

Parents Have Definite Influence On Child's Choice Of Vocation

RALEIGH — Parents have a definite influence upon their child's choice of vocation. They can help him select a career in which he has an interest, the ability to do well, and a chance to earn an adequate livelihood.

To do this, parents must stay alert to occupational trends, home economics extension specialists at North Carolina State University believe.

One current trend is the decreasing number of jobs avail-

able for persons with little education and no job training. This means it's becoming more and more necessary for young people to complete high school and prepare for a vocation.

Another important development is the shift away from job opportunities in production industries. This trend will probably continue. The number of persons in service industries now exceeds

the number in goods-producing industries. Service type occupations often require special training.

To some extent, it is possible to predict the fastest growing service occupations. Professions related to medicine will need more people as the population increases. Nurses, laboratory technicians, medical secretaries, physicians, dentists, and dietitians will

be in demand.

The need for teachers will continue to increase. Related job opportunities in the field of education are likely to increase as are sales occupations. With a continuous growth in population, there will be a need for more employees in banks, insurance companies, and other financial institutions.

Watch Weight Says Heart Group

CHAPEL HILL — The poet who claimed "April is the cruellest month" didn't think of the swimming season — when Tar Heels of all shapes and sizes climb into bathing suits and hit the beaches of Variety Vacationland and beyond.

For many over-fed, under-exercised adults, the moment of truth comes with the first try-on of last year's swimsuit — or a spanking new one. There, in front of the mirror, they realize what a multitude of sins their street wear has covered during the months of hibernation.

In a bathing suit, the bulges, paunches and flab are exposed for what they are. And that, whenever it happens, is the cruellest month.

Unattractive as they are, these signs of excess weight do more than assault one's esthetic sense, the North Carolina Heart Association says. Above-normal weight means higher-than-average risk of such diseases as diabetes, kidney ailments and cardiovascular conditions. Some educated estimates hold that, compared with a person of normal weight, the overweight individual runs two to three times the risk of developing high blood pressure, hypertensive heart disease and coronary heart disease (heart attack).

Life insurance premiums are usually higher for the fat man, too. That's because life insurance companies have found overweight associated with a higher risk of dying from diseases such as those mentioned above. Premiums are reduced as weight — and the risk of dying from these diseases — goes down.

If you are rudely jolted by the first glimpse of yourself in your bathing suit, take a look at your daily food intake. Excess weight is usually the result of three factors: (1) Eating too much; (2) Eating the wrong kinds of food; (3) Getting too little exercise. The extra pounds you collect at various parts of your anatomy represent calories you took in but did not work off.

The French, for all their love of food and mouth-watering sauces, are a very practical people. They have a saying worth remembering the next time you are tempted by a fudge nut sundae topped with mountains of whipped cream: "A minute in the mouth; an hour in the stomach; a lifetime on the hips."

The cardiovascular diseases, the North Carolina Heart Association reminds you, take more lives each year than all other causes combined, 53 per cent of all Tar Heel deaths. Why let overweight raise the risk? You can lower the odds by lowering your weight. You will most certainly look better on the beach.

