—THE EVERYDAY COUNSELOR—

7th Adjustment: Spiritual

By DR. HERBERT SPAUGH

The seventh adjustment in marriage is Spiritual. This is the most important adjustment of all. A successful adjustment here foretells a happy marriage. If the blessing of God is to be sought, let the ceremony be performed in a church and by a minister, priest, or rabbi.


DR. SPAUGH

No home can succeed without the presence and guidance of Almighty God. A marriage to be at its best must have God in the center. The "I" of the two separate personalities in marriage must blend into "we." Then "we" must learn to pray, "Not my will but thine be done." As the God-directed life is the successful life, so the God-directed marriage indicates and foretells the successful home. For the Christian this should be the Christ-centered home.

The first act performed by the newlyweds immediately after their marriage in a church ceremony is that of kneeling or standing with bowed heads in prayer. It is a beautiful symbol of that spiritual unity which should continue throughout married life. As arm in arm they united in prayer, so their spiritual lives should be likewise unified.

They should take this prayer lesson immediately into marriage following it with daily prayer together, and preferably aloud. A beginning can be made by husband and wife reading from the Bible or some daily devotional book at the breakfast table and then bowing as they pray the Lord's Prayer together after a period of silent prayer. We can't afford to be too busy to neglect this; if we are, we're busier than the Lord ever intended for us to be.

Both husband and wife, during the first months of marriage, should unite together in the same church and have the same pastor. They should go to work in that church. This often calls for one or the other to give up his church. Sometimes it is better for both to leave their churches in which they were reared as children, and to find one in which they can happily unite. Don't postpone this important step.

If the marriage commences by being divided in church loyalty the door is open for other divisions. Any divisions have no place in a happy marriage. I can recall no case of domestic difficulty where husband and wife have united and are active in the same church.

This unity in church carries over into their spiritual lives, and leads them to an appreciation of spiritual love which is the highest form of love. The Greeks had a word for it, "agapae." It was the word used by Jesus when He said, "A new commandment I give unto you, that ye love one another."

Without love marriage cannot endure—the love of person, the love of companionship, the love of children, and the love of God.

—THE WORRY CLINIC—

Best Way For Jolly Repartee

By DR. GEORGE W. CRANE

CASE B-459: Ted G., aged 20, is a brilliant engineering student.

"But, Dr. Crane," he began mournfully, "I am a dummy when on a date.

"I don't know what to talk about, except nuclear fission and rockets and other engineering subjects.


DR. CRANE

"But the coeds don't know a thing about what I am saying so they are glad to get rid of me.

"I seldom rate a second date. At first, I decided girls were just stupid but I have followed your column long enough to decide that snap judgment is just a neat little means of passing the buck and avoiding blame for my own poor conversational skill.

"So what can I do to become an interesting conversationalist?"

CHITCHAT CHAMP

If you want to be popular and make people like you, then learn the art of being a "chitchat champ."

That means you must know enough to start a conversation, but then listen to the other person's chatter.

And the best way to launch jolly repartee is to ask a question. Fade out with the interrogation mark (?), for it is shaped like a fishhook and simply hooks the other person's attention.

"How do you keep your skin looking so soft and lovely?" Ted can casually inquire of his date.

This query packs a double-barrel wallop, for it not only pays the coed a compliment on her complexion, but likewise starts her off on her part of the dialogue.

An experienced male is such a smooth operator that he will even stroke her check with his fingertips to corroborate his interest in her soft skin and thus more quickly get conversation upon a personal basis.

At the outset, a shy introvertive engineer may not be able to carry off that technique with aplomb, but he can at least ask the question in a meditative way.

"You are a very graceful dancer," he can continue, "so I suppose you attend a lot of dances, don't you?"

Any such query will quickly permit a lopsided scientist to strike up a gay dialogue which is easily within the range of both their experiences.

H-E-L-P

And if you are ever stymied by one of those awful pauses that may intrude in the conversation of even sophisticated people, then you feel like calling "H-E-L-P, H-E-L-P."

So use that very word as an abbreviated formula for starting interesting conversation.

The "H" stands for "Hobbies," so ask your companion if he (or she) ever collected stamps or bottle caps, book matches or birds' eggs, etc.

If this opening proves a dud, then switch over to "E", which includes "entertainment," meaning movies, athletics, the theater, dancing, etc.

The "L" involves "Literature," ranging from comic books and paper backed editions, to the classics, poetry, etc. Beware of being too highbrow for on the usual date, your companion likes to relax.

Finally, resort to the "P" for "Politics," but avoid angry debates. Keep on safe, neutral ground, such as whether 18-year-olds should vote, since they are drafted at that age for army service.

Or ask if U. S. senators should be limited to two terms, as the president is, etc.

Send for the booklet "Formula for Gay Conversation," enclosing a stamped return envelope, plus 20c (non-profit).

It includes a fuller explanation of the H-E-L-P formula above, plus the longer "DEAR HOME PALS" formula I used with my Northwestern University students.

(Always write to Dr. Crane in care of The Charlotte News enclosing a long 4c stamped, addressed envelope and 20c to cover typing and printing costs when you send for one of his booklets.)

Church Ends Debt With Ceremonies

Special To The News

GAFFNEY, S. C. — Draytonville Baptist Church held a mortgage burning ceremony here Sunday to signify the final payment on its four-year $22,750 debt.

