

## 'Guard Your Heart' Slogan Practical For 1956; Get Facts Rather Than Fear

Good resolutions for 1956 should include a determination to get facts rather than fears—govern your attitude toward the heart disease, it was suggested today by the president of the North Carolina Heart Association, Mrs. Frances S. McConnell.

"If you have any doubt about the condition of your heart, consult your doctor," said Mrs. McConnell. "If he finds that there is nothing wrong with your heart and circulation, needless anxiety can be eliminated. If a disorder is revealed, suitable treatment can be undertaken immediately."

As a prelude to the 1956 Heart

fund campaign, which is to be conducted throughout North Carolina and the rest of the nation during February, Mrs. McConnell quoted New Year's resolutions proposed by the American Heart Association, to which the state association is affiliated, as follows:

1. To learn the facts about the heart and its diseases, and to avoid needless fears and worry.
2. To shun self-diagnosis in favor of regular heart and health checks by your own physician.
3. To guard against excess weight, remembering that overweight over works your heart.
4. To get the sleep and rest you need, because rest lightens the work your heart has to do.
5. To keep fit by exercising moderately and regularly. But remember to rest your age and don't try to prove that you have the physical stamina you had 10 or 20 years ago. Strenuous exercise may not harm a healthy heart, but the danger is real if your heart and circulation are not in good order.
6. To be alert to the dangers of respiratory infections which are more common during the winter months, and may place an added strain on the heart. Prompt medical treatment for such infections is important, especially for "bevy" throat, which may be the forerunner of rheumatic fever and rheumatic heart disease in children.

Intellectual development. "Southern Negroes usually are below the intellectual level of their white counterparts. Some advocates of integration say the way to cure these differences is to let the children mingle so that the Negroes will learn from the whites. The trouble with this theory is that even if it works, a single generation of white children will bear the brunt of the load. While they are rubbing off white civilization on the colored, Negro culture will also rub onto the whites."

### Everyone Should Read — Harper's Magazine, Jan. 1956, Article On Race Question By S. C. Editor

The real reasons that most Southerners are against school desegregation were laid before the Nation today for the first time by a prominent Southern newspaper editor in the January issue of Harper's Magazine.

Thomas R. Waring, editor of the Charleston (S. C.) News and Courier, writes the frank expression of Southern sentiment — a report which, he charges, the Northern-controlled press has never published before.

The Charleston editor accuses national news magazines and metropolitan newspapers of abandoning "fair and objective reporting of the race story." He says their "one-sided" reports frequently substitute propaganda for facts.

Harper's Magazine is the first national periodical to present the Southern viewpoint in full. Its editors said the article ought to be widely read, although it does not express their point of view.

Waring, in his article, warns Northern readers at the outset that they may be "infuriated" by it. But, he adds, Southerners also have been "outraged" by the interpretation the Northern press has given to the desegregation problem.

He lists five differences in the Negro and white races which, he says do not encourage parents to mingle their children with Negro children in school:

1. Health. "The incidence of venereal disease, for instance, is much greater among Negroes than among whites. Fastidious parents resent the joint use of school washrooms when they would not permit it at home—and there's no use to tell them that it is unlikely that anyone will catch venereal disease from a toilet seat. They just don't want to take risks of any kind with their children."
2. Home Environment. "For most colored children in the South the cultural background is different in many ways from that of their white neighbors—and while these differences may have various explanations, they add up in the public's mind as racial. Slavery is so long in the past that nobody thinks about it any more, but the master and servant, or boss and laborer, relationship between whites and Negroes is still the rule rather than the exception."
3. Marital habits. "On the average one Southern Negro child in five is illegitimate. Many white persons believe that morals among their own race are lax enough as it is without exposing their children to an even more primitive view of sex habits."
4. Crime. "For many years, crime in the South has been more prevalent among Negroes than among white people. With racial bars and rowdies of both races daring one another to make something of the vast increase in daily contacts, opportu-

nities for interracial strife are frightening. Conservative, law-abiding people—and believe it or not, they constitute the bulk of Southern whites—are deeply fearful that hatred and bloodshed would increase without separation of the races."

### Farm Operators Must File Tax Information

Farm operators who have paid as much as \$100 in cash wages to any farm employee during the year 1955 should file an employer's tax information return for agricultural employees, Mr. C. A. Pope, Senior Agent, Internal Revenue Service, Wilmington, announced today. This tax return will be filed with the District Director of Internal Revenue, at Greensboro, together with the social security taxes on the wages shown on the form.

Mr. Pope emphasized that this annual report of wages paid for agricultural labor must be filed with the Internal Revenue Service before January 31, 1956. The return must show the name, social security number, and wages paid every employee whose cash wages from the same farmer amounted to \$100 or more.

Tax return forms are mailed out about January 1 to those who have previously notified the District Director of having agricultural employees. Farmers, who must make these tax returns and have not yet written for the proper forms, should write the District Director of Internal Revenue, Greensboro, immediately in order to be sure of getting the report filed before the January 31 deadline, Mr. Pope urged.

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