



STAFF OF A. M. E. ZION Missionary Conference. The above group of women shown with Bishop M. T. Medford, represents the persons who had charge of the arrangements for the first Summer Conference, held for missionary workers of the denomination at Dinwiddie School, Dinwiddie, Va. Front row, l. r. Mrs. Alcestis Coleman, Oklahoma City, Okla., who served as dean; Mrs. Georgia Cauthen, Norfolk, Va., co-chair-

Hot Weather, With Added Heart Burden, Demands Special Care From Heart Patients Says Dr. Fleming

CHAPEL HILL — Hot and sticky weather means discomfort for almost everyone; for the heart patient, it may mean a serious added burden on a heart already injured by disease. Experiments have shown there is a demonstrable increase in the work performed by the heart under these conditions, even though the patient may be resting quietly in bed.

The experiments were described in an interview with Dr. William L. Fleming, Chairman of the Department of Preventive Medicine at the UNC School of Medicine, and chairman of the North Carolina Heart Association's Health Education Committee. According to Dr. Fleming, two New Orleans physicians, Doctors George E. Burch and Albert Hyman, measured changes in the volume of blood pumped by the

heart, in tension on the walls of the heart muscle, and in other factors related to heart work, occurring in seven individuals when a comfortable atmosphere was made hot and humid. Three of the subjects did not have cardiovascular disease and served as "controls"; four were patients with mild to moderate chronic congestive heart failure and were carefully selected for their ability to withstand the conditions to be imposed in the experiment.

The experiments began on all subjects some three hours after breakfast while they rested in a comfortable bed, Dr. Fleming explained. A first set of measurements relating to heart work was taken in a room atmosphere of 73 degrees F. with 60 percent relative humidity. The room atmosphere was then gradually changed to 111 degrees F. and 86 percent relative humidity, and the measurements recorded again. All subjects were repeatedly examined during the experiment and a careful watch kept so that it might be terminated immediately if unfavorable reactions set in.

The will to do develops purpose, and perseverance. Since the first Olympics, athletes have won races when physically exhausted, with all odds against them. The will — the determination — must have done.

The Durham Division regular ROUNDTABLE MEETING will be held Tuesday, August 6th in the yard of Deacon J. L. Lyon at 1822 Fayetteville St. at 7:30 p. m. Until next week, Henry W.

With each individual studied", reports Dr. Fleming, "Doctors Burch and Hyman found there was an increase in the volume of blood pumped by the heart and the output per beat also increased upon exposure to the hot and humid atmosphere.

The fact that there was only a relatively small increase in one of the control subjects was probably due to the fact that this man worked in a boiler room that was even hotter than the experimental conditions, so he was used to both heat and humidity." The control subjects showed a greater increase in volume of blood pumped, however, than the four patients with heart disease. This ranged from an additional five to twenty liters. A liter is a little more than a quart, Dr. Fleming said.

"This ability to pump more blood reflects the greater capacity of healthy hearts," Dr. Fleming continued. "The increase in volume of blood pumped by the diseased hearts ranged only from an additional five to ten liters." Other measurements showed parallel rises in heart work under hot and humid conditions, he added.

What this shows, Dr. Fleming pointed out, is that a person lying quietly in bed can increase his cardiac work without exercise and without movement if atmospheric conditions change. Put that same person on the golf course, say, under a blazing sun on a humid summer day, and it is obvious his heart will have to do more work than if it were a crisp, cool, dry October day.

"It would seem," Dr. Fleming said, "that the heart patient would be well advised to keep

as cool as possible during summer vacation periods, to refrain from exertion in the hot sun, and to stop whatever exercise he is engaged in when he begins to feel tired. As a matter of fact, that would not be a bad rule for people without heart disease to follow," he concluded.

Dr. Newton Addresses Grads At Hillside Summer Finals

The appreciable group of students, parents and their friends were present at the Summer School graduation exercises held in the library of the Hillside High School at 11:00 o'clock last Saturday morning.

The occasion was highlighted by an address delivered by Dr. Eunice S. Newton, Associate College Reading Center, Morgan State College.

She drew her theme from a New Testament incident involving some of the disciples of Christ, who, after a night of unrewarding fishing in shallow water, accepted the advice of Jesus to launch out into the deep, with gratifying results.

Dr. Newton told the graduates that they face now the same challenge Jesus gave nearly 2,000 years ago to those disciples.

Her challenge was of a three-fold nature, the first of which was that they launch out into the depths of further education. The preparation already made, she stated, was only the beginning of a fuller, more complete training for whatever job they might select as theirs.

The next aspect of the challenge made was that the graduates launch out into the depths of the life of the communities

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been a little job done by Congressman Charles S. Vanik (D. Ohio)? Vanik did some investigating of his own. He limited himself to the South. Of 46 federal judges, now sitting or appointed in recent years, 45 were born in Dixie Vanik found.

