

Happiness Through Health

by Otto McClarrin



VIRAL INFECTIONS CONNECTED WITH ASTHMA

Viral infections play a significant role in triggering asthma attacks in young children, a research pediatrician said recently in the first public report that something other than allergic response is involved in the disease.

"It's not all allergy," said Dr. Elliot F. Ellis of the State University of New York at Buffalo. "A large proportion of attacks of asthma during early life can be seen clearly related to a viral infection."

"In many kids, you can relate the first asthma attacks to a viral respiratory infection like flu," Ellis said. "In some way, the virus has done something to them."

The findings, developed the last five years, were reported by Dr. Ellis at a science writers' seminar

recently in conjunction with a meeting of the American Congress of Allergy and Immunology, held in New York City.

The findings were called an important advance in basic understanding of asthma and are expected to have a major impact on the future treatment of the disease, which affects nine million Americans. Widespread practice involves desensitization shots for asthmatics.

Underlying the reaction to the virus is the belief that the asthmatic has a basic genetic defect involving bronchial tubes are airways in the lungs. Dr. Ellis said the viral infection has been clearly related to the asthma onset and the worsening of existing asthma in children aged one to five, particularly those two or three.

Viral infections also have been found to be related to "late onset" asthma in persons 40 to 50, such as menopausal women who

Your Body Can Warn You Of An Impending Stroke

If someone should tell you that your body talks to you, and, for instance, can warn you of an impending stroke, what would be your reaction? We don't think it

develop a flu-like illness. If a strong family relationship is found, search will begin for distinguishing traits of cancer-prone families.

Dr. Warner hopes to find a relationship between certain genetic markers, such as fingerprints, and cancer, and use them to identify high risk individuals within families.

"If a family at risk can be identified, then it might be possible to identify individuals within that family who have traits corresponding to genes which might predispose them to cancer," he continued.

"By identifying these people early, we can expose them to unusual detection efforts that would be cost-prohibitive to carry out for the entire population. With such thorough testing, we should be able to identify many lesions before they become malignant."

"We can also improve cancer prevention by counseling these people on environmental dangers, such as poor diet and smoking, which may trigger the start of cancer."

Medical researchers are using the genealogy records of the Mormon Church in a search for the genetic roots of cancer and other diseases. As a first step, scientists at the LDS hospital and the University of Utah Medical Center are putting family histories into a computer.

Dr. Mark Sklnick, the population geneticist heading the team, said it will be year before researchers are ready to compare the genealogy of 250,000 Mormon families with medical records to test several genetic hypotheses about disease.

Their research could help in the early detection and prevention of cancer and other diseases, said Dr. Homer Warner of the University's medical biophysics and computing department.

The research is funded by a National Cancer Institute grant. It first will try to determine whether cancer runs in families.

odd that our body signals when it needs nourishment or rest, yet we tend to discount or ignore many other signs of body language, including the advance signals of stroke.

Stroke is perhaps the least understood of the diseases and conditions of the body, yet it is the third leading cause of death in this country. It strikes twice the number of people that it kills, leaving many disabled. What exactly happens in a stroke and how does the body warn of the dangers? Stroke is the result of an interruption of the blood supply to a portion of the brain. If the oxygen rich blood is cut off long enough, the cells in the affected portion of the brain die. Different areas of the brain control different functions and different areas of the body. How much of the body is affected by a stroke is dependent on how many brain cells have died and in which areas of the brain. There can be a total paralysis or simply a minor weakness of a limb.

The general impression is that stroke is a disease of the aged. Age is a factor, yet almost forty per cent of strokes occur in people under the age of sixty-five.

There is a pamphlet entitled "Body Language" which is available from the North Carolina Heart Association. It is free to anyone who writes to request it. In "Body Language" there are descriptions of the signals which the body sends that can warn of a possible stroke. Some of these are: a sudden, temporary numbness of the face or limbs, particularly on one side of the body; a temporary, sudden episode of double vision or sudden, temporary dimness or loss of vision, particularly in one eye. It can be also unexplained headaches or a change in the pattern of headaches, or it can be a recent personality change that is unexplainable.

