

GOOD HEALTH

1. ARE PEOPLE SPENDING LESS TIME IN HOSPITALS?

2. MUST OLD PEOPLE GET TIRED?

3. IS ALCOHOLISM CURABLE?

Answer to Question No. 1:

The average length of stay in general hospitals in the United States today is about 20 to 25 per cent less than it was in 1940. This improvement is largely the result of medical advances, early ambulation after surgery and childbirth, and the use of blood transfusions.

Answer to Question No. 2:

Healthy old people are not necessarily tired. Much of the weariness is due to improper diet. An increase of proteins and a lessening of starch, sugar and fats will often relieve the feeling of exhaustion. Elderly

persons' diets, under the direction of the family doctor, will include plenty of meat, fowl and green vegetables, with less bread, butter, sweets and the like.

Answer to Question No. 3:

Yes, in many cases. If the alcoholic has the will to be cured, his doctor can, with the aid of new drugs and psychiatric procedures, help him to give up drinking. To be certain of continued cure, the patient must always abstain from drinking alcoholic beverages.

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Auto Dealers Urge Car Check-up For Highway Safety

"The majority—if not all—of today's traffic accidents can be traced back to bad habits on someone's part." This is the opinion of C. C. Winslow today, as N. C. Auto Dealer's Association's May Program on traffic safety education entered its third week. Mr. Winslow is local committeeman for the association.

"Doing the right thing when a traffic crisis confronts you, and having an automobile mechanically capable of responding the way it should," he said, "are the two factors determining whether the accident takes place or not."

Both factors, Mr. Winslow said, are the outgrowth of habit—either good or bad—and the chief concern of the Association's May program this year is improving the vehicle maintenance habits of Hertford's drivers.

"When a car suddenly pulls in front of you on the highway and you firmly apply the brakes for an emergency stop without depressing the clutch—that's a habit. A good habit, incidentally," Winslow said. "If the brakes that you depress are in good condition, then that, too, is the result of habit—the habit of keeping your car in the best possible mechanical condition."

Today's traffic, according to the Association, demands that both driver and car be at peak performance at all times. A deficiency in either can completely cancel out all the assets—mechanical or human—of both.

The Association's May program of traffic safety education, which urges all drivers to "Make Safe Driving a Habit—Check Your Car—Check Accidents," is being led by the National Safety Council and supported by other organizations on the national level.

White Hat News

Walker Perry of Elizabeth City, pastor of Berea Church of Christ, was a Sunday guest of Mr. and Mrs. Ulric Caddy.

Mr. and Mrs. Edward Davenport and children of Elizabeth City were Sunday guests of Mr. and Mrs. Raymond Eure.

Mr. and Mrs. Herman Caddy, Mr. and Mrs. Joshua Sutton and children, Mrs. Thomas Morgan and children and Misses Delores and Ivy Russell were Sunday afternoon visitors of Mr. and Mrs. J. D. Yeates.

Misses Mollie La Yeates, Wilma Anne Caddy, Mary Frances and Shirley Eure spent Sunday afternoon as guests of Miss Faye Eure.

Mrs. Lizzie Dowdy spent the day on Sunday with Mr. and Mrs. Fenton Eure.

Mr. and Mrs. Nickie Dunstan and sons of Norfolk, Va., spent the weekend with her parents, Mr. and Mrs. Joe White.

Mr. and Mrs. Watson Eure and Lucy Mae visited her parents, Mr. and Mrs. G. W. Simpson in Suffolk, Va., on Sunday.

Mr. and Mrs. Fenton Eure had as their guests on Sunday afternoon, Mr. and Mrs. Delvin Eure and Bobby, Mr. and Mrs. Garland Eure and daughter and Rudolph Banks and sons of Williamston.

Mr. and Mrs. J. D. Yeates, Mr. and Mrs. Thomas Thompson and Miss Mollie La Yeates spent last Sunday in Portsmouth, Va., as guests of Mrs. Yeates' brother and sister-in-law, Mr. and Mrs. Roscoe Smith.

Good Question

Little Sue was all eyes at the fashionable church wedding.

"Did the lady change her mind?" she whispered to her mother.

"No, dear. What makes you think so?"

"Because she went up the aisle with one man and came back with another."

