

Women's Health

Chicago, Ill. (WMNS) - If your baby's foot looks flat it is. That's normal for infants and toddlers. No cause for alarm.

This reassurance comes from the American Medical Association magazine Today's Health, which notes that "the normal foot of an infant is fatter and wider than that of an adult. It seldom has a longitudinal arch and never a transverse one." Instead, babies have flat pads.

As they grow the pads gradually disappear and an arch becomes apparent. If your toddler seems flat-footed, don't panic. Take him to a doctor for a careful examination. If he needs a corrective shoe, the doctor will prescribe one, and will do careful follow-up. Don't buy orthopedic shoes without medical advice. You may waste your money and baby no good.

SPECIALIST RATES VARIOUS CONTRACEPTIVES

New York (WMNS) - For women who want to have children, and who want to space them for the optimum welfare of the entire family, the most effective contraceptive yet devised is

the oral contraceptive, followed by the diaphragm used with jelly or cream, and the intrauterine device (IUD).

This is what obstetrician-gynecologist Sherwin A. Kaufman, M. D. told nurses and other health and welfare professionals at a recent meeting here on conception control.

The physician, who is director of Planned Parenthood of New York City, pointed out that some 12 to 13 million women throughout the world, half of them in the U. S., are now on the pill. The pill got the highest rating, according to the physician, because it is virtually 100 percent effective.

Dr. Kaufman then spoke of the IUD. One of its major drawbacks, he said, is that it is not generally suitable for women who have never had a child. Another is that between one of every three to five women can't tolerate it, due to cramps, bleeding, or expulsion. And finally, according to the doctor, it has a failure rate of two to three percent.

Dr. Kaufman emphasized that there is no contraceptive that is suitable for all women. There are

contraindications for the pill; there are some risks (albeit small) for some women. The same is true for the IUD. And some women find the diaphragm and jelly unpleasant to use.

Such chemical barriers as creams and jellies used alone, and aerosols, are less effective than the other methods, but are certainly better than nothing, he noted.

MOM'S LOW WEIGHT GAIN INCREASES PREMATUREITY

New York (WMNS) - Poor women whose diets are inadequate and whose health is precarious sometimes gain little weight during pregnancy. These women run an increased risk of giving birth to premature babies. This is what a recent study made for the Health Research Council of the health department found. Also implicated in prematureity were too frequent pregnancies, maternal anemia, smoking, and out-of-wedlock pregnancies.

Emphysema is a lung-deteriorating condition which some medical researchers say ranks next to cancer as a result of smoking.



COMPLETES DUTY - Larry D. Slycord, Signalman Third Class, completed three years active duty with the U. S. Navy Friday. He and his wife, the former Gloria Wheeler, leave Tuesday to make their home in Iowa.

SHILOH SERVICE

Rev. Scott Woodmansee, chaplain at Davidson college, will fill the pulpit at the 11 o'clock morning worship hour Sunday at Shiloh Presbyterian church in Grover.

BETHWARE COMMUNITY NEWS

Rev. and Mrs. Arnold Bell of Lenoir were Friday visitors of Mrs. Sam Bell and Gail. The Lydia Class of Oak Grove Baptist church had a Christmas party Friday night at the home of Mrs. Frank Ware.

Sgt. Wayne Turner of the U. S. Air Force is home for a 30-day leave. He is the son of Mr. and Mrs. Lloyd Turner.

Mrs. D. M. Teague and Miss Estelle Barber of Charlotte visited Mr. and Mrs. J. O. Barber and Mrs. J. M. Wright and Marguerite Saturday evening.

Mrs. J. D. Short is a patient at the Kings Mountain hospital. Mr. and Mrs. Gettus Seism were Sunday evening visitors of Mrs. J. M. Wright and Marguerite.

Mrs. Sam Bell and Gail were Sunday dinner guests of Mr. and Mrs. Giles Bell, Craig and Brent. Mrs. Lyman Champion and Darlene were Sunday dinner guests of Mrs. Essie Ledford of Cherryville.

Weekend visitors of Mrs. J. W. Bell were Mr. and Mrs. Bob Taylor of Charlotte, Mrs. Paul Bridges, Arthur Bell and grandson Sonny Jones, Mr. and Mrs. James Bell, Mr. and Mrs. Otto Bell and Mr. and Mrs. Dennis

Goforth and Brenda. Mr. and Mrs. M. D. Harmon and daughter Beverly of Greenville, S. C. were Sunday visitors of Mrs. P. K. Harmon.

The El Bethel Homemakers club will have a Christmas party Saturday at the home of Mrs. Charles Fisher, Jr.

The Women of the Hope Class and their husbands had a Christmas party Friday night in the Fellowship Building of the Oak Grove Baptist church.

Mrs. Bill Willis of Charlotte visited Mr. and Mrs. David Gibbons Saturday.

Mr. and Mrs. John Senter and daughter Betsy of Gastonia were Sunday guests of Mr. and Mrs. Horace Bell.

Bell Laboratory in Movie Scene

A young woman in a trench coat came through the door, closely trailed by a middle-aged man wearing an ascot. The scene was repeated several times, and a crowd began to gather.

All around the Bell Labs headquarters building in New York movie cameras filmed away as the girl made escape after escape through the doorway.

Curious onlookers were told, "It's a scene from a new movie, 'Great Escape from the Sanitarium.'" But why use the Bell Labs building?

It just looks like a good sanitarium," explained the movie director, said R. B. Moore, local telephone manager.

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FOR MEN...GIVE...

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