

## 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.

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 Street.

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 E. 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

## Today's Health News

Published by the American Medical Association

Dieters beware of the low-carbohydrate 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, 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 propensity for a number of medical difficulties, including heart disease, kidney stones, gout, and fatigue."

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., acetaminophen, 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 considered 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 psychiatrist. "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 committing

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

WANT MORE INFORMATION?  
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