

PRAYER SERVICE IS LARGEST YET HELD

Laymen's Meeting At Episcopal Church Monday Afternoon

The largest attendance yet marked the weekly laymen's prayer meeting held Monday afternoon at 5:30 o'clock at Holy Innocents Episcopal church. The services are held once a week under lay auspices and yesterday afternoon were in charge of Leon Joyner. The custom is for a leader to be furnished by the church where the services are held, the meeting being rotated in alphabetical order from one church to another in the city. On Monday afternoon of next week the meeting will be in the First Methodist Episcopal church, the hour being the same.

The services originated a few weeks ago in an effort to bring all the people together once a week in a devotional and inspirational gathering appealing for divine guidance and direction in these trying times. No talks are made, the short program consisting entirely of the singing of hymns, reading of Scripture selections and prayers.

GEORGE WASHINGTON

In Old Virginia Washington was born. Early on one February morn. He was known as a bright and happy boy. And thus became his mother's joy. George was always honest and true; His mother trusted him the right to do. But one day he cut down the cherry tree. Which he dreaded for his father to see. So at the close of day he came from play— Approaching his father in a timid way. Who listened to the story and told George how to live. And said, "My son, for the truth I'll forgive."

This boy into manhood grew. The rivers and forest well he knew. He led his soldiers by love and law. Which gave him fame without a flaw.

He was made president in seventeen eighty-nine. And thus the very first in line. Of all the leaders of these United States. He was the greatest to the present dates.

This true American died in seventeen ninety-nine. The greatest countryman of all mankind. Who had lived with the highest aim— To lead the country to a place of fame.

"First in War, First in Peace" In death his influence did not cease. And will continue 'til the time shall end. "For he was the first in the hearts of his Countrymen." ADA PAGE, West End Graded School.

FATHER OF OUR NATIVE LAND

He played by the river when he was young. He fished for minnows and climbed and swung. Strong and straight he grew. And then one morning the bugle blew.

Over the hills the summons came. He said the bugle called his name. And he answered, "Coming" and marched away. For many a night and many a day.

Oh! He was a wonderful man. He said I will do the best I can. To free from England our fair land. And to bring justice to every man.

Perhaps when marches were hot and long. He'd think of the river flowing along. Or camping under the winter sky. Would hear the whip-poor-wills far cry.

It did not matter where he lay. His thoughts to mother and wife would stray. And then to God he would pray. To help him along the troubled way.

Boy or soldier in peace or strife. He loved America all his life. And when called to heaven from our fair land. He was first in the heart of every man.

MARY SUE NEWELL, Central School, Grade 6-A.



Water Effective Remedy In Treatment of Colds

By LOGAN CLENDENING, M. D.

THE VALUE of water in treatment is not sufficiently appreciated even by most medical men.

We all have an exaggerated reverence for drugs. This is partly due to the mysteriousness with which they work. The little pill or the bright liquid is swallowed and it goes out of sight into that region concerning whose workings we know so little, and we feel it must be performing some especially powerful magic.

It is hard to persuade us that just putting a cloth, wrung out of cool water on the abdomen will do anything very effective. Yet I have heard a prominent physician say that such an application, which is known as a Freisnitz bandage, will do as much to relieve many forms of abdominal pain as a hypodermic of morphine.

A good knowledge of hydrotherapy or water treatment would be a much safer and really better thing for the home doctor and house nurse than the knowledge of drugs which most of them possess.

Two hydrotherapeutic measures are very effective in the treatment of colds and sore throats—the throat compress and the chest compress.

The technique of their application is simple, but must be followed quite exactly. For the throat compress get two strips of linen three inches wide and long enough to reach from one ear to the opposite ear, and a strip of flannel three and a half inches wide and long enough to go around the chin and over the head. Wrap the linen strips out of water at a temperature of 60 degrees F. Place them

on the throat from ear to ear (not, as is usually done, around the throat like a collar). Cover with the flannel, which is brought over the top of the head and pinned in place. Allow to remain an hour and replace with another. Do not use oiled silk in place of the flannel for the reason which is explained below.

The chest compress is used in much the same way; several strips of linen wrung out of water at the temperature of 60 degrees F. put over the front of the chest or around the chest and covered with flannel.

If rubber or oiled silk is used instead of flannel the compress is converted into a poultice or wet dressing, which is not the idea. The compress helps by stimulation due to thermal excitation, the compress interchanging with the heat of the skin the end of which is slow evaporation through the flannel.

The amount of relief to be had from these measures is out of all proportion to their simplicity.

