PAGE EIGHTVEN

The Picture Of Health by Robert A. Arens, M.D. X-Roying the Holes In Your Head'

Aside from the teetin, the par the head most x-rayed in sinuses-that group of little nside the skull connected with the

back part of the nose by tiny openings. There are just two of them

above the eyes called the "frontal sinuses; one on each side of th

maxiliary sinus), and some m

behind and between the eves. If you have ever gone to a nose ar

cold and the nagging headache that sometimes goes with it, the doctor probably took you into a

dark room and placed a tiny light first in your mouth and then near each eye. He did this to see whether your sinuses were full of sir they should be.

If your nose is badiv stopped

up for long, an infection may be up through those tiny openin nto the sinuses. They may beco inflamed and swollen and even

with pus which, if not cleared up, can get into the blood stream and cause rheumatism and other from

bles just the way absectses of the teeth can. So if the physician's light does not show perfectly clear, hollow sinuses, he may want to have the radiologist examine them

with the help of x-rays. Infecte sinuses show up much different!

rom normal ones on a radiogram

But though the sinuses are most

- the shadow image on film.

ommonly studied radiolog

the most important part of an

one's head is the brain, which it

much more difficult to x-ray. Asid

from the fact that soft tissue and

blood vessels are very difficult to

visualize by ordinary x-rays, the brain is enclosed in a hard, hony

box - the skull - which further

Radiologists, physicians special-izing in the use of x-rays, are able to get around this difficulty, how-

ever, by means of special tech-

niques used when the doctor sus

x-ray examination of the blood vessels of the brain by means of injecting a liquid opaque to x-rays may show the radiologist a tumor.

blood clot, or a bulge in one of the

blood vessels, called an "apeur-ysm," which could lead to a brain

hemorrhage. With this diagnosic

established, then it can be taken

Marriage is an institution

held together by two books-

cook and check!"

care of by the neuro-surgeon

pects serious trouble. Somet

obscures it.

nose called the "antri

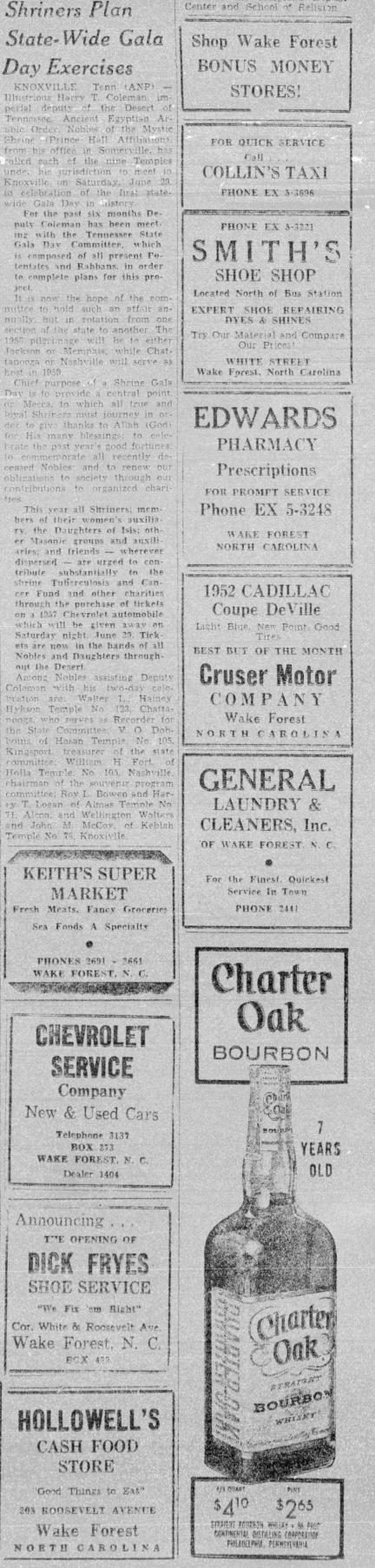
THE CAROLINIAN

Ministers' Confab Ends At Hampton Institute, Va.

HAMPTON, Va. -- The forty- Carolina, South Carolina, Georgia third Annual Ministers Confer-| and West Virginia ence of Hampton Institute con-Six denominations were reprecentrated its program around the sented this year as follows: Bapmajor problems ministers face tists, Methodists, Episcopalians, last Thursday including preach- Congregational Christians, Pentaing, pastoral counseling and hu- costals, Church of God and Saints

man relations. According to Dr. Vernon P. Program highlights included Bodein, Executive Secretary of addresses on Pastorals. Counselconference and Chaplain of ing at Union Theological Semi-Hampton Institute, the enroll-ment consisted of 316 ministers from the states of Massachusetts, New York, New Jersey, Pennsyl-vania, Delaware, District of Co-lumbia, Maryland Virginia, North

lations by Dr. Vernon Johns, Diector of the Maryland Baptist Center and School of Religion

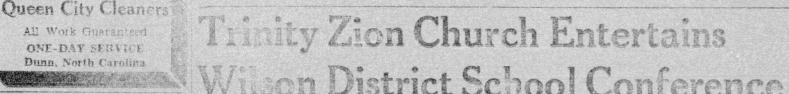


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FIT FOR A CHIEF -- Robert J. Dean (right), just promoted to Chief's rank by the Navy, eris the traditional lare for the new rank - oysters, spaghetti, tomato juice and sherbet. He is hendcoiled to keep from ditching any of the delicacies (?), to the amusement of Earl L. Shafley, a chief for 12 years. Both were on shore duty in Detroit. (Newspress Photo).



