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**70**

## Thinker's Rambling Thoughts

By Rev. I. B. Smith

In the mental meanderings of the Rambler I find much to serve as food for thought. I ran across a few sentences from the pen of a noted East Indian author, under the caption: "Know Thyself." Listen to the words of one we would think a heathen.

"He who would reform the world must first reform himself; and that: if he do it honestly, will keep him so employed that he will not have time to criticize his neighbor. Nevertheless, his neighbor will be benefited—even as a man without a candle who at last discerns another's light."

Another author put the same thought in the words: "Cognosce te." Translated into English; know thyself. With that thought in mind how little we know of our own capabilities, and it is only when in danger or some unexpected situation, do we realize our capacity for self control. Let me illustrate: You see a dark, shadowy form; a sinister form lurk in the alleys and by-ways of our fair city. There—now it moves, an enormous gunny sack darkens the atmosphere and closes about some unfortunate creature, as yet unaware of its terrible fate. Stealthily the form creeps nearer, icy showers ran over your spinal column, fear of the unknown. But suddenly all of this vanishes. You smile, you grin, you chuckle to yourself, and at last you burst out laughing, like the proverbial hyena of the desert. There stands the official dog catcher, and watcher of the city's wards. Now you know he would not hurt anyone much less do harm to that little dog with the license tag of No. 13. That is but to illustrate the fears that arise when we are face to face with the unknown.

In my further rambling I ran across in the Buddhist Scriptures the following paragraph on the subject of Religious Tolerance.

"Attack not the religions of other men, but seeking whatever may be beautiful in those religions, add that truth and that beauty to thine own life, thus add to the glory of thine religion."

Most of us are familiar with Kipling's beautiful lines:

"And East is East,  
 And West is West,  
 And the twain shall never meet."

But how few of us have heard, or realized, the words immediately following:

"But there is neither East nor West,  
 When two strong men stand face to face,  
 Though they came from the ends of the Earth."

Such is human brotherhood.

In completing my literary rambles I turn from the thoughts, both serious and otherwise, and in "ringing off" I give you a verse from some unknown author.

**"Some Time"**  
 "Some time at eve, when the tide is low,  
 I shall slip my moorings and sail away  
 With no response to a friendly hail,  
 In the silent hush of the twilight pale,  
 When the night stoops down to embrace the day  
 And the voices call in the water's flow.

Some time at eve when the water is low,  
 I shall slip my moorings and sail away

Through purple shadows that darkly trail  
 O'er the ebbing tide of the unknown sea,

And a ripple of waters to tell the tale

Of a lonely voyager, sailing away  
 To mystic isles, where at anchor lay  
 The craft of those who have sailed before,

O'er the unknown sea to the unknown shore.

A few, who have watched me sail away,

Will miss my craft from the busy bay.

Some friendly barks that were anchored near,  
 Some loving souls that my heart held dear,

In silent sorrow will drop a tear;  
 But I shall have peacefully furled my sail

In the mooring sheltered from storm and gale

And greeting the friends who have sailed before

O'er the unknown sea to the unknown shore."

Thus we leave the busy walks of this life for the greater life just ahead of us. To you, dear reader—  
 Pax vobiscum.

## Dr. Moss' Weekly Health Hints

By Dr. Arthur B. Moss, Physician and Surgeon, 501 So. 9th

### PREVENTION OF CANCER

One of the reasons why so many people die of cancer lies in the fact that the disease usually exists for some time before it is recognized and treated. It has then progressed from a local and small cancer to a large and dangerous one. It is therefore of importance that everyone should know something of the first symptoms of the disease.

If a beginning cancer was as painful as a sting, many people would go promptly to a physician and so receive the needed treatment early. But at first there is no pain or inconveniences. The symptoms develop gradually. Any lump, especially in the heart, which comes and remains for some time without satisfactory explanation, should be looked upon with suspicion. One should go immediately to a competent physician.

In many cases the suspicion of cancer will have been unfounded, but it is best to be safe. Any sore that does not heal in persons above 35 years of age, particularly about the tongue, mouth or lips is suspicious of cancer.

Attention should be given to a

spot where a tooth is broken or where there is an ill fitting dental plate which has rubbed until a sore has resulted.

Any irregular bleeding or abnormal discharge from any of the orifices of the body is a danger signal which should be promptly heeded.

Persistent indigestion with loss of weight is a symptom of cancer of the stomach, which is so frequent as to make early detection important.

There is no occasion to shun a person who has cancer, so far as danger of contracting the disease is concerned.