It is important that attention be paid to the signals our bodies send us. Most of us don't want to be hypochondriacs, rushing to the doctor at every headache. Yet we should stop to ask ourselves "Is this really a change from what I normally feel? Is it sudden, temporary and is it a signal to 'head'?" Only a physician can interpret these signals and conduct examinations for more positive determination. If he is made aware of the symptoms in time, much more can be done to prevent a complete stroke with today's diagnostic techniques and modern treatment.

Everyone should be more aware of the danger signals of stroke and learn to listen to his body. The pamphlet, "Body Language," is something to keep for referral; for a free copy, write to: North Carolina Heart Association, 1 Heart Circle, Chapel Hill, N. C. 27514.

Miss Carol E. Thorpe is Bride Of Jeffrey Taylor on Saturday

Miss Carol Elizabeth Thorpe, daughter of Rev. and Mrs. William Thorpe of Durham, became the bride of Jeffrey Taylor of Washington, D. C., on Saturday, April 9 at St. John Baptist Church. Rev. L. M. Gooch was the officiating minister. Music was by Owen Marsh, organist and Miss Joyce Ann McClamb.

The bride, given in marriage by her father, wore a gown of silk brocade, elegantly designed with high neckline and fitted bodice, of princess lines, outlined with seed pearls to the waistline and sweeping into a cathedral train.

The long fitted sleeves had a cardinal overdrape that flowed softly to the wristline, lending an air of elegance and simplicity to the beautiful ensemble. The bride's veil was bordered with a wide band of re-embroidered alencon lace framing a lovely picture of the bride. She carried a white Bible accented with daisies and white roses.

Miss Donna Waldron of Landover, Md., was Maid of Honor. Mrs. Harriett Heywood, aunt of the bride, of East Orange, N. J. was Matron of Honor. Bridesmaids were: Miss Wanda Hamilton, Mrs. La-Wanda Lyons, Miss Deborah Kinston, Miss Gloria Taylor and Miss Ann Holden, cousins of the bride.

Andra Taylor, brother of the groom, of District Heights, Md., was best man. Ushers were Leon Cosby, Anthony Taylor, cousin of the groom; Morris Thorpe, Anthony Thorpe, Arviet Thorpe, and



MRS. JEFFREY TAYLOR

Kenneth Lyons. Misses Krystal Marsh of Silver Spring, Md., and Cynthia Brown, Durham, were flower girls. Timothy McClamb was ringbearer.

A reception following the wedding was held at the Craftsman's Lounge. Mrs. Taylor is a graduate of Winston-Salem State University and the University of the District of Columbia. She is currently employed in the D. C. Public School System.

Mr. Taylor, the son of the late Ms. Bernice Taylor and Phillip Coley of Washington is in the U. S. Army, stationed at Fort Mead, Md.

The newlyweds plan to make their home in Frankfurt, Germany.

Mrs. Baines Is State Board Appointee

Ruth Baines, Acting Chairman of the Department Allied Health Resources, has been appointed to the State Board of Physical Therapy by Commissioner Ewald Nyquist in New York. Formerly a faculty member of the Physical Therapy Department of New York University, Miss Baines joined the faculty of the School of Allied Health Profession in 1974. She serves on the National Physical Therapy Association as a member of the Reference Committee.



The State Board of Physical Therapy consists of eight licensed Physical Therapists appointed by the Board of Regents on the recommendations of the Commissioner of Education for the purpose of assisting the Board of Regents and the Education Department on matters of professional licensing, practice and conduct. The duties of the Board include: selecting or preparing licensing examina-

tions; assisting the Education Department in other licensing matters; and conducting disciplinary proceedings and assisting in other professional conduct matters.

