

### Four Of Five Are Insured

Nearly four out of five Americans have health insurance, and last year these insured persons received \$8.7 billion in benefits.

These were the key findings of the Health Insurance Council's 19th annual survey. The Council, in a report issued today, said that at the end of 1964 more than 151 million persons had hospital expense insurance. Of these persons, 93 per cent also had surgical expense insurance and 72 per cent had regular medical (non-surgical) expense protection.

The Council survey on the extent of voluntary health insurance in the United States is based on reports from insurance companies, government agencies, Blue Cross, Blue Shield, and Medical Society plans. Complete results of the survey will be available soon in booklet form.

The 151,123,000 persons with hospital insurance represent 79 per cent of the civilian popula-

tion. The total is four million higher than in 1963 when, revised figures show, 147,168,000 persons (78 per cent) were protected.

Benefit payments in 1964 made by all insuring organizations for hospital, surgical and medical care totaled \$7.7 billion, up \$820 million over the 1963 total, the Council reported. In addition, persons with loss-of-income insurance received \$1,012 million in benefits from insurance companies.

The grand total in health insurance benefits came to \$8,697,000,000 for 1964, a record high, and an 11.5 per cent increase over the 1963 total of \$7,801,000,000.

Council statistics show that growth in coverage and benefits has been considerable over the 1954-64 decade. Fifty million more persons were protected by health insurance at the end of 1964 than in 1954 when 101,493,000 persons were insured. Of this number, 84.6 per cent also had surgical insurance and 46.6 per cent had regular medical protection. Benefits in 1964 were nearly six billion dollars more than in 1954 when they totaled \$2,720,000,000.

### Yes, Heart Patients Can Go On Vacation Trips And Safely Too

By N. C. Heart News Bureau (Part I of a Two-Part Series) Remember when a verdict of "heart disease" meant a life sentence of semi-invalidism?

A long trip away from home was unthinkable. Distant vacation spots were off limits.

Today, the North Carolina Heart Association points out, the sky is the limit. Literally. For the cardiac patient whose horizons did not extend far beyond his front yard, modern medicine and modern aeronautics have opened new vacation vistas.

Doctors now have this rule of thumb for persons with cardiovascular disease: If you can walk up the steps to the plane, you can fly.

The jet age has all but eliminated the problems of noise, turbulence and prolonged immobilization for passengers. Cabins are pressurized, and oxygen is available for those who need it. So, if this is your year to get off to a flying start, the North Carolina Heart Association advises, see your doctor and get his clearance for take-off.

Before you plan your trip, whether it be by land, air or sea, here are a few more tips from the North Carolina Heart Association which you don't find in the vacation folders:

If you are on a special diet—low-sodium, low-fat or low-cholesterol: By arrangement in advance through your travel agent, airlines, ocean liners and trains will generally provide meals that fit your diet. So will most hotels and restaurants, if you place your order in advance.

However, if you are planning a motor trip and will have to eat on the road, you would do well to carry your own supply of salt substitute and some low-sodium foods, for example.

If you are planning a long auto, bus or train trip: Stretch your legs every hour or two. Prolonged inactivity, particularly in a sitting position, can cause circulatory difficulties with unpleasant complications.

Automobile trips should be broken up frequently to give driver and passengers a chance to move around. Such stops are scheduled on long bus trips, and train passengers can move about while the train is in motion. A good night's rest—each night, and in a bed—is a must. The person who rides through the night asleep in a coach seat may be courting trouble.

The earliest appearance of swelling in feet and ankles is a warning signal that the exercise breaks are not frequent enough. It is a good idea also to help the circulation while riding by moving your legs or keeping them propped up. Older persons and those with circulatory inadequacies should consult their doctor about whether to wear special stockings or leg bindings during long auto or train trips.

Whether you are flying, sailing or motoring: Take along a supply of any medication you require regularly or may need in emergencies. Have your doctor give you a spare prescription to

hold in reserve. And if you're having a wonderful time, don't worry about your postcards sounding trite.

### Seaman Lefever On NATO Staff

Larry W. Lefever, Seaman, U. S. Navy, reported for duty June 21, 1965, with the international NATO staff of the Supreme Allied Commander Atlantic (SACLANT), in Norfolk, Virginia.

Lefever is the grandson of Maude B. Lefever of 5 Bennett Drive, Kings Mountain, North Carolina.

Prior to reporting to SACLANT, Lefever was temporarily stationed at the U. S. Naval Receiving Station in Norfolk. Before joining the Navy he was a member of the Army National Guard and served at Kings Mountain, North Carolina; Fort Jackson, South Carolina; and Fort Leonard Wood, Missouri.