Prevention of Colds

Avoid being sneezed on by those who have colds.

Avoid unnecessary fatigue. Get eight to ten hours sleep every night. Sleep and work in well ventilated rooms.

Drink plenty of milk, and eat fresh fruits and eggs.

Do not over-dress. Give the skin a chance to breathe. But avoid chilling and dampness.

Remove sources of infection in the mouth cavity and the nose.

EDITOR'S NOTE: Six pamphlets by Dr. Clendinging can now be obtained by sending 18 cents in coin, for each, and a self-addressed, stamped envelope, to Dr. Logan Clendinging, in care of this paper, or Central Press Association, 1435 East Twelfth street, Cleveland, O. The pamphlets are: "Indigestion and Constipation," "Reducing and Gaining," "Infant Feeding," "Instructions for the Treatment of Diabetes," "Feminine Hygiene" and "The Care of the Hair and Skin."

KIWANIS MEETING HELD AT DURHAM

J. C. Kittrell Presides As Lieutenant Governor of the District

The fifth division of Kiwanis clubs held its divisional meeting last night at the Washington Duke hotel in Durham in the form of a seven o'clock luncheon.

All presidents, secretaries and trustees of the clubs represented were present except one, together with many outstanding Kiwanians of the various clubs, making a total of 58 present.

The meeting was addressed by Governor Herbert Henning, of Darlington, S. C., and Franklin Kem, international field representative, and by Lieutenant Governor J. C. Kittrell, of the fifth district, who presided at the meeting.

The two speakers present stated that this meeting was one of the most enthusiastic they had attended and commended the clubs on their work.

SLANDER GREATEST OF THE PRESIDENTS

With Rare Exceptions, Greatest of Them Have Been Assailed Most, Hamilton Says

Chapel Hill, March 1.—With rare exceptions, the ablest American presidents have been those who have been slandered most, asserted Dr. J. G. de-Roulhac Hamilton, Kenan professor of history in the University of North Carolina, in an address before the Chapel Hill Rotary Club.

Dr. Hamilton was criticizing those who, in their attempts to debunk Washington, have sought to impugn his character.

"Washington occupies a perfectly unique place in our history," Dr.

She THINKS it's "RHEUMATISM" ... but it's really SELF POISONING



Do those twinges of pain in your muscles and joints mean that you have rheumatism? Not necessarily.

Thousands of people who think they have rheumatism are really suffering from self-poisoning. Poisons from putrid waste in the intestines have been absorbed into the blood. The polluted blood in turn carries the poisons all over the body. They not only torture the joints and muscles, but soon attack the kidneys and other vital organs. In time they even irritate the brain.

So if you have pain in the muscles and joints don't be in a hurry to call it "rheumatism." First make a little test to learn the truth.

AN AMAZING TEST

For the next three nights take a dose of B-L Tonic. If your case is like those of thousands of other so-called rheuma-

tism sufferers you will be amazed at the improvement in three days. The pain will rapidly disappear. Your system will eliminate a startling amount of foul-smelling poisons. You will begin to feel healthier, happier. But that is only a promise of the reward to follow. Continue taking B-L Tonic every night for three weeks. You will thus keep the poisons from regaining a foothold in your blood. Meanwhile the stimulating properties of B-L Tonic will sharpen your appetite, improve your digestion, and thus help build up a more robust resistance to disease. Nine chances out of ten that's all you need to get rid of your "rheumatism." Get B-L Tonic at Page-Hocutt Drug Co., and druggists everywhere.

From Hospital. D. K. Wrenn has returned to his home on the Dabney road from Oxford, where he has been in Brantwood hospital recuperating from an operation. He is reported to be much improved.

666
666 Liquid or Tablets used internally and 666 Salve externally, make a complete and effective treatment for Colds \$5,000 in Cash Prizes Ask Your Druggist for Particulars

TIME IS GETTING SHORT

Hurry Your Subscription In If You Want To Buy The DAILY DISPATCH One Year For \$2.00

Subscriptions Are Coming in Fast and Offer May Be Withdrawn Any Day. Don't Wait, You May Be Too Late.

The Opportunity To Buy The DAILY DISPATCH At \$2 Will Not Be Offered Again.

Dispatch WANT ADS Get Results

LOST—BUNCH OF FOUR KEYS. If found return to Barnes Funeral home. 1-11.

GLADIOLUS (AMERICAN BEAUTY) blooming size bulbs, 25c per doz.; 5 dozen \$1.00 postpaid. Planting Gardens, Whiteville, N. C. 22-41.

