

## Health and Beauty

By Dr. Sophia Brunson

### As a Man Thinketh

Why are we so often troubled about things that never can happen? We fear a thousand things that have no reality, except in our imaginations. Unhappy thoughts really operate upon our minds until they make us physically and mentally sick.

We know that there are millions of disease germs everywhere that are ready to pounce on material that invites them and really produce illness. Some people have dwelt so constantly on the subject of germs and their dangers that they become unbalanced mentally. I knew a school teacher who did this. She had put so many disinfectants on her hair to destroy imaginary germs that her hair presented a most peculiar appearance ranging from grey to various shades of red.

A happy mood of health is very discouraging to disease. Some people worry about the most preposterous things that they fear might happen to them. It keeps them miserable and invites sickness.

Obscure literature is being poured out like a flood tide and people are degrading and injuring themselves by reading it or by witnessing low plays. A woman once said to me, "why, yes, I read that book. It was so bad that I had to put it down for a while before I could continue it." "Why do you make a sewer of filth of your mind?" I asked, disgustedly.

The fact that "Tobacco Road" ran so long in New York is very uncomplimentary to the tastes of the theatergoers in that great city. People who enjoy filthy books, jokes and plays have their counterparts in the buzzards that gorge themselves on carrion. The latter do serve a useful purpose, for they feed on rotting flesh and thus clean the atmosphere of its stench.

There are many beautiful and inspiring things to uplift and give us happiness, that it is a shame for anyone to turn to the ugly and the evil for entertainment. There are lovely books today that do not fill our minds with fear, pessimism and despair. It is refreshing to read them. They give us thoughts that operate to bring us health and happiness.

Books that constantly depict crime and evil and endeavor to destroy our Faith in God should be shunned like a plague. They bring us fear and disease. Such books crumble character.

The multiplicity of crime stories that are doing irreparable injury to the youth of our land. The responsible citizens should arouse themselves and

demand that they be replaced by wholesome and clean books and stories. We would probably have fewer delinquents among the juveniles.

### SURPRISE BIRTHDAY PARTY

A lovely surprise birthday party was given in honor of Mrs. Velum Winslow by Mrs. Oras Winslow, Mrs. Ottis Winslow and Miss Cassie Winslow at the home of Mrs. Oras Winslow on Friday evening, October 28.

Many games and contests were enjoyed by all. Those winning prizes were: Mrs. Elizabeth Winslow and Mrs. Merle Yow.

The honoree received many beautiful and useful gifts which she opened and graciously acknowledged.

Those present and sending gifts were: Mrs. Velum Winslow, honoree; Mesdames Henrietta Chappell, Juanita Chappell, Julia Chappell, Susan Chappell, Neppie Goodwin, Ellie Ward, Sallie Rogerson, Maggie Copeland, Ibbie Copeland, Elizabeth Winslow, Azalea Winslow, Virginia Winslow, Ruthanna Chappell, Lillian Winslow, Nellie Chappell, Rachel Chappell, Edna Chappell, Merle Yow, Zenovah White, Nora Winslow, Ira Perry, Sylvia Copeland, Maggie Baccus, Velma Lane, Mary Copeland, Planie Copeland, Delia Winslow, Mr. and Mrs. Oras Winslow, Mrs. Cassie Winslow, Evelyn Chappell, Geroline Winslow, Louise Chappell, Rachel Rea Winslow, Janet and Wanda Chappell, Avis, Violet, Judy, Sheila Winslow, Sharon Copeland, Betty Gale Chappell, Yvonne Winslow, Rudolph Perry, Parker Copeland, Roy Chappell, Wayne Ottis, Jr., Larry and Paul Winslow.

### 4-H Clubs Observe Achievement Week

Nearly two million 4-H Club members throughout the United States are joining in observance of National 4-H Achievement Week, November 5-13, according to Mary Sue Moser, assistant 4-H Club leader for the State College Extension Service.

Members of 82,000 local clubs, assisted by 225,000 volunteer adult leaders, have completed a record number of projects during 1949, and their overall accomplishments have topped those of any previous year, Miss Moser said.

