



THE  
HILLTOP

1926





# THE HILLTOP



PUBLISHED BY

THE SENIOR CLASS of 1926 of  
PLEASANT HILL ACADEMY

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PLEASANT HILL, TENNESSEE

# The Hilltop



## Dedication

*As a small expression of our gratitude and appreciation for the help and inspiration which he has so freely given, we gladly dedicate this 1926 volume of THE HILLTOP to our Principal,*

**MR. E. HOWARD ELAM**



# The Hilltop



FACULTY



HOPKINS HALL



# The Hilltop

## Class Song, 1926

(Tune, "Spanish Cavalier")

CLASS COLORS: Orange and White

FLOWER: Daisy

MOTTO: "He conquers who endures"

When classmates first we met,  
Our cheerful course we set  
To show old Pleasant Hill our erudition;  
But math.'s perplexing maze  
And civics' misty haze  
Convinced us that could never be our mission.

Then as our numbers fell,  
It wasn't hard to tell  
Not e'en Lane's height would make our reputation.  
With humble hearts, our pride  
We pocketed, and tried  
Robust to grow on learning's daily ration.

Not only through our books,  
Nor yet from stones and brooks,  
Horizons widened into Love's surrender.  
Dear mother, at thy knee  
We learned God's face to see,  
Our fellow men to bless with service tender.

O, Alma Mater, dear,  
At parting comes the tear!  
And yet we know that naught our love can sever.  
May time but make us strong  
To hold above the throng  
The light of dear old Pleasant Hill forever!

Let's resolve that the pure, bright daisy,  
The flower that we chose as our own,  
May not show in its pure, stainless life  
More of richness and strength than we've grown.

# The Hilltop

## Seniors

T. L. CUNNINGHAM  
PLEASANT HILL, TENNESSEE

*"To know him is to like him;  
We predict great things for him."*

President of Senior Class; President of Phi Psi Literary Society; Glee Club; Member of Social Committee; Advertising Manager of THE HILLTOP.

CLAUDIE LEE  
MONTEREY, TENNESSEE

*"Modest, lovable, studious, and sweet—  
A finer little girl you will never meet."*

Vice President of Senior Class; President of Euterpean Literary Society; Class Historian; Assistant Editor in Chief of THE HILLTOP.

MOLETA BOLICK  
DRAPER, NORTH CAROLINA

*"No sweeter music could a mortal send  
Than Moleta with her violin."*

Secretary and Treasurer of Senior Class; Member of Executive Committee of the Christian Endeavor Society; Glee Club; Basket-Ball Team; Editor in Chief of THE HILLTOP.





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## Seniors

LANE CUNNINGHAM

PLEASANT HILL, TENNESSEE

*"He has the dreaminess of a poet,  
And by his worth and merit  
The world will surely know it."*

Secretary and Treasurer of Phi Psi Literary Society; Captain of Basket-Ball Team; Prize Essay writer.

ARAHNEL PEDIGO

SMITHVILLE, TENNESSEE

*"Maiden with the deep-brown eyes,  
In whose depths much mischief lies."*

Member of Euterpean Literary Society, Glee Club, and Choir.

MILTON ANDERSON

PLEASANT HILL, TENNESSEE

*"He speaks not for himself,  
But of him we can say  
Only that which is good."*

Member of Phi Psi Literary Society; President of Athenæum Society; Glee Club; Basket-Ball Team; Business Manager of THE HILLTOP.

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## Seniors

H. CLAY EVANS  
MANCHESTER, TENNESSEE

*"Roll on, Old World, and I'll roll with thee."*

*"I prefer cheerfulness; care is not with me."*

Member of Phi Psi Literary Society, Glee Club, Basket-Ball Team, and Class Prophet.

RETHA COLLINS  
SPARTA, TENNESSEE

*"A jolly word, a pleasant smile—  
She has them ready all the while."*

Member of Glee Club, Basket-Ball Team, Euterpean Literary Society, Secretary of Sunday-School Class, and writer of the will for Senior Class.

MISS EVA A. PETERSON, SPONSOR  
CHELSEA, MASSACHUSETTS

*"Without her at Wheeler Hall,  
A cloud would hover over all."*





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## Class History, 1926

**M**Y hand trembles as I take up the pen to write into history the deeds of the Class of '26. As the shadow of memory rolls back and reveals to me a long series of mental pictures, I am compelled to live over for a few minutes those happy school days at P. H. A. which I consider the most inspiring days of my life.

The deeds of the class have been so many and so important that I hardly know where to begin in perpetuating them in writing.

The history of the class began in 1922. The class was rather large, consisting of about twenty-five members. The other classes did not fail to make us aware of the fact that we were Freshmen; but we didn't mind that, as we were the freshest of the fresh. We broke all records of greenness in our Freshman year and laid a good foundation for our high-school career. We did not do so much during that year in the way of outside activities, but confined ourselves assiduously to the pursuits of overcoming the mysteries of Algebra, the blisters of five-hour work, and the burns of Domestic Science.

One by one the members dropped out until the ones who have seen the thing through and reached the goal are: Arahnel Pedigo, T. L. Cunningham, Lane Cunningham, Milton Anderson, and Claudie Lee.

