

mothers and babies

LITTLE KNOWN FACTS

Studies have shown children between the ages of two and six catch more colds than those in any other age group. Parents of young children who get sick all the time can comfort themselves that this will probably pass and that the youngster will only get about a quarter as many colds by the time she's 12.

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According to some pediatricians, one of the best ways to keep a child from getting chilled by sudden exposure to cold is to expose the child to cold all the time. If properly dressed in a warm coat, such as this from Mothercare, retailing specialists for mothers-to-be, babies and children under five, a youngster can be comfortable even in cold weather. The coat has a tartan hood and quilted lining.

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Children grasp concepts at different rates, but most three-year-olds know the difference between big and little, four-year-olds understand yesterday, today and tomorrow, and five-year-olds know relative sizes.

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Parents can find a fine assortment of clothes and toys for children in the Mothercare catalogue, available from Mothercare, Box 3881, New York, N.Y. 10017.

Changes In Soil And Water Conservation

Should conservation work in North Carolina be changed from its present voluntary basis to a regulatory emphasis? Or should participation in the U. S. Department of Agriculture programs be conditioned on good conservation work?

Under the proposed "Cross Compliance" of the Resources Conservation Act, usually known by its initials "RCA", passed by Congress to redirect federal conservation efforts, a farmer would be required to carry out a program of soil and water conservation that is acceptable to USDA before he could get help from any of the other USDA programs. Before a person could get a commodity loan, crop insurance, a low-interest loan, or assistance from ASCS, he first would have to apply any needed conservation measures to his land. He would have to apply these measures in a manner that is acceptable to the Soil Conservation Service. In other words, conservation or at least protecting land from soil erosion, would be a prerequisite to a farmer's participation in other USDA programs.

Cross compliance between soil conservation and USDA's other farm program is one of seven strategies that USDA is considering in an effort to develop a new and more effective approach to helping people use and conserve soil and water resources.

You can find out more about this and all of the proposed strategies by reviewing the material that USDA has prepared on them. Also you might be interested in the findings of the department's study of the condition of the country's soil and water resources. All of this information is available through Polk Soil and Water Conservation's Office located in the Courthouse annex, or you may call 894-8550.

TRYON HOUNDS

Saturday

10 a.m. Rubini's Field

California is home to more ex-military personnel, 3.3 million, than any other state. New York trails with 2.5 million veterans, while Pennsylvania, Texas, Illinois and Ohio — in that order — have between 1.5 and 1.7 million former armed service members.

Health Views



EQUAL "PAIN" FOR EQUAL WORK

There is no doubt that women's rights have become one of the most controversial subjects of our era. Whether one is pro-women's rights or anti-women's rights in its legislative form, the subject has evoked strong interest and staunch opinion everywhere. There has been a revolution in women's thinking and a whole new set of social standards established. Many of these have ramifications which could affect the health of women.

Today, women are expected to be more active, more independent and more productive. Many families are depending on two incomes, and a woman's ability to compete in the job market and perform diverse occupations is accepted.

While the independent woman has created a new wave of thinking, she has created additional health problems for herself. With equal opportunity for jobs has come an equal opportunity for occupational injury.

You could very well call it "Equal pain for equal hurt," as much as it is "Equal pay for equal work." And you don't have to be either a "woman's libber" or a "male chauvinist" to recognize the logic of it all.

When women were confined to less physical types of jobs, there were less risks and hazards involved. But today a woman can do just about anything she wants.

Therefore, she is going to have to work more defensively and take care of her health more preventively—that is, if she wants to remain healthy and productive.

According to the American Chiropractic Association, one of the major areas of health problems is industrial injury. While chiropractic treatment has been particularly effective in reducing days of disability resulting from industrial injury, nevertheless more women will now have to deal with a health hazard they never had before. The facts are:

—Women will have to be

careful when lifting. They will have to be more conscious of spinal health.

—Women will have to learn to use tools properly.

—Women will have to start using protective gear, and the manufacturers of the gear will have to start designing them in women's sizes.

—Women will have to be more concerned about physical fitness.



—Women will have to watch their diet and be more cognizant of energy-giving foods.

—Women will have to schedule their lives, allowing ample time for recreation and sleep, as well as work.

—Women will have to make health examinations and preventive care a regular part of their regimen.

Now, here are the myths about women:

—Women are not a "weaker" sex. In fact, they can take as much vigorous physical activity as men.

—Women are not weakened by menstruation or pregnancy. Physical activity usually helps.

—Lifting heavy items and doing physical labor does not make a woman masculine or give her bulging muscles.

—Women do not sustain more injuries than men in physical tasks, provided they are in condition and properly trained.

What it all boils down to is that with opportunity comes responsibility. And the woman must recognize her responsibility for her health. In the front ranks carrying the message of health to the women of the 80's are the many female doctors of chiropractic throughout the U.S. (about 10% of the profession), who have made this call their pet project.