

Walking Helps Prevent Colds During Winter

Sombody has figured out that the average person loses five days of work a year because of colds in the head.

But no one has calculated the fun lost because of colds. Or totted up the number of broken dates, broken engagements and broken homes caused by the irritability, insecurity and downright cussedness which accompanies a stuffed-up nose and a scratchy throat.

And in spite of all the research on the subject, doctors agree that good advice for avoiding colds is to "walk" for at least a half an hour a day in the fresh air.

Of course, most people tell their doctors they simply haven't got time. But it's surprising how many of the busiest people in the country—movie and television stars for instance—do manage, somehow, to find that time. They're discovered it pays off in the long run. Not only by clearing out the lungs, but also by untangling those knots in your nerves.

You'll find walking is a pleasure instead of a chore if you do as the movie stars do and start off in a pair of good walking shoes. They must have low heels, because you can't get into a long stride

swinging stride with high heels. And they should be of leather with supple leather uppers and flexible leather soles that encourage the muscles of your feet to bend and relax and give you a proper walking rhythm.

Your feet keep good and warm in shoes like these because leather has millions of tiny pores which let the air in. The air is warmed by your moving feet and, in turn, keeps your feet warm. At the same time perspiration is evaporated. And if your feet are warm that means your circulation is stirred up and you are warm all over.

Some other rules for good walking are:

- Don't walk in order to get some place—not every day any way. Walk to enjoy the countryside or the park and the people you see.
- Don't take a watch along.
- Don't bundle up too much; you want to be able to swing your arms or throw a snowball without too much effort.
- It's nice to have a companion—a small child for instance, but not absolutely necessary. Walking alone is fun too.



CROWNING "MISS LIGON HIGH SCHOOL"—Principal R. E. Brown of the J. W. Ligon Jr. Sr. High School here is shown above crowning Miss Bonnie Barber of E. Hargett Street as "Miss Ligon High School" for the year. Miss Barber and her attendants reigned at the homecoming game last Friday night.



UNITED NATIONS PROGRAM EXHIBIT—Pictured are left to right, Mrs. Merle Baley of Raleigh who is doing special study at Shaw University; Mrs. Ida Moore, a senior of Blounts Creek; and Mrs. Mary Green, a senior of Kingston. They are displaying articles representing the various countries of the United Nations which include a Model of the U. S. Building, and articles made in Africa, Holland, Japan, Austria, China and Switzerland. The program was held last Friday in Greenleaf Auditorium, with Mrs. Alma West, adviser.

