

LOOKING OVER

OUR DISTRICT'S HEALTH

By DR. W. K. McDOWELL, Health Officer

For the past several weeks poliomyelitis has been prevalent throughout the Piedmont section of our state, with an occasional case having been reported in widely scattered areas over the entire state. During this time we have anxiously followed the course of the epidemic and, knowing that poliomyelitis is essentially a disease of warm weather, have more or less expected to have one or more cases reported here. Now that one case has been reported, it is hoped that it will be accepted calmly, but that the advice of your physician and health department and the resolution adopted by the Board of Health will be rigidly adhered to.

In 1943 three cases were reported in the Edgecombe-Halifax District, and in none of the families in which the cases occurred was there a second case, although in all there were other children.

Much publicity has been given this disease recently and unquestionably everyone knows that medical science has not gone as

far toward the complete solution of the cause, methods of spread, etc., of poliomyelitis as is the case in many diseases. It is an established fact, however, that much can be done in the control of the spread of the disease by following a few often repeated rules:

1. Keep children away from crowds.
2. Keep children away from any ill person, regardless of how mild the illness may seem.
3. Call your physician at the first sign of illness and carefully follow his instructions.
4. Do not travel into or through the area where the disease is prevalent.
5. Keep resistance up by proper diet, rest, elimination, etc.

Above all the public should remain calm and realize that every summer some cases of poliomyelitis has been reported in North Carolina and frequently there has been some in our own county.

The big offensive in the battle against malnutrition began Sep-

tember when the Nation's Food Fights For Freedom program turned its attention to good All-American nutrition.

In this the third year of America's participation in the war, there is a deeper appreciation of the vital role of food in wartime than ever before. Since May 1943, the Nutrition Programs Branch of the War Food Administration's Office of Distribution has assisted with nutrition clinic demonstrations which have shown that there is widespread malnutrition throughout the country. In the past this condition might have been associated with low income. Today, however, spending power is at an all-time high and with fewer goods and services available, civilians who have an increased income are spending much of it on food—but not always the right food.

In line with the growing recognition of food's importance is the creation of the National Nutrition Program, the aim of which is to show people how to adjust their eating habits to a wartime situation.

The program is dedicated to the proposition that total war demands total strength, and that total strength demands good nutrition. It recognizes that eating should mean more than satisfying hunger. It should provide the body daily with the right kinds of food in suitable amounts to furnish energy—to provide material for building and repairing the body—to furnish substances to regulate body processes.

The solution then would seem to lie in educating the food purchaser to obtain 100 percent nutrition value from the foods available—and that is the mission of the National Wartime Nutrition Program.

Working with the Federal organization are nearly 3,000 State, county and local nutrition committees which include in their membership experienced nutritionists, dietitians, home economists, physicians, dentists, and representatives of agencies, civic groups, and the food trade.

Cornerstone of the program is the new and revised Official War-time Food Guide showing the "Basic 7" categories of food which should be eaten every day. The program will receive major emphasis from national advertisers and retailers and in national magazines and over the radio which will feature better breakfasts and better lunches for all, but especially for school children and war workers.

Nutrition—in every day language—means eating three well-balanced meals a day—built around the "Basic 7"—appetizingly served and properly cooked to preserve all the food values.

Your County Nutrition Committee is sponsoring a series of radio programs on the basic 7 foods,

each week, Wednesday at 10:45 a. m. Last week Mrs. Lloyd Sandlin and Mrs. Cooper Cannon appeared on the program. Be sure and tune in next week.

TOWN TALK

Morgan Babb, of the Merchant Marines, has been visiting relatives in town and will return to Norfolk, Va., this week.

Mrs. Joseph Taylor and daughter, Jo Ann, Mr. and Mrs. F. L. Tidwell and children Bobby and Evon, of Norfolk, Va., spent the week-end with Mr. and Mrs. P. T. Taylor.

Miss Jeanette Rook, of Portsmouth, Va., spent the week-end with her mother, Mrs. Paul Rook.

Mr. and Mrs. H. G. Hodges, Miss Patricia Hodges and Mrs. Joe Wood spent last Wednesday in Richmond, Va.

Mrs. Bill Roberts, Jr., has returned from Norfolk, Va., after visiting her husband who is stationed there.

Mr. and Mrs. Albert Hux left Sunday for a visit to Fort Wayne, Ind.

Mrs. George O. Roberts, of 1017 Henry Street, has received word that her husband, S/Sgt. George O. Roberts, has arrived safely in England.

