

State Health Officer Gives Some Advice Regarding Hot Days

Emphasizes Fact That Hazards of Heat May Prove Fatal

Precautions against over-heating and excessive sunburn are urged by Dr. J. W. R. Norton, North Carolina State Health Officer. "Regardless of what may be the daily weather forecasts," he said, "we have entered the summer season and may expect many excessively hot days from now until fall. Moreover, we have come to the time of the year when many of us engage in pastimes and practices which expose us to the hazards of heat.

"There are a few simple rules the observance of which might spare us much discomfort, perhaps illness and, in some cases, even death," Dr. Norton continued. "At the first sign of becoming overheated, we should stop what we are doing and rest, and if certain symptoms manifest themselves, we should seek not only first aid, but medical assistance, as well. It is even better to avoid reaching the point of feeling that overheating or overexposure to the sun is being experienced.

"It is also well to remember that overexposure to the sun's rays may cause burns with serious effects. Serious burns may result from overexposure to the sun. The result is the same, regardless of the inflicting agent. There are three degrees of burns: first, which redden the skin, without blistering; second, which result in blisters, and third degree burns, which seriously injure, and sometimes destroy, the deeper tissues. Overexposure to the sun may result in burns of any of these three degrees. It is, therefore, best to avoid overexposure and let discretion be the better part of valor. While brunettes can stand more hot sunshine than blonds, it is well for both to avoid the causes of severe skin, perhaps tissue, burns."

Dr. Norton also emphasized the importance of patronizing only those artificial swimming pools which meet sanitary requirements. "To conform to these requirements," the State Health Officer said, "pools should receive a constant and uninterrupted application of chlorine, which, unless

the flow is constant, is soon gone. The water should also be examined daily for bacterial content, as swimmers invariably get water into their mouths, ears, eyes and swallow portions of it. The local health departments and the State Board of Health's Division of Sanitary Engineering stand ready to give their cooperation to any swimming pool operator and to advise him not only as to how a pool should be constructed, but also how it should be maintained, to keep it safe for its patrons."

New Hope Seen In War Against Polio

Cause For Optimism as Result of Scientific Study

The conquest of infantile paralysis is now within sight, Alton L. Blakeslee, noted science writer, predicts in a pamphlet published by the Public Affairs Committee, Inc., of New York.

"No one can predict just when the victory will come, or in what way," he adds, "but medical science is making such progress that there is real cause for optimism."

Such striking progress has been made in treatment during the past ten years that only about 15 to 25 per cent of polio victims are now "left more or less severely handicapped. . . . Forty to 60 per cent of the children or adults who get the illness in recognizable form will recover completely, or almost completely, without any visible evidence of paralysis."

Scientific study of means for preventing the disease has been slower, Mr. Blakeslee admits in the pamphlet "Polio Can Be Conquered," but he lists a number of recent developments that appear to carry great promise. Monkeys have been inoculated against polio safely and effectively, he points out. Unfortunately, the vaccine does not protect the monkeys against all strains of the virus and thus could not offer satisfactory protection for humans.

Top scientists are cited as believing that a safe vaccine for humans will some day be found. The recent success of scientists in almost completely purifying one kind of polio virus should hasten this day, Mr. Blakeslee declares.

"Drugs and other chemicals have been found," he reveals, which "protect mice against viruses like the

polio virus, or which help the mice recover when they are given the viruses." So far, however, none has been used successfully on humans.

Although little is known about the way in which polio spreads, the pamphlet carries a number of tips for parents in the event that infantile paralysis breaks out in epidemic form in their neighborhood. Parents are urged to:

1. Watch for symptoms that may be weathervanes of polio: a tired feeling, headache, nausea, upset stomach, pains or stiffness in the muscles, or a fever. A big part of the victory in polio is immediate rest and immediate treatment.
2. Avoid crowds. There is no way of telling who has the virus, who is becoming sick, or who is a healthy, unaffected carrier.
3. Keep children from becoming overtired or chilled.
4. Do not let children swim in polluted waters. Attacks of polio have followed after such experiences.
5. Keep clean. Make sure that the children wash their hands before eating.
6. Keep garbage covered and screen the house against flies.

"Polio Can Be Conquered," by Alton Lee Blakeslee, is Pamphlet No. 150 in the series of brief, popular, 20-cent pamphlets issued by the Public Affairs Committee, Inc., a nonprofit, educational organization at 22 East 38th Street, New York 16, N. Y.

