

Sclerosis Is Now Being Investigated

Research Is Begun of 'Mystery' Disease By Several Groups

Multiple sclerosis, one of the "mystery" diseases of medicine, is under investigation in collaborative research just begun by the Veterans Administration, the National Research Council, and the National Institute of Neurological Diseases and Blindness, of the National Institutes of Health.

The project is aimed at finding what role, if any, is played in the development and progress of the disease by geographic, climatic, and allied environmental factors.

A major disorder of the central nervous system, multiple sclerosis is characterized by progressive weakness and inability to coordinate body movements. There is no known cure or effective treatment.

The disease strikes mainly at young adults. About 100,000 persons in the United States are afflicted today. The disease brings about the destruction of the myelin sheath, the covering that protects the nerves of the brain and spinal cord in healthy individuals.

The collaborative study will concern itself with members of the armed forces and veterans who have developed the disease during and since World War II.

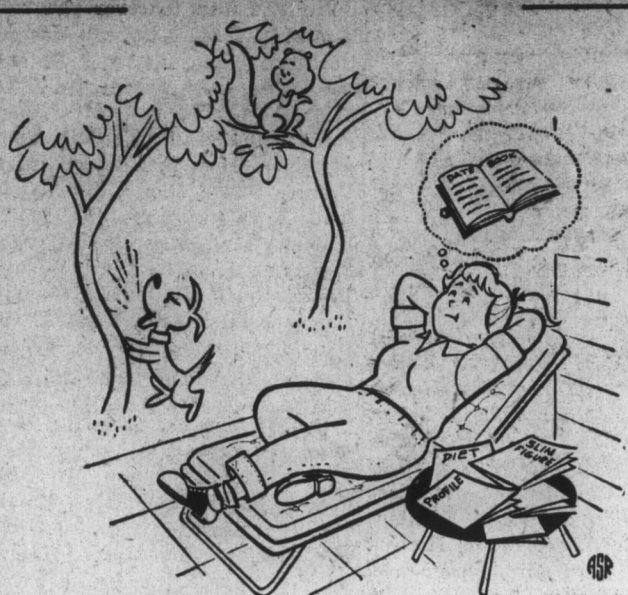
The doctors participating in the project are particularly interested in learning in what latitudes, climates, and geographic areas these people have lived. Since multiple sclerosis is more prevalent in the northern United States and Canada than in the south, an effort will be made to determine if veterans contracting the disease have benefited if and when they have moved to warmer climates.

The investigation will involve the study of medical and other official military and VA records of the men afflicted by multiple sclerosis.

The doctrine of equality seldom embraces those who are worse off than its exponents.

—R. A. Piddington.

Food Sense--Not Nonsense



Who's Barking up the Wrong Tree?

Weight watchers and dieters who sit down on the job of living are barking up the wrong tree. Some outstanding scientists have tracked down the principal cause of overweight—lack of activity—at work and at play.

This underactivity is robbing adults and children alike of their favorite pastime—eating. According to these nutritionists, overeating no longer is considered the first cause of obesity, America's foremost health menace. These scientists have found that creeping overweight follows lessened activity.

Recently, a Harvard University study emphasized an alarming trend: Suburban high school girls, on the whole, are not active. Researchers compared two groups of these girls. One group was obese, the other, of normal weight. They noted that girls of normal weight spent twice as much time in some type of physical activity, which included dancing—and they ate more—than

did their obese classmates. Later, at summer camp, when girls in both groups were under strenuous routines, all lost weight, in spite of eating more than they did before. This fact refutes the tale that added activity increases appetite to such an extent that a gain in weight results.

The role of exercise in weight control has been abused. Statements, such as "You must walk rapidly for six hours to lose one pound," also can mean a brisk one-hour walk on six days.

Dieters who unwittingly reduce their requirements for food by a continuous sit-down program are barking up the wrong tree. Through constant restriction of different foods, they inflict a life-long state of mild hunger upon themselves. In contrast, an active life, with regular exercise, permits the enjoyment of normal meals which include plenty of enriched bread and cereals, fruits and vegetables, meat and milk—all foods needed by the body.

James E. Hyman On Way Home From South Polar World

James E. Hyman, ship's serviceman first class, USN, 213 West Carteret Street, Edenton, is enroute home today from Operation Deep-freeze II in the Antarctic aboard the Navy attack cargo ship USS Arneb.

Led out of Vincennes Bay by an icebreaker, the crew cast their last look at the South Polar world. Huge icebergs floated by as they made their way into the South Indian Ocean. Icebergs that were larger than some crew members' home towns.

Wind driver mist swirled over the sea fringe of the continent. One veteran explorer remarked, "It's like a movie fadeout shifting us out of a strange world into an unknown world."

The cargo ship's first port will be Sydney, Australia, where it will go into drydock.

Early Eggs Bring In More Revenue

There isn't any particular magic about the date March 15 as far as egg production is concerned, says C. L. Boone, assistant Wake County Negro farm agent. But he can't convince at least one of the families he works with.

Boone says Mr. and Mrs. Eddie Harris, Raleigh, Rt. 3, bought their baby chicks early last year—on March 15—and ended the year with more egg profits than ever before. Now they're convinced March 15 is the right day for chick purchases.

Boone and his co-workers in the Wake Negro farm agent's office have been pushing poultry and egg production for a number of years and have found that one of the most difficult things to accomplish was to get the farmers to start their chicks early. It's an economic maxim that early eggs brings more money (just as early tomatoes bring more money).

Boone says the March 15 date really should have no significance. An earlier date would work still better.

