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Health Topics

By F. BUDD SCHOOLEY, M.D.

MENTAL HYGIENE

Attitudes of mind, ideals and principles can often lessen and soften the conflicts of life, and give strength and stability to the individual so that he may not be discouraged and overwhelmed by the emotional burdens of life.

The mind is the storehouse of mental experience of great diversity, and within it are traces of all kinds of sensory experience capable of being revived as conscious experiences. A mental disorder is not so much a disease of organs or cells as it is a disturbance and overcentration of emotional experience.

Abnormal behavior of various kinds may indicate an underlying disorder of the personality. Serious behavior problems seldom arise abruptly. The maladjustment in the child and the tension between him and his associates have usually accumulated gradually as the child passed through successive stages in his development.

No life can develop normally except under the guidance of reason. Emotional drives must be submissive to rational control. Parents and teachers should strive to develop in children and students a rational view of life.

We must not attempt to frighten. A fearful state of mind produces a condition of anxious tension. Some children are prone to excessive anxiety reactions and their tendency to worry and fear may be increased by parents and teachers attempting to secure good behavior by telling weird and terrifying tales to frighten them.

Some individuals lack appreciation of personal responsibility. They

fail to pause and consider before important actions. They are often sensitive to the least injury to their feelings, and shrink from facing themselves as they really are. They attempt to excuse and justify themselves and fail to give an honest and wholesome admission of the facts. The personality is weak and lacks proper balance.

A person who silences his own conscience by a dishonest process of rationalization makes it forever impossible for him to see himself as he is and he endures indefinitely the glaring deception which calls vice virtue and virtue vice.

IDETOWN

Mrs. Joseph Comiskey and children Mary Anne and Walter of Kingston have returned to their home after spending last week with Mrs. Comiskey's parents, Mr. and Mrs. Corey Meade.

Mrs. Francis MacDonald and son Jackie of Trenton, New Jersey, are spending sometime with her parents, Mr. and Mrs. James Rogers.

Mrs. Alton Cordner, Alton Cordner Jr. and children Billy and Sandra of Bainbridge, New York, were weekend guests of Mr. and Mrs. Howard Moore.

Carol Malkemes, daughter of Mr. and Mrs. Raymond Malkemes of Shavertown, is spending sometime with her cousin, Jeanne Casterline.

Mr. Robert D. Renshaw spent last week with relatives and friends in Philadelphia.

Mr. and Mrs. Willard Cropp and daughter Peggy of Shavertown spent Sunday with Mr. and Mrs. Walter Meade.

Mr. and Mrs. Loren Keller and daughters Lorraine and Evelyn attended the Ransom Reunion at Alderson on Sunday afternoon.

Mr. and Mrs. Vincent Rella of

Jersey City, New Jersey, were weekend guests of Mr. and Mrs. Carlton Swan.

Ice Cream Social

East Dallas Methodist Church will hold an ice cream social at the Church on July 10, at 7:30 P.M. sponsored by the Royal Lyon Club.

Roast Beef Dinner

Jackson W.S.C.S. will hold a roast beef dinner in the church house on July 4 starting at noon. Menu will include roast beef, mashed potatoes, gravy, peas, cole slaw, pickled beets, home-made rolls, ice cream, cookies and coffee.

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