In our Sophomore Class there were not quite so many students; but the spirit was greater, and there were a number of incidents that occurred that year that will long be fresh in our memories. As Sophomores, we were more active socially, having parties, picnics, and social gatherings. Our Sophomore boys ranked among the first in the athletic line, and a number of games were won that year. One very important event was the entertaining of the Seniors on a picnic at Deep Water. The year 1924 saw the loss of several old students, but some of their vacant places were soon filled with new faces.

When we reached our Junior year, our dignity was raised to a high standard, and we opened our minds to the deep things that were before us. There were days of trial and disaster and days of triumph and glory. This year saw the arrival of two new faces—Miss Ella Southard and Miss Retha Collins. Ella spent one year with us and then returned to her home school. When Retha arrived, we all stepped back into the rear of the room and invited her in with a warm welcome. When things looked dark and gloomy for the Junior Class, our Sponsor, Miss Pursley, placed rays of sunshine in it, and our mental attitude was soon restored. We passed through the tunnels of examinations and came out in the light ready for our Senior year.

In the year 1925, while the pleasant September breezes were blowing through the pines, our Senior Class entered P. H. A. for its last year's work in high school. We had the pleasure of having two new members join our class—Miss Moleta Bolick and Mr. H. C. Evans. They have both taken an active part throughout the year. This has been a hard, but memorable, year for each individual. There have been numerous socials and entertainments enjoyed, regardless of the fact that the tide has been high and hard to cross, and each one has kept his hand to the oar. Slowly, but surely, the craft has been driven upward toward the final goal of success and a diploma.

We realize that we have not won as many honors as we could have nor passed through our years at P. H. A. without making mistakes. However, we have endeavored to the best of our ability to make our time count for something in preparing ourselves for the responsibilities of life.

We appreciate all that our President, T. L. Cunningham, and Sponsor, Miss Peterson, have done for the class. We shall long remember them as inspiring characters of the Class of '26.

Journeying up the sunny lanes of life, we feel stronger and more capable of meeting its exciting demands as a result of the training and uplifting associations which we have had during our career in Pleasant Hill Academy.

CLAUDIE LEE,  
*Class Historian.*

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## Class Prophecy, 1926

**A**S the Class of 1926 was contemplating its coming commencement exercises, it fell to my lot to forecast the future of these fair damsels and gallant young men. After vainly endeavoring to cultivate what is commonly known as "second sight," I concluded that prophetic vision was not my strongest point.

I shall prophesy to you by the inspiration which four years of association with the earnest, eager minds before me has brought, so that from the past I may foretell the future, for

"The present still is echo of the past;  
Of both, the future will an echo be."

From observation of your sincerity and earnestness I may truthfully predict.

"For I hold it truth with one who sings,  
For one clear harp in divers tones,  
That men may rise by stepping stones  
Of their dead selves to higher things."

For four years you have been earnest, sincere seekers after new truths; gaining strength and power physically and mentally; forming beautiful, lasting friendships with the great minds of literature, and, above all, a sweeter sympathy toward all the world.

Those who have adopted the principles taught here, who have truly entered into the spirit of the institution, are going forth to answer the call of service. While you are going to make the most of yourselves, you cannot kick a brother out of the way to take his place, but you must lend a helping hand that he may rise to the plane upon which you stand. The world accepts people for what they are able to do, and that ability to serve is the final credential which will open your way to opportunity and success. As you serve, O Class of 1926, practice those high and noble ideals for which you have toiled these four years.

Shall we be discouraged if our first attempts are failures? Go forward, be aggressive, persistently so. Truth will be truth in the end, and you must be a living exponent of the truth that you advocate. Hence, as you go out of Pleasant Hill Academy, will you drop the high ideals and principles that you have adopted? I believe that you will continue to live them as faithfully as when under the inspiration of the school itself. I now read your future from your past. You have learned how to think, to work, and to live, regardless of your work, be your sphere great or small. You will be true, O Class of 1926, to the highest ideals. Be true to your principles, be true to yourselves,

"And it must follow, as the night the day,  
Thou canst not then be false to any man."

Then you will be true, O Class of 1926—true in the greatest, true in the least; and, looking into your earnest faces, I feel that the great to-morrow which you are to help make will be an honor to our class and a glory to our God. May He bless us every one. H. CLAY EVANS, *Class Prophet*.



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## Last Will and Testament of the Class of Nineteen and Twenty-Six

BY RETHA B. COLLINS

**W**E, the members of the Class of '26 in the school at Pleasant Hill, having not been destroyed by the difficult examinations and the expense of graduation, and having as much gray matter as we ever will have, and being (we hope) of sound mind and memory, do hereby, before we check out, bequeath the following:

ITEM ONE.—To the Junior Class, as a whole, we bequeath our Senior dignity, which we have borne so well, and our band of loving teachers (take good care of them), who have been so patient and have taught us so much during the last four years.

ITEM TWO.—To each individual of the Junior Class we bequeath the following: To Floyd Scates we bequeath Lane Cunningham's Lincoln essay. Then he will not have to worry about the medal.

