

Women's Medical News

By ELIZABETH STEWART

WOMEN'S MEDICAL NEWS EXAGGERATED TUMOR FEAR

Most tumors of the ovaries and uterus cause no real danger to women, doctors find. They're usually non-cancerous, but without treatment they may interfere with childbearing.

The most common uterine tumor, a rarely malignant "fibroid," develops in about four out of 10 women, says Dr. S. Leon Israel, of the University of Pennsylvania School of Medicine. Often it does not have to be removed. When it does, the uterus can be saved in many cases.

Some ovarian tumors are fluid-containing cysts. In women under 40 they're usually benign but are removed if they become too large. Early discovery may keep them from preventing pregnancy.

OUT-OF-WEDLOCK BIRTHS, ABORTIONS

One out of 18 babies born in the U.S. each year is born out-of-wedlock, according to figures released recently by the U. S. Public Health Service (PHS). Between 1940 and 1961, says PHS, the nation's out-of-wedlock births rose from 37.9 per 1,000 live births to 46.3—an increase of nearly 25 percent.

Put another way, more than 600 out-of-wedlock babies are born every day of the year to women and girls of every race, religion, and economic group.

Experts estimate that for every one out-of-wedlock birth there are almost five abortions, and that each year 1,000,000 illegal abortions are performed in the U.S.

TWO HOUR VACATION REDUCES TENSION

Tension can wear down the human body even as infection does. For the harried mother who has to be chauffeur, cook, maid, shopper, counselor, for the career woman who must combine job with homemaking, for the man who is confronted with all sorts of crises at home and at work, tension is a formidable foe. To reduce tension, Dr. Paul

Dudley White, distinguished heart specialist, suggests a simple remedy: Take a two-hour vacation as often as you can manage. Walk briskly to a library and browse; walk to a park or botanical garden and stroll about, enjoying the out-of-doors. Eat an unhurried picnic lunch under a tree in your city's park—it's a welcome change from a crowded restaurant.

Every community has some attraction to which its harassed citizens can escape: A zoo, a park, an interesting shop, unexplored countryside.

Break the day's routine and tension—the life you're conserving is a precious one.

"THE PILL" MAY RELIEVE BIRTH BLUES

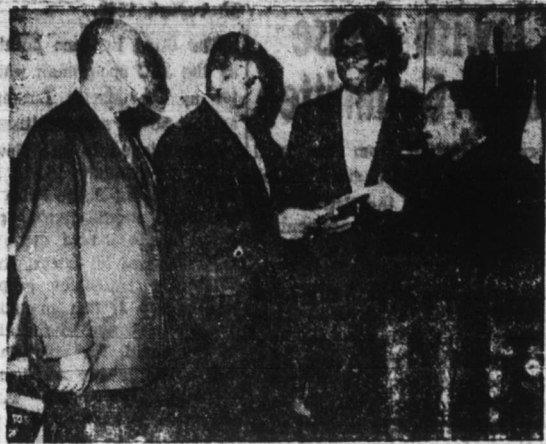
A possibly significant use of oral contraceptives has recently been reported by doctors Francis J. Kane, Jr. and Martin H. Keeler, of the University of North Carolina School of Medicine. "The Pill," sometimes used alone, sometimes in combination with other drugs, alleviates depression and other distressing symptoms of mental illness experienced by some women who have just given birth. Drs. Kane and Keeler reported their observations at the 58th annual meeting of the Southern Medical Association, Memphis, Tenn.

One of the doctors observed, "We believe our results warrant continued appraisal of this medication under well-controlled and well-supervised conditions."

DOCTOR TALK

—itis, an inflammation. In it, an inflammation of the ileum, a part of the small intestine. This was the illness that once afflicted President Eisenhower. Also: arthritis, joint inflammation.

—osis, a condition. In endometriosis, a condition in which tissue normally making up the endometrium, or lining of the uterus, also appears elsewhere in the pelvic region.



MINISTERS AND LAYMEN'S right, Dr. E. S. H. dge, Washington, D. C., 1st vice-pres.; Dr. E. Franklin Jackson, Washington, D. C., president and Dr. G. W. McZion Church, following, their elac-Murray, New York City, executive-tion in Louisville, Ky. Left to secretary.

Hampton Launches \$18 Million Drive for Endowment Program

HAMPTON, Virginia — Hampton Institute is changing from a "leading American Negro College" to a leading American College with nearly 2000 students and more than 300 teachers and faculty members, related Dr. Hugh M. Gloster, Dean of the Faculty at Hampton Institute as he addressed a Regional Alumni Meeting at Petersburg last week.

