

### SANITATION PRIZE ESSAY

How The Individual Can Protect Himself and Others by Habits of Personal Cleanliness

By Miss Tena Lebovitz

The following essay won the prize offered annually by the Sanitation Committee of the Gastonia Woman's Betterment Association for the best essay written on a prescribed subject dealing with some phase of health work by a pupil of the Gastonia high school. Miss Tina Lebovitz won the prize this year in competition with 21 others and her paper is as follows:

In the sixteenth century the average length of human life was between 18 and 20 years. At the close of the eighteenth century it was a little more than 30 years. Today it is about 45 years. The average length of life has, then, more than doubled in the last three hundred and fifty years. This is largely due to the fact that sanitary measures have been taken to prevent so great a loss of life from plague and pestilence. In India it is only 25 years while in Germany it is 45 years and in Sweden 43 years. In Germany and Sweden great care is given to hygiene; the health of the people is protected by the health board and by sanitary regulations. In India, on the other hand there is no attention given to hygiene or sanitation. Before the sanitary laws were passed plague and pestilence swept over the world unchecked. Millions of people were carried off in a single year. In 1466 40,000 people died of plague in Paris and in 1570 200,000 people in Moscow were carried off by plague. At the present day terrible diseases that formerly caused a high death rate have been largely overcome by the discoveries of modern science. These diseases are not, however, destroyed but they are only held at bay. Any carelessness in preventing them would open the door for these dangerous diseases to return. Much has been done to improve the sanitary conditions, yet much remains to be done.

One of the protections against diseases is to keep the teeth clean. The decay of the teeth is caused by bacteria growing in the food materials that stick to the teeth and lodge between them. Clearly, then, the way to keep the teeth from decay is to keep them clean. To keep them sound they ought to be washed after breakfast and before going to bed. Good teeth are important from the standpoint of health and there are good reasons why one should keep his teeth white and clean.

People who make it a rule to chew every mouthful of food into a perfect paste, find that their health is very much improved. They have good digestion and see sunshine and success before them. Others who are affected with dyspepsia expect to meet only clouds and failure on their way. We should all eat at certain hours every day. It ruins the digestive organs to eat at different hours and to eat between meals. We should also not eat too much of any one kind of food. Thorough chewing of the food and moderate eating set us on the road to good health.

About one-fifth of the air is oxygen. Oxygen is constantly used in the body. We should breathe pure and fresh air. The first reason why the body needs air is to get oxygen. The second reason why we must have air is to get rid of carbon dioxide. Each person breathes from 15 to 19 cubic feet of air every hour. No one can afford to breathe bad air from day to day as it causes one to tire easily and to lose strength and gradually to lose the power to resist disease germs. So the best thing for each one to do is to keep everything clean, and the house or store well ventilated so as to get pure fresh air.

Exercise ought to be taken regularly; a reasonable amount every day is far better than a large amount one day and none the next day. Proper exercise brings into use and builds up all the muscles. It does not make giants of a few muscles and have the others small and weak. Out door exercise is best of all for the developing of the whole body. After exercising one should not allow himself to cool off too quickly as there is danger of taking cold. One must always stand and sit erect for if he does not train himself to do

### FAMILY AVOIDS SERIOUS SICKNESS

By Being Constantly Supplied With Theford's Black-Draught.

McDuff, Va.—"I suffered for several years," says Mrs. J. B. Whittaker, of this place, "with sick headache, and stomach trouble."

Ten years ago a friend told me to try Theford's Black-Draught, which I did, and I found it to be the best family medicine for young and old.

I keep Black-Draught on hand all the time now, and when my children feel a little bad, they ask me for a dose, and it does them more good than any medicine they ever tried.

We never have a long spell of sickness in our family, since we commenced using Black-Draught."

Theford's Black-Draught is purely vegetable, and has been found to regulate weak stomachs, aid digestion, relieve indigestion, colic, wind, nausea, headache, sick stomach, and similar symptoms.

It has been in constant use for more than 70 years, and has benefited more than a million people.

Your druggist sells and recommends Black-Draught. Price only 25c. Get a package to-day.

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this when young he will have to go through life with cramped heart and lungs.

The most important protection against disease germs is cleanliness. Habits of cleanliness should begin early in life—in childhood. Each one must court cleanliness in all things. If one would escape typhoid germs he must drink only pure and clean water. If he has doubt about the milk or water the best remedy is to boil it. Clean all raw foods thoroughly before eating and keep foods away from dust and flies. The premises must be kept clean and free from dust. Dirt does not produce disease germs but it harbors them. Cleanliness of the hands is very important. It is one of the things that we can be more careful about. The man who milks with dirty hands, the cook who does not clean her hands thoroughly before touching the meal, may each be the cause of disease. Germs that cause tuberculosis are found on the hands of most persons suffering with that disease if they have not trained themselves to the utmost carefulness in keeping the hands clean.

