

# Good Health Program Outlined By Dr. Herbert

## UNITED SURGEON GAVE HINTS ON KEEPING HEALTHY

Spoke To More Than 700  
Employees In Cafeteria  
On November 21st

observance of Good Health  
we were fortunate to have  
P. Herbert speak to us at  
special Thursday night picture  
on November 21st. His sub-  
ject was **The Importance of Good**  
Health, and was thoroughly en-  
joyed by approximately 700 per-  
sons in attendance.

Dr. Herbert is a noted surgeon  
and physician of Asheville, and  
acted in the capacity of con-  
sulting surgeon here at Ecusta for  
the past several years. He is no  
stranger to many of you who have  
on occasion attended the regular  
afternoon clinics conduct-  
ed in our local Medical depart-  
ment, and is ever interested in the  
health and welfare of the entire  
personnel here.

Dr. Herbert stressed the fact  
that Mr. Harry H. Straus is vitally  
interested in doing everything pos-  
sible to promote physical fitness  
and good health, not only for those  
employed here, but for their fam-  
ilies and others in the surround-  
ing country.

He was very emphatic in that we  
must all try and overcome some of  
the appalling facts that were  
brought out in the drafting of men  
during World War II . . . That of hav-  
ing so many of our young men de-  
clared physically unfit for military  
service. That good health and phys-  
ical fitness could only be obtained  
through co-operation of all parties  
concerned, and that such a pro-  
gram would be a great asset to  
employees as well as to our plant.

The fact was brought out, that  
headaches, mental attitude,  
lack of sleep, would naturally  
cut anyone's chances of doing  
any work. That we must be men-  
tally fit if we are to do better work  
than that too many people as a  
whole, worry entirely too much  
that we must not let things up-  
set us . . . that we must be happy  
at home, and to do this, we must  
overcome our difficulties, whether  
they be physical or mental.

It was also brought out that  
there must be done in the future  
to help children grow up into  
healthy adults . . . that children's  
enlarged tonsils and teeth should  
be given attention in early life . . .  
that with competition becoming  
strenuous in industry throughout  
the world, the time would come  
when people in bad health would  
find it difficult to obtain suitable  
employment.

Dr. Herbert stated that children  
must be given every chance to ob-  
tain better educations, for indus-  
try would be using those men and  
women who show aptitude and  
ability. He stressed the fact that  
**EDUCATION** is one thing that can-  
not be taken away from a person.  
In closing, Dr. Herbert said that  
the people would gladly do everything  
possible to assist the people in  
learning more about correct food  
habits, exercise, sanitary conditions,  
and numerous other things which  
are very important for the most  
beneficial way of living. That it  
is vitally important that we have

### Joins Ecusta



**ROSSER J. SMITH**, who has had broad business experience, has joined the executive staff at Ecusta as assistant to President Harry Straus.

### SMITH TO ASSIST

(Continued From Page One)

ated with southern industry dur-  
ing his entire business career. Be-  
fore coming to Pisgah Forest, he  
was president of Southeastern Cot-  
tons, Inc., a company affiliated  
with many of the large cotton mills  
in the Carolinas, Georgia, Ala-  
bama, and Texas, and serving them  
primarily in designing, planning,  
and merchandising their produc-  
tion.

In addition to his broad business  
experience, Mr. Smith is also ex-  
perienced in farming, having owned  
in recent years a large dairy and  
grain farm on the eastern shore of  
Maryland.

During World War I, he served  
in the cavalry as a trooper.

It has been learned also that his  
principal outdoor hobbies are  
hunting and fishing.

We welcome Mr. Smith to Pisgah  
Forest.

### To Launch Final USO Drive Monday

The USO drive in Transylvania  
county to raise \$3,000.00 will get  
underway next Monday morning.

Although the war is over, the  
emergency still exists, Mr. Silver-  
steen pointed out, and the need  
for the USO is still great. "The pri-  
mary job yet to do is to serve  
those veterans of the war who will  
not yet have been released from  
hospitals or military service by the  
end of 1947," he explained, "and  
the second important phase will  
be to provide interim activities  
for the peacetime armed forces  
until some permanent plan for  
morale services for the enlarged  
army and navy has been complet-  
ed."

