

PREGNANCY PLANNING AND HEALTH

by Mrs. Gloria Riggbee

Dear Mrs. Riggbee:
Could you please answer a few questions for me? My husband and I have been married for three and a half years. All of this time we have been trying to have children, with no luck.
I only have menstrual periods about twice a year, and I have always been this way since my periods began.
A few months ago I had a complete physical and I told the doctor all about it. He said I was completely normal and healthy and he didn't seem to think anything unusual about my cycles.

Does this mean I can't get pregnant? Is there anything that can be done about my monthly cycles? I would be willing to have minor surgery, but my husband will not permit anything major. I have heard that some women have D & Cs to start monthly cycles. If so, why wouldn't my doctor suggest this?

Thank you for any helpful information you can give.
Mrs. C.

Dear Mrs. C.:
As you know I am not a doctor and would not attempt to tell you why you can't seem to have children. Even a doctor would not do that without examining you first.

However, I have spoken to a gynecologist about your situation and he tells me that symptoms such as yours sometimes indicate a condition known as the Stein-Leventhal Syndrome. This is a condition in which a woman's ovaries do not release eggs, causing her to have very infrequent or irregular menstrual periods. This condition is not dangerous or difficult to treat, if it is spotted by an expert. Surgery is not required.

Women with this condition generally do not require any treatment at all unless they wish to become pregnant.

To find out exactly what your condition is you need to see either an endocrine specialist or a fertility specialist/gynecologist. Look in the yellow pages of your phone book to find one of these doctors in your area.

Dear Mrs. Riggbee:
I know two or three couples who are having trouble having children. (We have been trying for a year and a half.) Do you know whether problems like these are rare, or do a lot of people have these same problems?
Mrs. D.

Dear Mrs. D.:
Infertility is a surprisingly common problem: Out of every 12 marriages, one is usually found to be infertile. Although in most cultures through out history, wives have traditionally borne the blame for a childless union, today's doc-

tors find that infertility-causing factors may be found nearly as often in men as they are in women.

These disorders are sometimes mechanical and relatively simple to correct, while in other cases they may be more difficult to detect—particularly in the area of glandular disorders or psychological factors. Often, doctors can find no reason to explain why a particular couple remains childless. But as a general rule, any couple who have been trying to achieve pregnancy for one year

Dear Consumer

New-you-trition

By Virginia Knauer

Special Assistant to the President and Director
Office of Consumer Affairs

Tired? Weak? Little overweight?

It's probably time to watch your caloric intake, lose a few pounds and try a few exercises. Right?

Yes, but that is not the whole answer. Nutritionists say you should start building a "new you" by eating daily portions from the basic four food groups.

Nutrition is the key to good health. I like to think of it as "new-you-trition."

"Nutrition" refers to the food you eat and how your body uses that food. As I think of it, "new-you-trition" includes making up your mind that you want to be fit and then making an effort to select nutritious foods.

Concerned about the condition of your skin? Foods with vitamin A help you to have healthy skin.

Concerned about the condition of your hair? Foods high in protein can be a big help.

What about your teeth? Calcium for teeth as well as strong bones.

Energy? Select foods for their protein and carbohydrate values.

There's such a variety of food that can help you keep fit that I could fill this page listing foods, their nutritional value, serving sizes and serving suggestions. But, to be brief, let me just say plan your three meals a day to include servings from each of the basic four groups of food:

• BREAD & CEREAL GROUP — All breads and cereals that are whole grain, enriched or restored, including grits, macaroni, spaghetti and rice.

• MEAT GROUP — This category is incorrectly named because this group includes eggs, dry beans, dry peas, nuts and peanut butter as well as beef, veal, lamb, pork, chicken, fish and the variety meats that I like—liver, heart and kidney.

• MILK GROUP—Milk, all kinds of cheese and even ice

without results is considered a candidate for study.

Difficulty in having children may take several forms: difficulty in achieving pregnancy, repeated miscarriages or stillbirths—all are included in this general category. Fairly often, couples may have one child and experience difficulty bringing another into the world.

I suggest that you and your husband make an appointment to see any infertility specialist/gynecologist. Remember, most problems of infertility can be helped.

