

PREGNANCY PLANNING AND HEALTH

by Mrs. Gloria Riggsbee

Dear Mrs. Riggsbee:
Please send me more detailed information on the new method to tie a woman's tubes by a small slit in the navel. You mentioned it about a month ago in the "Forest City Courier." About the same time, I read a detailed description of the method in the "Charlotte Observer," but failed to cut it out. I want all the information you have on this method.
I have two friends who are expecting babies now and plan to have this done after the birth of their children. Having had my tubes tied three years ago, I advised them to be sure to try the new method. For myself, I think the tubal ligation operation was about as bad as having the baby.
Mrs. S.

Dear Mrs. S.:
Thank you for your letter. I am sending the information on the new method of sealing the woman's tubes, called laparoscopy. The fact sheets obtaining an appointment with the doctor who performs this procedure.
If you are going to give this information to your two pregnant friends, let me caution you and them that they will not be able to have a laparoscopy done immediately after they have their babies. If they desire immediate sterilization following delivery of their babies, the older method of tubal ligation must be done.
The best time for a regular tubal ligation is while the woman is still in the hospital following the birth of her baby. However, this is not true

for the laparoscopy procedure — a laparoscopy cannot be done until 3.5 months after the baby is born. The doctor who performs laparoscopies advises women desiring sterilization right after childbirth to go ahead and have a tubal ligation.
So if your friends want to wait three or four months and have a laparoscopy rather than a tubal ligation, they should use a very good method of birth control after their babies are born. They will want to be sure they don't get pregnant before enough time has passed that they could have a laparoscopy.

Dear Gloria:
I am looking for some advice or answers. I have one child almost four years old. About two years ago, I had a tubal pregnancy, lost the baby and almost lost myself. Now my husband and I want a second child, but I have been unable to get pregnant so far. The doctors told me I would be able to have more children, but we have been trying for about a year.
I have trouble with my



CONTRIBUTES TO HAMPTON FUND—Newport News Shipbuilding's contribution to the Hampton Institute Annual Fund is presented to Co-chairman Gordon B. Cutler (second from left) by W. F. Wilson, shipyard vice president-administrator. Looking on are Dr. George Cypress (l.), member of the Fund steering committee, and B. N. Puryear, Fund

co-chairman. Goal of the current local campaign is \$50,000. Shipyard President L. C. Ackerman is serving as honorary chairman of the Fund.
The contribution was made by the Tenneco Foundation in the name of Newport News Shipbuilding.

period also. It comes on for five days, then stops for about three days and comes on again heavy, sometimes in clots. When it first started like this, I thought I was pregnant. Can you be pregnant and still have your period?
My husband is perfectly OK. He's in the Army and he often has physical examinations. I hope you have some answers for me.
Mrs. P.

Dear Mrs. P.:
I am sending you the booklet, "Fertility Tests and Treatment." From your letter, I have the impression that you have not seen a doctor lately. If this is so, I think you would be wise to see one. You should check on these periods you have been having. Some women do continue to have periods for two or three months after they are pregnant, but unless there is some problem, these periods are not usually very heavy and they don't last long. So I think you would be wise to see a gynecologist.
You will notice in the booklet I am sending you that

it is usually a good idea for the husband to be checked. This is to make sure his body is producing enough sperm cells. Even though you were pregnant two years ago, there is a possibility that the number of sperm cells he produces now is lower than normal. Some little something might have changed in the past two years, and if so, it would not necessarily show up on an Army physical.
I hope you will find the booklet interesting. Let me know if you have further questions.

For a free copy of the booklet, "Fertility Tests and Treatment," or for answers to your questions on sex, family planning or pregnancy, write: Mrs. Gloria Riggsbee, 214 Cameron Ave., Chapel Hill, N. C. 27514.

Plans Ocean Crossing
LONDON — Research psychologist Nicolette Milnes-Walker says she will set out on her sloop Aziz in June, hoping to become the first woman to sail across the Atlantic alone. She says she will tape record her emotions throughout the trip.

