

How To Deal With Older People

New York (NAPS) -- The idea that the aged cannot cope with modern living may be as old as the hills—but it's not too intelligent. Today it's clear that the older generation can do all right on its own, and even better with a little help from the rest of us.

What can be done? Few things are more important to our senior citizens than keeping active. (Arts, crafts, and conversation are part of the game.) You can help older people lick the age-old enemy of old age—time.

Even when older people are confined to the home, they enjoy company. Urge friends to drop by. Make sure each member of the family spends some time with the elderly person. Encourage him or her to accept age with grace.

"What is old age—this thing that makes young people shudder and older people weep?" asks Dr. Oswald Hoffmann of radio's famed Lutheran Hour, heard every week over more than 1,200 outlets. "When do we get old? I had a friend of 75 who never got old. He died eventually, but he never grew old. He was always young—with young ideas, young ways of doing things, a youthful approach to all of life, always getting ready for tomorrow and looking forward with excitement to the day after tomorrow."

"The man who can accept his white hair as a crown of glory cannot be a crepehanger, an apostle of gloom, a peddler of sadness."

What are some of the ways to assist senior citizens and to benefit from their venerable judgement, experience and oftentimes lively outlook on life? Here are several other suggestions on how younger people can avail themselves of the wisdom of age, and, at the same time, give a more youthful viewpoint of the aged.

ASK THEIR ADVICE ON WORK AND LIVING PROBLEMS. If you're planning to move or make other arrangements in your way of life, talk it over first. You'll often find not only encouragement and support for your move, but practical and timely help on doing it well. You may be surprised to find that a close relative has been way ahead of you in this and only waiting for you to bring up the subject.

AID THEIR CALLENGES. If an elderly person wants to move to Florida,



don't burst into tears or try emotional blackmail such as "Little Johnny will miss you so." For many, retirement is not the end of the road but a chance to find new friendships and a new and interesting way of life.

WRITE NEWSY LETTERS. One grandmother says the kind of letters she best likes to get are those filled with news of the family at work or play—and often the most trivial details you may not think worthy of inclusion turn out to be the most interesting. Whether you confide your troubles or not is a matter of how close your relationship is. If you do, however, it's often best to take an upbeat view of the matter. (Say: "Harry had a fight with his boss last week, but I think he's on the road to getting the dispute straightened out now"—not "Unless Harry manages to smooth over his boss's feelings he's going to have to look for another job").

REMEMBER ANNIVERSARIES AND BIRTHDAYS. Often, the older a person gets, the more precious are his memories. Be sure you commemorate anniversaries and birthdays by sending appropriate greetings and presents, keeping active. (Arts, crafts, and conversation are part of the game.) You can help another to simply pitch in and put up the screens, haul the trash, or do whatever has to be done to help. For instance, it is especially helpful to an older person for you to do chores which involve standing on a ladder, since even the healthiest can suffer from a feeling of dizziness on heights.

VISIT AS OFTEN AS YOU CAN. Don't let holidays or other special days slip by without a visit if you are even remotely in hailing distance. May elderly people say that they stay busy and in good spirits until a Sunday or other special holiday comes along when they have little to do—and consequently they come down with the slumps. If you can't possibly visit, make sure you send a warm personal message.

AID IN ADAPTING TO CHANGE. Don't throw cold water on new projects, part-time jobs or hobbies. Such morale-builders can actually improve the circulation, stir up new vitality and may even help improve general health. Instead, help launch the venture with a suitable present and a blessing—and show by your attitude that you very much want to help it succeed.

"There is nothing young people do that is more important than to prepare for the same time, give a more youthful viewpoint to the aged, about that very much when we are young, but it is still true. Music lessons can be sheer drudgery when we are

young, but music becomes a delight to those who can enjoy it in their mature years, because they prepared for that enjoyment when they were young."

In the meantime, before reaching the golden years, you can extend your own youth and vitality by helping someone else extend his.

Health And Beauty

If you tried many times to reduce, and failed, presumably from the lack of will power, it may mean you need to change your attitude.

In the first place, you must really want to lose extra pounds badly enough to endure some uncomfortable days. This desire is the one thing that is the basis of all successful diets.

Psychologists tell us that in this department many people have a "mind set." They say that, although you don't want to fail, you fear you will, and you half-way expect to. An extremely nervous person will over-eat because, by drawing a great amount of blood to the digestive tract to digest the food, body tension is relieved. The mind is not clear and keen.

Over-large amounts of food are used as a kind of sedative by some.

There are numerous other reasons for over-eating—self-pity, an inferiority complex—the list could go on and on. The important thing is to understand your inability to diet.

Once the problem is overcome, you are ready to choose your diet plan. If you want to lose a great deal of weight, it is important that you consult your doctor. He will tell you how fast to lose weight, the best diet for you, and how much exercise to take during your diet.

If you want to lose four or five pounds, you will probably be able to do this by simply reducing your intake of food.



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Garden Time

By M. E. Gardner

Many times boxwood troubles are difficult to diagnose. Many home gardeners attempt to grow these plants out of their range of adaptability which compounds problems.