Legion Auxiliary To Hold Poppy Sale

Saturday, May 31, will be Poppy Day throughout Perquimans County. Plans are now being completed by the Auxiliary of the Wm. Neal Stallings Post of the American Legion for holding the annual Poppy Sale on that date. Mrs. Leslie White, of Hertford is chairman of the sales committee.

On Poppy Day everyone will be asked to wear a Memorial Poppy in tribute to America's war dead, and to contribute to the welfare of disabled war veterans and needy children of the veterans.

Members of the local American Legion Auxiliary, assisted by the Girl Scouts, will sell the poppies in Hertford and throughout the county.

The poppies which the American Legion Auxiliary will distribute here have been made by disabled veterans of both World Wars at the Veterans Hospital in Fayetteville. The work has been beneficial to them as well as giving them an opportunity to earn money for themselves and their families.

Contributions made by those who wear the poppies form a principal source of support for the vast rehabilitation and child welfare work carried on by the Legion and Auxiliary, so by wearing a poppy, everyone is aiding the living victims of war while they honor the war dead.

WINFALL NEWS

Miss Frankie Barber of Elizabeth City, Route 1, is spending some time with relatives here.

Reginald Jones, Jr., of Washington, D. C., spent the week-end with his family here.

Miss Geraldine Gregory of Newport News, Va., spent the week-end with her parents, Mr. and Mrs. T. S. Gregory.

Mr. and Mrs. William Bryan of Oxford spent the week-end with Mr. and Mrs. A. R. Winslow. The Winslows and their guests motored to Kill Devil Hill Sunday.

Mr. and Mrs. T. H. White motored to Nags Head Sunday. John Earl Hollowell and Clifton Hollowell and their friend, Mr. White, motored to Nags Head Sunday.

Little Glenn Maxwell of Elizabeth City is spending some time with his grandparents, Mr. and Mrs. C. E. Lane.

Little Johnny Martin Temple of Newland spent Sunday and Monday with his grandparents, Mr. and Mrs. E. B. Hollowell.

Miss Barbara White, daughter of Mr. and Mrs. Benton White, is a patient in Norfolk General Hospital, Norfolk, Va.

Miss Amy Van Roach and Ray Harris motored to Nags Head Sunday.

Kay White Stanton spent the week-end at Nags Head on a house party.

Mrs. W. G. Hollowell had as her guests at Nags Head over the week-end, Mr. and Mrs. Elisha Whitley of Portsmouth, Va., and Mr. and Mrs. Oates of Pennsylvania.

Clinton Winslow, in company with a party of young people, spent the week-end at Nags Head.

Mr. and Mrs. Mac White and children and Mrs. Jack Symons visited Mr. and Mrs. John Symons of Chappanoke Sunday.

Mrs. N. W. Chappell and son Billy, and daughter, Linda, were Sunday visitors with Mrs. Louisa Ward of Eyland.

Mr. and Mrs. R. M. White and son, Jay and daughter, Sara Lynn, of Norfolk, Va., visited with Mrs. White's parents Sunday evening.

BELVIDERE NEWS

The Rev. Bascom Rollins, pastor of Cane Creek Friends Church, near Greensboro, conducted a series of meetings at Piney Woods Church last week. The services closed Sunday evening. His messages were forceful and inspiring and his visits with friends in the community appreciated.

Mrs. Annie Baker and daughter, Mrs. Jimmie Mathews and Mr. Mathews of El Paso, Texas, were the recent visitors with Mrs. T. C. Perry and family and other relatives in the county. The Mathews have returned home. Mrs. Baker will continue her visit for a few weeks.

Mrs. Louis Winslow and her mother, Mrs. T. D. Chappell spent Tuesday in Greenville.

Mr. and Mrs. T. R. Winslow and Mr. and Mrs. Claude Winslow visited relatives at North West, Va., Sunday.

Lois Violet Winslow was the supper guest of Ann White Friday evening.

Mr. and Mrs. L. Jay Winslow attended Friends Quarterly Meeting in Sedley Va., Saturday and spent Sunday with relatives in Ivor.

Mr. and Mrs. Glenwood Stallings and daughter of Elizabeth City spent the week-end with Mr. and Mrs. R. H. Copeland. Other Sunday visitors included Mr. and Mrs. F. M. Copeland, Mr. and Mrs. Harold Copeland, Mrs. Elmer Chappell, Mr. and Mrs. Rudolph Perry and Louis Winslow.

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