

PREGNANCY PLANNING AND HEALTH

by Mrs. Gloria Riggsbee

Dear Mrs. Riggsbee:
I have two questions that need answering desperately. First, is the blood test you take before getting married—the Wasserman Test — a test for syphilis?
Also, if the premarital blood test is given at the health department and the woman had syphilis, would they let her know? Are the results of the test always sent to the girl regardless? These questions are very important to me. Thank you for your time.
Mrs. C. M.

Dear Mrs. C. M.:
Yes, the Wasserman Test, which is the blood test required before getting married in North Carolina, is a test for syphilis. If this test is positive, indicating that the person has (or had in the past) syphilis, then the person is not notified. In other words, if the test is negative, you will not hear from the health department.

Dear Mrs. Gloria:
I went to the Health De-

partment to see if I were pregnant. I am 22 years old and have never been married. My period usually stays on seven days, but now it stays on only two days. Could I be pregnant? Please send an answer.
Miss S.

Dear Miss S.:
I cannot possibly tell you whether you are pregnant. Only a pregnancy test or an examination by a doctor can give you the answer, so you will have to rely on what the Health Department tells you. If you find you are not pregnant, you still should have a check-up by a doctor and ask him why your periods have changed from seven to two days.
Since you think you might be pregnant, I assume you are engaging in sex. If you are not pregnant, you should ask the doctor about a good method of birth control, such as birth control pills or an IUD (like the loop or the shield).
I can sum it all up by saying you should see a doctor for prenatal care if you

are pregnant, and you should see a doctor for an examination and prescription of a good method of birth control if you are not pregnant.

Dear Mrs. Riggsbee:
I would like to know where and how to set up an appointment for the laparoscopy method of tying the tubes. Also, could you tell me if my hospitalization insurance will pay anything on this procedure?
Mrs. R.

Dear Mrs. R.:
I am sending you the information on the new procedure for tying a woman's tubes called laparoscopy. If you have Blue Cross-Blue Shield hospitalization, there is a good chance that your policy will pay part, if not all, of the costs of this procedure. Regardless of what company you have hospitalization with, you should check with the local office to find out what coverage you may have.
You will find information on obtaining an appointment with the doctor who does laparoscopies on the last page of the information I am sending you. Let me know if you have further questions.

For a copy of the information sheet on laparoscopy, or for answers to your questions about sex, pregnancy planning or birth control, write: Mrs. Gloria Riggsbee, 214 Cameron Ave., Chapel Hill, 27514.



Hairstyling - The Kindness Way

A today woman is a woman of many different moods. She can change her look from gypsy to ethnic simply by changing her costume, cosmetics and hairstyle. Luckily, today, changing a hairdo is as simple as slipping into a new outfit. With an instant hairsetter like Clairol's Kindness Compact, a clued-up gal can give herself a completely new coiffure in a matter of minutes. The gentle warmth from the rollers will curl or wave straight hair, help straighten overtight curly hair and add height and shape to an Afro. For the best results use the heated rollers on hair that's slightly damp. Leave them in for eight to ten minutes, take the rollers out and for curly styles leave the hair to cool before brushing. For a straightening effect or styling an Afro, brush the hair while it's still warm. The result—a brand new hairdo—the Kindness way—the today way.

UL To Assist Educators in Regaining Jobs

WINSTON-SALEM — A drive to identify black educators unemployed or underemployed due to action associated with public school desegregation and to help them regain positions comparable with their training and abilities, either within or outside the education field, has been underway for several weeks by the Winston-Salem Urban League, according to its Executive Director, Samuel D. Harvey.

Coordinated by the National Urban League's Southern Regional Office in Atlanta, the program offers all principals, administrators, and teachers displaced or demoted the opportunity to register with both the local and nationwide Urban League "Skills Bank," Civil Service Commission, and with the Manpower Administration/ U. S. Department of Labor. Those persons desiring or willing to move to other communities should particularly be interested in this program which offers contact with many employers across the country in all occupational categories.

The Urban League is also seeking information on those minority educators not currently unemployed or seeking employment who have been adversely affected by recent, racially motivated dismissals, demotions, or job eliminations. The date from both sources will be utilized to compile a solid estimate of the substantial personal suffering and wasted talent resulting from the discriminatory acts of public school boards and officials.

It is projected that the information gathered in eight states will provide the basis for tougher governmental action to halt the dismissal and downgrading of black teachers and for more direct assistance to unemployed teachers and their families.

All persons in North Carolina who have lost jobs in the public schools through consolidation or similar action related to desegregation, or who know of those persons so affected are urged to contact S. D. Harvey, at the Winston-Salem Urban League, 610 Coliseum Drive, Telephone 725-5614, immediately.

