GOOD HEALTH

Governor Umstead Outlines His Program

new Governor of North Carolina, pre-trade for new state ports at Moresented a broad and comprehensive head City and Wilmington. Continue North Carolina in his inaugural ad-study to elimination of stream poldress last Thursday.

Memorial Auditorium. Umstead told have a minimum wage law. Stated the legislators that "this is an hour that every citizen has right to work of great possibilities for you and for and to go to work wherever his job me. I have complete confidence in may be, and that laws must be enyour patriotic devotion to North Caro- forced to protect every citizen in his and unpredictable problems. Let us anyone. not be afraid. Let us meet with a Prisons and paroles-Requested that courage that is characteristic of our further study be given possible seppeople the uncertainties of a swiftly aration of prison system from high moving future."

The new chief executive made a with major emphasis going to public education, roads, highway safety, ag- handled by one commissioner. riculture, conservation and development, treatment and care for mentally ill, labor, prison and paroles chang-

es, liquir referendum, and taxes.

He recommended a 10 per cent salary increase for public school teachers and other state employees, retroactive to July 1, 1952, and asked that as much increase in the salaries of teachers be made during the next biennium as can be provided within available revenues.

The present school construction program is not meeting the needs of rapidly increasing school population, the Governor asserted, and he asked the General Assembly to submit a bond issue to the people for funds "to provide the necessary aid to counties for the construction of school facilities for all our chil-

He also called for further reduction of the teacher load, the safest school bus transportation possible, improved vocational training programs, and a new study of requirements for elementary teachers. These requirements have been said to be so rigorous that they deter young people from seeking to become elementary teachers, where a serious shortage of trained personnel now exists.

Umstead spotlighted the need for better treatment and care of mentally ill patients in state institutions. describing the need so urgent that it can be met adequately only by the proceeds of a state bond issue.

"We call the institution at Kinston the Caswell Training School," he said. "It is and has been a detention home for feebleminded children, who grow into feebleminded men and women, and there they stay through the years. There has never been a place which has even been called a training school for feebleminded children of the Negro race. There is not sufficient room in our institutions for the adults who need attention.

at it in a piece-meal fashion long enough. We must make every effort to cure both children and adults, where such is within the capacity of the saint's sorrow, and yet believe not that he is joy. We medical science, and sufficient medical personnel must be provided. These people have no spokesman except those whose hearts have been touched by the condition of those affected by this program.'

Here are highlights of other major views and recommendations present- Knox). ed by Governor Umstead:

never finished, the state must continually maintain, im- how he once became despondent beprove and build roads. New study cause of the wickedness of the world, should be made of present road rev- and the dangers that beset the Chrisenues to determine what, if anything, tian Church. One day his wife apcan be done to increase current rev- peared at the breakfast table dressed enues for a long-range primary road in black. When asked the reason, she building program. Also recommended replied, "Why haven't you heard? God that number of highway divisions and is dead." Taken aback. Luther rehighway commissioners be increased pplied, "Nonsense! How can God die?

every public high school.

in agriculture, and endeavor to raise So we, like the saintly Luther, must the average per capita income of farm learn to trust more in God. Too ofpeople in North Carolina. Urged a ten we are like the old bishop who broad, coordinated farm program for lay awake one night eating his heart state, with emphasis on soil conservation and agricultural research.

Conservation and development-Bring in new industries and encour- to sleep now, bishop. I'll sit up for age expansion of present industries the rest of the night." to provide more employment, more per capita income, and more tax rev- still on the throne, and we who are Encourage further develop- Christians are more than conquerors

William B. Umstead of Durham, the ment of seafood industry. Develop program for the consideration of the sound promotion of North Carolina at-General Assembly and the people of tractions for tourists. Give further lution.

Speaking at formal ceremonies in Labor-Recommended that state Ahead of us there are new right to go to work unmolested by

way commission. Suggested that General Assembly create Paroles Commisnumber of important recommendations sion of three commissioners to give more attention to the affairs now

> Referendum on liquor-Believes sale of intoxicating liquor by state is a moral question and should be treated as such. Favors a referendum on question for the people.

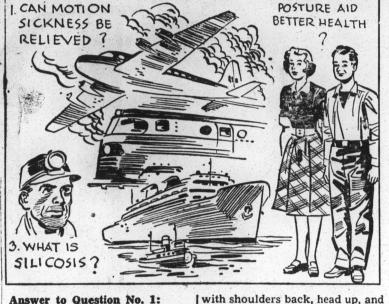
Taxes-Appropriations appear to equal revenues, with no provision for normal increases in existing state services. Does not favor, however, new taxes or increased rates, but suggested close study of situation by General Assembly.