BEACON \$4.00 and \$5.00 SHOES Reduced to \$3.29 and \$3.98. Men's field work shoes reduced to \$2.99. Odd lot boy's shoes. Reduced to \$4.99. Watkins Store. 1-21.

SHOE REPAIRING SPECIAL—ONE week only. Ladies' half soles. See leather lift plates or rubber lifts free Boston Shoe Shop. 22-41.

FOUND A SUM OF MONEY ON street, owner can get same by describing and paying for this advertisement. John D. Williams, 233 Gholsen Avenue. 1-21.

STATE ACCREDITED BABY chicks every Wednesday. Reds rocks, white Wyandotts, white Leghorns. Get my reduced prices before buying. Special attention to custom hatching. Robertson Poultry Farm, Route No. 1, Henderson Phone 2102. Tues and Fri. 11.

NEW SPRING FELT HATS, SNAP brim, \$2.69. Odd lot John B. Stetson hats reduced to \$3.50. All Schobles' new spring hats reduced to \$3.98. Watkins Store. 1-21.

LOST ON CHARLES STREET OR near First Methodist church pair tortoise shell eye glasses. Reward if returned to Dispatch Office.

FOR RENT—A NICE FIVE ROOM cottage and screened back porch, good garage. Located on Zollicoffer Avenue. Alex S. Watkins. 1-41.

WHEN YOU WANT COAL consider quality, service and price. We have all kinds. Hight's Coal and Wood Yard. Phone 158. eod-11.

FOR RENT FIVE ROOM HOUSE with modern conveniences on Zane street extension. Phone 2103, G. T. Robertson. 1-21.

FOR RENT—FOUR ROOM DOWN stairs apartment, Rowland St., six room bungalow Southall street, six room bungalow, Gary street, five room bungalow, College street, five and seven room house on Homer street, six room cottage on Chavasse avenue. R. L. Muehlen. Phone 341-W. 1-11.

NO CHARGE FOR CLEANING upholstery, adjusting carburetors and focusing headlights. Repairs and battery service our specialty. Frank Fuller's Service Station and Repair Shop, Andrews Avenue and Garnet Street. 29-41.

FOR RENT—FIVE ROOM HOUSE on Oxford Road, large closets in bed rooms, hot and cold water, garage, large lot, possession at once. Phone 511. 1 3 5 7.

FOR RENT—SECOND FLOOR apartment. Located on Gholsen Avenue. For particulars apply to Mrs. Goode Cheatham. 23-41.

FOR ECONOMY—USE CALCIMO, the new improved cold water paint. It comes in sixteen beautiful tints, easy to put on, does not rub off. Phone 33. Alex S. Watkins. 1-11.

TRY OUR RADIO REPAIR SERVICE. Factory methods used. Newest equipment. Parts for all makes. Mixon Jewelry Co. 1-11.

THE WATKINS HARDWARE CO can supply you with "Vimite" glass wire window glass, potty, lumber, lime, cement, nails, locks, hinges, poultry wire, feeders. Phone 46 1-11.

FOR SALE: SEED SOJA BEANS—Yellows and Tokyos, 65c bushel; Blixol, \$1.15 bushel; Laredo, \$1.25 bushel; Otootan, \$2.50 bushel; White Milling Corn, 35c bushel; and Soja Bean Hay \$14.00 ton, f.o.b., Washington. Phillips Fertilizer Company, Washington, N. C. 20 23 26 1 4 8.

IT WILL PAY YOU TO VISIT "The Place of Values" for building supplies and paints. "Where quality tells and prices sell." Alex S. Watkins. West Montgomery Street. 1-11.

FOR RENT—TWO CONNECTING rooms for housekeeping. Has sink in kitchen, private entrance, furnished or unfurnished, one block from town. \$10.00 per month. Apply 302 Zane Street. 1-11.

NOTICE—TO MY FRIENDS AND customers that I am still in the flower business at my home at 230 Zane street, and my telephone is 65. Henderson Flower Shop. Mrs. W. E. Wilson. Tues-41.

A FRESH STOCK OF WOOLSEY'S good paint on hand. Ready for spring painting! Here you will find a complete line, and prices are very reasonable. Alex S. Watkins. "The Place of Values." 1-11.

PHONE 29 FOR COAL and Wood. We have the following grades and New River Egg Stove and nut, Pocahontas or New River R. O. M. 50 per cent lump, split lump, and egg. Prompt Service and Satisfaction guaranteed. S. H. Watkins Coal and Wood.