Our habits become a part of our way of living and doing things, and we do not think of them as something that requires extra work to do. If you will form habits that I have mentioned above, you will soon clean your teeth as a matter of course and wonder how any one can feel comfortable without doing so.

You will find yourself surprised that any one should want to make himself sick by eating too much or by swallowing his food without chewing it. You will think it strange that any one should live in a thick, stuffy atmosphere when there is pure air only the thickness of a window-pane away. You will feel your own muscles and pity the weak-muscled people you meet. You will guard yourself from disease germs without feeling that you are taking extra trouble and you will feel sorry for the poor persons all about you who needlessly suffer from germ diseases. Put into practice these health habits, and see after a little while if it is any special work for you to carry them out.

### BREEDERS ORGANIZE.

Two County Organizations Perfected by Raisers of Jersey Cattle — Pisgah and Lander's Chapel.

Recently the stock breeders of two progressive Gaston communities have organized with a view to improving the stock in their sections. The organizations are the Pisgah Jersey Breeders Association and the Lander's Chapel Jersey Breeders Association.

The officers of the Pisgah association are as follows:

President: R. M. Falls. Secretary-Treasurer: E. A. Carson.

Executive Committee: R. M. Falls, chairman, E. A. Carson, S. A. Lewis, W. A. Falls, Jr., and J. R. Anthony.

This association has sixteen charter members.

The officers of the Lander's Chapel association are as follows:

President: P. S. Carpenter.

Secretary-Treasurer: D. A. Kiser. Executive committee: P. S. Carpenter, chairman, D. A. Kiser, W. S. Paysour, S. L. Carpenter, J. S. Abernathy.

This association has fourteen charter members.

### Library Notes

"Power Through Repose" by Annie Payson Call is written with the purpose of teaching the rudiments of healthy nerve training through relaxation. The book is full of practical value and should be widely read.

"In Tune With the Infinite" is one of Ralph Waldo Trines' "Life Books." It is a work dealing with power of interior forces in every-day life and shows the effect of mind over matter.

"The Story of My Life," by Helen Keller, is an addition to the library. One cannot read the story of this wonderful woman without intense interest and reverence. Helen Keller's experience is a great example of what life may hold for the afflicted. Her teacher, Anne Mansfield Sullivan, enabled her to see the world through the eyes of others. The book is an inspiration to all who read it.

### Mr. Myers Honored.

It will be of interest to the many friends in Gastonia and over the State of Mr. A. G. Myers, active vice-president of the Citizens National Bank, of Gastonia, to know that he was last week elected vice-president for North Carolina of the American Bankers Association. His election took place at the annual meeting of the North Carolina division of the American Bankers Association held while the State bankers were holding their annual meeting in Asheville. This is quite an honor and one worthily bestowed. Mr. Myers is one of the State's most promising young bankers and his friends rejoice in the honor which came to him.

Police Judge Crutchfield, of Richmond, Va., has ruled that Sunday music in hotels and restaurants and Sunday shoe shines are unlawful. This ruling comes as the result of the new outlaw law which has recently gone into effect.

Soda crackers are a most nourishing flour food—**Uneeda Biscuit** are the most nourishing of soda crackers. Use them at meals for their food value. Eat them between meals because they are ever crisp and good. At all grocers.



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### SHORT LOCAL ITEMS

—Mr. John L. Beal spent yesterday in Hendersonville on business.

—Mr. J. R. Lewis, of Dallas, was a Gastonia visitor Wednesday.

—Mr. W. C. Abernethy spent Wednesday in Charlotte on business.

—Mrs. Linwood Robinson, of Lowell, spent Wednesday in the city.

—Mrs. Alice Holland, of Bessemer City, is visiting her sister, Mrs. N. C. Van Dyke.

—Mr. R. Marion Ross, Jr., of Shelby, spent Wednesday and Thursday in the city.

—Mr. P. E. Thomason, of Charlotte, was here Wednesday, the guest of Mr. R. C. Simpson.

—Mrs. Clyde C. Armstrong left last week for Semora to spend several weeks with her mother, Mrs. R. B. Bass.

—Mr. Carl E. Carpenter left Wednesday night for Middleton, Hyde county, to spend several days with relatives.

—Mr. Tom J. Brawley returned home Wednesday night from Mars Hill where he has been attending Mars Hill College.

