

# THE PILOT

Southern Pines

North Carolina

"In taking over The Pilot no changes are contemplated. We will try to keep this a good paper. We will try to make a little money for all concerned. Wherever there seems to be an occasion to use our influence for the public good we will try to do it. And we will treat everybody alike."—James Boyd, May 23, 1941.

## Strong Support For Sign Ban Indicated

Heartening support for legislation restricting billboards along Interstate highways in North Carolina has come from an unexpected and significant source.

The N. C. State Motor Club, which has 100,000 members in all 100 counties of the state, made a survey to get members' opinions primarily on the five "action" items that the Traffic Safety Council has proposed for consideration in the upcoming General Assembly, to tighten motor vehicle laws, in the interest of public safety.

Also included was a query of members' opinions on billboard restriction. Replies showed an overwhelming majority of 82 per cent in favor of and only 15 per cent opposed to billboard control. (Presumably the other three per cent had no opinion.)

Here is striking testimony, from a group of people who are all motorists and highway users, that there is indeed wide public support for billboard restriction on Interstate highways. Such restriction, if authorized by the General Assembly—readers will recall—would qualify North

Carolina, under federal law, to receive additional funds for highway construction.

Those of us who have been calling for years for restrictions on advertising signs on roads where they are in conflict with natural beauties or create or add to congestion and ugliness have often felt like voices in the wilderness. We have sensed that there was considerable approval of restriction but have never really known its extent. The billboard lobby has been well organized and effective and somehow has inferred that all sign opponents are dreamy idealists or cranks, if not downright un-American in their attempts to stifle free enterprise.

To learn from the Motor Club's strong endorsement of billboard restriction that there is really a broad, popular base for our convictions is good news indeed. We hope that the wide extent of this feeling will be clearly brought to the attention of the legislators in Raleigh this spring and urge that proponents of the sign ban add their personal endorsements of restriction by writing Sen. W. P. Saunders and Rep. H. Clifton Blue to that effect.

## More Good Fortune Than Good Planning

When the county commissioners decided at their meeting last week to authorize the taking of bids on the first half of an agriculture-library building at Carthage, there seemed to be relief, if not rejoicing, that the two-story plan formerly adopted would not be carried out and that another site had been chosen for the structure.

The long-discussed project was formerly designed for a sloping site, so that the agricultural office section on one floor, and the library-auditorium section on another floor, would both have ground-level entrances.

Why the relief? Lo and behold, it came out at the meeting that extremely soft ground on the lower part of the two-story building site would have required an expenditure of an estimated \$10,000 to \$15,000 just to get down solid foundations—and one commissioner said he had been informed it probably would have cost more than that.

One of the officials also pointed out at the meeting that the extreme dampness of the site might have been expected to make the whole building damp, with a likely deleterious effect on the thousands of volumes of the Moore County Library to be shelved there.

It is all very well now for the commissioners, the farmers' committee and everybody concerned with the project to express satisfaction that such a problem-

fraught site has been abandoned. But what if Moore County voters had approved, not rejected, the \$175,000 proposed county bond issue for the building, last November? Presumably, it would now be under construction, with six to 10 per cent of the money (or more) going into an attempt to put down supporting piers in a bog—and the possibility looming that the site would prove to be unfit for library use.

Although we had sat in on several discussions of the agriculture-library building during the two or three years it had been a continuing bone of contention for the commissioners and the farmers, we had not before heard any mention of the foundation-dampness problem. Yet when the plan was abandoned at the commissioners' meeting last week, the officials present spoke as though the difficulties had been well known previously. Once the former plan was rejected, it seemed that everybody had something to say against it, like the worried parents of a daughter who has finally broken an engagement with a suitor they hadn't really liked but had tried to accept with the best grace possible.

Te err is human—but public officials erring to the tune of \$175,000 or so of public funds poses a striking object lesson for the commissioners themselves and for other officials planning public projects in the future.

## 'A Place To Start In This Struggle ...'

Although all readers might not agree, it was to us front page news last week when the Moore County Mental Health Association outlined the need for a mental health center to serve this area and placed efforts to obtain such a center as its top priority project for the coming year.

