

Speaking of YOUR HEALTH...

By LESTER L. COLEMAN, M.D.

That 'Ugh' Upon The Sea

I ENJOY a sea voyage but dread the fact that I get seasick so easily.

Is it possible to prevent permanently this spoiler of sea travel?

Mr. T. P. W., N.Y.
Dear Mr. W.: Welcome to the club! There have been times when I have had queasy feelings simply by looking at an attractive advertisement of a sea cruise.

Motion sickness on the sea or in the air, in a train or in an automobile, is a highly complex physiological mechanism. The interplay of nerves between the center of balance in the inner ear and the vomiting center in the brain is responsible for that dreadful sensation that results.

Rotational movements of the body can cause these sensations to a greater degree in some people than in others. The exact reason why some people are totally insensitive and can withstand a rough sea is not completely understood.

I am sure that those people who have experienced severe motion sickness are emotionally upset by an anticipated voyage. Emotions play a role in motion sickness but are not the basic cause.

A great many drugs are available to reduce seasickness. One of the mistakes made by travelers is to take the drug only when the sea becomes rough.

I have found that I fare better if I take an anti-seasickness drug about one hour before I board a ship. I then continue to take small doses at regular intervals, whether I need them or not.

This builds up a level in my blood which actually keeps me comfortable throughout the entire voyage. If the sea gets particularly rough, I take an additional dose.

It must be remembered that drugs for motion sickness have a tendency to make people drowsy. They should be used with great care if alertness is essential to safety.

My 14-year-old daughter has toxoplasmosis which has affected the optic nerve. Our concern is great and we would like to know more about this condition.

Mrs. M. L. S., Ind.
Dear Mrs. S.: Toxoplasmosis is an unusual infection by a small parasite. These parasites are known as protozoa, small one-celled organisms. Some related types cause malaria, sleeping sickness, and other unusual diseases.

How the human acquires the infection is not exactly known, but it is suspected undercooked rabbit or pork may be a possibility.

Sometimes children are born with this condition, the parasite being transmitted from the mother.

The diagnosis of toxoplasmosis is made by actually finding the parasite in body fluids and body tissues and by specialized blood and antibody tests.

Intensive treatment with the sulfa drugs and with cortisone has brought greater promise for cure than heretofore.

Dr. Lester Coleman has a special eye-care booklet available for readers of this column called, "What You Should Know About Glaucoma and Cataracts."

For your copy, send 25 cents in coin and a large, self-addressed stamped envelope to Lester L. Coleman, M.D., in care of this newspaper. Please mention the booklet by title.

Colonial Stores Reports Record Sales, Earnings

Colonial Stores Incorporated, 435-store Atlanta based retail food chain, today reported record sales of \$531,919,111 for the first 40 weeks of 1971 and earnings of \$7,060,860, also a record.

Ernest F. Boyce, president, said sales for the 40 weeks which ended October 9, 1971, were 5.2 percent ahead of the \$505,532,915 recorded in the same period of 1970. Earnings were 15.4 percent ahead of the \$6,116,445 for the initial 40 weeks of 1970.

Sales in food stores alone were up 7 percent. Mr. Boyce attributed the drop in other areas principally to the disposal by Colonial of its Galaxy Drug stores in late September of 1970. Earnings per share of common stock for the 40 weeks in 1971 were \$2.46 vs. \$2.14 in the same period of 1970, based on 2,852,131 shares outstanding in 1971 and 2,834,716 in 1970.

Mr. Boyce said sales in the 16-week third quarter, which ended October 9, 1971, were \$214,804,777, an increase of 4.6 percent over the \$205,319,311 in the same weeks of 1970, and a new record. Earnings of \$2,991,631, or \$1.04 per share, also a new record, were 18.7 percent ahead of the \$2,519,791, or 88 cents per share, in the third quarter of 1970.

Mr. Boyce said prospects for the remaining 12 weeks of 1971 are good, and "it is anticipated that both sales and earnings for the year will establish new records."

ONE MINUTE SPORTS QUIZ
1. What was the score of the 5th World Series game?
2. What was the score of the 1970 Colorado-Oklahoma football game?
3. In what sport is Dave Bing famous?
4. Who won the recent Davis Cup match between the U. S. and Romania?
5. How many teams have lost the first two games and then won the World Series?

Answers to Sports Quiz
1. 4-0 Pittsburgh over Baltimore.
2. 23-15, Oklahoma.
3. Pro basketball.
4. The U. S. team.
5. Five.

Decorated Marshmallows
Decorate fresh marshmallows with owls, bats, pumpkin faces and black cats, using a very fine paint brush dipped in melted chocolate. The chocolate should be rather thick. Let decorated marshmallows dry thoroughly.

The Washington Way Of

In 1867 the United States purchased the Alaskan territory from Russia at a cost of \$7.2 million. It was known at that time as the then Secretary of State "Seward's Folly."

Last Wednesday, the House by a vote of 334 to 63 approved a bill to give the Alaskan natives 40 million acres of land and \$925 million as their "rightful share of the State." The claim involves only 55,000 natives; this comes to approximately \$17,000 for each man, woman and child in addition to the 40 million acres.

Household Employer Required To Pay Social Security

Are you an employer? If you have a maid, cleaning woman, gardener, handyman, a babysitter, or about your home, you are an employer. As a household, you are required to pay social security contributions on wages of \$50.00 or more earned in a calendar quarter by the person working in and about your home. This contribution must be paid to IRS before the end of the month after the end of the calendar quarter. You are also required to give your employee a yearly statement of the total wages paid during the year and the total amount of contribution deducted from the employee's wages.

