

## The Everyday Counselor

Rev. Herbert Spough, D. D.

Those inclined to scoff at the plague miracles recorded in the book of Genesis in connection with the contest between Moses and Pharaoh should read the Associated Press dispatch from Port Deposit, Md.

Ephemerida today has scored an all-time record victory in their annual battle with the Pennsylvania Railroad's Port Deposit-Harrisburg freight line. Three 350-ton electric engines, hauling as many freight trains, ground to a stop last night at the town of Peach Bottom, Pa., when hordes of the May flies swarmed over the trains. For several hours, train crews toiled to clear away swarms of the monoplane-shaped insects which covered the box-cars, clogged the overhead power and defiantly short-circuited motors.

Hauling three trains at once was a new record for the fragile ephemerida in their traditional mid-summer death struggle with the railroad. . . . Three steam locomotives were dispatched to the rescue. The helper engines pushed two stricken trains to Harrisburg and the third to Port Deposit, myriads of the inch-long insects still clinging triumphantly to their perches."

Long ago an ancient prophet wrote, "Who hath despised the day of small things?" While we

think we're in the days of great things, it is still the small things which matter most. Let's don't forget that. Here the thousands of inch-long insects frustrating the mighty power of three huge electric locomotives.

Our government will stand or fall depending upon the small thing of thousands of intelligent individual votes. Let no man say his wife doesn't matter. It is democracy, and especially Christian democracy which exalts the place of the individual man and the individual vote.

The success or failure of your business depends upon small things, small profits. Some of the greatest merchandising institutions in the country today are those which depend upon nickels and dimes for their existence.

The success of your home depends upon small things—little words of praise and appreciation, little acts of kindness, courtesy and love.

Your own individual destiny depends upon small things. One unforgiven sin marks you as a sinner heading for Hell, unless forgiven. One act of turning to Christ for forgiveness marks you for Eternal Life here and hereafter in Heaven.

Don't despise small things nor disregard them. They're more

## Stratford News

Mr. and Mrs. Eugene Corneal and family, also Kenneth Williams of Richmond, Va., spent the week end with their parents. Elder and Mrs. J. H. Williams and Mr. and Mrs. Roscoe Williams.

Mr. and Mrs. G. O. Edwards, of Hillsville, Va., were dinner guests of Miss Mae and Mr. Kelly Williams, Sunday.

Mr. and Mrs. Bert Boyer and his mother, Mrs. Lula Bover, of Galax, Va., were recent guests of Mrs. Boyer's sister, Mrs. Carrie Sanders. They also visited Mr. and Mrs. Marshall Lee. Mr. Boyer has been a high ranking officer of the U. S. Army but has retired after thirty years of service.

Mr. and Mrs. James Sturgill and son, of Sparta, visited friends here, Sunday.

Mr. and Mrs. Ralph Crouse and child, of Winston-Salem, spent the week end with relatives at Scottville and Whitehead. They also visited friends here.

Wayne Finney was a recent guest of Edwin Mabe.

Mary Lee Richardson, of Furches, spent Saturday night with Christine Mabe, who accompanied her home on Tuesday.

Mr. and Mrs. Dorman Atwood and family, also Mrs. S. U. Atwood spent the week end with relatives at King, N. C.

Mr. and Mrs. Frank Petty and baby, of Sparta, spent the week end with his parents, Mr. and Mrs. Bert Petty.

Mrs. Grady Cobb, of Norfolk, Va., is visiting her son Lonnie here. Mr. and Mrs. Sam Watson, of Hampton, Va.; Mrs. Otis Willis, of Newport News, Va.; and Mrs. Blanche Hendricks, of Portsmouth, Va.; are also visiting their brother, Mr. Hendricks and Mr. and Mrs. Franklin Hendricks.

Rev. Bob Kaiser, of Thomasville and Rev. Ray Billings of Dobson, conducted service at the

important than you think. You should be able to remember those lines by Julia A. Fletcher Conney, taught you as a child, "Little drops of water, little grains of sand, make the mighty ocean and the pleasant land. So the little moments, humble though they be, make the mighty ages of eternity. Little deeds of kindness, little words of love, Help to make earth happy like the heaven above."



"LAST TIME I SAW PARIS" . . . Foes apart are these two styles seen in the fashion parade at the Paris Longchamp race track. The distinctly masculine outfit at left contrasts sharply with the very feminine one at right, from head to foot. The silk topper is something radical, even for Paris.

