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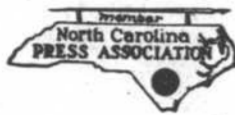
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Monday, March 7, 1949



Heart Disease Leads All Causes Of Death

By William H. Richardson of North Carolina State Board of Health.

You are invited to picture, in your mind's eye, a modern American city of 136,151 people. Such a city would contain skyscrapers, parks and playgrounds, busses, taxicabs, and all other modern conveniences. Its main street and those adjacent to it would be crowded with shoppers by day and filled with pleasure seekers by night.

If such a city should start losing population today, and within twenty-five years become extinct, that would be just what has happened to 136,151 people in North Carolina who died of heart diseases in the past quarter of a century. This figure is a startling one and yet, it is correct, according to official reports made to the State Board of Health.

Of the 136,151 heart deaths that have occurred in North Carolina including and since 1924, through 1948, 64,781 occurred during the past ten years. In North Carolina, during last year alone, 8,202 people were victims of diseases of the heart.

Deaths from heart diseases have steadily mounted during the period under consideration. In 1924, there were 3,465 such deaths reported to the State Board of Health. Last year led all others during the intervening period, with 8,202 such deaths, according to figures just released by the State Board of Health's Bureau of Vital Statistics.

All vital statistics for 1948 have now been compiled, in a provisional report. During the year, there were 111,963 live births and \$30,560 deaths from all causes. Of this total, 17,062, or considerably more than one-half, resulted from just four causes—diseases of the heart, 8,202; intracranial vascular lesions, or strokes, 3,449; cancer, 2,898; Bright's disease, 2,503.

Red Cross Is A Service Organization

The Red Cross serves people in need but, more often than not, their need is not something popularly considered "relief"—such as meat and potatoes, clothing, or money to meet the rent.

Take these examples:
A child swimming at a picnic is caught in the rapids of a river and screams for help. A Red Cross-trained lifesaver plunges in, rescues him, and resuscitates him...

A whole community is stricken with influenza or typhoid or polio, and scores of Red Cross-trained nurse's aides are recruited to assist the graduate nurses available.

Far out in the country a farmer is injured by his tractor. A son responds to give him first aid learned in classes taught by a Red Cross-trained instructor.

Near death from loss of blood, a motorcycle accident victim is given transfusions of blood supplies from a blood center staffed and maintained by the Red Cross.

A veteran of the war has received all of the government benefits to which he is entitled, but something from his harrowing war experience has retarded his rehabilitation. He needs no groceries or money or money or anything that can be handled. He needs intelligent counsel, sensible sympathy—a friendly hand on the shoulder. And the Red Cross hospital service worker does just that.

In every case—the child saved from drowning, the influenza or polio patients, the farmer injured by the tractor, the war veteran needing counsel—all were aided immeasurably by the Red Cross, but not without cost in salaries paid to people who serve these people in need, or who train or supervise people to serve others in need.

Relief cannot always be wrapped up as a tangible commodity. Part of the annual budget of Red Cross is expended for direct "relief," such as groceries, clothing, and shelter; but SERVICE, the larger item in the budget, is just as essential to the welfare of humanity.

Safety Checkup On Farms Is Urged

With spring planting just around the corner, now is the time to make farm machinery safe and serviceable for the coming season, points out Paul Choplin, county agent for the State College Extension Service.

It is not enough says the agent, to give machinery "a lick and a promise" and hope you can get by. Poorly conditioned equipment reduces an operator's efficiency and multiplies the chances for accidents. It is irritating and fatiguing, and it fosters carelessness.

According to Mr. Choplin, the National Safety Council recommends that all farm equipment be checked thoroughly before field work starts. Look for defects in hitches, seats, clutches, wheels, brakes, steering, and unguarded gears or shafts. Make repairs now and head off costly breakdown or accidents during the busy season.

Careful operators will also take time to equip tractors with fire extinguishers and provide secure holders for grease guns or other servicing tools carried on the tractor. Loose accessories may lead to falls or other casualties. A secure step or grab bar may prevent an accident in getting on or off the tractor.

