

"It Always Forgets the Sugar!"



TEENS HEALTH
Health and Safety Tips
from
The American Medical
Association

Planning a trip to the mountains to get away from the heat for a week or so? So are several million other American families. If you're headed for some really high mountains, above 7,000 feet, it would be wise to make the change gradually if you wish to avoid "high-altitude sickness."

Try, if you can, to make the ascent over a span of days so that your body can adjust to the oxygen-poor "thin air" at high elevations, cautions Today's Health, the magazine of the American Medical Association.

Symptoms of high-altitude sickness are drowsiness; headache; blueness of the nails, lips, nose and ears; a feeling of warmth and flushing of the face soon after arrival; troubled sleep; dizziness; irritability, and shortness of breath.

There are some precautions that may help prevent distress if you have to make a fast trip from a low level to high elevations. Before the trip, get a good night's rest and avoid alcoholic beverages and heavy smoking. A good breakfast an hour or so before departure is all right, but no food should be taken during the rest of the trip.

Reduce physical activity dur-

First Union, Lexington Bank Merging

R. S. Lennon, vice president, First Union National Bank of North Carolina, announced today that J. W. McLendon, President, Commercial Bank of Lexington, N. C., and Carl G. McCraw, President of First Union National Bank of North Carolina, today made a joint statement

regarding the merger. The capital funds and reserves of First Union National Bank following the merger will be more than \$27,000,000 and the line of credit to any one borrower will be enlarged to \$2,000,000. Additional details regarding the terms of the merger agreement are to be announced at a later date.

The City National Bank of Winston-Salem and First Union National Bank was approved by both boards of directors on July 10, 1961, subject to the approval of the stockholders and the Comptroller of the Currency.

"North Carolina's family of hometown banks" serving individuals and businesses from over 50 years will now operate a total of 49 banking houses located in 22 cities, including Asheville, Brevard, Canton, Charlotte, Cherokee, Clyde, Durham, Gastonia, Goldston, Hendersonville, Highlands, Kings Mountain, Lenoir,

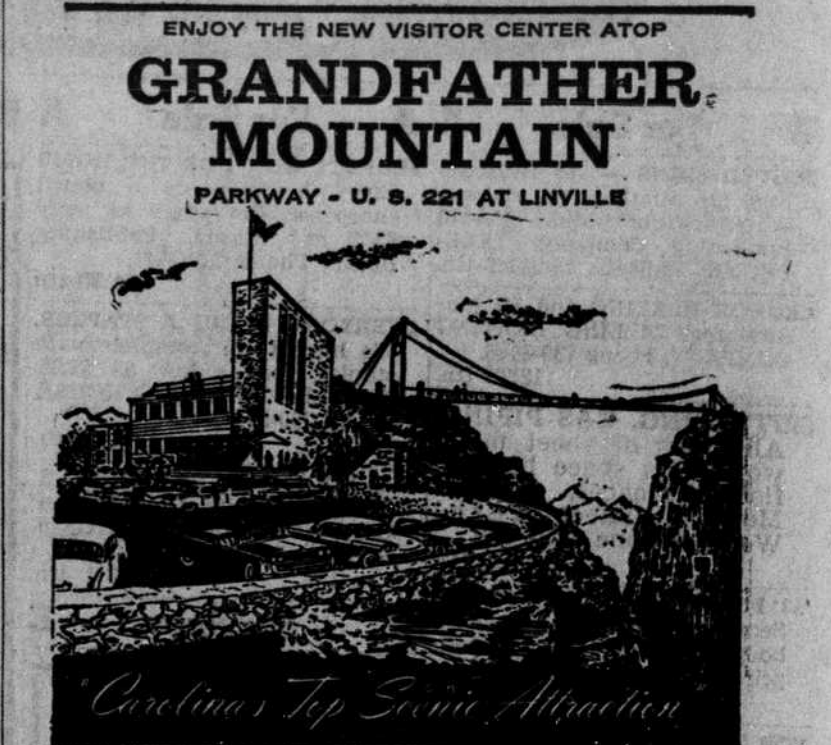
that the directors of these institutions have approved a plan to merge Commercial Bank of Lexington and First Union National Bank of North Carolina subject to the approval of the Comptroller of the Currency and the stockholders of both institutions.

