

Women's Health

MOTHER IN ROOM HELPS HOSPITALIZED CHILD

London, England (WMNS) — For the past two years a hospital in Scotland has permitted mothers to stay with their ill children round-the-clock for the duration of their youngsters' hospital stay. How has this unusual arrangement worked out? Splendidly, according to parents, children and physicians.

"It meant absolute peace of mind for my wife and myself," commented one satisfied father.

"It was of great value to my child, as she talks of what she did in the hospital, and seems to have forgotten everything she suffered," reports another parent.

The physicians found that children adjusted to hospital routines more readily and that "treatment of the patients was no more difficult and was in some cases easier." The system reportedly reduces the sometimes severe and prolonged psychological damage young children suffer because they cannot understand the reason for the separation from their mothers.

Children with serious illnesses, such as meningitis and respiratory infections, and even those undergoing major surgery, were treated with their mothers at their side. The only time a mother was not permitted to remain with her child was when she herself was ill or when she was in the early stages of pregnancy.

Rx FOR HAPPIER WOMEN

Belfast, Northern Ireland (WMNS) — Commenting on a five-year study of 3,000 British women who have been taking "the pill," Dr. Aviva Wiseman told a

medical conference here she is convinced that "from the viewpoint of a woman's happiness, 'the pill' is the greatest medical breakthrough of all time."

The mother of five children, Dr. Wiseman heads a family planning clinic at Slough, in England. She and her colleagues believe that the "tangible advantages for women taking oral contraceptives far outweigh the hypothetical side effects of the pill."

Dr. Wiseman reported that there had been no deaths, no cases of cancer, heart disease or liver conditions attributable to "the pill" in the 3,000 women in the Slough study.

VITAMIN OVERDOSE DANGERS

Washington, D. C. (WMNS) — It is not necessarily true that the more vitamins you take, the better. This comment came from Dr. Jean R. Weston, secretary of the American Medical Association's Drug Council, who notes that "supplemental Vitamin D, for instance, is not necessary for healthy adults, except during pregnancy and lactation. And we do have evidence that too much of the vitamin can be harmful."

Some physicians, believing that an excess of Vitamin D can cause mental retardation in infants, limit its prescription to those pregnant women who require it.

Similarly, large amounts of Vitamin A taken for prolonged periods of time "may cause Vitamin A toxicity," warns Dr. Robert S. Goodhart, president and scientific director of the National Vitamin Foundation in New York.

The Food and Drug Administration is preparing to curb the amount of Vitamin D that may be non-prescription items such as foodstuffs. Note to the ladies: Curb your impulse to self-medication, especially if you're pregnant.

ACTIVITY A BOON FOR THE HEART

Bal Harbour, Fla. (WMNS) — Ladies, lead your husbands to the golf course.

A recent report from the American Heart Association indicates that physically active men get fewer heart attacks than their desk or TV-bound brothers. They also have a two or three times better chance of surviving a heart attack than their less active counterparts.

Dr. Charles W. Frank, of the

Nazarenes Look At Year 1965

Albert Einstein College of Medicine, in New York City, who directed a study of 55,000 men between the ages of 25 and 64, explained that the leisure activities of men, as well as the kind of work they do, "were graded."

With reduction in work hours and increase in leisure and vacation time," the doctor said, "off-job activities are becoming an increasingly important fraction of the total life pattern."

Automation, the automobile, power tools, elevators, even electric tooth brushes all conspire to cut down on physical activity, says the physician, and "the resultant physical inactivity may be a significant factor in the currently high incidence of and death rate from heart attack."

SAFETY OF 'PILL' PROVED AGAIN

Galveston, Tex. (WMNS) — Scientists continue to give high marks to the birth control pill for both effectiveness and safety. Three researchers affiliated with the University of Texas Medical Branch in Galveston report that in a study of 16 women who had been on "the pill" for a total of 85½ months, they could find no evidence that it causes thrombophlebitis (inflammation of the walls of the veins). Neither does the oral contraceptive "significantly alter the coagulation potential of the blood or its rate of flow."

This study appeared in the American Journal of Obstetrics and Gynecology.

PARENTS FAIL AS TEACHERS OF SEX

Manchester, England (WMNS) — Evidence is mounting that parents on both sides of the Atlantic do an inadequate job of educating their sons and daughters about the facts of life. According to a report in a recent issue of the British Medical Journal, only two of 40 women queried by a physician felt their mothers had given them satisfactory information about menstruation. The rest said they had been either inadequately prepared or had received no information at all.

These findings confirm a previous British study of some 6,000 women, almost 40 per cent of whom reported that neither their parents nor anyone else had given them information about this crucial event.

Another British physician points out that boys are also much in need of help as they approach puberty. Usually, he says the help is too little and too late.

"The subject of sex," writes Dr. M.E.M. Herford, "is of cen-

trality and the construction of a general hospital in New Guinea were highlights recorded in 1965 by the Church of the Nazarene with world offices in Kansas City, Mo.

Per capita was a record \$168—an increase of \$7.62 over the previous high mark in 1964. Giving for all purposes reached \$39,600,000—an increase of \$4,138,000 over the preceding year.

The church had a net gain of 6,554 members last year to bring the national membership to 355,824. Nazarenes in churches overseas increased to a total of 68,694 to bring the world membership to 424,518.

The annual statistical report by Dr. B. Edgar Johnson, general secretary, also showed that Nazarenes opened one new church a week in 1965. The 52 new churches organized brought the total number of churches to 4,887.

The stewardship gain apparently assures the Nazarene church of remaining in first place in the nation in per capita giving among all major denominations with 100,000 or more members.

In the "march to a million" Sunday school enrollment campaign launched in the fall of 1964, the church has reached a total of 899,000 persons. In the U.S., churches last year gained 46,381 in Sunday school enrollment to reach a national total of 776,992. Overseas Sunday schools added about 122,000 more persons.

Dr. Johnson termed the denominational gains as "sound and substantial." He pointed out that the church has more than doubled its membership in 20 years. It stood at about 210,000 in 1945.

The new Nazarene hospital, to be opened early in 1966 near Banz, New Guinea, will be the fourth operated by the church. The others are in India, Swaziland and the Republic of South Africa. The Church of the Nazarene maintains about 600 missionaries in 46 countries.

Illinois was admitted as a state in 1818.

trial importance, and preparation begins at the bath and diaper stage...Sex enlightenment is a continuing process and should not burst suddenly on young people. . . ."

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