## Your Tri-County Health Dept.

By Robert R. King, Jr., District Health Officer

For the past two weeks I have been vacationing at my wife's home in Puerto Rico. Of course, I visited medical units and the health departments and will tell you something of what I saw.

In the first place, Puerto Rico is a mountainous island thirty-five miles wide by one hundred miles long, almost identical in area to the Alleghany-Ashe-Watauga public health district. The home of Mr. and Mrs. J. F. Atwood, Friday night with a large attendance.

most striking difference is the very great population. While we have only 45,000 people, the island has two and one-half million inhabitants. This results in over crowding and poverty. As one drives along the narrow streets and highways, he must constantly blow his horn to get the pedestrians out of the way. It is a land where the driver is afraid of the people and has to stop, look, and listen to keep from running over them. Another prominent difference is that Spanish is the language of choice with English remaining in the background. The Puerto Ricans retain many Spanish customs and a strange loyalty to Spain.

In Puerto Rico the commissioner of health supports three distinct programs which are inter-related: Public Welfare, Public Health, and the Municipal Hospitals.

Each of these divisions is represented in all of the seventy-seven municipalities of the island. For example, in each municipality there is a hospital sponsored by the commission which gives free medical care to the poor people, while the public health and welfare departments carry on programs that are similar to those in this country. The doctors in private practice almost exclusively for the more wealthy class of patients. Scattered throughout the island are hospitals for tuberculosis, mental diseases, and venereal diseases, which are also maintained by the insular government.

Problems of public health of particular importance on the island is the control of malaria and hook worm disease. Malaria is controlled by draining of swamps, oiling of ponds, and spraying with DDT. Hook worm disease is treated in preschool and school clinics; and an effort is made to prevent its spread by the establishment of sanitary privies in all parts of the island.

Calcium, phosphorus, and iron are the mineral constituents that are especially important to the body.

## Miss Edwards Becomes Bride

Miss Helen Edwards, daughter of Mr. and Mrs. C. E. Edwards of Stratford, became the bride of Fred Hampton, son of Mr. and Mrs. Ray Hampton, of Sparta, on July 15, with Rev. W. H. Yockey officiating using the double ring ceremony.

The bride chose for her nuptials, a dress of white; eyelet with black accessories and her only ornament was her mother's heirloom locket.

The couple is making their home in Sparta where the bride is employed with Smithy's Department store and the groom is connected with the Hampton's Trucking Company.

## CIRCLE TO MEET MONDAY AFTERNOON

The Lucille Ford Circle of Sparta Baptist church will meet at the home of Mrs. Ruth J. Choate at Stratford on Monday afternoon, August 11, at 2:00 o'clock.

All members are urged to be present.

**MORE PEOPLE ARE SMOKING CAMELS than ever before!**

Mrs. Jane Stinson, Housatonic, says: "EXPERIENCE IS THE BEST TEACHER! I TRIED MANY BRANDS DURING THE WARTIME CIGARETTE SHORTAGE—I LEARNED THERE'S NO OTHER CIGARETTE LIKE A CAMEL!"

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- 2 ADVERTISE REGULARLY
- 3 BUY SPACE CAREFULLY

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2. Advertise regularly. Do what successful salesmen do—call on customers and prospects consistently.

3. Protect your advertising investment by insisting on audited circulation reports that tell you just what circulation you get for your money. Guesswork is wasteful.

In order that you may know just what you get for your money when you advertise in this newspaper, we are members of the Audit Bureau of Circulations. This is a national, cooperative association of more than 2000 publishers, advertisers and advertising agencies. Organized in 1914, the purpose of the Bureau is to

establish and maintain definite standards of circulation, audit the circulation records of the publisher members and report this verified information to advertisers.

Annually, one of the Bureau's large staff of trained auditors makes a thorough audit of our circulation. The verified facts and figures thus obtained are issued in an official A. B. C. report.

Our A. B. C. report tells how much circulation we have, where the circulation goes, how it was obtained, how much people pay for it and many other facts that you should know when you buy newspaper advertising. Thus when you advertise in this newspaper your investment is in known and verified values.

## The Alleghany News



This newspaper is a member of the Audit Bureau of Circulations. Ask for a copy of our latest A. B. C. report giving audited facts and figures about our circulation.

A. B. C. = AUDIT BUREAU OF CIRCULATIONS = FACTS AS A MEASURE OF ADVERTISING VALUE