—Miss Ethel Stowe, of Belmont, spent Tuesday night in the city attending the commencement exercises of the Central graded school. She was the guest of Mrs. O. M. Boyd.

—Mr. O. P. Mason, Misses Katherine, Ruth, Lucile and Oscar Mason and Miss Aline Reid left on No. 36 Wednesday morning for Washington City where they will spend several days.

—Mr. and Mrs. D. M. Jones have gone to Zirconia, Henderson county, where they will spend the summer with Mrs. Jones' parents, Mr. and Mrs. A. M. Smyre, at their summer home.

—August 6th to 13th is the date for the laymen's meeting of the A. R. P. Synod of the South at Linwood College. The Gazette hopes to be able at an early date to give the full program for this meeting.

—Mrs. J. M. Barkley, of Statesville, and Mrs. R. K. Gregory, of Greensboro, left Wednesday for Statesville after spending several days here with the former's son Mr. F. D. Barkley. Mrs. Gregory is Mr. Barkley's aunt.

—Mrs. Dora Palmer, of the Piedmont Telephone & Telegraph Company's office force, underwent an operation Wednesday for the removal of her tonsils by Dr. L. Neale Patrick. She is recovering nicely from the effects of the operation.

—Mr. J. R. Withers is erecting a handsome nine-room residence at Withers, just east of the city, which he will occupy as soon as it is completed, which will be at an early date. It will cost completed about \$5,000. Mr. John Clemmer is the contractor.

—Mr. W. C. Coble and Mr. Richard Hinson, of Oakboro, are spending a few days here with the former's sister, Mrs. J. W. Whitley. They are both students of Mars Hill College and remained over for the summer session. They are now en route home.

—Mrs. H. B. Moore went to Philadelphia last week and accompanied home her sister-in-law, Mrs. Jane Norment, who had been undergoing treatment in a hospital in that city for several weeks. Her friends will be glad to know that Mrs. Norment is getting along nicely.

—Dr. Howard S. Rhyme, who took the M. D. degree at Emory University, Atlanta, this year, has been here for several days on a visit to his father, Mr. W. G. Rhyme. He left last night for New York city, where he has an appointment for eighteen months in the Flushing hospital and dispensary.

—Geraldine Farrar in "Marta Rosa," a production by the Jesse L. Lasky Feature Play Company will be the Paramount attraction at the Ideal today. This is the third production in which Miss Farrar appeared for the Lasky Company, the others being "Carmen" and "Temptation." Wallace Reid and Pedro de Cordoba play the leading roles in support of the famous opera and motion picture star in "Marta Rosa."

—The photoplay that made Geraldine Farrar a bride is the description that has been given to "Marta Rosa," the Lasky production which will be seen at the Ideal today. It was during the making of this picture under the direction of Cecil B. DeMille at the Lasky studios last summer that Miss Farrar met Lou-Tellegen, the famous romantic star. They were married in New York this winter. Wallace Reid plays the leading role in support of Miss Farrar in "Marta Rosa." It is a Paramount picture.

Red Men of North Carolina are gathering at Asheville this week where on Wednesday and Thursday will be held the annual meeting of their Great Council.

War has been declared on the United States by the Governor of the State of Sinaloa, so says a radiogram yesterday from the officer of the gunboat Annapolis, now at Mazatlan.

### The Only Law.

"Professor, I want to take up international law. What course of study would you recommend?" "Constant target-practice."

### The Man Higher Up.

"The old-fashioned boy used to respect every word his father said." "Yes," replied the rather cynical youth; "but you must remember that the old-fashioned boy had one of those old-fashioned fathers."

### TIBET, "THE ROOF OF THE WORLD."

Interesting Facts About a Land of Mystery — Travelers Bring Back Harrowing Stories — Missionaries Among First Explorers — Base Line Established for Christian Conquest.

Southern Missionary News Bureau. In the very heart of Asia, shut in by the two highest mountain ranges on the globe—the Kwen-lun and the Himalayas—lies Tibet, "the roof of the world." Its geographical isolation, the absence of means of conveyance, the dizzy and all but impassable heights that wall it round, have made of the country a hermit nation, practically unknown to the rest of the world. Even those who for love of adventure or love of humanity have braved the difficulties of travel have been confronted with a degree of religious intolerance and fanaticism that made exploration practically impossible. No westerner, on pain of death, was permitted even to look upon Lhasa, the religious capital. The few daring travelers who, taking their lives in their hands, sought in disguise to reach the sacred city, came back baffled and defeated, with harrowing stories of hardships and peril.

