

ULCERS PREVENTABLE, DR. EICHENLAU SAYS

The main strains that lead to ulcers are emotional, but most ulcers (if not all of them) can be warded off, according to Dr. John E. Eichenlaub, of the University of Minnesota School of Medicine. He tells how to avoid ulcers in Today's Health magazine, published by the American Medical Association.

"There is nothing mysterious

about an ulcer. It is a hole in the protective lining of the stomach or upper intestine," he said. "Through this hole the acid and digestive juice made in the stomach will eat at the tender underlying tissue.

"But this doesn't just happen. It's the end result of two physical and chemical changes."

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The changes come from the stomach's overworking — making too much acid and juice; and from a loss of vitality in a patch of the stomach wall or upper intestine. Both these things happen mainly because of certain kinds of emotional stress.

Dr. Eichenlaub said the emotions you "swallow" are more important

The Typist Type



DONNA PERCY, who has been making a living as a typist in a Hollywood TV mimeograph department, discovers that she is several times more valuable as the typist type sought by film directors. She has signed up to appear as one in her film debut.

Stem Boys, Stovall Girls Game Winners

Stem boys thrashed the visiting Stovall quint, 66 to 43, in a fast game Tuesday night in the school gym at Stem after the visiting Stovall sextette had set back the home town girls 36 to 30.

M. White with 20 points topped the scoring for both teams in the preliminary game. Stovall players, in addition to White were D. Hart 5, Currin 3, Matthews 1, Swanson 2, Culbreth and guards, D. Wilson, Callahan, M. L. Hart, Bigger, E. Lumpkin and M. H. Hart. For Stem the players were Wilkins 4, Jones 11, Hopkins 2, Strickland 6 and Smith 7; guards, Riley, Satterwhite and Smith.

Stem's big center, Jackson, put in 23 to top all the boys. Bullock came close with 19, followed by Coley 15, Bradsher 6, Strickland 3, Ellis 1 and Watkins. Campbell was tops for Stovall with 15, Shearin 10, Cash 8, Tilley 6, Bean 5, Bailey, Wilkerson and Stovall.

The University of Maryland has tested an experimental harvester that picks tomatoes 50 per cent faster than the average pickers.

EX-CAB DRIVER CONFESSES SLAYING

In Fayetteville this week, an ex-cab driver told officers he killed Frederick Solomon Monsour, 41-year-old tavern proprietor in a fight Saturday night at Monsour's home after Monsour accused him of "being familiar with his wife. Robert Williams, 28, of 138 Cool Spring Street, denied the accusation, but said he knew Mrs. Monsour back in 1952 when he operated a taxi near a store which Mrs. Monsour operated at that time. Williams' confession came after a child of Monsour identified him as her father's assailant.

DEMOCRATS TO CHALLENGE CUTS

Leaders in the new Democratic Congress said this week the administration will be asked to justify its new military manpower cuts when the lawmakers return next month to Washington. Sen. Estes Kefauver, a member of the Armed Services committee, said he wants to be sure the cuts are based on military considerations and not merely a desire to balance the budget. Rep. Carl Vin-

son, Georgia Democrat, will become chairman of the House Armed Services Committee. He said his group will call Defense Secretary Charles E. Wilson to explain the new program.

CHARGED WITH MURDER

A Texas deputy this week arrested Alabama Attorney General Silas Garrett in a mental hospital on a charge Garrett murdered the crime-fighting crusader who was nominated to succeed him. Garrett, son of an aristocratic Alabama family, was indicted by a blue ribbon grand jury in Phenix City, Ala., which the National Guard is clearing up. He was charged with murdering Albert Patterson, a crusader who was nominated to succeed Garrett in the Democratic primaries last June. Ousted Chief Deputy Sheriff Albert Fuller and former Circuit Solicitor Arch Farrell of Russell County, Ala., were indicted also by the grand jury on charges of murdering Patterson.

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In causing ulcers than the ones you openly express. Resentment, feelings of being wronged or unappreciated, and insecurity are the biggest ulcer causes. These are especially abusive to your stomach if they are given no outlet in words or action.

"Avoiding these feelings, spreading them out so they don't pile up in your stomach, and giving them healthy outlets are the keys to warding off an ulcer," he said. "These things, plus a few changes in your habits if your problems are many and hard to handle, will do the job."

He gave three rules for stopping an ulcer before it starts: First, steer clear of situations that cause these emotions. Say no to excessive demands by others. Second, change your attitudes about keeping it to yourself if somebody steps on your toes or asks too much of you. Sound off. Take it easy, do your best, and what you do will be good enough. Third, and most important, find outlets or antidotes for resentment, frustration, hurt, and inadequacy. Convert these feelings into action or air them in conversation.

Dr. Eichenlaub suggested smashing a golf ball, beating a carpet, or entering into competitive sports and constructive hobbies to "work off" these bottled-up feelings. If you can't do this right away, make a mental note of something that upsets you, and work it off later.

"Two other simple steps are worth taking when stress is great, however," he said. "If you find tension piling up on you, take a glass of milk. And be sure to avoid those straws that break the camel's back, excess alcohol and tobacco, at times of extreme stress."

Gruesome Twosome May Cause Trouble

Longer Hours of Darkness and Weather Conditions Cause Accidents

RALEIGH—Skidding and poor vision are a gruesome twosome, Motor Vehicles Commissioner Edward Scheidt said this week in listing two conditions as being primarily responsible for the increased number of winter driving accidents.

"Inadequate traction and reduced visibility," he said, "when combined with the normal hazards of every-day driving, can easily trap the unwary driver and lead directly to an accident."

Statistical studies made by the Motor Vehicles Department have indicated that there are two major factors in winter time traffic accidents, Scheidt said.

"Reduced visibility," he explained, "is brought about by longer hours of darkness, bad weather conditions caused by heavy rain or snow and obstructions to the driver's vision from frost, ice, and muddy windshields."

He pointed out that the mileage death rate after darkness is about three times the daytime death rate.

"Special studies," he said, "have shown the driver's vision was obstructed by rain, snow or ice on the windshield in 143 of the state's 977 fatal accidents last year."

"Snow, sleet, and ice are the chief causes of inadequate traction."

Scheidt pointed out that according to the studies, the weather was rainy, foggy or snowy in 123 of the fatal mishaps, while wet and muddy roads were reported in 120.

"The answer," he said, "is to slow down and drive with the utmost caution when rain, snow and ice coat the highway."

The vehicles commissioner urged every Tar Heel driver to take extra precautions during December and particularly not to be caught unawares by the "gruesome twosome" of skidding and poor vision.

DR. SAMUEL SHEPPARD GIVEN LIFE SENTENCE
 Dr. Samuel Sheppard, stunned with disbelief, heard a jury in Cleveland return a verdict of second degree murder Tuesday in the death of his wife, Marilyn Shorty thereafter, he was sentenced to life imprisonment.

Greetings ...

As we enter this Holiday Season the Board of Directors, Members of the Staff and the Children of The Colored Orphanage of North Carolina wish to take this means of wishing our many friends and supporters a Merry Christmas and a Bright and Prosperous New Year.

We are grateful for many acts of kindness as well as the splendid financial support which we have enjoyed during this year. We are conscious of the fact that but for the kindness and interest of our friends our living conditions would be less pleasant. To all of you we send greetings with a prayer that our Heavenly Father will continue to Bless each of you.

In sincere Gratitude,
T. H. BROOKS, Supt.