

The Picture Of Health

by Robert A. Arant, M.D.
X-Raying the
'Holes In Your Head'

Aside from the teeth, the part of the head most x-rayed is the sinuses—that group of little cavities inside 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 the nose called the maxillary (the maxillary sinus), and some more behind and between the eyes. If you have ever gone to a nose and throat specialist because of a bad 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 air as they should be.

If your nose is badly stepped up for long, an infection may back up through those tiny openings into the sinuses. They may become inflamed and swollen and ever fill with pus which, if not cleared up, can get into the blood stream and cause rheumatism and other troubles just the way abscesses of the teeth can. So if the physician's light does not show perfectly clear, follow sinuses, he may want to have the radiologist examine them with the help of x-rays. Infected sinuses show up quite differently from normal ones on a radiograph—the shadow image on film.

But though the sinuses are most commonly studied radiologically, the most important part of anyone's head is the brain, which is much more difficult to x-ray. Aside 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, bony box—the skull—which further obscures it.

Radiologists, physicians specializing in the use of x-rays, are able to get around this difficulty, however, by means of special techniques used when the doctor suspects serious trouble. Sometimes, 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 "aneurysm," which could lead to a brain hemorrhage. With this diagnosis established, then it can be taken care of by the neurosurgeon.



"Marriage is an institution held together by two backs—cook and check!"



FIT FOR A CHIEF—Robert J. Doan (right), just promoted to Chief's rank by the Navy, eats the traditional fare for the new rank—oysters, spaghetti, tomato juice and sherbet. He is handicapped to keep from ditching any of the delicacies (?), to the amusement of Earl B. Shalley, a chief for 12 years. Both were on shore duty in Detroit. (Newspress Photo).



VIRGINIA GUIDE—Clarence Walker, caretaker at the colonial capitol in Williamsburg, Va., points out historic landmarks to three of the governors who attended the 49th annual Governors' Meeting there. The governors are (L. to R.): Harraman of New York, Hodges of North Carolina and Rich of Maine. (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 for good health and can help promote better health but diet is not a cure-all for whatever upsets the human race, Frederick J. Stare, M.D., Chairman of the Department of Nutrition 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.

"A small segment of the public, urged on by unscrupulous food faddists who have something to sell, look on diet as a cure-all," Dr. Stare said, "but there are many other factors involved in health."

"Good nutrition means good food, and a balanced diet—meat, enriched, or whole grain bread and cereals, fish, milk, eggs, fruits, vegetables. Variety in food consumption and maintenance of organic balance of nutrients are probably the most fundamental practical rules for a good nutritional state."

Dr. Stare warned against the purveyors of certain dietetic products or those who sell books which recommend peculiar diets and who seek to promote their products by making exaggerated statements about common and accepted foods.

Brown sugar and honey may have a greater nutritive value than white sugar but the difference is negligible, he said.

Organic fertilizer makes no difference in the nutritional values of fruits and vegetables and the question of whether to eat whole wheat bread or enriched white bread is strictly a matter of taste preference. They are both highly nutritious products, he said.

"I have yet to hear of a human disease caused by a lack of the minerals," he said. "I expect the common gutta serena can be prevented by the use of iodized salt or the occasional use of sea foods. Certain trace elements may not be present in some refined foods, but they are present in other foods which are common to the complete diet."

"Spending of merely pennies on iodized salt or fish oil fat in the diet does not 'oil joints' to prevent arthritis," that this idea is "pure nonsense"; that the idea that certain foods may cause cancer in man is not substantiated by facts and that there is no evidence that candy or any specific food causes diabetes.

He urged the public health representatives to work closely with nurses, dieticians and others, to combat the false ideas of diet and to help promote good health through proper eating.

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Trinity Zion Church Entertains Wilson District School Conference

WILSON — The Church School Convention of the Wilson District, was held at Wilson, N. C., June 15th-18th with Trinity A. M. E. Zion Church as host. The theme of the convention was "The Christian Church in Tomorrow's World" and the motto—Going Forward with Christ. The following officers served the convention: Rev. A. B. Mosley, A. B. B. D. D. D., Presiding Elder; Rev. J. W. Wilson, Host Minister; Right Rev. W. W. Sibley, A. B. B. D. D., Presiding Bishop; Prof. S. J. Howie, Conference Director of Christian Education; Mr. Temple Edwards, Director of Adult; Mrs. Mary E. Barnes, Director of Youth; Mrs. Cora E. Mosley, Director of Children; Rev. H. S. Johnson, A. B. B. D. D., District Secretary; Miss Geraldine Meigs, Convention Secretary.