Virgin Island Official Visits Durham School

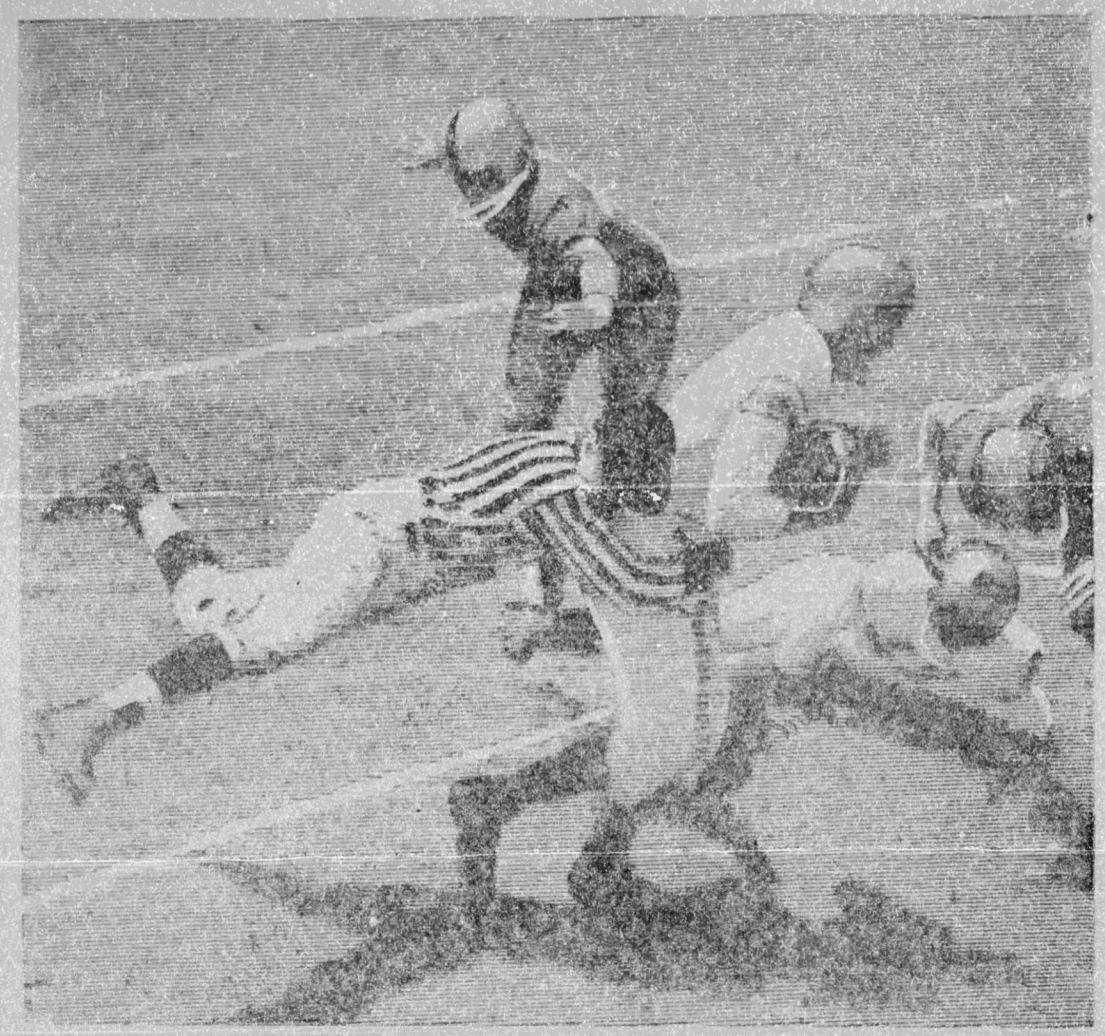
DURHAM—The Durham Business College recently received a distinguished visitor in the person of Earl P. Finch, Director of Vocational Rehabilitation, St. Thomas, Virgin Island.

Mr. Finch was en route from a National Rehabilitation Conference at Duke Hospital

in Asheville. While here he was the guest of Mrs. L. M. Harris, president DBC.

Finch also gave a short talk to the student body on the Virgin Islands, the customs and habits.

During his stay in Durham, Mr. Finch also visited the North Carolina Mutual Life Insurance Company and Rehabilitation facilities at Duke Hospital.



Would you call this fair play?

Hardly—yet you face the same kind of unfairness with some of your taxes

The referee in this picture is doing something no official in his right mind would do: He's stacking the ball-carrier, and thus giving an unfair advantage to the opposing team. In a similar way, federal laws give certain people an unfair tax advantage over you and most Americans. Here's how:

About 23 cents out of every dollar you pay for electricity goes for taxes. But under present tax laws, several million families and businesses escape paying most of the taxes in their electric bills that you pay in yours. They are people whose electricity comes from federal government electric systems.

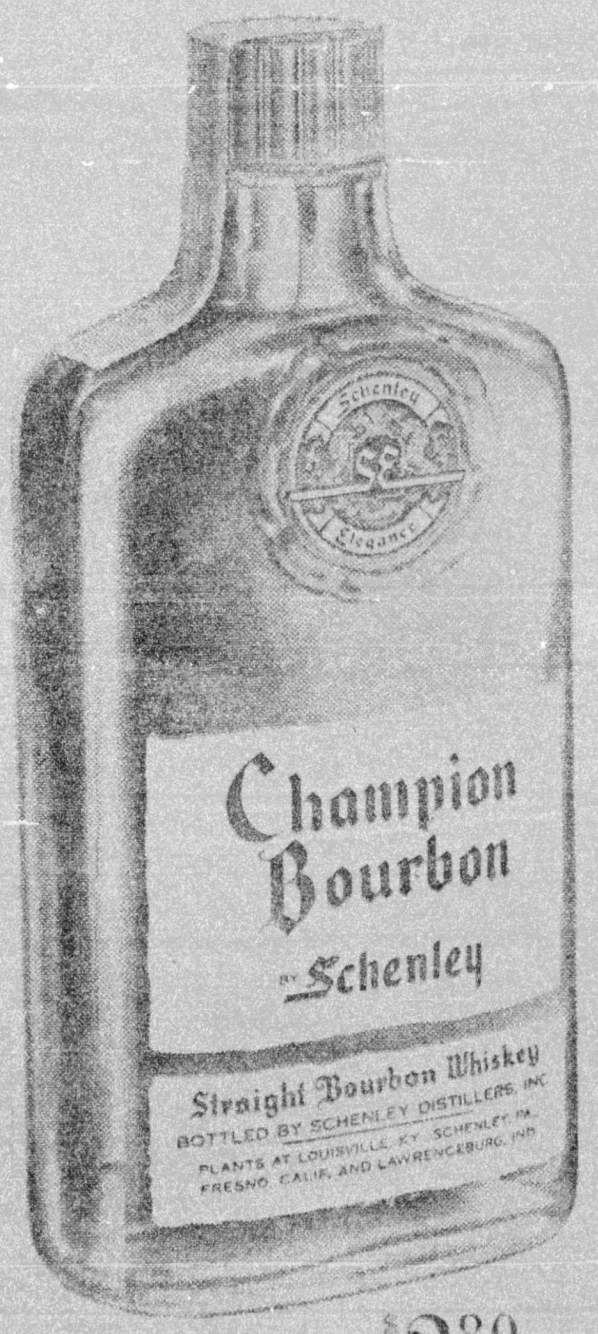
And what's more, the taxes they escape have to be made up by other people—including you!