Practically all literate persons now acknowledge that mental health is not a concern confined to institutions—yet after a half century of intensive education on this subject, it is a matter that most of us tend to think of as a public, not a private, responsibility.

And often those persons who think of themselves as least in need of mental help, who feel that they are every inch a "normal" person, conforming admirably to the current customs and beliefs, are the very ones who are spreading mental sickness in our society, and are themselves victims of the notions they most honor.

We commend to readers a most impressive article appearing on this page today, identifying some of the "modern demons" that work against our having a "zestful and productive life" and castigating the "fun morality" and the "activity complex" of which we are often so foolishly proud.

Our comment on this personal everyday aspect of mental health, touching most of us in mid-20th Century America in one way or another, is a digression from the publicly-oriented efforts of the Mental Health Association, in its work toward a clinic to serve this area—though, of course, the two are related.

Purpose of Dr. Prewett's article on this page is to stimulate persons whose lives have not gotten too drastically out of kilter to examine the values by which they are living. Purpose of the mental health clinic is to provide aid and counsel to persons willing to acknowledge that they are losing their grip on reality and are injecting misery, waste and loss into the lives of themselves or others.

We have noted here before how heart-

breakingly frustrating it is to sit in a courtroom (an experience that good citizens should undergo periodically to sharpen their sense of humanity) and see husbands, wives, young people and others caught in traps that might with mental aid or counsel have been avoided.

Only a portion of the persons needing mental counsel end up in court where their confusions and hostilities are publicly displayed. There is no telling how many others are weakened, misled or tormented by the modern demons Dr. Prewett cites—persons who could be steered into a "zestful and productive life" through the services of such a clinic as that sought for this area by the Mental Health Association. Similar clinics are operating successfully at more than a dozen locations around the state.

We hope that Dr. Prewett's observations will make clear to Pilot readers the awesome personal responsibility incumbent on us all—most especially where children are involved—in the realm of mental health. And that responsibility, as we see it, includes, firstly, a critical examination of our own attitudes, actions and values; and secondly, giving support in all ways possible to efforts such as that being undertaken by the Mental Health Association.

"All of us have a place to start in this struggle," Dr. Prewett writes.