VERGERA GUIDE - Clarence Walker, caretaker at the colonial capitol in Williamsburg, Va., rotate aut historic landmarks to three of the governors who attended the 49th annual Governers' Meeting three. The governors are (L. to R.): Harmman of New York, Horiges of North Caroling and Flair of Manne. (Newspress Photo).



SINGER TAKES A SWAT - Ann Cole, rated as one of the

year's vocal finds, clowns at her Baton record session with famed Rock 'n Roll drummer Panama Francis, who backed her on the session. Ann's record release. "No Star is Lost." is a jukebox favorite, (Newspress Photo).

Good Nutrition Means Good Food

LONG BEACH, CAL .- Diet and nutrition are important good health and can help promote better health but diet is not a cure-all for whatever upsets the human race, Fredrick J. Stare, M.D., Chairman of the Department of Netrition of the Harvard University School of Health declared here recently. He spoke at the 24th annual meeting of the Western Branch, American Public Health Association Health Association. "A small segment of the pub-]

he, egged on by unscrupaleus said. Organic fertilizer makes food faddists who have some no difference in the nutritional thing to sell, look on diet as a values of fruits and vegetables cure all," Dr. Stare said, "but and the question of whether to values of fruits and vegetables there are many other facts in- | eat whole wheat bread or envolved in health. Wood in health. Fiched white bread is strictly a matter of taste preference. They

food and a are both highly nutritious prodbalanced diet | ucts, he said. "I have yet to hear of a hu--meat, enman disease caused by a lack of trace minerals," he said "I exbrend and cereals, fish, it can be prevented by the use of indized salt or the occasional milk, eggs, fruits, vege-tables. Variive of sea foods. Certain trace elements may not be present in some refined foods, but they are ety in food present in other foods which are

and maincommon to the complete diet." Dr. Stare said desirable F. J. Stare, M.D. ight are probab fundamental practical rules for joints to prevent arthritis," that this idea is "pure non-Dr. Stare warned against the purveyors of certain dictory products or those who sell books man is not substantiated by a good nutritional state " which recommend peculiar diets | fasts; and that there is no evi-and who seek to promote their | dence that emity or any spe-products by making exaggerated | ence food causes diabetes. He urged the public health statements about common and

cepted foods. Brown sugar and honey may with nurses, dicticians and others, to combat the false ideas accepted mods.

have a speck more not bional others, to combat the false ideas elements than white so is but of diet and to help promote good

Knoxville on Saturday, June 29. in celebration of the first statevide Gala Day in history. For the past six months Denuty Coleman has been meet. ing with the Tennessee State Gala Day Committee, which is composed of all present Fotentates and Rabhans, in order

> It is now the hope of the comnittee to hold such an affair annually, but in rotation from one section of the state to another. The 1958 pilgrimage will be to either Jackson or Memphis, while Chattanooga or Nashville will serve as host in 1959.

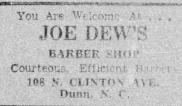
Chief purpose of a Shrine Gala contributions to organized chari

> This year all Shripers; mcmbers of their women's auxiliary, the Daughters of Isls; other Masonic groups and auxiliaries; and friends - wherever dispersed - are urged to contribute substantially to the shrine Tuberculosis and Cancer Fund and other charities through the purchase of tickets on a 1957 Chevrolet automobile which will be given away on Saturday night, June 29. Tickets are now in the hands of all

alled each of the nine Tempies inder his jurisdiction to meet it

to complete plans for this project.

Day is to provide a central point. Mecca, to which all true and oyal Shriners must journey in or der to give thanks to Allah (God) for His many blessings: to celebrate the past year's good fortunes; to commentorate all recently deceased Nobles: and to renew our obligations to society through our