Most Americans think everyone should pay his own fair share of taxes. Don't you agree?

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CAREER OPPORTUNITIES

BY STAFF WRITER

N. C. JOB OPPORTUNITIES

According to information that we received, the Merit Examination System of the North Carolina State Board of Public Welfare and the County Boards of Welfare, the State Commission for the Blind, the State Board of Health and the Local Health Units and the Medical Care Commission, system. It is a merit examination policy from which political, religious and personal considerations are rigidly excluded and under which appointments, promotions and transfers are made upon the basis of merit—and we hope race is non-existent as indicated by competitive examinations and by the actual performance of the duties of the positions.

The majority of the positions within the following agencies are now covered by the Merit Examination System: the North Carolina State Board of Public Welfare and the County Boards of Welfare, the State Commission for the Blind, the State Board of Health and the Local Health Units and the Medical Care Commission.

HOW TO APPLY

Official application forms may be obtained from the Merit System Office, Mission Rock Building, Raleigh, North Carolina, or from any County Welfare Office, Local Health Unit or Employment Security Office. Applications will not be accepted unless they are on the official application form.

PLACE OF EXAMINATION

Written examinations for all positions will be held on December 9, 1958, and if there are a sufficient number of applications, the examinations will be held at the following centers throughout the State: Wilmington, New Bern, Hatteras, Elizabeth City, Weldon, Raleigh, Durham, Greensboro, Winston-Salem, Charlotte, Asheville, and Fayetteville.

Next week we will begin discussing some of the positions that are open.

Technology Division At Hampton Will Award 11 Scholarships To Seniors

HAMPTON, Va. — The Division of Technology at Hampton Institute will award eleven full scholarships to the winners of the 11th annual competition for high school seniors to be held on the college campus, Saturday, April 25, 1959, according to V. Martin Smith, director.

The competition involving the four departments of the Division of Technology, is divided into three parts. First, second and third place medal winners in each division will be contestants for the eleven full four year scholarships to Hampton Institute.

The first division will be open to seniors who can submit any project or idea during the current school year in industry, art, design under the supervision of a regular professional arts teacher or supervisor. These projects must be mailed to the college not later than April 15, 1959 and will be eligible for an industrial site award or scholarship.

The second classification will include those seniors who have taken a college preparatory or college course who are interested in taking an industrial arts teacher training course; those interested in further study in architecture, in building construction and in electronics.

These students must be present at the college, April 25, to take tests of scholastic achievement, interest and aptitude for the above fields.

The third method by which students may earn scholarships is an actual demonstration of skill in one of the following areas—carpentry, electricity, radio and television, painting and decorating, plumbing and heating and masonry.

Each contestant in the above areas will be required to perform certain jobs or operations basic to the trade and commonly included in the course content of trade courses taught on the high school level.

In order to be eligible for admission to any section of this competition a student must rank in upper half of his class.

Any student interested in entering the contest is invited to write to the Division of Technology, Hampton Institute, for the rules and regulations.

A central, favorable notice has been found to be of benefit in wine production.

Buy a bear only from a meat store, later, preferably from a certified letter.

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