FAYETTEVILLE HAPPENINGS

By Mrs. T. H. Kinney

Happy birthday to Mrs. Laura H. Blue, Raymond Hayes, Robert Price, Miss Sherry Hodges, from relatives and friends.

Congratulations to Dr. C. R. Edwards as he was sworn in Thursday past to fill a vacant seat on the State Board of Education.

Dr. Helen G. Edmonds, distinguished professor of history at North Carolina Central University along with Dr. Dorothy A. Gay, visiting assistant professor of American history at North Carolina State University were heard recently at Methodist College. The forum was entitled "The Changing Role of Women."

Thousands enjoyed the Easter Services all over the city. I especially enjoyed the 6:30 a.m. service which was held in Cross Creek Park. Speaker for this service was Dr. A. A. Markely III, who spoke on "The New Jerusalem" and Dr. C. R. Edwards gave the benediction. Those who were desirous were served coffee and donuts following the service at the fellowship hall of the First Presbyterian Church, city. This service was sponsored by all of the ministers of the downtown churches.

Council IV, Blue Ridge Region, International Toastmistress Clubs, will conduct its quarterly training meeting and annual speech contest on April 16 at the Washington-Duke Motor Inn in Durham. Mrs. Mary Barber is the keynote speaker. Members from Fayetteville, Fort Bragg, Raleigh and Durham will participate also.

Students from Horace Jr. High School and E. E. Smith Sr. High School toured the Nation's capital for a week. The group did something special. They placed a wreath on the grave of an Unknown Soldier in memory of their deceased principal, James Maak who died recently.

Let's observe National Library Week every day, but do something special during the week of April 17-23.

Miss Rhonda Anderson, daughter of Mr. and Mrs. Eli Anderson, Rosehill Rd. became Miss Rhorer of Sigma Gamma Rho Sorority recently. Congratulations Rhonda! Others in the circle included Evette Davis, Janet Pierce, Angela Pierce, and Sharon Washington.

Throughout the week past, Theodore and Thelma Hodges Kinney celebrated a floating tenth wedding anniversary, by dining in and out, accepting visits, calls, gifts, flowers and mail. The refreshment table was covered with a white lace table cloth and centered with an arrangement of home-grown mixed flowers.

Mrs. Kinney received a beautiful corsage and a lovely yellow basket arrangement for her home.

Funeral services for Mrs. Alberta Hughes Williams, 74, 107 Chloe Drive, were held Saturday past at 3 p.m. Sincere sympathy is extended to her daughter, Mrs. Dorothy Bish, one sister, Mrs. Maggie Dixon, three nieces, Mrs. Nina & Willie Mae Rhodes and Miss Evelyn Purdie of Durham.

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2	7,000	1 in 975	1 in 75	1 in 27
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INFOGRAMS

By Mary J. Whitmore, Home Economist

MAKE YOUR OWN SNACK CRACKERS

Boxes and boxes of snack crackers on the grocery shelf add up to a lot of money - but very little to eat. So you might want to make your own snack crackers. Here are few suggestions:

Take a box of ordinary soda crackers and separate into squares on a cookie sheet. Brush either with melted margarine, melted butter or slightly diluted egg white.

Top with seasoned salt, poppy seeds, sesame seeds, parmesan cheese or any other flavoring you especially like. Toast until slightly brown in a 400 degree oven.

You can make other shapes by using refrigerator biscuits that come in a tube, the kind that cost about 10 cents a tube. Cut each biscuit into four pieces, roll into a ball or into a bread stick and tie in a knot. Then coat with either margarine or egg white, and top with seeds or seasonings. Sesame or poppy seeds, garlic salt or vegetable flakes are some toppings to try.

Another easy bread stick is made by cutting strips of bread, then dipping in melted margarine or butter. Put on any desired topping, and toast in the oven, turning once to brown on both sides.

Not only are these snack crackers great for guests - but they make inexpensive treats for your family all year long.