

### Bible Thought Of The Week

"All things are possible to him that believeth," said the Master. When Jesus was doing His work on earth, the records show that while faith was the great factor in those who came begging for help, quite as often it was the confidence of those who brought

the sick, whether they were relatives, friends, or stretcher-bearers, that determined the decision of Jesus with regards to healing. We, too, must let our faith be a light-house upon a high hill.

## Editorial Viewpoint

### First Aids For People Who Snore

Dr. Ian G. Robin, an ear, nose and throat physician at St. Mary's Hospital in London, is without doubt the leading medical authority on snoring in the British empire. Last summer he read a professional paper on snorous breathing before the Royal Society of Medicine in London. He called upon family doctors to do more than they have in the past to help married people get rid of snoring.

About one-half or more can be cured, another 30 per cent can be helped, while about 20 per cent of snorers are incurable at this time. This data was based upon Robin's treatment of 200 of his patients who also snored, as well as his study of the problem for more than 30 years.

In 1902, Dr. Jul Veis of Frankfurt, Germany, estimated that at least one sleeper out every 5 or 6 persons snores occasionally. Most of the stertorous breathers don't believe they are noisy, and so they are content to "sleep on, sleep, and take their rest."

The following first-aids should prove helpful to individuals who snore. They have been gathered from various sources by Marcus H. Boulware, a snorous breathing researcher for the last five years, and some of these folk medications ought to work, in spite of the skepticism of intellectual sophisticates.

1. Getting too fat? Snoring has been traceable to personal bad ha-

bits as excessive drinking and smoking and overeating. Avoid all of these just before going to bed, and don't be afraid to push yourself from the table.

2. One man stopped snoring after seeing the dentist who refitted his false teeth. Another bald-headed man did not snore after he purchased a toupee for his head, while a teen-ager with a mini-lower jaw stopped snoring after an orthodontist realigned his mandible.

3. There is a Japanese legend which says sleep with a wooden block 4 to 6 inches high with the head tilted back, and you will not snore. At least, this is the way the story is told. It is up to you now!

4. If your husband or wife snores, it is beneficial for the non-snorer to go to sleep ahead of the snorer. We call this "getting a head start with sleep."

5. Two sleeping devices-Sleep Mate and Music Pillow-are being distributed on the market for the purpose of letting people go to sleep. Research has shown that with these mechanisms operating in the room and giving off a bland noise, there is also the tendency not to snore.

In seeking to control the snoring problem as maker and listener, let there be no surcease in striving, no surrender to defeat. Our victory over stertorous breathing is a symbol, even as that of a man stretching his arms in praise that he has overcome.

### Discrimination To The Fair Sex

The critics who are in the know say that President Nixon is unfair to the female voters of this country. If so, he had better listen to somebody.

President Nixon may need the women's vote on the surtax and the ABM. Women and housewives already fed up with the rapidly rising cost of living, disgusted with the surtax, and don't care about the ABM. All three economic phenomena are taking bread out of children's mouths, simply because the worker's dollar is buying less and less

every month.

Since the men won't do much about these intolerable conditions, let the leading women join forces with citizens to bring more economy in government, reduce the rising cost of living, and apply the brakes on the Vietnam War and the ABM.

All of these issues need an immediate evaluation for the welfare of the poor working people of this nation. And, if our women of high calling decide this plan, it will be done forthright and immediately!

### Train-Truck Road-Hogging

There has been considerable interest by the trucking industry to place on interstate expressways one trailer truck pulling one and more additional trailer cars. This staggers the imagination, for how could compact cars ever pass them on the road?

We oppose train-trailers for these reasons:

1. They would increase the hazards of wrecks. And if, for instance, a small compact was involved with one of these jobs it would be mashed flatter than a tin can.

2. The increased damage to our highways would cost the American taxpayer an additional \$520 million annually.

3. When the road trains get off the highway, they just might foul up traffic on our narrow streets.

4. The trailer trains would put a considerable per cent of truck drivers out of jobs.

In listening to the truck industry plea, Congress should put the welfare of the family motorists ahead of that of the hauling industry.

