

N. C. Association for Mental Health  
United Community Services of  
Greater High Point  
United Medical Research Founda-  
tion of N. C.

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Last week, my little girl started to school. This is her first year and I wanted to go with her the first day, but she felt so grown up and wanted to go by herself. Well, she wanted to go with the other children, but somehow, she didn't need mother that first morning.

I knew she would be happy with the other children, walking and skipping along the sidewalk, and off and on the curb. Her pretty blonde hair waved in the September breeze, and the new dress was proudly worn. I knew, too, she would be excited to meet her teacher. But, somehow, I still wanted to go with her.

She has to cross two streets on the way to school, and I kept feeling uneasy. She always seems to be running and skipping so gayly, I was afraid she might not look before dashing across the street. I felt relaxed about nine o'clock when I knew she must have arrived safely. Then the worry started again when it came time for her to come home. Gee, was I glad when she came skipping up the walk and into the house, happy and excited. She told me all about her first day.

Please drive carefully along our streets. I want my little girl to come home skipping and excited every afternoon. She's the only little girl I have, but I suppose if I had several others, I would want them to come home skipping and laughing, too.

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Flattery--The best cure for a stiff neck because there are few heads it won't turn.

If your makeup is such that you must worry, don't waste your time worrying about things beyond your control. Worrying won't solve your problems anyway. It is doing that counts.

However, on the other side of the coin, there's something to be said in favor of healthy worrying. A healthy kind of precautionary worry serves a good purpose if it leads to action remedying or eliminating the troublesome or dangerous situation that brought on the worrying. The trouble is, most of us worry about things on a massive scale that we can't remedy in the first place by proximate personal action.

For instance, we--

Worry about H-Bombs--then buy our children or grandchildren fireworks for unsupervised use, light the barbecue fire with gasoline or leave firearms within reach of children.

Worry about radioactive fallout--then spray the house and garden with insecticides without precautions to avoid getting them into foods, on dishes, or uncovered snacks.

Worry about chances--then drink and drive.

Worry about paying off the mortgage --then smoke in bed.

Worry about the stock market--then not bother to have car seat belts installed or use them when they are in.

Worry about retirement--then do everything we can to keep from lasting that long.

Use your head, time, energy, ingenuity and skills to eliminate the obvious hazards and develop safe habits and attitudes to preserve that which we are so worried about losing--LIFE.

Quincy V. Tuma  
Safety Digest

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You can always spot a well-informed man. His views are usually the same as yours.