



Your MENTAL HEALTH

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Suicide Can Be Prevented

Every minute someone in our country tries to kill himself or succeeds in killing himself. Suicide ranks as one of the first ten causes of death in the United States. Every year an average of 20,000 people destroy themselves.

This high rate of self-destruction most certainly could be reduced if our citizenry were educated about suicide.

Authorities on mental distress believe that there are four principal types of human situations anyone of which may lead to suicide.

One of these is when an individual believes that he has an incurable sickness or is in constant severe pain. Suicide then is a way out of an intolerable situation. When this does happen the unfortunate

thing is that not infrequently an autopsy reveals the individual did not have the incurable illness he thought he had.

A second type of potential suicidal situation is when a person becomes so depressed that he feels life no longer is worth living. He may feel unwanted, unneeded, life has no real meaning or interest for him.

Many individuals actually do not want to kill themselves at all. Our third type is actually trying to tell us something, to communicate with us, perhaps to get us to change in some way. His suicide attempt may be his way to gain our attention or love. He may be trying to get even with us for some hurt or wrong he believes we have inflicted on him. He may want us to feel

sorry for something he believes we've done to him. Actually, he probably does not want to die at all. Just come close—and be discovered in time to be saved. And achieve his motives.

Finally, there is an impulsive type of suicide. The individual reacts in a white heat of anger to a deep frustrating experience. Perhaps conflict with a parent leads to such a heightened emotional state in an adolescent that he snuffs out his own life.

Usually a potential suicide gives clues to his possible action. If we were only tuned to these clues, if we understood their possible significance, many suicides could be prevented. For example, we should most certainly take seriously anyone who frequently talks about taking his own life—even though he does so in a casual manner. And we should be especially concerned when the same person begins to set his affairs in order, makes his will, or begins giving away possessions. Always take repeated remarks about suicide or desire to die very seriously.

People who have had long illnesses, who have become depressed and dejected, who may actually say, "I'd be better off dead," those afflicted with chronic insomnia, or those who lose interest in social activity—these may be potential suicides.

Such people need immediate professional help. Show them kindness, give them friendship, get them help. A minister often can be of real help. Or a physician. Perhaps you know where information may be obtained in this area. Its address is Alcoholism Center, central office, Elizabeth City, N. C. Its phone number is 335-1663.

Call the center as soon as you suspect suicidal tendencies on the part of a relative or friend.

The potential suicide eventually will thank you for your help and the help you may get him. Most suicides really don't want to die.

Why?

History repeats itself, as everybody knows. But why does it have to do it so fast?

—Star, Minneapolis, Minn.

Make Church-Going A Habit . . .

HE IS RISEN!

International Sunday School Lesson for April 6

Memory Selection: "Blessed be the God and Father of our Lord Jesus Christ, which according to His abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead." I Peter 1:3.

Lesson Text: Mark 15:42 to 16:7.

In our study of the reality of the Resurrection we are made vibrantly aware that Christ and His resurrection from the dead in the fundamental basis of Christianity and the hope that man must have if he is to conquer sin and its consequences.

When God created man and women, endowing them with the ability to propagate life, He created a wonderful thing. But He created more than just a physical entity; He created the spark that made existence meaningful; He created a soul.

