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State Baptist Workers To Arrive Here

SURVEY WORKERS from the state Baptist organization who will aid local Baptist workers in their Sunday School Revival are shown below. The state workers are, from left to right (first row) D. P. Brooks, L. L. Morgan of Raleigh. (second row) Mrs. Myra Motley, Miss Hazel Grady, Miss Elizabeth Haywood, Miss Julia Powers, Miss Harriet Littlejohn, Miss Margaret Jane Garrett third row) Miss Joan Lowery, Miss Betsy Ann Morgan, Miss Texie Sowers, Rufus Fisher, Miss Ann Williams (fourth row) Miss May Bomar, Mrs. F. A. Bowers, Miss Doris Morgan, Miss Jean Walker, Miss Marjorie Wilson, Miss Ruth Eller, Miss Evelyn Stewart (fifth row) Mrs. C. R. Hinton, Miss Minna Kennedy, Jarvis Adams, J. C. Mitchell, Bob Winecoft, and Mrs. L. L. Carpenter.

Can't Sleep? Medic Offers Advice On How To Do It

By GAYLORD P. GODWIN
United Press Staff Correspondent

OMAHA, Neb. (UP)—Worry over trivial problems causes more sleeplessness than concern over the possibility of another war, according to Dr. Herman J. Jahr of the University of Nebraska's medical college.

Jahr divided into two classes the persons who long in vain for peaceful slumber—healthy people with "false ideas," and those who suffer organic ailments which tend to prevent sleep. But the healthy non-sleeper accounts for most cases of insomnia, he said.

"He is usually a tense, worrisome, stubborn individual," Jahr said. "His greatest worry is 'why can't I go to sleep?'"

Jahr makes fun of the alleged "sleep-inspiring qualities of beds, mattresses, springs, and other equipment." With the proper attitude, he said, anyone can lie down on a too-short sofa, the floor, or anywhere else and sleep like a baby.

Habits Vary

"You need only a belief in being able to sleep; tired, relaxed muscles; a healthy body, and a calm atmosphere," Jahr said.

According to Jahr's research, college students require eight to 23 minutes to go to sleep. Middle-aged men take about 25 minutes and middle-aged women 30 to 45 minutes.

"This may suggest the ladies haven't as many problems as they think they have," he said.

College students turn an average of 38 times a night, middle-aged men 53 times and middle-aged women 26 times. Tossing does not mean lost sleep, Jahr said.

"If you slept like a top, you're likely to be stiff as a board in the morning," he said.

Don't Count Sheep

Jahr advises against counting sheep to your number. You'd get more interested in an accurate count than in relaxing.

Fresh air helps, and the old window fan may help those who need it. Hot baths and bake or freeze yourself in and out.

He urged common sense in the matter of bedtime snacks. "A sandwich or coffee keeps you awake, but all agree against too much."

Jahr believes some insomnia is due to old bedtime habits used as a threat or punishment during childhood.

"Forcing a child into a crib does not enforce sleep, but may make him a sleepwalker in later years," the doctor said.

TALKING NO GOOD

NEW YORK (UP)—When Mrs. Frances Burpee tried to talk a burglar out of robbing the Detroit Travel Venue where she works, he knocked her unconscious with the pistol. The loot: $100.

MORE ABOUT
Baptists

(Continued from Page One)

Grove, Oak Grove, Olivet, Panther Creek, Peachtree, Pigeon, Pleasant Balsam, Ratcliffe Cove, Richland, Riverside, Rock Spring, Rocky Branch, Rocky Face, Sunny Point, Waynesville, First, Woodland.

Other state leaders of the Baptist campaign are James Chapman, Associational Sunday School superintendent, and Mrs. Jake Schalhuber, associational superintendent of training. L. L. Morgan, the State Sunday School secretary, will arrive here tomorrow with his group of workers.

MORE ABOUT
3 Women

(Continued from Page One)

Whitaker was hit three times in the face, physicians report, and is in more critical condition.