It is important that you report all earnings \$50.00 or more for all household employees. Your report may help your employee become entitled to social security monthly benefits and Medicare benefits. This is your responsibility as an employer. If you have any questions, please call your social security office, at 330-3931.

The short-waisted dress gives girls a longer look and for that reason short women, who like to appear taller than they are, favor the empire styles.

those that have been settled have been through judicial proceedings, with each case standing on its own merit.

In other House action, a spirited debate occurred during the consideration of the Conference Report on the 1972 Military Procurement Authorization. The Senate had added to the House bill the Mansfield Amendment which sets a definite withdrawal date from Vietnam. So the question before the House was to agree with the Senate language or reject it. Again I voted unsuccessfully for the Mansfield Amendment; and as a result of this the House Conferees will go back into negotiations uninstructed on this very important subject.

The House also approved the Ports and Waterways Safety Act of 1971, which among other things, does the following: 1 - authorizes the Coast Guard to establish, operate and maintain vessel traffic services and systems for ports, harbors, and other waters subject to congested traffic; and 2 - authorizes the Coast Guard to require vessels which operate in an area of vessel traffic system or service, to utilize or comply with that service or system, including the carrying or installation of electronic or other devices necessary for the use of the service or system. This is an effort to avoid costly damages to bridges and other waterway structures which have occurred all too frequently in the past.

Also passed by the House was the Survivor Benefit Plan for Members of the Armed Forces in retirement. The bill establishes a survivor benefit program for retired military personnel which supplements the survivorship benefits of Social Security and which provides for all career members of the Armed Forces an opportunity to leave a portion of their retired pay to their survivors at a reasonable cost. The bill also, 1 - provides a program of minimum income guarantee for present military widows to assure an income of at least \$2,000 per year; 2 - provides for the attachment of up to 50 per cent of military retired pay or retainer pay to comply with the order of a court of competent jurisdiction in favor of a spouse, former spouse or children.

Perquimans County ASCS News

1972 FEED GRAIN PROGRAM ANNOUNCED

Secretary of Agriculture Clifford M. Hardin announced October 18, 1971, a feed grain program for 1972 designed to

increase farm income and reduce carry-over stocks.

The new program raises the feed grain set-aside to 25 percent of the base (20 per cent this year), boosts set-aside payments (40 cents per bushel for corn from 32 cents this year), brings barley into the feed grain program, adjusts loan levels for grain sorghum and barley (consistent with the feeding value of corn), extends farm-stored grain resale provisions, and offers farmers two new options to set aside additional acreage beyond the minimum qualifying 25 per cent.

The program is designed to achieve a feed grain set-aside of at least 38 million acres in 1972 compared with 18.2 million acres this year.

The new program continues corn loan levels at \$1.68 (No. 2 basis) and the guarantee at \$1.35 per bushel. The soybean loan level will be maintained at \$2.25 per bushel.

The feed grain program will work this way:

1. During sign-up, starting January 17, a farmer can decide whether to set aside a minimum 25 percent of his feed grain base acreage to qualify for loans and payments.

Loans will be \$1.00 per bushel for corn (No. 2 basis), the same as in 1971; \$1.70 per bushel for grain sorghum (\$1.70 in 1971); 65 cents per bushel for barley (61 cents in 1971); and 54 cents and 80 cents per bushel, respectively, for oats and rye (the same as in 1971).

Set-aside payments will be 40 cents per bushel for corn, 33 cents per bushel for barley, and 38 cents per bushel for grain sorghum. These are paid on the established farm yield times one-half the barley, corn, or grain sorghum base. Payments in 1972 will again be made to farmers as soon as possible after July 1.

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97 State Counties Represented At UNC-G

Ninety-seven of North Carolina's 100 counties are represented by the 6,983 students enrolled this fall at the University of North Carolina at Greensboro. Only Craven, Currituck and Tyrrell counties are missing.

Among the undergraduate and graduate students attending UNC-G this fall are four students from Perquimans County.

They are Angela S. Baker, Mary S. Harrell, Dianne M. Layden and Georgia Stallings. The 6,983 students constitute a record enrollment for UNC-G, and represents a 4.1 percent increase over last fall's 6,703 total.

The enrollment figures released recently by Chancellor James S. Ferguson show that

male students are attending UNC-G in greater numbers than ever before. The roll now lists an even 1,700 men in both undergraduate and graduate studies. This amounts to a 19.6 percent increase over last fall's male enrollment and means that men now comprise approximately 25 per cent of the total student enrollment on the Greensboro campus. UNC-G, formerly Woman's College of the University of North Carolina, became co-educational in the fall of 1964.

TAYLOR THEATRE
Edenton, N. C.

Wednesday & Thursday
Oct. 27-28—Rating (R)

ROCK HUDSON IN
"Pretty Maids All In A Row"

Friday & Saturday, Oct. 29-30
Double Feature Horror Show (GP)

"Cauldron Of Blood"
AND
"Crucible Of Horror"

Sunday, Monday & Tuesday
Oct. 31—Nov. 1-2—Rating (R)

All Star Cast IN
"Chain Gang Women"

Coming Nov. 3-4-5-6—(GP)

JIM McMULLAN IN
"The Windsplitter"

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