ITEM THREE.—Owing to Beulah Allison's aptitude for music, we bequeath her Claudie Lee's melodious voice.

ITEM FOUR.—To Frazier Harris we bequeath H. C. Evans' barbering outfit, so that the Junior boys can get their Senior pictures taken on time.

ITEM FIVE.—For reasons that are quite plain, we bequeath to William Saylor, Retha Collins' methods of reducing.

ITEM SIX.—To John Dillon, who especially needs it, we bequeath T. L. Cunningham's business ability.

ITEM SEVEN.—To Ruth Chastain we bequeath Arahnel Pedigo's modest attitude and smiling face.

ITEM EIGHT.—To Zelma Tanner we bequeath Moleta Bolick's giggles, and to Josephine Carrington her curls.

ITEM NINE.—To Hattie Suttle are bequeathed Milton Anderson's sweet disposition and curly hair.

ITEM TEN.—To Veda Page we bequeath Retha Collins' experiences as a rural school-teacher.

ITEM ELEVEN.—To Ercel Tanner we bequeath the fire ladder, so that she will be able to get a glimpse of Curtis DuBois.

ITEM TWELVE.—Due to the fact that Mary Catherine Harden is so fond of the boys, we bequeath to her Little Pee Winkle (take good care of him).

ITEM THIRTEEN.—To Emerson Davis is bequeathed Claudie Lee's debating ability.

ITEM FOURTEEN.—To Pauline Jones are bequeathed Mrs. Ware's physical exercise recipes.

ITEM FIFTEEN.—To Curtis DuBois we bequeath H. C. Evans' place on the faculty.

ITEM SIXTEEN.—Last, but not least of the Junior Class, we give to Harry Copenhaver all rights to pain the audience with a "song'less" bow of gratitude.

ITEM SEVENTEEN.—To the Sophomores we bequeath all our genius and multitudinous good looks. To you we intrust our athletic ability, bless your dear little hearts!

ITEM EIGHTEEN.—To the Freshies we bequeath our intellectual powers, and in the next three years, when other floods of Freshies arrive, be as patient with them as we were once with you.

ITEM NINETEEN.—To the Faculty, last, but not least, we give our thanks and appreciation for their services, sure that they must be pleased with the wonderful results.

(Signed) THE SENIOR CLASS.

STELLA JACKSON,  
Notary Public.

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JUNIOR CLASS



SOPHOMORE CLASS



# — The Hilltop —



FRESHMEN



WOODBURY CHAPEL

# *The Hilltop*



*EUTERPEAN LITERARY SOCIETY*



*TOWN GIRLS LITERARY SOCIETY*



# *The Hilltop*



*PHI PSI LITERARY SOCIETY*



*PHI BETA DELTA LITERARY SOCIETY*

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ATHENÆUM OFFICERS, 1925-1926

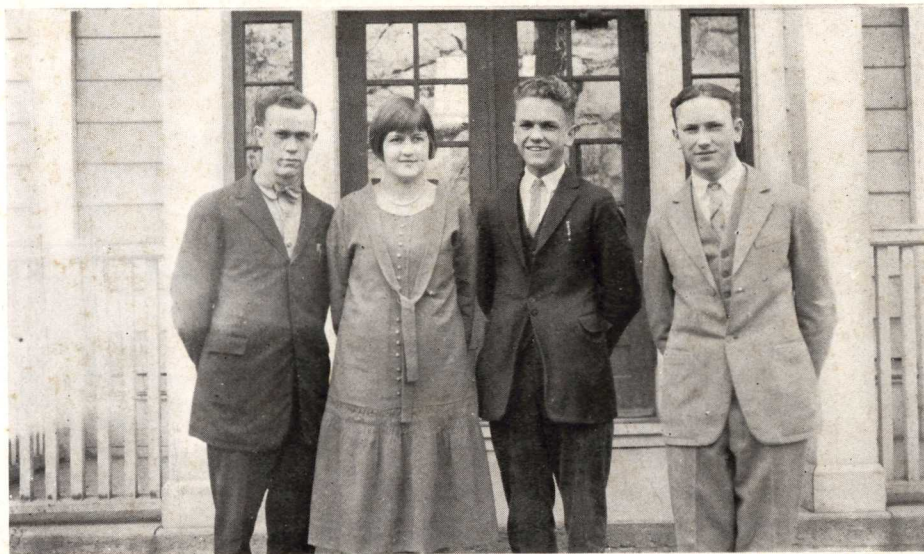
*Left to right: FRAZIER HARRIS, MARY CATHERINE HARDEN, HUGH JONES, JOHN DILLON, ERCET TANNER, MILTON ANDERSON.*

## The Athenæum

The Athenæum was organized about 1890, during the principalship of Rev. W. H. Thrall. Its meetings, principally literary, have been almost continuous, every two weeks or once a month, during the school year since its organization. The meetings are open to the public, and form a means of expression to the students and of entertainment to the community. Plays, debates, readings, and essays are given with much credit. In many ways it has been a credit to the school. It has furnished amusement for the public; it has helped to lead many young people toward Christian living, and young men and young women have learned self-expression and self-confidence. From start to finish Athenæum has been a success.