Hand Shapes And Diamond Shapes

"Let me see your hand" may not be a request you expect the jeweler to make when you go shopping for your diamond engagement ring. The size and shape of your hand, however, is important. If your fiancé can afford to give you some choice so far as weight and quality are concerned, you should give some thought also to what will look best on your particular hand. Here are some hints from the American Gem Society.
The round diamond, also called the brilliant, looks well on any hand shape. If your hand is large, you might consider flanking the center diamond with others at the side to give an over-all balance.
On a plump hand, a pear-shaped diamond looks well. It is worn with the point towards the fingertip and has a tendency to make the fingers appear more elongated. A long emerald-cut diamond has the same effect.
A slender hand with long, tapering fingers, is flattered by a marquise (mar-KEYS) diamond, which is shaped very much like a boat with points at each end. This kind of hand usually has a longer space between the ring area and the first knuckle so that a marquise rests gracefully on the finger.
Most important, however, says the AGS, is that the diamond you finally select is well-cut. This does not mean shape, but rather the faceting and proportions which give the refraction of light to the diamond. The beauty of the gem lies in its brilliance and purity of color. A diamond that is too yellowish, or with visible inclusions, is of course, of lesser quality and value. But if the cutting quality follows the principles and mathematic formula of Tolowsky, and the color and clarity factors meet a high



standard, then a beautiful gem results. This is why a smaller diamond, but one properly cut, will seem more brilliant and beautiful than a larger stone cut with a flat table to create more weight. American Gem Society jewelers are particularly conscious of this factor when grading diamonds, and they are also now ranking Cutting as number one of the four "C's" which the jewelry industry uses as a guide to diamond pricing.
If you would like an informative booklet on diamonds from American Gem Society send self-addressed stamped envelope to:
American Gem Society
3142 Wilshire Boulevard
Los Angeles, California 90010

The 'Shot' That Saves

The injection that this serious ten-year-old is about to administer to herself is, in a true sense, a life saving shot. For she is filling up the syringe with synthesized insulin.
Insulin, a hormone that the pancreas gland produces naturally, is needed to change sugary and starchy foods, the body's main sources of energy, into a form of sugar for the body to burn as fuel. Human energy, essentially, derives from these foods.
But when the body no longer does so, diabetes, a condition of too much sugar in the blood and in the urine, results. As with the child here, in approximately five per cent of all diabetes cases, the condition occurs before age 15.
Just 50 years ago, a diabetic lived, at most, not more than 10 years from the start of his affliction. Today, he lives practically as long as anyone else does — and as usefully too — provided he follows a regimen prescribed especially for his condition by a physician.
The regimen comprises insulin in combination with diet, to control the sugar and starch he consumes, and exercise. In theory, the more a person eats the more insulin he needs to help put the food to work. But by playing and working, he lessens his dependency on insulin.
Better living standards, a part of which means richer foods on tables, coupled with longer life spans have resulted in an increase of diabetes world-wide, according to the World Health Organization.
Types of persons susceptible to diabetes have long been identified. Women, in general, are more likely than men to become afflicted. But also prone to diabetes are those past 40, those from families where there is a history of diabetes, and those overweight.
According to Dr. Abraham Horwitz, director of WHO's regional office for the Americas, 85 per cent of all diabetics are obese or tend towards obesity. Indeed, diabetes is



As part of an education and information program during 1971, the World Health Organization is highlighting the theme "A Full Life Despite Diabetes."

most prevalent in the better fed nations. U.S. morbidity and mortality from diabetes, for instance, is the world's highest. Thus, if obesity is reduced, there's every chance the incidence of diabetes will be too.
A newly-detected diabetic is likely to think of his career as ended. It is true that diabetes, as of now, cannot be cured. But diabetes can be managed — and when it is, a diabetic can go as far in his calling as his physical, mental, and educational potential takes him.
A well-known success story is that of William F. Talbert, the tennis star, who is winner of 25 U.S. titles and 25 world championships, and, as well, a former captain of his country's David Cup team. He has been a diabetic since age 10. Today, the greatest single hazard of diabetes is not the condition itself, but ignorance of self-care. To make the point that diabetics are capable of living ordinary and useful lives, provided the condition is detected early, WHO has selected as its theme for 1971 "A Full Life Despite Diabetes."
It follows, naturally, that the sooner the condition is detected, the sooner the sufferer is able to receive the training that leads to his mastering of the techniques of self-care. Learning how to live with diabetes is vital to a diabetic living a full life.

