

Doctor Says Keeping Fit Is a Duty to One's Country

By LOGAN CLENDENING, M. D. ONE DUTY we can all perform for the country in this hour of stress and responsibility is for each of us to keep in as good physical shape as possible.

Dr. Clendening will answer questions of general interest only, and then only through his column.

that reserve energy to do an extra job in a hurry without warning or preparation. I don't join with the scare heads that have been thrown at us.

Get some exercise every day—the younger you are, the more you should get. Keep the legs and the wind in condition.

We've been told by some people in authority that half of us Americans are in a state of semi-starvation, but in my opinion most of us eat too much.

It will leave some food for our allies in other countries and at the same time improve our own state of bodily preparedness.

Cut Out Overindulgence Those who indulge in alcohol or tobacco would be patriotic to reduce the quota.

We also live in the area where nature has provided such bounty that we get the greatest reward for our labor.

Lower Death Rate of Married Folks Kills an Ancient Joke

By LOGAN CLENDENING, M. D. I HATE TO be in on the death of a joke, and there is nothing that kills a good joke as quickly as the sober-sided demonstration that it is literally true.

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little stale to you, but that crawler of two on the floor is going to get a big kick out of it about four years from now.

But one joke is dead. The Metropolitan Life Insurance Company, with cold, clammy logic, has proved that the old one about why married people live longer.

Recorded Rates At the age of forty, the actual mathematically recorded rates were 6 per 1,000 among the married and 12 per 1,000 among the single and 13 among the widowed.

Of course, these figures are open to a certain amount of interpretation. Widows and widowers are, by the very nature of their situation, older than married people and therefore the death rate is higher.

The same does not, however, apply to the single people, but other factors enter in. Alcoholism, for instance, particularly among males, is far more prevalent among the single and widowed than among married people.

Wife Preservers. Always bake dessert, vegetable or meat custards in hot water, in a moderate oven, 350 degrees F. If baked too quickly or for too long a time, they are apt to be coarse, tough and unappetizing.

Of course this advice must be administered with some common sense. We are not all the same age and we haven't the same capabilities.

Each Person Different There are 140,000,000 of us and since the finger print pattern of each one is different, it's a reasonable assumption that the muscle fibers of our arms and legs are not all exactly the same in tone and endurance.

Get plenty of sleep or rest if you think you need that more than exercise. In this high power climate it's quite possible we should imitate our good neighbors in the tropics and take a siesta after lunch.

Remember that it has been said on good authority, "The United States is the healthiest large nation in the world."

Such have been the successes of modern medicine and public health in the past few decades, that the results have exceeded even the most sanguine expectation of the leaders in the field.

QUESTIONS AND ANSWERS M. C. A.: "Will low blood pressure cause severe headache and eye pain? Will it lead to other serious ailments if not corrected?"

Answer: Low blood pressure occurs in many states of lowered general nutrition and might well be accompanied by headache and eye pain. Correction of low blood pressure depends upon the cause.

EDITOR'S NOTE: Dr. Clendening has seven pamphlets which can be obtained by readers. Each pamphlet sells for 10 cents. For any one pamphlet desired, send 10 cents in coin, and a self-addressed envelope stamped with a three-cent stamp, to Dr. Logan Clendening, in care of this paper.

Veterans May Be Buried In National Cemeteries

Quartermaster Corps Outlines Procedure to be Followed in Making Application for Lot in Final Gathering Places.

Atlanta, Feb. 20.—Dotted here and there over these United States are park-like spots, studded with flowers and shrubbery and kept beautiful by perpetual care.

They are the national cemeteries and any veteran of the armed forces who has been honorably discharged is entitled to burial there.

With this announcement was an outline of the procedure to be taken by the relatives or friends of the deceased veteran to gain permission for his burial in these cemeteries.

Accidents More Frequent Accidents appear to happen more often to people living alone than to those who have family attachments.

Another group of diseases which indicate that there is some difference between the married and single state is influenza and pneumonia.

QUESTIONS AND ANSWERS M. S.: "If one is X-rayed and fluoroscoped and the appendix is not seen or does not fill with barium, does this indicate that there is trouble in this region or that there is no trouble there?"

Answer: In my opinion the X-ray has no value whatever in the diagnosis of any kind of appendixitis. It was only by accident that a French doctor once saw the appendix visualized by the X-ray.

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Wife Preservers. In purchasing cabbage in your market choose heads that are firm, solid, with outer leaves still strongly attached to stem. Examine them for bruises, decay, worms and coloring of leaves.

Jesus Appoints and Teaches the Twelve ILLUSTRATED SUNDAY SCHOOL LESSON By Alfred J. Buescher Scripture—Mark 3:13-19; Matt. 5:7; Luke 6:12-49. Jesus taught his apostles: "Blessed are they that mourn, for they shall be comforted." He further taught them, "Blessed are the merciful, for they shall obtain mercy." Blessed are the peacemakers, said the Master, for they shall be called the children of God. "Seek ye first the kingdom of God and His righteousness." (GOLDEN TEXT—Matt. 5:16)

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Local Band To State Contests

The Henderson high school band will go to Raleigh on March 27 to compete in district elimination events of the state music contests.

