

# Duplin Times

Duplin County's Newspaper  
THURSDAY, SEPTEMBER 19, 1963

## Health and Safety Tips

From  
The American Medical Association

### Backache

Everyone does not know the way from a dull, unrelenting ache to sharp, almost unbearable pain.

A soft saggy bed and low, soft chairs contribute to backache. Chairs, ideally, should be firm, straight and have the contour of a normal back.

Worn-out mattresses, back pain is caused by poor posture, obesity or inappropriate occupational life, overtraining or participation in sports.

In lifting heavy objects, keep the back straight and lift with knees and thigh muscles, rather than bending over and straining the spine.

Back pain may occur at any time of the day, but is most common in the morning and in all faces, and is more common with people who do not require sleeping or lifting.

Treatment of backache varies with the cause. When it's due to strain, usually rest, heat and a pain reliever will help. Massage, used in moderation, may help relieve discomfort.

Proper posture of the entire body is important in preventing low back pain. Sit with the head, shoulders and trunk erect. When standing, the pelvis should be straight. Not the military "rah-rah" posture, but

Backache is a common ailment among Americans. If your back pain persists, consult your physician.

## ATOR ERVIN SAYS

WASHINGTON - - - One of the most fundamental principles of government is the separation of powers. Constantly Congress and the public must be concerned about the struggle between the people and the one hand, and government on the other hand.

and freedom to conduct their business and occupation in accordance with their own best judgments.

Congress faces legislative proposals which continuously emphasize the need to better the lives of the people.

It is here that the 1963 civil rights proposals encounter serious constitutional and human difficulties.

Currently this issue is evidenced by many bills which Congress is about to enact.

"It seems reasonable, as noted, to venture the suggestion that in this session, for the first time in some years, the regular appropriation bills, where not all but in any event most of the spending authority is annually provided, may aggregate less than last year. That in itself is important."

## Changes in Your Social Security

By James P. Temple  
District Manager

Is your social security record posted correctly? Have you gotten credit for all of your earnings down through the years?

urity benefits is based on personal earnings record. Also, the exact amount you and your family will receive in the case of an emergency is based directly upon this same earnings record.

The Social Security Administration works diligently to keep the earnings record of each individual complete and accurate.

maintained, we are unable to detect all possible errors in the various accounts. You can help us maintain correct records, especially your own personal account by making sure you give your employer your correct social security number.

Uncle Pete from Chittlin Switch SAYS

DEAR MISTER EDITOR:

I was reading a piece in the paper where one of them Wall Street experts was advising folks to "build a second income."

For instant, I saw some giffers the other day where six married wimmen out of ever 100 was holding down jobs in 1940 and now 33 out of ever 100 was working full time helping with the family expenses, and they was predicting that in another 10 year about three-fourths of all married wimmen in the nation would be coming home with a payroll check.

Farthermore, it ain't only the wimmen folks that is working on this "second income" project. I was

## THE WAYSIDE PULPIT

D. E. EARNHARDT

Restore unto me the joy, Ps 51:12

My neighbor's little three year old Peggie came into our kitchen looking for my wife and found me washing the dishes. She went away crying thinking that my wife was dead.

Why bother when the church is getting along? Cotton seeds bring cent apiece and tobacco is five cents a chaw.

When the busy church turns back to its business and the joy of the Lord is restored to the sanctuary, then the laymen will have a testimony and sinners will be converted.

## Shrinks Hemorrhoids Without Surgery

Stops Itch - Relieves Pain

For the first time science has found a new healing substance with the astonishing ability to shrink hemorrhoids and to relieve pain - without surgery.

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"YOU'RE VIOLATING THE LAW, MA - PRACTISING MEDICINE WITHOUT A LICENSE!"

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wimmen being absent so much and on account of the constant turnover in wimmen employees. He allowed as how his firm was cutting way down on hiring wimmen and replacing 'em with men.

This makes sense to me, Mister Editor, but it don't register with my old lady. She says she aims to write her Congressman about it. Will me and her both gitting off a letter to Washington about what a week I'm expecting to get a subpoena to appear here the Committee on Un-Americanism or whatever.

## BIBLE FACTS OF INTEREST

BY: Edna T. Pridgen

The Gospel Story - "The Greatest Story Ever Told"

The story of the coming of Jesus to live among men and show to the world what God is like, to save men from their sin, and in her defeat and to impart new life through faith.

The New Testament is concerned with part of this endless story which deals with the early life of Jesus and the coming of his spirit to establish the Christian community and send his followers out as flaming witnesses of their faith.

Jesus was born while Herod the Great was king and since Herod died in 4 B. C., Jesus was probably born between the 6 and 4 B. C. No one knows the day of the year, but since the fourth century, December 25th is celebrated in the Mithra cult as the winter solstice and the sun's birthday has been observed by the

Christian church.

We are told nothing of Jesus' childhood or youth except for the one vivid story of his visit to the temple in Jerusalem at the age of twelve, but since Mary and Joseph were devout Jews, and Jesus quoted so often from the Old Testament, we know that he grew up an eager student of the Jewish Scriptures. After Joseph's death, Jesus was the chief bread winner.

The Gospel writers were gripped only by the amazing events of Jesus' ministry, death and resurrection appearances, and neglected Jesus boyhood story.

Continued next week "Its of the Gospel Story."

## Civil Service

The Board of U. S. Civil Service Examiners for the Internal Revenue Service, Atlanta, Georgia, announces today that it will begin accepting applications from accountants and senior college accounting students for Internal Revenue Agent trainee positions at grades GS-5 and GS-7 paying annual salaries of \$4555 and \$5540 respectively.

The lists of eligibles established will be used for filling positions in the Atlanta office of the Internal Revenue Service (Alabama, Florida, Georgia, Mississippi, North Carolina, South Carolina, and Tennessee). These positions will be available around July 29th, and interested persons should file applications well in advance of that time for consideration.

Training will cover well-planned training programs, and chances for promotion are excellent.

More details may be had from the Internal Revenue Service Board of Examiners, and Civil Service information desks located at many Post Offices.

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## BIBLE

God in History

Lesson for September 22, 1963

Bible Material: Genesis 22 through 24. Devotional Reading: Psalm 42.

THE story of Joseph is strikingly modern. It is updated in every century. It is a story of actual events of this strange history - the outcome story to our day's success stories - a story of triumph over adversity.

The Christian doctrine of Providence, which is believed in every church in Christendom, is a name for the belief that God is in control of the universe and that the events of our life are planned by Him. It is the belief that God is in control of the universe and that the events of our life are planned by Him.

Some people push the doctrine of Providence too hard. They are afraid that if God allows the things of this world to happen, something is bound to go wrong. Some people push the doctrine of Providence too hard. They are afraid that if God allows the things of this world to happen, something is bound to go wrong.

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