Speaking to Hamptonians at the 30th Annual Middle Atlantic Regional Conference of the National Hampton Alumni Association, Dean Gloster told of the college's launching a \$18,000,000 drive to obtain needed money for endowment programs and buildings.

Delegates from New York, N. C., Virginia, West Virginia, and Washington, D. C. heard Dean Gloster tell of what he considered the two most important periods in the lives of the American Negro are in the Civil War era and the 1954-64 decade, at the banquet session of the two-day meeting.

Speaking on the general conference theme "Widening our Horizon to Bridge Cultural Needs," Dean Gloster emphasized that Hampton is no longer being measured by Negro college students, but measured with the students of such colleges and universities as Yale, Harvard, Vassar, Mount Holyoke, Columbia,

Cornell, Smith, and Wellesley. Philanthropic foundations upon which all American colleges depend for support have made it clear that they will give to those colleges that are excellent according to national standards, continued the Dean.

New programs have been developed to provide better learning situations and challenges to teachers and students include: (1) Co-operative lecture and student exchange programs between Cornell and Hampton, (2) Yale-Hampton summer program for one hundred culturally-deprived, but mentally gifted white and Negro tenth grade boys for which Hampton provides the associate director, and half of the faculty and student counselors.

Also (3) Recruitment of students in the South through a cooperative program between Hampton and several New England colleges, (4) Tele-lecture system to bring speakers to the campus by means of long-distance telephone calls, (5) faculty-lecture series and many other such programs including Project Potential—a special program for 32 freshmen under-achievers who ordinarily would not be admitted to Hampton.

Others appearing on the program included Hampton Institute President Jerome H. Holland, and Dr. William L. Watson, President, National Hampton Alumni Association.

The conference elected new officers for a two-year term. Installed by Alumni Trustee Thomas W. Young were: Charles Elliott, Lynchburg, President; Frank W. Renter II, Petersburg, first vice president; William H. Anderson, Institute, West Virginia, second vice president; Mrs. K. E. J. Fair, Washington, D. C., third vice president; Mrs. Josephine F. Whiting, Richmond, secretary; Allen Thornhill, Roanoke, assistant secretary; Major Walter A. Brown, Hampton, treasurer; and Samuel L. Burelligh, Richmond, chairman.

Brotherhood Week to Be Held by NCNW

WASHINGTON, D. C. — More than twenty-five churches and organizations will participate in the 1965 Brotherhood Food Festival to be held at the Presidential Arms Hotel, Washington, D. C., February 22. An annual affair sponsored by the National Council of Negro Women, Inc., the Festival is expected to draw 4,000 spectators.

While this, the Seventh Annual Brotherhood Food Festival, February marks the 31st Anniversary of Brotherhood Week. It is the sincere wish of the National Council of Negro Women to create symbols of Brotherhood through the medium of food.

This year's Festival will be highlighted by many foreign and American dishes such as Ceylonese dishes and sweet meats from Ceylon; homemade cakes, cookies and breads from England; cheese from Canada; Israeli Pitha and Falafel. Burekas, citrus dishes and chada from Israel and the world famous pizza pies of Italy.

The most popular American dish at last year's Festival was chitterlings, collar greens, potato salad and corn bread prepared by the Howard University Dining Club, it will be repeated this year by popular demand. Other American dishes will include, ice cream from the National Grand Chapter Order of Eastern Star; Turkey Glorified, Cranberry Sauce and Dressing from Madame C. J. Walker Beauty Culture School; The Bethune-Cookman College Alumni Association will feature varieties of oranges, tangerines, grapefruits and kumquats, without color added; pecans and coconuts, all from Florida.

Another highlight of the all-day affair will be a fashion show presented by the National Association of Fashion and Accessory Designers, Inc.

While the entire Food Festival Program is yet in the planning stage, other features will be announced.

Legal Notices

NORTH CAROLINA DURHAM COUNTY COMMISSIONER'S NOTICE OF SALE

UNDER AND BY VIRTUE of an order of the Superior Court of Durham County, made in the special proceedings entitled "Marlo M. Barjen and Shady Marshall, heirs at law of Joe Marshall, deceased, versus James Barden (husband of Marlo M. Barden) et al, heirs at law of Joe Marshall, deceased, and/or interested in the subject matter," being No. 8894 upon the special proceeding docket, the undersigned commissioner will on the 15th day of February, 1965, at twelve o'clock, Noon, at the courthouse door in Durham County, North Carolina, offer for sale to the highest bidder for cash that certain property lying and being in Durham Township, Durham County, North Carolina, and more particularly described as follows:

BEGINNING at an iron stake in the southeast property line of Alton Street, the northwest corner of Lot No. 21 of plat book 16, page 183, and running thence with and along the said property line of Alton Street, South 59 deg. 15' West 120 feet to an iron stake; thence South 34 deg. 53' West 171.5 feet to an iron stake; thence North 59 deg. 15' East 108 feet to an iron stake, the southwest corner of said Lot No. 21 of the plat hereinbefore mentioned; thence North 34 deg. 53' East 229 feet to an iron stake, the point or place of beginning, containing 1/2 acre as per plat and survey of Spaulding, Merrick, McDougald Property of Pine St. Road as surveyed May, 1938, by E. H. Copley, and duly recorded in Book of Plats 16, at page 183.