See that all fuel lines are tight and check fuel servicing equipment. A leaky hose or valve can easily lead to a costly fire. If the fuel supply is too close to farm buildings for safety, take time to move it before an accident occurs.

"When You're Green, You Grow" is a book title with a lot of truth in it. No one grows mentally after he decides that he is "ripe" in knowledge and wisdom.—Winston-Salem Journal.

LIFE'S BETTER WAY
WALTER E. ISENHOUR
High Point, N. C., Route 4

BENEATH THE MURMURING PINES

It was some twenty years ago
'Mid Yadkin's lovely hills,
Where summer breezes sweetly blow
And flowers fringe the rills,
I knelt beneath the murm'ring pines
To Talk to God above
Of her who now in glory shines,
With whom I was in love.

I knew she was some miles away,
A sweetheart good and true,
Sweet as the fairest rose of May,
Of which there are but few.
'Twas there I prayed that she might be
The helpmeet of my life —
A dear companion kind to me,
A truly noble wife.

Oh, sacred is that spot to me
Beneath those murm'ring pines,
Where zephyrs passed from tree to tree
And stirred among the vines;
For truly God had met me there
Alone that day, alone,
In answer to my humble prayer
And she became my own

A few short years of married life
And Lela left me here;
She was a true and faithful wife
Whose me'ry is so dear;
But yonder on the golden strand
Methinks I hear her say,
"Come dearest to this happy land
Where saints and angels stay."

May God who met me 'neath the pines
Of Yadkin's lovely hills,
The God in whom the Christian finds
The balm for all his ills,
So keeu me by His holy grace
Till life on earth is o'er,
That I may see dear Lela's face
Where partings are no more.

This poem is written in memory of my dear wife, Lela Henrietta Isenhour, who departed this life May 27, 1929.

Keep North Carolina Green

(An address by Hon. J. V. Whitfield Crm. of the N. C. Forestry Association's Keep North Carolina Green Committee at the Association's annual meeting Nov. 17, 1948)

It's rarely necessary to tell a Tar Heel audience about forests. As North Carolinians you know they're important and you know what forests have meant and as intelligent forward looking Tar Heels you're as proud of North Carolina's forests as you are of her football teams and her traditions.

Since the first colonists settled on the Chowan River back in 1650, the rich forest resources of this state have been like money in the bank to our people. For three centuries our state's forests have supplied raw materials for building North Carolina's and the Nation's farms, cities and industries. Forests still cover three-fifths of the land area of our state and provide the raw materials for more than 3-500 different wood-using plants that employ thousands of our citizens. In 1947, North Carolina still ranked seventh in the Nation in lumber production. Less than four per cent of our present stand of timber is virgin growth. The wood we harvest today comes from forests that are second, third and even fourth growth stands—irrefutable evidence that forests are North Carolina's one major renewable resources.

There is, however, one aspect of forestry about which none of us here can talk with pride. That is the useless, almost always avoidable waste that results from forest fire. Last year, according to late U. S. Forest Service statistics, 188,581 acres of North Carolina forest land were burned. Damage, and I'm sure this is a conservative estimate that does not take into consideration harm done to seedlings and young timber, was placed at more than one-quarter million dollars.

Fires, and there were more than 3,000 of them, burned the potential lumber for veterans homes; destroyed potential pulpwood for the paper and rayon industries; eliminated jobs for forest workers; and deprived land owners of legitimate profits. Every resident of North Carolina was a loser.

I suppose we might take some perverse satisfaction in the fact that North Carolina's forest fire losses are only a small part of the greater national devastation. For instance, the average forest fire in our state burned 61 acres, about one-half the national loss of 119 acres per fire. However, you would have to look a long time I think, to find anyone perverse of unintelligent enough, to take satisfaction in this needless

waste of wealth and resources. I say needless waste because statistics tell us quite plainly that less than one percent of North Carolina's 1947 forest fires started from natural causes. The other 99.2 percent were started by careless smokers, debris burners, incendiaries and other careless, ignorant or malicious people.