Lt. Murrell Hudson, of Aberdeen, Md., is spending a 14-day furlough in town with his wife and parents, Mr. and Mrs. H. M. Hudson.

Mr. and Mrs. Nathan Tickle spent last week-end in Alexandria, Va.

Mrs. W. J. Berry, of Raleigh, spent last week with Mr. and Mrs. A. D. Waters.

Miss Lola Peed, Miss Katherine Johnson and Mrs. Marjorie Johnson visited in Alexandria, Va., last week.

Jack and Allen Waters, of Washington, D. C., E. Bellamy of Detroit, Mich., Harry Waters, of Hampton, Va., Mrs. Louise Myrick and son Cecil, Mrs. E. D. Bell, Mr. and Mrs. J. C. Waters, of Norfolk, Va., were called here last week on account of the illness of P. D. Waters.

Miss Jacqueline Armstrong has returned to Richmond, Va., where she will continue her training in nursing at Medical College Hospital.

Mrs. B. D. Johnson, of Wilson, is spending this week with her parents, Mr. and Mrs. J. B. Edmonds.

DEFENSE IN DEPTH

The farthest advance of the Germans into Russia encompassed roughly one-sixteenth of all the Soviet Union's territory.

Get coffee that's **5 Ways Better!**

- 1. The Pick of Plantation**
High-flavored coffees are worth getting excited about! To get first choice of the finest crops—A&P buyers in the leading producing countries . . . go right to the plantations. Result: You get full-flavor in every pound!
- 2. "Flavor Saver" Roasting**
No flavor lost, thanks to A&P's "flavor-saver" roasting. This exclusive process literally "hoards" coffee flavor for you. At flavor peak—off goes the heat, out come the beans cram-packed with flavor.
- 3. Fresher...in the bean**
It's still in the freshly roasted bean when you buy! Its naturally mellow flavor tightly locked-in by Mother Nature's own protective seal! For finer, fresher flavor . . . buy your coffee in the bean.
- 4. Fits your coffeepot**
Freshly ground when you buy . . . precisely right for your coffeepot. You get full benefit, no matter what type coffeepot you use! The grand aroma of freshly ground A&P Coffee is your promise of coffee at its best!
- 5. Richer in your cup**
Superb quality coffee that is really fresh . . . and correctly ground—will give you more flavor—richer flavor every time!

FOR PERFECT PERCOLATOR COFFEE
Be sure your coffee is fresh . . . buy it in the bean . . . have it ground A&P PERCOLATOR grind—that's exactly right for a percolator. Into a spotless coffeepot, measure two level tablespoonfuls of coffee per cup of water. "Perc" 5 to 8 minutes. Serve immediately.

A&P Coffee
There is no finer coffee in any package at any price

AT ALL A&P FOOD STORES AND SUPER MARKETS

- MILD AND MELLOW 2 1-lb. bags 41¢
- RICH AND FULL-BODIED 2 1-lb. bags 47¢
- VIGOROUS AND WINNY 2 1-lb. bags 51¢

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Rexall School Needs Month

BE SURE your medicine cabinet is stocked with fresh, reliable medicines at all times. Thus when sickness strikes or when accidents happen you will be better prepared to care for members of your family until the doctor arrives.

ROANOKE PHARMACY

SEND THEM BACK TO SCHOOL FIT AND TRIM

CHILDREN'S HEALTH NEEDS

6 OZS. MILK of MAGNESIA 19¢
You can trust Rexall Milk of Magnesia. Pure, mild, and pleasant to take, it is an ideal laxative for your child. A Rexall PRODUCT

25¢ REX-MENTHO CHEST 21¢
RUB
Inhalant and counter-irritant for relief of discomforts of colds. A Rexall PRODUCT

25¢ BABY COUGH SYRUP 19¢
Pleasant-tasting relief for coughs due to common colds. A Rexall PRODUCT

VITAMINS for Children

EXTRA VALUES

BOX OF 72 PURETEST POLYCAPS
Each capsule contains Vitamins A, B₁, B₂ (G), C and D.
\$7.89

OPEN NEXT SUNDAY
10 A. M. to 11
12:30 P. M. to 7
PHONES R-574-1

PRESCRIPTIONS
Compounded with full strength quality drugs exactly as your doctor wrote it.

DAVIS GRADE ONE TIRES

Brand New, First Line, Top Quality. Deep, Tough, Non-Skidd Tread. Select Steel Bead Wire. Strong, four-ply, easy-riding sidewalls. Product of America's Finest Engineering and Industrial Skill.

EARMAN'S
Western A. A. Store