For a free booklet on Fertility Tests and Treatments, write: Mrs. Gloria Riggbee, 214 Cameron Avenue, Chapel Hill, North Carolina 27514.

Patience Best Policy In Growing Shade Tree

It is possible to plant trees and have shade in a couple of years, but this will require having large trees planted by specialists. It will be expensive.

Patience is the best policy, according to North Carolina State University extension forester Fred Whitfield.

He suggests using trees small enough to be planted by hand. These can be obtained from local nurseries who have vigorous, healthy plants.

If you buy cheap trees from nationwide advertisements, you run the risk of being disappointed. Although the advertised specials may be illustrated by pictures of large, perfectly formed trees, what you may get if you order could be a mere switch. In addition, it may not be a species that is suited to your local area.

For example, a distant nursery recently advertised Lombardy poplars, weeping willow, silver maple and Scotch pine as some of its bargains. All of these, Whitfield pointed out, have serious problems in North Carolina and shouldn't be considered as a permanent ornamental tree.

Here are a few trees that have proven to be satisfactory around North Carolina for many years.

River birch (*Betula nigra*) is the only birch

species growing at low elevation in the south. It is found naturally on banks of streams in North Carolina but it does well on drier sites. It has been overlooked in the past as an ornamental tree but it is gaining favor as an excellent shade tree. Sweet birch (*Betula lenta*) and yellow birch (*Betula alleghaniensis*) are native in the mountains but they should not be expected to thrive in other areas of the state.

Bald cypress (*Taxodium distichum*) is a tree usually found in swamps but it reaches its best development on deep moist sandy loams with good drainage. It grows rapidly on good sites from the coastal plain to the mountains.

Willow oak (*Quercus phellos*) is a fast-growing tree that does best in the eastern half of the state on loamy soils. It does not do as well on heavy clay soils.

American sycamore (*Platanus occidentalis*) can be used almost anywhere in North Carolina except on dry sandy soils. It will withstand temporary flooding with no apparent damage. Not many trees in North Carolina will grow faster than sycamore.

Sweetgum (*Liquidambar styraciflua*) is very tolerant of different soils but it thrives on moist clay and loam soils of river bottoms.

Red maple (*Acer*

rubrum) is a fast-growing tree that is relatively short-lived. It grows on a wide variety of sites but it is slow to heal after injury. Hence, you may notice older neighborhood trees having hollow trunks.

Yellow-poplar (*Liriodendron tulipifera*) is a fast-growing tree with exacting soil requirements. It usually occurs in nature where soils are moderately moist, well-drained, and loose-textured.

Green ash (*Fraxinus pennsylvanica*) is a tree found naturally on bottom lands, but it also thrives on moist upland soils all over North Carolina. It grows rather rapidly and makes an excellent shade tree.

White ash (*Fraxinus americana*) is another fine shade tree but is more exacting in its soil requirements than green ash. It should not be planted in extreme eastern part of the state. It does not occur nat-

urally in bottoms but it will withstand temporary flooding.

HIDDEN TRAP

Cutting protein food costs with dishes such as lasagne is great, but beware of a hidden trap. If you use a recipe calling for several expensive cheeses, as well as ground meat and cottage cheese, you may end up spending more per serving. The same holds true for recipes that call for low-cost meats, but add expensive sauces or sour cream.

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By the way...

by Joe Black



An important Black woman, for whom I have great respect, said something a few days ago that got me thinking.

What she said was, "Women weren't created to walk behind their men, or ahead, but side by side." And I thought, how many of our women walk that way? How many are into their responsibilities as a woman? Their commitment to the stability of the Black family unit?

True, the fires of romance may begin to burn low. But that needn't cool the glow of caring, sharing, and growing together. Especially when children can learn from the love and guidance of both parents.

When a woman walks side by side with her man, she makes him neither slave nor competitor. But rather, her companion. Someone to encourage to take his place as head of the family. Someone to provide the affection both she and her children need.

If we could attune ourselves to these notions, perhaps more Black men would feel the great dignity of being a good husband and father, instead of just someone around the house to help out with the bills.

I remember reading something once that said, "If you want him to be more of a man, try being more of a woman."

Might be worth a try.

Joe Black
Vice President
The Greyhound Corporation

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