

Extension Forum:

Hazards Of Overuse Of Vitamin D

By MRS. M.B. TAYLOR, Home Economics Extension Agent

The following statement was issued in November, 1974 by the Food and Nutrition Board, National Research Council-National Academy of Sciences.

An excess intake of vitamin D can result in serious toxicity. Vitamin D is stored in the fatty tissues of the body and is present in the circulating plasma. Because vitamin D promotes absorption of calcium from the intestine, a large excess of stored vitamin D can cause excessive quantities of calcium in the blood (hypercalcemia) persisting for months after intake of vitamin D has been discontinued. Chronic hypercalcemia causes calcification of soft tissues with particularly serious injury to the kidney; associated general symptoms are weakness, lethargy, anorexia, and constipation. The sensitivity of individuals to an excess of vitamin D is quite variable so that it is not possible to state the minimal toxic dose. Overuse of vitamin D in England and the European continent during the 1940's and 1950's is thought to be the cause of a serious disorder of infancy called "idiopathic hypercalcemia" that was seen with unusual frequency in that period. Following reduction of vitamin D intake to levels approximating those considered adequate in this country, "idiopathic hypercalcemia" has become quite rare.

Vitamin D is an unusual nutrient in that its major natural source is not food, but rather the 7-dehydrocholesterol in the skin, which is converted to vitamin D by the short wave ultraviolet component of sunshine. The usual foods of infants, including breast milk, contain little vitamin

D. Without exposure to sunshine or fortification of the diet with vitamin D, Vitamin D deficiency results in infants. In some industrial cities of the temperate zones, infants may not receive sufficient exposure to ultraviolet light because of the combination of climate conditions and atmospheric smog. Smog absorbs most of the sun's short wave ultraviolet light radiation even on sunny days. For this reason, rickets, the disease resulting from defective mineralization of bone due to lack of vitamin D, was once extremely common to infants and children in northern Europe and the United States. Because of the widespread use of vitamin D-fortified milk and infant feeding preparations, rickets has become an exceedingly rare disease in this country.

The vitamin D requirement of infants during the rapid growing period of the first six months of life, can be, and has been, accurately determined. In this age period, a daily intake of 400 I.U. vitamin D is adequate with an ample margin of safety for normal biologic variation. For most infants, 100 I.U. per day in milk would probably suffice. Vitamin D is also required by older children and adults but determination of the true requirement beyond infancy is extremely difficult, and it has been assumed that a daily intake of 400 I.U. meets the needs beyond infancy as well. This seems justified by our present experience. In the adult, the poor mineralization of bone resulting from vitamin D deficiency is termed osteomalacia. Nutritional osteomalacia due to lack of vitamin D has been described particularly in elderly patients on highly restricted diets estimated to provide less than 100 I.U. vitamin D per day. The

normal child, the adult, and the pregnant or lactating woman do not require more than 400 I.U. vitamin D per day. These normal requirements are met by exposure to sunshine and consumption of such foods as vitamin D-fortified milk, egg yolk, and fish, such as salmon, sardines, herring, and tuna. The use of vitamin D concentrates is necessary for breast-fed infants and infants on non-fortified milk but is rarely required for the proper vitamin D nutrition of other infants, children, or adults.

RETURN HOME

Mrs. J.B. Lipscomb Jr. of Richmond, Va. & Mrs. T.N. Ferrell of Huntsville, Alabama have returned home after visiting with their brother & family, Mr. & Mrs. Wilbur Lamb.

Jobless Rate High

The relative success of Vietnam-era veterans in finding jobs after military separation not only continues to lag behind more identifiable groups, but the gap between them is steadily increasing.

The apparent advantages that veterans should have in finding jobs do not seem to be as effective as anticipated, particularly during the long recession that we are experiencing. Despite employment assistance programs such as Jobs for Veterans advertising campaigns, a 48-hour application lead time for jobs listed with the state employment services, foreign and domestic job fairs, plus a host of other veteran aid programs, veteran unemployment rates are still climbing.

Despite the plus factors veterans have going for them, young veterans suffer an alarming jobless rate. The irony of it is that employers seem to prefer to hire veterans.

With all these apparent plus factors going for them,

one would think that veterans rank low on the unemployment scale; yet the opposite prevails. There does not seem to be any outstanding reason why this should be so. It may be that with all the apparent advantages, veterans find themselves unable to find work commensurate with their skills and abilities at a time when even long-term employees have been laid off. Thus they are left with only menial, low skill jobs for which they may be overqualified and therefore reject or get rejected by employers.

As the economy recovers, and some favorable signs are now appearing, veterans should find themselves in a much better position in the job market. Certainly both veterans and their communities will benefit when it finally happens.

Veterans seeking employment should visit the Veterans Employment Representative at the local employment office located at 709 N. Broad Street, Edenton.

