

WOMEN'S HEALTH

By ELIZABETH STEWART
Women's Medical News Service
 An old saw maintains that the only certainties we all face are death and taxes. Now a third can be added for many of us: Overweight.

According to some estimates, about 25,000,000 Americans — more than one in eight of us — are overweight. We weigh between 10 and 20 percent more than is healthy.

Apart from being an aesthetic problem, overweight can lead to serious medical problems. Heart trouble, high blood pressure, hardening of the arteries, diabetes — all seem to be related in

some way to overweight, although scientists are not certain why.

According to Dr. Michael H. K. Irwin, Medical Officer of the United Nations and author of a Public Affairs pamphlet on overweight, people who are overweight may have a shorter life span than those their age who are not. The mortality rate, he says, is 8 percent higher for a middle-aged person 10 pounds above normal weight for his height, 18 percent higher if he is 20 pounds overweight.

If you want to remain a long-stemmed American beauty—and live longer—watch your weight.

Eat sensibly, exercise, and if you gain weight for no apparent cause, see your doctor.

A study of the relationship between the rate at which infants suck pacifiers and the rate at which their hearts beat has been made by Dr. John J. Boehm of Lexington, Ky. Dr. Boehm studied the sucking rate of 30 babies ranging in age from a few days to two months. He found that many infants suck in exact time with the beat of their hearts!

President Johnson made an 18-word promise in his State of the Union message that was heard around the world—in many places with thankfulness. The promise: "I will seek new ways to use our knowledge to help deal with the

explosion in world population..." Commenting on the President's statement, Dr. Alan F. Guttmacher, one of the nation's most distinguished obstetricians, and head of Planned Parenthood, said: "We have the knowledge and the means to help ensure that the world we bequeath to our children and grandchildren will be a better place to live, a world in which every child will be wanted—and will therefore be well-born. Family planning is the key!"

Most of us think of syphilis as exclusively an adult's disease but, alas, it is not. Adults can and do pass it on to infants at an alarming rate. Between 1959 and 1963 syphilis among the newborn-to-one year age group jumped nearly 180 percent, according to the U.S. Public Health Service Communicable Disease Center, reflecting the rise in syphilis in the adult population.

To protect babies and mothers, Dr. William J. Brown, director of the center's Venereal Disease Branch, urges the following:

—All pregnant women should be blood tested for the disease both early and late in pregnancy so prompt treatment can be started if necessary. Treatment during the first 18 weeks of pregnancy will prevent infection of the baby. Proper treatment even later may cure the baby although it can't prevent possible damage to bones and teeth.

—Careful examination of babies whose mothers have had no prenatal care or who gave birth without medical attention.

—Reporting by private physicians of all cases so that these can be treated and followed up.

If there is even the slightest suspicion that the disease has been contracted, see a doctor promptly. You'll save yourself—and your child—a lifetime of heartache.

Lime Now For Fall Pasture

H. R. Clapp, county extension chairman, says about six months are needed for lime to dissolve in the soil. Therefore, fields to be used for hay and pasture should be limed now so they will be ready for seeding this fall.

Mr. Clapp further states that lime well mixed with the soil reacts quicker and does a better job correcting the pH than lime broadcast on top of the ground. If row crops are limed before planting, regular cultivation practices will mix lime with the soil.

The need for lime should be determined by a soil test before any is applied. If testing indicates an acid condition the soil must be limed, especially if legumes are to be grown. Bacteria

that fix nitrogen on legume roots cannot work well in acid soils. When soils are limed to the optimum pH these bacteria can soon fix enough nitrogen to pay for liming. Low calcium levels and other factors caused by an acid condition will make it almost impossible to maintain a good stand of clover or other legumes.

Proper liming increases the availability of phosphate and the capacity of your soil to hold potash. Both of these elements are necessary in large amounts if you are to get high yields. Our heavy textured soils tie-up phosphate and our thin soils do not hold much potash so liming is necessary to make the most profit from purchased fertilizer.

How much lime does your soil need? It is not too late to find out from a soil test in time to lime this spring. Get sampling supplies from the Agricultural Extension Office and send your sample to the Soil Testing Laboratory now.

Highway Litter Does Create

Highway litter, if laid end to end, would create the world's record traffic jam.

In fact, it would bring traffic to a dead stop along the preferred 3000 mile route between New York and San Francisco. That's what Keep America Beautiful, Inc. says. KAB is the nation's premiere anti-litter organization.

In North Carolina we can believe what they say for highway workers annually collect 20,000 truckloads of debris from our roads each year.

If all of the rubbish dumped on the streets and highways all over the country last year were concentrated it would bury the transcontinental route a foot deep in discarded wrappers and cartons, paper cups, plates, tissues, cans, bottles, garbage and such assorted trash as old mattresses and auto parts.

KAB based its graphic picture of the national "litter harvest" on an estimate from the US Bureau of Public Roads that up to 20 million cubic yards of litter was dumped on the nation's streets and highways last year.

The estimated price tag for cleaning up the mess was over a hundred million dollars.

Everyone can lend a hand by putting a litterbag in their car. When the bag is full empty it in a receptacle along the way or take it back home and get rid of it there. It may seem like a little thing to do, but today's highway litter jam is made up of "litter things"—millions and millions of them. If each person would just dispose of his own litter properly there would be no highway litter problem.

Mrs. Wilson's Rites Conducted

Funeral rites for Mrs. Annie Lee Wilson, 78, 220 Walker street, were held Wednesday at 3 p.m. from First Baptist church, interment following in Mountain Rest cemetery.

Mrs. Wilson died Monday afternoon at 2 p.m. at her home following several years of declining health.

A native of Gaston County, she was the widow of Jasper Wilson who died in 1953. She was a member of First Baptist church.

Surviving are her daughter, Mrs. James Cole of Kings Mountain; and four sons, Haskell Wilson, Harry Wilson and J. U. Wilson, all of Kings Mountain, and Dalbert Wilson of the U.S. Army in Germany. Also surviving

are 14 grandchildren and 12 great-grandchildren.

Rev. B. L. Raines officiated at the final rites.

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