


Need Full Program
For Flood Control
The army engineers have recommended an adequate plan of flood control for this area, which plan is now before congress and scheduled for hearings during the mittee on Commerce, of which Senator Josiah W. Bailey is chairman.

The four dams, two on the Yadkin and two on the Reddies River, would impound up to six inches of flood run-off, which currence of a flood of the 1916 or 1940 flood proportions.
All that is very gratifying, because it would mean that the valley below can develop agriculturally and industrially without fear of flood destruction.
However, there are additional aspects to flood control on a lonyr range basis. The Yadkin Valley watershed on the southeastern slope of the Blue Ridge has been great timber lands. Now most of the run rampant, making it possible that we have what is known as "flash floods:" Some of the submarginal lands are b ing cultivated unprofitably.
Lands not too steep in slope could be profitably devoted to grazing, and less desirable lands 'should be reforested.
The government could purchase the submarginal mountain lands at very. reasonable costs and turn them into national forests, thus conserving and developing
valuable natural resources, and bringing valuable natural resources, and bringing
about flood control for future generations. about flood control for future generatio
It would provide a refuge for game.

This type of development would be especially appropriate because the Blue Ridge Parkway borders the Yadkin Valley watershed.
And soil conservation work could be intensified throughout the entire Yadkin watershed area in Northwestern North Carolina.
The U. S. Soil Conservation Service has already accomplished much in conserving program in the Yadkin valley area would be especially appropriate.

A Better Highway 421 North Wilkesboro should join wholeheartedly with other cities in North Caro-
lina, Tennessee and Virginia for a better highway 421
The famous highway was built as an interstate route of traffic, and was named the Boone Trail to commemorate the memory of Daniel Boone, the famous pioneer. But as highways have progressed, lit-
tle attention has been paid the Boone Trail, and some parts of the famous route have been badly neglected, particularly that part from Boone through the corner of Tennessee and into Virginia and to Bristol.

Now the people of northwestern North Carolina, East Tennessee and Southwest tive states restore highway 421 to its rightful place among the leading interstate highways of the southeast.
Because of itastrategic location, highway 421 should be one of the super highwaye planned in cooperation with the fedaral Bureau of Roads. It is the most direct route from the thickly populated and industrial Piedmont gectiop, of North Caro lina to the great Middle West.
The present routing of the proposed super hitghaye has no direct route betwean those great suct the super highwass
be no routed that one would hare to benve 200 miles reach the Middle West centers from Pledmont North Cerolina?

## Heart Disease A Killer

Heart disease is rapidly becoming the chiof cause of death in the the second on being zor shead of chich the the ereth numbet of peoble in the United State every yeat. Incldentally, of the ten leading causes of death in the countr, oniy one, tuberculosis, has shown a steady de cline during the past three years, Wheth er this is to be attaibuted to the steady campaign which is waged against the white plague, or not, we have no way of close connection.
Concerning heart disease, a recognized authority reports that coronary sclerosis is sometimes called the "disesse of the in telligensia" because of the susceptibility fors bankers lawyers and clergy on phe men. The charactening of the nerves, ligacluce the haind vessels around the heart ments and bloa is highest among those and its incidence is highest lowest among those who do manual labor.
The Journal-Patriot naturally hesitates attempt any conclusion from these observations but, apparently, the disease at tacks individuals who are prone to forget the importance of physical exercise while consuming their energies in the anxiety of mental worries. It would appear that somewhere along the line of popular education in this country, the physical nature of man has been neglected.
If this is true, and we believe that it is, we might save the lives of future professional men by stressig the hope that when they grow up, the individuals will when they grow sense enough to continue what has been wisely begun.

## LIFE'S BETTER WAY

WALTERE. LSENHOUR
Hiddenite, N. C.
The following story, as told by Jordan Capy:

I heard a story of a portrait painter who ecided to paint the most beautiful being to be imagined. He searched far and wide, and at last found a flaxen-haired little like an angel. The very essence of purity and God. He painted the portrait of the beautiful little child, so innocent, so ten der, so beautiful. He hung the same where he could gaze upon it daily, and view the features he thought so beautiful. After several years had passed, this same por trait painter decided he wanted to paint the most miserable thing or being in ex istence. He searched far and wide and finally in the walls of a state prison he found a person whom he thought would be the most miserable, the most wretched human on earth. He painted the portrait of this man which society seemingly had rgotten and hanged it in his stado of God's creation, the portrait of the little flaxen-haired child he painted years before. Then he began to search and make an inquiry of the once beautiful little child nose soul was as pure as God Himself and to his astonishment the portrait of the miserable wretch was the same once beau tiful little child. Across the years of his life $\sin$ had overtaken him. Somebody's life, somebody's influence failed to radi te, and send into that very soul the thing that gives us courage to move in the right direction, and that is love and sympathy and sunshine of homanity Life has its in fluence, life has its schoes. Whether good
or bad, they will influence other souls. It ehooves us who claim to be Christians to live and conduct ourselves in such a way and manner that others will follow in our footsteps in a Christ an and spiritusl way This story tells us how sth will not only wreck and destroy natural beauty, bes wanhood, womanhood, morāls, golden op portunities, and will cause one to waste his time, bringing him to dire want and porerty, to prison, and finally to hell. Then do you blame me for, hating and fighting in and wickedness, and all souls to hell? 0 that I might win a thous and souls and sere a thousand lives where I am only wining and exoing onel Just a in and the devil wrocked thic beantion little flaxer-haired, innocent ebild in after years it is dotng the same today.


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#### Abstract

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Under and by virue of the power of sale contained in a certain
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## FALL NURSING CLASS

## Applimitions for encolynind in a mow ohat as now beling taken.

Young women who are haberwited in Nurtan a a profivalon are uryed to apply ar arty - poanble he order that thelr appicicitions may be approved by the state Board co Nurse Examiners.

Inquiries and appications shoald be reat to The Director of Nursec, City Memorial Hoapltal, WinstonSalem, North Carolina.

The profession of Nursing not only offers cellent educetion and steady employment, but also makes it possible cor her to render to her commity and her

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