Total combined resources of the two institutions, in excess of \$295 million, will place the bank among the top 120 out of approximately 13,000 banks in the United States and among the top four banks in North Carolina.

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Lexington, Liberty, Marion, Siler City, Sylva, Waynesville, Whitmel, Wilson, and Winston-Salem. The total employment of First Union National Bank will be approximately 880 people.



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Mental Hospitals Treat 500,000, Report Shows

More than 500,000 mentally ill patients are being treated in state and local government hospitals, and admissions of mental patients to general hospitals are at the rate of 200,000 a year, the Health Insurance Institute said today.

The Institute said many of these persons have health insurance provided by insurance companies which customarily protects against the costs of in-hospital treatment of nervous and mental disorders.

"The insurance business for many years has recognized mental illness as an illness in the same sense as physical illness," the Institute said. "Coverage for nervous and mental disorders has been a feature of many insurance company health cost plans and policies since before World War II."

Insurance companies currently provide hospital expense insurance to more than \$1 million persons, said the Institute. Of this total, more than seven out of every eight persons have the same benefits for nervous and mental disorders as for other conditions.

Insurance companies also provide major medical expense insurance, with maximum benefits ranging up to \$10,000 or more, to some 36 million people. An Institute survey of group major medical policies issued in 1961 showed that 91 per cent of the insured persons were covered for nervous and mental disorders with the coverage generally being provided both in and out of hospitals.

In addition, the Institute said, 32 million workers who have insurance company loss of income coverage are eligible to receive cash benefits to help replace income lost due to mental illness, as well as for other causes of disability.

An important feature of these loss of income plans is that benefits paid to help replace wages are in addition to benefits available for medical costs under other insurance. Mental illness strikes hardest at persons in their productive years, and workers who suffer from nervous and mental conditions annually lose over half a billion dollars in earnings said the Institute.

Sometimes experience doesn't count! Nearly half of the drivers involved in fatal highway crack ups in North Carolina last year had 11 or more years of driving experience. This was revealed in a special study by the State Department of Motor Vehicles of accident circumstances and conditions. The study further showed that a total of 1438 drivers were involved in fatal wrecks, four of whom were learners under instruction at the time. Others included drivers with less than three months experience 6, three months 11, six to twelve months 14, one to five years 305, six to ten years 236 and not stated 232.

Too Much
Police chief in Claremont, S. C. said that he didn't mind reading water meters, starting the waterworks pumps every morning and repairing the streets in addition to his regular duties. Yet, when city fathers told him he would have to cut the grass around city hall and haul garbage, he said it was too much and resigned.

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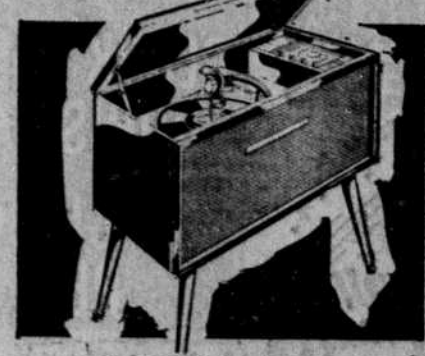
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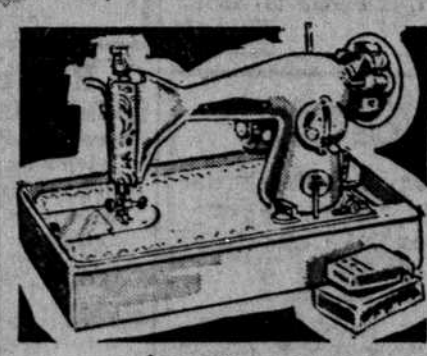
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