Rev. W. B. Fryar, Pastor of Immanuel Church, opened the Convention with an interesting message entitled—"Be Thou Faithful unto Death, and I Will Give Thee a Crown of Life." Following this program, the convention was adjourned by Presiding Elder Mosley with Dr. H. S. Johnson, Rev. W. R. Fryar, and Rev. S. O. Poncey as

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

GREENSBORO — Although lightning is said not to strike twice in the same place, three of the last four valedictorians at Bennett College were also valedictorians in high school—and the fourth was a high school salutatorian.

No. 1 senior in the 1954 class was Miss Dorothy Dixon, who was also valedictorian of the Pleasant Grove High School in Burlington. She is now Mrs. Dorothy Morrow, a teacher at Elland, N. C.

Miss Thelma Owens, 1955 valedictorian was also valedictorian at the Langston High School in her native Johnson City, Tenn. She was also chosen to reign as "Miss Bennett College" for the 1954-55 school year, and is now Mrs. Thelma Fleming, a Detroit housewife.

Valedictorian of the 1956 class was Miss Barbara Brown, who was salutatorian at West High School in Akron, Ohio. Miss Brown, who has spent the past school year as a Fulbright Scholar in Bordeaux, France, is scheduled to return to the United States this week.

Miss Marie Slaughter, valedictorian of the 1957 graduating class was also valedictorian at Grant High School in Covington, Kentucky. A native of Newmont, Kentucky, she plans a teaching career.

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Ministers' Confab Ends At Hampton Institute, Va.

HAMPTON, Va. — The forty-third Annual Ministers' Conference of Hampton Institute concentrated its program around the racial problems ministers face last Thursday including preaching, pastoral counseling and human relations.

According to Dr. Vernon P. Boden, Executive Secretary of conference and Chaplain of Hampton Institute, the enrollment consisted of 316 ministers from the states of Massachusetts, New York, New Jersey, Pennsylvania, Delaware, District of Columbia, Maryland, Virginia, North Carolina, South Carolina, Georgia and West Virginia.

Six denominations were represented this year as follows: Baptists, Methodists, Episcopalians, Congregationalists, Christians, Pentecostals, Church of God and Saints of Christ.

Program highlights included addresses on Pastoral Counseling at Union Theological Seminary, Richmond, Virginia, addresses on the planning of sermons by Dr. Donald McLeod, Associate Professor of Homiletics of Virginia Theological Seminary, Princeton, Theological Seminary, and addresses on Human Relations by Dr. Vernon Johns, Director of the Maryland Baptist Center and School of Religion.

Shriners Plan State-Wide Gala Day Exercises

KNOXVILLE, Tenn. (ANP) — Illustrious Harry T. Coleman, imperial deputy of the Desert of Tennessee, Ancient Egyptian Arabic Order, Nobles of the Mystic Shrine (Prince Hall Affiliation) from his office in Somerville, has called such of the nine Temples under his jurisdiction to meet in Knoxville on Saturday, June 23, in celebration of the first state-wide Gala Day in history.

For the past six months Deputy Coleman has been meeting with the Tennessee State Gala Day Committee, which is composed of all present Potentates and Rabbans, in order to complete plans for this project.

It is now the hope of the committee to hold such an affair annually, but in rotation from one section of the state to another. The 1957 pilgrimage will be to either Jackson or Memphis, while Chattanooga or Nashville will serve as host in 1958.

Chief purpose of a Shrine Gala Day is to provide a central point or Mecca, to which all true and loyal Shriners must journey in order to give thanks to Allah (God) for His many blessings; to celebrate the past year's good fortunes; to commemorate all recently deceased Nobles; and to renew our obligations to society through our contributions to organized charities.

This year all Shriners, members of their women's auxiliary, the Daughters of Isis, 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 23. Tickets are now in the hands of all Nobles and Daughters throughout the Desert.

Among Nobles assisting Deputy Coleman with his two-day celebration are: Walter L. Hainey, Hyson Temple No. 123, Chattanooga, who serves as Recorder for the State Committee; V. O. Dobson, of Hasan Temple No. 105, Kingsport, treasurer of the state committee; William H. Fort, of Holla Temple No. 103, Nashville, chairman of the souvenir program committee; Roy L. Bowen and Harry T. Logan, of Almas Temple No. 71, Alton, and Wellington Welsh and John M. McCoy, of Keblah Temple No. 75, Knoxville.

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