Among the first to penetrate this closed land were missionaries, always the pioneers of exploration. Not to speak of the journey of Odoric, the Apostle of Tartary, in 1330, two Catholic fathers reached Lhasa in 1845, only to be arrested and sent to Canton. Since that time attempts to open Tibet to the gospel have been numerous and, indeed, constant. The Moravian brethren, the China Inland Mission, the Christian and Missionary Alliance, the Foreign Christian Missionary Society, and a number of Scotch and English societies are among those that have laid siege to the country in the name of Christ. While no station has yet found footing on strictly Tibetan soil, yet a cordon of missionary posts, two thousand miles long, has been drawn around the country. Here the missionaries are working chiefly among Tibetan people. They have prepared Tibetan grammars and dictionaries and have published the new testament in the language. Thus the base line has been established for the Christian conquest of this great and needy land, with its five million destitute people.

Among the most interesting of these remote stations is that of the Foreign Christian Missionary Society, at Batang, just a few miles from the border. Here Dr. and Mrs. A. L. Shelton, Mr. and Mrs. J. C. Ogden, Dr. and Mrs. William Hardy and Mr. and Mrs. H. A. Baker, good, red-blooded Americans all, are cheerfully laying down their lives for the uplift of this needy people.

God's Hand in Korea. Rev. C. T. Collyer, a veteran Southern Methodist missionary in Korea, writes thus of the harvest that has been gathered in during his service there of nearly a quarter century:

"I have just completed 27 years of service in the Orient. I was first in China for eight years, and from there in company with the late Rev. C. F. Reid was transferred to Korea to begin the work of the Southern Methodist Mission. I took part in the first service of our church in Korea, which was held in April, 1897; our first convert was baptized May 2, 1897. Contrast this with the figures we published last year: 261 organized societies, 5,988 baptized members, and 4,183 probationers and adherents. Surely this is an indication that God is at work in Korea."

Drink for the Dark Continent. The amount of liquor passing Madeira, a port of registry for the coast of Africa, in one week is reported as follows:

28,000 cases of whiskey. 30,000 cases of brandy. 30,000 cases of Old Tom. 36,000 barrels of rum. 800,000 demijohns of rum. 24,000 butts of rum. 15,000 barrels of absinthe. 300,000 cases of gin.

In Sierra Leone during one-fourth of a year 250 tons of liquors were unloaded at a "dry town" to be transported to towns of the interior.

Do Business Men Believe in Missions? Over 1,200 men—capitalists, lawyers, physicians, professors, editors and business men—from every State in the Union, recently met at Washington for a five days' missionary congress. They paid their own railroad fare and hotel bills, and \$5.00 registration fee, besides taking valuable time from their business. This is a forceful answer to the question: "Do business men believe in missions?"

—Dr. and Mrs. C. J. McCombs will have as their guests for the week-end at their home on East Third avenue Mr. and Mrs. W. B. Love, of Monroe, and Mr. and Mrs. L. E. Huggins, of Marshville.

—Dr. George R. Patrick returned Tuesday from Baltimore, where he received the degree of M. D. at the recent commencement of the University of Maryland. Dr. Patrick will go to Raleigh next week to stand the State medical examinations.

Human Nature. "But you will at least admit that there are two sides to every question, and—"

"I admit nothing of the kind!" interrupted J. Fuller Gloom. "As far as I am concerned there is only one side and a lot of confounded foolishness."

Remember This. "Will you have me for your wife?" said the leap-year maiden, sweetly. "Since you have suggested it, I will," he replied. "But just remember, Mame, if I don't turn out to be all you expect you have only yourself to blame."

The National Editorial Convention, with editors present from all parts of the United States, opened a five-day convention at New York yesterday.

Impatient. Lawyer—"You say you want this damage suit pushed through with the utmost speed?"

Client—"Exactly. I have a child six weeks old, and I want the money to pay his college expenses."



## The Factory Behind the Food

More than forty different kinds of corn flakes were prepared experimentally before New Post Toasties were finally developed to perfection. As a distinguishing feature, note the tiny bubbles on each flake—raised by the quick, intense heat of a new, patented process of manufacture.

New Post Toasties are the first corn flakes with a self-developed flavour—the full, true flavour of choice white Indian Corn—unlike common "corn flakes" that depend largely on cream and sugar for their palatability.

Try a handful dry—this simple test will demonstrate the delicious new flavour. But the flakes are usually served with cream or rich milk.

New Post Toasties do not "chaff" or crumble in the pack age, and they "stand up" when cream or milk is added. They're untouched by human hands and put up in moisture-proof packages to preserve their oven freshness until served.

Try some of them.

## New Post Toasties

At your grocer's now