Clarence C. King, chief Bladen County deputy, said the incident during which "quite a few" abolitionists were fired into a group of men by an unknown assailant was still under investigation.

What They Wore... by PHYLLIS JOYCE

FASHION'S HALL OF FAME

THROUGHOUT HISTORY CERTAIN WOMEN IN EACH PERIOD LEFT THEIR MARK ON THE FASHION OF THE TIMES.

QUEEN ELIZABETH MADE THE VOLUMINOUS SHIRT, HIGH NECK SUFF AND FALSE RED HAIR SO POPULAR, THAT BOTH THE COURT AND COMMON PEOPLE IMITATED HER.

MARIE DE POMPADOUR'S LOVE OF FLORAL MOTIFS, BEAUTIFUL PORCELAIN AND CLASSIC SIMPLICITY INFLUENCED FASHION FOR DECADES.

DURING THE REIGN OF NAPOLEON III, THANKS TO THE INFLUENTIAL PATRONAGE OF THE EMPRESS EUGENIE, WORTH, THE COUTURIER, WAS ABLE TO OPEN HIS OWN SALON AND BECOME THE FOUNDER OF HAUTE COUTURE IN PARIS (THE EMPRESS LOVED HIS FLOUNCED SHIRTS).

TODAY... WHEN BUYING WOMEN'S OR CHILDREN'S APPAREL LOOK FOR THIS LABEL... THE SYMBOL OF DECENTY, FAIR LABOR STANDARDS AND THE AMERICAN WAY OF LIFE.

HANDCRAFTS TO DO FOR "CREATIVE" YOU

Discover, for instance, the fun and easy way to crochet a giant bouquet of fantastic flowers in garden fresh colors. These springtime blossoms will enhance living room, hallway, or bedroom.

Or, tie lots of knots to create beautiful, versatile macrame right in your home!

It's easier than you think to design fascinating wall decorations. Like a sunlit ocean, or a cheerful cat that dances across a speckled background of yellow, orange, and red. Or a laughing hippo, enjoying the cool water of his multi-hued river.

These are just three of the five "Batik Designs For Beginners" to be found in the 1971 edition of McCall's Annual of Creative Handcrafts.

Of course, once you've created the Batik designs that appeal to you most, you'll want to complement them with further examples of your decorating know-how. Accordingly, "let the Annual be your source for creative ideas," suggests editor, Nan Comstock.

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Two Rap Coverage Of Visit to China

NEW YORK — Two members of the U.S. "ping-pong delegation" which recently visited Red China expressed some sharp criticisms of U.S. press coverage of the tour.

Tim Bogán, vice president of the U.S. Table Tennis Association, and Jack Howard, captain and coach of the American ping-pong team, were asked in a television interview what they thought of Vice President Spiro T. Agnew's comment that the tour was a propaganda triumph for Peking.

"A lot of the press reported very accurately, but a lot of headlines were distorted," Howard said. "Almost everybody at some point was paraphrased to give a different gist, or was just plain untrue."

He cited an instance in which he told a reporter that he "thought there were many good things about China" but that he preferred the U.S. system.

When he saw the story in print, Howard said, all that was mentioned in the headline or the text was his comment about China.

Bogán noted that most members of the table tennis team doubted as correspondents for various media without the knowledge of China or the training as newsmen that they should have had.

"They treated us so nicely... that it was difficult to write bad things," he said.

"We didn't see China," Howard added. "We saw... very small selected parts of Peking, Shanghai and two buildings in Canton. That's what we were commenting on."

Spotlight on HEALTH

HEALTH & SCIENCE SHORTS

Hands that are not clean enough have been implicated in a large number of bacterial infections, a professor of pediatrics reported recently. Among these infections are boils, styes, impetigo, foodborne illness, hepatitis and respiratory diseases.

The physician largely credited simple but careful handwashing with phisoHex, a creamy nonsapon skin cleanser, with helping to prevent and control the spread of these infections.

According to one authority, excessive brushing can irritate the scalp, and contribute to breakage, split ends, and premature loss of hair. "Twenty or thirty strokes are more than enough to distribute oil along the hair shafts, remove tangles and whisk away loose dirt, dead cells, and hair spray residue," the beauty expert writes in a health care magazine.

Pediatricians treat more colds than any other group of physicians. They recommend that to avoid serious complications such as otitis media (inflammation of the middle ear), children's colds not be neglected. A mild nose drop such as Neo-Synephrine 1/8% (pediatric strength), or 1/4% for older children, is most often recommended to keep nasal passages free and eustachian tubes open. Cold remedies good for adults are often dangerous for an infant, and should be checked out with a physician.

