

Extension Service Forms New District

The creation of a new administrative district, to be known as the Eastern District, was recently announced by officials of the State College Extension Service. Assistant Director John W. Goodman said formation of the new district was necessitated by expansion of the extension program and employment of increased personnel.

Mrs. Verona Joyner Langford and Colon S. Mintz have been appointed home demonstration agent and farm agent, respectively, for the new district.

Other changes announced by Goodman and Miss Ruth Current, State Home Demonstration Agent, include promotion of Miss Nell Kennett, Guilford home agent, to be home agent for the Western District, and promotion of Miss Lorna Langley, extension specialist in home management and house furnishings, to be home agent for the Northeastern District.

Miss Kennett succeeds Mrs. Pauline Hotchkiss Pierce, resigned, and Miss Langley succeeds Mrs. Pauline Smith Alford, also resigned. All changes will be effective September 1.

Miss Langley graduated at ECTC

and taught home economics at Unionville for two years. In 1936 she became home agent in Hoke, where she served for two years before transferring to Sampson. In 1941 she became Durham county home agent. She moved to Raleigh in 1946 to become specialist in home management and house furnishings.

Miss Kennett, a graduate of Woman's College, taught home economics at Seaboard and Pleasant Garden before joining the Extension Service as Rowan county home agent in 1936. In 1941 she became assistant agent in Guilford, and in 1943 she was promoted to home agent in Guilford.

Mintz is a 1934 graduate of State College, where he specialized in animal production. He was assistant farm agent in Nash County from 1934 to 1935, at which time he became agent in Wayne. He is a native of Brunswick County.

Wayne has made outstanding progress in livestock development under Mintz's leadership. The Wayne County Livestock Development Association, Inc., organized about a year ago, has sponsored several successful dairy and beef cattle shows and sales, and the newly formed Wayne Dairy Cooperative, Inc., recently completed construction of a \$118,000 milk plant near Goldsboro. The livestock group will sponsor an agricultural fair in September.

Mrs. Langford has been home agent

in Pitt since 1941. A native of Farmville and graduate of ECTC, she has taught home economics at Richlands, Washington, N. C., and Farmville.

Mrs. Pierce, a native of Kansas, holds a B. S. from Kansas State College and a M. A. from the University of Missouri. She served as home agent for six years, after which she came to North Carolina as a district agent in 1946. She plans to move to Washington, D. C., to join her husband.

Mrs. Alford became home agent in Franklin County in 1914 and held that post for eight years. In 1922 she became agent for the Old Tidewater District, now known as the Northeastern District, and has served continuously in that capacity for the past 27 years.

Counties in the new Eastern District are Beaufort, Camden, Carteret, Chowan, Craven, Currituck, Dare, Gates, Hyde, Jones, Onslow, Pamlico, Pasquotank, Perquimans, Tyrrell, and Washington.

Home and farm agents in other districts are:

Northeastern, Miss Langley and E. L. Norton; Northwestern, Miss Anamerle Arant and O. F. McCrary; Southeastern, Mrs. Mary McAllister and C. M. Brickhouse; Southwestern, Mrs. Esther G. Willis and L. B. Altman; Western, Miss Kennett and R. W. Shoffner.

complexion is by purchase. Tanned skins are somewhat prone to develop skin cancer.

A great deal has been written in the last year or two on the advantages of sunlight in preventing and curing rickets; but remember that rickets is a disease of childhood.

Quoting further, "The gentle process—the process of growing old—is abetted by sunlight, at least in plants. Maybe these tanned men and women are inviting old age."

The gist of his articles is that sunlight is especially good for children, as the rays promote growth particularly of bone. It is also good for adults, but not constant exposure to

the Summer midday sun. The sunshine of winter is very helpful, but since it is rather scarce at that season in northern climates, nature stores up a reserve of its products in the system in the summer, that helps carry one through the winter.

Rickets is much more common in northern than in southern climates. This is because the sunshine in the South has a great deal to do with the prevention of the disease. It helps the development in the body of the child of minerals such as calcium, phosphorus, and other needed substances which cause healthy growth of bones and tissues.

From the same article I quote, "For

a well man to expose himself to the direct sunlight to an extreme extent in summer, does him good. In some respects it harms him."

Common sense should be applied to the question of exposure to sunlight as to every thing else. Unfortunately all valuable things abused by extremists, and on account of the harm that is wrought, it often falls into disfavor. Whereas the use and not the abuse of sunlight is productive of much good.

Education commences at the mother's knee, and every word spoken in the hearing of little children tends toward the formation of character. —Hosea Ballou.

Health and Beauty

By Dr. Sophia Brunson

Some Of The Dangers And Disadvantages of Sunburn

The writer sounded a note of warning some time ago in reference to the foolish sun tan fad, that at present seems to be sort of obsession with so many people, especially grown ups.

On entering a fashionable hotel recently this remark was overheard. "Is that girl white or a mulatto?" She was evidently a Caucasian who exposed herself so consistently to the midday ray of old Sol that the color of her skin was a dark shade of yellowish brown. Her hair had been blond, but the sun had burned it so unevenly that it presented a variegated dissonance of chromatic shades. This girl was seeking to be beautified and stylish. Her misdirected efforts had only succeeded in destroying the small claims to beauty that she originally possessed.

A noted doctor writing on the use and abuse of sunlight says, "A thoroughly tanned skin will never get to prize-winning condition. No woman ever tanned her skin to a mahogany brown and later became noted for a peachblow complexion. The only way such a woman ever gets a fine

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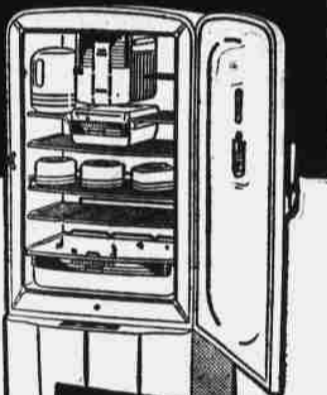
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