

The Lincoln Echo

The Lincoln Echo is published every six weeks by the students of Lincoln High School in Chapel Hill, N. C.

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- Objectives of the Lincoln Echo:
1. To supplement reading materials.
 2. To encourage free expression.
 3. To interpret the life of the school to the community.
 4. To promote greater school spirit.

Buy Christmas Seals And Wage War Tuberculosis

The 1952 Christmas Seal appropriately displays a lighted candle. This symbolizes among other things a ray of hope, a shedding of light on the tuberculosis problem. In a dark room candle light glows very brightly. Tuberculosis, with its army of billions of germs, is like a dark room, casting gloom and fear of penetration to thousands of people in the United States every year.

With its candle-light, doubled-barred cross, the Christmas Seal can bring about an attack on the enemy again and again. It can penetrate this darkness that now surrounds us, and shed light into all areas of our Nation.

How does an army of Christmas Seals fight the enemy? It does it in many ways. To begin, the people in all areas of our life must purchase Christmas Seals, especially *the citizens of our town*. This will give ammunition with which to fight. The Seal makes possible research into the nature of the disease and methods of curing it.

Too, the purchase of Christmas Seals makes possible the spread of new knowledge gained by providing literature to be circulated among the people, and the securing of books and magazines to bring cheer to the discomforted patients in the sanatoriums. Who does not thrill at the sight of a happy, smiling patient, who has found an absorbing hour in a

DO YOU KNOW

By Bettye Briggs

WHAT TUBERCULOSIS IS?

- That it is a contagious disease?
- That when a germ reaches the lungs the body surrounds it with cells where it may grow?
- That you cannot contract it if the germ is not present?

WHAT THE FIRST DANGER SIGNS ARE?

- That they are fatigue, loss of weight, indigestion, a cold with a cough that "hangs on", and coughing up blood?

WHAT TO DO TO PREVENT IT?

- That you must keep the body in a healthy condition by eating nutritious foods, getting plenty of sleep, avoiding worry, and exercising in fresh air and sunshine?

That you must go to your doctor or to the Health Department for frequent check-ups?

That you need periodic X-rays?

WHAT YOUR HEALTH DEPARTMENT CAN DO FOR YOU?

- That it will give you free fluoroscopic tests?
- That the doctor will give you a skin test?
- That the doctor will give you an X-ray if he thinks it necessary?

That the Health Educator will help you organize health clubs and give you information about the District Health Association and its services?

That the present Health Educator is Mr. Joseph H. Huff?

If you know all this, I do not need to urge you to buy Christmas Seals. You will buy them because you know what they can do for others.

book made possible by him?

Further, the purchase of Christmas Seals can help to provide an effective program of control, which includes a broad range of activities. Community organization, health education, patient services, case supervision, and fact-finding are but a few of these activities.

To achieve these much-needed advances, *the citizens of our town* — the school, the teachers, the students, and certainly the parents must give their full support by buying and using Christmas Seals in large numbers.

Class Elects Officers

The 8 B class has elected the following officers and committee chairmen for our class of 1952-53. They are as follows:

- President.....Mary Mason
 - Vice President.....Joseph Burnette
 - Secretary.....Betty Jones
 - Assistant.....Ersell Gattis
 - Treasurer.....Helen Walker
 - Committees:
 - Social.....Esphere Foster
 - Housekeeping.....Preston Smith
 - Program.....William Nunn
- Preston Smith

Why I Like Mathematics

By Ida R. Battle

Now that I am a freshman at Lincoln High School, I have found that the subject I like best is mathematics.

Since I have been under the supervision of Mr. E. D. Lowery, I have learned that you must be alert and must put yourself in most of the thought problems. You encounter mathematic problems in everyday affairs.

I hope that the freshman class of 1953-54 will enjoy mathematics as much as I am enjoying it in my freshman year.

No Initiation!!!

The three divisions of the freshman class are rather surprised because they have not been initiated so far. They do not really regret it because it will save their looks.

The freshman are also getting ideas about going places, and doing things this spring.

Delores Mason

The Story of Betty Clark

Re-Told by Ruth Stroud
From I Had T B

It was a bright, hot Saturday afternoon. John called Betty for a trip to the town carnival, where their friends were waiting for them.

At the carnival, this gay party went on all the rides and watched the various acts. They soon grew tired of the carnival and were standing by the entrance gate, when John said jokingly, "Hey, Gang! There's an X-ray outfit parked across the street."

"What do you mean by a X-ray outfit?" asked Mary.

John suggested that they go over where Mary could find out, and have an X-ray just for fun. The doctor in charge took their names and addresses, and made an X-ray of each. The gang was surprised at how simple it was.

Betty had forgotten about her X-ray until she received a notice telling her to visit her doctor. He examined Betty further and found she had T.B. The doctor told her that her case was not serious, and that with proper treatment she could soon be well. He recommended immediate rest in a hospital. Betty was puzzled because she did not feel sick. The doctor told her that one can have T.B. and not feel sick at all.

Fearing for her future with John, Betty told John everything the doctor had told her. John assured her that the doctor was right and that she need not fear or dread the period she would have to spend in the hospital.

Betty was taken to the hospital where she found everyone so kind and interested in her recovery that she felt quite happy. She was happy not only because she was going to recover, but because John had promised to wait her recovery. After she was discharged from the hospital, she and John were married.

Aims Of This Issue

To give a more complete understanding of T.B. as related to the high school age group.

To extend the knowledge and appreciation of community health services available for tuberculosis control.

To encourage all-out war on T.B. by purchasing Christmas Seals.