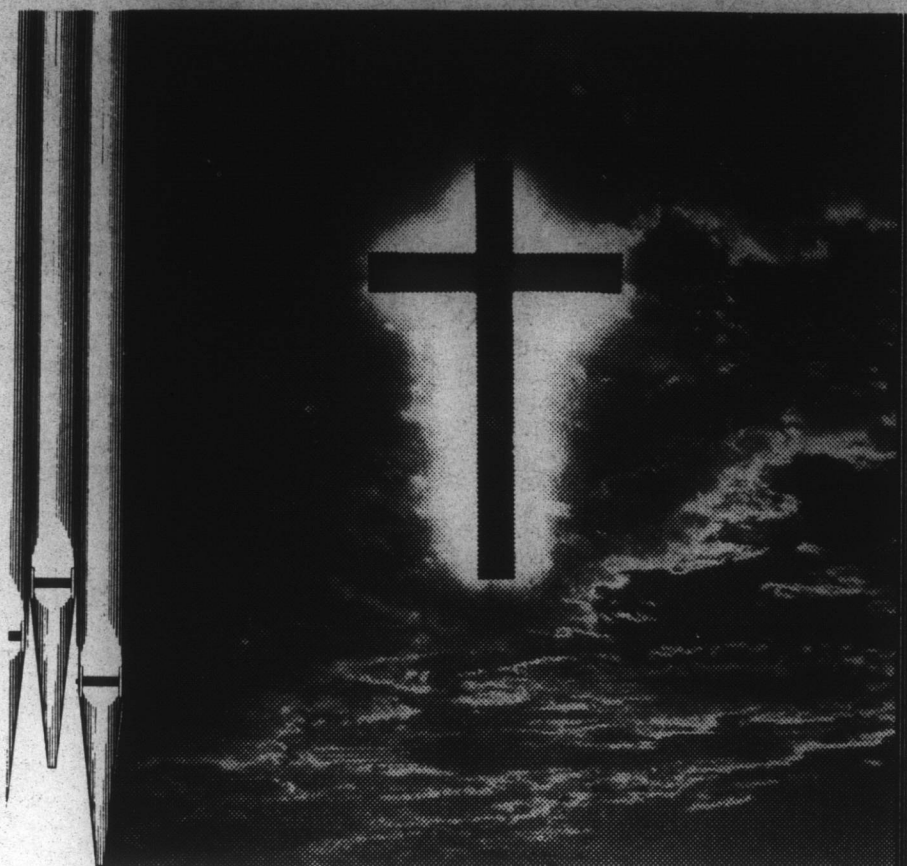
The birth of a child brings great joy and happiness to the adults—the parents, and the family circle. To the baby, himself, that particular portion of his life is an unknown quantity; but as he grows to maturity, he in turn becomes aware of the miracle of life. He also becomes aware of the end of man—death. He cannot meet death with the unknowing innocence with which a baby faces life; he has to face a great unknown—and oftentimes, quite understandably, faces it with fear.

Fortunately for us, age brings its own perspective. We are no longer so domestic in our definitions of black and white, of sin and virtue, of strength and weakness. We become more tolerant in our outlook and our judgments. Right is still right, and wrong is still wrong, but we realize that somewhere in between (whether by honest mistake, or not) there is a pale grey area. We become less moved to condemn, more and more moved to excuse. We are maturing. The tolerance and forgiveness that was Christ's nature is flowering in our hearts and in our minds.

More and more gradually we relinquish our hold on the things that once meant life itself to us—our possessions, our luxuries, our demands on our fellowmen. We find ourselves contemplating—with an increasing understanding—the words of Jesus: "I am the resurrection and the life; he that believeth in me, though he were dead, yet shall he live." (John 11:25). Physical death is release and promotion for the true Christian. He faces it, unafraid, because Christ vanquished it, and rose again.

Each year, at Eastertime, we make the journey to the sepulchre which contained the body of the crucified Christ, along with Mary Magdalene and Mary the mother of James, and Salome; we share with them the awe and wonder of a risen Christ. And we share, also, with the disciples of Christ, a sense of renewal, of faith, of hope. For, like Christmas—the celebration of the birth of the Christ-child—Easter is the celebration of renewal of the spirit. The time of sorrowing—the crucifixion—is past, and the time

Continued on Page 5



hymn of the skies

David lived almost thirty centuries ago. He knew nothing of outer space . . . of galaxies hurtling through the void . . . of particles of energy and matter spinning their way from a one-time explosion toward the edges of the universe.

He knew only the skies of his native land . . . their lights and shadows and ever-changing drifts of cloud.

But he knew, as millions before and since, that these skies were no accident. They told him of the Mind and Heart that rules the domain of life. They told him we are not alone.

"The heavens declare the glory of God," he wrote in the 19th Psalm, "The firmament showeth his handiwork."

Through those same skies rode the star that drew men to the scene of our Savior's birth. Against those skies is always silhouetted the Cross on which He died for us.

Under those skies we'll worship together the Risen Lord.

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Matthew 27 28:1-10 28:11-20 Acts 2:22-36 2:37-47 Romans 1:10 11:23-26
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EDENTON, N. C.

Dear friends,

Most doctors and clergymen, observing someone at the moment of death, have seen their eyes light up with a radiant happiness and surprise while they call out the name of a loved one that has preceded them in death. Immortality is repeatedly reaffirmed.

Let us rejoice again, this Easter, in the resurrection of Christ and the glorious immortality in God of each of us.

Sincerely,

H. B. Williford, Jr.

NOTICE! MEETING OF BOARD OF EQUALIZATION AND REVIEW

The Board of County Commissioners of Chowan County will meet as the Board of Equalization and Review in the Tax Supervisor's Office, Hotel Joseph Hewes Building, Tuesday, April 8, at 2 o'clock P. M., to hear any complaints. The Board will adjourn from day to day until this work is completed.

W. E. BOND
Chairman