

WILL ACCEPT CENSURE -Clayton Powell tells reporters not accept a public censure in BUT-(Bimini, The Bahamas) that he would accept censure the well of the House," the -Framed by palm trees and by the House-but only in the Harlem Democrat told newsholding a copy of the "House same manner as Sen. Thomas at is first news conference in Rules Manual," Rep. Adam Dodd of Connecticut. "I will" many weeks.



YOUTH ARRESTED (Buffalo, police during the second night wounded this second day while N. Y.)-A Buffalo youth is led of violence in this city. At least about 30 were arrested. away after he was arrested by five persons were shot and



Hot Weather ---Summer Has Its Share Of Hazards To Health

for colds and flu and sneezes, but there are some diseases and acci dents that do their worst in ho weather

The American Medical Asso ation points out that some of these are obvious. Sun strokes and heat strokes are more likely to occur in July and August than in January. Too much exposure and too much exercise in the hot sun nav produce sun stroke. Pro or out of doors, can cause heat troke. The symptoms are the ame and in either case it is important to keep the victim cool and call a physician at once. Heat prostration also is caused by geting overheated, but instead of de veloping a high fever, the victim becomes cold and clamniy. Prompt medical attention and keeping the patient as warm as possible are important.

Sunburn has hospitalized many a vacationer. Everyone should know that gradual exposure to the sun, beginning with a few minutes a day, is the recommended course. But many of us forget to watch the clock and to take precautions against sunburn in the excitement of the first day at camp or at the seashore. The bacteria that cause diar

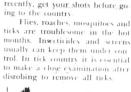
rhea multiply much faster in luke warm foods, and it's important to keep cold foods in refrigeration

seep total docus in Terrigeration and to keep hot foods hot. Swimming is fine exercise and also is good for cooling off on a hot day. Those with sinus or car troubles should be careful about swimming. Swimmers should make certain that the water is safe from pollution. A clear mountain stream may look attractive. It also may be loaded with germs. And there still are cases of typhoid and_dysentery from drinking untreated water. Campers can disinfect water by boiling or by commercial disinfectant tablets

If there are horses or cows around, there is likely to be tetan us. Tetānus (lockjaw) is very seri-ous. It can be prevented by injec-tions of tetanus toxoid. If your

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Bursitis---Joints Need

Special Care Sometimes it's "housemaid's e." Or "policeman's heel." By any other name it's still

bursitis, and it is one of mankind' more painful and disabling ail ment Bursitis, says the American Medical Association, means in-flammation of a lubricating sac about a joint. The sac, called a

buinsa is similar to a collapsed ballown with some fluid inside. It is located at various places in the body where joints or tissues touch and rub, and without cushioning there would be friction. = Bursitis can hit at many points In recent

there is m

learned much about bursitis, and

to relieve the pain and promot

healing. One of the mainstays in

treatment is a mild pain killer. The newer cortisone-type drugs have been used with some success

Fishin

in the body, but most often occurs in the shoulder, elbow or knee In almost every case bursitis follows unaccustomed strain or overuse of an extremity. By taking

a little time to work up to your physical condition, and especially by working up the muscles that you plan to use in any repetitious mo-tion outside your normal activity (strengthening your wrist and arm before starting to paint the house, for instance) you can probably keep clear of this common and

painful ailment If you get bursitis, no one need suggest that you see a doctor. The pain is so acute that you will be the first to seek relief.

JULY

IS



SATURDAY, JULY 8, 1967 * THE CAROLINA TIMES-3A

TRYS TO QUELL RIOTING - | ders which have hit this city (Buffalo, N. Y.) - Rev. Steven for the second straight day. In L. Hargrove of the Trinity Bap- today's shootings, (June 28) ters tried to help the police re tist Church uses a bull horn as looting and vandalism 5 perhe attempts to quiet the disor- sons have been shot and

science has

For the guy who wants to better his chances in the lunker department, there are a couple tricks on this season's scene that may be of interest, say the ishing experts at Mercury outboards.

The first, they claim, is the chewable lure While this off offering has been standard

UP

store order in the east side ghetto (UPI Telephoto) phable approach' is also available to plug casters. With the tendency of big fish to moth and chew a while be-tore smaller. allowing, it certainly

wounded while at least 30 were

arrested. Several other minis-

as merus, Recently marketed soft lures hat emulate many old, proven avorites have the deceptive haracteristics of natural bait. lunkers that seize a bait and gingerly move off-tor some dis tance while contemplating the authenticity of the morsel and

Garrison upheld on subpoena to F.B.I. agent.



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