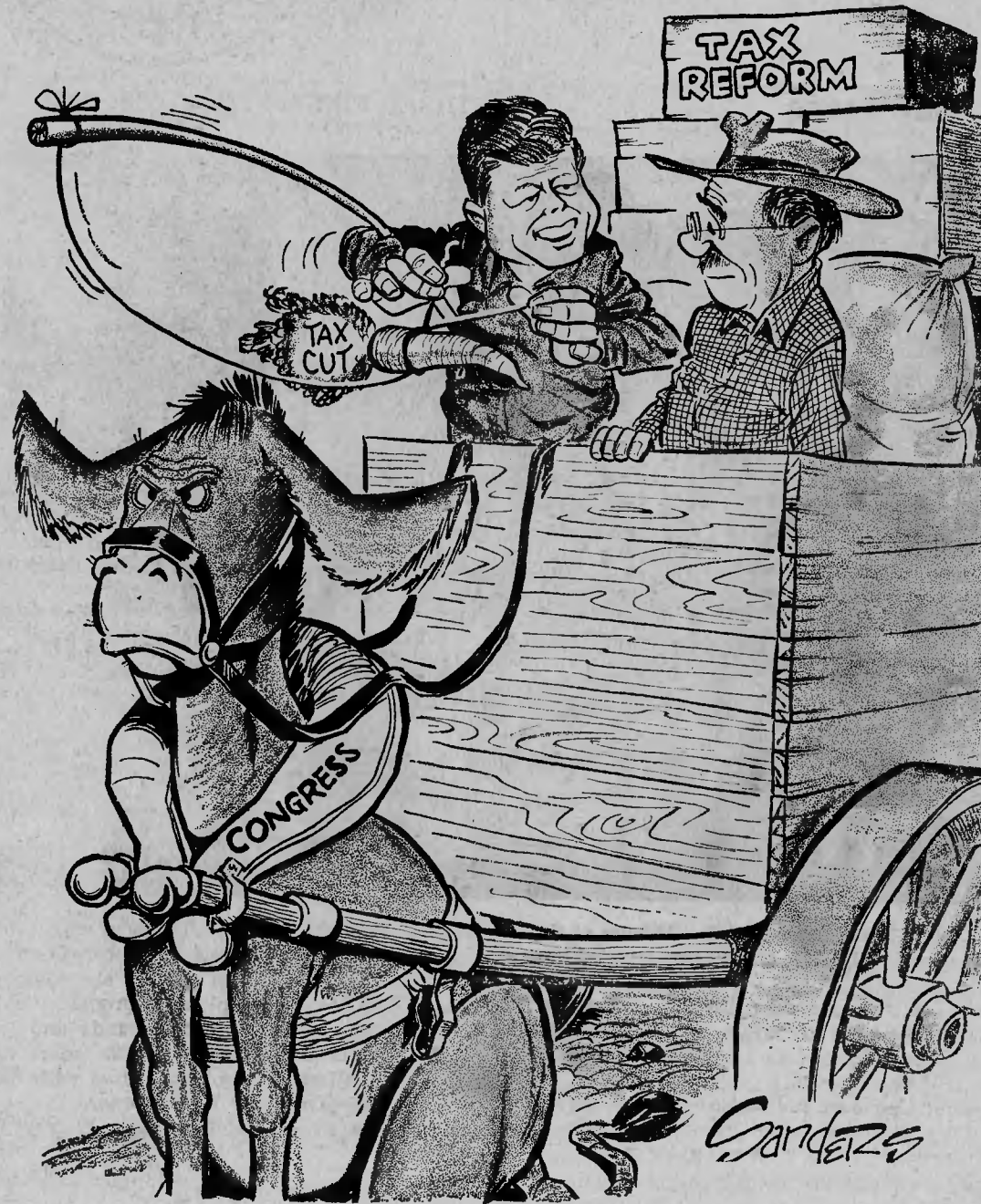
After reading his calmly devastating analysis of contemporary hypocrisy, complacency and blindness in the matter of mental health, who can escape this conclusion: the place to start is within myself?

### CRITICAL NEED

"The critical need today in education in the South is for a universal belief in education, what it can do for people, its power and its importance. Even now, we need obedience to Jefferson's command to 'preach a crusade against ignorance.'"

—GOV. TERRY SANFORD

## "They Have A Weakness For Carrots ... I Hope!"



## UNFINISHED BUSINESS IN MENTAL HEALTH

### Productive Living Must Be Goal

By CLINTON PREWETT  
Director, Psychology Department  
East Carolina College

In "North Carolina Education"

Some half century ago, in a most powerful piece of writing, Clifford W. Beers set forth in his dramatic and fiction-like autobiography, *A Mind That Found Itself*, the essential needs to be met in mental health work for fifty years. Slowly at first, but aided by strong and capable voices from other disciplines, the mental movement gained momentum in every state of the commonwealth. Better care became an obligatory function of civilized states. Hospitals for the psychotics and clinics for the neurotics were provided and staffed. The progress started by such men as Beers in this direction has been astounding.

After fifty years of real progress, however, where are we today? As we seek an answer to this question, we find facts that are still highly disturbing. Patients are no longer chained in stables as in the days of Dorothea Dix, but there are perhaps seven million alcoholics in the United States. Child labor laws prevent the exploitation of children, but schizophrenia still takes its deadly toll; peptic ulcer now reaches down into the lower teen group in alarming proportions; migraine headaches make millions miserable.

### Living Threat

The remorseless statistic, "One out of ten will need help from a psychiatrist" is a living threat to all people greater than that of the thermonuclear bomb. We apparently accept as immutable and unchangeable the statement that "one marriage out of four will end in divorce." We turn our heads when someone says that one child out of eight will be born out of wedlock. We wonder what has happened to our youth programs when we see the inexorable rise of juvenile delinquency.

