

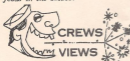
During the rest of the interview he was calm and controlled. His friend was anxious to learn the contents of the letter. To his great surprise, he noticed as he stood up that the sheet of paper was blank. On his way out, the visitor asked the secretary what he meant by such an interception.

"By lord," explained the secretary, "I'll tell you what it means. Your friend, for whom I have worked for many years, has commanded that as soon as I notice that he is beginning to talk loud and lose his temper, I should hand him an envelope with a blank sheet of paper. That reminds him that he must mistrust his temper, and he regains command of himself."

This was the clever scheme for a great man to control himself. How much more effective that method would have been, had that envelope contained, not a blank sheet, but a page from the Bible.

Whether it be control of temper, control of the use of food and drink, control of emotions, Jesus stands as our supreme Model. Because He did, we too can control our feelings.

Controlling self demands watchfulness. It is as difficult as the training of animals. Yet, it is not a mere negative thing. Self-control should be really self-direction. It should mean turning the powers and emotions into useful channels rather than letting them spend themselves in anger and passion. Rather than sit idly holding oneself in leash, guide all your forces as did Jesus in the Gospel.



Question: What type of things would you like to have in your paper?



Ralph Brown BW-4, 2nd div. said I would like for the Ship's paper to have an "Exec. answers your Question column".



William E. Grosser (FN- M Div.) I would like "more international news".



Joseph Franson, FT-3-Fox Div. "How about writing about a different division each edition?"

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WBEN cont. from page 1 as well as to entertain. The radio network operates when the ship is at sea only. From 1600 to 1700, Carl Fagg plays popular platters, Sam Williams and Johnny Hill cool an hour of progressive jazz from 1700 to 1800. Ensign Don Gillette brings his relaxing Album Hour on the air at 1800 through 1900. And Western Melodies float your way with Jimmy Gentry in the saddle from 1900 to 2000. From 2000 to 2100 Robert Hoo and Walter Angh: spin popular discs as the finale.

WBEN is being run under the auspicious of PIO in cooperation with Special Services, Training and Education and the Administrative office. The staff is warming up, the records are ready; there is everything from rock 'n roll to religion.

Look out NBC!!!!

THAT DAY IN THE NAVY

"A practical phase in the education of the whole individual."

"I'm happy to see the city take part in this activity."

Ray Booth of the County Board of Education.

"I hope next year even more city schools will participate."

Kenneth Rearwin of the City Schools

These comments are but two of the many stated after BENNINGTON had treated nearly 60 San Diego County high school journalism students to a day at sea on May 2nd. The NAVY entertained the group as part of a new public relations program designed to acquaint the youth in the community with the working Navy. Dr. Charles Tupper, president of the county Board of Education said the students seemed a "little awed" by the operation, one that gave new meaning to the recent emphasis on science and mathematics.

When the students were asked for their reactions, some said they were very impressed by the breakneck suddenness of the catapult and arresting gear. Captain Ryan, with the aid of his staff, conducted a press conference at the end of the cruise which brought many inquiries as to the cost of operating a ship such as this, how many pilots does the ship have, and the mileage of BENNINGTON.