

FOR BETTER HEALTH
By DR. J. ROSSLYN EARP
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A writer in the London Times states, "It is generally agreed nowadays that bodily health depends on two essential elements—nutrition and exercise." This ignorant opinion he describes as a "principle" and says that it was early recognized by the British Broadcasting Corporation. So much the worse for the British radio public.

A sufficient dose of tubercle bacilli will result in tuberculosis however well nourished you may be. Violent exercise and over-fatigue are powerful allies of the disease. Neither nutrition nor exercise can save us from syphilis or cancer or even a cold in the head. Neither careful formulas nor much kicking of his legs will keep your baby from getting dysentery, although the dysentery will certainly play havoc with his nutrition.

What, then, are the essentials of

good health? First, I should put good breeding. No nation that neglects the problems of inheritance will ever attain physical or intellectual perfection. Secondly I should place control of our environment, and this means proper disposal of sewage, protection of water supplies, pasteurization of milk, adequate housing, elimination of disease carriers in the animal world such as rats, flies and mosquitoes. All of these are functions of government and for this reason it is dangerous to mislead a democracy into believing it can achieve health by physical jerks and the drinking of milk. We shall admit, of course, that good food and recreation have their place. And so also have fresh air, and sleep, and equanimity.

BEAVER DAM HOME CLUB MEETS WITH MRS. WILSON

The Beaver Dam Home Demonstration Club met with Mrs. Dallas Wilson on December 10, for a special meeting. The meeting was in charge of Mr. Collins, county agent, who gave an interesting and helpful talk on raising broilers for the market. After the meeting, Mrs. Wilson served delicious refreshments to those present.

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL Lesson

By REV. HAROLD L. LUNDQUIST, Dean of the Trinity Bible Institute of Chicago, © Western Newspaper Union.

Lesson for December 26

CHRISTIAN CONSECRATION

LESSON TEXT—Philippians 1:12-25. **GOLDEN TEXT**—For to me to live is Christ, and to die is gain.—Philippians 1:21. **PRIMARY TOPIC**—Our Best Friend. **JUNIOR TOPIC**—Answering Jesus. **INTERMEDIATE AND SENIOR TOPIC**—Choosing a Life Purpose. **YOUNG PEOPLE AND ADULT TOPIC**—What Christian Surrender Means.

Consecration is one of the words expressing Christian truth which has been so much used and so often misused that it has lost its savor. The writer remembers many a "consecration service" which meant nothing to those present except the fulfilling of a certain formula or program. The purpose of the meeting was excellent, but results were lacking because it had become a mere formality.

Paul the apostle knew nothing of any theory of consecration. He knew and lived and proclaimed such an abandonment of self to Christ and his cause as really required no statement in words—it was his life.

We close today a three-month series of studies in the Christian life. We began at the right point by considering "Christian Sonship," for no one can live until he is born and no one can live a Christian life until he is born again. We have considered together God's grace in keeping, renewing, guiding, blessing, and communing with his own. All these precious truths call us to devote ourselves to Christ in glad and full consecration.

Men give themselves thus to the building of a fortune, to the propagation of a political or social theory, to the pursuit of an occupation or profession. Why should not the Christian give himself in like measure for Christ and his holy cause?

Paul, in the verses of our lesson, shows that spirit and boldly declares that he follows Christ regardless of trying circumstance—he does so now, "in the body," not later in glory. And it matters not whether it be by life or death—"Christ shall be magnified."

I. "What Then?" (v. 18).

Paul was imprisoned for the gospel's sake. Did that stop him? no; he made the very guards who were assigned to watch him in his house into missionaries of the cross. He won each one as he took his designated period of service and sent him out as a testimony to "the whole praetorian guard and to all the rest" (v. 13 R. V.).

Then, some of his Christian associates taking advantage of the fact that he was imprisoned, went out to preach just to show that they were as good as he. They made their very preaching an expression of their envy of his popularity and hoped to heap more sorrow upon him. Did he get angry and bitterly fight back? No; he thanked God that Christ was preached. We need more of that spirit in our day.

II. "In My Body."

One of the glaring fallacies of human thinking is the idea that at some favorable time in the future we shall be able to enjoy life, do mighty deeds or serve the Lord. For example parents fail to enjoy their children because they are always looking forward to the next stage of their development. The time to enjoy and help our children is now. The time to serve the Lord Jesus is now. The day will come when we shall be glorified with him, but it will then be too late to speak to our neighbors about Christ.

III. "To Live Is Christ and to Die Is Gain" (v. 21).

Humanly speaking when a matter is one of "life or death" it is a question whether death may not intervene. The hope is that this may not be the case and every effort is made to prevent it. How different with Paul. He rightly points out that to a Christian death means entering into perfect fellowship with Christ and unlimited service for him. Every human limitation will then be put aside—knowledge, service, communion, will all be perfect and complete.

