

TO YOUR GOOD HEALTH

By PAUL B. CORNELLY, M. D.

There's something very sad and perhaps even fatalistic about the way black people accept death, and more importantly, sickness and health. Even in the midst of a great social-economic revolution with unheard-of breakthroughs in job opportunities, education and economic advancement, black people still maintain a "what must be" attitude where health is concerned.

Just out of curiosity I asked some young militants not too long ago what they considered to be the most important area for social change. I wanted to find out, from them, what they thought was important. I did and it wasn't health.

"I want a good job, a decent place to live, and food for my family," was the typical reply.

I imagine that good physical and mental health had been either taken for granted or given a place at or near the bottom of the list. For some reason it is generally assumed that if one has a decent job, a roof over his head, and food, good health will be automatic.

Not so! Some middle class people I know, both black and white, grossly neglect their health.

A sound and healthy body can no more be separated from jobs, housing, and education than an astronaut can be propelled into an orbit without his spacecraft.

What good are jobs if you're too sick to hold them? To what advantage is a splendid new school house if a child's health is poor? And, just how

important is a decent home to all ill man or woman?

The residents decided to take action to buck the system and make it respond to their health needs. The fight for comprehensive health services took about four years. They recruited support from local doctors, the D. C. Health Department, the Public Health Service, the Office of Economic Opportunity, and nearby Howard University. They formed an organization and called it the Community-Group Health Foundation.

As a result of their fight, more than 20,000 residents of the Cardozo area will soon be able to go to one clinic for all their health needs, including prenatal care, well-baby care, and immunization.

The Cardozo residents realized that health was a priority and did something about it.

The objective of this column is to stimulate as well as inform the community about medical and health needs. We will examine such topics as Medicaid and "The Crisis of the Black Medical Professionals."

I will also tell you about what is being done in other communities to solve crucial health problems and the type of action you can initiate to get better response to the health needs in your neighborhood.

War veterans who are totally and permanently disabled from service-connected causes can now receive outpatient care at VA hospital clinics for conditions not connected with their military service as well as for service-connected conditions.



GHANIAN AMBASSADOR AND BENNETT GIRLS — E. M. Debrah, Ambassador to the United States from Ghana, proved a very popular visitor during a visit to Bennett College last week. The ambassador is shown here during a question and answer session with students and college officials.

"Teenagers Are Not Children" Says Family Relations Expert

RALEIGH — Sometimes adults get so baffled by teenagers they find themselves asking, "What do teenagers want anyway?" According to Frances Jordan, extension family relations specialist, North Carolina State University, that question has a fairly simple answer. Teenagers want to be treated as teenagers — that is, almost adults.

Teenagers aren't children, even though they sometimes act that way. "And," Miss Jordan adds, "Adults sometimes act like children too."

When adults or teenagers act like children it may be for several reasons. Either they never learned how they were supposed to act, they don't care enough to be mature, their egos are threatened or they are tired or worn out.

When an adult regresses, several things may happen to get him back on the right track. The law may force him to change his ways. A spouse may help his mate grow up. Or hopefully, the adult can see

for himself now he is behaving and can straighten up on his own.

By the same token, adults can help a teenager to act more mature. For example, they can make sure the teenager knows what is expected of him in terms of behavior.

They can try to see the situation from a teenager's viewpoint. Maybe adults are expecting more elegant behavior than the situation demands. It is also possible that the teenager is making his decision on the basis of a different set of needs. Maybe he thinks he needs to act that way because the rest of the gang is behaving that way.

The queen of Sheba ruled Yemen when the present-day small republic was one of the fairest lands on the Arabian Peninsula. Travelers were marveling at Yemen's walled cities at a time when wigwags still dotted Manhattan.

The Mason-Dixon Line was not established as a dividing line between the North and South. It was set up to settle disputes over private land grants.

Kodak Selects Code of A&T All-American

GREENSBORO — For the second straight week, Merl Code of North Carolina A&T has been named to an All-American team.

Code, an outstanding cornerback for the Aggies, has been selected for the 1969 Kodak All-American team by the American Football Coaches Association.

Last week, Code, a native of Seneca, S. C. was named on the Associated Press Little All-American team.

Players from 22 different "college division" schools all over the nation have been named to the 1969 Kodak All-American team by the American Football Coaches Association.