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TEAM, 1926

*Left to right: MILTON ANDERSON, BEULAH ALLISON, EMERSON DAVIS, JOHN DILLON.*

## Debating, 1926

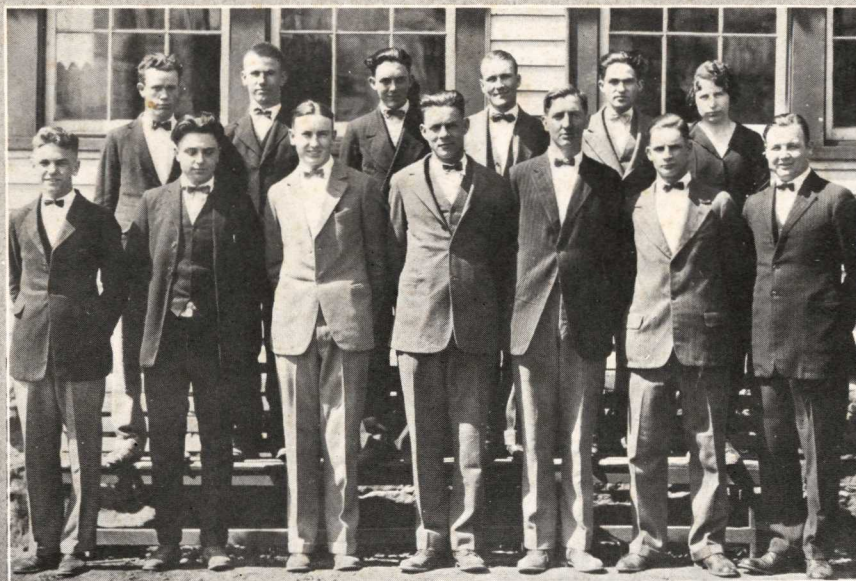
Pleasant Hill Academy entered the Interscholastic Debate this year for the second time. Last year the teams stood very high in the final try-out at the University. There are four students representing us this year—one Senior, Milton Anderson, and three Juniors, Miss Beulah Allison, John Dillon, and Emerson Davis. We are sure that they will be a credit to the school, for they are all good debaters.



# — The Hilltop —



*GIRL'S GLEE CLUB*



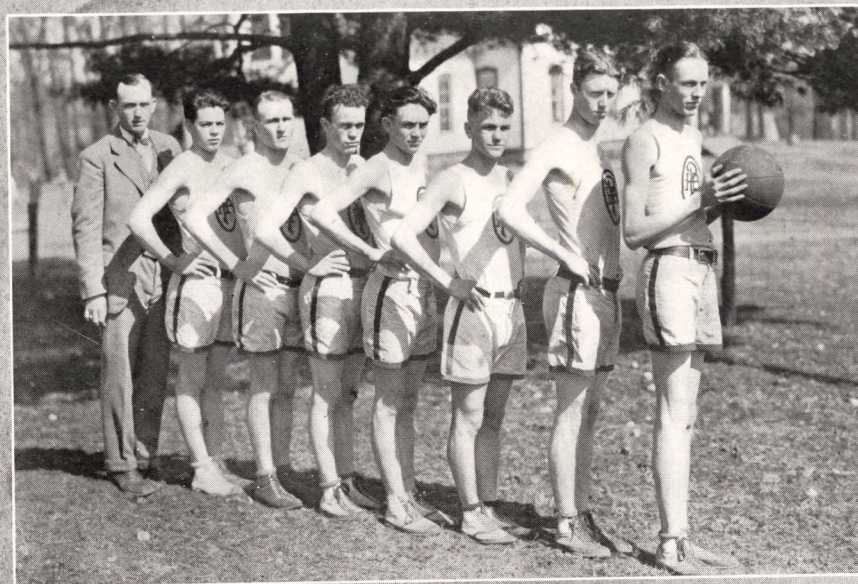
*BOY'S GLEE CLUB*



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◇ ————— ◇ *GIRLS' BASKET BALL TEAM* ◇ ————— ◇




◇ ————— ◇ *BOYS' BASKETBALL TEAM* ◇ ————— ◇

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## Basket Ball, 1925-26

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HE Basket-Ball Teams have not had a very brilliant career this year, because the "gym" was not completed and practice began late. The boys have, however, played several good games with other teams; and although they did not win all of them, they were not discouraged. Many class games were played, and each team did fine work.

The girls played only class games, but they were good ones and hard fought.

We are looking forward to our next year's record, as the "gym" will be ready for practice, and that is all our teams need.



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## Lincoln Medal Essay

(A solid bronze medal is each year offered by the Illinois Watch Company to every high school in the United States for the best essay written by one of its students on the life of Abraham Lincoln. This was won by Fred Lane Cunningham, 1923.)

### LIFE OF ABRAHAM LINCOLN

**T**O-DAY as we turn the pages of history and study the marvelous characters of the great men who have contributed much to the growth and progress of our nation, there is one which is greater and more inspiring than all the rest. How one American by his own honest efforts rose from the most humble beginning to the highest station of honor and worth, has inspired millions and will inspire millions more. The fact that he was born in a log cabin and had the hardest of hardships did not weaken him, but by these rude forces he slowly builded his great character.

