

THE MARION PROGRESS

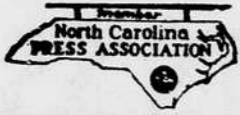
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S. E. WHITTEN, Editor and Publisher
ELIZABETH WHITTEN, News Editor

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RULES FOR CHRISTMAS TRAVEL!

The approaching Christmas holidays mean that there will be an unusual increase in vehicular traffic, as well as a greater number of pedestrians on the streets and highways. In addition, the weather of early Winter is bound to aggravate the hazards of our highways.

For this reason, it may be appropriate at this time to call attention to safety suggestions designed to prevent accidents and save lives. Recently, a traffic expert issued some things of a guide for motorists and pedestrians in an effort to reduce traffic accidents. Here they are, with special hints for motorists, pedestrians and for parents and guardians of children:

For Motorists:

Observe all traffic regulations.
Concentrate on your driving at all times.

Be courteous to pedestrians and other drivers.

Abstain from drinking intoxicants while driving.

Give proper signals when turning or stopping.

Drive cautiously in congested areas.

Keep at least one window of your car open, even in cold or inclement weather so that you can hear the approach of emergency vehicles.

Don't try to operate car with defective brakes or lights.

Don't hold conversation with passengers while car is in motion.

Don't drive when tired.

Don't drive in inclement weather.

Don't try to beat traffic lights.

Don't make improper turns or sudden stops.

Suggestions For Pedestrians:

Cross only at street intersections and with traffic lights.

Be sure traffic is halted before crossing streets.

If possible, assist elderly and blind persons and children in crossing street intersections.

Walk carefully at all times.

Don't try to cross streets against moving traffic.

Don't try to cross street between parked cars.

Don't run into roadway for any reason.

Don't hold conversation with a companion while crossing roadway.

Don't carry bundles in such a manner as to obstruct your view of the roadway.

Suggestions For Parents and Guardians:

Explain to children the difference between red and green traffic signals and urge them to obey them.

Caution them against running into the roadway to retrieve a ball or other objects.

Instruct them to play in playyards, parks or play streets.

Make children safely-conscious by occasional talks.

Don't permit children to walk unescorted in or near crowded roadways.

Don't permit them to play in roadway or in vicinity of parked vehicles.

Don't permit them to "hitch" on moving vehicles.

Don't permit them to ride bicycles or go sleigh-riding in roadways.

There is no law against giving your son or daughter, away from home, a Christmas present in the form of a year's subscription to The Marion Progress.

It might be a good idea for some Americans to study the principles upon which their government was founded.

Life is so arranged that the more you have, the more you want; that's what keeps man going.

The trouble with most budgets is that they operate only on paper.

Support the hospital drive.

MILITARY POWER WILL RESTRAIN RUSSIA

The only way to keep Russia from deliberate military aggression in the immediate future, according to Lieut-General Walter Bedell Smith, who served three years as Ambassador at Moscow, is an unwavering and positive application of the program of the Atlantic powers.

The New York Times, which has been printing excerpts from the book of the former Ambassador, says that General Smith "comes to the bleak conclusion that the present Soviet regime is the prisoner of its own dogma by which it must stand or fall and that this dogma—product of Communist ideology and great Russian ambitions—calls for world-wide revolution to establish Communist domination."

The Ambassador believes that Soviet policy is influenced by hostility toward the West, somewhat intensified by the feeling of insecurity of those who live by terror. Consequently, he thinks that Soviet energies are concentrated on making Russia as strong as possible and prospective opportunity as weak as possible.

The General is not of the opinion that the Atlantic powers, if they create a counterforce able to balance Russian might and make aggression too risky to be tried, might find that the Russians are interested in getting along with the rest of the world.

WEAR OUT YOUR BODY—DIE!

The breakdown of blood vessels in the human body causes four times as many deaths as cancer, declares Dr. Edward L. Bortz, past-president of the American Medical Association, who says what really kills people is that they wear out their bodies thirty years too soon.

