

## Health and Beauty

By Dr. Sophia Branson

### Listen Youth

You perhaps know good fellows who seem able to drink now and then without getting drunk or becoming chronic alcoholics. Maybe you do. But answer this question, did you ever see anyone who was any better for taking a drink? Are your drinking companions those in whom their employers have the greatest confidence? Are they the ones who advance in the business world and become leaders in their respective communities? Seldom, if ever.

Alcohol dethrones reason and causes confused thinking. It ruins health. It tears down character. Ultimately it destroys body and soul.

Alcohol is not a food. To indulge in it at all is a dangerous practice. For the majority of people—the habit is very easily formed and in some cases seemingly impossible to break. This is because alcohol attacks the brain cells and the nerves. Some individuals are very susceptible to its influence. Once having acquired the habit of drinking, they are powerless to resist it. They are slaves, as helpless as though they were bound hand and foot, and dominated by a brainless, heartless fiend that drives them hither and thither at will.

Remember that when you begin to tamper with alcohol you are playing with fire. It can easily get beyond your control and destroy you and all that you hold dear. A large number of the inmates of our insane asylum got there by following the drink road.

The writer once knew a brilliant young physician who formed this evil habit. For long periods of time he abstained entirely, and then the appetite would overcome him again. At first his friends were patient and forbearing with his weakness. His father, also a physician, was grief stricken and made every effort to reclaim him, but in vain. He continued down the wrong road with his enemy, alcohol, until he became a tramp and out-cast. Finally he sent a bullet crashing through his brain, as many of alcoholic's dupes have done before and since.

Listen youth, if you've started down the wrong road, turn back now, while hope, ambition and health are beckoning you to come into the right road. You may have to leave some of your old companions who have been marching with you down the wrong road; but if they won't turn around and travel with you in the right direction then you must leave them behind and save yourself before it is too late.

There is a guide who will always show you the way to travel. This guide we call the Bible. Take it for your companion. When in doubt, consult its pages. If you follow its guidance, you will reach at last the city where dangers and temptations will not assail you, and where you will be safe forevermore.

Listen youth, if you've started down the alcohol road, run away from it now and never enter it again, or it may be forever too late.

### Honor Roll Reported For Hertford High

H. E. Brown, principal of Hertford High School today announced the names of the students at the school winning scholastic honors for the second grading period. The honor stu-

dents were listed as follows:

Eighth grade: Enoch Gregory, Gaylord Hames, Preston James, Mamie Reid, Mary Vaughan. Ninth grade: Marion Winslow, Shirley Zachary, Ruth Felton, Fred Gallop, Elizabeth Hunter, Roland Jones, Charlie White, Blanche Skinner.

Tenth grade: Elaine James, Vivian Sharpe, Maxine Zachary, Sherman Hill, Mildred Shambry; 11th grade: Rebecca Sprull, Harold Jones, Isaac Bemby, Bernice Sharp, Audrey Everett; 12th grade: Althea Dail, Edith Felton, Minnie Felton, Augusta White, James Felton, John Felton, Floyd Harvey, Naomi Bonner, Katie Creecy, Hattie Hunters, Mattie Skinner and John Hoffer.

## WHO KNOWS

1. How many Democrats are there in the House and Senate?
2. How many Republicans are there in each House?
3. Who is President of the Senate?
4. Name the Majority Leaders of both Houses?
5. Who is Speaker of the House?
6. What States make up the Arab League?
7. A new nation was born on December 27, 1949. Name it.
8. How large is the new nation?
9. Who was President of the U. S. in 1900?
10. What is the native state of Andrew Jackson?
  1. House, 262; Senate, 54.
  2. House, 169; Senate 42.
  3. Vice-President Alben W. Barkley.
4. John W. McCormack and Scott Lucas, House and Senate, respectively.
5. Sam Rayburn, (D), Texas.
6. Egypt, Saudi, Arabia, Syria, Lebanon, Yemen, Iraq and Jordan.
7. The United States of Indonesia.
8. The U. S. I. is composed of about 3,000 islands, with a land area of 735,000 square miles.
9. William McKinley — inaugurated in 1897.
10. South Carolina.

### State Offers Medal For Bicycle Safety

Fellas and girls, would you like to have an attractive red, blue and silver decal for your bike, showing a silver-colored bicycle on a blue background with a red border?

You can get one by writing the Highway Safety Division of the North Carolina Department of Motor Vehicles in Raleigh.

No, you don't have to send in any box tops or 10 cents to cover the cost of mailing. All you have to do is to give your word of honor that you will ride your bicycle safely and you may have one of the decals.

The Division also has on hand membership cards, which you can carry around in your pocket to show that you are a member in good standing of a bicycle safety club, and certificates suitable for framing for your bedroom wall to show you have answered successfully 40 questions on bicycle safety.

Although these items are designed primarily for use in connection with bicycle safety clubs, Z. E. Helms, chief of the driver education section of the division, stated that any boy or girl who lives in a city or town which does not have a club can obtain the decal, membership card and certificate if he agrees to live up to the standards set for club members and if he answers the safety questions cor-

rectly. Helms reported that to date 12 bicycle clubs have been organized in the State and plans for others are underway. The clubs have been formed under the supervision of civic groups, law enforcement agencies and recreation units, in cooperation with the 17 field representatives of the Division.