Weekly Devotional Column

By JAMES MACKENZIE

Well over a century ago, Horatius Bonar wrote: "Altering the words of Lord, may we not also say, 'Blessed are they that have seen and yet have not believed'? To see and yet not to believe is one of the things that faith teaches us. We look upon a world full of ungodliness, and yet believe not that God has forsaken the earth. We see the world's wisdom worshipped, but yet believe not that it is wisdom. We see the power of evil, and yet believe not that evil shall triumph. We see confusion everywhere, and yet believe not but that order is God's and yet believe not that they shall ary 1-4. We see the saints trodden abide. down, but yet believe not in their shame or extinction. We look upon the tomb of the righteous, and yet be- breaking attendance. lieve not that he is dead. We see the church's persecutions and defeats, and yet believe not only that she is conquerer, but invincible. We see the march of antichrist, but yet believe not in his progress, save as a progress He declared that "we have worked to doom. We see the world's joy, and yet believe not that it is joy. we believe not in the night, but in the day. Thus faith triumphs. We believe, we trust, we hope; and, so doing, we stand above the world." For "What is faith? It is that which gives substance to our hopes; which convinces us of things we cannot see" (Hebrews 11: 1; translation of R. A.

The great Martin Luther tells us He is immortal, and will reign tri-Highway safety—Recommended a common sense, effective mechanical inspection law for all motor vehicles, about hopeless and discouraged; actand a drivers' training program for ing as if He were dead." Then, Luther tells us, he realized his lack of Agriculture-Continue improvement faith, and renewed his trust in God. out over the evils of the world. Along about midnight he thought he heard the voice of God say, "You may go Appearances to the contrary, God is



Answer to Question No. 1:

Those who suffer from the discomforts of motion sickness when traveling by boat, airplane, train can now often be greatly relieved. Sudden dizziness, headache and nausea (the characteristics of motion sickness) can be greatly reduced by drugs to allow for a smooth journey. These drugs smooth journey. These drugs should be used only on the advice of your physician.

Answer to Question No. 2: If good posture is encouraged in children, they may be spared many aches and pains in later years. Not only is a person's general appearance greatly improved, tion Foundation) come dangerous. Industrial medicine is lessening the incidence. (Copyright 1952 by Health Information Foundation)

through His Son, who loves us. For: This is my Father's world, O let me ne'er forget That though the wrong Seems oft' so strong, God is the Ruler yet.

This is my Father's world The battle is not done; Jesus who died Shall be satisfied, And earth and heaven be one.

State Farm Bureau Meets In Charlotte

Greensboro has announced that the use it. organization will hold its 17th anlaw. We see mighty kingdoms ruling, nual convention in Charlotte, Febru-

Headquarters for this year's convention will be the Hotel Charlotte and all indications point to a record-

R. Flake Shaw, State Farm Bureau executive vice-president, said he ex-

pected an attendance this year of between 1,500 and 2,000. Last year's official attendance in Raleigh was ! 700 for the four day event.

abdomen in, but there is no un-

natural strain on muscles and

joints throughout the body. Good

posture at all times—in both standing and sitting positions—lessens fatigue and discomfort.

Silicosis is a disease of the lungs

due to excessive inhaling of stone

dust. It occurs most often in min-

ers or stonecutters. The symp-

toms are like those of chronic bronchitis. Silicosis can also cause

growths in the lungs and can be-

Answer to Question No. 3:

2.

HOW DOES GOOD

PRESBYTERIAN SERVICES

James MacKenzie, pastor of the Edenton Presbyterian Church will preach Sunday morning at 11 on "The Three I-Ams of Paul." (Romans 1: 14-16). Sunday School will be held before the worship service at 10 o'clock, with classes for both youngsters and adults. Everyone is invited, Pingpong room open each evening after school hours, and on Saturdays; all North Carolina Farm Bureau in Edenton teen-agers are welcome to

> Mid-week prayer meeting every Wednesday evening at 7:30. During the month of January the pastor will give a series of illustrated lectures on the second coming of Jesus Christ, who is not only the Founder, but the Infallible Head of the evangelical Protestant Churches.

> The public is cordially invited to attend these talks, which will be premillennial in outlook.

State College's HINTS TO HOMEMAKERS

Right now is the time to take stock, will you need in the way of replacements in 1953, in the way of tree or-naments or tree lights? You will

In packing away Christmes decorations be sure to list on the cutside of the box the contents. They should be clean and right ready to use when opening time comes

Where did your family and guests out. place their coats when they came calling? Did they have to yank out their best coat from under a pile of coats on the bed? Wouldn't it be fine to provide in every home for that influx of coats, boots, wraps-whether it be for Christmas or for any ocasion. Had you ever thought of inary experts, a regular feature in placing a large metal tray at the doorway for wet boots, umbrellas? Trays can be purchased at the five and dime.

Any Day, Begin With An Orange A whole orange at breakfast is an aid for good digestion.

Try breaking a raw egg into a your Christmas decorations. What glass of orange juice, shake to a froth and sip an "orangegg."

Try orange French toast: Dip certainly want a tree stand if you bread in beaten egg and orange juice, don't have one. It's always good to grated rind for flavor too; fry in have something new to "Oh" and "Ah" butter. Spread toast with butter, marmalade, and pop under the broiler to glaze.

Try marmalade with cream cheese on English muffins-broiled, too.

How about hot orange juice, on a frosty morning? Don't doubt-try

ADD ZEST TO COOKING WITH TEMPTING DISHES

Homemakers looking for new ways to prepare appetizing dishes will find valuable suggestions of America's cul-

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