Quarterback Terry Bradshaw of Louisiana Tech and halfback Jack Maitland of Williams head up the offensive backfield for the squad, selected by AFCA members in balloting following the 1969 collegiate football season.

Rounding out the backfield are fullback Leon Burns of Long Beach State and halfback Manuel Britto of Northeast (Oklahoma) State. The team was announced by William Murray, executive director of the AFCA. Players will receive Kodak All-American Awards at their schools.

Bradshaw, considered a leading prospect for early selection in the professional football draft early in 1970, was a member of the Kodak All-American in 1969 as a junior. Maitland, 6-foot, 208-pound speedster who broke all rushing and scoring records in Williams' history and Clovis Swinney, 6-3, 233-pound defensive tackle from Arkansas State, also were named to last year's squad. The team is chosen annually by the AFCA, and sponsored by Eastman Kodak Company of Rochester, New York.

TWO MINUTES WITH THE BIBLE

BY CORNELIUS E. STAM, PRES. BEREAN BIBLE SOCIETY CHICAGO, ILLINOIS 60635

THE CROSS AND THE CHRISTIAN

Nothing will prove so helpful to a Christian in overcoming sin as an appreciation of Christ's death for sin at Calvary. The Bible teaches that:

1. The cross stands between the believer and his SINS; the wrong things he does, or is prone to do, in thought, word and deed.

"And you, that were once alienated and enemies in your mind by wicked works, yet now hath He reconciled, in the body of His flesh, through death, to present you holy and unblameable and unreprouvable in His sight" (Col. 1:21,22).

"Christ died for our sins according to the Scriptures" (1 Cor. 15:3).

"Who His own self bare our sins in His own body on the tree" (1 Pet. 2:24).

... by one man sin entered into the world, and death by

... But ... much more the grace of God, and the gift of grace, which is by one, Jesus Christ, hath abounded unto many ... That as sin hath reigned unto death, even so might grace reign through righteousness unto eternal life, by Jesus Christ our Lord" (Rom. 5:12,15,21).

"For God hath made Him to be sin for us, [Him] who knew no sin; that we might be made the righteousness of God in Him" (II Cor. 5:21).

3. The cross stands between the believer and his SINNING.

"What shall we say, then? Shall we continue in sin, that grace may abound? God forbid. How shall we that are dead to sin, live any longer therein?"

Our old man nature has been crucified with Him ... that we henceforth should not serve sin ... Let not sin therefore reign in your mortal bodies, that ye should obey it in the lusts thereof; neither yield ye your members as sin; not merely what they have done, but what they are and would do; not merely their deeds, but their nature. But Christ's death took care of this too.

... instruments of righteousness unto God." (Rom. 6:1,2,6,12,13).

Eleven offensive and defensive players were chosen for the team — all 22 from different schools. In addition, 22 players were selected for honorable mention.

Palace Scrubbing
Starting Jan. 1, Buckingham Palace will get a four-month, \$4,000 scrubbing, painting, cornice-repairing job and new pigeon-repellent windowsills.

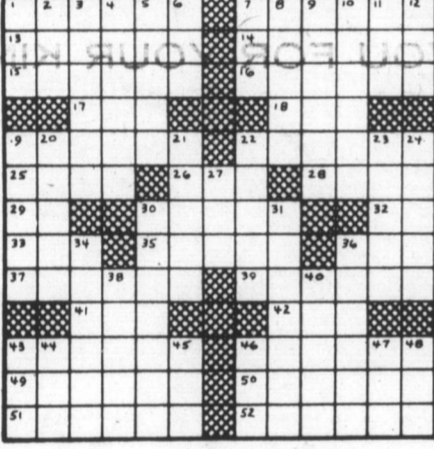
Season's Greetings
from all of us to you!

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Crossword Puzzle

ACROSS

- Body parts
- Things lost
- Esteem
- Fruit
- Stemmed glass
- Barroom
- Suffix: adherent
- Sailor: slang
- Convent head
- Deprived
- Tall grass
- Vehicle
- French river
- State: abbr.
- Oregon capital
- Mother
- Turkish title
- Jack: cards
- Mire
- Gives food
- Holy Roman —



DOWN

- Shake
- Commotion
- Drink
- Filled with sand
- Woody plants
- Put
- Angeles
- Make a speech
- Wages
- Sleep noises
- Self
- Double: Bot. coin
- Make certain
- Source
- Reexamine
- Rise
- Japanese
- Tapestry
- Tan color
- Scrutinizes
- Writ: law
- Thigh bone
- Barter
- Wing
- Long pins
- Biographies
- Halt
- Optical illusion
- Worth
- Terror
- Distant
- Compass point
- Soak
- Snake
- Metal
- Finish