Among the Southern judges were Russell's late brother, a son of former Sen. Tom Connally of Texas and the father of segregationist Gov. Timmerman of South Carolina.

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J. Medford also served as co-chairman and was host-super-

The outstanding feature was the serving of the Holy Sacrament of the Lord's Supper at 7:00, Friday morning. Bishop H. T. Medford administered the communion and was assisted by a number of ministers, who in attendance. Bishop S. G. Spottwood was the guest of the Conference on Wednesday

-Dean-

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Episcopal Bishop of New York; Dr. Henri M. Peyre, chairman of the Department of French at Yale University; and Dr. William Frauenfelder, professor of modern languages at Bard.

WATCH THAT BOY

By HENRY W. GILLIS
Division Scout Executive

SWIM . . . SWIM . . . How would you like to pass your first class swimming this month? Well, you can. If your scoutmaster or explorer advisor takes the whole troop or explorer post to Hillside Pool on Saturday morning at 10:00 o'clock and asks for Clark Egerton, he will put you on the right track.

He will only work with the boys from your unit if you are present. So leaders don't send your boys unless you go with them. We will still have our regular SWIM-O-RAMA at Hillside Pool in August including the Cub Scouts.

Help your boys be PREPARED IN WILL, says the four-year "Onward for God and my Country" program, so they may learn to see a job through finish what they start.

What is will? According to Webster, will is the "power of the mind to decide something, and then do it."

"The education of our will," says Emerson, "is the object of our existence." Without the will to do there can be no independence, no individuality, no character. Without it we cannot give truth the emphasis and drive it deserves, nor morals their right direction, nor save ourselves from being swayed by any wind that blows. We must do all in our power to give our boys courage, stamina and will to live for a purpose; to help them enjoy the fine old-fashioned virtues of industry, self-denial, sacrifice, discipline; and brotherly love.

How can we or you get this across to BOYS? Stress, in every way possible, boys finishing what they start — doing what really must be done. Use every opportunity to teach your boys to think first — "to count to ten" — and act. Teach them that not striking back when pushed or rudely challenged by a senseless remark is a mark of

The determination behind the will to do certainly helps meet and overcome many difficulties. It appears many times in games, closely akin to sportsmanship and team spirit. In group projects and advancement we must continually encourage the will to succeed, to do one's best to win, to advance, to be in a group that is progressing.

Leaders, listen well to the casual expressions of your boys, then question, advise, and encourage them. And finally, recognize all efforts.



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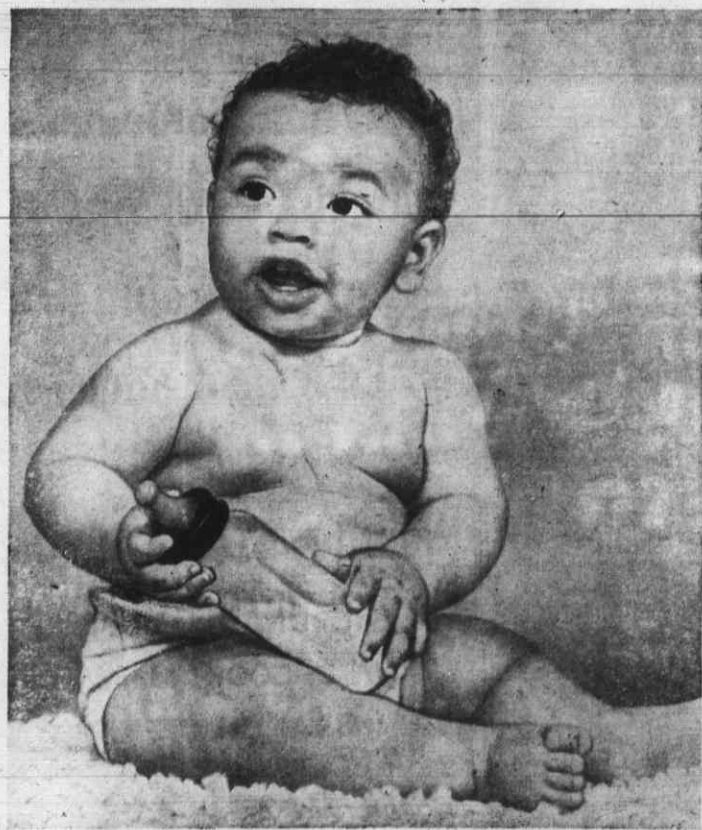


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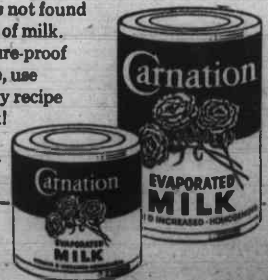
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