

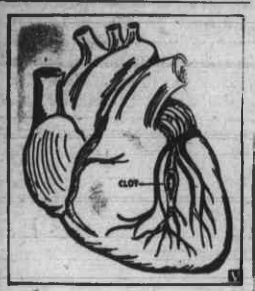
Spotlight on HEALTH

Science Features

Angina—The "Coronary's" Cousin

In recent months, particularly in the United States, much attention has been focused on heart and arterial diseases. Uppermost in everyone's mind has been the disorder called coronary thrombosis in which a blood clot stops passage of blood through one of the coronary arteries that supply the heart muscle with blood.

Angina pectoris, a related disorder, is not caused by a clot, but by a narrowing of the coronary arteries. This also cuts down the flow of nourishing blood to the heart muscle itself and causes severe pain in the chest, much like that experienced during a coronary attack.



Anginal attacks can be brought on by strenuous exertion or emotional upset. While rest or drugs can usually relieve anginal pain, rest alone does not appreciably lessen pain caused by coronary thrombosis.

In angina pectoris, the heart behaves like an auto with a pinched feed line. When the car is parked at the curb, the motor idles smoothly; when the same auto tries to climb a hill, the motor backfires and protests. So it is with the heart of the anginal patient; under no pressure, it functions satisfactorily, but if the patient runs upstairs, walks briskly, or, perhaps, even watches an exciting event, the result may well be a painful attack.

Nitroglycerine, the explosive, is the most effective drug in relieving acute attacks of angina pectoris according to Dr. Russek. It causes the coronary arteries to dilate, permitting blood to flow freely. It acts within seconds, but provides relief for only 15 minutes to a half hour.

A serious consideration in angina pectoris is that it may be the forerunner of thrombosis. Constriction of an artery may enable a clot to form in the narrowest part. When the clot plugs the artery and stops the flow of blood, coronary thrombosis is established. The section of the heart muscle fed by the artery "starves" to death from lack of nourishment, then disintegrates, and, eventually, in the usual case, is replaced by inactive scar tissue.

"Angina pectoris," according to Dr. Henry I. Russek, noted heart specialist of New York, "is really a first cousin to coronary thrombosis. But the patient with angina pectoris can do much to control it, and to forestall the complication of coronary thrombosis. He should avoid hurry, worry, excitement, overexertion, overweight, overeating and smoking."

For longer lasting relief, Dr. Russek uses a "cousin" of nitroglycerine called Peritrate. His investigation of this drug has shown that its protection against attacks lasts from four to five hours.

In one series of clinical tests conducted with colleagues at the Public Health Service Hospital, Staten Island, N. Y., Dr. Russek tested 13 new drugs, plus the old drugs, alcohol and morphine, in a group of 60 patients, using electrocardiograms to check drug effects.

Their conclusions: Whiskey, though long a popular "medicine," acts only as a sedative and hides the disorder by masking the pain. Morphine, too, is only a masking pain-killer. Of the 13 new drugs, only Peritrate was as effective in its long-lasting relief as nitroglycerine is in its immediate action; it was the only drug that provided four hours or more of protection against recurrent attacks.

ing to the Church or Club who have a program that their friends belong of they don't have one for themselves.

Perhaps you've meant to get started on a recruiting program in your unit, but somehow there've always been some unanswered question in your mind. You'd like some answers to such questions as: Where, specifically, are those boys? Who ask them to join our unit? When do we start?

Let's get at the last question first. The time is now—the only time a boy knows. To help you get started, we move in on your first question—where, specifically, are these boys? Your local schools can answer this question. But to avoid having maybe dozens of units going to school authorities and asking them to supply names and addresses, we suggest this: Let each Explorer unit or Troop or Pack furnish one young man to work with the Organization committee or Executive and this information can be rounded-up.

From there on its every Pack, Troop and Post becoming a recruiter. To the fields, men the season is almost over.

Until next week. Have a safe week.



This year millions of Americans of all faiths will join in daily Bible reading from Thanksgiving to Christmas in the twelfth annual observance of WorldWide Bible Reading, a sponsored by the American Bible Society.

The program, which began when a U. S. marine on Guadalcanal wrote his mother asking that the family join him in reading the same passages of Scripture each day, has spread in scope to the peoples of more than forty nations.

The readings are without note or comment, and one may use whatever version of the Bible he prefers.

Below are the readings for each day, in the theme of personal faith as selected by numerous people from many denominations.

- NOVEMBER**
- 24 Thanksgiving... Psalms 23:1-6
 - 25... Psalms 46:1-11
 - 26... Psalms 100:1-5
 - 27 Sunday... Matthew 5:1-26
 - 28... Matthew 6:27-48
 - 29... Matthew 6:1-15
 - 30... Matthew 6:16-34
- DECEMBER**
- 1... Matthew 7:1-29
 - 2... Matthew 18:1-14
 - 3... Matthew 18:15-35
 - 4 Sunday... Matthew 22:1-22
 - 5... Matthew 25:1-30
 - 6... Matthew 25:31-46
 - 7... Mark 12:16-44
 - 8... Luke 7:31-50
 - 9... Luke 14:1-14
 - 10... Luke 14:15-35
 - 11 Universal Bible Sunday... 1 Corinthians 13:1-13
 - 12... Luke 10:25-42
 - 13... Luke 15:1-10
 - 14... Luke 15:11-32
 - 15... John 3:1-17
 - 16... John 14:1-14
 - 17... John 14:15-31
 - 18 Romans 8:14-39
 - 19... Romans 12:1-21
 - 20... 1 John 4:1-21
 - 21... Isaiah 9:2-7
 - 22... Isaiah 11:1-9
 - 23... Isaiah 53:1-12
 - 24... John 1:1-18
 - 25 Christmas... Matthew 2:1-11

Tenn. Farmer, 73, Grosses \$3,000 Per Year From His 34-Acre Farm

FURFREESBORO, Tenn. — How small farmers can make a good living on a few acres is being demonstrated by Felix Haynes, a 73-year-old colored farm operator of Murfreesboro, Tenn., says W. H. Williamson, assistant State extension agent of Tennessee.