The doctor thinks that the life-span of human beings can be lengthened thirty per cent and that men could live to be one hundred by correct living. He insists that the life span today is no longer than in the days of Christ."

What does the doctor propose that the people of this country do to prevent their blood vessels from breaking down? His answer is to "eat well and not too much. Rest well, eliminate well and get sufficient exercise."

Dr. Bortz insists that the people in the United States are over-fed and suggests that they cut down on eating fifty per cent to live longer and be healthier. He objects to modern food because most of it is fatty and "fats cause most blood vessel breakdowns." He says that fatigue is a major factor in accident, disease, and the wearing out of bodies. Moreover, he suggests that people at work need rest period every two hours and that "ten minutes of relaxation will work wonders."

We call attention to the views of this medical man, not because they are new but because his advice is timely. His statements offer an excuse to an editor to suggest again to the readers of his newspaper that they conserve their health and practice the art of keeping well rather than that of being cured.

RELIGION AS A PART OF LIFE

Every once in a while we pick up a newspaper to read that some solemn orator had declared that if the American way of life is to be preserved, religion must be a part of the life of every American.

Nobody that we know of disputes the statement. It is often made, however, by those who mean that their form of religion must be a part of the life of every American.

This is, of course, nonsense. While we yield to no one in the importance that we attach to a religious life, we insist religiously upon the right of every American to exercise his freedom in regard to religion as in regard to everything else.

A generalized statement that religion must be in the life of our people means what the speaker happens to think it means at the time. Usually, the utterance is connected with some particular ecclesiastical organization or quoted for some political, economic or social purpose. Where is it used to emphasize the basic right of individuals to worship as they please?

Despite the short routes and quick cures, there is no easy way to anything that is worth much.

Highway accidents continue to kill scores of Americans every week, regardless of all the safety rules.

The history of the world reveals that education is a paying investment, either for the pupil or the society in which he lives.

Intelligent advertising is an aid to merchandising everywhere, even in Marion.

Religious freedom does not mean the same thing in every country.

Buy Christmas Seals.

OUR DEMOCRACY — by Mat

EVERYBODY'S BUSINESS

THE CONCEPT OF PRIVATE ENTERPRISE STEMS FROM THE EARLY DAYS OF OUR COUNTRY, WHEN BUSINESSES WERE LARGELY LOCAL TO THE COMMUNITY, OWNED BY THE MEN WHO RAN THEM AND SERVING PEOPLE WHO LIVED AS NEIGHBORS. THEN, A MAN'S BUSINESS WAS "HIS OWN BUSINESS."



AS BUSINESSES HAVE GROWN BEYOND THE COMMUNITY AND OWNERSHIP HAS PASSED FROM INDIVIDUALS TO GROUPS OF OWNERS — THE CONCEPT OF PRIVATE ENTERPRISE HAS BROADENED TO RECOGNIZE A PUBLIC INTEREST IN ITS OPERATIONS, POLICIES AND AIMS. IN LINE WITH THIS BROADER CONCEPT, THE AFFAIRS OF THE LIFE INSURANCE BUSINESS TODAY, UNDER STATE SUPERVISION, ARE AN OPEN BOOK.

ABOUT YOUR HOME

—By FRANCES DELL

The tableware for a home should blend with the home furnishings. Blending your tableware with your decorating theme—period or modern—will be a simple matter. There is plenty of handsome American glassware that will fit the mode of any style of furnishings as well as even the most modest budget.

When choosing your glassware, it is wise to select a handwrought pattern, and do not shy away from color. Color may best suit the motif of the room and can bring variety and distinction to a home.

Look at glassware very closely before making a purchase. Clear crystal should be clear as a fine diamond with no yellowish or muddy casts. Colored crystal should be rich in color and sparkling clear.

Another test of good crystal is to tap the edge of a goblet with your fingernail. If the ring is bell-like, the glass contains lead and

potash, which give strength and permanent brilliancy to fine glassware. Lime glass has very little or no ring at all.