We pity the victims of traffic accidents while we patronize the drag strip races. We watch a man beaten to death on nation-wide television boxing without feeling any sense of being an accessory before the fact.

Here in North Carolina, we ask the manufacturers to make basketballs with shorter bounces when the betting scandals hit us. Voting is something that you can do if you don't need to go fishing or mow the lawn.

### Modern Demons

This bill of particulars is too long, but it seems to me that if we are serious in our representations about mental health we need more than clinics and hospitals, important as they are. The modern demons that work against our having the zestful and produc-

ive life that is our rightful heritage must be identified, both for ourselves and our children.

In the first place, I feel that it is the responsibility of mental hygienists to help destroy some of the false gods and temples that we have erected in our time. We have made conformity and togetherness goals to be achieved regardless of the price to be paid. Parents no longer make individual decisions in terms of the capabilities and needs of their children; enterprising organizers in the community set up a list of "group rules" to which all parents subscribe except those who are "squares."

### Thrill of Chase

Since horse racing or dog racing is illegal in many states, parents have resorted to the use of their children as substitutes. The thrill of the chase is deep, and it's hard to see anything wrong in a sixteen-year-old having a Thunderbird, or a nine-year-old having a formal party at the Moose Club.

Someone needs to rewrite Lawrence K. Frank's "Fundamental Needs of Children." He is so obviously old-fashioned. Such things as love, security and affection are trite. What the modern child needs is a parent who never says "no," a credit card, and an MG!

In other days, fun was a luxury that you had after you had done the necessities associated with living. Now that we have embraced completely the ethic of "fun morality," having fun has become obligatory. And furthermore, it is necessary that one display the signs that he is having fun in his life. Memberships in clubs, unusual cars, and boats in the yard, are all characteristics of the fun-bound.

### Catered Living

In the second place, we need to re-examine our feelings about "catered living." Future historians may treat us a bit roughly when they reflect that the four major contributions Americans made to general culture during the twentieth century were the Sears, Roebuck Catalogue, The Twist, Bubble Gum, and the Institution of Baby Sitting.

It is practically impossible for youth to develop a sense of individual responsibility in situations where "hired caterers" make all the decisions. The little league baseball game may proceed more smoothly as a ball game with three adult umpires calling the game on the field, but it is doubtful if the children themselves are

### THE GREAT MAN

It is easy in the world to live after the world's opinion—it is easy in solitude to live after your own; but the great man is he who, in the midst of the world, keeps with perfect sweetness the independence of solitude.

—RALPH WALDO EMERSON

developing much other than a little muscle on their throwing arms.

The third demon that deserves some straight talk is the activity complex of our age. We have eulogized the man with "get up and go." We have made "be prompt" an adage, and a person without a watch to keep him aware of the passing of time is regarded with cold caution. It is not surprising, therefore, that everyone has to "go" on a vacation. The thought of staying home and enjoying life in its natural rhythm is preposterous. We have tried to transform into our households the tempo of the carnival barker and the two-second spray deodorant.

### By-Product

Brought up under an "automation ethic," is it any wonder that children from an early age ask, "What is there to do around here?" In a larger sense, there never is anything to "do." Happiness is not to be sought directly by "doing" anything; it is simply a by-product of productive living.

First, we need to re-think what the home can offer in our battle for the production of a citizenry which is not only free from crippling emotional forces, but is also endowed with a sharp dynamic toward true self-actualization. Indeed it does take more than a house to make a home; it takes a father and a mother and children who understand and appreciate each other, both individually and collectively.

Our schools, too, have to offer more than longer drills on fundamentals. Our children are not to be denied their rightful birthrights to live their lives as happy youngsters despite various pressures being brought upon them, sometimes even under the rubric of quality education.

### Role of Church?

Finally, then, what of the role of the church in mental health? Our modern thinking must not allow us to view it as a relaxed substitute for a clinic. A church is a place for a person to re-examine his basic value patterns, and we can help each other most by understanding and appreciating those unique human qualities that we all possess.