On just 34 acres with a three-and-a-half-acre cotton allotment, Haynes is grossing close to \$3,000 a year by following sound agricultural practices.

"And with his small farm paid for and most of his food coming right off his land, this farmer is living well, indeed," Williamson declares.

In fact, Haynes has done so well that he took second place over 800 competing farmers last year in the Middle Tennessee Rural Home Life contest.

Asked what he thought contributed most to his success, Haynes replied, "Keeping my land in good shape, growing a variety of crops instead of just one or two, and raising food for my family and feed for my livestock."

When the Tennessee prize winner bought his farm years ago, he was able to get only three quarters of a bale of cotton to the acre on it, and had to rent additional land in order to keep going. Today, he gets more than two bales to the acre, or eight

bales off his three and a half acre allotment. His corn yield has risen, too. He now gets 50 to 60 bushels to the acre, instead of only 18 to 20.

Haynes increased his crop yields by following the practices recommended by his county agent, Tony Webb, Jr. These included having his soil tested to find out what plant foods are needed, applying recommended quantities of fertilizer of the proper composition, planting cover crops on all his cropland after the harvest, and rotating his crops.

In recent years, Haynes has been developing improved pastures of ladino clover, fescue, and orchard grass for his small herd of beef cattle. And he counts on his alfalfa to bring him 20 to 30 tons of hay for market.

Haynes often looks back to the day he got started in farming as a wage hand fore than 50 years ago and measures his success up the ladder to sharecropper, tenant, and finally, owner of a small farm.

It took two years of sharecropping for him and Mrs. Haynes to save up enough to buy a pair of mules and, become renters, and three years more to get the down-payment for a farm of their own.

In 1932, they built an attractive home out of field stones for

Capital Close-Up

(Continued from Page Two)

"specifically available" for minorities, and 139 VA-guaranteed loans for same. Total FHA loans through October were 94, VA-guaranteed were 180, FHA to builders, 408, and VA to builders, 319. The total for the first year of operation will be released here, when these figures become available.

Ad Lib on "Government Secrecy"

Like the filibuster—all use it, everyone condemns it, but no one gives it up!

Note to Politicians

If you're open for inspection, please clean up your doorsteps so we can see inside.

Press Pilgrim's Progress

A clipping from an August, 1915, issue of the old Washington Times showed a four-column cut of five Negro boys

in a huge slab of watermelon. The caption over the picture to donate;

Or call the Durham Welfare Department and take one or more needy families for which you will provide Christmas Cheer.

posed in a row, each face buried was: "CHICKEN AM GOOD, 'POSSUM AM FINE, BUT..." Underneath was the legend: "Just a snapshot of a few Members of Washington's Dusky Population, Engaged in Their Favorite Occupation." No Capital editor would okay that today. The Press Pilgrims have made progress.

CIAA RULES TALKS HELD

PETERSBURG, Va. — Seventy-five officials and coaches attended the CIAA Basketball Officials' Interpretation Clinic held at Virginia State College, Petersburg on Sunday, November 20. Frank Burnett, C. I. A. A. Basketball Commissioner was in charge and Leroy T. Walker was the interpreter.

The program for the day included the interpretation of rules, examination of officials and a film on officiating.

During the afternoon, a demonstration by officials and coaches was held. This was followed by discussion and interpretations.

A WORD ABOUT SCOUTING

BY HENRY W. GILLIS
District Scout Executive

HUNTING FEVER—The secret of good hunting or good Scouting is the sort of enthusiasm which results in careful preparation and planning. Your round-up will pay off if somebody gets the "fever!"

In many parts of the country about this time of the year great segments of our male population succumb to a recurrent malady—hunting fever. Symptoms can usually be detected by the victim's demonstrations of animated gestures, excited and rapid speech, and a decided dilation of the pupils when the words "rabbit," "deer," or "quail" are mentioned in his presence.

Long before the fall of the year, however, signs of the approaching malady are evident. Trips to the neighboring sports shops are followed by detailed descriptions around the dinner table of the latest encounters for gentlemen of the hunt. "Old Betsy," his favorite shooting piece, is brought from her usual resting place, taken apart with loving care, and inspected carefully. Imaginary game is lined up in her sights whenever the next-door neighbor drops in for a chat.

What has all this to do with Scouting, you ask. Well, the analogy is simply this. The hunter who expects to go into

the field in the fall and bring home game knows that he must plan carefully and get his gear ready weeks in advance. The Scout who expects strong functioning units next spring must take steps now to ensure the continued man power necessary for a strong unit. Like the hunter, he, too, must plan in advance. He must recruit new boys. The committee must recruit new members.

During the past three months, as grade and high schools have swung into fall activities, many pack, troop and Explorer unit leaders have looked about and seen a great new crop of young fellows eight to eighteen years of age who were fair game for Scouting. These youngsters were just waiting for someone to ask them to join in the fun and adventure Scouting offers. Today, thousands of these boys throughout the nation and here in Durham where we have an annual boy crop of over 3,100 between the ages of 8 and 18, are standing by waiting and many have accepted active membership in Scouting.

But what about your unit? Have you taken in new boys this fall? If your answer to this is "No," have you taken into account what your unit's manpower condition will be next spring. Boys have a way of go-

Come See, Come Save at A&P!

HEADQUARTERS FOR YOUR HOLIDAY GROCERY NEEDS

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