

Use Of N. C. State Parks Up Sharply

49.52 Per Cent More Use Parks Than During 1949

More people used North Carolina's State Parks in 1950 than ever before. The total was 1,116,741, an increase of 369,874 or 49.52 percent over 1949, according to State Parks Superintendent Thomas W. Morse. Picnicking, swimming and boating continued to be popular sports, but greatest gains were made by campers and hikers. There were 21,632 campers in the parks in 1950 as compared with only 3,436 the year before, and 28,606 hikers as compared with 6,384 in 1949. Of the 13 parks maintained by the N. C. Department of Conservation and Development, the most widely used were Morrow Mountain in the thickly populated Piedmont section, 295,244 visitors; Mount Mitchell, atop the loftiest mountain in Eastern America, 193,311 visitors, and Fort Macon, near Atlantic Beach, 193,364 visitors.

The sharp increase in hiking was due to accent on that sport at Hanging Rock Park, north of Winston-Salem, where 16,161 engaged in it, and at Crabtree Creek Park, between Raleigh and Durham, where 8,649 hikers took to the trails last year. Crabtree Creek, with 12,149 campers, accounted for most of the increase in this field, although 554 hardy souls camped atop Mt. Mitchell and 1,849 others roughed it overnight at Hiwassee Lake, near the Great Smokies.

Attendance at other state parks for 1950 follows: Cape Hatteras (undeveloped) no report; Hanging Rock, 138,416; Hiwassee Lake, 80,499; Jones Lake (exclusively for Negroes), 12,839; Pettigrew (off Highway 64 near Plymouth), 10,793; Rendezvous, undeveloped, near North Wilkesboro, no report; Singletary Lake (in Southeastern N. C., near Elizabethtown), and Town Creek Indian Mound, near Troy, no report.

the rest it can get to heal. That is why patients with tuberculosis are put on complete bed rest in a tuberculosis hospital. When the patient is physically and mentally relaxed, the normal work of the lungs is cut down. With the constant motion of the lung lessened, the organ has a better chance to heal.

Sometimes, bed rest alone is not enough for the sick lung. When this is the case, the doctor advises "collapse therapy," or some other type of surgery to give the lung the additional rest it needs.

There are several forms of lung surgery. One of the simplest is the temporary collapse of the lung known as pneumothorax. With this operation, air is inserted between the covering of the sick lung and the lining of the chest wall, causing the lung to shrink into a smaller space. The air compressing the lung is gradually absorbed, and the operation is repeated to keep the lung collapsed for as long as it is necessary.

In a second form of temporary collapse, known as pneumoperitoneum, air is injected into the abdominal cavity to push up the diaphragm under the damaged lung and thus compress the diseased area. The lung re-expands as the air is slowly absorbed, and the diaphragm returns to its normal position.

Phrenic nerve paralysis is a simple operation which temporarily paralyzes the diaphragm on the side under the sick lung and compresses it for about six months. The moving of the lung in breathing is cut down considerably during that time. When permanent paralysis of the diaphragm is necessary, the phrenic nerve is cut instead of merely crushed.

Thoracoplasty, an operation per-

formed to collapse the diseased area of the lung permanently, means the removal of ribs, or sections of ribs, over the damaged area of the lung. This permits the soft covering of the rib to fall in and collapse the diseased portion of the lung. New ribs will grow back in about three months in such a position that they will keep the diseased part of the lung permanently collapsed.

Other surgical procedures include lobectomy, the removal of a diseased lobe of the lung, and pneumonectomy, an operation in which the entire diseased lung is removed.

Surgery never takes the place of bed rest in treating tuberculosis but rather supplements it, if and when the doctor thinks surgical procedures are required.

Plant Beds Need Good Management

An extension tobacco specialist at State College this week urged Tar Heel tobacco growers to follow proper plant bed management and thus help prevent the occurrence of a possible shortage of plant bed canvas during the season.

The specialist, Roy R. Bennett, says growers in many areas of the State are having difficulty obtaining plant bed cloth. A check with manufacturers and dealers indicates they are making and distributing at least as much canvas as was made last year. A 9 per cent increase in tobacco acreage allotments for 1951, however, will call for some increase in plant bed yardage and will require the use of more old canvas than was used last season.

Many dealers say they are making

an effort to supply their customers and deliver canvas to growers within their area. Bennett says this will help equalize distribution of the canvas that is available. Otherwise, he adds, growers in the earlier seeding regions would tend to buy up the cloth in the later areas and accentuate the shortage in local sections.

Bennett urges growers to buy whatever canvas they need as early as possible, so that some redistribution of the supply can take place when local shortages show up. Mill officials have stated that they will continue to make canvas for distribution up into March.

The State College tobacco specialist says good management will enable tobacco growers to transplant this year's larger crop from much less plant bed yardage than was shown last season. He urges all growers to provide plenty of water for their plants, take measures to control insects, and apply materials for blue mold control.

Bennett also advises growers to take care of whatever old plant bed cloth they may have on hand.

No matter how little you pay you can always get something worse for less money.

BIRTH ANNOUNCEMENT

Mr. and Mrs. C. D. White announce the birth of a son, born January 11 at Chowan Hospital. The baby weighed 7 pounds and 13 ounces.

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Nothing Better Than Good Food, Says Ohio Man

If a man isn't able to eat the foods he likes he's in mighty sorry shape — imagine going through life without being able to enjoy a fine big platter of bacon and eggs. That is the way Joseph N. Damillot, 3414 E. 5th Street, Dayton, Ohio, used to be, but since he has been taking HADACOL, he says he feels just fine and is able to enjoy lots and lots of fine foods. Mr. Damillot found that taking HADACOL helped his system overcome a deficiency of Vitamins B₁, B₂, Niacin and Iron.

Here is Mr. Damillot's statement: "My first bottle of HADACOL convinced me that HADACOL was what I needed for the gas on my stomach at nights. I could not keep food on my stomach, but after the first bottle I was going great. Now I eat bacon and eggs, and other foods that never would stay with me. I also can sleep well at nights. Thanks to HADACOL I will never be without it, and can recommend it to all who suffer with the above ailments that I had. I know because I have suffered for quite some time."

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