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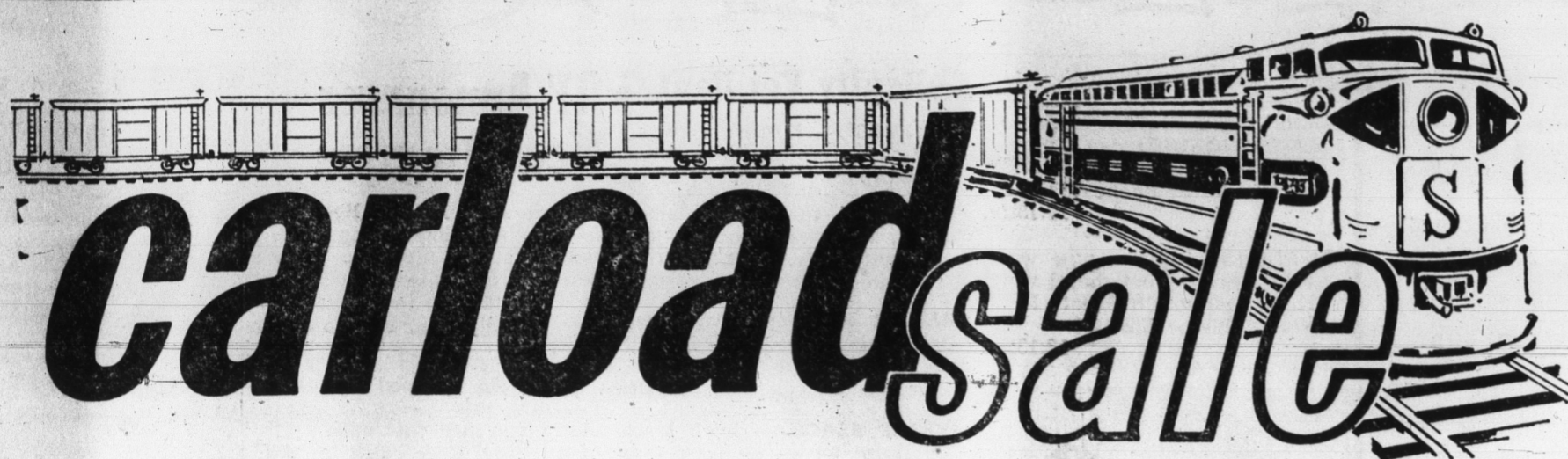
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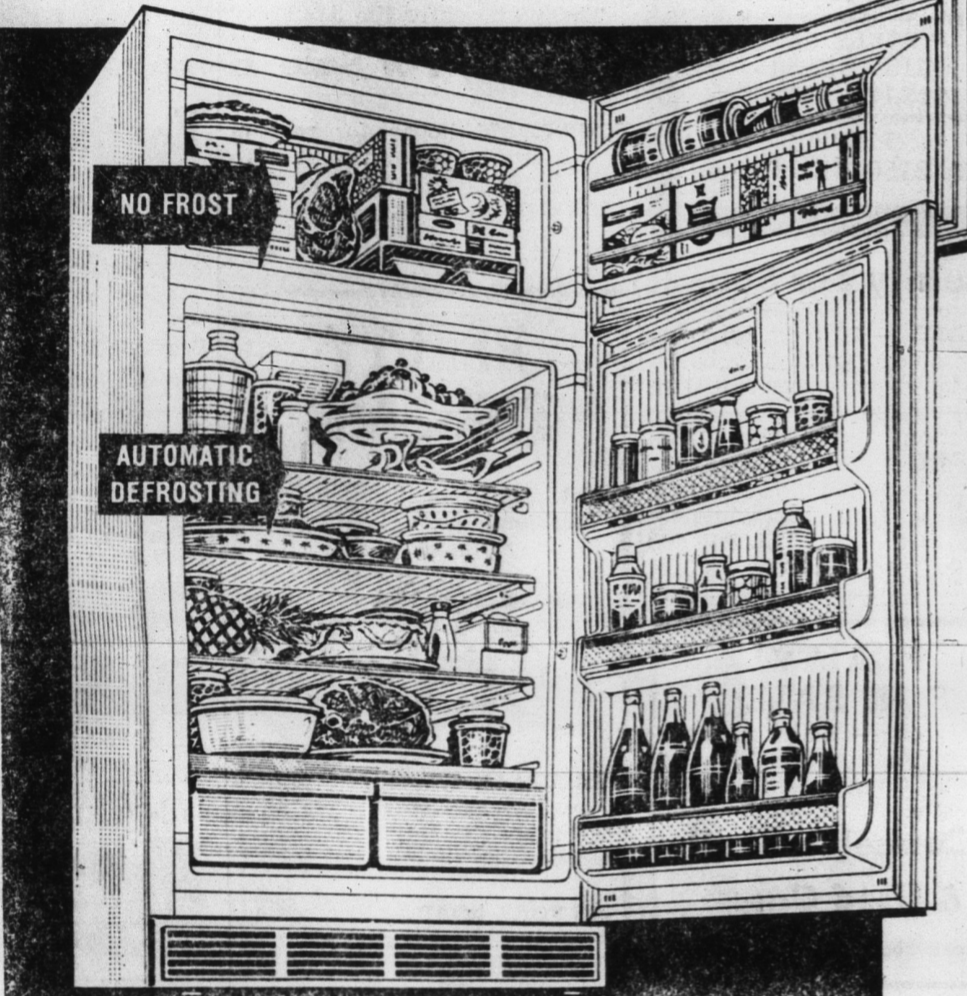


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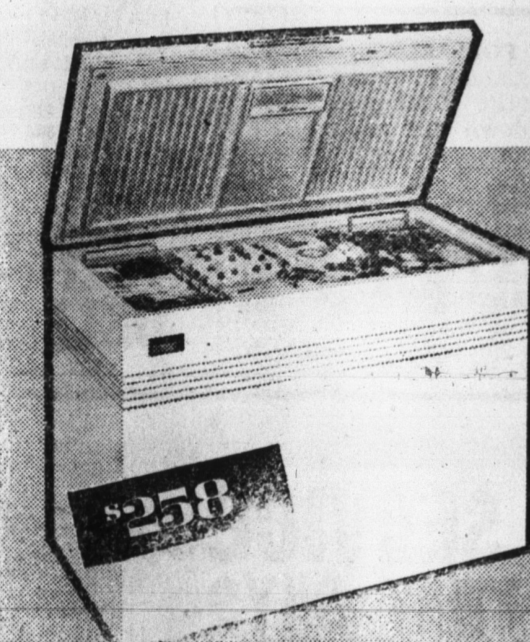
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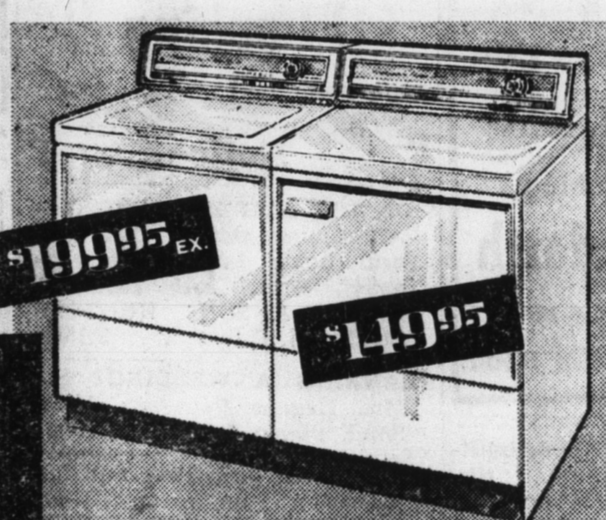
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