The more men meditate, the more they smoke

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#### CHRISTMAS SEAL SALE SIGMA DELTA CHI IS NOW ON IN EARNEST

Local Tuberculosis Prevention Committee in Charge-Negro Sanatorium is Planned Here.

The fourteenth annual tuberculosis Christmas seal sale began Mon-down fake assignments and interday, November 28th, under the aus- viewing various campus celebrities on pices of the Health Department of various and sundry subjects six the local Community Club. Seventy- neophytes were last Thursday night five per cent. of the proceeds from initiated into the journalistic frathe sale is retained by the commit-ternity of Sigma Delta Chi. tee for the relief and prevention of tuberculosis in the community. The up prominently in campus journalisremaining 25 per cent. is sent to state tic circles, and have voiced their inand national associations.

great and since they are a menace, Tar Heel, were among those taken and a source of infection to the in. whites, it is the object of the local A feed was given after the initicommittee to establish a sanatorium ation ceremonies in the garret room or open air camp for the colored of the "Y" where the scribblers hold tubercular. This method will not their meetings. The term "Scribonly mean a chance of recovery for blers" was the name applied to the the patient, but will mean protection organization before it affiliated with from infection for the immediate the national fraternity of Sigma members of the patient's family, as Delta Chi, an organization numberwell as for those with whom they ing more than thirty chapters. come in contact, both white and col- The men initiated were: Robert L. torium is in running order, it is the shall Y. Cooper of Oxford, R. S. the entire county work for a county Coley of Rockingham. tuberculosis sanitarium for white people.

The committee therefore asks the co-operation of the students and the town people in this most worthy Wednesday night the entire stucause. It means only a small sacrident body contributed to a fund that fice on the part of the individual, goes to buy gold footballs for the while we cannot place an estimate on members of the 1921 football squad. the value of good health to the Uni- No institution on the campus has ever versity and the community in gen-received a heartier response from the eral. Buy tuberculosis Chri seals and help deal a death blow to instituted at the University has the one enemy, tuberculosis.

#### MANY MINISTERS

tical secretary of the Baptist state student body. convention. His inquiries reveal the fact that there are 330 ordained schools with all of the schools not ing 196 ministerial students in the work.

Initiated Into National Journalistic Fraternity.

After a hectic period of running

The men initiated have all show tention of entering an active pursuit the five-score goal instead of the ac-Since the mortality from tuber- of journalism as their life work. Four culosis among the negroes is very members of the editorial staff of The

ored. Later when the colored sana- Thompson, Jr., of New York, Marambition of the committee to have Pickens of Morganton, and C. Y.

#### Gold Footballs Ordered For 1921 Football Men

student body, and no practice ever same significance as that of buying for the football men these gifts.

A number of men on the squad

WITHOUT CHARGES will receive these emblems from the Thre is no shortage of ministers student body. The gold footballs will with the Baptist denomination in be ordered at once and as soon as North Carolina according to the re- they are received the men will be port of Mr. E. L. Middleton, statis- presented with them before the entire

Baptists ministers in the state with-reporting. There are 893 pastors and young man. In fact, he says he was out churches. A new crop supply of general workers actively engaged in ministers is being trained, there be- ministerial, evangelistic and other But he took excellent care of himself

#### STUDENT DIRECTORY OUT FOR THANKSGIVING GAME

New Directory, Issued By Y. M. C. A., is Complete Index to Residence and Other Facts.

the University on the day of the classes.

dinner on that memorable day, the sity football, barketball and track student was surprised to find on his four years. A. P. Cates, S. L. Homedesk, a nicely bound, pocket size di- wood, J. F. McBane and R. A. Scott rectory with all possible information played important parts in the agriabout any student, his class, his home cultural fair last week. The rest of town, and his room number. And not the members of the club are active only about the student but about his members of various student organiza-"prof." also, in case he might have tions on the campus. occasion to visit him some night be-

Secretary Comer of the "Y" states that it was the purpose of the compiles of the book to insert statistics, such as the total number of students registered to date, the number of freshmen, the number of co-eds, the number of students from the largest counties of the state, etc. All of this would have materially added to the attractiveness of the volume, but in the rush to get the book out in time for visitors attending the game, it was impossible to obtain such statis-

#### SAYS ANYONE CAN LIVE FOR 100 YEARS

New York .- Dr. Stephen Smith, who is nearly 100-he was born in February, 1823-sees no reason why every person with average health and a knowledge of how to live properly should not prolong the span of life to cepted three-score and 10 years.

