. Every time I eat something that is supposed to be good for me it upsets my digestion. Tennis and swimming are out of the question—my heart won't stand it. A long walk will exhaust me. Physical culture is a young man's game all right.”

Many middle-aged people will agree with this man. They have experienced the same trouble. They feel “better” when going along in the same old rut, and taking no unaccustomed exercise. Therefore “something is all wrong with physical culture.”

Something IS all wrong—but not with physical culture. Ignorance and indifference are the real culprits. In the last fifteen years physical culture has taken tremendous strides, but the biggest stride of all is yet to be taken. That is the educating of people to the real meaning and purpose of physical culture.

In its truest sense it means to begin from the moment of birth to live as we were intended by nature to live. Eating bone and tissue building foods. Regular elimination. Sufficient rest

and sleep. Wholesome play. A happy, healthful frame of mind. And a worshipful reverence of the human form—the earthly temple of the soul during the span of life.

Too many people think that physical culture means strenuous and unpleasant exercises, and denying oneself things that the appetite craves. They point with pride to the high standard of athletics in our schools and colleges and call that physical culture. To prudes it is synonymous with immodesty and sex. But those fallacies are gradually being destroyed.

Athletics is not the definition of physical culture; it is merely a part of the whole. In schools and colleges too much attention is paid to training chiefly the bodies of those who are already in good physical condition by making available to them special apparatus that is not available in everyday life. The weaklings are shoved into the background and forgotten.

Physical culture is not a young man's game. It is not a game at all. It is the free and glorious privilege of every individual of any age. The cure-all for sickness of mind and body. The preventive of disease and unhappiness, when begun early.

It is the only necessary guidepost to health and happiness in the journey through life.

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