Great suffering taught him great sympathy. His great sympathy for men gave him great influence over men. As a lonely, motherless little boy, living in the pitiless poverty of the backwoods, he learned both humility and appreciation.

As a clerk and partner in a number of small stores that failed, as a defeated and as a successful candidate for the Legislature, as a student in law, as a member of the Legislature, and as a country lawyer, Lincoln was learning to love his fellow men and to understand them, while keeping his own conscience and building a reputation for honesty. When his fellow men held such great confidence in him as to elect him President, he was not elated, but still remained more than ever the humble brother of the common people.

But fate would not have it that he long enjoy the honors he had so richly deserved. In the hour of his election the nation for which he prayed was divided, and the men that he loved as brothers were rushing headlong into a great Civil War. Lincoln loved peace, but never enjoyed any except a few days before his tragic death.

After the nation was in war, the people came to realize that Lincoln's wonderful supervision would guide the Union through the storm, and at the end an indestructible one would be established. It seemed that he was being guided by God himself to save the Union.

Abraham Lincoln was born February 12, 1809, in a log cabin in Hardin County, Ky. His parents were very poor, and Abraham had to work very hard and endured many hardships. He went to school in all less than a year; but his good step-mother encouraged him to study, and he read every book he could find in the neighborhood for a circuit of many miles.

We to-day admire his choice of literature. Shakespeare was among his favorite authors; also he was deeply interested in the lives of Washington, Franklin, and others. The Bible was held the highest in his estimation, and he often quoted from it. Lincoln's grammar and handwriting were very good considering his schooling. Only through hard studying did he obtain his high standard.

When a small boy, Lincoln would practice the art of eloquent address for his own improvement by addressing an imaginary audience as though it were the greatest in the world.

At an early age Lincoln became a student of law. He loved its logic, its precision, and its justice. In his law practice and political debates he was noted for his well-chosen principles, his clearness and force, and his just treatment of his opponent.

Lincoln was firm and earnest in character, but he was also kind and sympathetic. The characteristics which made him a great leader can well be grouped into four parts—first, his capacity and power of reason; second, his excellent understanding; third, his idea of the sense of right and equity; and, fourth, his intense adherence to what was true and good. Still, he had another characteristic that contributed probably more than any other to his popularity. This was his keen wit and sense of humor. Every one enjoyed hearing him talk, for he always had new stories and jokes to tell; and, besides the fun that they contained, they were practical pointers to the important things he was trying to show to the people.

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Something must be said concerning Lincoln's connection with the greatest orator of his time, Stephen A. Douglas. They were great friends until they later became rivals. They were rivals in both politics and love, and ultimately Lincoln won in both. The people were amazed when he challenged such a noted orator as Stephen A. Douglas to debate with him in a series of public debates. But his idea was not to obtain fame; it was to put before the people in a clear and definite manner the beliefs and politics of both himself and Douglas. Even though Lincoln were homely and called the "rail splitter," he had gained more wisdom than any others through politics; and after the debates, the people's eyes were opened with amazement, and congratulations were sent to him from all over the United States.

In 1860 he was elected President, obtaining twice as many votes as any others who were nominated. When leaving his friends to take up his task as President, he bade them a sad farewell. In his parting words he said: "My friends, I have a task before me greater than that which rested upon Washington. Without the assistance of that divine Being who ever attended him, I cannot succeed; with that assistance, I cannot fail."

The four years and forty days that remained of Lincoln's life are but the story of his wonderful part in our great Civil War. He faced responsibility greater than that which has rested upon any man in this world in all ages. He accepted war to save the Union, not to destroy it. Lincoln's aim was to reestablish an indestructible Union. As he said in his great Gettysburg address: "This nation under God shall have a new birth of freedom, and that government of the people, by the people, for the people shall not perish from the earth."

When Lincoln issued his emancipation proclamation, declaring the slaves freed in all the States rebelling against the Union, it decided the war in his favor and was the crowning act of his life.