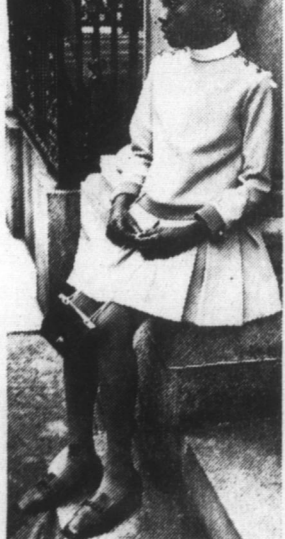
THREE FOR FALL

NEW YORK (ED)—City girl, country mouse, suburban moppet . . . when fall comes they all face it in the same way . . . with anticipation of things to come and a wardrobe of fresh, crisp dresses. This fall's frocks are a mixed bag of fabrics and looks. The only common denominator is performance. Fortrel polyester knits bring new flexibility and endurance to school clothes . . . soft and pliable yet strong enough to with-

stand the most enthusiastic eraser clapping, recess activities. And the prettiest party dresses are wrinkle free, wash and dry quicker than you can say Sesame Street. For school, dresses have a new elongated look. Waistlines are low. Skirts are short and bouncy, with pleats or gathered fullness.



THE SUBURBAN MOPPET . . . stays in her own backyard where she has her own tree house, likes parties when they have chocolate cake and lots of boys . . . wears this dress on special occasions . . . a Fortrel knit in a new animal print of surrealistic tigers with soft turtle neck and long sleeves . . . it's her Daddy's favorite.



THE CITY GIRL . . . loves to walk on Wall Street, gets a kick out of feeding the llama at the zoo, likes to see the newest movies in between homework assignments . . . For her, an almost-grown-up knit, with low-down waist, pleated skirt and tiny metal balls outlining the squared-shoulders. It's an undated Fortrel knit for casual sophistication.



THE COUNTRY MOUSE . . . quiet evenings by the fire reading Dr. Seuss is her speed . . . also loves to walk in the woods gathering chestnuts and munching apples . . . for cozy times and the active life, a cuddly knit of a sweater dress with a zip-up neckline, pointed collar and long sleeves . . . snappily striped in yellow, white and green in Celanese Fortrel.

Sportswear is alive with ponchos and fringed vests, shapely shirts, skirts that skip, pants for jumping and jackets that mix and match. For party girls, dresses have luxurious facades that defy even chocolate ice cream spills. It's a fresh beginning for a new season . . . the season of Fall fun!

Put a Jell-O out tonight.

Jell-O is a registered trademark of General Foods Corporation.

News Ban Lifted
RAWALPINDI, Pakistan — For the first time since the March 25 crackdown on Sheik Mujibur Rahman's Awami League, Pakistan will permit foreign newsmen to visit Dhacca and other parts of East Pakistan, an Information Ministry spokesman announced Saturday.

FREE Dollar!
with each claim check for \$3 worth of garments cleaned at regular price . . . Brought in Monday, Tuesday or Wednesday!

Save with Martinizing, the most in dry cleaning

SHIRT Special 5 for \$1.70
Mon., Tues., Wed. Reg. \$1.90

Open 7 am-4 p.m. Daily
Open 4:30 am-9 p.m. Monday thru Friday, W. Club Bldg. Only

TOM'S ONE HOUR "MARTINIZING"
THE MOST IN DRY CLEANING

- W. Club Blvd. (Opp.) Northgate Shopping Center
- University Drive (Opp.) Forest Hills Shopping Center
- Our New Location
- Cor. Hillsborough & 6th St.



Announcing a new price Old Charter \$5¹⁵ fifth

Bourbon drinkers like Old Charter. It has the smoothness they want because it has always been aged just right.
Now they're going to like it even more.
Because now it's priced just right too.



There's no friend like an old friend.

\$2.25 FIFTH \$5.15 FIFTH \$11.50 1/2 GAL.
Aged Kentucky Bourbon. The smoothest one you'll ever know.



LAWRENCE HARTER WHO IS CONFINED TO A WHEEL CHAIR HAS

The Carolina Times

310 Baxter St. Residence **For Sale** Phone 688-0550

BUY ONE AND MAKE A CONTRIBUTION TO A MAN WHO GAVE HIS ALL TO SAVE ANOTHER