The county's USO executive  
committee is composed of Mr. Sil-  
versteen, George Wheeler, treas-  
urer, C. M. Douglas, Jerry Jerome,  
Ralph Ramsey, Ray Bennett, F.  
S. Best and John I. Anderson.  
Contributions can be made to the  
members of the committee, it is  
reported.

physically fit and mentally capable  
people to carry on the necessary  
work here in our own community.

### Club President



**KEITH POOSER**, Ecusta's plant engineer, has been elected president of the Brevard Kiwanis club.

### Heads Boy Scouts



**F. S. BEST**, assistant to Presi-  
dent Harry Straus, has been re-  
elected chairman of the Transyl-  
vania district of the Daniel  
Boone council of the Boy Scouts  
of America.

### Goolsby Gleanings

(Continued From Page Twelve)  
thought he robbed every bank in  
the country, by the dividends they  
paid.

Here is a story that was told  
to me the other day by one of our  
local lawyers. I thought you might  
like it—

John and Mary had married un-  
der none too happy circumstances  
and their married life certainly  
had not been anything to brag  
about, but after thirty-five years  
of married life, John came down  
here to the local judge for an an-  
nullment, all the folks up here in  
this mountain settlement were  
amazed.

A date for the hearing was set  
and when the time came the judge  
demanded to know the grounds on  
which John based his demands for  
a separation. "It's like this, judge,"  
said John, "I just found that Mary's  
pappy never did have a license to  
carry a gun."

Don't forget the children on De-  
cember 10th. Never will we have  
a chance to do so much for them  
with so little effort.

### ANECDOTES

Mark Twain, a lover of practi-  
cal jokes, once met a friend at the  
races. "I'm broke," said the friend,  
"will you buy me a ticket back to  
town?" "Well, I'm sort of broke  
myself," said Twain, "but I'll tell  
you what to do. You hide under my  
seat and I'll cover you with my  
legs." This plan was agreed to,  
then Twain went to the ticket of-  
fice and bought not one, but two  
tickets. When the train was under  
way and the supposed stowaway  
was tucked under the seat, the con-  
ductor came by and Twain gave  
him two tickets.

"Where's the other passenger?"  
asked the conductor.

Twain tapped his forehead and  
said in a loud voice, "That's my  
friend's ticket. He is a little eccen-  
tric and likes to ride under the  
seat."

Samuel Johnson was once irri-  
tated by a man who laughed loud-  
ly and with too obvious apprecia-  
tion at everything the doctor said  
while attending a small dinner  
party. Finally, Johnson could stand  
it no longer and turning to the  
fellow said, "Pray, sir, what is the  
matter? I hope I've not said any-  
thing that you can comprehend."

Otto Kahn, New York financier,  
was one day driving through the  
lower East Side. There he saw  
staring him in the face, a large  
sign reading: "Samuel Kahn, cou-  
sin of Otto Kahn." Kahn immedi-  
ately instructed his lawyer to have  
the sign changed. A few days lat-  
er, Kahn again drove by the place.  
The sign had been changed. It  
read: "Samuel Kahn, formerly cou-  
sin of Otto Kahn."

The village blacksmith was be-  
ing pestered by a youngster who  
was considered as not too bright.  
Hoping to scare the lad away, the  
smithy held a red-hot piece of iron  
under the boy's nose. "If you'll  
give me half a dollar I'll lick it,"  
said the simple-looking kid. The  
blacksmith held out the coin. With-  
out a work, the boy took the coin,  
licked it, put it in his pocket and  
walked away.

Heywood Broun, when doing a  
reporting stunt for the New York  
World, was sent to interview Sen-  
ator Smoot. "I have nothing to say,"  
the Senator haughtily informed  
Broun. "I know that," Broun re-  
plied. "Now let's get down to the  
interview."

One night a negro was walking  
along Forty-second street in New  
York, from the terminal to the  
hotel, carrying a heavy suitcase in  
one hand and a still heavier valise  
in the other. Suddenly a hand took  
hold of the valise and a pleasant  
voice said: "Pretty heavy, brother!  
Suppose you let me take one. I am  
going your way." The colored gen-  
tleman resisted, but finally al-  
lowed the young white man to car-  
ry the burden. For several blocks  
they walked along chatting like  
old friends, "And that," said Book-  
er T. Washington many years  
later, "was the first time I ever  
saw Theodore Roosevelt."

"If a man does not make new ac-  
quaintances as he advances through  
life, he will soon find himself left  
alone. A man should keep his  
friendship in constant repair."—  
James Boswell.