With farm income being sliced thinner and thinner, says Boone, the farmer must take advantage of every existing advantage. Keeping abreast of the best marketing times, is just one of these.

Rising Costs Hit Construction In 1956

The dollar volume of new construction rose 3 per cent in 1956 over the year before to a new high of \$44½ billions, according to data compiled jointly by the U. S. Departments of Labor and Commerce.

Measured in 1947-49 prices, however, construction outlays were down 2 per cent from the previous year, the first post-World War II

year to witness an apparent decline in the physical volume of construction, the report stated.

The Government bureau attributed this decline in physical volume entirely to new residential building, which reflected not only the drop in new home construction last year from the year before but also the sharpest rise in overall building costs in five years.



ONWARD AND UPWARD WITH THE SOVIET — Along with a lot of other things, the Russians seem to have invented a truck which converts automatically into a tractor-trailer. Buckled by a too-heavy load, this Russian-built vehicle rests awkwardly in a Helsinki, Finland, street.

dry, then brush up nap.

For buck shoes, use liquid buck polish which penetrates the leather. Let dry, then brush up nap.

Additional Care Hints—Shoe trees are shoe savers. Tread to keep them in shape, the shoe reshapes itself after wearing, as perspiration moisture is drying out.

After rain or snow wetting, shoes should be dried naturally and at room temperature (away from heat), and shoe trees used when the shoes are almost dry. Then give leather shoes a good polishing.

Leather conditioners: The new conditions with silicone help to make shoes water repellent and so keep feet dry. These also contain waxes and oils to keep leather supple.

Costume Jewelry—Clothing stylists give these basic rules for selecting and wearing costume jewelry. First, don't overdo—jewelry should never dominate the costume. Remember that its function is to complete the costume (just as hat, gloves and scarfs do) and to flatter the wearer.

Second rule: It must be appropriate to what you are wearing—an elaborate rhinestone clip and earrings are obviously not suited to a sports outfit. Simple gold or silver metal pieces rather than complete sets of earrings, necklace, etc., are best with sports, tailored or casual clothes.

Dressy costumes welcome stone-set jewelry, but it should harmonize in color (or furnish sharp contrast) and carry out the basic feeling of the ensemble.

The wearer's type, also, is an important consideration. A petite woman should have rather simple, dainty things; big important pieces of costume jewelry are for people of larger stature.

The mirror is a good guide. If the jewelry improves the picture,

wear it!
Easy Care Fashions—Look for easy care clips—they are on the market. They wash easily, dry easily and need not be ironed, and they are not expensive.

LUNCH ROOM MENUS

Menus for today (Thursday) and Friday at the Edenton Junior-Senior High School lunch room will be as follows:

Thursday: Hamburgers, gravy, pickled beets, hot rolls, mashed potatoes, garden peas, butter, cookies, milk.

Friday—Beef stew with onions and carrots, buttered potatoes, cornbread, lime-grapefruit salad, butter, cup cakes, milk.

Too Professional

"Doctor Pellett is certainly the most absent-minded man I ever saw."

"What's his latest?"

"He was married yesterday and during the ceremony, when the time came to place the ring on the bride's finger, he actually felt her pulse and asked her to put out her tongue."

Work, Sleep, Play In Comfort

Without Nagging Backache
Nagging backache, headache, or muscular aches and pains may come on with over-exertion, emotional upsets or day to day stress and strain. And folks who eat and drink unwisely sometimes suffer mild bladder irritation... with that restless, uncomfortable feeling.

If you are miserable and worn out because of these discomforts, Doan's Pills often help by their pain relieving action, by their soothing effect to ease bladder irritation, and by their mild diuretic action through the kidneys—tending to increase the output of the 15 miles of kidney tubes.

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Shoes—Selection And Fitting—The doctors who have given time and thought to the study of feet give a word of warning to the ones who don't now have ailing and mal-shaped feet, especially to younger women and girls.

A recent fashion magazine says that as a reliable guide to the proportions of the individual foot, many stores rely on a foot measure because no two feet are identical. Indeed, even the right and left foot show variations in each individual. Not only width and length are measured, but much more important, the length from heel to ball joint. Both feet are measured to take into account the slight difference in length between right and left foot. The well-trained shoe man knows how to judge, from these measurements, the size and type of shoe for best appearance and comfort. He knows that the widest part of the shoe must come at the ball joint.

Shoes should fit snugly at the heel. Shoes should allow sufficient freedom of movement of toes to avoid compressing the feet. Short fitting and narrow fitting cause

pressure and result in callouses, corns and bunions. Guard against this!

With feet varying so widely in different individuals, standardization of lasts is neither possible nor desirable.

Shoe buying is one of the consumer's important items of spending because health attitudes and happiness are involved.

Good Shoe Care—Research specialists say polishing leather shoes before wearing them keeps them from rain-spotting and makes for better wear. This keeps the leather soft and leather needs nourishing.

When polishing, wipe shoes with a dry cloth to remove surface dust and dirt. If they are muddy they should be allowed to dry, and then brushed. Put a little polish on a lightly dampened cloth, and rub well into the leather. Rub with a dry cloth and then with a clean cloth to make sure no color will come off on stockings.

For suede shoes, brush out all dirt and dust with a wire brush. Spray on a liquid suede polish, let



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The Chowan Herald

\$275,000 for Chevrolet's "Lucky Travelers"!

Exciting as a Chevrolet ride. That's Chevy's whopping new "Lucky Traveler" Contest! **FOUR** top winners each get \$25,000 and a beautiful new Chevrolet car of their choice — even a Corvette.

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