

Scott Seeks 'Real Jim Gardner'

RALEIGH — "Will the real Jim Gardner please stand up?" Bob Scott has been asking that question across North Carolina recently.

"He's been changing his mind so often lately, I don't know where the real Jim Gardner stands," Scott said.

"He changed from Democrat to Republican to seek a congressional seat with a campaign promise of being a fulltime congressman," Scott said.

"Then he changed his mind after he was elected and became a candidate for governor and a parttime congressman. He said he would support Mr. Nixon for the Republican presidential nomination, but he changed his mind and leaned toward Governor Reagan of California.

"Maybe in the course of all these changes he will change back to support me as a candidate for governor on the Democratic ticket," Scott said.

Scott recommended that James V. Johnson of Charlotte be the new chairman of the State Democratic Executive Committee and that Mrs. James M. Harper be the vice chairman.

The committee approved his recommendations.

Johnson, a Charlotte bottling company executive, succeeds I. T. (Tim) Valentine, Jr., of Nashville.

Mrs. Harper polled more than 148,000 votes in a primary race for nomination for lieutenant gover-

nor.

Scott said at Asheville he is conducting a gubernatorial campaign of Tar Heels, by Tar Heels, and for Tar Heels.

"I'm a Tar Heel, folks know I'm a Tar Heel, and I am interested in Tar Heel programs," Scott said. "I would like to think people are going to vote for me on the basis of my record and me as a candidate, rather than whatever movie star I might bring in from out of state to help me in my campaign."

Scott's opponent, Jim Gardner, appeared jointly with California Gov. Ronald Reagan, a former movie star, at a Winston-Salem rally July 30.

Scott said bridges are a sore subject among some county school superintendents and parents in North Carolina.

"There are now five bridges in Alamance County over which school buses have been forbidden to pass," Scott said. "There were six.

"One of those bridges collapsed July 11 when a loaded tractor-trailer attempted to cross it."

Scott said that farther west, near Morganton in Burke County, a bridge across Warrior's Fork was in such bad condition this school year that a school bus carrying 40 students had to unload its passengers before it could cross.

"It was raining in the morning, the children got

wet and they had to wear their wet clothes to school," Scott said.

"The state must place priority on the replacement or repair of bridges where school buses are involved," he said.

"We must not wait until a bridge collapses with a loaded school bus before taking action," Scott said.

HEALTH AND SAFETY TIPS FORGET OLD FROSTBITE TREATMENTS

Frostbite is an important health hazard each winter in most parts of the country.

Today's Health, the magazine of the American Medical Association, reports that true frostbite means that the tissues are frozen. Crystals of ice form between the cells. Nerves, muscles and blood vessel tissues are most susceptible.

Frostbite can happen before you know it, and it isn't necessary for the temperature to be excessively low. The wind plays an important role. The chilling effect of air at 20 degrees moving 45 miles an hour is the same as 40-below-zero air on a still day.

One of the dangers of frostbite is that you often don't feel it. First thing you know is that someone else notices that your ear or nose is turning white. The frozen part becomes hard to touch and loses feeling. Many sports leaders advocate a buddy system for outdoor winter sports: two persons are paired off, each watching the other for signs of frostbite.

To prevent frostbite, first be certain that you are properly dressed for the temperature. Avoid over-exertion and excessive perspiration. Avoid contact of bare flesh with cold metal. Don't drink alcohol or smoke.

In first aid for frostbite, forget the old saw about rubbing the affected part with snow, and also forget the completely invalid caution against rapid thawing. Also, don't massage or rub the frozen part. Don't touch it at all. Begin rapid rewarming as soon as possible. A hot bath is excellent, but avoid scalding. Hot wet towels will help, changed frequently and applied gently. If no fire or hot water is at hand, place the patient in a sleeping bag, or cover with coats and blankets. Hot liquids will help raise body temperature.

There is, however, one thing of which the returned exiles were guilty, and which we, today, must guard against; instead of deepening their religious life, they fell prey to the snares of secularism. They became absorbed in things which wholly concerned their daily life, neglecting the things pertinent to life everlasting. They became, in other words, selfish.

And had it not been for the prophet Haggai, this state of affairs might have continued indefinitely. But, speaking for the Lord, Haggai shocked them into acceptance of their responsibilities, and the rebuilding operation was resumed.

Discouragement, then—as it still does today—breeds apathy. It is a pitfall the true Christian must ever guard against.