The club members are observing Achievement Week by holding special meetings, presenting programs before civic, business and farm groups, and displaying exhibits of 4-H Club work. Banquets or other special events are being held in many counties.

In their food projects, 4-H members this year have produced 100,000 acres of garden products, 600,000 acres of food crops, 850,000 head of livestock, and 8,000,000 chickens and turkeys. They canned 27,000,000 quarts of edible products and brined, dried, stored and froze several million pounds more.

Club boys and girls planned, prepared and served an estimated 30-

### BIRTH ANNOUNCEMENT

Mr. and Mrs. John J. Baker announce the birth of a son, John Carroll, born Wednesday, October 19, at De Pau' Hospital, Norfolk, Va. Mrs. Baker before her marriage was Miss Carrie Smith of Edenton.

### Builds firm foundation...

T/Sgt. McNooly's  
Foresight and Planning  
Assures Profitable  
Aviation Career



Technical Sgt. Jones O. McNooly of Greenville, S. C., now serving at Marietta Air Force Base, has laid the foundation for a successful career in aviation. As a graduate of the Air Force Airplane and Engine Mechanic School and the Engine Conditioning School he has

the background and knowledge which will insure his advancement. The U. S. Air Force offers this same opportunity to other qualified young men who have the foresight to plan for the future today. For full details on a career in aviation see your recruiter.

U. S. ARMY AND U. S. AIR FORCE RECRUITING SERVICE  
Room 202 Kramer Bldg., Elizabeth City, N. C.

600,000 meals, improved 650,000 rooms, made 300,000 arts and crafts articles, beautified the grounds of 120,000 homes and made 2,200,000 garments. Half a million participated in fire and accident prevention, 350,000 conducted soil and wildlife conservation practices and 140,000 carried on forestry activities.

Some 240,000 received training in home nursing and first aid, 250,000 had periodic health examinations and 650,000 carried on special health activities. Recreation projects were conducted by 210,000 and 400,000 demonstrated improved farm and home practices to their neighbors and other interested persons in their home communities.

### BLOODSHED BOXSCORE ON N. C. HIGHWAYS

Killed Nov. 1 through Nov. 4... 6  
Injured Nov. 1 through Nov. 4... 91  
Killed through Nov. 4 this year 685  
Killed through Nov. 4, 1949... 591  
Injured through Nov. 4 this year 7,576  
Injured through Nov. 4, 1948... 6,108



### LONG DISTANCE Sends Thanksgiving Greetings BETTER

Hearing your voice at Thanksgiving will surely spice the holiday of some loved one with extra happiness. Long distance telephone service is good over the holiday, and the rates are low. So place your call early—and send your Thanksgiving greetings quickly—in the most appreciated way—by long distance telephone.

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## TAYLOR THEATRE

EDENTON, N. C.

Week Day Shows Continuous From 3:30

Saturday Continuous From 1:30

Sunday, 2:15, 4:15 and 9:15

Wednesday, November 16—

Double Feature

Gloria Henry in

"AIR HOSTESS"

Kirby Grant in

"TRAIL OF THE YUKON"

Thursday and Friday,

November 17-18—

Mark Stevens and

Coleen Gray in

Will James' "SAND"

Saturday, November 19—

Johnny Mack Brown and

Raymond Hatton in

"TRAIL'S END"

Sunday, November 20—

Lizabeth Scott and

Don DeFore in

"TOO LATE FOR TEARS"

Monday and Tuesday,

November 21-22—

Walter Pidgeon, Peter Lawford,

Angela Lansbury and

Ethel Barrymore in

"THE RED DANUBE"

## Eden Theatre

EDENTON, N. C.

Week Day Shows 7 and 9 P. M.

Saturday Continuous From 1:30

Sunday 2:15, 4:15 and 9:15

Thursday, November 17—

John Wayne in

"CALIFORNIA STRAIGHT AHEAD"

Friday and Saturday,

November 18-19—

Alan Ladd in

"BEYOND GLORY"

Sunday and Monday,

November 20-21—

Dean Jagger and

John Caradine in

"C-MAN"

Tuesday and Wednesday,

November 22-23—

María Montez and

Jon Hall in

"COBRA WOMAN"

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