

School and Your Child

By: John Corey

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The "part-time" fathers our society seems to foster cause many children to be evenly dominated by the female, says Dr. Wiley Smith, long-time professor of psychology at Appalachian State Teachers College, Boone, N. C.

Where are the daddys, and what's wrong with the feminine influence?

Dr. Smith reports these questions well answered in a book, "Father to the Child," written by a professor of child psychology at Queens College, New York, Dr. Everett S. Ostrovsky.

Divorce is of course an important factor in separating fathers from their children, says Dr. Ostrovsky. And occupations such as selling and the military keep others away from home. Long hours of business make absentee fathers out of many executives.

As for the female influence, it's wonderful; but too much is too much. "A child needs, practically equal exposure to masculine environment."

In fact, Dr. Ostrovsky suggests that "father-deprived" youngsters may suffer personality disorders ranging from sexual maladjustment to extreme aggressiveness or submissiveness.

In his book, the psychologist presents case studies made while he taught in a nursery school. They demonstrate the need that children have for companionship of a father—preferably their own father.

And when there's no daddy present, or present only on a part-time basis, a lonely child frequently demands a "father-substitute."

Dr. Ostrovsky recommends that substitutes be furnished. He suggests several possibilities.

One method is to put men as well as women on the nursery school staff. The same goes for the elementary school, now taught primarily by women.

Fortunately, there are as many men as women today in high school. Actually, the latest government report places men ahead of women as high school teachers for the first time since 1890.

Males now comprise 52.2 percent of the total.

The male influence, however, is needed much earlier in life. A father begins to take on greater significance for the child after early infancy. But the father's presence in some homes unfortunately doesn't increase with the child's need of him, says Dr. Ostrovsky.

Even if Junior does have a full-time daddy, Dr. Ostrovsky believes it's good for the boy to be exposed to many different male personalities.

For instance, the psychologist found in his case of Paul, a five-year-old whom he called the Spartan Boy, that the child's image of a man reflected a tight-mouthed, unflinching "he-man" who shouldn't show feelings. His father trained him purposely toward excessive independence to harden his character.

Paul's contact with Dr. Ostrovsky in nursery school taught him that a male can be strong and also exhibit affection. Further, it isn't shameful to show fear, sadness or incapability.

The same benefits of being around other men occur to a boy whose father allows the mother to "boss" the family because he's timid. Children soon learn from other men that all members of the male species aren't necessarily submissive by nature.

For father-deprived youngsters to obtain as well rounded a conception as possible of the male role in life, Dr. Ostrovsky suggests that any chance they have for a prolonged and satisfying relationship with a male adult relative, teacher or family friend should be exploited.

Opportunity for such children to visit homes where both parents are pleasant gives a more realistic and better-balanced picture of home life. Male group-workers in community centers and camp counselors also can greatly contribute to the child's understanding and emotional enrichment.

NEXT WEEK: WHAT ARE THE SCHOOL'S GOALS? SUMMARY BOX
A New York psychologist re-

commends that men staff nursery schools along with women to serve as father substitutes for "father-deprived" children. Father substitutes help youngsters gain a more realistic conception of the male role in life.

Editor's Note: Readers having questions concerning education are invited to send inquiries to "School and Your Child", Appalachian State Teachers College, Boone, N. C.

TEENS HEALTH

Health and Safety Tips From The American Medical Association

Many boys and girls of high school age are much more self-conscious than they need to be simply because they let themselves become careless about their grooming.

They worry about a lot of little things — their nails (which they meant to take care of the night before, but didn't); specks of dandruff on their shoulders (because they didn't shampoo often enough); their complexions (pimples and acne can be treated).

In Today's Health, the magazine of the American Medical Association, the teenagers are advised that the very first thing any self-conscious youth should do is to make it a habit to keep himself perfectly clean at all times.

First and foremost to keep a clean is to take a bath every day, more than once a day if engaged

in active sports or games. And the bath should be followed by application of a deodorant or an anti-perspirant.

