

Happiness Through Health

by
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VENERAL DISEASE: EPIDEMIC RUNNING RAMPANT: Not so many years ago, fear of illegitimate pregnancy undoubtedly dictated some of our social standards. And that may be what kept venereal disease under a degree of control in the United States. During the last decade - the era of new sexual freedom and the pill - VD has soared.

The use of the pill and IUD for contraception likely have a role in the rise of sexual freedom; at the same time they offer no protection against VD as did contraceptive methods in use previously.

Behavioral scientists could have a field day explaining the why's of the VD disease. But the government epidemic fighters are faced with the grim facts: the current estimates from HEW's Center for Disease Control (CDC) in Atlanta are that 2,500,000 people contract gonorrhea each year and 80,000 get syphilis. (It's an estimate because many private physicians fail to report cases); the actual statistics show a relentless rise each year, particularly for gonorrhea. Next to the common cold, it's the most prevalent disease in the country. And in its way, just as difficult to conquer.

PENICILLIN CURES VD: For several years after penicillin was in wide use, health authorities thought they had the age-old VD problem licked. Penicillin

does cure VD, and it did curb it for a time. But during the last several years the disease has grown to epidemic proportions and is running rampant now.

Millions of dollars are being spent by federal, state and local health departments trying to prevent and control VD. But for every case detected, another is infected before treatment is given, and another, and another... Sometimes the trail from a single VD case can lead to a hundred or more contacts.

Venereal disease is a subject many families shun as a topic of conversation (often at the same time it is invading their own homes). They regard it as more a social stigma than a health problem. But a health problem it is, posing a particular threat to young people, women and babies. Venereal diseases can lead to heart disease, blindness, crippling, insanity, sterility, babies born blind or deformed. Often there are no early symptoms, especially in women.

That's why health authorities are trying to bring an understanding of VD to public attention. Their primary aim is to reach teen-agers and young adults and get them to visit a physician or clinic to be tested if they are sexually active, because VD can be cured. Also they want to teach them how to prevent the spread

of VD, because there are ways. And they want them to know the importance to their lives and others of preventing, finding, and treating VD before it does damage.

R U N - A - W A Y EPIDEMIC: Greater use of condoms to combat a runaway epidemic of venereal disease, while also practicing birth control, was urged by a public health expert recently. And tests are under way to determine whether vaginal preparations, such as chemical foams, can bring the same double benefit of contraception and disease control as condoms, said Dr. John C. Cutler, professor of International Health at the University of Pittsburgh.

The condom is a proven means of preventing VD, Dr. Cutler told a symposium at the New York Academy of Medicine on sexually transmitted diseases, of which there are 14. Both condoms and vaginal chemicals can be bought over the counter, or through vending machines, making them easily available to young people who are hit by the highest rates of sexually transmitted diseases, Dr. Cutler said. He was especially concerned about the very "high VD rate in the 15-24 year age group."

 have a nice weekend...

...say hello to a stranger



Dental Patient's Behavior Can Be Misleading

Dental treatment or oral hygiene procedures cause some patients to cringe with pain, while others react with stoic tolerance. It is very difficult to gauge the intensity of a patient's discomfort by his overt behavior, a British psychiatrist has suggested.*

According to reports received by a company in the U.S. dentists in our country have reported that the only way they may become aware of the pain of dental hypersensitivity in some patients is when they apply a jet spray of cold air or water to a specific area of the mouth.

Some of the reasons for stoicism suggested in the past have included family conditioning, a high threshold of pain tolerance, and the fear that admitting pain will result in more pain in the

form of dental treatments and expense.

Developing a good doctor-patient relationship is the psychiatrist's recommendation for monitoring accurately anxiety or pain, and for helping the patient to overcome his fears.

Patient education is another offered by dentists who find that knowledge of new procedures and techniques that cut down on time, expense and pain encourages a patient to discuss his dental problems more openly and not to anticipate discomfort. Home treatment is sometimes possible, too, and for teeth that are overly sensitive, the "treatment" may consist of changing toothpastes to one containing strontium chloride (Sensodyne) to block the stimuli that produce the pain.



SENIOR CITIZEN'S CORNER

HELPFUL IDEAS FOR SUCCESSFUL RETIREMENT



Prevent Burglary

Burglary is the nation's fastest growing felony. A prowler enters someone's home every 15 seconds in this country. The rules for protecting your home and family from burglary are quite simple and basic.

Make entry by the burglar difficult. Use substantial door and window locks. Utilize exterior lights at night when you're home, plus inside lights when you're not.

Get to know your neighbors. Make them fully aware of your family's living habits—who comes and goes to your house and when. If you should notice a stranger who appears to be doing something out of the ordinary, call the police immediately.

When you're not at home:

—Lock all outside doors and windows.

—At night, leave one or more lights on in locations not visible from windows. For extended ab-

sences, there are inexpensive plug-in timers that will turn lights on and off.

—Leave a radio playing, preferably tuned to a talk show with volume low. This might create the impression of conversation.

—Do not leave notes indicating your absence.

—Shut and lock the garage door.

—Don't leave keys in obvious places like the mailbox or under a flower pot.

When you're at home:

—Keep outside doors locked.

—Don't admit strangers—under any pretext.

—Install a chain lock or have caller identify himself prior to opening the door.

—Don't keep valuables out in the open.

—Report any solicitor or salesman without proper credentials to the police.



TAKOMA PARK, MD' — While helping his mother sweep a Chattanooga theater 45 years ago, Cleavant Derricks found a badly needed \$5 bill and the inspiration to write one of the nation's most famous gospel songs, "Just a Little Talk With Jesus." The song has been recorded by more than 300 singers. But Derricks, now 65 and stricken with cancer and living near poverty never received a cent in royalties. He swapped his song for 50 songbooks he sold at churches and gospel meetings for ten cents - \$5 at most. (UPI).

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