He would not, however, turn away from his present privilege and duty. Since it is God's will that he should abide in the flesh he will do it in such a way as to make it literally true that to him "to live is Christ." Every life has a purpose and that ruling passion which controls and directs a life is what should be written into the sentence, "To me to live is . . ." What is it—money, position, pleasure, sin? Or is it Christ? If he is your life, then you enter into the New Year with the assurance that it will be full and satisfying, and gloriously useful.

Spiteful Words

A spiteful word cuts both ways. A slander hurts the man or woman who spreads it in a more deadly, though unseen, way than it hurts its intended victim. Victor Hugo nobly says, "Every sword has two edges; and the man who wounds with one, wounds himself with the other."

Only One Real Failure

There is only one real failure possible; and that is, not to be true to the best one knows.—Canon Farrar.

CHARM OF CHRISTMAS

THE chief charm of Christmas is its simplicity. It is a festival that appeals to everyone, because everyone can understand it. A genuine fellowship pervades our common life—a fellowship whose source is our common share in the gift of the world's greatest Life which was given to the whole world.

The Birth of Christ
The time draws near the birth of Christ. The moon is hid; the night is still. The Christmas bells from hill to hill Answer each other in the mist. —Tennyson.

Noel, Name of Two Towns
Noel, the French for Christmas, is the name of towns in Virginia and Missouri.

"The Feast of Lights"
"The Feast of Lights" is one of the oldest names of Christmas.

Smelt for Christmas Feast
Smelt; are an essential of the Italian Christmas eve meal.

When frightened, rabbits stamp several times on the ground with their hind feet, making a sound which can be heard a long way off. This serves as a danger signal to fellow rabbits, who scamper off to safety.

Your Credit Is Good at High Land Furniture Company
"Everything for the Home"
Depot St. Boone, N. C.

DR. GLENN FRANK HEADS REPUBLICAN COMMITTEE
St. Louis, Dec. 17.—The Republican national executive committee in a four-day caucus here agreed upon Dr. Glenn Frank, former president of the University of Wisconsin, to head its new policy formulating committee. Dr. Frank, in Chicago, asserted he had not been invited to head the group and "had no contact" with anyone at the St. Louis meeting.

NEW RIVER DAIRY
GRADE A
PURE RAW MILK
Phone 130-J Boone

Long Distance Rates Reduced on Christmas and New Years Day!

LONG DISTANCE rates for calls made between points within the United States, on both Christmas and New Year's days, will be reduced. The low night rates that are now in effect every night after seven and on Sundays will apply on both person-to-person and station-to-station calls made Christmas day and New Year's day. If you can't be with out-of-town relatives and friends you can "voice visit" with them by long distance telephone at little cost. Since these holidays are Saturdays, you can place calls any time from 7 P. M. Friday until 4:30 A. M. Monday, on both the Christmas and New Year week-ends, and obtain the low rates. Take advantage of this opportunity to make both Christmas day and New Year's day this year a time of greater happiness for your loved ones and friends as well as yourself. With these special low rates in effect you can talk a distance of 100 miles for 40c; 500 miles \$1.10; 1,000 miles \$1.85, and greater or less distances at a correspondingly low cost when using station-to-station service. Person-to-Person service is slightly higher.

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HOLIDAY GREETINGS

1937
At this season of Yuletide Cheer may every one of your fondest wishes be realized and may the New Year bring you increased happiness and prosperity.
BOONE DRUG COMPANY
The REXALL Store


Christmas Cheer to All.. 1937

In thanking you for your loyal support of the year and in appreciation of your friendship, we wish for you a very Merry Christmas.
HARRISON CHEVROLET COMPANY

I'm In Trouble!
I've tried and tried to think of a new greeting for my friends at Christmas time, but I'll just have to fall back on . . .
MERRY CHRISTMAS
and a
HAPPY NEW YEAR
Miss Lillian M. Reichert
Your Dependable and Reliable Hairdresser and Cosmetologist
Imitated But Never Equaled . . . Compare!
Main Street Phone 52
A Grade "A" Institution
"May I Be of Service to You?"


HAPPY NEW YEAR 1938
PEACE ON EARTH

Not in the sense of custom, but with a genuine appreciation of our pleasant association during the past year, we extend to you our best wishes for an old-fashioned
MERRY CHRISTMAS AND A HAPPY NEW YEAR
SPAINHOUR'S, Inc.
"Boone's Shopping Center"

MERRY CHRISTMAS TO ALL.. 1937

As the old year draws to a close amid the good cheer and fellowship of Christmastide, we desire to express anew our gratitude for manifold courtesies extended, for the cordial relations we have enjoyed, for the new friends made and old friendships more closely cemented and to wish for one and all a very Merry Christmas.
FARMERS HARDWARE & SUPPLY CO.