THIS 18th day of January, 1965.
M. Hugh Thompson,
Commissioner.
Jan. 23, 30; Feb. 6, 13.

Vets Questions And Answers

EDITOR'S NOTE: Below are authoritative answers by the Veterans Administration to some of the many current questions from former servicemen and their families. Further information on veterans benefits may be obtained at any VA office.

Q—Can a veteran once more buy GI insurance?

A—Yes. Certain veterans with service-connected disabilities or veterans with non-service-connected disabilities who cannot buy

commercial life insurance at any cost will become eligible to buy a form of National Service Life Insurance next May 1. Your nearest VA office will send you a descriptive flier if you write or phone.

Q—How do I go about securing a guaranteed GI home loan?

A—Apply to the VA for a Certificate of Eligibility, and after selecting a home you wish to purchase, apply for the loan with the commercial lender of your choice.

Q—How can I get an increase in my rate of compensation?

A—Submit your request for an increase and present medical evidence to show that your service-

Continued on page 5B

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DURHAM, N. C.

NOMINATE Your Favorite Minister FOR The Carolina Times High Point And Thomasville MINISTERS VACATION POPULARITY CONTEST

HELP HIM WIN

A FREE Airplane Round Trip to the

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GRAND PRIZE

Bermuda
SECOND PRIZE

New York
THIRD PRIZE

Voting Starts February 20

Contest Closes Monday Noon March 29

HERE'S ALL YOU HAVE TO DO TO NOMINATE A MINISTER FOR THE
BIG HOLY LAND CONTEST

Cut out the Nomination Blank at the bottom of the advertisement and write in the name and address of the Minister you wish to nominate and mail or bring it to the office of The Carolina Times, 436 East Pettigrew Street. As soon as this is done the minister nominated will automatically receive 5,000 vote points. Beginning February 20 a blank ballot will be published in each issue of The Carolina Times during the contest which will last for three two-week periods or six weeks in all. All that is necessary to vote for a minister is to clip the Blank and write in his name and bring or mail it to the office of The Carolina Times, 436 East Pettigrew Street, Durham, N. C. You may vote for a minister as many times each week as you wish. Each Ballot will count for 5,000 vote points.

In addition to the regular ballot, Bonus Votes will be given are shown below. The Bonus Votes and number of points for each subscriber

FIRST PERIOD FEB. 20-MAR. 6

1 YR. SUB.— 15,000 VOTES	\$ 4.00 plus 12c tax
2 YR. SUB.— 35,000 VOTES	\$ 8.00 plus 24c tax
3 YR. SUB.— 52,000 VOTES	\$12.00 plus 35c tax
4 YR. SUB.— 67,000 VOTES	\$16.00 plus 48c tax
5 YR. SUB.—100,000 VOTES	\$20.00 plus 60c tax

SECOND PERIOD MAR. 8-20

1 YR. SUB.— 12,500 VOTES	\$ 4.00 plus 12c tax
2 YR. SUB.— 28,000 VOTES	\$ 8.00 plus 24c tax
3 YR. SUB.— 48,000 VOTES	\$12.00 plus 35c tax
4 YR. SUB.— 62,000 VOTES	\$16.00 plus 48c tax
5 YR. SUB.— 75,000 VOTES	\$20.00 plus 60c tax

THIRD PERIOD MAR. 22-APRIL 5

1 YR. SUB.— 10,000 VOTES	\$ 4.00 plus 12c tax
2 YR. SUB.— 25,000 VOTES	\$ 8.00 plus 24c tax
3 YR. SUB.— 40,000 VOTES	\$12.00 plus 35c tax
4 YR. SUB.— 50,000 VOTES	\$16.00 plus 48c tax
5 YR. SUB.— 65,000 VOTES	\$20.00 plus 60c tax

HURRY
ENTER NOW!

The relative standing of each contestant will be published each week. The actual standing will be published along with that of the winners at the close of the contest.

GOOD FOR 5,000 POINTS	NOMINATION COUPON	GOOD FOR 5,000 POINTS
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