

Women's Health

DEATH'S WITNESS — What does it feel like to die? London (WMNS) — What does it feel like to die? "I felt something inside me running down very quickly. The customary ward sounds rapidly receded, there was a singing in my ears, and vision faded. That is all I remember." This first-hand report comes from an expert witness, an anonymous doctor who died while hospitalized for a heart attack and was then brought back to life by external heart massage and other methods of resuscitation. He was able to follow most of what was being done to him despite the fact that he temporarily lost his sight, his speech and muscle control.

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"I experienced a sensation of being plugged into something with a corresponding feeling of relief," he recalls in the British medical magazine, The Lancet, correctly guessing after a few moments that he had been attached to a respiratory machine.

Even when he appeared to be unconscious, the doctor - patient overheard much of what was said about him by attending physicians and nurses. He realized that a new consultant was on the scene because of the distinctive way the arrival breathed and moved his stethoscope. "I have now entered on my second life with zest," the recovered man concludes.

OPPOSITE EFFECT — Seattle, Wash. (WMNS) — Refusing to prescribe birth control pills or other contraceptives to teenagers may well be counterproductive, say four physicians at the University of Washington Medical School. Which is to say, the refusal may actually encourage risk-taking.

Since teenagers are rebellious, say the doctors in an article in Post-Graduate Medicine, they usually feel they must do what adult society forbids. But if the adolescent is made responsible for his own behavior, he is free to make a reasoned decision.

The doctors, who favor prescribing contraceptives without a fuss to adolescents, suggest asking a teenager, "Is this what you really want?" In their own practices, the doctors have found that this approach, backed up by some supportive counseling and contraceptive advice, has caused many teenagers to modify their sexual

LETTERS TO THE EDITOR

Dear Mothers and Fathers:

Stand up for your child. Vote for water fluoridated system for Kings Mountain. Only ten cents—makes harder teeth despite that candy and other sweets they eat. Help that child that can't help himself. Call your child's doctor. Ask him—should I vote yes? Rely on his advice. He knows. Yours for Better Teeth

Kings Mtn. Junior Woman's Club
Jeanine Fisher, President

Dear Public

What? Undecided — Well did you ever know a beautiful girl who didn't take care of her beauty — then she opened her mouth. Tooth decay. Good dental health begins with clean teeth and everything one can get to help hardened tooth enamel. Vote Saturday — take a friend Help that beautiful girl have a beautiful smile.

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King Mtn. Woman's Club
Mrs. Haywood E. Lynch,
Chmn. of Committee

Dear Citizens,

Decay strikes us all. Support the best health measure known to date. Help arrest tooth decay. Trust your own doctor. Trust your own dentist. Vote yes for safe, economical fluoride in our water. Think and heed your local doctors.

Thank you
Mrs. Aubrey Mauney

activities or even decide to abstain.

LONG-LOST CONTACT LENS — Toronto (WMNS) — As every wearer of contact lens knows, a lost lens usually stays lost.

However, ophthalmologist Ellis Shenken had a patient who found a lens 40 months after it was lost. And in his own eye!

A punch in the eye had pushed the lens into his eyelid where it remained unnoticed. The patient, thinking the lens had dropped to the floor, ordered a new lens. Eventually, however, he decided to find out why his eye kept discharging and why his new lens kept popping out.

When Dr. Shenken found and removed the embedded lens, both questions were answered.

River pollution is responsible for 18.4 million fish being killed in 1964, the Public Health Service says. This is an increase of 10.5 million over 1963.

Wilson Gives TV Tips

CARD OF THANKS
We appreciate very much the many kindnesses of our friends and loved ones and especially the doctors, nurses and staff of Kings Mountain Hospital during the illness and death of our husband and father.

The Family Of
H. L. Grigg
2:5 pd.

The State Capitol building, which now houses offices of the Governor and Secretary of State, was authorized by the General Assembly in 1832 and cost Tar Heel taxpayers \$530,684.

Herald Want Ads Pay

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