### Florida Regents Okay FSU-FAMU Exchange

The Florida Board of Regents for the state universities recently placed its stamp of approval on the proposed "cooperative arrangements" between Florida State and Florida A&M Universities --both located in Tallahassee.

It should be noted for those who are unaware of this, that Florida State University (17,000 plus) and Florida A&M University (4,000 plus) are located in the same city with their periphery just about five or six blocks apart. Prior to integration, FSU enrolled only whites, while FAMU enrolled only Negroes.

There has been considerable speculation about the two institutions merging, and maybe the new exchange plan may be a step in this

direction. However, the black citizens of the state are pledged to stand pat for the independent existence of the predominantly Negro university.

The guidelines provide for an intra-university cooperation in such fields as academic courses, faculty exchange, library facilities and co-and-extra-curricular activities where feasible.

Very soon the two universities will begin on an experimental basis to implement intra-university cooperation in the critical academic areas.

Time changes things, and we know that one cannot say with absolute certainty that the two universities will remain separate now and henceforth forever more!

# Only In America

BY HARRY GOLDEN

### THE FIRST WORDS ON THE MOON

Roderigo de Triana was in the crow's nest of the Pinta on the late night watch. It was past midnight when he shouted, "Land! Land!" The sails were shortened and it was daybreak on Friday, October 19, 1492, when brave sailors first set foot upon a new world, a world more vast and monumental than any man had ever dreamed of before.

The first men to step onto this new world were the cartographer Lus De Torres and his captain, Christopher Columbus. The first words spoken on the world were "San Salvador," for this Columbus christened the land he had found.

Today everyone on earth stands on the threshold of a discovery more significant, more dazzling than that of Columbus. This week, men go to the moon.

Julian Scheer, an old friend, who is now the Public Relations Officer of NASA, invited me to witness the launching of Apollo 11. I will want to report what these men say as they begin their journey to man's greatest adventure and discovery.

When Columbus left Lisbon, his sailing was attended by the King's advisers and some financiers. No one knew to what he sailed. They knew he sailed toward something, hopefully a route to the Indies. There were many who were quite persuaded the world was round. They did not imagine this sphere

would also accommodate two huge continents with resources beyond measure.

The astronauts are attended by thousands of technicians and administrators. Millions more will view them on television. They leave for a speck in the sky which most of us believe is lunar dust. Who can know what else we will find? As Spaniards put aside their dream of a trade route for the gold of the Incas and the Aztecs, so we put aside the myths and the stories we have told for thousands of years, myths and stories which have made the moon into an eternal person. We are about to make the moon a neighbor.

What shall we say of this? The first man on the moon can say, "The heavens are ours at last," or he can say, looking away from earth, "I am nearer eternity than any man before me." There is no doubt an infinite variety of words and phrases to express awe and pride. Perhaps that is why NASA doesn't choose to send writers and poets on these ventures; they would try to say them all at once.

Columbus, finding a new world, was moved to piety and not to pride. The new world was holy to him and he called it quite literally after that saint who gives the gift of life.

There are moments in history when it is hard to find words to match the men.

I leave it to these three brave astronauts to tell us what we should hear.

## Just For Fun

BY MARCUS BOULWARE

**For The Want Of . . .**  
For the want of an increase in wages and salaries, the food battle is being lost.

For the want of mortgages, parents cannot purchase homes in order to send their children to certain schools which they consider good.

For the want of congressional control in spending, our national debt is hard to bear, more money is being given to foreign countries who don't seem to be able to stand on their own feet, and who know we may even land a man on the sun.

For the want of know-how, nations don't learn how to live together in peace and harmony; rather, they prefer to waste their national resources in making gun powder, jet planes to be blown up, etc.

Man, who is he? Is he the one whom the Psalmist said has been crowned with glory and honor, and the Almighty has put all things under his feet?

The trouble is: man is now standing in the same place too long. He doesn't want peace, he likes war. War makes the rich billionaires.

## Letter to the Editor

THE HOUSE OF REPRESENTATIVES  
ATLANTA, GEORGIA  
TO THE EDITOR:

The 1965 Voting Rights Act will expire on August 6, 1970, a little more than a year from now.

