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Editor  
**PAUL CAMPBELL**

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FRIDAY, AUGUST 19, 1955.

**Keeping Cool**

Dr. Huntington Williams of the Baltimore Health Department recently outlined several ways to beat the heat. In fact, the health commissioner issued a statement which described in detail steps to be taken to beat the heat.

The first step is simple. Dr. Williams suggests not to think too much about the heat. Keep at your job and keep working. The second step is to eat nourishing foods which do not build up body heat. Such foods exclude fats and sweets. Eat more eggs, milk, lean meat and fish and plenty of fruits and salads. You are also advised to avoid cold drinks when over-heated.

There are several other steps, such as staying out of the sun-shine, avoiding tight clothing and so on. To all of these steps, we will add one of our own, and that is to get into an air-conditioned office or sit in front of an electric fan or go swimming.

If you must work in an office which is not air-conditioned, and most people do, then avoid rapid movements, emotional disturbances and mental tensions. If you can avoid these pitfalls and keep your job, you will probably stay relatively cool.

**Russians Plan Satellites**

Coming on the heels of the super-dramatic U. S. announcement that this country would send aloft earth satellite sometime between 1957 and 1958 was the revelation by two Russian scientists that Russia plans to send such satellites aloft within 18 months.

The Russians were speaking unofficially while attending a world scientific conference in one of the Scandinavian countries. When they were first approached about the earth satellite question, they admitted that Russia had planned to fire such satellites into outer space just like the United States has announced it will do.

Their first estimate of the time for the sending aloft of such satellites, was about two years. However, when reporters pressed them for a specific estimate, they estimated that Russia would send such satellites off within 18

months.

As we noted after the original White House announcement in this country, this government will be placed in the position of appearing silly if the Russians succeed in launching the first earth satellite. The White House announcement last month was made with such fanfare and ballyhoo that it would be ironical if satellites had already been successfully used by the Russians when our target date arrives.

**Mental Hygiene Is Keeping Veterans Out Of Hospitals**

Mental hygiene clinics of Veterans Administration are keeping an average of 2,200 mentally sick veterans out of hospitals every year.

VA said a great number of these veterans are engaged in useful, productive work while receiving treatment and generally improve sufficiently to end their outpatient treatments.

The cost of treating these 2,200 in mental hygiene clinics an average of once a week for one year is roughly \$1,000,000. The cost of treating the same number of patients in a neuropsychiatric hospital is about \$5,000,000 per year.

VA therefore estimates that about \$4,000,000 a year is saved in preventing hospitalization.

Only veterans with service-connected neuroses or psychoses may be treated in VA's mental hygiene clinics. The law does not permit the treatment of non-service-connected cases on an outpatient basis.

VA is operated 62 mental hygiene clinics throughout the country. Of these, 39 are in regional offices, 14 are in hospitals, and

nine are in smaller VA offices. VA also operates one traveling clinic.

In addition, VA uses the services of 46 contract clinics, most of them State or community agencies.

In a recent month, some 26,000 veterans received 56,000 treatments in VA and contract clinics, with VA clinics furnishing two-thirds of the treatments.

About one fourth of the patients come to VA clinics on their own. Another 25 per cent are referred by other medical divisions of VA's regional offices. Approximately one-eighth are referred by VA contact representatives and the remainder come from other sources, including community clinics, social agencies, and the like.

VA's mental hygiene clinics form the largest network of such outpatient clinics under one management in the country. As such, they have become a pacemaker in outpatient psychiatry.

**BE PROUD BUT CAUTIOUS. EXPERT ADVISES FARMERS**

It's fine to be proud of your poultry flock and buildings, but let caution guide you in showing them off, advises R. S. Dearstyne, professor of poultry science at State College.

Dearstyne believes that disease prevention is the best method of disease control. In view of this, he strongly urges poultrymen not to allow visitors in his poultry houses or on the chicken range.

Most chickens have some disease-producing germs in their digestive tracts or in their respiratory systems. It is also probable that all flocks have some intestinal parasites among their members. These germs lodge in the litter, on equipment and on range.

Visitors who come to your farm perhaps have walked through their own poultry houses or someone else's. It is possible that they carry disease organisms on their shoes, and there's a good chance your flock will become infected.

**SUNDAY SCHOOL LESSON**

HOPE FOR THE DESPAIRING

International Sunday School Lesson for August 21, 1955.

Memory Selection: "Incline your ear, and come unto me: hear, and your soul shall live."—Isaiah 55:3.

Lesson Text: Isaiah 55:1-13.

