

SUNDAY SCHOOL
Continued from Page 2

early childhood. He loved everybody—and most particularly the sinner—for was not he the one who needed love the most? It is, conversely, easy for us to love those who are lovable—who love us. It is somewhat harder to love those who hate us, and who do us an injustice. Yet here is fertile ground for our Christian beliefs and tenets. Who knows, by a truly shining example, we witness most fervently on behalf of Christ. And who can resist responding to kindness and caring? Jesus was the incarnation of what He taught. He truly came, not so much as to teach the Gospel, but to make it possible that it be taught. It has weathered the storms of many centuries; it has been "put down" by ungodly regimes; but it remains a steadfast rock in the lives of millions, still. It has been the hope to which the despairing have clung, throughout wars, pestilence, famine. And anything which brings such a deep sense of comfort, of continuity, of security is most assuredly worthy of our undivided loyalty.

(These comments are based on outlines of the International Sunday School Lessons, copyrighted by the International Council of Religious Education, and used by permission).

Mothers' March Volunteers on the Go All Year to Prevent Birth Defects

Jane Wyatt, National Chairman of the Mothers' March to prevent birth defects, has a timely message for everyone—particularly women: "Don't get hooked on 'harmless' drugs."

Since 1963 the popular actress has been leading millions of dedicated volunteers in a crusade directed by The National Foundation-March of Dimes. Their goal is to end a severe national health problem that annually strikes some quarter of a million newborns. To hasten this day, women marchers in all 50 states join with Miss Wyatt each January to raise funds for this vital cause.

Contributions help support 111 March of Dimes Birth Defects Centers around the country, many of which are located at major medical centers and teaching hospitals. Throughout this network, programs of research, professional and public health education, patient care and community services are carried out in the care and prevention of birth defects.

This year, under Miss Wyatt's leadership, women who ring doorbells and extend the familiar envelopes will leave behind excellent advice about careless use of medications. Volunteers, many of whom belong to leading clubs and organizations, are distributing "Don't Get Hooked on 'Harmless' Drugs!" a pamphlet that warns against the devastating impact that misuse of drugs may have upon an unborn child.

Prenatal Care Emphasis
It is certainly possible that heroin, speed, LSD, and the like can cause lifelong heartache if a pregnant woman indulges in them. But what about the so-called "harmless" drugs— aspirin, tranquilizers, nose drops, vitamins, "diet and cold" pills?

Scientists are studying many drugs to determine whether they affect the fetus. For greater peace of mind during pregnancy, women are urged to observe a simple rule: Take no medication of any kind from the time you suspect you are going to have a baby. The exception, of course, is medicine recommended by a doctor who knows you are or may be ex-



MOTHERS' MARCH volunteers are active in March of Dimes community service projects throughout the year. They march in January to raise funds which help support needed programs in the fight to prevent birth defects.

pecting a baby. Information material, such as the pamphlet, "Don't Get Hooked on 'Harmless' Drugs!" is an example of the importance which the March of Dimes places on the need for prenatal care. This theme is stressed in year-round public health education programs sponsored by the voluntary health organization.

Miss Wyatt reports that the organization has launched prenatal care programs in more than 50 metropolitan areas and hundreds of smaller communities. These projects are done in cooperation with public health departments and major women's service organizations. In addition, civic and social clubs, religious and fraternal associations, youth groups and churches participate in special educational projects.

Along with prenatal care programs, volunteers also are working closely with local public health departments and medical societies in many areas to encourage widespread use

of new vaccines against rubella (German measles) and Rh blood incompatibility disease. Both are major causes of birth defects.

Progress in Prevention
Other preventive methods used in the struggle against birth defects include genetic counseling and new techniques for diagnosing some defects in the unborn child. Surgery on newborn babies is becoming more and more successful in correcting life-threatening malformations.

The task of preventing birth defects is still an awesome one, but concerned women throughout the country are making it possible for the March of Dimes to help children born handicapped lead happy, useful lives. "More important," says Jane Wyatt, "they are leading the fight to prevent birth defects from striking children yet unborn. They march to bring hope to future generations and help to those who need it now."

Much Knowledge Needed To Work With Alcoholic

(Editor's Note: This is the third and final article of a series on alcoholism.)

