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THE CHRISTIAN ENDEAVOR TOPIC

By the Rev. Charles E. Schaeffer, D. D.

July 1st—America First—In What? Prov. 14:34; Psalm 33:12.

The month of July in our Christian Endeavor meditations is to be given over to a discussion of the general topic of citizenship. This is quite appropriate, since our great national holiday, July 4th, furnishes the supreme occasion when principles of citizenship are to be considered. The slogan, "America First" may be a very good one or it may be very bad. During the war we steadily and strongly denounced the German slogan, "Deutschland Ueber Alles." But there is a sense in which the slogan, "America First," expresses the very same idea as the German motto. It may stand for a crude and crass nationalism, which is usually a very selfish thing. Most of the wars of the world have sprung out of a false, overweening and perverted nationalism. To say that America is first may be a compliment or it may be a condemnation. It all depends upon in what our country it first and what she intends to do in her primary place in the world. Sometimes the type of patriotism which expresses itself in Fourth of July speeches smacks very much of the kind of nationalism which we would rather condemn than commend. With a nation it should be very much as with an individual. We want to make the most out of each one of us, but not for selfish ends. We want to be the best and strongest in order that we may be of greatest service to others. So we want to make the nation great, give it the foremost place among the nations of the world, not for selfish ends, not to put others down and demand obeisance from them, but rather make it great to serve, to be an example and inspiration to other nations. We should always seek to excel in good works, in idealism, in service and never to lord it over others.

Now, there are some things in which America stands first. There are some "first" things which belong to America. America leads the world in industries, in enterprise, in a great many of the material things of life. It leads in grain and cotton and timber and coal and iron and copper and oil. It leads also in the average length of life of the people. It gave birth to a number of our most useful and indispensable inventions and commodities of life. America first spanned the ocean with the cable, and first flew across it in the air. It produced telegraphy, the telephone, the radio, and electricity. It gave the world Indian corn and tomatoes, turkey and potatoes, cocoa and tobacco. It gave the world the cotton gin, the reaper and the mower, the sewing machine, the gatling gun and smokeless powder, the passenger elevator and pullman cars, the bicycle, the automobile and the wireless. It stands first in material wealth. It is twice over the richest republic on the face of the earth. It is first in the principles of democracy and in the pursuit of the welfare of humanity. Its Constitution has been called the greatest document that has ever been struck off by the hand of man.

America also stands first in the spirit of idealism. It takes leading place in the principles of our Protestant religion and in the work of Missions, in extending the Kingdom of God throughout all the earth. W. T. Stead, who went down into the sea in the Titanic some years ago, in his great book, "The Americanization of the World," says that there have been five great religious movements and four of these had their origin in America. The four that sprung up in America are known as revivalism, spiritualism, temperance and the Christian Endeavor movement.

America must maintain its place of leadership in the things that are

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COMMISSIONERS' NOTICE

Hereafter and until further notice the County Commissioners of Carroll County will meet at their office in Westminster every Monday and Tuesday of each week for the transaction of business.

By order.

SAMUEL J. STONE,
Clerk.

Get Your Dog Licenses At Once

Under the law, all dog owners failing to get licenses on or before

JULY 1st

are subject to prosecution.

They should attend to the matter promptly and thus save themselves expense.

The County Commissioners.

Samuel J. Stone, Clerk. 6-15-3t

The young man who is looking for an easy job, is quite likely to get the very easy one of sitting on a park bench.

tion we mean the training and developing of the whole of man. America is obsessed today with the passion for efficiency. We are training our young people along technical lines and fail to stress the higher and more spiritual things of the soul. We are too prone to forget that efficiency became Germany's grave, and other nations will experience the same failure if they follow solely along the lines of material efficiency and neglect the higher things of the soul.

"Ill fares it with the land,
To hastening ills a prey,
Where wealth accumulates, and men decay."

The English poet Kipling has voiced our prayer:

HEALTH COURSE FOR WOMEN PROVES BENEFICIAL TO 2,000

Telephone Employees Find That It Is Easier to Keep Well Than to Get Well. Vice-President Koons Recently Presented Certificates to 607 Graduates.



Young women who have graduated in the telephone health course know that "health is wealth." Realizing that exercise is essential to good health, these graduates practice it in their daily living.

Two thousand young women employees of the Chesapeake and Potomac Telephone Company and Associated Companies know "It is easier to keep well than to get well." In Maryland, Virginia, West Virginia and the District of Columbia 607 graduates of the general health course for women of the telephone company have just recently been presented certificates by John C. Koons, vice-president. With the graduation of this class the number of women in the company who have been instructed in health work since the course was inaugurated about two years ago has been increased to 2,020.

These last classes included 271 graduates in Maryland, 221 in Washington, 54 in Virginia, and 61 in West Virginia. Miss Elizabeth R. Cuff was in charge of the health course work in Maryland, Miss Margaret L. Harbin, Washington; Mrs. Lillian E. Swift, in Virginia, and Mrs. Mabel E. Carpenter and Mrs. Jessie A. Arnold, in West Virginia.

When telephone officials announced that health courses would be available, the young women of the company were immediately enthusiastic and as new classes are formed they continue to show their interest by participating in them.

The health course for women was inaugurated by the telephone company in 1926. The course includes a better knowledge and understanding of the human body and its nourishment, the formation of good habits of living, the prevention of disease, care of the sick, the use of medicines and other remedies, how to prepare sick room beds and bedding, bathing and first aid in accidents.

In studying the normal human body these young women learned something of the structure of the body and its method of functioning. The human body, in that it houses a living, thinking personality, is different from any machine which at its best is still an inanimate object and must therefore have human control, they were told by their instructors. Since the body is more perfect than any other machine it should be properly reverenced and given exceptionally good care. This sums up in a general way the principal features of the health course.

Good care of the body is reflected in one's personal habits. This is well illustrated by the fact that the person who lives in a wholesome way reflects care, whereas the person who has lived a careless, intemperate life usually shows it in his or her appearance.

Food and drink are matters of vital importance which are not only absolutely essential to life itself but their intelligent use is a great aid to one's general health and well being. Food and its various classifications were one of the subjects covered at great length in the telephone company's health course. The students learned what to eat, what is injurious to health and that certain things which may be good for one person are undesirable for another. Overweight, they were told, is just as detrimental to some people as underweight is to others.

Under the formation of good habits of living, those taking the telephone health course learn that one of the secrets of good health is a proper frame of mind. Just as the mind controls one's voluntary actions such as walking and talking, so it has a most important influence on the more voluntary body functions. The young women were taught that an improper mental attitude soon shows itself in physical condition which detracts from a person's appearance and may seriously endanger their health. A sunny disposition is one of nature's most appealing accomplishments. It is decidedly an aid to success. A pleasing disposition is a thing which people remember longest, the health course instructors state. It is something to think about and, according to the instructors, many of the graduates do.

COMMUNICATION PROVIDES MOTIVE POWER THAT SPEEDS UP BUSINESS

Needs of Nation and World Dependent On Development of Telephone Service. United States Telephone Users Now Make 75,000,000 Calls Daily