

WATER SPORTS:

Common Sense Means Safety



NEW YORK (CFN)—This summer many of us are taking to the water in boats, on water skis, in backyard swimming pools, in lakes and at the seashore. To insure a healthy, as well as a happy time in the water, here are some do's and don'ts.

The most important rule about swimming is never to swim alone, at night or when tired.

The backyard swimming pool has almost become an American way of life. Be careful never to leave it unlit at night or unfenced as a possible trap for curious neighborhood children to fall into. Keep it clean, filter regularly and change the water, and don't forget proper chlorination.

Some of the hazards associated with water sports are not dangerous but merely annoying. Ear infection, commonly called "swimmer's ear," falls into this category.

This ailment is common among water sports fans because the moisture left in the ear canal provides an ideal environment for the rapid growth of bacteria and fungi. Symptoms are often pain and itching.

Antibiotics and sulfa drugs are of limited help in preventing or treating ear infections because the organisms can become resistant to these drugs.

There is one medication available that can be prescribed by your physician to clear up "swimmer's ear" in just a few days. Called VoSol, it is manufactured by Wampole Laboratories of Stamford, Conn., and has proved to be an effective germ killer while avoiding the drawbacks of antibiotics.

It can also be used as a preventive measure. Drops are applied to each ear before swimming. There is no stinging sensation, and virtually all infections are permanently forestalled or controlled within a week. It might be wise this summer to pay a visit to your physician for a medical check-up and to ask him about a "preventive" prescription for VoSol.

Here are some other general rules to observe this summer.

Water skiing, though not one of the major causes of drowning, is responsible for many accidents. Enthusiasts should observe these precautions: wear a life jacket, don't ski to the point of exhaustion, have an extra person in the boat to watch the skier, run parallel to the shore and give yourself enough room to land.

Skin diving and SCUBA diving are probably the most dangerous water sports. Before trying either, you should be a better than average swimmer and skilled in surface diving, ocean and distance swimming, lifesaving techniques and underwater swimming. It is best to take lessons from an expert before attempting these sports on your own.

In addition, have a medical checkup, master skin diving before you take up SCUBA diving, know your limitations as well as your equipment's, and never dive alone.



MRS. NESBY

Mrs. C. Nesby Again to Head Calenthe Group

WILMINGTON — Mrs. Clara M. Nesby of Winston-Salem was elected Grand Worthy Counselor of the Grand Court of Calenthe of North Carolina at the state meeting held recently in Wilmington.

Mrs. Nesby, who is a teacher in the public schools of Stateville, was returned to the state leadership of the Grand Court for the 18th consecutive time.

Under her leadership the order has increased its membership greatly and increased its gifts to the Central Orphanage and the Girls Training School at Oxford, the NAACP, the Medgar Evers Scholarship Fund at Kinston.

The Court has sponsored an annual tour for the past several years. This year's tour will take the group to Expo '67 and the meeting of The Supreme Court of Calenthe at Baltimore, Maryland.

The 1968 State Meeting of The North Carolina Court will be held in Laurinburg.

School— Health Exam Is Important

School days are almost here again for millions of American youngsters.

With the approach of the fall term, the American Medical Association reminds parents once again that there are health and safety considerations that are important in preparing the small fry for another nine months of studies.

The A.M.A. recommends a thorough health examination for 5- and 6-year-olds who are starting school for the first time. Your physician will know what to do. His examination will cover all aspects of your child's health, and will encompass hearing (to make certain he can hear the teacher) and vision (to make sure he can see the blackboard). It is better if this examination can be made, and booster immunization given, a few weeks before school starts.



School boards in some communities require a health exam for beginning students. Many schools also require certain immunizations against infectious disease. Your doctor will know of the requirements in your neighborhood.

Most doctors feel that four or five thorough examinations during the school years are sufficient for healthy youngsters. These usually are spaced at the start of the first school year, about the fourth grade, about the seventh grade, and upon graduation. And, of course, if any untoward symptoms arise at any time, a visit to the doctor is in order. A thorough examination also is important if the child is participating in school athletics. The doctor should be told that junior is going out for football, so that he can look for any health problems that might be heightened by rough, contact sports.

In the excitement of the first few days of school, the smaller child may forget all of the safety warnings you've been teaching him. Each parent should make sure the child knows how to cross streets and intersections en route to and from school. He should know that crossing guards are there for his protection, and obey them. He should know about proper deportment on the school bus. He should know the rules of bicycle safety.

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WOMEN PAST 21 WITH BLADDER IRRITATION Suffer Many Troubles

After 21, common Kidney or Bladder Irritations affect twice as many women as men and may make you tense and nervous from too frequent, burning or itching urination both day and night. Secondly, you may lose sleep and suffer from headaches, backache and feel old, tired, depressed. In such irritation, CYSTEX usually brings fast, relaxing comfort by curbing irritating germs in strong, acid urine and by analgesic pain relief. Get CYSTEX at drug stores. See how fast it can help you.

SCLC Project Gains 97 New Positions in Atlanta, Georgia

ATLANTA—Operation Breadbasket of the Southern Christian Leadership Conference last week announced a major new breakthrough in new jobs for Negroes in Atlanta, the birthplace of Breadbasket.

Ministers of Breadbasket reached an agreement with officials of the new Regency Hyatt House Hotel for full integration of the hotel staff and 97 new jobs within 60 days in positions previously held by few or no Negroes.

Rev. Joseph E. Boone, chairman of the Breadbasket negotiating committee which worked for the agreement during the last three weeks, said: "Now that we have set the precedent of this settlement with the Regency Hyatt House, SCLC's Operation Breadbasket will go to all hotels and motels in Atlanta and insist on the same kind of progressive fair hiring and promotion practices. This agreement today assures that Negroes will be hired and upgraded on an equal basis in all departments and job categories of the hotel."