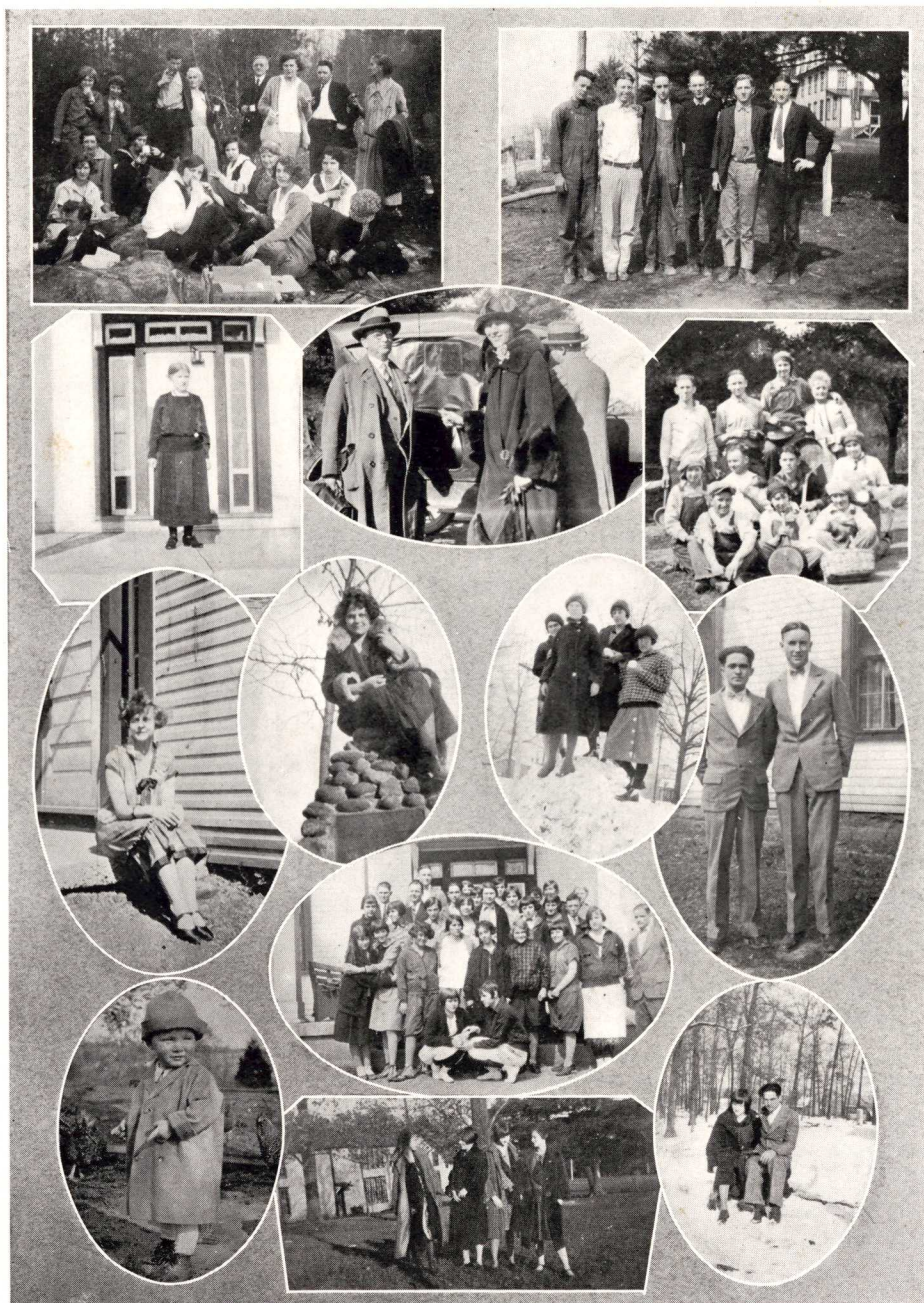
Lincoln was enjoying his wonderful peace when he was shot in the back, while in his theater box, by John Wilkes Booth, an actor, thinking he had killed him for the Southern cause. But in killing Lincoln he did his people of the South the greatest possible harm.

People have realized how different things might all have been had Lincoln continued to live. How his great influence would have helped in the solution of the nation's problems after the war! A besotted wretch snuffed out the most important life on earth that day.

Misguided men of his time ridiculed him because they were unable to understand his lofty ideals or see the practical wisdom of his great purposes. They measured him by their own puny standards, and, in condemning him, only condemned themselves. His sad life, his tragic death, his immortal glory are one with those of all the reformers, prophets, and saviors of the world. He is known to-day as a savior of a nation and an emancipator of a race. Abraham Lincoln finished successfully the most important and the most difficult task ever bequeathed to one mortal man in all history.



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## Prize Health Essay

(Two former teachers offered a prize for the best essay written by any member of the Senior or Junior High Schools on the question of "Health." This was won by Emerson Davis, 1927.)

### WHAT DAILY HEALTH DUTIES SHOULD BE PRACTICED BY THE INDIVIDUAL, AND WHY

**O**UR bodies are the temples of God. They are the masterpieces of God's creation. No invention conceived by the brain of man can equal them. Within our bodies are organs so sensitive and so complicated that their mechanical precision would utterly bewilder the brain of man to understand. Yet we are more neglectful of this wonderful body of ours than of any man-made machine. We are very careful not to get grit in the bearings of an engine, and we would think it folly to leave a fifty-dollar watch exposed to the weather; yet every day we desecrate God's temple by doing things that we would count folly if they concerned man-made machines. There are fundamental rules to be observed in the care of our bodies, and we should observe these rules each day and form habits that will lead to health, happiness, and success. No person would attempt to play a basket-ball or a football game without first knowing the rules and then striving to play according to them, and so it is with the great game of life. We cannot break the laws of Nature and expect to remain unpunished. We reap what we have sown. It is very important that we should form daily health habits.