A third woman, Mr. Brookshire, the wife of her husband after the family quartet officers report. She was in Norburn hospital in Knoxville, suffering from gunshot wound in the right side and pain in the right lung.

The latter shooting occurred about 11 p.m. Tuesday at the Brookshire home in the Greenhill section of Canton, according to police.

MORE ABOUT
Negro Janitor

(Continued from Page One)

Jones and A. P. Evans, got signed statements from both men. The statements were not made public, but will be offered at the trial in recorder's court Friday afternoon.

The Evans man had been here about a week and is said to be a relative of Bob Love. The shooting occurred near the home of Laura Love.

MORE ABOUT
Rodeheaver

(Continued from Page One)

week, the largest crowd of the season is expected. This will be broadcast over WHCC.

Friday night Dr. Rodeheaver will tell of his 20 years with Billy Sunday in their campaign for souls all over the United States.

Of this great evangelist who swayed men in a way that no other man has equaled, Rodeheaver says: "Through his marvelous personality and deep sincerity, Billy Sunday will go down in history as one of the greatest leaders of his time.

Rodeheaver, perhaps the best known Christian song leader in America today, as well as the most famous internationally got his start years ago as a college cheer leader at Ohio Wesleyan University. An evangelist visiting in that region noticed a song leader and engaged him for the job. That started him on his evangelistic career. Billy Sunday heard him coax a Chautauqua audience in Winfield, Kansas, into such an outpouring of song, he decided he had found a song leader after his own heart. They worked together for 20 years. It is estimated that Rodeheaver has directed over 10,000,000 people in song and as many as 50,000 at one time.

By profession a publisher, he spends much of his time traveling about the country, donating the use of his deep baritone voice and trombone to religious gatherings. In this capacity he has traveled 20,000 miles, most of them by airplane, and visited over twenty countries in every part of the world.

In his most recent trip abroad Dr. Rodeheaver went to Africa where, with Bishop Arthur J. Moore, he studied the religious habits of the natives of the Belgian Congo. The aim of his visits abroad to the leading mission fields is to find the best way to promote music in the foreign mission program.

In recent years he has fulfilled a year's contract with the National Broadcasting Company in addition to leading singing for many noted groups and appearing on hundreds of radio programs.

The Sacred Music Conference is one of the outstanding occasions of the 1948 Junaluska season. It has attracted southwide interest and delegates representing a wide geographic area are attending. The conference closes Sunday, July 11.

MORE ABOUT
Weed Killer

(Continued from Page One)

al. According to the county agent's office, the crop had not been injured in any way.

The 2-4D solution has been used on a small scale in Haywood county to clear out hedgerows, poison ivy and upgrowth of weeds. The farm of G. C. Palmer in Crabtree had a very successful application of the spray.

MORE ABOUT
Record Crowd

(Continued from page 1)

history, while No. 19 from Lake Junaluska into Cherokee is carrying an extra heavy load of traffic. Highway No. 19-A from here to Sylva is being traveled more now than at any time since No. 19 was opened last year.

Stanley Henry, secretary of the Chamber of Commerce, said that so far everyone had been placed that stopped in Waynesville. The demands for outlying facilities surpass all others, he said. Registrations are picking up daily at the Chamber of Commerce office.

Lake Junaluska is enjoying a good season, with several of the larger conferences yet to be held.

Plastic Headliners

RAIN-OR-SHINE HATS . . . A boon to the girl who doesn't like to carry an umbrella are these new highly styled plastic hats for summer wear, designed by Eve Tartar. Gay, cool and crisp, they keep their freshness through rainstorms, dust and city soot. They can be cleaned by wiping with a damp cloth and, says Miss Tartar, you can even sit on them and they'll spring back into shape. The hat worn by the model is inspired by the classic riding hat, done in sheer plastic and trimmed with black-eyed susans. In one arm she holds a daisy-trimmed white cloche, in the other a huge beret. All are safe to wear in any weather.

Say, "I Saw It In The Mountaineer."

MORE ABOUT
Civic Club

(Continued from Page One)

tendance.