If we can harmonize these three basic institutions—our schools, our churches and our homes—so that all contribute to living that is more fruitful, more zestful more productive and more in character with our human drive toward self-actualization, we will have gained a giant step on our problems in mental illness.

Perhaps most important, however, is the need to recognize that all of us have a place to start in this struggle; all of us have a personal interest in this fight; and all of us will share in the consequences of our actions.

## Grains of Sand

"We All Thank You"  
Excerpt from a Christmas thank-you note: "Katie races through the house, wheels clattering behind her, distributing as she goes the contents of her mail truck, which now includes all manner of revolting odds-and-ends that she has picked up. Julia races in the opposite direction with her ambulance. . . and the morning passes quickly."

Doubtless culminating in one of those tragedies when the speeding ambulance with the critically-ill patient is hit by the speeding truck. After all, the mail must get through.

It's likely fingers were firmly crossed when that note was written.

"Thank you?" Well, yes and no.

### Christmas Some More

Out in the Knollwood Apartments section Christmas is going to keep right on Christmasing, if the children have anything to do about it. (And does any parent, covering after the holidays, doubt their capabilities for doing?)

The Derby children started it, but it didn't take a second for the Brogdens and others to join in.

It all began when the Derby Christmas tree was thrown out in the trash pile and rescued—immediately—by the children. Casting indignant glances in the direction of home, they dusted the tree off, prospected for the site where it would be most visible, and then proceeded to plant it. By that time other Christmas trees were being rescued from other yards and these were dragged over alongside the first. They looked pretty fine all holding their bedraggled heads a little higher as they came into line.

There have been a few family hassles about the advisability of retrimming the trees, won, to date, by the parent side, but we are told that the cause has simply gone underground for the time being. Meantime old ornaments are being collected from trash piles for future use.

### Female Bluebeard?

The first bad news of 1963 comes from Hollywood.

They tell it that Liz Taylor will star in a new movie in which the girl marries six millionaires (successively not simultaneously. . . though we wouldn't put it beyond her.) You may not be surprised to learn that each husband dies soon after the honeymoon.

For her appearance in this role La Taylor will receive one million dollars and 10 per cent of the profits. Even granting the possibly exhaustive angle of this role the remuneration appears to be excessive. In fact—(pardon us while we reach for a dramamine.)

### More Power To Them

The story beneath Sunday's headline, "Cold Fighters Report Progress," isn't about what you think. It has nothing to do with snow or shovels or even insulating your house against wintry blasts.

Id's about your gold. You dow: dad common gold id de haid.

Dey dingue dey bay have golden hold of somdingue do helb. Bud as der are 150 viruzez, probably, to logade and dey only have logaded 50 so var id looks ligue we'll have a good bay bore years of catchoo and snuive, snuive.

So hi-ho, dose liddle white bills and shods in de erb or, if you brever, de bosterior.

### Birds Again

Ever had white egrets grazing around your feed?

That was Carl Bradshaw's experience last summer when eight of the birds appeared among his cattle. They were amazingly tame and, when the cattle wandered over to watch him mending his gate, the birds came right along.

This was out on his farm off Route 211. The white strangers stayed a couple of days and then flew on their way.

## The PILOT

Published Every Thursday by  
THE PILOT, Incorporated  
Southern Pines, North Carolina

1941—JAMES BOYD—1944

Katharine Boyd	Editor
C. Benedict	Associate Editor
Dan S. Ray	Gen. Mgr.
C. G. Council	Advertising
Bessie C. Smith	Advertising
Mary Scott Newton	Business
Mary Evelyn de Nisoff	Society

Composing Room  
Dixie B. Ray, Michael Valen,  
Thomas Mattocks, J. E. Pate, Sr.,  
Charles Weatherspoon and John E. Lewis.

Subscription Rates  
Moore County  
One Year ..... \$4.00  
Outside Moore County  
One Year ..... \$5.00  
Second-class Postage paid at  
Southern Pines, N. C.

Member National Editorial Assn.  
and N. C. Press Assn.