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Leeping Cool

Dr. Huntington Williams of the more Health Department retly outlined several ways to eat the heat. In fact, the health issioner issued a statement which described in detail steps to e taken to beat the heat.

The first step is simple. Dr. williams auggests not to think too ebout the heat. Keep at four job and keep working. The d step is to eat nourishing which do not build up body ent. Such foods exclude fats and ets. Eat more eggs, milk, lean, neat and fish and plenty of fruits and salads. You are also advised to avoid cold drinks when over-

There are several other steps, ich as staying out of the sun- clinics. The law does not permit shine, avoiding tight clothing and so on. To all of these steps, we add one of our own, and that to get into an air-conditioned fice or sit in front of an electric 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 reve-lation 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 an-

nounced it will do.

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 the recent month, some 26,000 In a recent and in the first earth satellite. Veterains received 56,000 treatments The White House announcement in VA and contract clinics, with VA last month was made with such clinics furnishing two-thirds of the fanfare and ballyhoo that it would treatments.

Out Of Hospitals

s about \$5,000,000 per year.

preventing hospitalization.

treatments.

About one fourth of the patients be ironical if satellites had already been successfully used by the come to VA clinics on their own. Russians when our target date ar-rives. Another 25 per cent are referred by other medical divisions of VA's reg-

ional 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

Mental hygicne clinics of Veterpsychiatry. ns Administration are keeping an average of 2,200 mentally sick vet-BE PROUD BUT CAUTIOUS, EXPERT ADVISES FARMERS

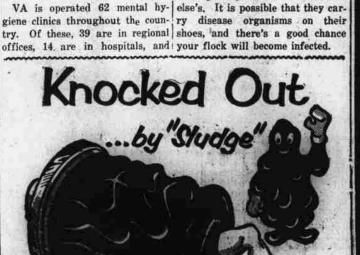
erans out of hospitals every year. VA said a great number of these It's fine to be proud of . your veterans are engaged in useful, poultry flock and buildings, but let productive work while receiving caution guide you in showing them treatment and generally improve off. advises R. S. Dearstyne, prosufficiently to end their outpatient fessor of poultry science at State College.

The cost of treating these 2,200 Dearstyne believes that disease in mental hygiene clinics an averprevention is the best method of diage of once a week for one year is sease control. In view of this, he roughly \$1,000,000. The cost of strongly urges poultrymen not to treating the same number of paallow visitors in his poultry houses tients in a neuropsychiatric hospital or on the chicken range.

Most chickens have some disease-VA therefore estimates that producing germs in their digestive tracts or in their respiratory sysabout \$4,000,000 a year is saved in tems. It is also probable that all Only veterans with service-con- flocks have some intestinal paranected neuroses or phychoses may sites among their members. These be treated in VA's mental hygiene germs lodge in the litter, on equipment and on range.

the treatment of nonservice-con-Visitors who come to your farmnected cases on an outpatient baperhaps have walked through their own poultry houses or someone

try. Of these, 39 are in regional shoes, and there's a good chance offices, 14. are in hospitals, and your flock will become infected.



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nternational Sunday Se Lesson for August 21, 1955.

THE PERCENTIONARY STREET, WELTFORD, NORTH CAROLINA, PRIDAY, ABOURT 19, 19

SUNDAY SCHOO

Memory Selection: "Incline yo ear, and come unto me: hear, and your soul shall live."-Isaiah 55:8.

Lesson Text: Isajah 55:1-18.

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 ion 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 acouiring 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 every-

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 upbringinggreat chinks, that should have been filled with faith, spiritual guidance, and solid enduring 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.

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ALL FOR THE CHURCH The Church is the greatest for-the church is the greatest for-character and good citizenship. It is a storage depisitual values, without a strong Church, naither democracy, not civilization com survive. There are four sound reasons why every perion should attend services regularly and sup-port the Church. They are: (1) For his own sate. (2) For the sate children's sate. (3) For the sate of his community and nation. (6) For the sate of the Church itself. which needs his moral and mo-terial support. Plan to go to church regularly and read your Bible,daily.

Chapter Verses 20 1-17 119 1-16 119 1-16 119 1-16 1 1-13 1 1-13 1 1-13 1 19-27 Book C Exadus Psalms Luky Galatians Galatians Wednesday Galatia Thuraday Galatia Friday James Saturday James

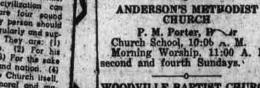
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WOODVILLE BAPTIST CHURCH Hugh Ross Williams, Pastor Church Services on second and fourth Sundays at 11 A. M. First and Third Sundays at 7:45 P. M.

a Q. Matter, M. School, 2:45 A. M. ag Worship, 11:00 o'clock worship, 8 o'clock.

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Cedar Grove Church, 10 A. M. Woodland Church, 7:00 P. M.

Woodland Church, 7:60 P. M. Third Sunday: Oak Grove Church, 11:00 A. M New Hope Church, 7:00 P. M. Fourth Sunday: Cedar Grove Church, 12:00 A. Woodland Church, 10 A. M. Winfall Church, 7:00 F. M.

Fifth Sunday: Woodland Church, 11:00 A. Prayer Meeting each Wedne t Winfall Church, 7:00 P. H.

Phil H. Quidley, Par

Church services second Sunday 11 A. M., fourth Sunday at 8 P. Sunday School at 10:00 A. 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 7:80 F. M.

Christian Endeavor, 6:80 P. M.

Prayer Samica.

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

PINEY WOODS FRIENDS CHIRCH IV. Virgil Pike, Pastor Shurch School 10 A. M. forning worship 11 A. M. forning People's meeting 7 P. M.

WHITEVILLE GROVE BAPTIST

CHUBCH Caleb Goodwin, Jr., Pastor Sunday School 10:80 A. M., ev sey Sunday except third Sunday. Church services every third Sun-day at 3 P. M.

HERTFORD METHODIST CHURCH I. S. Richmond, Pastor

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



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thing which he has so lovingly pro vided 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 guid-

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 chapterthe 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 ve mercy upon him; and God will (Continued on Page Seven)

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HERTFORD, N. C.

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