Since this Act became law, nearly 800,000 Southern Black people have become registered voters. Nearly 160,000 of these new voters were registered by federal registrars under the provisions of the 1965 Act.

The number of black elected officials in the South has gone from 70 in 1965 to more than 400 today.

But there are more than 5 million voting age blacks in the South; only 3 million have registered to vote. Only 62 per cent of the voting age Negroes in the South are registered to vote, while nearly 80% of the voting age whites are registered. (In some Southern counties, more than 100% of the whites are registered.)

There are 517 counties covered by the Voting Rights Act; federal examiners have been sent to only 58 of these. No federal examiners have been sent to North Carolina or Virginia; they have been sent to only 3 counties in Georgia and only 2 counties in South Carolina. The rest have been assigned, and then only on a temporary basis, in Mississippi, Alabama and Louisiana.

So despite its obvious successes, the present Act needs strengthening and additional and vigorous enforcement throughout this region.

Now the Nixon administration is attempting to weaken the present bill by substituting in its place a national Voting Rights Act.

The Nixon proposal will allow Southern states to pass racially restrictive voting laws again. The Nixon bill will require that Spanish Americans once again become the victims of language discrimination. The Nixon bill will allow Southern states to petition Southern federal judges like Harold Cox in Mississippi, who once from the federal bench called a bunch of Negro voting applicants a "bunch of chimpanzees," if they want to re-institute "legal" voter discrimination.

Your readers, by letter, telegram and telephone and personal visit if possible must insist to their Representatives and Senators in Washington that the 1965 Voting Rights Act be extended for at least 10 more years; that additional federal examiners be sent into the South, and that Black Southerners be allowed adequate laws, enforcement and time to complete the Second Reconstruction of the South. Sincerely, Julian Bond Member, Georgia House of Representatives.

## Other Editors Say...

### HOUSING AND RIGHTS ACT

The federal court suit accusing the West Suburban Board of Realtors and 13 of its member-brokers of discriminating against Negroes trying to buy homes in the suburbs, was.

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is rather late but not too late for remedial action.

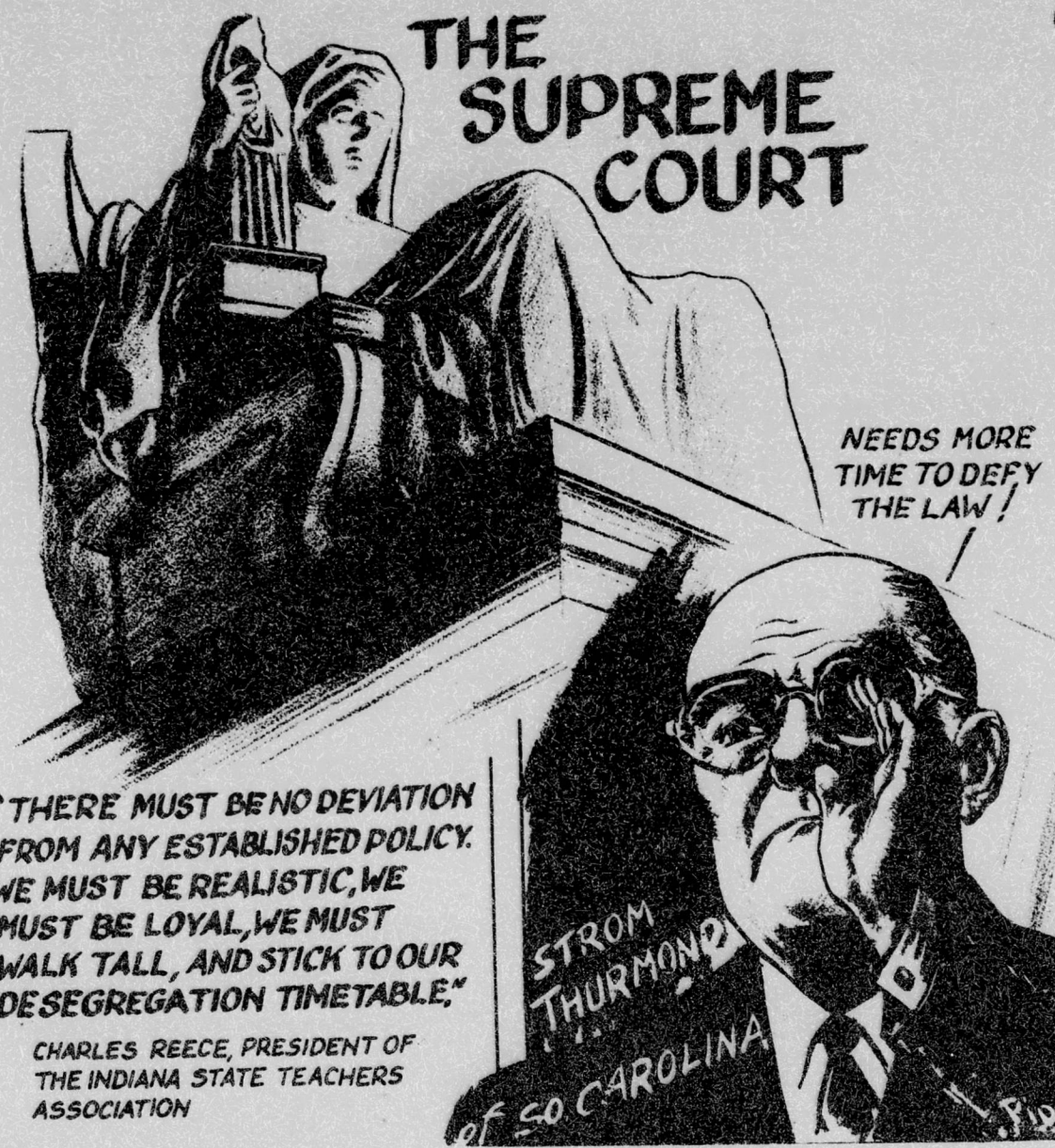
The conditions complained of in the federal suit, far too long, have been allowed to exist without judicial intervention. Because of a consistent indulgence in evasive tactics to deceive and frustrate Negro buyers, the defendants, "had shown a pattern of resistance to the full enjoyment by the Negroes of the rights granted to them by the Civil Rights Act of 1968."

