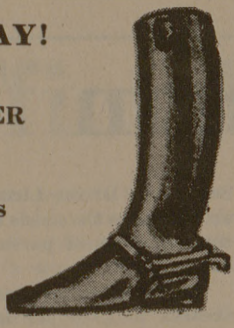


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Vacations—People Need Them

Vacationers climb seven mountains no matter where they go "to get away from it all," according to one authority, who says time off the job each year is a must.

Dr. Jennie C. Kitching, family life education specialist, Texas Agricultural Extension Service, Texas A&M University System, cited "seven good reasons why people should take a vacation."

Time away from work lets the person who knows how to pace himself retreat from work and give tense muscles and irritated nerves a chance to settle down, the specialist said.

"His situation is much better than that of the person cut off before his time, whose final tribute is simply, 'He was working too hard,'"

"Vacationers take time to enjoy the smell of pine and cedar or the feel of sand on the beach and the pleasure of a leisurely chat with friends without the pressure to be clever," Dr. Kitching noted.

"This is a time for contemplation and self-renewal, because these are the good years—not next year when the house is paid for, or later, when the kids are through college.

"The tragedy is that some people reach the end of life never having lived at all," she added.

Vacations provide a change of pace, the specialist explained.

"For the person whose job requires mental activity, perhaps something physical is needed. If he ordinarily works with people, some solitude is called for.

"If he works in isolation, he might welcome the stimulation of other people."

For the country dweller, Dr. Kitching recommended some big city living. For the city dweller, the delights of the country or the mountains. And for those who usually live by the clock and calendar, she advised living without them for awhile.

"Plan rest, of course, but plan some activity, too."

A vacation's direct effect on the job is usually better work, the specialist said.

"The vacation-skipped is more likely to make errors, feel put upon and self-righteous.

"He may become irritable with co-workers and resentful of those who do take a vacation. He isn't likely to let others forget that while they were off enjoying themselves, he was hard at work. Sometimes he forgets that productivity isn't measured by hours on the job.

"Vacations also give others a chance. The good organizer gives priority to vacation plans, then enlists others to help carry them out."

Turning to the family as a whole, Dr. Kitching pronounced the vacation a unifier that helps maintain closeness among family members, particularly husband and wife.

"Some vacation time with the whole family strengthens family unity, but equally important is the opportunity for husband and wife to have some time alone together.

"The typical husband and wife can expect to spend 20 years together after the last child leaves home. A 'just the two of us' vacation is an ideal time for them to get to know each other again as individuals—in anticipation of that 20-year-long 'second honeymoon.'"

"Vacations also help prepare people for the leisure time that comes with retirement.

"For those whose vacations have been rich in experiences, who know how to live a full life outside the world of work, retirement years will be good years—perhaps the best."

Tamunuts' Taste Treat Hit At Press Tea Held In Michigan

Tamunuts were a featured taste treat at a Texas tea staged recently in Dearborn, Mich.

The occasion was the annual conference of the National Federation of Press Women, Inc., which attracted several hundred women writers from all regions of the country.

Texas Press Women members were in charge of arrangements for the tea. Through their chair-

man, Ann Faragher of Greenville, vice president for the Texas organization, the professional group appealed to Texas A&M University for a unique delicacy to serve at the tea hosted by the Lone Star State.

The request was relayed to the university's researchers in the Oilseed Products Center, who came to the rescue.

Tamunuts (for Texas A&M University) are a high protein, nut-like food product developed by A&M's oilseed products researchers. Tamunuts come directly from glandless cottonseed kernels, obtained through crossbreeding. The product can be toasted as a direct consumption snack, or used as a nut ingredient in baking. It is slightly larger than uncooked rice grains in size, and the color somewhat resembles a peanut. Individually wrapped packages of the product were featured at the tea.

"The Tamunuts were the hit of the tea, and brochures about development of the product were eagerly taken by writers from throughout the country," Vice President Garagher, who also is managing editor for the daily Greenville Herald-Banner, reported.

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