The net paid rides were about the same as last year, it was pointed out. More than 1,600 people rode the merry-go-round Monday and over 600 took the head-spinning ride on the same day in the Roll-O-Plane. Other rides were as equally popular.

William Chambers and Fred Campbell had charge of the sale of tickets and supervision of personnel of the club in the handling of tickets.

The club uses the money for community projects, with a major part of former year's profits going into the high school band fund. The club also sponsors a Boy Scout troop and a Girl Scout Brownie unit.

Firemen Put Out Blaze In Hazelwood Shack

A small blaze occurred Monday afternoon at 2.55 when a small shack located behind Allen's service station on Highway 23 at Hazelwood caught fire.

The Waynesville fire department quickly extinguished the blaze, which was burning inside the building.

Want Ads

FOR RENT—Cottage near Balsam. Newly furnished; electrically equipped kitchen, bath. Adults only. Call 324-R or 127 between 9 a.m. and 5 p.m., except Saturday and Sunday. Jy 9

WANTED—Buyer for 5 unit apartment house with all gas equipment. 3 apts. furnished. This is a home and a $100 a month income. Get ahead. Buy this. Contact V. E. Smith, Lee Street, Waynesville, N. C. Jy 9-13

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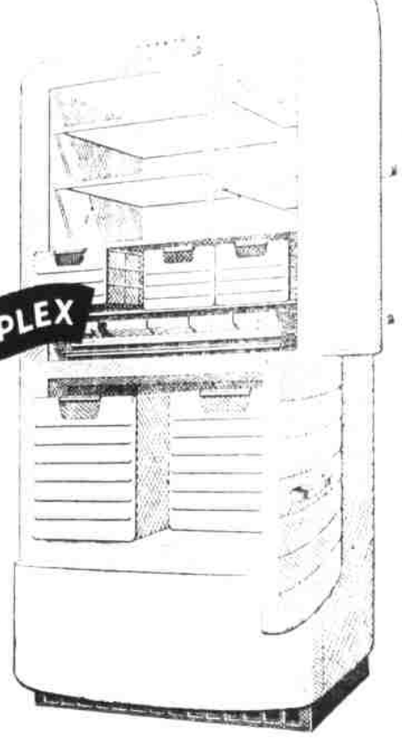

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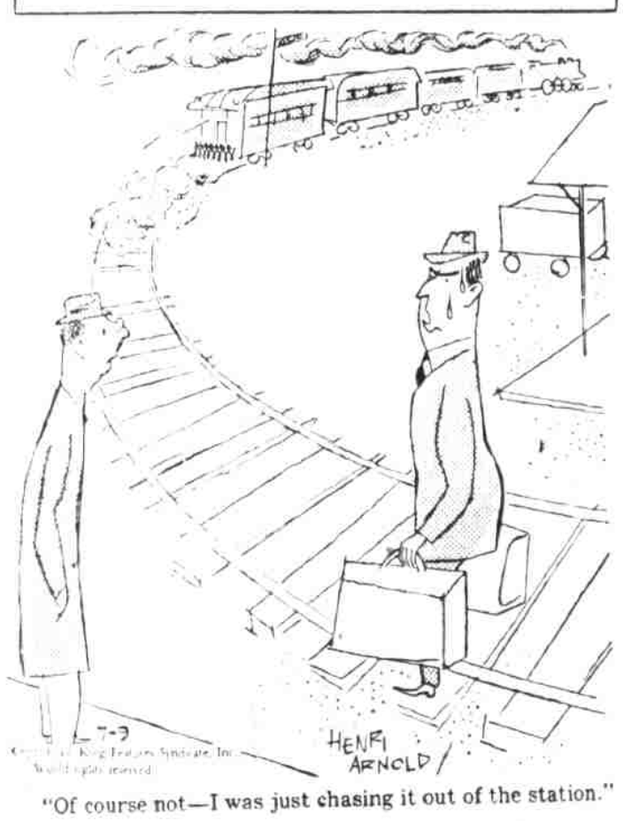

"Of course not—I was just chasing it out of the station."