

## NEWS LETTER

Published by

STATE TEACHERS COLLEGE  
NEWS PRESS CLUB  
Elizabeth City, N. C.

Member:

Columbia Scholastic Press Association

Editor-in-Chief ..... James Leathers  
Associate Editors ..... Annie Bailey,  
Alesia Koonce  
Feature Editor ..... Marva Thomas  
Literary Editor ..... Janice Rogers  
Sports Editors ..... Richard Branch,  
Olando Hill, Sterling Lennon  
Exchange Editor ..... Naomi Cousin  
Typist ..... Mary Spruill, Alice Pope,  
Mary Hoeffler  
Reporters ..... Willie Jenkins,  
Katrina Johnson, Naomi Cousin,  
Lillian Hollowell, Linwood Edwards,  
Maxine Isley  
Adviser ..... Edna Mitchell

### KNOW ONE PLACE WELL

Man probes the innermost secrets of material things and proudly walks the earth because of his increasing factual knowledge. Life grows more complicated with its increasing array of mechanical gadgets. Each scientific advance makes life easier for us and means an increasing number of mechanical devices to be kept in order. It is the American desire to live better and more easily that has given this nation its standard of living.

But man is more than a machine; man has a heart and a spirit that craves assurance beyond material comforts. If life be too much with you and the frictions of daily competition and class meetings are sandpapering your nerves, try the peace of nature. Each of us needs a certain amount of privacy, each human being requires solitude.

If you have never done so, find one serene place in the countryside and get to know it well. Choose a sanctuary in a quiet woodland, on a tree-studded upland ridge, a spot on a sun-blessed meadow, or any quiet place. It does not matter the location, if it be a place that appeals to you. Get to know one small place well, week by week and month by month, through the turning year. In this place of your choice you can find serenity and assurance that give meaning to your years of living.

Find yourself a chosen spot and go to it frequently. You'll find that it can restore the hopes and desires of your living back to you.

—Marie Riddick

### "MIRROR WISE"

Ever since Elizabeth City College has held its name as an "Educational Mirror", both varsity and intramural athletics have played their part.

Each year leaders go, but there is always some one to hold positions of leadership. One might think there is no one like "him," as long as he holds the crown, but in terms of "educational economics," a step into his own world makes him less remembered.

It is true that in order to be known in college one must know the "mirror wise" techniques. Here and everywhere on State Teachers College campus, let the spirit run high, so that history will reflect the wise.

### LET'S GET ACQUAINTED

A mutual understanding between students and administrators is perhaps one of the most accelerating factors in the progress of a college. This understanding not only makes possible more educational experiences, but tends to develop future leaders.

Seemingly, this kinship has, to some extent, been weakened at our Alma Mater, and I, personally, feel that we should not hesitate to reestablish it. Too few of our students are willing to approach administrators for advice concerning major problems, problems that if not solved may mean a loss of a college education.

If we improve ourselves in this respect, not only will our school experience a new birth, but our graduates will be better prepared to solve the difficulties and perplexities that confront them. What can provide a better feeling than to be able to think on the pleasant years spent at a beloved Alma Mater? This is our institution, and it will never be any greater than what we make it, so while we are enrolled here, why not let us develop our personalities to the fullest extent.

### ARE WE SUPPORTING "IT"

One of the more disastrous diseases at the present time is poliomyelitis, which has brought sadness to numerous people and has left its crippling effect.

Until recently, there was thought to be no cure for poliomyelitis, but Professor Jonas E. Salk found a vaccine which would prevent the disease, if given before it occurred. This vaccine, as we know, was called the Salk vaccine, after its founder.

In order for any good program to be maintained to its fullness, it must be supported by the people, and "the people" means us. We are not to sit idly and wait for others to do our share, but rather we, ourselves, are to do our part. Sometimes we are prone to give little or no thought to such worthy causes as that of the March of Dimes. Perhaps, our friends or relatives are stricken with this dreadful disease. We forget that we want to help those who have this illness.

The prevention of poliomyelitis is one of the goals that we are working towards, and in order to prevent it, we must support the campaign to blot it out.

### PORTRAITS

By James J. Metcalfe

#### HE WANTS TO FIGHT

However neighborly you are . . . Or strive to be polite. . . Some stupid person always is. . . Prepared to start a fight. . . He does not understand or care. . . About philosophy. . . Or whether right and wrong involve. . . A sense of decency. . . He simply is a bully who. . . Demands his selfish way. . . And thinks he is the kingpin of. . . His fellowmen today. . . No matter how you speak to him. . . He does not want to hear. . . The words of human wisdom you. . . Could pour into his ear. . . And as his conscience is afraid. . . To meet you face to face. . . You have to pray that someday God. . . Will put him in his place.