The plight of the Israelites, captive in the land of Babylon, was far from satisfying to those so far from home. They were homesick and full of despair. As pointed out in a previous lesson, some were on the verge of revolting against the Babylonians, but Jeremiah the prophet, in letters to the exiles, cautioned against such a foolish step. Jeremiah told them to stop their grieving and go to work—to build themselves houses and take wives and settle down—accepting their exile as God's punishment for their disobedience to him. Realizing that this was good advice, many of them did just that. They settled down and went into business.

Since Babylon was the business center of the world, they had ample opportunity to trade and profit from their business transactions. As a matter of fact, they became so prosperous that they began to forget Zion and their high spiritual mission. It was at this time that the Jews—God's chosen people—began to develop extensively their talent for trade, which has become so characteristic of them that the word "jew" has become in our language a verb which expresses sharp business practices.

Isaiah, in Chapter 23, gives a keen analysis and courageous condemnation of the mercenary spirit and the chapter given for our study this week, Isaiah 55, is a further warning to the Israelites not to over-emphasize the making of money and the enjoyment of things that money can buy to the exclusion of the worship of God. This warning is no less fitting for our generation of Gentiles, who spend so much of their time and energy in acquiring things and so little of their time in getting the things of the spirit.

In the study of this beautiful passage of Scripture, Isaiah 55, picture, if you will, the father of a large family. He has given to the individual members of his family everything that their hearts could desire. He has furnished them with food, shelter, clothing and the wisest of counsel at all times.

Think, then, of the agony which this father suffers as he sees his children forsaking his counsel, despoiling his property and, seemingly, utterly ungrateful for everything which he has so lovingly provided for them. So deep is the love that this father has for his children, however, it overshadows the disappointment in his heart and his consuming desire is to win them back to his love and care.

Is there anything in the above word-picture to suggest the love which our Heavenly Father has for us, his children? Surely, our experience with him and the experiences of mankind in the past, as recorded for our consideration from time to time, reveals God as the father described above. Isaiah, in our lesson this week, pictures God as pleading with his children to forsake their sinful ways and to return to his loving care and guidance.

The invitation issued by Isaiah for God should be shouted from every temple of worship and every hilltop today. Surely, this message should be repeated over and over again, until men in all walks of life shall hear and respond to it—"Seek ye the Lord while he may be found: call ye upon him while he is near." How may God be found today?

Isaiah answers this question in the seventh verse: "Let the wicked forsake his way, and the unrighteous man his thoughts; and let him return unto Jehovah." Dr. W. M. Smith, Bible scholar, says of this great verse: "Here is the very center of this wonderful chapter—the climax, as it were, of the gracious invitation here extended by an infinitely loving God. Four things God asks man to do: to seek the Lord, to call upon the Lord, to forsake the ways of wickedness, to return to the Lord. Four things God promises if man will do what God asks: if he seeks the Lord, he will find him; if he calls upon the Lord, he will be heard; if he forsakes his way and returns unto the Lord, God will have mercy upon him; and God will



**KNOW HIM ?**

Juvenile delinquency was just a term until they sent the boy down the street to what they politely termed a "training school." Then it became real, because this boy wasn't just a statistic but a kid who had played with your kids. Why, only last Sunday you had gone fishing with his father.

So how . . . you wondered why. The boy came from a good home—or did he? There was money enough, luxury enough, but it's true that his parents sometimes left him pretty much to his own devices. There were his mother's clubs and his father's business, and they led an active social life.

You asked yourself why . . . and in your heart you knew the answer. It lay in those gaps that had been left in his upbringing—great chinks, that should have been filled with faith, spiritual guidance, and solid end during values. Thinking about it, you made up your mind to start taking your own kids to church on Sundays without fail—no matter how good the weather was for fishing.

**THE CHURCH FOR ALL . . . ALL FOR THE CHURCH**

The Church is the greatest factor in the building of character and good citizenship. It is a storehouse of spiritual values. Without a strong Church, neither democracy nor civilization can survive. There are four sound reasons why every person should attend services regularly and support the Church. They are: (1) For his own sake. (2) For the sake of his community and nation. (3) For the sake of his children. (4) For the sake of his soul, which needs his moral and material support. Plan to go to church regularly and read your Bible daily.

Day	Book	Chapter	Verses
Sunday	Exodus	20	1-17
Monday	Psalms	119	1-16
Tuesday	Luke	5	1-13
Wednesday	Galatians	3	1-13
Thursday	Galatians	6	1-10
Friday	James	1	1-18
Saturday	James	1	19-27

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**Perquimans Church Services**

**HERTFORD BAPTIST CHURCH**  
 James O. Mattox, Pastor  
 Sunday School, 9:45 A. M.  
 Morning Worship, 11:00 o'clock.  
 Evening Worship, 8 o'clock.  
 Mid-week Services, Wednesday evening at 8 o'clock.

