

TEENS HEALTH Health and Safety Tips from The American Medical Association

Give your family a Christmas present this week that might save their lives. If you've been procrastinating about taking the kids to the doctor for their vaccinations, don't put it off any longer. And while you're taking the kids, ask yourself — How long has it been since I had any shots myself?

Every year many children and adults become seriously ill — even die, because they or their parents have neglected to take advantage of protective vaccines that have been in common use for many years and are available in every family doctor's office.

For years, diphtheria, whooping cough and tetanus have been prevented by a triple vaccine routinely given to babies. The doctors call it "DPT." (The technical name for whooping cough is pertussis.) A vaccine against polio has been available for six years and is routinely used. Smallpox vaccination has been known for more than 150 years and has just about wiped out the disease in many areas of the world.

And yet there still are a lot of us who aren't protected against all five of these diseases. We are taking unnecessary risk of illness or crippling or death.

When should get these shots? If you haven't already had them, see your doctor right now and follow his advice. An article in the January issue of Today's Health, the magazine of the American Medical Association, lists schedules of immunization against these five diseases, as recommended by the American Academy of Pediatrics.

The DPT shot is first given at the age of six to eight weeks. The first polio shot is given at the same age. The smallpox shot is recommended at six to twelve months. Some physicians are now using a four-way vaccine that wraps up DPT and polio into one shot.

But the first shot doesn't complete the job. DPT is given three times, at intervals of four weeks, followed by boosters at twelve

Sheppard Member Of Training Group

FORT BUCKNER, Okinawa (AHTNC) — Army Staff Sergeant Paul E. Sheppard, whose wife, Allen, lives on Route 2, Kings Mountain, N. C., participated with other personnel from the 503rd Infantry Combat Team in Operation Suburbia, a week-long field training exercise on Okinawa which ended Dec. 8.

The exercise began when members of the 503rd's 2nd Airborne Battle Group, parachuted onto the Yontan air strip. The jump was followed by a heavy equipment drop where trucks, artillery, construction gear and supplies necessary for the maneuver were parachuted onto the strip. The 503rd then hiked 22 miles to Camp Hansen for two days of anti-guerrilla training. Following this, they were airlifted by helicopter to northern Okinawa for training in mountain and jungle tactics. Operation Suburbia was the largest airborne exercise ever conducted on the island.

The 26-year-old soldier, son of Mr. and Mrs. Basil E. Sheppard, Route 1, Crowder, attended Blacksburg, S. C., Centralized high school. He was employed by the Neuler Textile Mill, Kings Mountain, before entering the Army.

There are other vaccines, including a new one for measles that has just been successfully tested, and a mumps vaccine that is getting a trial. Neither is generally available as yet. Typhoid shots sometimes are recommended should an epidemic break out or following a disaster in which water might be contaminated.

Perhaps you have a few days next week when things aren't quite so busy at the office or around home. Give yourself and your family a real Christmas present. Make a date with your family physician and get caught up on vaccinations.

Sergeant Sheppard, a squad leader in the group's Company E, entered the Army in 1955, was last stationed at Fort Bragg, N. C., and arrived on Okinawa on this tour of duty in June 1960.

A person may become successful without attending nursery school in his early years, just as he may become successful without going to college in his late adolescent years.

But his chances for a happier and more productive life may be greater if he's had as each age level the opportunity of favorable learning conditions.

School And Your Child

Send Your Child to Nursery School If You Can

Good nurseries (two-three-four-year-olds) provide these conditions — which include personable and capable teachers, plenty of play space and materials, attractive surroundings and, most important, other children to play with.

The advantages of a nursery are that it enables a child to play with things that he can handle successfully and gives opportu-

ties for him to play with others of his own age. This way he learns to share, how to get along with other children.

True, all this could be learned with neighboring children. Many youngsters, however, aren't fortunate to live near other children of their own age.

Quite often mother and father get wound up too tight in their own activities to give pre-school Junior proper attention. Moreover, parents often fail to make enough toys and play equipment available.

Some American school districts provide kindergarten schooling for children five years of age but few nurseries. Many European public school systems include infant and nursery schools in their over-all education programs.

France, for example, has maternity schools for tots as young as two. Russia now provides boarding schools for nearly a million youngsters, beginning at age two or earlier.

Most education experts agree that almost all children three to four years of age would benefit from nursery school — providing the schools are good ones. This last point is important. The wise parents will check carefully on the school before sending little Junior.

Usually the value of a nursery to a two-year-old depends on the school's program for children of this particular age and the adjustability of the youngster.

Should a nursery be too expensive or not available to your child, educators suggest that you try to provide the experiences and materials that help a pre-schooler grow.

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