

NEWSY ITEMS FROM THE JULY ISSUE OF "THE COMIAN"

The Monthly Magazine of the Anderson Y. M. C. A. Gives Interesting Letters from the Mills and Incidentally Gives Good Advice As to Protecting the Health.

OUR HEALTH NUMBER.

This is our HEALTH issue of THE COMIAN. This hot weather is very trying. We need to conserve all the reserve strength possible.

AN EYE-OPENER.

From all sides we have heard the most favorable comment regarding the Sunday school issue of THE COMIAN on June 1st.

OUR MILL VILLAGE LEADERSHIP.

This we never tire of mentioning. During the past month we have been deeply impressed with the spirit of helpfulness and sacrifice on the part of those who are looked upon as leaders in our communities.

THE WEATHER.

Upon the shoulders of no one has the protracted drought fallen more heavily than upon those of the editors of THE COMIAN.

ering the dry weather, our expectations have been fully met. We should find comfort in the thought which is said to have been first expressed by an old negro: "The Lord always lets it rain before it is too late."

ORR.

Mr. George P. Hammett of the office is spending his vacation in California visiting relatives. Miss Florence, daughter of Mr. A. C. Hudgens, is home from school with her parents on Lyons street.

EQUINOX.

The birthday party given by little Lucille Hall and Annie Cox on Church street was one of the social events of the village for the little folks during the month of June.

GLUCK.

It is hoped that every one will be on hand to help make the Fourth of July pleasant for everybody that enjoys clean sport and a good time.

Mrs. Lawrence of Hartwell, Ga., is visiting her mother, Mrs. Parks, on Brown street.

The Sunday school class of which Mrs. J. D. Thompson is teacher enjoyed a picnic at the spring on Saturday afternoon, June 20.

On Saturday evening, June 20th, the local order of Wodmen Circle gave an ice cream festival and realized the neat little sum of \$15 for the general use of the Circle.

Mrs. H. L. McDonald, Eugene McDonald and Ira Tollison took advantage of the excursion trip to Charleston last week.

BROGON.

We have had with us during the month of June Miss Leila Mosely, who is to do welfare work at Riverside-Toxaway, beginning the first of July.



THEY'LL GET YOU SURE.

(By H. M. Tichenor.)

There was a quack doctor lived back in the hills. Who used two concoctions to cure human ills; One was a physic—"the best in creation"—

He skinned the bark upward to make "tweedledum," And to make "tweedledee" he skinned downwards, by gum.

A quack politician lives in the same hills Where the quack doctor works with his tweedledum pills; He, too, has two medicines every election,

The Library June 6th. The lawn was well lighted, and a large crowd was present. After playing "drop the handkerchief,"

Mr. J. W. Farmer is the new Second hand in the spinning room at Riverside. Mr. Farmer comes from Luckhart and is said to be a good mill man.

Mr. Richard Byars from Chester is running a section in Riverside Mill.

Mr. J. C. Acker is improving very rapidly.

Mr. Will Roberson and Miss Nannie Pearson spent last Sunday in Greenwood visiting Mr. Roberson's sister, Mrs. Harrison.

The little baby of Mr. J. T. Whitten got its hand burnt badly last Friday, but is getting on very nicely at this writing.

C. RDENS.

- First prize..... J. D. Boykin. Second prize..... Will Davis. Third prize..... Mr. Sanders. Fourth prize..... James King. Fifth prize..... A. P. Smith.

RIVERSIDE-TOXAWAY.

Mr. Marselle Shaw and sister, Miss Rosa, are at work at Riverside-Toxaway now. We are glad to welcome them back with us.

Mr. Edd C. Henderson visited his parents at Cokesbury, last Sunday.

Miss Grace Owens from Saluda College visited her father, Mr. Joe Owens, at Mrs. Junkins last week.

The revival meetings, which have been going on for some time Barksdale assisted the pastor, Mr. at the Baptist church, closed last

tended services at Triangle last Sunday and were the guests of Rev. H. C. Martin and family near Belton.

Mrs. Alta Williams of Ware Shoals after spending some time in the city hospital is very much improved and is spending some time with her brother, Supt. F. J. Clark.

The little daughter of Mr. and Mrs. T. L. Ayers who got her leg broken last week is reported getting on nicely.

Mrs. S. W. Danner is visiting her parents in Orangeburg this week and will visit Charleston before returning home.

The revival meetings which closed last week at the Second Baptist Church were largely attended and much interest was shown throughout the ten days under the faithful preaching of Rev. L. J. Ehrlick, the Christian Jew of Atlanta, Ga.