Looking Backward

AUGUST, 1957

By VIRGINIA WHITE TRANSEAU
REV. R.S. MONDS TO FILL BAPTIST CHURCH AWAITING NEW MAN: Rev. R.S. Monds preached to good congregation at the Hertford Baptist Church on Sunday morning and evening. Services will be continued regularly at this church which is temporarily without a pastor since the resignation of the Rev. D.S. Dempsey. Mr. Monds who lives in Hertford and who is very popular with Hertford folks, has been requested to supply the pulpit at both the morning and evening services while the church is without a preacher. All the junior organizations of the W.M.U. held their regular monthly meeting on Monday night at the church. Mrs. I.A. Ward presided in the absence of the leader Mrs. E.W. Mayes. The W.M.U. will hold its regular meeting on August 9th at 8 o'clock at the church with Mrs. I.A. Ward, the president, presiding. Circle No. 1, with Mrs. J.J. Fleetwood, the leader will have charge of the program.

PERQUIMANS: As the summer lengthens and the days continue warm, Hertford folks take more and more pleasure in river sports and the beautiful Perquimans River, which winds around the Town of Hertford and broadens out as it turns eastward toward the Sound, it is the most popular place of entertainment. House parties are being held at Camp Perquimans, the attractive camp in Old Neck, and small boats of every description play up and down the river. Leaving the waters of the Perquimans for a cruise to Morehead in the beautiful yacht of Dr. C.A. Davenport, a party of Hertford men went out on Sunday morning. In the party are Clyde McCallum, R.M. Riddick, J.S. Vick, and Dr. Davenport. On Wednesday Mr. and Mrs. J.E. Winslow and Mrs. Davenport motored down to Morehead to join the party

for a fishing trip, returning home on Thursday. At Camp Perquimans last week there was a group of young people. This week Mrs. Herman Winslow is chaperoning a house party composed of the following: Ruth Winslow, Florence Darden and her guest, Janet Jackson, of Richmond, Va.; Margurite Ward, Alice Roberson, and her guest Katherine Spivey, of Petersburg, Va.; Hattie Pearl Nowell, Watt Winslow, Zach Harris, Paul Tucker, Mack White and Bill Cox.

BIRTH ANNOUNCEMENT: Born to Mr. and Mrs. Noah Felton at the home of Mrs. Fred Winslow in Winfall, Sunday a son. Mother and son are doing nicely.

TWO HERTFORD BOYS ENROLL AT LOUISBURG: Several of the more than 200 students who have already enrolled at Louisburg College for the coming year are from Hertford.

Charles Woodard's

PHARMACY NEWS

Allergic To Stings? Get ID Jewelry

Each year insect stings kill more Americans than snake bites. Another 2,000 victims are allergic enough to require medical attention.

If you've ever had medical treatment for one serious allergic reaction - which may have included generalized itching, chest tightness, nausea, dizziness, abdominal pain and unconsciousness - then I'd suggest that you pick up an allergy identifying (ID) bracelet or necklace at our Poison Prevention Display along with a First-Aid or Bee-Sting Kit. Also, you might wish to consult your Doctor about having a series of shots designed to de-sensitize



poisonous stings. And remember: Never startle or antagonize stinging insects. Worst offenders are honeybees, bumblebees, wasps, yellow jackets and hornets. Their angry retaliation could be more than you bargained for! Bring Your Next Prescription To Us After You See Your Doctor. Our Service Is Unbeatable!

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Woodard's Pharmacy
Dial 426-5527 Hertford, N.C.



THEIR AGES TOTAL 775 YEARS — On last Tuesday there was a treat for 10 senior citizens from the New Hope Rest Haven, Hertford, who spent the day at Nags Head as luncheon guests of Mrs. Carson Stallings, and her daughter, Mrs. Jones, who operates the rest home. The youngest was 69 and the oldest 89. The group includes Mrs. Nina McCotter, Mrs. Enie Trueblood, Mrs. Willie Stafford, Mrs. Viola Roach, Miss Ida Stallings, Miss Elizabeth Jetmore, Mrs. Naomi Williams, Mrs. Sallie Stallings, Mrs. Sybil Winslow, Mrs. Alethia Small; and, their ages totaled 775 years. (Aycock Brown Photo)

BACK HOME

Ms. Cynthia D. Norman has returned home after visiting points of interest in Pennsylvania, West Virginia, Washington, D.C. and Virginia. She was a guest of Mr. & Mrs. Fred Yates of Woodbridge, Va. Mrs. Yates is the former Shirley Wiggins of Winfall, N.C.

ON VACATION

Jack Phillips and family of Hertford are on vacation in Florida.

HONORED

Mrs. Ray-Fesperman was honored on Sunday at a party celebrating her birthday at her home on Sunset Drive.

Guests attending the event included Mr. and Mrs. James Allen and son of Wilmington; Mr. and Mrs. Tommy Bustle of Statesville; and Mrs. Joan Chappell and son, Doug, Jr., of Hertford.



FILL 'ER UP, SIR? — This old tiny service station has probably heard those words countless times, but now is merely a reminder of days when gas sold for less than 30 cents per gallon. The picturesque site is located on rural paved road 1330 about 3.5 miles past the New Hope Community. (Newbern photo)

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