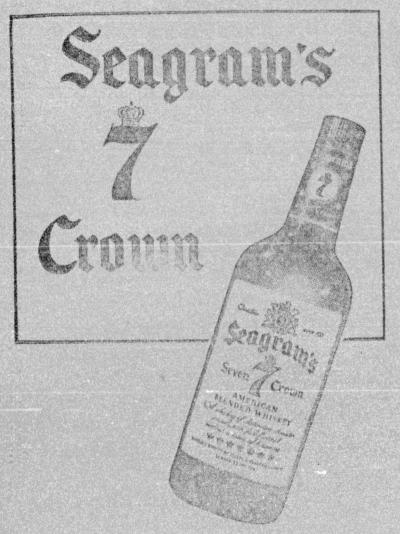
Smart Apparel for Fre-Te-n Juniors & Women 300 EAST BROAD ST Dunn, N. C. E. BAER & SONS, INC. FURNITURE & APPLIANCE DEPARTMENT 104 Clinton Ave Dry Goods. Men's & Boy Clothing, Hats, Millinery & Ladies' Ready-To-Wear

RUTH LEE SHOP A.B.B.D.D.D. or Rev J W W:

st Minister, Right Rev. W B. D. D. Presiding Frank Edwards, Director

Director of Children S. Johnson, A. B. B. Meare. Convention Se W. P. Fravar, Pastor of In Circuit, opened the Cor

re entitled-"Ba Thou Faithfu hul Death, and I Will Give The Crown of Life" Following the on Communica was admini 220 - 222 East Broad Street Presiding Elder Mosele DUNN, N. C. With Dr. U. S. Johnson, Rev. W. R and Roy S. O. Pancey as-



SEACHI-DISTILLERS COMPANY, HEW YORK CITY, BUT DES WHIGHT WE PROOF AND, ORATH HUNTHAL SPICITA

During the Session many inter- oults to train for Christian of the Wilson District. esting sermons were delivered by genship through the Sunday Ministers of the various churches Schoe

of the District, the first being by Also included in the Rev. J. D. Robbins, Pastor of St. tion programs were addresses by Matthews A. M. F. Zion Church, the following Mrs. Hazel Lewis, Goldsboro, N. C. The title chosen invitation Church, Prof. R by Rev. Robbins was-""hv Are A. Morris, Principal We Here?" Rev. W. Q. Welch Pas- School, Prof. Samuel Moore, Frink for of St. James A. M. E. Zion, High School, La Grange, N. C., and Church, Snew Hill, N. C., rend toul Prof. W. A. Foster, Principal of a very powerful sermon on "in | East End School Goldsboro.

Prodigal Son All Sunday Schools of the Dis-On Friday June 21st Dr A B frict reported their full assess-Prof. S. J. Howie, Confer- Moseley, A. B., B. D. D. D., de- ments. The assessment reported livered the Noonday Message Dr plus the various collections, to-Moseley, Presiding Elder of the taled \$413.39. This meeting closed District, used as his title-- Labor- Friday evening, June 21st, with a of Vroth Mirs Cora E ing Today for Our Church of To- program by the Tribity Church morrow." During his discourse Dr. Vacation Bible School

3 Of The Last 4 Valedictorians At Bennett Were Also Tops In Classes At High Schools

GREENSBORO - Although In the 1957 class there were lightning is said not to strike four others who were valedictortwice in the same place, three of the last four valedictorians at Ben-nett College were also valedictor-tans in high school—and the fourth the fourth of the same place, three of the last four valedictorians at Ben-nett College were also valedictor-tans in high school method the school the valedictor-tans in high school the school the valedictor-tans in high school and the fourth the same place, three of the last four valedictorians at Ben-tans in high school the valedictor-tans in high school the school the valedictor-tans in high school and the fourth school the valedictor-tans in high school and the fourth school the valedictor-tans in high school the valedictor school the valedictor-tans in high school and the fourth school the valedictor school vas a high school salutatorian. and Marion Moor, of Topeka, Kan-No 1 senior in the 1954 class sos.

was Miss Dorothy Dixon, who was Former high school salutatoriant also valedictorian of the Pleasant in the class include: Misses Pauline Dixon of Burlington, sister of She is now Mrs. Dorothy Morrow. Mrs. Dorothy Morrow: Phebie Ewa teacher at Efland, N.C. Miss Thelma Owens 1955 vale- Sinith, of Clarksburg, W. Va. and dictorian was also valedictorian at Ann Stewart of Reidsville, the Langston High School in her

"BIG GUN" FOR MAKING STEAM-As long as a rail car and 12% tons heavy, this giant steam drum will circulate water through miles of tubing inside the sixth unit's boiler, where super-heated steam is created to drive the plants turbines,



native Johnson City, Tenn. She was also chosen to reign as "Miss Bennett College" for the 1954-55

school year, and i snow Mrs. Theil ma Fleming, a Detroit housewife

Valedictorian of the 1956 class was Miss Barbara Brown, who was

salutatorian at West High School in Akron, Chio Miss Brown, wh

has spent the past school year as a Fulbright Scholar in Bordeaux France, is scheduled to return to

Miss Marie Slaughter, valedicto rian of the 1957 graduating class

was also valediciorian at Grant

High School in Covington, Kentuc

ky. A native of Newnort, Kantuc ky, she plans a teaching career

the United States this week

"Growing parents are the nly ones suitable for growng children."