

**THE WEEKLY DIRECTORY**  
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Hotel Huffine.

Charles A. Hines, Attorney.

The Christian Endeavor Society met in its regular monthly business session Wednesday, January 10th, with all the officers and quite a large number of the members present.

The following persons were added to the Lookout Committee: Messrs. Riddle, A. L. Hook, and Miss Jeannie Lee Beale. We sincerely hope that these young people will do their best to bring every student into our society. Let us who are members of this Endeavor Society not rest until we get every young person in our midst to join us, and do something for their Master.

If we would go to the Convention this spring with ours the banner society, we must be wide awake from now until the Convention meets.

Sudie McCauley.

**Y. W. C. A.**

The spirit that was manifested as well as the interest that was taken in our association last Sunday was very encouraging for the beginning of a new year. A goodly number of girls was present, who expressed a desire to make this the best year's work they have ever done in the association. Miss Iseley, being leader, used for her subject: "The Life and Works of John the Baptist." Miss Nellie Fleming had prepared a very interesting paper on his birth and early life, which she read. Miss Iseley also had a good paper on his later life and works. From these papers we learned many valuable lessons on such a character as John the Baptist, the forerunner of Christ, Dr. D. L. Moody has said that, "Jesus and John were like the sun and moon in comparison with the stars. All the prophets were like the stars in comparison of those two men."

The musical committee certainly deserves a word of praise for their earnest work in our association. They always try to have special music each Sunday, which tends to add much to the interest of our meetings. Miss Irma Redell sang a very appropriate solo, which we all enjoyed. Misses Farmer and Grace Rollings gave a very impressive vocal duet, which did not fail to have its good effect on the meeting.

We cordially invite every girl to come and take part in our meetings each Sunday. Remember that we are striving to make this the best year's work that

we have ever done in our association. We well know that we cannot do this by our feeble efforts alone, but we can do it with God's help and your co-operation.  
Viola E. Frazier.

**Y. M. C. A. NOTES.**

On Saturday night, last, the members of the Y. M. C. A. had the pleasure of coming together for the first time after the Christmas holidays.

The leader for the evening was Mr. E. T. Cotten. His subject was "Meditation," and as it was the beginning of a new year he also touched on the subject of new resolutions. Mr. Cotten pictured to the minds of his hearers a lesson that is very helpful to each one of us in our daily lives.

The attendance was rather small on account of the fact that some of the men had not returned; but, nevertheless, the spirit of the meeting was felt by the few that were present. Nearly all expressed themselves on the topic by bringing out new thoughts that were very impressive upon their fellow-members.

Each person present set forth some resolutions which he expects to follow out this year. Among some of them that were made, one was that each member present was going to try to bring a new man with him every meeting. This, to my mind, is a very good resolution; if properly carried out, I do not see why we should not get every young man in Elon College interested in Y. M. C. A. work. We believe that it can be done and we have pledged ourselves to do it.

There is no better place in Elon College for a young man to learn to express his feelings than in the Y. M. C. A. hall. When he gets there he feels that he is at liberty to say what he pleases and that it is appreciated by his hearers. There are brighter prospects of greater work to be done this spring than there have been before. And we feel that each member is going to accomplish his part of it.  
F. F. Myrick.

**HOW WOULD YOU LIKE TO BE THE EDITOR?**

An exchange says: "How would you like to be the editor of the home paper and sit at your desk six days out of the week, four weeks a month, and twelve months out of a year, and have such copy as the following to edit. Mrs. Jones, of Cactus Creek, let a can-opener slip last week and cut herself in the pantry. A lass of Picketown threw a stone and struck Mr. Pike in the alleyway, Tuesday. John Doe climbed on the roof of his house last week looking for a leak and fell, striking himself on the back porch. While Harold Green was escorting Miss Violet Wise home from the church social Saturday night a savage dog attacked them and bit Mr. Green four times in the public square. Mr. Long, while harnessing a broncho last Sunday, was kicked just south of the corn crib."—The Metro-nome.

Employment and hardship prevent melancholy.—Johnson.

"One day of a wise man is worth the whole life of a fool."

No man who ever rises to a place of real worth and usefulness in the world walks on a rose-strewn path.

**WHAT IS CONSUMPTION?**  
The Essential Facts Worth Knowing—  
Nature and Extent of the Disease.

Consumption is the greatest enemy known to mankind. It kills in the United States annually over 150,000 people. Consumption is the cause of one death out of every four deaths that occur between the ages of 20 and 50. That is, the reader has about 25 per cent of the chances that he will die from consumption, against him. It kills most of its victims in the prime of life—between the ages of 20 and 30. Nearly as many die of this same disease between 30 and 40. No age, however, is exempt, from the mere infant to the centenarian.

The total loss to the citizens of the United States, in cold dollars and cents, has been estimated at \$1,500,000,000 each year. The average annual loss to every citizen in this State is approximately \$15.00. This does not, and can not, take into account the value of the anguish, agony and suffering caused. And yet consumption is always preventable. It is also curable if taken early. Is this matter worth considering?

**What Consumption Is.**

Consumption is a disease usually chronic, caused by germs too small to be seen. Scientists tell us it is a germ disease, usually caused by a growth in the lungs, or less commonly in other parts of the body, of a minute fungus, plant or germ, called the Tubercle bacillus. This plantlike germ kills the tissues around it and spreads through the whole lung, till finally it kills the person in whom it grows. It is now known that the germ gets into the body of almost every one. However, they do not grow easily in the human body, and many of these germs are killed at once by the tissues. Others lie there inactive for a long time and do not develop into the real disease until by some chance the resistance of the body is lowered enough for them to begin to grow. Remember, a thoroughly healthy body is not a favorable growing place for germs of consumption. On the other hand, overwork, damp, dark, dirty homes or work places, bad or scanty food, late hours, certain sicknesses, such as grippe, measles, whooping-cough, pneumonia or typhoid fever, and especially drinking and dissipation, weaken the body and give the germs a good opportunity to develop. In bodies thus weakened consumption can flourish and, if these bodies are not strengthened in time by proper living, proper food, proper care, fresh air and rest, the disease will advance, usually slowly and gradually, so that it takes from two to ten years to kill the patient, while in the rarer galloping form it kills in from six weeks to eight weeks.

Consumption is really a battle of life and death between the disease germs which have gotten into the body and the cells which make up the body. If these cells are well nourished and cared for, they will win out, and kill the germ; if not, the germ will win out and produce the patient's death.

**Source of Consumption.**

The germs of consumption can only come from some one that has consumption. They are found in the spit, and the small droplets coughed up and sneezed

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