

CAMPUS NEWS

Miss Rose Nowell of Colerain was a visitor on the campus last Friday.

Dr. and Mrs. J. B. Ruffin of Po wellsville called to see their daughter, Miss Louise Ruffin, Sunday afternoon.

Mr. and Mrs. O. C. Futrell of Conway were callers on Miss Bernice and Janet Benthall, Friday afternoon.

Madam Yavorski, Mrs. W. K. McLean, Miss Jessie Marie Parker and Mr. Tinsley attended a Masonic barbecue at Potecasi, on Thursday.

Misses Edna Gunn and Eloise Meroney, former members of the faculty, spent several days at the college. They were on their way to Columbia University where they will study during the winter.

Mrs. Weaver entertained at her home Saturday, in honor of the new students and faculty.

Professor Bob Keyes of Woodland called at the college, Saturday evening.

Misses Edna Gunn and Eloise Meroney attended a party at Colerain Saturday evening.

Mrs. R. C. Bridger and Mrs. Dorra Wood were visitors at the college Friday afternoon.

CHOWAN ALUMNA IS LEADER IN STATE

Chowan alumnae frequently win places for their names in the columns of print. An editorial appearing in the Raleigh News & Observer last week will be of interest to Chowanians readers because it carried news about one of Chowan's oldest alumnae, with a high tribute to her. Mrs. Robertson, who was before her marriage Lucy Henderson Owen, graduated in the class of 1869. Following is what the editor of the paper says about her:

"Mrs. Lucy H. Robertson was the first woman to be president of a college in North Carolina, and it was fitting for Greensboro College for Women, to which she had given 50 years of service, to celebrate her 75th anniversary. By dignity and in poise and true womanliness she influenced many lives. Mrs. Robertson has always been a new-fashioned old-fashioned woman—not the first by whom the new is tried on the last to leave the old aside."

During her presidency it was Greensboro Female College. Suddenly somebody proclaimed that a college could have no sex, even though only women were admitted, and the name "Female" was tabooed."

About Your Health

Things You Should Know



by John Joseph Gaines, M.D.

THE TABLE YOUR FOE
Of the many sins against right living, overeating is perhaps the chief, especially in cases of individuals in whom age has laid its restricting hand on bodily activity. Many men have retired from business, only to inaugurate a system of dietary that is an infinite worse burden. In such cases, protein, or proteins, become an invisible foe. "Baked beans" and "dressings" are heavy protein foods. Fresh meats are laden with protein. Highly-seasoned foods owe their evil effects to protein excess. Enough for you to know that protein is stimulant and pushed, a dangerous intoxicant. Age brings in many people, poor of the eliminating channel of the body. Obstruction and a supply of food becomes a deadly enemy. Stupor after meals, dizziness, hardened arteries, height of blood-pressure, auto-intoxication, apoplexy, not a very enticing prospect. Many fatal cases of hemorrhage can be traced to eating. People just won't eat, and think! That neighborly yours, that died suddenly of lysis at sixty years of age should have lived to eighty, he lived right!

Within the past year, I know of a half-dozen men, dead in bed after having eaten heavy six-o'clock dinner, and tiring "in good health and spirit." Will we never take warning? Increased blood-pressure is a symptom of protein poisoning, falls. Serious diseases of the kidneys may be traced to the table. Over-work doesn't do half the harm it gets, with innocent-looking sugar-bowl, seductive mince-pie, and the beef-steak are working the body.

Next Week
"The Stomach's Rest"

New Books Have Been Received by College Library This Summer

A large number of books have recently been added to the library through the generosity of friends, and some have been purchased by the college, bringing the total up to 7,431. Following is a list of the new volumes now on the shelves:

Contributed by Dr. Collier Cobb German by John Adams.

Extinct Civilization of The East Robt. E. Anderson.

Jerusalem Past and Present Gains Glenn Atkins.

A Calm Review of a Calm Man, Samuel J. Blythe.

Shakespeare and The University, Frederick Boss.

Young Folk's Encyclopedia of Etiquette, Nella Braddy.

Brooks-Bryce Prize Essays 1925 Brooks-Bryce.

For France, Mrs. N. Astor Chanler.

Highways and Byways of Music Hugh A. Clark.

The Doctor Looks at Life, Harold Dearden.

Historic Cambridge, J. M. Delbos.

Too Much Government, Too Much Taxation, Chas. Norman Fay.

Dream Psychology, Dr. Sigmund Freud.

Mind and Work, Luther Gulick.

And in the Tomb Were Found Terence Gray.

Life and Letters of Walter H. Page, Vols. 1, 2, 3, J. Burton Hendrick.

Golf Simplified, Dave Hunter.

The Coming Forth by Day Robert S. Hillger.

The Jews in America, J. Burton Hendrick.

The Man Himself, Rollin Lynde Hart.

A Book for Shakespeare Plays and Pageants, Orie L. Hatcher.

The Fun of Knowing Folks, C. Kelly.

Chemistry, James Knight.

The New Astronomy, Samuel P. Langley.

Jesus of Nazareth, John Mark.

Shakespeare's Plays, Agnes M. MacKenzie.

From Shakespeare to J. Henry S. P. S. Mals.

The World's Greatest Classic, Archibald McCullough.

Twenty-Nine Tales from the French, Alys Eyre McKlin.

Memoirs of Life and Literature, W. H. Mallock.

Faith The Greatest Power in the World, Samuel McComb.

The Story of Princeton, Edwin Mark Norris.

