

Doctor Talk

By JOHN B. REMBERT, M. D.

At this time each year this writer presents a column especially to parents of young children entering public school for the first time in September. In this connection, the American Academy of Pediatrics recently issued general information suggestions that all should read and follow closely.

PART II

If the child won't go to school, parents should look at themselves and their relationship to the child for the cause of the difficulty. The child needs to know that his parents are satisfied with him, and that his achievements are good enough to win a place for him in the family group. When these fundamentals are completely satisfied, the child will be free to develop the initiative, self-reliance, and sense of responsibility that are evidences of normal emotional growth.

To such a youngster, school is not an abrupt transition to a strange and frightening new world, but a continuation and extension of the experience he has been enjoying.

Parents can build up a child's self-reliance and give him a feeling of adventure in this coming experience. They might stress the pleasure of making new friends, learning to read, playing new games. Parents might take him to the school building and play grounds before the opening. He could be taught to cross a busy street and find his way about. He should be sent off to school in a happy, peaceful frame of mind without tearful goodbyes or warning words in his ears.

He can be happy if he fits in. He might not fit in if he has health problems. The pediatricians mention that he may have difficulty hearing or seeing, his posture might not be right, his heart normal, his muscles of good tone.

Results of pre-school examinations includes that most children are normal in all respects. If deficiencies are found they might be orthopedic trouble which appear most often, or allergic conditions, or emotional, ear, nose, throat, or nutritional problems in that order.

After the pre-school check for beginners, what then? The Academy of Pediatrics recommends a health supervision visit at least once a year.

Health And Beauty

It shouldn't be hard for you to lose weight. In most cases overweight results from just plain overeating. When you consume more calories than your body needs to operate, the excess calories are stored in your body in the form of fat. If you cut down on the amount of food you eat, your body will draw on some of its stored fat and the result will be a weight loss.

It is not always as easy to lose weight as it seems it should be. Reducing, we have learned recently, is an emotional and social problem. It is emotional because in the first place, you must forego foods that give you deep satisfaction. The social problem develops when you must be around family and friends who are eating a lot more than you do.

The first and most important step you must take when approaching the problem of overweight is make sure you really want to lose weight. Many people who diet unsuccessfully don't really care if they bulge at the seams. They don't worry that statistics warn that overweight makes a person more liable to diseases that shorten their lives. The people really prefer eating anything they want and lots of it. It makes up for the boredom and dissatisfaction of their lives.

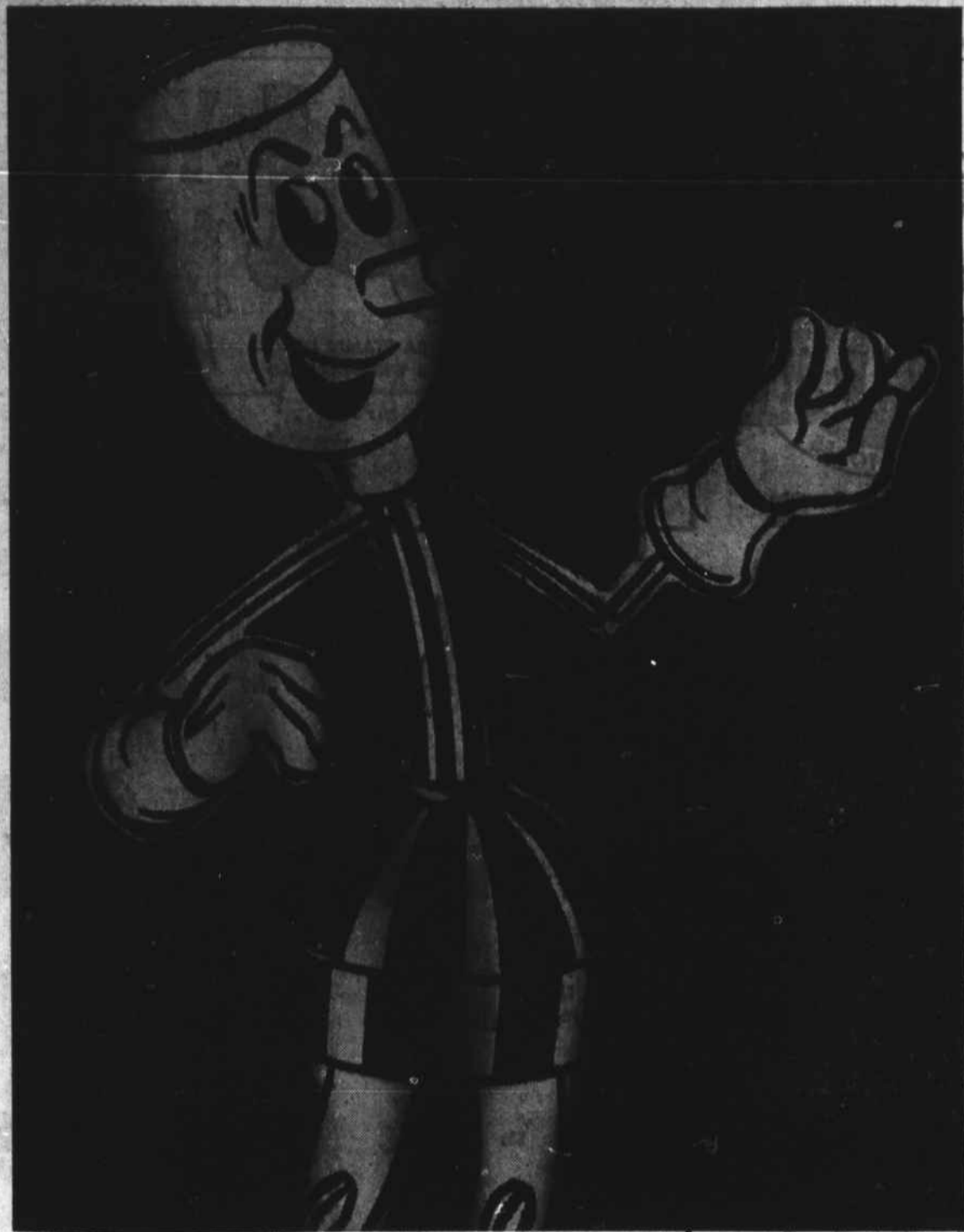
A medical checkup before you start dieting is a good idea. You may be the rare person whose overweight is caused by an organic problem. Also, you may be one of those people whose body tissues have an above-average tendency to retain water.

No matter what kind of diet you choose, don't fail to get the "basic seven" foods. They are one pint of milk; one tablespoon of whole-wheat, rye or enriched of butter; one egg; three slices white bread, one serving (four ounces) of meat, fish, or poultry, one serving (half a cup) of green leaf or yellow vegetables; servings of two other vegetables; one citrus fruit or tomato; and one other fruit.

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