



BUMPER CATCH—The most important part of this photo is what the eye does not see, according to Earl N. Phillips of High Point who ramrodded the recent Fourth International Blue Marlin tournament off Cape Hatteras. Of the 57 blue marlin caught, three out of four were pinned with metal tags and tossed back into the sea for benefit of future sportsmen. "Largely because of such conservation

measures," Phillips said, "more marlin already have been caught off North Carolina during the first half of this season than during the entire five-month season last year — adding support to the Hatteras claim of being the Blue Marlin Capital of the World." Beside the groaning roadster is model Linda Ralston of Hatteras while at the wheel is Ted Cramer of Raleigh.

Reading on a park bench is for squares and to indulge in the classics of literature at home is a lost romance. Mankind cannot crowd in his schedule time to be calm--to find peace and quiet, to stroll through the woods and fields, to observe the antics of the birds, the animals, the insects. To see the beauty in a tree, a flower, a leaf, a blade of grass. To listen. To find joy in the designs of all creation.

Ah, yes, the ecstasy, the beauty, the happiness and joy is still there. But one must first seek, to find it. What tremendous impact and meaning behind the quotation "Be still--and know that I am God"--one finds Him in the depth of meditation and solitude.

What a wonderful place this old world would be if all mankind would set aside one-half hour each day in his busy hectic

life, to relax, to meditate and commune with the handwork of nature, in complete peace and quietness.

"His spirit abides in the stillness." It is here our material world falls automatically in its rightful place, to mankind in his advance. Would there ever be another war? I wonder.

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MIRROR

MEDITATION

By EMMITT L. BRINSON

In the beginning all was peace and quiet--then there was man--and ever since there has been conflict with the plan of creation. Man has a natural drive to improve his knowledge and life. With it came new methods and standards of living.

Material pursuits brought on the machine, each of which curiously enough imitates some part or whole, in the workings of nature's designs, functioning as our body or some part of life. A lot has happened in this advance to throw man off balance. He has increased his living to such a pace that life has become artificial, fast and hurried.

Our economic system is wrapped up in the advance of a mechanized world. Automobiles, planes and rockets, radio and television, thousands of automatic machines--a push-button age that makes for speed and fast living.

Personal time, too, has been caught up in the turmoil. There just isn't any left to go around. This advanced society commands every waking hour. It is consumed by vocation, or the pressures of a social system.

Entertainment is available at every turn or the touch of a dial to absorb our attention around the clock.

Burdens and restrictions

from top-heavy government demands more and more of our time. Everywhere one turns we see people just running from themselves. Lost from purpose--too busy to relax.

Modern youth is rushing into maturity expecting every minute to be absorbed with artificial pleasures and entertainment--available without problem. Lives filled with diversion from reality. Rush--rush--rush.

Man has completely lost his ability to orientate himself. In his advance he has left God behind. Medical Science proves that this fast pace and tension is directly or indirectly responsible for most of our ills and death. Our bodies are not designed to hold up under such self-inflicted pressure.

Gone forever are the happy hours one had at family gatherings, the many evenings of relaxation on the porches, the art of conversation, of listening to the masters of music, of families singing around a piano and junior's accompaniment with his horn, the pursuits of God-given talents, the walks of elderly couples arm-in-arm on a sunny afternoon, or moonlight night--just watching and listening to the sea, the rivers, or looking at the stars.

Man cannot tune up his natural design in keeping with the fast pace of the machine age. Modern man is like listening to an orchestra with all the instruments in different timing. Tone, melody, beauty and rhythm is lost.

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