The program for organizing bicycle clubs was begun last year in an effort to cut down on bicycle fatalities in the State by teaching youngsters to ride safely in traffic.

# Asthma?



## ASTHMA NEFRIN

This product will be demonstrated in our store on Thursday, February 2, 1950, by a company representative. If your condition has been diagnosed by a physician as bronchial ASTHMA, we are sure you will be interested in this product.

If you are a present customer of the company, please bring in your nebulizer for free servicing or repair.

## S and M Pharmacy

"ON THE CORNER"  
HERTFORD, N. C.

# NOTICE

Beginning January first, all Tax Listers of Perquimans County, North Carolina, will sit at the following places and on the dates mentioned below for the purpose of listing your PROPERTY TAXES for the year 1950.

## List in January and Save the Penalty

### Belvidere Township

CARROLL V. WARD, List Taker

January 14, 21, 28, \_\_\_\_\_ Community House, Belvidere  
January 12, \_\_\_\_\_ Edgar Chappell's Store, Chapel Hill  
January 19, \_\_\_\_\_ R. M. Baker's Store, Whiteston  
January 26, \_\_\_\_\_ Ralph White's Store, Whiteston

All Other Days During January at Home.

### Bethel Township

JULIAN LONG, List Taker

January 7, \_\_\_\_\_ J. W. Gatling's Store, Bethel  
January 14, \_\_\_\_\_ Court House at Hertford  
January 21, \_\_\_\_\_ J. W. Gatling's Store, Bethel  
January 18, \_\_\_\_\_ Court House at Hertford  
January 18, 25, \_\_\_\_\_ J. W. Gatling's Store at Night  
January 28, \_\_\_\_\_ J. W. Gatling's Store, Bethel

All Other Days During January at Home.

### Hertford Township

JOHN O. WHITE, JR., List Taker

January 7, 14, 21, \_\_\_\_\_ At Court House in Hertford  
January 11, 18, \_\_\_\_\_ At Court House in Hertford  
January 23 through 31, \_\_\_\_\_ At Court House in Hertford

All Other Days During January at Home.

### New Hope Township

SETH LONG, List Taker

January 7, 14, 21, 28, \_\_\_\_\_ Perry & Robbins Store  
January 13, \_\_\_\_\_ Ernest White's Store  
January 20, \_\_\_\_\_ Guy Webb's Store  
January 27, \_\_\_\_\_ P. P. Perry's Store, Woodville

All Other Days During January at Home from 10 A. M. Until 8 P. M.

### Parkville Township

W. R. STANTON, List Taker

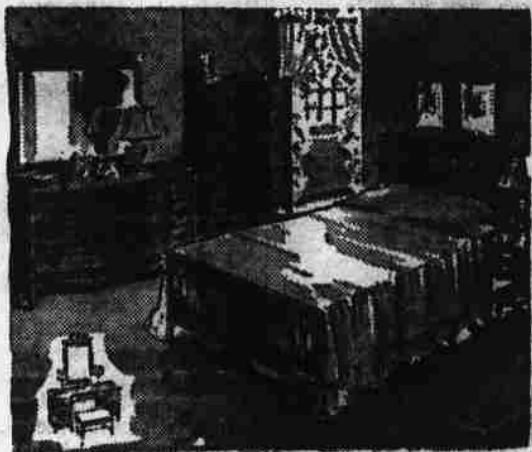
January 7, 14, 21, 28, \_\_\_\_\_ Fred Winslow's Store, Winfall  
January 18, \_\_\_\_\_ Towne's Store, Chapanoke

All Other Days During January at Winfall.

Prepare your lists now, and save time in listing, also avoid PENALTY for being delinquent after January 31st, 1950. This is required by the State Law. See Chapter 310, H. B. 45, Public Laws of North Carolina, Session 1939.

J. W. WARD, Tax Supervisor  
PERQUIMANS COUNTY, N. C.

## PRETTY AS A PICTURE



That is a mild description of our new Mahogany Bedroom Suites . . . but if you want to really dress up your home, you must see these new Bedroom Suites . . . they're beautifully styled to fit into any home.

### PRICES RANGE TO SUIT YOUR BUDGET

We are also featuring, this month, many occasional furniture pieces for the home. See our wide assortment by dropping in our store today.

## QUINN FURNITURE COMPANY

311 N. POINDEXTER ST. ELIZABETH CITY, N. C.

# 50 WAYS

# NEW FOR

# '50

"TEST DRIVE"  
the '50 FORD  
at your  
FORD  
DEALER'S  
NOW!

# FORD

Now, Ford's V-8—the type of engine found in America's costliest cars—offers you its 100-horsepower doaded in an amazing new quiet. It whispers while it works. And now, too, you ride in a quiet, sound-conditioned interior—so silent you can hear scarcely a sound—even at sixty. And this 50-way new Ford brings you that wonderful Ford "feel"—more comfortable and safer than ever, with its low, level "Mid Ship" Ride . . . 13-way stronger "Lifeguard" Body . . . 35% easier-acting King-Size Brakes . . . and the many, many other advanced features which make Ford the one fine car in the low-price field.

There's a Ford in your future  
... with the future built in