The people who had been charged with the responsibility of rebuilding the temple were lucky; they had Haggai and Zechariah to stir their conscience and galvanize them into completing the Lord's work that had been neglected.

We, today, are vulnerable to disenchantment. Things don't quite go as we would like them to, and we become discouraged. This discouragement often takes the form of excuses when, as Christians, we are asked to perform some extra-curricular task in our church work. We have too many other things on our mind—things which, in our eyes, take priority in our workaday schedules. What we tend to forget is that time belongs to God—all of it.

Our primary commitment is to God. All that

Continued on Page 4

Make Church-Going A Habit . . .

SUNDAY SCHOOL LESSON

TOO BUSY FOR GOD'S WORK

International Sunday School Lesson for Aug. 18

Memory Selection: "Is it time for you, O ye, to dwell in your cieled houses, and this house lie waste?"—Haggai 1:4.

Lesson Text: Ezra 4-6; Haggai 1-2; Zechariah 1-8.

In the study of our last lesson the exiles were shouting and weeping for joy at being permitted to return to their homeland and rebuild the temple in Jerusalem.

In the lesson we are studying today, we find those same people in a vastly different mood—disinterested, unwilling to apply themselves to the task at hand. Why?

Forced by royal decrees, the people were forced to stop the work of rebuilding. And from out of this idleness came ennui. Perhaps it was wrong—but how many of us (burdened with the necessity of making a living) work diligently at it to the point of dropping in our tracks? Somehow, we keep going—just as long as we don't stop. When we DO stop, however, then—and only then—do we realize how tired we are—and we have to flog ourselves to get back into the swing. There are few among us who have escaped this experience in the course of a lifetime; it therefore behooves us ill to be critical of the exiles at the point we are studying.

There is, however, one thing of which the returned exiles were guilty, and which we, today, must guard against; instead of deepening their religious life, they fell prey to the snares of secularism. They became absorbed in things which wholly concerned their daily life, neglecting the things pertinent to life everlasting. They became, in other words, selfish.

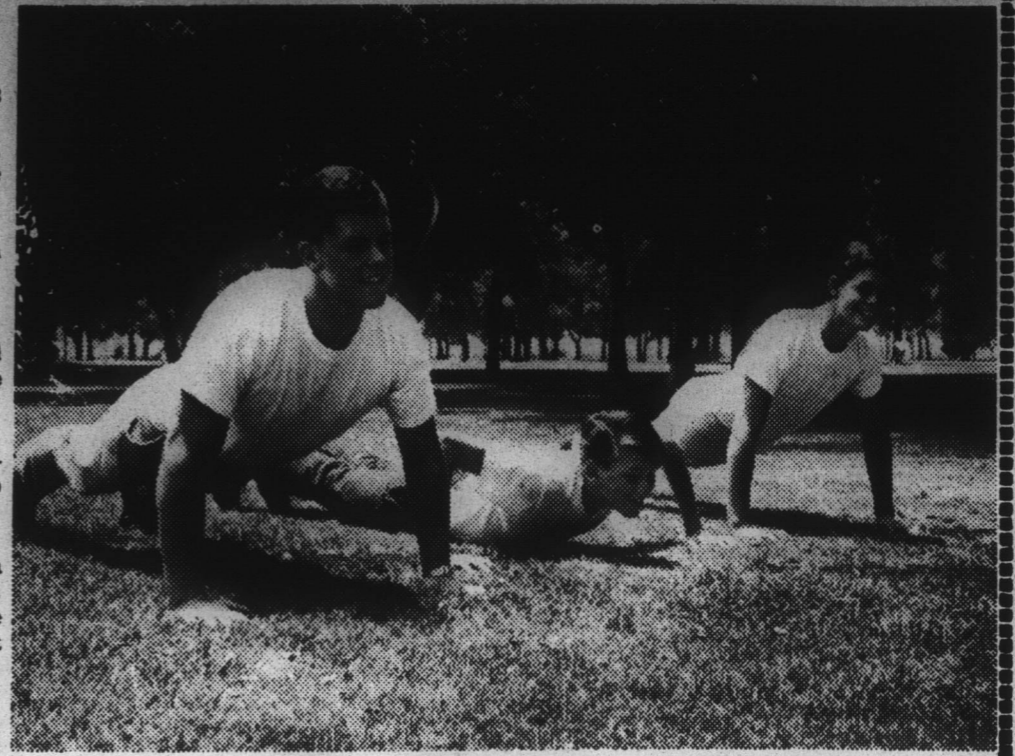
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Our primary commitment is to God. All that



of heroes

It's pretty exhausting to have two big brothers that excel in everything!