**BETHLEHEM CHURCH OF CHRIST**  
 Joe Brickhouse, Pastor  
 First Sunday  
 11 A. M. and 8 P. M.

**BURGESS BAPTIST CHURCH**  
 Phil H. Quiddy, Pastor  
 Church services second Sunday at 11 A. M., fourth Sunday at 8 P. M.  
 Sunday School at 10:00 A. M.

**PERQUIMANS CHARGE CHURCHES**  
 H. M. Jamieson, Pastor  
 First Sunday:  
 New Hope Church, 11:00 A. M.  
 Oak Grove Church, 7:00 P. M.  
 Second Sunday:  
 Winfall Church, 11:00 A. M.  
 Cedar Grove Church, 10 A. M.  
 Woodland Church, 7:00 P. M.  
 Third Sunday:  
 Oak Grove Church, 11:00 A. M.  
 New Hope Church, 7:00 P. M.  
 Fourth Sunday:  
 Cedar Grove Church, 11:00 A. M.  
 Woodland Church, 10 A. M.  
 Winfall Church, 7:00 P. M.

**ANDERSON'S METHODIST CHURCH**  
 P. M. Porter, Pastor  
 Church School, 10:00 A. M.  
 Morning Worship, 11:00 A. M., second and fourth Sundays.

**WOODVILLE BAPTIST CHURCH**  
 Hugh Ross Williams, Pastor  
 Church Services on second and fourth Sundays at 11 A. M.  
 First and Third Sundays at 7:45 P. M.  
 Sunday School at 9:45 A. M.  
**UP RIVER FRIENDS CHURCH**  
 James Rahenkamp, Pastor  
 Sunday School, 9:45 A. M.  
 Church Services 11 A. M., and 7:30 P. M.  
 Christian Endeavor, 6:30 P. M.  
 Prayer Services, Wednesday at 7:30 P. M.

**BETHEL BAPTIST CHURCH**  
 Rev. J. D. Stoner, Pastor  
 Sunday School 10 A. M.  
 Morning worship 11 A. M.  
 Evening services 8 P. M.

**PINEY WOODS FRIENDS CHURCH**  
 H. Virgil Pike, Pastor  
 Church School 10 A. M.  
 Morning worship 11 A. M.  
 Young People's meeting 7 P. M.

**WHITEVILLE GROVE BAPTIST CHURCH**  
 Caleb Goodwin, Jr., Pastor  
 Sunday School 10:30 A. M., every Sunday except third Sunday.  
 Church services every third Sunday at 8 P. M.

**HERTFORD METHODIST CHURCH**  
 I. S. Richmond, Pastor  
 Church School 9:45 A. M.  
 Morning Worship 11:00 o'clock.  
 Youth Fellowship, 6:45 P. M.  
 Evening worship, 7:30 P. M.  
 Mid-week Fellowship, Wednesday at 7:30 P. M.

**BAGLEY SWAMP PILGRIM**  
 Coy S. Saunders, Pastor  
 Sunday School, 10:00 A. M.  
 Morning Worship 11 o'clock.  
 Young People's meeting at 8:00 P. M.  
 Evening worship, 7:30 o'clock.  
 Mid-week Services Thursday at 7:30 P. M.

**HOLY TRINITY EPISCOPAL CHURCH**  
 Rev. Paul E. Shultz, Pastor  
 9:30 A. M., Holy Communion, 1st Sunday.  
 11:00 A. M., Morning Prayer, 2nd Sunday.  
 11:00 A. M., Holy Communion 3rd Sunday.  
 7:30 P. M., Evening Prayer, 4th Sunday.  
 7:30 P. M., Evening Prayer, 5th Sunday.  
 9:45 A. M., Church School, Every Sunday.

**BEREA CHURCH OF CHRIST**  
 Walker Perry, Pastor  
 2nd and 4th Sunday at 10:30 A. M.  
 Morning worship on first and third Sundays at 11 A. M.  
 Evening worship first and third Sundays at 7:30 P. M.

**CHAPPELL HILL BAPTIST CHURCH**  
 Ray, Ralph Knight, Pastor  
 Sunday School every first Sunday at 2 P. M.; preaching at 8 P. M.  
 Sunday School every 2nd, 3rd and 4th Sunday at 11 A. M.

**ASSEMBLY OF GOD**  
 G. R. Lawrence, Pastor  
 Sunday School 9:45 A. M.; Worship at 11 A. M.; CA, 7:30 P. M.; Evangelistic Services 8 P. M.

**BE A GOOD CITIZEN!**

**GO TO SOME CHURCH NEXT SUNDAY!**

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