

Buds AND Blossoms

By
MAMIE MILLER



"We beseech you, brethren, that ye increase more and more; and that ye study to be quiet, and to do your own business, and to work with your own hands, as we command you."--I Thess. 4:10, 11.

You will be seeing all the ads in journals, magazines, etc., on taking trips to other countries to view the gardens around Easter, and to visit the Holy Land at the season that is the pettiest.

We have in New Bern lovely gardens, from huge estates and waterfront gardens to pocket handkerchief and postage stamp

gardens. There are many elaborate ones with camellias and azaleas. It is a real treat to be able to enjoy all of these.

Tryon Palace grounds are lovely all year, and the adjoining buildings and old gardens are quite lovely. So often, in our eagerness to see sights at a distance, we overlook the beautiful things close at hand. Don't let this happen to you.

If you do get the opportunity to go abroad, you may be able to see the Water gardens, Joplary gardens, Oriental gardens, Secret Gardens, Valley Gardens, and Rock Gardens, as well as the many botanical, municipal, and roof ones.

Still, we have the Elizabethan Gardens right in our own state, and they are rich in garden ancestry. A visit is always interesting, and rewarding beyond anything you can anticipate. The Daniel Boone Garden in Boone is superb too.

No matter what the year has for us, we always want to welcome spring. Like the rest of God's creatures, we are greatly influenced by its arrival.

For our Buds and Blossoms poem, we turn to "A Prayer In Spring" by Robert Frost.

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Oh, give us pleasure in the flowers today;

And give us not to think so far away

As the uncertain harvest; keep us here

All simply in the springing of the year.

Oh, give us pleasure in the orchard white,

Like nothing else by day, like ghosts by night;

And make us happy in the happy bees,

The swarm dilating round the trees.

And make us happy in the darting bird

That suddenly above the bees is heard,

The meteor that thrusts in with

DANGER

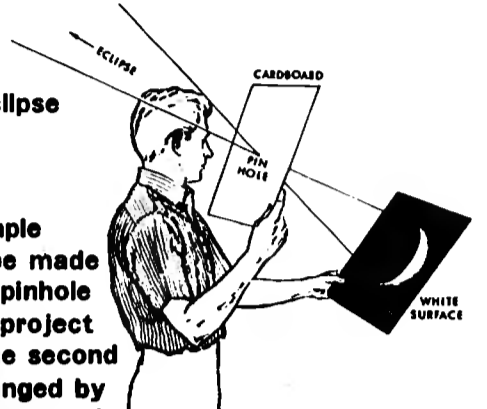
SOLAR ECLIPSE MARCH 7, 1970

Sunglasses, smoked glass, exposed photographic film, and welder's goggles ARE NOT SAFE for watching the eclipse. Only by indirect methods, such as television or simple projection devices, can this phenomenon be observed without risking damage to the eyes, warns the National Society for the Prevention of Blindness, Inc.

USE ONLY INDIRECT METHODS:

1. Watch television. Without question, the safest method for viewing a solar eclipse is by watching it on television.

2. Use the indirect pinhole method. A simple projector for observing the eclipse can be made with two pieces of white cardboard. A pinhole or pencil hole in the top piece serves to project and focus the image of the eclipse on the second piece. The size of the image can be changed by altering the distance between the two pieces of cardboard. DO NOT LOOK AT THE SUN THROUGH THE PINHOLE.



EYE DAMAGE DURING ECLIPSES:

In 1959, 170 people, mostly school children suffered permanent damage to the sight of one or both eyes.

In 1963, one-half of the country's ophthalmologists reported 247 cases of visual damage.

ACCORDING TO MEDICAL AUTHORITIES:

The danger of the retinal burn comes from the invisible infrared rays which penetrate light filters and instantaneously damage eyes. The retina is not sensitive to pain, henceforth the victim might not immediately be aware of eye damage. Retinal burns are incurable and destroy the field of fine vision. The victim's ability to read is lost forever.

The March 7 eclipse will be total in the eastern part of North Carolina. The next total eclipse in the continental United States will occur in 1979 in the northwest corner of the United States. The path of totality will be about 80 miles wide and will follow a line from Elizabethtown to Greenville before striking eastern Virginia and moving out into the Atlantic Ocean. Raleigh and Wilmington will be just out of the path of totality. All parts of North America, except Alaska, will experience the partial eclipse.

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needle bill,
And off a blossom in mid
air stands still,

For this is love and nothing
else is love,
The which it is reserve for
God above
To sanctify to what far ends
He will,
But which it only needs that
we fulfill.

point out.

Most persons don't need
emotional support all the time
for it's like refilling a car with
gas. It runs for a while before

it needs to be refilled. The
important thing is to see and
give emotional support when it
is needed, remind the spec-
ialists.

Everybody Needs Understanding From His Friends

Everyone needs emotional support, and we need to watch when a person may feel the need of it. A smile of greeting may give him a different outlook.

Giving emotional support is helping others to feel understood, needed and appreciated, extension home economics specialists, North Carolina State University, explain. This is basic to healthy personality development.

If the husband's hard day at the office combines with a wife's day of nervous exhaustion from taking care of children and the home, there can be an explosive situation. Even if one family member stays on even keel and listens to complaints of others, everyone will feel better, the specialists



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