Electric dishwashers are good for washing glassware. When washing crystal in a sink or dishpan, always wash the crystal before doing the rest of the dishes. A couple of drops of bluing added to the water will add luster to the glass. Crystal decorated with gold should never be washed with scalding water or strong soap.

Dry glassware as soon as possible after rinsing with a dry absorbent towel made of some lint-free material.

In handling glassware, don't let the edges bump or strike anything. This will cause nicks. After a piece of crystal has become nicked, it may as well be thrown away.

However, if the nick is very tiny, it can sometimes be sanded away with a piece 00 emery paper.

Building Defenses At School



U.S.D.A. Photograph by Forsythe

A balanced diet of nutritious food builds strong, healthy bodies which are well fortified to fight the ever-present menace of tuberculosis. This youngster chooses her school lunch wisely, knowing that good food is a weapon against illness and disease. Voluntary tuberculosis associations, which are supported by the annual sale of Christmas Seals, sponsor health education programs in our schools.

SMALL AS THEY COME

Paul, Neb. Officials of school district 61 west of here claim they have one of the smallest districts in the nation. At least, they say there can be none smaller. The only student is Carol Jane Windlelake, 6, a second-grade pupil.

COVERED BRIDGES

Covered highway bridges still are in use. One at Woodstock, Windsor county, Vermont, recently was rebuilt as a preservation measure.

BANK HOLIDAY ANNOUNCED

Raleigh—A banking holiday for December 27 was approved today by the Council of State. The action will give bank-workers a three-day Christmas holiday, Sunday, December 25, Monday and Tuesday.

RADAR

The U. S. Air Force has diverted \$50,000,000 from other projects for immediate start on a radar aircraft warning network to protect Alaska.

Health and Beauty ...

Dr. Sophia Brunson

Those of us who went through it will never forget the plague of influenza that swept through the earth with its besom of death during the latter part of World War I.

At an army camp, upon inquiring into the conditions there, I was told that a large building was piled from the floor to the roof with coffins of the victims of influenza. They were awaiting shipment for burial. A railroad conductor said to me, "I haul more dead than living. They have died from influenza."

Influenza is highly contagious and spreads with remarkable rapidity. The worst outbreaks have been in the cold seasons of the year. One attack does not protect from a subsequent one. The incubation period is generally from one to four days and the onset is usually abrupt, with fever and its associated phenomena.

There are several forms of influenza. The simplest sets in with a bad cold, but with high fever, prostration, and more debility than is usual with chioriza. An intestinal type of flu has been quite prevalent in the last few years.

A patient with any type of influenza should be put to bed at once under the care of a physician. It is easier to prevent influenza than it is to cure it. One of the most important of all precautions against disease of any kind is to get a reasonable diet. This should contain a variety of food from day to day. Our bread should consist of whole wheat, Cereals of whole grains, with eggs, milk, meat, vegetables, especially the leafy ones such as turnips, collards, mustard, and many others should be eaten.

Carrots, Irish potatoes, sweet potatoes, especially in the South, where they are abundant, should be included in the diet. Sweet potatoes are more nutritious than white varieties.

Get eight hours of sleep, if possible, and freedom from worry is important. If you begin to feel somewhat debilitated, you should be benefited by a quinine tonic.

Quinine is a very powerful anti-septic and has many beneficial effects upon the body. Though quinine has been used by civilized people for decades, especially in the case of malaria, it has numerous other healing and curative properties. As a stomachic and bitter tonic it is unexcelled. It is used in the cure of indigestion.

If one begins to feel debilitated and suffers from lack of appetite, a suitable tonic will pick him up. One that contains quinine will prove especially beneficial. If you take about two grains to the dose after meals, your appetite will improve and the food will absorb better.

The materia medica says "the patient feels stronger after a course of quinine." The writer can testify to the truthfulness of this statement. This tonic helps you to keep built up. With a good, generous, diet, rest as needed, together with peace of mind you will improve rapidly. If you keep away from those who have influenza and colds, the probability is that you will escape these diseases entirely. But if you should by any chance contact them, the attack will be greatly lightened, if you observe the precautions mentioned above.

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