Happy Holidays

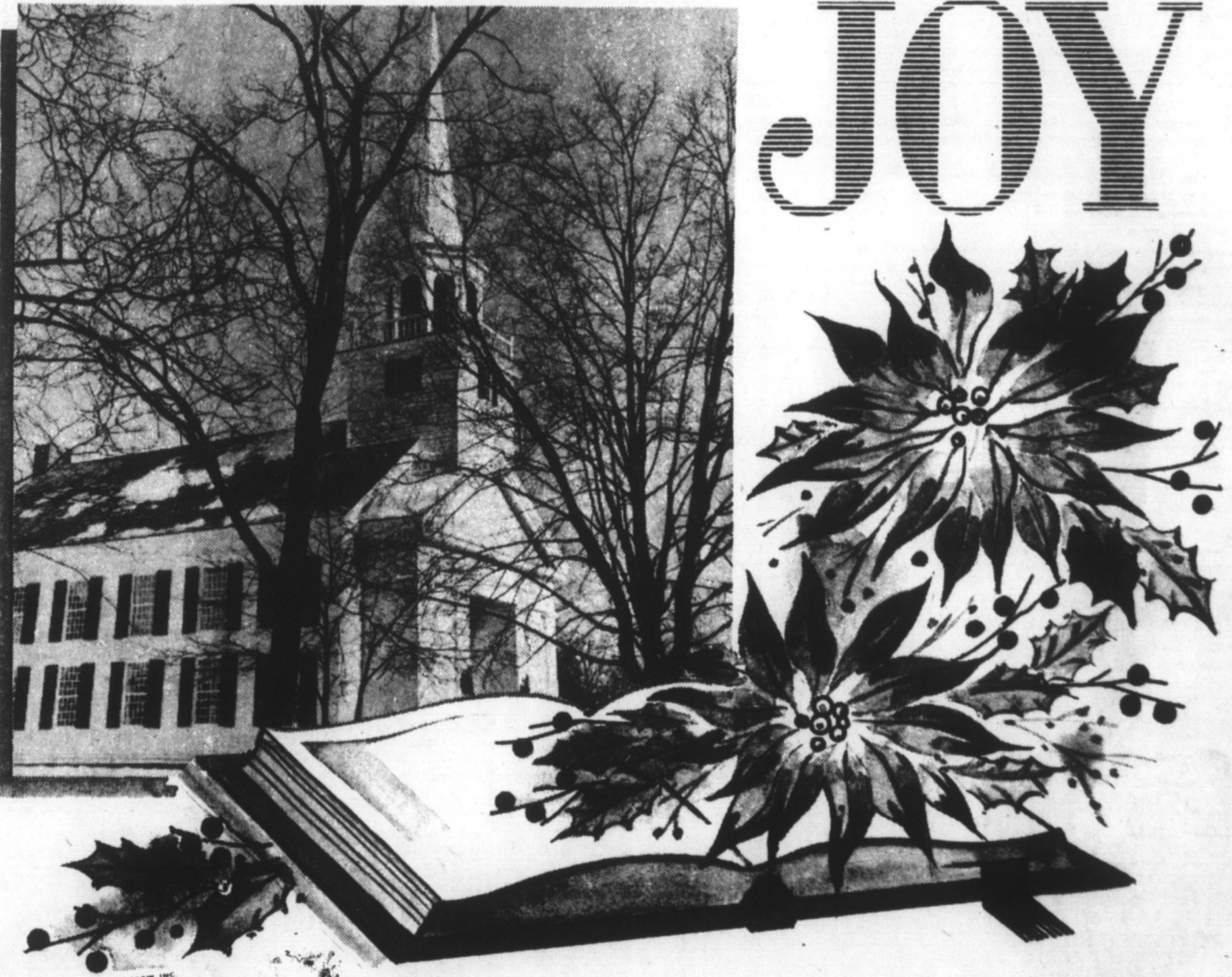
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CHRISTMAS JOY



As we gather together with friends and loved ones in our churches and our homes, may we remember the real meaning of Christmas ... God's love for us ... and may our hearts be filled with joy!

Durham Southern Railway Co.