FFA And 4-H Boys Now Being Chosen For Training Camp

County Forest Warden Frank V. White announces that vocational agriculture and agricultural extension leaders are now selecting FFA and 4-H boys to attend the annual forestry training camp held by the Department of Conservation and Development on August 15-20, at Singletary Lake. Fifty boys who have carried on outstanding forestry projects on their farms will be chosen for this honor. The Seaboard Railroad will also send 20 boys from other Southern States.

The camp, sponsored each year by the member mills of the Southern Pulpwood Conservation Association, will again have a staff of trained foresters to teach the boys the basic principles of farm forestry management, said County Forest Warden White. Timber marking and estimating, tree identification, pacing, and log bucking are some of the things boys will learn. And on the last day of the camp, contests will be held and valuable prizes will be awarded the winners. County Warden White added that the boys will have plenty of chance for swimming, volleyball, softball, and horseshoe pitching.

EPISCOPAL SERVICES
Services at St. Paul's Episcopal Church have been announced by the rector, the Rev. Harold W. Gilmer, as follows:
Sunday, July 10, Fourth Sunday after Trinity, 8 A. M., the Holy Communion; 9:45 A. M., Church School; 11 A. M., the Holy Communion.

Legal Notices

North Carolina, In The Chowan County, Superior Court. In the Matter of the Will of Martha Warren Winborne (Deceased).
CITATION
To: Robert H. Winborne and wife, Elsie Winborne, Richard Winborne, Jr., Clara Hayes, J. Wallace Winborne, Jr., and wife, Mrs. J. Wallace Winborne, Jr., Mary W. S. Sandell

WISDOM OF THE AGES



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WILLIFORD Funeral Home
Phone 231
EDENTON, N. C.
24 HOUR AMBULANCE SERVICE

and Maude W. Lee.

You and each of you, as persons interested in the estate of Martha Warren Winborne (deceased) are hereby notified that Richard Winborne and wife, Margaret W. Winborne, having entered a caveat to the probate of the paper writing purporting to be the will of the said Martha Warren Winborne (deceased), and having filed a bond as by law required, and the case having been transferred to the Superior Court for trial at term, you will appear at the September Term of the Superior Court of Chowan County, which said term convenes on the 12th day of September, 1949, and make yourselves proper parties to the said proceeding, if you choose.

This 13th day of June, 1949.
E. W. SPIRES,
Clerk Superior Court.
J. N. Pruden,
Attorney for the Caveators.
June 23,30July7,14jnp

North Carolina, In The Chowan County, Superior Court
Annie L. Theriault, Plaintiff
versus
Nelson H. Theriault, Defendant.

NOTICE
The above named defendant, Nelson H. Theriault, will take notice that an action entitled as above has been commenced in the Superior Court of Chowan County, North Carolina, by the plaintiff to secure an absolute divorce from the defendant on the grounds that the plaintiff and defendant have lived separate and apart for more than two years next preceding the bringing of this action; and the defendant will further take notice that he is required to appear at the office of the Clerk of Court of Chowan County in the Court House in Edenton, North Carolina, within twenty days after the 14th day of July, 1949, and answer or demur to the complaint of the plaintiff in said action, or the plaintiff will apply to the Court for the relief demanded in the said complaint.

This 14th day of June, 1949.
(Signed) E. W. SPIRES,
Clerk Superior Court.
June 16,23,30July7m-w-c

North Carolina, Chowan County,
EXECUTRIX NOTICE

The undersigned having qualified as Executors of the estate of Paul H. Capehart, Sr., deceased, late of Chowan County, N. C., this is to notify all persons having claims against said estate to present them to the undersigned on or before the 7th day of June, 1950, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate will please make immediate payment to

the undersigned.
This 7th day of June, 1949.

BETTIE CAPEHART,
Edenton, N. C.
JOHN O. CAPEHART,
662 Putnam Ave., Brooklyn, N. Y.
Executors of Paul H. Capehart Estate.
June 16,23,30July7,1421c

North Carolina, Chowan County.
NOTICE OF COMPLETION OF ASSESSMENT ROLL
Notice is hereby given that the assessment roll in connection with the paving of all of Johnston and Cabarrus Streets and that part of Park Avenue lying between Broad and Ca-

barrus Streets in the Town of Edenton, N. C., has been completed and is now open for inspection in the office of the Town Clerk at the Municipal Building in said town by parties interested, and that allegations and objections in respect of the special assessment for said street improvements will be heard by the Town Council of said town at a regular meeting of said Town Council to be held at said Municipal Building on the 9th day of August, 1949, at 8:00 o'clock P. M. This 20th day of June, 1949.

R. E. LEARY,
Town Clerk, Town of Edenton, N. C.
June 23,30July7,14

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Keeping conversations reasonably brief.
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