In the face of this rather gloomy forest picture, we Tar Heels can take a great deal of pride in the part our state has played in furthering education and public thinking in the matter of forest fire prevention. Along with the other 13 colonies, North Carolina was battling for independence when it enacted its

(Continued On Page Seven)



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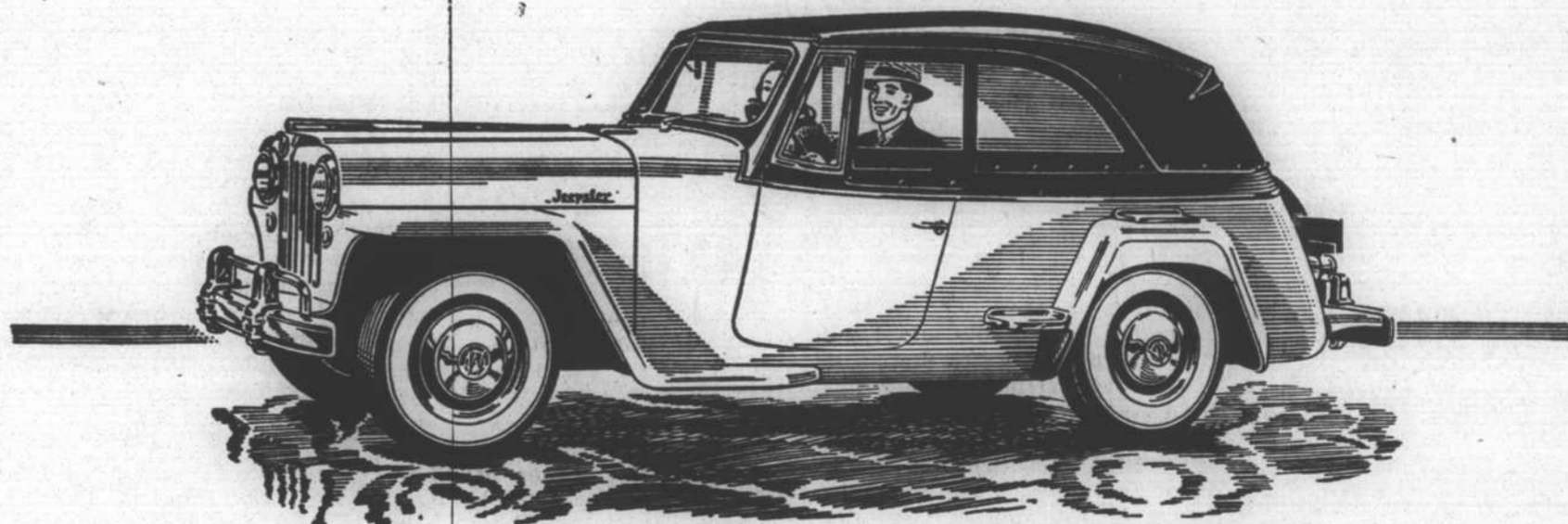
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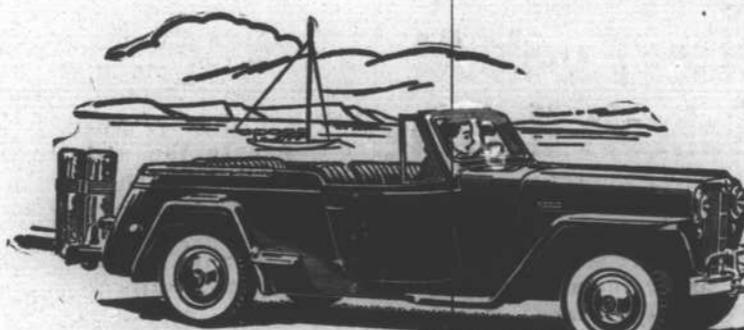


it's a car with a gay, carefree air
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The Jeepster is as informal as a sport coat, and twice as much fun to be in. Your first ride in this daring new car will set you to making plans. The sleek, racy appearance cloaks a chassis that's engineered to ride lower and safer. The Jeepster's low weight and the mighty 'Jeep' engine, with overdrive, will give you great gas mileage. Perhaps you have noticed people driving the Jeepster... they all seem to be smiling. Come in... see the Jeepster and learn their secret.

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