NEWS OF LYNCHBURG AND VICINITY

RUSTBURG
Mrs. Grace Clark of Buffalo, N. Y., is visiting her brother, Mr. James McChesney.

Mrs. Lula Claxton of Lynchburg spent Sunday with Mr. and Mrs. Pat Smith.

Little Miss Beatrice Novello spent one week with her grandparents Mr. and Mrs. Pat Smith.

Mrs. Altama Debaker left Sunday for her home in Roanoke after spending her vacation with Mr. and Mrs. Pat Smith.

Miss Mattie Ward of Lynchburg spent Saturday morning with Mrs. Lucille Smith.

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ROANOKE, VIRGINIA, SATURDAY, AUGUST 24, 1957

Your Health
By —
DR. M. MAURICE RYANS

Subject: Habit spits. (Yea).

This may occur at any age but are more common in nervous children between the ages of 5 and 12 years. It is thought that most of this type of so-called "habit" is due to a patient's bad habit. It is a case of rebellion against some undesirable condition.

Children's spitting habits may also be due to physical conditions such as colds, constipation, and irritative conditions of the stomach. If the child is not hungry or thirsty, do not feed, be sure the child's clothes are clean, and keep the mouth wide open with fresh breath.

Next week we shall discuss treatment of nervousness.

Let Reddy Kilowatt tell you how to live better.

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