Of course, there are advantages. Like the time a bully beat me up—my brothers followed me to school for two weeks. They wouldn't have fought him, but he didn't know that. Every night they worked out with me. Finally, I took him on and won.

My brothers are first-rate in everything—studies and athletics. There's nothing wishy-washy about them—if they don't think something's right, they say so. When there was a "walk-out" at school, they squashed it, practically single-handed.

Because our parents have always taken us to church and taught us God's way, my brothers are strong-principled and good. I aim to be like them.

Your church is a training ground for integrity!

THE CHURCH FOR ALL . . .

ALL FOR THE CHURCH

The Church is the greatest factor on earth for the building of character and good citizenship. It is a storehouse of spiritual values. Without a strong Church, neither democracy nor civilization can survive. There are four sound reasons why every person should attend services regularly and support the Church. They are: (1) For his own sake. (2) For his children's sake. (3) For the sake of his community and nation. (4) For the sake of the Church itself, which needs his moral and material support. Plan to go to church regularly and read your Bible daily.

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Sunday Exodus 32:22-32	Monday Exodus 33:1-20	Tuesday Leviticus 26:3-13	Wednesday I Corinthians 14:1-12	Thursday II Corinthians 3:7-18	Friday I Timothy 4:6-16	Saturday Hebrews 8:1-13
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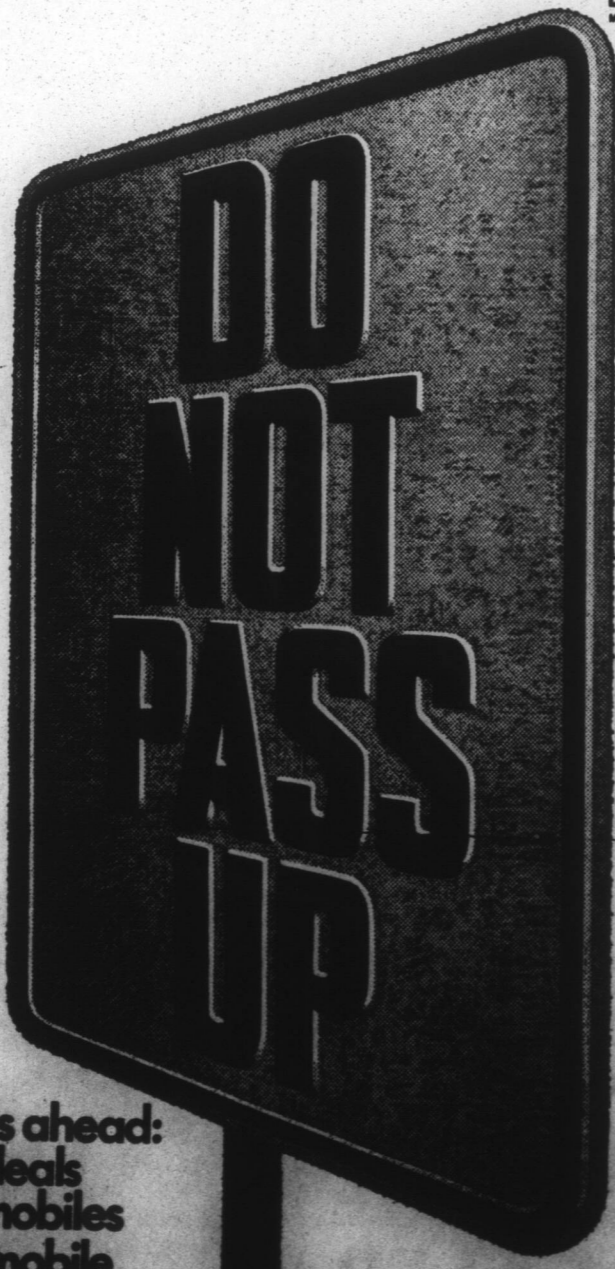
Dear friends,

Benefits may be lost to the family for lack of knowledge. If the deceased was covered by Social Security, his beneficiary is eligible for a benefit - likewise the family of a war veteran with active service. Some trade unions and fraternal organizations provide survivor benefits. Your funeral director can assist you to learn of and apply for various benefits to which the survivors may be entitled.

Respectfully,

H. B. Willford, Jr.

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