### Real Estate Transfers

Roy E. Morton and wife, Mary H. Morton, to Jackie P. Dixon and wife, Dorothy E. Dixon. Property in No. 9 Township.

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Murphy E. Windham to Dorothy L. Windham. Property on Raleigh street.

Leonard Garfield Rice and wife, Mary Goodwin Rice, to Timothy Paul Whealton and wife, Elaine R. Whealton. Property in Riverview Park.

Aileen Parker Henkel and husband, Otto A. Henkel, to Dwight A. Merchant and wife, Sandra M. Merchant. Property in Elmwood.

William Peterson McLean, Jr., and wife, Frances Hunt Allen McLean, to G. Vance Smith and wife, Ruby E. Smith. Property on Rhem Avenue.

Rudolph Nobles, Jr., and wife, Jean O. Nobles, to James Lovk and wife, Mattie Harris Lovk. Property on Rountree

Michael B. Adams and wife, Lana C. Adams, to Myron T. Lupton. Property in No. 5 Township.

Harold A. Eisele and wife, Mary E. Eisele, to Murdoch and Powell Builders, Incorporated. Property in No. 6 Township.

Hettie B. Edwards to Anibal DePaula Lopes and wife, Helen Lopes. Property in DeGraffenried park.

Andrew Jarvis Downs to Carolina Power and Light Company. Property in No. 9 Township.

James L. Lumley, Jr., to Ava McCann Lumley. Property at Bryan street and Shepard

street. Havelock Development Corporation to Rex Dixon Construction Company, Inc. Property in Westbrooke.

Rex Dixon Construction Co., Inc., to Tilghman A. Miller, Jr., and wife, Jean P. Miller. Property in No. 6 Township.

Joseph A. Martin and wife, Catherine Martin, to North

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## Today's Health News

Published by the American Medical Association

Dieters beware of the lowcarbohydrate reducing diets currently in vogue. "There is no magic in the diet," says Philip L. White, Sc.D. "The magic is in the promotion."

The dietary recommendations,

State Highway Carolina Commission. Property in Pembroke.

Vance S. Harrington and Co., Inc., to Lois K. Rhoades. Property in No. 6 Township.

Roy E. Morton and wife, Mary H. Morton, to James C. Thames and wife, Sandra B. Thames. Property in No. 9 Township.

Charles Minor Haddock and wife, Sandra Moore Haddock, to Luther L. Waddell and wife, Glenda Faye Waddell. Property in Pleasant Acres.

Treasure Lake of North Carolina, Inc., to Joseph Parkin and wife, Gloria L. Parkin. Property in No. 2 Township.

Treasure Lake of North Carolina, Inc., to Ronald Van Blon and wife, Lucy S. Van Blon. Property in No. 2 Township.

M. H. Askew, Jr., and wife, Anna L. Askew, to R. W. William Whitehead, Hazelton, W. J. Adams, Frank Evans, Melvin Hudson, J. W. Broadhurst, Alvin Hobbs, J. Kirkman, Johnnie White, and C. C. Mills, Trustees of Arabian Temple No. 42. Property on Queen street.

Roy E. Morton and wife, Mary H. Morton, to Marvin C. Haddock and wife, Nancy H. Haddock. Property in No. 9 Township.

Donald E. Johnson as Administrator of Veterans Affairs, to Earnest W. Brady and wife, Doris M. Brady. Property in Havelock Park.

George R. Kilpatrick and wife, Priscilla Kilpatrick to William Lawhorne and wife, Pearlie Lawhorne. Property on Neuse Road.

John R. Brittle and wife, Marie Robinson Brittle, to Gordon Donald Turnage and wife, Catherine Overby Turnage. Property in Bern View Park.

Inez White, sole surviving trustees of the Missionary Baptist Church of Vanceboro, to the trustees of Vanceboro Pentecostal Holiness Church. Property in No. 1 Township.

**Donald Lee Sellers to Richard** P. Joseph and wife, Brigiette C. Joseph. Property in Parrott

Ray McCotter Realty Co., Inc., to Clayton M. Allen and wife, Judy M. Allen. Property in Wilson Creek Heights.

Clarke Joseph Simcox and wife, Nancy F. Simcox, to Cecil Wayland Golden. Property in Tryon Park.

Alan Phillip Sullivan and wife, Susan M. Sullivan, to Jesse Orman Sunderland and wife, Ruby M. Sunderland. Property in Havelock Park.

James David Bryan and wife, Aretta M. Bryan, to Curtis I. Wilson, Jr., and wife, Nancy J. Wilson. Property in Country Club Park.

## **New Bern Loan & Jewelers**

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including those in the recent best seller "Dr. Atkins' Diet Revolution," are unscientific and potentially dangerous, says Dr. White, secretary of the American Medical Association's Council on Foods and Nutrition.

"The diet induces loss of body water, probably accounting for the majority of early weight loss," he explains. "So it is water

and not fat that is disappearing." Low carbohydrate diets also lead to a combination of very high fat and protein intake with almost no carbohydrates "The results," says Dr. White, "could be tragic for those with a pro-pensity for a number of medical difficulties, including heart disease, kidney stones, gout, and

For arthritis sufferers who are sensitive to aspirin, there is hope for pain relief. According to Today's Health columnist Frederic T. Jung, M.D., acetami-niophen, a mild analgesic and antipyretic, can be used as an aspirin substitute. It's effective not only for relieving arthritis distress, but also helps in reducing fever. But, cautions, Dr. Jung, neither medication should be con-

sidered a "cure" for arthritis. There is no drug that will undo changes in bone cartilage, correct deformities, or restore mobility in frozen joints," he says, "but relief of pain makes it easier to apply other modes of treatment, such as physical therapy.

Those lonely golden years might better be spent in familiar surroundings, says a Detroit psychiartrist. "Elderly people who move away from their families to retirement centers may be increasing their chances of becoming suicide victims," says Robert Niccolini, M.D. According to Dr. Niccolini, a single elderly person who has lost his place in society, especially in the family or on the job, has a high suicide potential.

"An older person, particularly one who is divorced or widowed, and who moves away from family, friends, and familiar surroundings, is much more likely to kill himself than is the oldster who retains an important role in the family and social structure," he explains.

Nor is it true that the people who talk most about comitting

suicide never do it. "The suicide victim," says Dr. Niccolini, "has almost always told someone he intends to kill himself."

WANT MORE INFORMATION? Write Today's Health Magazine CF, 535 North Dearborn Street Chicago, Illinois 60610

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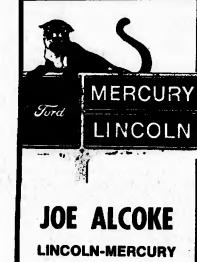
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