It is desirable to treat all diseases in their early stages, but in no affection is it more necessary than in cancer. The danger is like that of a fire. At first there is but a spark which can be readily extinguished. As the flames spread the fire becomes more and more unmanageable. At last a consuming fire develops and control is no longer within human power. Many cases of cancer can be cured and many more prevented if the general public will give full cooperation to the medical profession which is striving to eliminate this disease. Physical examinations at periodic intervals afford one of the best means of protecting against this disease. Such examinations should be taken once a year after the age of 35 has been reached.

### AN APPRECIATION

We should like to take this opportunity to publicly thank all of those who took part in the "Porgy" chorus, and who braved the sub-zero weather each night and made the play a success. That sort of loyalty can only mean one thing, and that is an intense desire on the part of the participants to aid the two very worthy organizations—the Presbyterian Bible Institute and the Home Benevolent Charity Club. We are sure that we voice the sentiment of everyone in the cast when we say that a very enjoyable week was spent and we are sure that the very pleasant contacts were mutually beneficial and will long be remembered.

Notwithstanding the statements of certain persons who questioned our sanity at appearing in such a play, and certain other short-sighted persons who felt that we were "bribed" into Porgy, we have unanimously agreed that should the opportunity come again, we would be glad to take part. After all, who are we to judge one another?

Sincerely,  
 Ruth V. McWilliams  
 Dorothy Dean

### FREMONT NEWSLETS

Mr. and Mrs. Clayton Annon came in from Appleton, Mo., Saturday night.

Mr. John South was called to the bedside of his mother who is critically ill in Palmyra, Mo. Mr. John Dixon accompanied Mr. South.

Mrs. Cleo Franklin of Omaha was a week end guest of Mr. and Mrs. Sam Patterson.

The St. James A. M. E. Church Junior A. C. E. League, under the leadership of Miss Marjorie Watts gave a splendid program Sunday evening: Observance of Allen's Day, Lincoln's birthday and Junior League with a clever skit: Junior quartet, piano solo, "Deep River;" Sketch of "Green Pastures;" biographies of Allen and Lincoln and remarks by president and Rev. A. Newton.

Little Harlan Smith, son of Mrs. Frank Smith, sustained a serious nose injury Sunday.

Mr. Bert Newton motored Rev. A. Newton to Fremont Sunday and were dinner guests of Mr. and Mrs. Pierre Barquette.

### MISS GRAYCE DORSEY ENTERTAINS FIDELIS

Miss Grayce Dorsey, Omaha, student at the University of Nebraska, entertained the Semper Fidelis Social and Literary Club at the residence of Mrs. Mary Holmes, Friday night, February 17. The members and visitors passed the time at bridge before and after the business session.

Mr. Glen Parks of Omaha was the week end guest of Bob Dorsey, spending part of the time with W. Gaitha Pegg, student at the university.

## Umberger

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### SPECIALS! FRIDAY AND SATURDAY

\$1 Half Soles, Men's or Women's, pair..... 49  
 50c Goodyear Rubber Heels, Men's, pair..... 24  
 25c Ladies' Heel Lifts..... 12

142 North 12th

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### FRIDAY & SUNDAY

## P. G. Market

No. 3

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F. G. Butter (our own brand)..... 19c  
 Quick Naptha Soap, 10 bars..... 18c  
 48 lb. sack Flour, Guaranteed..... 55c  
 Large Bottle Catsup, 2 for..... 17c  
 4 lb. pkg. Gem Pancake Flour..... 10c  
 White House Cleanser, 3 cans..... 10c  
 Beef Roast, lb. .... 9c  
 Pork Roast, lb. .... 8c  
 Pork Chops, center cut, 2 lbs. .... 25c  
 Steaks, all cuts, per lb. .... 15c

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Bread, Goody, sliced or double..... 10c  
 1 doz. Tea Rolls Free!  
 Van Camps Pork and Beans, or Tomato Soup..... 5c  
 Pork Loin Roast..... 7c  
 Brooms, good and strong..... 18c  
 Oleo, per lb. .... 8c  
 Minced Ham, weiners or Link Sausage, fresh, lb. .... 10c  
 Bacon, sliced, ½ pkg. .... 7c  
 Cheese, full cream, 2 lbs. .... 25c  
 Crackers, 2 lb. box..... 19c  
 Peanut Butter, qt. jar..... 18c  
 Tomatoes or Corn, 4 cans..... 25c  
 Beef Roast, per lb. .... 7½c  
 Beef Steak, tender, 2 lbs. .... 25c  
 Potatoes, per peck..... 10c

**WEEK END SPECIALS**  
 FRIDAY and SATURDAY  
 Feb. 24th & 25th

**POSKA BROS.**  
 1406 S Street

Free Delivery Call B1504  
 5 lb. Gooch's Corn Meal..... 8c  
 4 lb. Package Lard..... 20c  
 Fresh Eggs, dozen..... 10c  
 3 lb. Fresh Hamburger..... 25c  
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