

SPORTS
AFIELD

By Ted Keating

It is seldom that the solution of a game problem is to increase the kill, but we are offered such a solution today—and experts from coast to coast agree on it.

What is that unusual problem? It's the same in 30 states. We've got too many deer. According to Durwood L. Allen, wildlife technician, we are holding our herds at too high a level. We are letting them ruin ranges by overbrowsing, and we are letting thousands die every winter from starvation.

Big-game specialists say this is the answer: Kill more deer. Reduce the herds to what winter forage will support. And bucks-only won't do it. Does and fawns must be taken in many areas.

It could be done—except for the well-meant opposition of a host of people who have not yet recognized the issue: Shoot them and use them ... or let them starve.

A deer range is no better than its winter food supply. Moreover, the herd must live on the browse that

will grow every year. If they eat more than that, the range goes downhill. That means a permanent reduction in the capacity of the range to support deer. It takes 30 acres of good land to support one deer for one year.

In the minds of many people the thing to do for starving deer is to feed them. That has been tried. It's no go. Plant winter food? The plants are killed before they get started.

Maine and Minnesota are examples of states that are doing a good job of managing their deer. They shoot both sexes. Their herds hold up and are in good balance. Minnesota had the country's highest 1947 deer take—an official 102,879.

Administrators in the states who want to adopt a more progressive deer management program are being stalled by an opinionated minority that blocks efforts to increase the kill and allow the taking of does. We must recognize the fact that rigid buck laws are outmoded. If game men were permitted to apply their management know-how, the useless waste of starvation-killed deer would cease. A great many more sportsmen need to inform themselves and then get things moving.

HEALTH FOR ALL

DIABETES

Diabetes is classified in medical books as a disease of metabolism. More specifically, it is due to defective metabolism of carbohydrates in the sweet and starchy foods we eat.

Carbohydrates supply the body with sugar, which is necessary for heat and energy. Sugar is converted into heat and energy by insulin, which is produced in the pancreas and secreted into the blood stream. If anything interferes with the flow of insulin, the body is unable to use the sugar and diabetes results.

Although diabetes is a serious disease, it can be brought under control. The earlier the treatment is begun, however, the better are the chances of bringing it under complete control. People who suspect they have diabetes should consult a physician immediately and, if examination proves they have the disease, should follow his instructions carefully.

One of the first symptoms of diabetes is being unusually thirsty. Unreasonable hunger is another symptom. Hunger may be experienced by a diabetic even though he has eaten a normal amount of food. Faintness and dizziness are other symptoms.

These symptoms are warnings to the individual to consult a doctor. If the doctor, after an examination which will include an analysis of the urine and a test to determine the sugar content of the blood, finds that the patient has diabetes, he will prescribe a special diet. He may also recommend injections of insulin, a drug made from the pancreas of certain animals, to supply the deficiency in the patient's blood. All diabetic patients do not have to take insulin, some have to take it for only a limited period, while others may have to take it for years. The patient should follow the doctor's advice on diet, exercise and insulin to the letter and return for an examination as often as

the doctor suggests.

It is most important for people with diabetes to guard against infection, whether internal or external. Infection decreases the efficiency of insulin and can cause serious complications in diabetes. Overweight and emotional upsets should also be avoided. Since knowledge of how to control diabetes has greatly increased in recent years, people with this disease should take a common sense attitude towards it, place themselves under a doctor's care and follow instructions carefully.

County Offices Close
Monday, December 27

Chowan County offices will close all day Monday, December 27 in observance of the Christmas holiday. All offices will, therefore, be closed from Friday night, December 24 until Tuesday, December 27, so that important business should be transacted accordingly.

The only liberty I mean, is a liberty connected with order; that not only exists along with order and virtue, but which cannot exist at all without them. —Edmund Burke.

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Don't Neglect Them!

Nature designed the kidneys to do a marvelous job. Their task is to keep the flowing blood stream free of an excess of toxic impurities. The act of living—life itself—is constantly producing waste matter the kidneys must remove from the blood if good health is to endure. When the kidneys fail to function as Nature intended, there is retention of waste that may cause body-wide distress. One may suffer nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—feel tired, nervous, all worn out. Frequent, scanty or burning passages are sometimes further evidence of kidney or bladder disturbance. The recognized and proper treatment is a diuretic medicine to help the kidneys get rid of excess poisonous body waste. Use Doan's Pills. They have had more than forty years of public approval. Are endorsed the country over. Insist on Doan's. Sold at all drug stores.

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SEASON'S
Greetings

The arrival of another Christmas season brings with it the joyous recollections of many pleasant and friendly associations with those whom it has been our pleasure to serve in this community.

Each year we find ourselves eagerly awaiting the Christmas season because in it we find the opportunity to express again our appreciation for your thoughtfulness and consideration.

And as we extend our thanks, we hasten to add our best wishes to you for the Holiday Season. May it be one of manifold blessings ... a time of merriment and thanksgiving. May this Christmas be your happiest.



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