The two most common types are: the American boxwood, and the English boxwood. Neither of these types are adapted to our coastal plains region but do best in the Piedmont and mountains. The Japanese box (*Buxus microphylla japonica*) is more heat tolerant and better adapted for growth in the coastal areas.

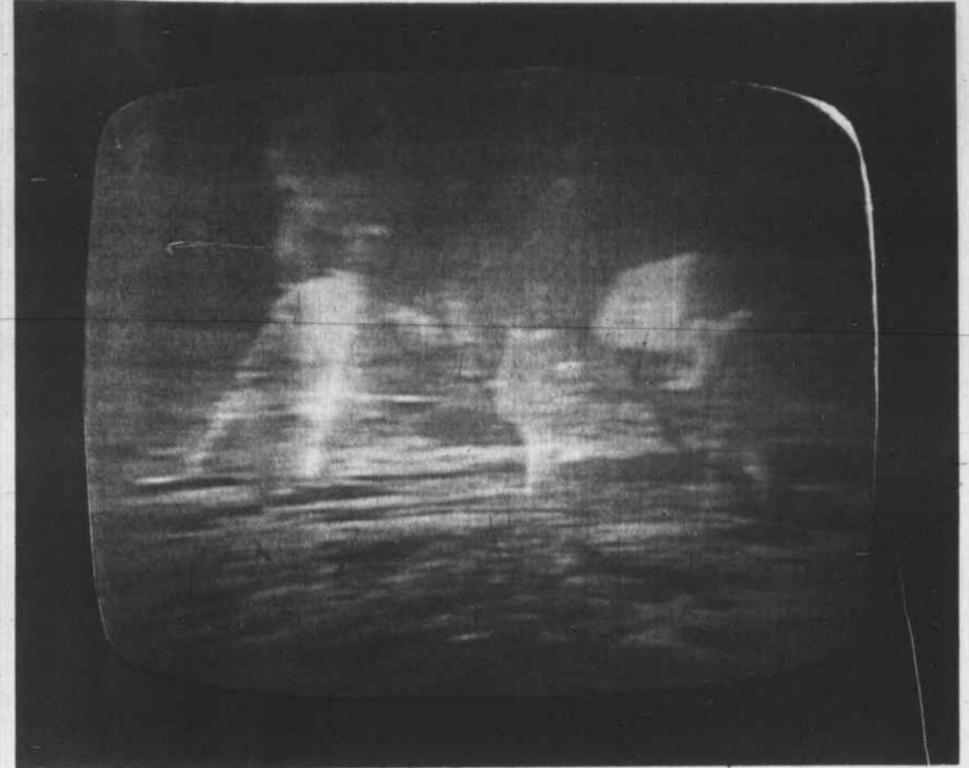
Boxwoods grow best in semi-shaded locations with some protection from cold, drying winds in the winter season. If some protection from cold winds is not afforded, there is likely to occur a mild form of cold damage expressed by bronze foliage in the spring. This is usually not serious and the plants will recover when new growth is initiated in the spring.

The soil should be reasonably good, well drained and aerated. Equal volumes of peat and soil place around the plants at setting time will help. Don't set plants too deeply. Place the ball (whether from container of balled and burlapped) even with the soil level, mulch and keep moist after setting.

Two applications of fertilizer, such as an 8-8-8, are usually sufficient. Make the first application when growth starts in the spring; and the second about the middle of June. Spread the fertilizer evenly over the root system and away from the trunk of the plant. Use about one-fourth measuring cup for each foot of height.

Boxwood plants seem to be especially susceptible to nematodes. They can be controlled by drenching the soil around the plants with a nematocide; either Nemagon or Fumazone. Both materials should be carefully used according to instruction on the container.

For branch blight, twig blight and Phytophthora blight, J. C. Wells, extension



Staff Photo from CBS Television By Clint Fuller

ARMSTRONG AND ALDRIN PLANT FLAG ON THE MOON

About Your Home

If you want quick color for your flower border or window box, try coleus. The foliage will make a perfect highlight for a border, window box, or terrace planter.

The leaves are like velvet brocade, India prints or paisley. There is a wide range of bright clear colors from pink, rose, bright yellow-green, and salmon, to bronze,

pathologist, suggests the use of the following fungicidal spray schedule, using Ferbam: first spray, as new leaves are breaking out of the buds; second, two weeks later; and third, four weeks later.

Sanitation will also help. Remove diseased stems and they appear and keep the plants free of leaves and twigs that fall from the trees.

deep purple, mahogany, rust, and magenta.

These plants are easy to grow from seed. The first leaves to form will be bright green, but do not worry after three or four have formed on the first shoot, the leaves will take on adult coloring.

For very best results,

coleus like a permanent place in the semi-shade. Pinch the tops out of the shoots once or twice to insure bushy clumps.

Your favorite colors can be insured by taking cuttings for rootings. These cuttings will root readily anytime during the year.

Coleus can be brought inside during the winter. Set them in a bright south window.

Coleus foliage does well for winter bouquets. Try pressing it between absorbant paper or placing it upside down in a box and covering it with borax.

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