This act authorizes federal action when there is a pattern of resistance to open housing laws. The suit asked the federal court to order the brokers to cease denying any person access to their multiple house listings. It also asked the court to direct the real estate board members to stop discriminating against clients because of their race or color and from lying to them about availability of residential housing.

Segregated housing was the issue that arrested the attention of Dr. Martin Luther King

### No Deviation . . The Way to "Rectify" Distrust, Mr.

President!



"THERE MUST BE NO DEVIATION FROM ANY ESTABLISHED POLICY. WE MUST BE REALISTIC, WE MUST BE LOYAL, WE MUST WALK TALL, AND STICK TO OUR DESEGREGATION TIMETABLE."

CHARLES REECE, PRESIDENT OF THE INDIANA STATE TEACHERS ASSOCIATION

## Economic Highlights

History has shown that once nations embark on a course of monetary inflation, they find themselves caught in a web from which there is no escape. However, in the case of the U. S., the maxim that history repeats itself may hopefully be proven wrong. Among a minority of economic crystal gazers who foresee an eventual return to an era of monetary stability and normal growth is that highly respected institution, The National Industrial Conference Board. Mr. Martin R. Gainsbrugh, senior vice president of the Board, recently addressed a meeting of the Edison, Electric Institute on "What Is Ahead For the Economic Climate?" His remarks provide a brief but penetrating appraisal of the future that is both instructive and constructive.

Based upon National Industrial Conference Board studies, Mr. Gainsbrugh believes the 1970's will see a restructuring of the economy and a prolonged period of "disinflation." He gives five fundamental conclusions for his outlook, together with the assumptions underlying them.

First, there will be an improved output of marginal workers --assuming better and more widespread training of the hard-core; more effective meshing of educational inputs with job requirements; and development of national measures of job vacancies.

Second, there will be intensification of domestic and international competition. This conclusion is based more on fact than assumption. The United States is confronted with increasingly intensive competition from abroad. Witness the recent unfavorable trade balance. The overhang of idle capacity intensifies domestic competition. Jointly, this will alter the ability to pass on wage increase readily, particularly in areas where such competition is currently "soft".