A good dandruff shampoo is most effective when it is used properly. The maker of phisoDan, a shampoo that is reported to leave an antibacterial film on the scalp to help prevent secondary scalp infection, recommends the following for best results: Use two teaspoonful of the liquid, working it into a lather for a minute or two. Rinse, and apply a second time, massaging the liquid into the scalp. Leave the suds on for 3 to 5 minutes. Rinse hair and scalp thoroughly. No rinses are needed afterward.

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HOW TO SAVE YOUR LIFE

Think about fire for a moment. Not the friendly fire at the family barbecue, but the fire that destroys possessions and takes lives.

Every day there are over 6000 fires in the United States. Most of them occur in the home.

More tragically—a human being is killed by fire every 43 minutes!

Be prepared. Know what to do in case of fire in your home. Remembering the following points drawn up by the Atlantic Companies (Atlantic Mutual Insurance Company and Centennial Insurance Company) could save the lives of you and your family:

1. Plan an escape route in case of fire and work out alternatives.
2. Hold fire drills. Train your family, especially your children, to respond automatically.
3. Get everyone out of the house. Don't stop for your possessions. They can be replaced... lives cannot.
4. Always notify the fire department. Give your address clearly and slowly. If you use an alarm box, stay near it to direct fire engines.
5. Have fire extinguishers handy in strategic places and know how to use them. They will help control the flames and aid your family's escape.

The Atlantic Companies say that most common causes for fires are:

- Smoking in bed or failing to extinguish cigarettes in ash trays.
- Children playing with matches.
- Defective heating equipment, unsafe chimneys, flues, burners.
- Electric or gas heaters.
- Faulty insulation and wiring of home appliances or appliances left improperly attended. Unsafe extension cords and plugs, failure to ground properly.
- Careless use of flammable liquids and pressurized containers.
- Untidy housekeeping: piling up of rubbish in cellars and attics; accumulation of oil and paint rags.
- If, despite these precautions, you are caught in a fire, Atlantic recommends these actions:
 - Don't panic. Panic is the great killer.
 - Know what to do. Stop and recall your escape route.
 - Never open a hot door. If it is hot to touch, it is suicide to open.
 - Scream. Pound on walls to awaken other family members. Escape through a window if possible.
 - Rooms opening on porch or garage roofs make easier escape hatches. Those that do not should be equipped with an anchored rope ladder. Even blankets or sheets tied to-

gether, then tied to a bed or heavy piece of furniture can be used to escape.

• Take short, shallow breaths, cover your head, stay close to the wall going down stairs. It is not fire, but inhalation of smoke and gases that kills most of those losing their lives in fires.

• If smoke is thick, crawl on your hands and knees—there is more oxygen and less smoke at floor level.

• Close doors as you pass through them to help keep back heat and flames.

The Atlantic Companies say, as do all firemen, "A good home is one you can get out of in case of fire."

Most deaths occur because people have not made advance plans on how to escape from their home during a fire.

After a fire, listing and evaluating your possessions can become a bewildering task. Every homeowner should have sufficient insurance—at least 80 percent of the current replacement value of building and household contents—and an itemized inventory.

A record should be kept of everything you own: description, when and where purchased and the purchase price. You will then be prepared for a quick and fair settlement of your fire losses.

There will be a million fires in the next year and thousands of lives will be lost. Be prepared.

Don't let it happen to you!

Spotlight on Health

HOW SAFE ARE ABORTIONS?

Without a single serious complication, more than 28,000 women have been placed for safe, legal hospital abortions in New York State by the Abortion Information Agency, according to a research report recently issued by the agency.

Covering the first eight months following New York State's liberalization of its abortion laws which went into effect on July 1, 1970, the report sums up the experience of AIA cooperating voluntary and private general hospitals where more women, it is estimated, have been treated for abortion than in the entire municipal hospital system of the City of New York.

Minor complications were present in only 6/10ths of one percent (0.6%, averaged) of the 28,000 cases, AIA research revealed.

"This is one-fourth the reported complication rate, both major and minor, at the best of the so-called free-standing private out-patient clinics (2.3%," said Sharon C. Peters, AIA Executive Director, speaking in her office at 160 West 86th Street in New York City.

"Because such clinics have an unacceptably high rate of complication, both major and minor, we refer women only to fully licensed and accredited voluntary and private general hospitals, where Board certified obstetricians and gynecologists perform abortions with Board certified anesthesiologists attending. A point somewhat overlooked is that, in the case of a routine D & C (dilatation and curettage) procedure, where a pregnancy is not involved, no physician would think of performing the operation anywhere except in a hospital operating room. We see no reason for less precaution in the case of an abortion."

Findings of the New York based agency, which has found it necessary to have 30 to 40 women available day and night to answer its telephone, (212) 873-6650, are reported in a new edition of "A Need Fulfilled," a 20-page booklet issued by the Abortion Information Agency free as a public service.

INVERHOUSE

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FIFTH

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