Problems of transportation of the band have been intensified by the rationing program, it was pointed out, and it was decided that if the Greensboro trip materializes the band members should go by bus.

Bandmaster W. T. Hearne announced plans for a number of public concerts to be played by the band during the spring and early summer and said that at least one concert will be played prior to the Raleigh music contests.

It was reported that the benefit football game after the close of the season last year netted \$201.35 for the club treasury.

LOCAL MUSICIANS TO PLAY CONCERT FOR FORT BRAGG The all-eastern North Carolina high school band will play concerts at Fort Bragg tomorrow and Sunday and the local high school band has been invited to send eight musicians to the play with the group.

Special Service. There will be a special service at the colored Holiness church Sunday afternoon at 3 o'clock. A program will be rendered by the New Bethel Spiritual chorus, and the public is cordially invited.

GRANTED LICENSE Joseph Woodrow Simpson, 21, and Shirley E. Wortham, 18, secured the only marriage paper issued Thursday at the Vance Registry office, records there showed today.

SWIMMERS MEET Durham, Feb. 20.—Back home after a two-day swing through Virginia, Duke's varsity swimming team prepares to meet William and Mary in the Duke pool tomorrow afternoon at 3:30 o'clock.

REV. MR. GARDNER AT DANVILLE FUNERAL

Rev. E. Northcutt Gardner, pastor of the First Baptist Church of Henderson, went to Danville, Va., today to attend the funeral of Wade Pierce, husband of his half-sister, who died Thursday at his home there.

Mr. Gardner was returning home from Dallas, Texas, when he received the message of Mr. Pierce's death. He had been to the annual meeting in Dallas of the Relief and Annuity Board of the Southern Baptist Convention, of which he is a member representing North Carolina.

Proposed Civilian Defense Reorganization Pigeon-Holed

(Continued from Page One)

from State College and the Department of Conservation and Development. Many months later, when war finally arrived, Johnson told a meeting here that only about half the counties had been organized.

Johnson has been under fire. He has been accused publicly and privately of being ineffective. Some of that criticism emanated from members of his own council.

But Johnson does have a good defense. Much of the general confusion, much of the ineffectual running in circles, is due to the confusion and non-dancing activities of the office.

The business of salvaging waste paper, scrap metal, old rubber and rags has been taken away from Johnson's office for the most part.

Some weeks ago the governor went to the American Legion to get a man who would serve as Johnson's "executive assistant."

Among the men the Legion suggested to Governor Broughton, in addition to Andrew Joyner, were Bob Hanes of Winston-Salem who is pretty well taken with his defense contract work, Thurmon Chatham of Winston-Salem who since has been accepted by the Navy, Bill Duncan of Raleigh, Burgin Pennell of Asheville, John Stedman of Lumberton, Claude Ramsy of Raleigh, Pat Taylor of Wadesboro, and Bill Umstead of Durham.

but would hardly be willing to take the blame if they were not given the authority.

The governor says that he is playing no politics whatsoever in the matter of civilian defense. So do the Legionnaires. It is interesting to note, however, that most of the men recommended by the veterans were honor-time appointments were honor conferred for political reasons.

One of the things the Legionnaires want is to get new defense chairmen in many of the counties. They hear on the allegation that those peace-time appointments were honor conferred for political reasons.

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"I've somewhat changed my notions," said the governor, when asked about the appointment which now may never be made. "I'm going to get a good, first-class office manager. That's the chief need now."

Jesus Appoints and Teaches the Twelve

"BRASS TACKS" ON THE SUNDAY SCHOOL LESSON

The Golden Text



Jesus appoints the twelve. "Even so let your light shine before men; that they may see your good works, and glorify your Father who is in heaven."—Matt. 5:16.

By NEWMAN CAMPBELL (The International Uniform Lesson on the above topic for Feb. 22 is Mark 3:13-19; Matt. 5:7; Luke 9:12-49; the Golden Text being Matt. 5:16. "Even so let your light shine before men; that they may see your good works, and glorify your Father who is in heaven.")

"Blessed are the peacemakers, for they shall be called the children of God. Blessed are they which are persecuted for righteousness sake; for theirs is the kingdom of heaven."

After leading multitudes, Jesus went to a mountain alone and communed with His Father all night. When morning came, His disciples came to Him and He chose 12 of them to be constantly with Him and to do His work after Him.

"Blessed are the poor in spirit; for theirs is the kingdom of heaven. Blessed are they that mourn; for they shall be comforted."

"Blessed are the meek; for they shall inherit the earth. Blessed are they which do hunger and thirst after righteousness; for they shall be filled."

"Blessed are the merciful; for they shall obtain mercy. Blessed are the pure in heart; for they shall see God."

The governor has listened to both sides of it. Some of the governor's own remarks indicated that he might relieve Johnson of all duties except that concerning rationing.

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"GIVE US THIS DAY OUR DAILY BREAD" (Mat. 6:11) "YOUR" Daily Devotional Program 7:15 a. m. WPTF, Raleigh, N. C.