The church, with properties valued at about $200,000, made final payment this month on a mortgage contracted for a new vestibule and educational wing.

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Bacteria Are Like People—Some Good

JOSEPH G. MOLNER, M.D.

The world is full of bacteria. More of them are good than are bad. Many more. Cider gets "hard" because of bacteria. We make ordinary milk into yogurt with bacteria. There are a hundred (or a thousand) useful bacteria for each harmful, disease - bearing bacterium.


DR. MOLNER

Bacteria are like people — mostly good, with a few criminals scattered around.

I wanted to make this clear before commenting on a report made at a fairly recent medical meeting. It would be too bad for people to start worrying about bacteria in general. It is the occasional, specific, disease causing types of bacteria that require combat.

Now let me go a step farther. There are bacteria which invade the system (scarlet fever, pneumonia, meningitis, to name a few) and there are others which by their peculiar natures prefer to hang around on the surface of the body but only rarely invade the whole system.

CAUSE TROUBLE

There isn't much doubt in my mind that some of us have reasonable immunity to some of these germs, while other people, with precisely the same germs, find them causing trouble.

The point I want to make is that we have every reason to know that some bacteria do, indeed, lurk on the skin, just as males of a certain age are inclined to hang around pool halls. Some are trouble-makers; more of them aren't.

Anyway, at a recent medical meeting in Pennsylvania, Dr. James S. Jordan presented the idea that some people who suffer from a condition known as blepharitis — in which whitish scales form around the eyelashes, and make the eyes uncomfortable at times — are the victims of bacteria which lurk in the scalp, causing dandruff.

EYES MAY BURN

The eyes may burn, or they may be unduly sensitive to light. It may require a microscope to find the tiny white scales around the eyelashes, he says.

Clearing up the trouble on the eyelashes, he suggests, may not bring permanent relief, because the germs are still congregating on the scalp, and presently work their way down to the lashes again.

His suggestion, in such case, is that the victims shampoo the hair about twice a week for a month or so; the soap in the shampoo may very well wash away enough of the bacteria from the scalp to prevent further spread to the eyelashes.

If the trouble persists, he suggests the wise thing is to consult a dermatologist (skin specialist).

Admittedly I haven't investigated this situation with a microscope myself. But I do believe that his suggestion makes plenty of sense, and since it can scarcely be harmful in any event, it is well worth a try.

It is also my feeling that we still know very little about these "surface" germs. It has been more important in the past to understand and conquer the germs which cause serious or deadly diseases. In the future, I feel quite certain, we are going to learn a great deal more about the "surface" annoying ailments.

"Dear Dr. Molner: I have read that brewer's yeast is good for sinus trouble, and that eating sunflower seeds is good for the eyes. I would appreciate your opinion. — A. Y."

My opinion on both: No more useful than crossing your fingers to avoid bad luck! Just superstitions.

NOTE TO MRS. M. R.: A "troubled pregnancy" wouldn't have anything to do with having a retarded child. If there is a history of retardation in the family — and by that, I mean a succession of feebleminded generations, and not merely an isolated retarded child somewhere along the line — then the outlook is not good. A single case can happen to anyone.

Bed wetting can be conquered! To learn how, write to me in care of The Charlotte News requesting a copy of my booklet, "Enuresis — Ten Ways To Stop Bed Wetting," and enclosing a large, self-addressed, stamped envelope and 20-cents in coin to cover handling.

Dr. Molner welcomes all reader mail, but regrets that, due to the tremendous volume received daily, he is unable to answer individual letters. Readers' questions are incorporated in his column whenever possible.

Damage Suits Ask $37,500

Special to The News

GAFFNEY S. C. — Damage suits totaling $37,500 have been filed against John Pittman Price of Rt. 4, Gaffney in connection with a May 16 automobile collision of a car driven by Mr. Price and one operated by Jack Deal.

The plaintiffs are suing for the following amounts:

Mrs. Helen Deal $25,000; Jack Deal $2,500; Mrs. Cleo W. Dills $3,000 and Mrs. Helen W. Wilson $5,000. All live in Spartanburg.

The suits contend Mr. Price was driving in a "negligent, careless and reckless manner" at the time of the accident.

OLD-FASHIONED IDEAS MIGHT TURN TRICK

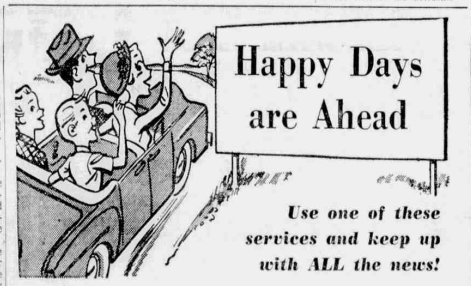
SALT LAKE CITY, Utah (AP) —The willow switch and a visit to the woodshed may be a partial answer to curbing juvenile delinquency.

That's the opinion of Gov. Robert E. Smylie of Idaho.

"There is no easy answer," he told the National Council of Juvenile Court Judges. He said schools, the home and public officials must do their part, but he added:

"We may well have to conclude that grandfather was right after all and that there is no substitute for the woodshed and the willow switch in the building of an industrious, civilized and disciplined human character."

Burma, in southeast Asia, became an independent republic in 1948. It joined the United Nations the same year.



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