Rev. Ralph D. Abernathy, SCLC Vice President At-Large who organized the original Operation Breadbasket in Atlanta five years ago, said that the agreement today will be a basis for negotiations and direct action if necessary at na-

tionwide hotel and motel chains. He noted that SCLC is now organizing new Breadbasket projects in 42 major cities across the nation.

Under the agreement announced today, the new jobs opened to Negroes will include bellmen, hostesses, reservations clerks, food checkers, security guards, doormen and oncall waiters. The latter positions will be filled by Negro college and university students in Atlanta. Previously, they were held by white college students only. Integration of the entire hotel staff until now has been limited.

An official of the hotel told the SCLC Breadbasket clergymen that he was pleased with the agreement and would send a record of it to the national headquarters of the hotel chain, which includes 16 large hotels and more than 50 other motels and hotels. Breadbasket ministers said the agreement might well be applied to other outlets in the chain.

In addition to Rev. Boone, the Breadbasket negotiating committee of Atlanta ministers included Rev. Fred C. Bennette, Southern Director of Breadbasket; Rev. J. C. Ward, Rev. W. J. Stafford, Rev. Tommy Clay, Rev. Cameron Jackson, and Rev. T. R. Smith. They announced the victory at a meet-



PLANNING WSSC 75TH ANNIVERSARY Celebration at Winston-Salem State College. Rev. Henry S. Lewis, Jr., Chairman (center) and (l. to r.) Mrs. Meada

Pointdexter, Mrs. Lucy H. Bradshaw, Mrs. Rosetta Hauser and Dr. James A. Dillard. Dr. A. R. Vick, Miss Carrie C. Robinson,

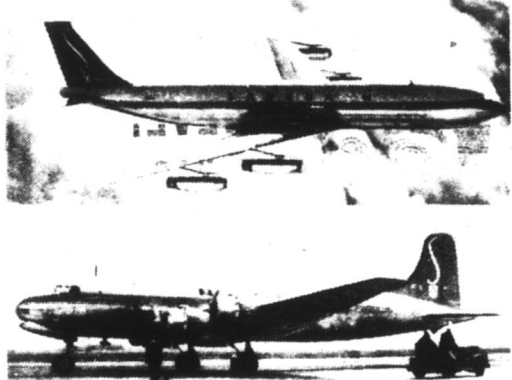
Mrs. Mary S. Isom and Dr. C. B. Hauser, also of the Committee do not appear on the photograph.

SHAW UNIVERSITY EXPECTS BIG ENROLLMENT FOR NEW '67 TERM

RALEIGH — The acceptance of 1100 students for the 1967-68 academic year at Shaw University has been announced by the Rev. John W. Fleming, director of admissions. This number includes 500 new students. Thirty of the new enrollees will be transfers from other colleges and universities, while the other 470 will be first year students. This will be the largest enrollment in the 102 year history of Shaw.

At the beginning of the academic year last Fall, the university recorded a freshman class of 424, upping the total student body to past 950. At that time, it was the largest number of students ever to attend classes at the institution. Dr. James E. Check, 34-year-old, Continued on page 8B

A Tale Of Two Decades . . .



As reflected in the De 4, with wing, SABENA Belgian World Airlines began transatlantic service on June 4, 1927, and the Boeing 707 is flying Belgium's colors today.

Anniversaries are glad occasions and the line celebrates a particularly happy milestone — 20 years of transatlantic service — on June 4, 1967.

Founded in 1923, SABENA has 44 years of experience and is the world's third oldest airline. Since its fledgling trip between Brussels, Belgium and Kent in Great Britain in 1923, it has grown to include 64 cities in 38 countries on 4 continents.

In its far flung organization are over 10,000 employees and more than 200 offices staffed with "local specialists" are maintained throughout Europe, the Middle East and Africa. In

North America the line has 24 sales and reservation offices in the U.S. and 6 in Canada, as well as offices in Mexico and Latin America.

Looking forward to future decades of service to new generations of travelers, and the exciting changes that the coming super-sound era portends, SABENA, while keeping in the vanguard of technical progress, will remain dedicated to being Europe's most helpful airline.

Washington Russet Potato Salad Is Appetizing For Indoor, Outdoor Meals



There's lots of zest and zip to this taste potato salad, accented with curry or mustard sauce and tossed with shrimp for a complete party dish or served with chicken or hamburgers. Good for picnics and barbecues, too. Washington State's lush farm lands produce the best and most nutritious russets. This popular variety is so popular because it is so nutritious and so delicious. It's the best variety so you can enjoy these Russets success. Fill up on all your favorite dishes.

WASHINGTON POTATO SALAD with Curry or Mustard

- 3 large Washington Russet potatoes
- 1/2 cup green pepper, finely chopped
- 1 cup sliced celery
- 1/2 cup chopped green onion
- 1/2 cup finely chopped parsley
- 2 cups fresh, frozen or canned shrimp, lobster or crab
- 3/4 cup cooking oil
- 1/2 cup vinegar
- 1 tsp. lemon juice
- 2 tsp. salt
- 1 tsp. celery seed
- 1 tsp. curry powder or prepared mustard

Boil potatoes in jackets in salted water 20 to 30 mins. or until fork tender. Remove skins and dice. Combine with green pepper, celery, onion and parsley. Prepare seafood and add 1 1/2 cups. Blend remaining ingredients and toss to coat potato mixture. Chill in refrigerator several hours. To serve, turn out onto serving plate and garnish with remaining seafood and slices of cucumber and tomato slices, if desired. Makes 8 to 10 servings.

For extra fun take more than one

Everyday's a Holiday with COKE . . .

take an extra carton of Coke.

DURHAM COCA-COLA BOTTLING CO.