Third, there will be a redesign of welfare

programs. Ever higher social costs have contributed greatly toward cost-push inflation. Here it is assumed on the basis of current studies that more effective welfare mechanisms will be developed, thus reducing the cost of relief.

Fourth, there will be greater resort to tax incentives. The present trend indicates that the "private sector" --business--will help to an increasing extent to resolve socio-economic problems such as better housing for low-income groups, training the hard-core, etc., thus reducing the net cost to society. More widespread recognition of the warrant for sharing the costs involved through tax incentives should accompany this trend.

The fifth conclusion that leads Mr. Gainsbrugh to see an era of disinflation for the 1970's is the restoration of a fair balance in collective bargaining. He notes, "... should the wage-cost push remain unchecked, statutory action may well be forthcoming designed to restore a better balance in free collective bargaining. The public in general grows steadily more conscious that wage increases entirely out of keeping with gains in national productivity are adverse to the national interest."

Finally, Mr. Gainsbrugh observes, with reference to Viet Nam: "With the war's end and the restructuring of the economy outlined above designed to heighten competitive market forces, the upward surge in prices should taper off as the Seventies mature. Disinflation rather than persistent inflation or drastic deflation would thus appear to be the more likely price pattern of the Seventies." Mr. Gainsbrugh's down-to-earth appraisal of the future of necessity rests on one overall assumption --a continuity of common sense in our conduct as citizens and as businessmen and public officials.

## World News Digest

BY NEGRO PRESS INTERNATIONAL

### BAHAMIAN IDENTITY

NASSAU--"We in this country must strive towards a Bahamian identity--integration--and not superiority of one class or one race over another," declared Sen. Kendal Isaacs in an address to the upper house recently. He warned that "the majority of Bahamians, having been in a second-class situation for so long and having achieved political superiority, might feel they must act in the way the other side acted many, many years ago."

BLANTRYE-Malawi seems to be moving in the direction of becoming a dependency of the white-ruled governments in southern Africa. Recently, President Hastings K. Banda suggested a direct rail link to Rhodesia, which would in turn link with an earlier proposed rail one to Mozambique.

HITS POLICE STATE  
GRAHAMSTOWN, South Africa--Prof. Guy Butler, poet and head of the English Academy of South Africa last week told a writers' conference that while South Africa has some of the best authors, who have produced outstanding

works, "nothing much is known about them because all of the authors are banned or in exile. People in the republic have the habit of valuing people and forces in terms of politics or other preoccupations."

REDS SEE YELLOW PERIL

MOSCOW--Mao Tse-tung's China is being viewed by the Russians as another "yellow peril," in the same fashion as was Japan during World War II. According to a report in the weekly newspaper Literary Gazette, Mao Tse-tung is accused of "seeing himself as an Asian Bonaparte who dreams of conquering neighboring countries almost as far as the Black sea."

JOB BIAS  
FREEPORT, Bahamas--Charges that many local employers are practicing racial discrimination in hiring were made in the Senate last week by Sen. Henry Bowen. He said that employers habitually turn down job applicants on the basis of color and nationality, adding that he had personal dealings with some such employers who had refused him solely on the basis of his color.

and which caused him to devote much time in the Chicago area bringing him into sharp conflict with the segregationists in high places who were bent on preserving the line of residential demarcation on the basis of expediency and higher wisdom.

Dr. King, it will be remembered, called off his proposed march into Cicero on condition that city authorities and concerned agencies and social and religious organizations

would enter into a compact to do away with housing segregation and clear the way for open occupancy.

The commitments to that compact were never honored. In consequence of that failure, Chicago has remained a segregated city in depth. It needs an injunction to force it into the right social groove. The city as a whole should be brought into the focus of the Department of Justice action,

for Chicago, a deal more than its suburban environs, is guilty of evasive tactics to keep Negroes out of a number of desirable residential segments in the metropolitan areas.

There is no question but that the City has willfully and knowingly violated Title VIII of the Civil Rights Act of 1968. It should be called into account. --THE CHICAGO DAILY DEFENDER.