The eye is the most important and delicate organ in the human body, and it is the one that students are likely to overwork and damage most. It is of vital importance that individuals should form habits of reading and study that do not strain or overwork the eyes. A few rules that will improve the efficiency of the eyes, if followed daily, are: In studying or reading, the book should be held about ten or fifteen inches from the eyes, and a person should be seated so that the light comes over the left shoulder. The body should not be in a slouching position, but held erect so that the eyes are not disturbed by bodily strain. A cramped position retards the flow of blood, and is liable to cause something more serious than strained eyes. Reading and studying should not be done when the light is dim or too bright. Shades are helpful by breaking and softening the direct glare of the light. When the eyes are tired, they may be rested by looking into the distance or closing them for a second. A skilled oculist should be visited once a year and the exact condition of the eyes determined. If these fundamental rules be followed daily by each individual, much improvement may be made with the eyes and greater efficiency in labor may be acquired.

The teeth are the next thing that command our attention. When we look about us and see the dirty and decaying teeth of scores of people, we realize the importance of correct habits. Almost all of the large dentist bills and untold suffering could be avoided by careful daily habits. "A clean tooth never decays." Daily habits of brushing the teeth should be acquired. The teeth should be brushed after each meal and before going to bed. A good, stiff brush should be used, and every tooth should be given a thorough brushing. The gums should be vigorously massaged at each brushing so that the circulation of the blood be increased. A dentist should be visited at least once or twice a year, and all decay should be stopped by filling. Much bad health that we blame to other things is caused by slovenly kept teeth. It is very important that we observe these rules in our daily life so that our body may be kept healthy.

The skin is the next thing to be considered. Dirt shows laziness, and clogged pores cause ill health. The skin—not only of the face and hands, but of the whole body—should be kept clean. Daily habits of washing should be formed. Baths should be taken three or four times a week. Hot water should be used to open the pores and free them from dirt, and then cold water should be used to close them. The bath should be followed by a very brisk rubbing with a coarse towel to make the blood come to the



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surface and stimulate circulation. Frequent cold baths are very beneficial to the skin. In all our efforts to obtain a healthy skin by daily habits we should remember that "cleanliness is next to godliness," and all cosmetics which tend to clog the pores should be strictly avoided.

Clothes are the next thing to be considered. We do not all have elaborate clothes or large wardrobes, but we all can keep our clothes clean and neat. We should not let dirty underclothes touch our skin, and we should be too proud to let our outer clothes be filthy. Clothes do not make the man, but they help the good work along. Our characters are judged by personal appearance as well as individual worth. It is very important that we should form daily habits of wearing clean clothes and shined shoes to protect clean bodies. Unclean skin and clogged pores are the cause of much sickness, but of what value is clean skin if it is smothered in dirty clothes? Clean skin and clean clothes are daily duties we cannot afford to overlook if we want healthy bodies.

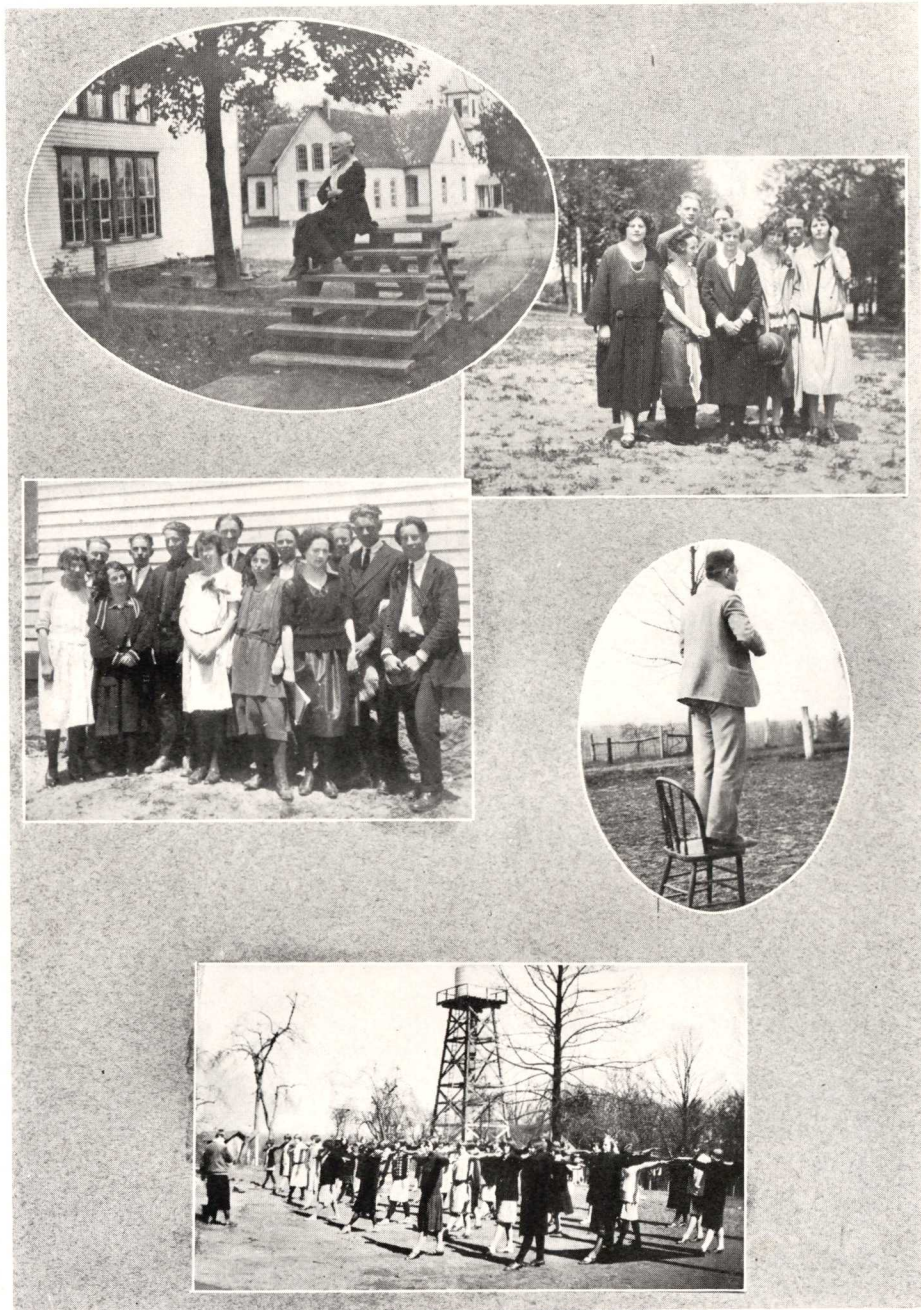
Daily physical exercise is of prime importance in our search for healthy bodies. It strengthens our muscles and gives us the "pep" necessary for mental concentration. Each morning when we get up we should take some vigorous exercise and then practice deep breathing for about ten minutes. The air in the room should be fresh. A cold shower before breakfast is a good tonic. During the day an hour or more should be devoted to taking exercise out of doors. The mind should be taken off of all worries, and a person should enjoy life. Happiness is a great stimulant, and a good laugh is the best of exercise. Exercises such as slow running and walking are unexcelled for developing strong lungs and a strong heart. Athletic exercises are beneficial, but are likely to be overdone. In all games a cheerful loser is more admired than a conceited victor. If we go out each day for athletics, we should think more of the results we are obtaining in making our bodies healthy than the score. Our daily duty, then, is to obtain plenty of exercise in the open air.