The Allied Command Atlantic is the first international ocean command to be established on United States soil in peacetime. On the Allied staff, more than 140 officers from the NATO nations of Canada, Denmark, France, Italy, the Netherlands, Norway, Portugal, the United Kingdom and the United States plan the defense of the 12-million square miles of North Atlantic Ocean.

About 180 enlisted men and women of the U. S. Navy and Marine Corps perform clerical and guard duties at SACLANT.

### "Mary, Mary" Play Good Entertainment

"Mary, Mary", which opened Tuesday night at Charlotte Summer Theatre, was delightful summertime entertainment.

Jean Kerr's long running comedy hit starred veteran performers Phyllis Kirk and Barry Nelson who kept their audience laughing in a hilarious three-act play.

Nelson, as Bob McKellaway, about to be divorced and remarried, is a 34-year-old book publisher. His ex-wife, Mary, is invited back home to their New York apartment by Vince O'Brien, the attorney who tries to straighten out Bob's entangled finances. He is also a personal friend of both and works as a part-time cupid to bring them back together.

Beret Arcaya flits in and out of the play as Nelson's soon-to-be bride Tiffany Richards, 21, rich, beautiful, broad-minded and a health "nut".

The energy Phyllis Kirk, as Mary McKellaway, musters for the husky delivery of her many punch lines and the antics with which she punctuates them makes you wonder how a 92-pound female could do so much.

Richard Clarke rounds out the five-member cast as the movie star, Richard Clarke, on the prowl for Miss Kirk.

### Berryhill Wins USAF Promotion

LUBBOCK, Tex. — Johnnie E. L. Berryhill, son of Mrs. Edward Berryhill of 212 E. Georgia Ave., Bessemer City, N. C., has been promoted to master sergeant in the U. S. Air Force at Reese AFB, Texas.

Sergeant Berryhill is a supply inventory supervisor in a unit that supports the Air Training Command mission of training airmen and officers in the diverse skills required by the nation's aerospace force.

The sergeant attended Central High School.

His wife, Jessie, is the daughter of Mr. and Mrs. Winfred Day of Ponce de Leon, Fla.

### Allen Graduates From Naval School

MEMPHIS TENN. (FHTNC) June 18 — Airman Apprentice Dale L. Allen, USN, son of Mr. and Mrs. David H. Allen of Route 1, Grover, N. C., was graduated June 17 from the Aviation Machinist's Mate Reciprocity School at the Naval Air Technical Training Center, Memphis, Tenn.

During the nine-week course, he received instruction in reciprocating power plants and line operations. He was taught intermediate, major and special inspections of power plants and accessories.

Before attending this school, he was graduated from the two-week Aviation Familiarization

### Take It Easy "Over Fourth"

Take it easy when you're driving over the Fourth of July weekend so that you don't go off with a bang and become one of the 18 victims who the N. C. State Motor Club warns will be killed in traffic accidents on North Carolina's streets and highways during the holiday period.

The state will count its July Fourth holiday highway fatalities from 6 p.m. Friday, July 2, through midnight Monday, July 5, a 78-hour period. For the same period last year, North Carolina and the four-week Mechanical Fundamentals courses.

lina's traffic toll climbed to 17 persons killed and 666 others injured in 951 accidents.

Leading driver violations that contributed to the accidents were: speeding, 222; drove left of center, 155; reckless driving, 112; failed to yield right of way, 108; following too closely, 100; and under the influence of alcohol, 68.

"We hope that safe driving practices will reduce the toll of 18 deaths indicated by previous holiday experience coupled with current driving patterns," said Thomas B. Watkins, president of the motor club and the National Automobile Association. "Just remember that traffic congestion averages three times normal on national holiday weekends and that your chances of becoming

involved in an accident increase accordingly." "Hot-headed motorists with short fuses and explosive tendencies are particularly urged not to blow their tops like a firecracker in the congested traffic. They can be far more dangerous," he added.

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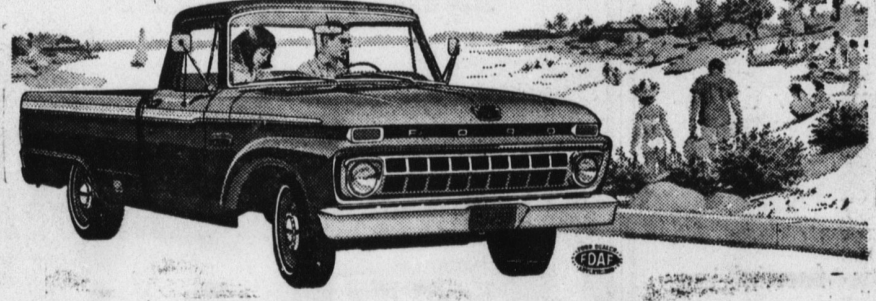
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