Complexion care can be a real problem for teenagers, because of the tendency for pimples, blemishes and assorted skin eruptions during these years. Soap and water, plentifully and frequently applied, are the first line of defense against blackheads and blemishes.

Treat blackheads and pimples with respect. Squeezing and pinching them often aggravates the trouble.

Acne is the result of increased hormone output of certain endocrine glands. There is no way to prevent it, but it can be controlled and treated, and, in most cases, scarring can be avoided. Here again cleanliness is the first step. Thorough and frequent cleansing of the face with soap and water will keep acne to a minimum.

Some foods, such as nuts, chocolate and fried and greasy foods, may increase acne. But a visit to the doctor is important before beginning any self-imposed diet. Many physicians will urge a diet high in fruits, meats and vegetables.

Care of the hair and scalp often is neglected by teenagers. It isn't very difficult. Regular shampooing, use of comb and brush and regular visits to the barber shop or beauty parlor are a "must." Hair should be washed at least once a week, more often

if the hair is oily or if the youngster is active in strenuous sports. Massage the scalp with the fingertips during shampooing. For stubborn dandruff, see a physician.

Frequent washing of hands, sometimes with a small scrub brush, also is important. Both boys and girls should manicure their nails at least once a week. Boys, especially, should keep nails filed short.

Teenagers, busy with many activities, sometimes get careless about another important health measure — regular brushing of teeth and regular trips to the dentist.

Many of the minor worries of adolescence can be reduced if the teenagers will take just a little time to be clean, neat and well groomed at all times.



Read The Want Ads

NOTICE OF SALE UNDER DEED OF TRUST

By virtue of the power of sale contained in a certain Deed of Trust executed by Henry Lee Robinson and wife, Vernon Robinson dated April 28th, 1956, and recorded in the Registry of Yancey County, N. C., in Book No. 33, page 445, to secure the indebtedness therein named, and default having been made in the payment of the same, and the Trustee therein named having been requested to exercise the power of sale therein, the undersigned Trustee, will on the 17th day of October, 1961, at 11 o'clock A. M. at the court house door in Burnsville, N. C., offer for sale, for cash, to the highest bidder the following described real estate, situate in Crabtree Township Yancey County, N. C., and bounded as follows:

First Tract: Being Lot No. 7 of the Julius Young Heits division: Beginning on a poplar, corner of the old tract, and runs S. 70° W 20 poles to a small black oak, northeast corner of Lot No. 6; thence S 4 E 78 poles to a stake in the Gurley Road; thence with said road N 82 E 16 poles to a spanish oak; thence N 7 E 58 1/2 poles to a hickory stump, corner in the old tract; thence N 25 W 28 poles to the beginning, containing 9 1/2 acres, more or less.

Second Tract: Being Lot No. 6 in the Julius Young Division: Beginning at a spanish oak and oak-wood, beginning corner of Lot No. 5 of said division, and runs

N 70 E 17 poles to a small black oak; thence S 4 E 78 poles to a stake in the Gurley Road; thence S 40 W 6 poles to a rocky beginning corner of Lot No. 5 at the Arbuckle Road, thence with said road N 30 W 8 poles; N 65 E 11 poles to a stake, southeast corner of Lot No. 5; thence with the line of Lot No. 5 N 3 W 30 poles to the beginning, containing 8 acres, more or less.

Together with all heating, plumbing, cooling, air conditioning and lighting fixtures and equipment now attached to or used in connection with the said real estate.

This the 5th day of September, 1961.

Mary C. O'Donnell, Trustee
Charles Hughes, Attorney
Sept 21, 28, Oct. 5, 12

EXECUTORS NOTICE

NORTH CAROLINA
YANCEY COUNTY
Having qualified as Executor of the Estate of John Lloyd Presnell, deceased, late of Yancey County, this is to notify all persons having claims against the Decedent to exhibit the same to the undersigned Executor at his home at Burnsville, N. C., on or before the 24th day of August, 1962, or this notice will be pleaded in bar of their recovery.

All persons owing the Estate will please make immediate payment.

This 24th day of August, 1961.
Robert Presnell, Executor of the Estate of John Lloyd Presnell, Deceased.
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