The Plymouth Settlement, Harold Paget.

A Zola Dictionary, J. A. Patter-

son.

Tomorrow We Diet, Nina Wil-

son Putnam.

Philosophy, John Herman Ran-

all.

Life, How It Comes, Stephen

Mid.

The Individual and The Com-

unity, R. E. Roper.

Satire in The Victorian Novel

ances T. Russell.

Yea and Nay, Lectures, David C.

Stelling.

Some of Shakespeare's Animals

J. Sanford Salts.

Abraham Lincoln As a Man

Among Men, G. Lynn Sumner.

Parodies on Walt Whitman,

Henry S. Saunders.

Spanish Grammar, Albert A.

Shapire.

Some Modern French Writers

G. Milnes Turquet.

Famous Chemists, Sir William

A. Tilden.

Woodrow Wilson As I Knew

Him, Joseph P. Tumulty.

A Manual of Mystic Verse

Louise C. Wilcox.

Literature in The South, John

T. Welch.

Three Women, Ell W. Wilcox.

Poems of Pleasure, Ella Wheel-

er Wilcox.

Motives in English Fiction

Robert N. Whiteford.

The Papers of John Steele, H.

M. Wagstaff.

By the Alumnae Association:

Reader's Guide to Periodical

Literature, Vol. 5. Reader's

Guide to Periodical Literature,

Vol. 6.

By Miss Minnie Caldwell:

Church Socials and Entertain-

ments, B. C. Carleton.

Plane Trigonometry, Leonard

E. Dickson.

A First Book in Algebra, Durell

and Arnold.

First Course in Algebra, Ford

and Ammerman.

First Course in Algebra,

Hawkes-Lurly-Touton.

A Secondary Arithmetic, Stone

and Millis.

Select Notes on The Interna-

tional S. S. Lesson, A. R. Wells.

Analytic Geometry, Wilson and

Tracey.

By C. L. Parker.

Ethics, Dewey and Tufts.

By Miss Edna Gunn:

La Belle France, A DeMonvert.

Tartarin De Tarascon, Daudet

Alphonse.

By Miss Eloise Meroney:

American Literature, William

J. Long.

Outlines of English and Ameri-

can Literature, William J. Long.

By Miss Madge Conwell:

El Nuevo Testamento, Cipriano

De Valera.

By Miss Eunice McDowell:

Certain People of Importance,

Kathleen Norris.

By Mrs. Carrie F. Marbourg:

The Saints Everlasting Rest,

Richard Baxter.

Other books purchased by the

New Verse, A. Kreymsborg.
A Philosopher With Nature,
Benjamin Kidd.
Rambles and Studies in Greece
J. P. Mahaffy.
Oxford Poetry 1921. Oxford
Poetry 1921. The Poetic Proce-
sion, J. F. Roxburgh.
Seamless Chenille Rugs.
Window Draping With Net and
Lace, W. and J. Sloane.
Short History of Europe, Chas.
Terry.
Short History of Europe, Chas.
Terry, (modern.)
Short History of Europe, Chas.
Terry, (Medieval.)
Poems of Progress, Ella Wheel-
er Wilcox.

WAKE FOREST FOOTBALL SCHEDULE FOR 1925

Sept. 26—Carolina at Chapel Hill.
Oct. 3—Davidson at Charlotte.

Oct. 10—Lenoir Rhyne at Wake Forest.
Oct. 24—University of Florida at Gainesville.
Oct. 31—Guilford College at Wake Forest.
Nov. 7—Duke University at Durham.
Nov. 14—North Carolina State College at Raleigh.
Nov. 20—Furman University at Asheville.
Nov. 6—Elon College at Elon College.

Freshman Schedule
Oct. 17—Wingate Junior Col-
lege at Wingate.
Oct. 24—Apprentice School, Newport News at Wake Forest.
Nov. 6—Duke University Freshmen at Durham.
Nov. 11—Bingham School at High Point.
Nov. 21—High Point College at High Point.

Subscribe to the Chowanian.

SUBSCRIPTION BLANK

Please fill in the blank below, attach \$1.00 to it, and mail immediately, so that you will not miss another copy.

Please enter my subscription to the Chowanian for one year, for which I am enclosing \$1.00.

Name_____

Address_____

Address: Flora Mae Hood, Circulation Manager

For Service And Low Prices

Go To

Sewell Grocery Co.

For

Confectioneries, Groceries, Fruits and Fresh Meats

Sewell Grocery Co.

Phone No. 30 Murfreesboro, N. C.

FOR REAL

Service

&

Courtesy

Revell's Drug Store

The Peoples Bank

Murfreesboro, N. C.

Chowan College Faculty and Students

We desire to extend to you a hearty welcome to our town, and to assure you that it will be a pleasure to extend to you every courtesy and accommodation consistent in sound banking.

Weldon Fruit & Produce Co.

Incorporated

WELDON, N. C.

Fancy Fruits and Vegetables

Bananas A Specialty

FOR

All Kinds of High Grade

COAL

See

Crystal Ice, Water & Fuel Co.

Murfreesboro, N. C.

The Hertford Mercantile Co.

Incorporated

"THE PEOPLES STORE"

Head-to-Foot Outfitters for the Family

Our Motto: Satisfaction Guaranteed

Murfreesboro, N. C.

Stedman Stores Co.

G. R. Rose, Mgr.

Murfreesboro, N. C.

Heavy and Fancy Groceries

During the winter season we will carry a complete line of Fruits and Fresh Meats.