

## Mental Health Films Available At Regional Libraries

By: Ashton Chapman

The Avery-Mitchell-Yancey Regional Library, composed of the public libraries in Bakersville, Burnsville, Newland and Spruce Pine, has compiled a list of films on mental health which are suitable for shelving or programs for club meetings, young people's gatherings, church groups, civic organizations or to a group at a home in your own neighborhood.

The films may be booked for you through your public library in any of the four towns. The only charge is for postage (25 cts.). Requests for films should be made as far in advance as possible. They may be borrowed for previewing before showing. The recommended films include:

**ANGER AT WORK** (21 minutes). How anger impairs efficiency in everyday living. Shows techniques for handling anger, resentment and frustrations.

**CAGE** (27 min.). Illness can be caused by increasing tensions. Everyone has to find his own way out of the case imposed on him by modern competitive society.

**DEVELOPMENT OF INDIVIDUAL DIFFERENCES** (13 min.). No two individuals are alike. Illustrates what is known about differences resulting from heredity and environment.

**DON'T BE AFRAID** (12 min.). Designed to aid youth in obtaining a basic understanding of fear. Points out that some fears

are normal, some are outgrown and others overcome.

**DON'T BE ANGRY** (12). Explains anger as a natural emotion. Reveals psychological changes during the period of excitement. Emphasizes control of anger in children and adults.

**EMOTIONAL STRESS** (30). An individual's response to emotional stresses and strains with family and job.

**MENTAL HEALTH** (12). The basic structure of personality.

**FACING REALITY** (12). Explanation of several common defense and escape mechanisms such as rationalization, projection and negativism.

**PALMOUR STREET** (27 min.). Events in the daily life of the Negro families living in

Gainesville, Ga. Shows mental health as it relates to family life.

**SEARCH FOR HAPPINESS** (17). Modern living, its frustrations and complications.

**SHYNESS** (23). Showing how can most typical of three shy children was helped to become

an active member of the group.

**STRESS** (11 minutes). Dr. Hans Selye explains the nature of "stress" as a general alarm reaction through the pituitary and adrenal glands.

Consult your library for films on related subjects: Alcoholism, Drug Addiction, Treatment Available in Mental Hospitals, Adolescence, Juvenile Delinquency, Family Life etc.

## Post Office Approved

WASHINGTON — The Post Office Department has authorized a new post office for Spruce Pine, North Carolina, Congressman Roy A. Taylor announced Wednesday.

He said the department will advertise for construction bids on March 22. The new building will be located in the vicinity of the present post office, it will contain approximately 4,466 square feet.

Interested bidders should contact Wallace R. Nelm, Real Estate Officer, Post Office Box 30966, Greensboro, North Carolina.

The postal department will lease the building from the successful bidder for 10 years with four 5-year renewal options.

# Easter

**E** IS FOR

*And Easter Brings The Joys Of A Fresh New Season  
Calling For New Clothing.*

**A** IS FOR ACCESSORIES

*Purses - Gloves - Shoes - Hats - Boys Ties - Socks -  
Shoes.*

**S** IS FOR SUITS

*Juniors - Women - Men - Boys - Girls - Jean Castle -  
Puritan Forever Young - Stewart Bell - Buster Brown.  
Sizes 2 - 20*

**T** IS FOR TODDLER'S - GIRLS - BOYS

*June Fox - Turner Togs - Kate Greenway - Tiny Town Togs -  
Peaches & Cream - Tettibell - Stewart Bell - Sizes 1 - 14*

**E** IS FOR EVEN MOTHERS

*Puritan - Forever Young - Hob Nobber - Nardis Of Dallas -  
Kay Windsor - Turner Togs.*

**R** IS FOR ROBINSON'S

*The Place To Go For Brands You Know.*

**J. F. ROBINSON - Gen. Mdse.**

Cane River, N.C.