You can still be an active and useful citizen at 98 and 9 months, Dr. Smith thinks, and to prove it he recently delivered an address before a large gathering, standing half an hour and making his voice reach to the fathest person from the speakers' table.

Dr. Smith spends three hours a day at his typewriter, finishing the manuscript of his latest book, which is on longevity. It is work that keeps you young, according to this authority.

When asked to give 10 important points to observe in order to attain the century mark, Dr. Smith offered the following:

"Eat hardly any meat. "Drink lots of milk. If it disagrees

with you, drink more. "Take a 10 or 15 minute nap after luncheon and dinner

"Sleep 10 hours." "Take a nap outoors when the weather permits.

"Don't smoke. "Don't eat sweets.

"Take no alcoholic or other stimulants, like tea or coffee.

"Avoid the easy chair; absence of work is the first step to the grave.

"And, finally, just be natural; quit all foolishness." Dr. Smith's mother lived to be 97 and one sister reached the age of 100

years and 1 month. He has lived juring the life of every President of he United States except Washing-Dr. Smith was sickly as a child and

and was most strict about his diet, which consisted almost entirely of milk. People drink too little milk, according to him, and the excuse that it disagrees with them is nonsense. If they drink much more they would find it an easy and agreeable diet.

His daily mail contains hundreds of letters from persons asking him what they shall do to live longer. Some of the questions are absurd, he declared, and gave as an example the question received that day from a woman who said she had weak ankles and wanted to know what to do about it.

"Change your peg heel and pointed toe shoes for your grandmother's common-sense shoes," I told her. "If you can't eat eggs, cut them out; if you and do not feel fresh, walk a mile, thus pumping dead air out and fresh air into your lungs."

Dr. Smith is a native of New York State. He was graduated from the College of Physicians and Surgeons in 1851. Three years later he was appointed surgeon to the City Hospital on Blackwells Island. He founded and was president of the American Public Health Association.

#### How Dates Grow.

The Arabs live almost entirely on this fruit when crossing the desert The date is the fruit of the date-paim, which grows best in Persia, Palestine, Arabia, and the North of Africa. The stem reaches a height of 50 feet to 70 feet and throws on a magnificent crown of large leaves and a number of spadices. In the female plant these bear bunches of dates weighing from 20 to 25 pounds.

#### ALAMANCE BOYS AT N. C. STATE COLLEGE

The Alamance county club held elected for the coming year, as follows: A. P. Cates, president; H. B. ville, S. C., died suddenly on Scales Dixon, vice president; J. F. McBane, street here about 12:30 o'clock Monsecretary and treasurer. Alamance day afternoon. He came to Reids-According to its promise, the Y. has fifteen boys here who take an ville to sell cotton to the Edna cot-M. C. A. promptly issued the directactive part in all campus activities, ton mills and had completed his transtory of the students and faculty of and are represented in all four action and rode up town with Super-

One of our number, S. L. Home-Upon returning to his room after wood, of Burlington, has made var-

Our club ranks among the first of the county clubs at State College.

Our motto is "Alamance First." We are for Alamance and we want Alamance to back us by sending us more men next year.

Just a few words about North Carolina State College. We have the largest student enrollment since 1918, having about 1,200 students. These men are about equally divided between our different technical N. C. State College is rapidly com-

ing to the front as one of the leading technical colleges of the country.

High Flyer.

dor to soar to a height of four miles.

#### DIES WHILE SITTING IN AUTOMOBILE IN REIDSVILLE

vember 2, at which officers were Cothran, cotton brokers of Greenintendent John F. Scott in the latter's car. Mr. Carr stopped the car

Mr. Henry in the car, and walked over to the postoffice. When he returned to the car Mr. Henry was Reidsville, Nov. 29 .- F. L. Henry, found dead, the body being in an its first meeting of the year on No- traveling representative for Weld and almost upright position. Dr. McGhee made an examination and found that the deceased's sudden death was due to heart failure. The body was carried to an undertaking establishment and prepared for shipment to Green-

> Pockets in Garters. Recently patented garters for men include pockets for carrying money,

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R. L. STROUD, Vice-Pres.

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## PICKWICK

Next Week

MONDAY:

"A Certain Rich Man" A Hodkinson Production

TUESDAY:

"Conquest of Cannan" A Paramount Picture.

WEDNESDAY:

"Moonlight and Honeysuckle"

THURSDAY:

"Lavender and Old Lace" A Hodkinson Production.

FRIDAY:

"Riders of King Log"

SATURDAY: "Among Those Present" Harold Lloyd.

FIRST SHOW—6:45.

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