

WATER SPORTS: An Ounce of Prevention

Summertime means water sport time. Beaches, pools and lakes everywhere are crowded with those seeking fun and comfort. And in order to insure a healthy as well as happy time in the water, it's important to know the hazards involved and the precautions necessary to avoid them.

Swimming, the most popular water sport, is also the one in which the least amount of caution is exercised. The expert swimmer knows enough to respect the basic dangers of this sport; the inexperienced swimmer should have enough sense to observe the expert's precautions. Probably the most important rule about swimming is to never swim alone. Also, never swim at night, just after eating, or when tired. If just these four rules would be remembered by all swimmers, deaths by drowning would be reduced considerably.

Some of the hazards associated with water sports are not dangerous but merely annoying. Ear infections are a minor, but persistent, problem among swimmers; water skiers and skin divers, called "swimmer's ear," this ailment until recently kept thousands of people out of the water for several weeks each year.

The reason ear infections are so common among water sports enthusiasts is because the moisture left from swimming provides an ideal environment for the rapid growth of bacteria and fungi.

Antibiotics and sulfa drugs are of little help in preventing or treating ear infections because the organisms usually become resistant to these drugs very quickly.

But a prescription medication called VoSol, made by Wampole Laboratories of Stamford, Conn., has proved an effective germ killer while avoiding the drawbacks of antibiotics. It can also

be used for preventive purposes. Drops are applied to each ear even if only one seems to be infected. There is no stinging sensation, and virtually all infections are permanently controlled within a week—the majority within four days.

A sport that gains in popularity every year is water skiing. Although not one of the major causes of drowning, it is responsible for many accidents. Enthusiasts are advised to minimize the danger by observing the following rules: Wear a life jacket regardless of how well you can swim; even if the skier is an expert swimmer, there is a chance that he may hit something and be knocked unconscious. Do not ski to the point of exhaustion. Have an extra person in the boat to watch the skier. Run parallel to shore and come in slowly when landing. Sit down if coming to shore too fast.

Skin diving and SCUBA diving are probably the most exciting and most dangerous water sports. Before attempting either, one should be a better than average swimmer, skilled in surface diving, ocean and distance swimming, life-saving techniques and underwater swimming. Authorities also advise: Have a medical checkup. Master skin diving before you take up SCUBA diving. Get instructions from a qualified diver. Never dive by yourself.

The precautions here are few and simple, but they rule out a bevy of water sport hazards.



Winter Sextet to Appear at NCC Conference

Continued from 4A

The Paul Winter Sextet, hailed by critics as the most important new jazz group of the 1960s, will appear in concert at North Carolina College Thursday, November 19, in the second of the college's lyceum features for the year.

Because of an anticipated large attendance, the concert will be held in the college's R. L. McDougald Gymnasium beginning at 8:15 p.m. The public is invited to attend the event at no admission costs.

Consisting of six young musicians who play music which may be called "contemporary chamber music," the group is credited with offering the rhythmic excitement and the improvisation of the best jazz and is regarded as representing a unique combination of a small orchestra and a free-spirited combo.

Their instruments in the group are saxophone, classical guitar, flute, piano, bass, and drums. The sextet's repertoire, part of which has been recorded in five popular Columbia Records albums, includes original compositions, standard jazz tunes, and adaptations of popular and folk music the group has been heard in its travels in 25 countries while on a State Department Latin American tour.

The sextet has appeared on several popular television shows such as the NBC TODAY show and the same network's TONIGHT show; and, after performing at the White House for the Kennedys, it



WINTER

was the subject of a half-hour documentary on CBS' EYEWITNESS.

Winner of numerous musical awards, the sextet is credited also with having much to do with the bringing of bossa nova music from Brazil to the United States.

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Club Celebrates 4th Anniversary

The Good Neighbor Club of Roxboro Street celebrated its Anniversary Sunday, October 25, at the Roxboro Street Union Hall.

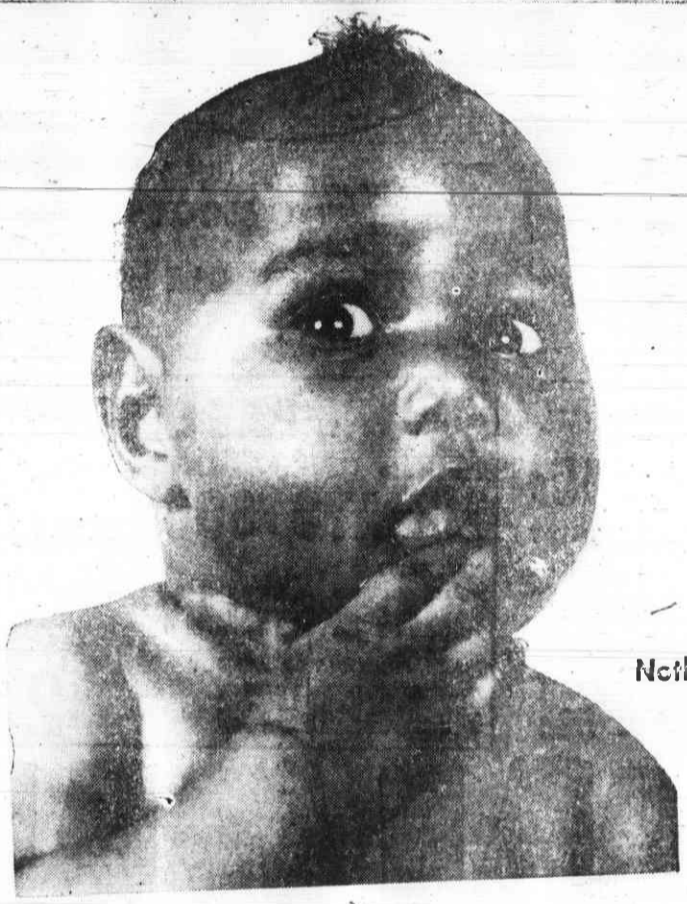
Mrs. Lucinda M. Harris, President of Durham Business College was the guest speaker for the occasion. In her address, Mrs. Harris put emphasis on "Finding Time For God." Other participants were the Z. D. Jubilee Singers of

Oak Grove Freewill Baptist Church and Mrs. Cora Adams who sang a solo. Guest Clubs were, Dunstan Street Community Club, and District No. 1 of Whitted Street Community Club.

Mrs. Beulah Wilson, president of the Good Neighbors Club, stated, "the purpose of this club is to better the neighborhood and to help neighbors who are in need of guidance." Other officers include Mrs. Alice Stewart, Mrs. Helen McNeil, Mrs. Australia Timberlake, and Mrs. Dora McCall. The club's motto is "Great Oaks From Little Acorns Grow."

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Photo by Constance Bannister

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