WATER INSIDE AND OUT.

If you would enjoy good health, you must keep your lungs, kidneys, bowels and skin in active condition. Take deep breaths for the lungs; drink water between meals for the kidneys and bowels, and use lots of soap and water for the skin.

HOT WEATHER SUGGESTIONS TO MOTHER.

During the extremely hot weather that is sure to come to us this month, it will take every ounce of energy and vitality the mother has to run the house well and prevent any sickness.

Mr. P. F. Bowen, the outside overseer, and Miss Ruth Acker were married May 31, at the home of the bride's parents.

Those winning prizes in the vegetable garden contest this year are as follows:

First prize..... Perry Kinsley. Second prize..... J. D. Estes. Third prize..... J. A. Davis. Fourth prize..... J. L. Head. Fifth prize..... E. A. Hutchison.

First prize..... A. A. Qualls. Second prize..... F. C. Brooks. Third prize..... E. C. Franklin. Fourth prize..... J. T. Vaughn. Fifth prize..... A. C. Pike.

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causes of wakefulness and disturbed sleep.—Selected.

A CONFESSION.

I am the greatest criminal in history. I have killed more men than have fallen in all the wars of the world.

I have ruined millions and if let alone shall ruin millions more. Yet the half has never been told.

I AM ALCOHOL.

I make the smooth and downward path for countless millions. I destroy the weak and weaken the strong.

I have ruined millions and if let alone shall ruin millions more. Yet the half has never been told.

EFFECT OF CIGARETTE SMOKING.

The cigarette smoker bared his pale arm and the physician laid the lean, black leech upon it.

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kind that grows in animals and a third that lives in birds.

Tuberculosis usually is communicated from one person to another, but it has been proven that at least 7 per cent. of tuberculosis infecting man comes from animals.

Tuberculosis is the most serious and destructive of all diseases attacking man.

It attacks any and all parts of the body.

90 per cent. of the bodies examined by Naegeli of Zurich had tuberculosis.

30 per cent. of all deaths between the years of 15 and 60 are due to tuberculosis of the lungs.

In the United States, 160,000 people die each year of tuberculosis.

Of the people now living in this country, under present conditions, 8,000,000 will die of tuberculosis.

The loss of life from tuberculosis is appalling.

The loss of time and money is incomprehensible.

Most astounding of all is it to think that these losses continue in face of the fact that tuberculosis is preventable and curable.

Medicine is not required in the prevention of cure—simple intelligence and care is necessary.

EPIGRAMS.

Take things as they come is a good rule. A better rule is to go after things if they don't come.

It is better to be an enthusiast in anticipating a doubtful success, than a pessimist predicting a possible failure.

When you can get others to see you as you see yourself, you are on the high road to popularity.

There's abundant success to be had in the world. The secret of getting it is to discover what you can't do, and then avoid doing it.

One cheerful little song during a storm will create more happiness than a whole concert while the sun is shining.

The man who borrows trouble usually pays an excessive rate of interest for it.

The man who trusts to luck for his success will be in luck if he ever succeeds.

When Fortune knocks at a man's door, he is often busy flirting with Miss Fortune at the corner saloon.

Faith may move mountains, but it takes the dynamite of hard work to tunnel through them to the success beyond.—Selected.

HEALTH ALPHABET.

- A is for Adenoids which no child should own. B is for Bight Breathing to give the lungs tone. C is for Cough which we should not neglect. D is for the Dentist who finds tooth defect. E is for Evils of foul air and dirt. F is for Fresh Air—too much cannot hurt. G is for Gardens where boys and girls play. H is for Hardiness gained in that way. I is for Infection from foul drinking cups. J is for Joy in the bubbling taps. K is for Knowledge of rules of good health. L is for Lungs whose soundness is wealth. M is for Milk, it must be quite pure. N is for Nurses, your health to insure. O is for Oxygen, not found in a crowd. P is for Pencils—in mouths not allowed. Q is for Quiet, which sick people need. R is for Rest—as part of our creed. S is for Sunshine to drive germs away. T is for Tooth Brush used three times a day. U is for Useful health rules in the school. V is the value of learning these rules. W is for Water, which always does harm. X is for Xcess in no form. Y is for Youth, the time to grow strong. Z is for Zest. Help the good work along.

—By a Chicago Tuberculosis nurse. The picnic committees are very busy working up something that everybody will enjoy on the Fourth of July, when the two Sunday schools go to Jolly Springs for an all-day outing and basket picnic. Be on hand with a heavy basket.