The last thing to be considered is sleep. It is very important that we have daily habits concerning sleep. While we sleep our cells are built up and strengthened, our minds and muscles are rested, and we gather strength for the tasks of a new day. Regular hours for going to bed and getting up should be observed. All our garments that we wear during the day should be discarded, and fresh, clean ones should be worn. This gives the garments we have worn during the day a chance to be purified by the air and to shed poisons that have accumulated on them during the day. The bedroom should be ventilated by windows raised from both top and bottom. A person should sleep about eight hours. The beds should not be overloaded with covers and should not be soft feather beds. The daily following of these rules will help us to enjoy the greatest of Nature's tonics—sleep.

In conclusion, let me add that the daily care of the eyes, teeth, skin, clothes, and the taking of exercise, sound sleeping, pure thoughts, and happiness are habits that can and should be made by every person, and that many diseases can be avoided by careful living. When we see people willfully disobeying Nature's laws and profaning God's temple, we get something of the thought that Henley expresses in his poem when he wrote:

"It matters not how strait the gate,  
How charged with punishment the scroll,  
I am the Master of my Fate,  
I am the Captain of my Soul."

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THE SENIOR CLASS WISHES TO THANK THE FOLLOW-  
ING PEOPLE FOR THEIR CONTRIBUTIONS WHICH  
HELPED VERY MUCH IN THE PUBLICATION  
OF THE 1926 HILLTOP. ESPECIALLY DO  
WE THANK MISS GARNER FOR  
HER WILLINGNESS TO TYPE  
OUR MATERIAL.

MRS. J. G. WARE  
MISS A. L. BISHOP  
MISS R. QUILLEN  
MISS E. F. DODGE  
MRS. A. H. SMITH

MR. FRANK F. DAVIDSON  
MR. W. B. RUSSELL  
MR. G. M. PETERSON  
MR. E. BUCKNER  
HARRISON MOTOR CO.

## ***"UPLANDS"***

Cumberland Mountain  
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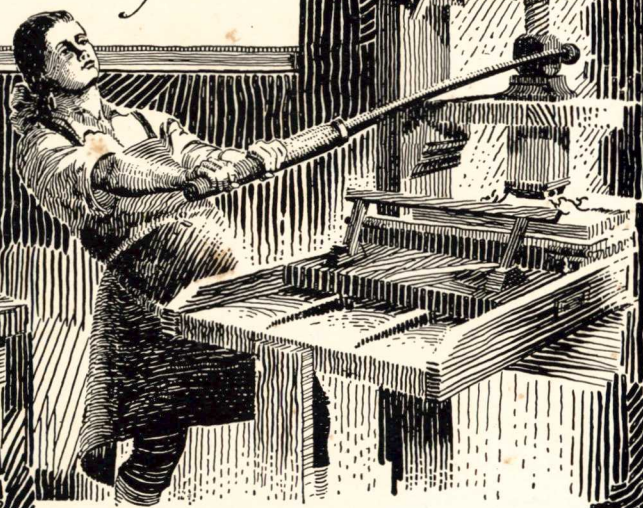
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