By JEFF RAY WHITE
In my preceding articles I have attempted to describe the complex illness of alcoholism. None of us can solve a problem unless he understands the nature of the problem. I sincerely hope these articles have enriched your understanding of alcoholism.

One might ask, "How can I use this knowledge to help an alcoholic?" First, ask yourself if you still have a feeling of resentment or criticism of that person's drinking. One must have the emotional strength necessary to tolerate it for a while, knowing he cannot help an alcoholic recover overnight. If you can face the situation without becoming panic stricken, you have achieved understanding and you can begin to help him. An alcoholic can sense resentment and he can, also, sense an understanding attitude.

Think for a moment about your past attitudes—especially if you are wife or husband of an alcoholic. Did you "rake him over the coals" when he drank, reminding him of his neglect of the family, his failure to accept responsibility, his weakness of character, etc.? What did it accomplish? Did you wallow in self-pity at being married to an alcoholic? Did you bear your heavy burden in silence, withdrawing from all outside activity, shutting yourself and your family to the world? Or did you secretly enjoy the words of sympathy? In either case,

neither your situation nor that of the problem drinker was improved, was it? If you are the husband or wife of an alcoholic, "Look at yourself and join the human race." Now that you, the husband or wife, have joined the human race, a good place for you to start rejoining is the nearest Alcoholics Anonymous group. There is one near you. Look in the telephone directory. Every AA group has open meetings.

Seek the advice of AA and steer the alcoholic toward AA. Should he express no interest in accepting treatment at this time, drop the subject. You may have accomplished more than you realize. Your change of attitude, your refusal to allow his drinking to disrupt what peace of mind you may have attained, will start him thinking.

Wait a day or so and casually leave some literature you have read where he may notice it. Should he begin to show interest, try not to act surprised; do not be tearful; do not make an issue of it. Don't rush out to make arrangements either. Only he can make the decision to accept treatment. Let him make the decision as any mature adult would; don't try to take credit for it.

The alcoholic cannot accomplish this tremendous task alone. Generally he cannot make up his mind that he is going to stop drinking and start rebuilding his life on a more satisfactory level of adjustment. Most alcoholics try to do this, and they invariably fail when they attempt to use their own inner resources exclusively to accom-

plish it. Their emotional problems are too deep for self-analysis. They need to cooperate with others just as they need the cooperation of others. Almost everybody is now familiar with the work of Alcoholics Anonymous. It is a fellowship of men and women who share their experiences; strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

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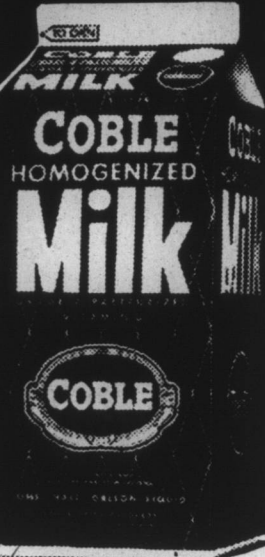


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Around The Farms In Chowan County

By R. M. THOMPSON
County Extension Chairman
There are several dates that you should mark on your calendar of events that you might be interested in.

The second swine meeting will be held Monday, January 26 and will be led by Ray Woodard, who will discuss selecting breeding stock.

On the second of February Jack Parker will discuss building construction of swine houses. On the 9th of February David Spruill will discuss management. All of these meetings are on Monday and will begin at 2 o'clock at the Center Hill Community Building.

On Wednesday, January 28, the North Carolina Yorkshire Association will hold its sale for bred gilts, boars and open gilts at the Livestock Arena in Plymouth. The show will begin at 11 o'clock and the sale at 1:30 o'clock.

Another important meeting is scheduled for February 3 at the Center Hill Community Building and will begin at 2 o'clock in the afternoon is on peanut production. Particular emphasis will be placed on variety selections, maturity determination, weed and grass control, along with root worm control, fertilization and the use of Alar. We would like to see as many producers of peanuts at this meeting as possible because it is a real good opportunity to refresh yourself on information you might already know as well as learning something new. At this meeting the prizes for the highest yields according to the ASCS marketing cards will be presented to the top three producers in Chowan County. We hope that you will make every effort to attend.

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