### THE RELIGIOUS ADJUSTMENT OF COLLEGE STUDENTS

Some thinkers of old have defined religion as a belief in supernatural beings. I am not so sure that it is an adequate definition in relation to its application to the teeming millions of peoples in the world today. For men everywhere have some form of religion. From the barren desert to the crowded streets of the great metropolis, from the Arctic Circle to the Tropics, from India to the sunny fountains of Africa, religion meets a longing and basic need of mankind. So, religion may be defined as a way of life. In our American society it is an acceptable way of life.

Our religious beliefs have much to do with our actions, our concepts, our attitudes and our ability to adjust to changing times and situations. They have much to do with our ability to find solutions to our problems, to differentiate between right and wrong, good and evil. It is desirable that everyone here become adjusted as quick as possible. Our immediate cultural and intellectual improvement depends on just that.

There are certain traditional or common ideas about religion. Perhaps, each of us has his own ideas about religion based on the way that religion has affected or controlled our lives. Those ideas are an outgrowth of the environment from which we come. The influence of that environment will have much to do with our social adjustment here in the college community.

I suppose that everyone has a definition of religion. A noted philosopher summed up a statement which I think carries the basic philosophy or the basic meaning of religion. It is a statement that is filled with the very essence of right action. It is a principle, a guiding rule involving a benevolent and considerate attitude for others. The statement is: "Do unto others as you would have them do unto you" Very simple isn't it? If this can be our present guide, religious adjustment here on the campus will be no problem. There will be a favorable attitude toward the Sunday School, Prayer services and Vespers. One will have no problem deciding if he should cheat on an examination, or whether one should by deceitful means take Jane's boy friend or John's girl friend.

Religion may be thought of not only as the practice of rituals, procedures and formalities, but as an inner spiritual motivation expressing itself in a well ordered life, a well planned life, a well adjusted life, a life that is useful and meaningful. Herbart says, "Religion is the whole business of significant living, just as the moral and the aesthetic are other aspects or points of view from which to evaluate the same life content."

In our religious adjustment here, there is a task for everyone. I think that task is vividly and understandably expressed in these objectives:

To love the good and the beautiful,  
To lift someone each day,  
To think noble thoughts,  
And seek the truthful way;  
To keep our hearts right,  
To work from morning till night,  
To honor and obey,  
And smile and laugh and play.

—C. W. Gregory

### WHAT THE FRESHMAN WANTS

If I were a teacher  
with a B. S. Degree,  
Can you imagine  
Just how happy I would be?

But since I am a freshman  
With four long years to go,  
I'll try to make it somehow—  
Will you help me do so?

There are many who are with me  
in the same situation;  
All are striving  
For the teacher's occupation.

If you were a freshman,  
And you were in our shoes,  
Would you go on to the top  
Or stop right now and lose?

We're not concerned about the answer,  
For we all now see  
That it is always best  
To get a B.S. degree.

### PRAISE

Once in my cub reporter days  
My wise old father said,  
"My son, beware of words of praise.  
They are worst than wine for the head,  
So write this down for your motto  
list,  
Remember it long and well:  
No man is as bad as his foes insist,  
Nor as good as his flatterers tell.

"Though a little praise is a tonic good,  
Too much will go to the head.  
For no man has ever lived up to,  
or could  
To all that his flatterers said.  
Truth you may learn from your  
bitterest foe.  
But you'll never improve your ways  
And never you'll wiser or stronger  
grow,  
If you listen too much to praise.

"For praise is stronger than fiery  
drink.  
It has broken both king and czar.  
And all men go down when they start  
to think  
That lords of the earth they are.  
So beware of praise when it comes  
your way;  
Though a little may serve you well,  
It is better to heed what your critics  
say  
Than the stuff your flatterers tell."  
—Edgar A. Guest

### PRESIDENT BRINGS NEW YEAR GREETINGS

In the opening assembly January 10, President S. D. Williams gave New Year greetings. He asked students to take an inventory of themselves, to see if they had progressed culturally, spiritually and intellectually. The burden of learning lies upon the student, he said, and intelligence to a large extent will determine future success.



SUPPORT!  
YOUR HEART FUND  
DRIVE