

Health And Safety Tips

In the upper right part of the abdomen is a small pouch called the Gall bladder. It is a temporary storage center for bile, and is a part of the digestive system.

Sometimes lumps of solid matter composed of bile pigment and salts form in the gall bladder or in the ducts leading to it. These are called gallstones.

There may be only one gallstone, or there may be hundreds. They can be so tiny that they look like sand or they can be as large as a golf ball. Gallstones occur more often in women than in men and more frequently in persons past 40.

Exactly why we get gallstones is still somewhat of a puzzle. They are generally thought to be the result of changes in composition of the bile, or stagnation of the bile or infection.

Gallstones often lie quietly in the gall bladder or bile ducts. But if a large stone starts to move, you'll know immediately that something's wrong. Pain in the upper part of the abdomen will be severe, and will cause the sufferer acute agony. The attack may be over in a few minutes or it may last for days. Sometimes it becomes mildly chronic and may be interspersed with acute episodes.

Of course, not all severe pains in the upper part of the abdomen are from gallstones. Only your doctor can tell with proper diagnostic techniques.

You can't diagnose gallstones yourself. Your abdominal pain may or may not originate in the gall bladder. Let your doctor decide, and recommend treatment.

Asthma is a chronic illness in which the victim has difficulty in breathing. It is not contagious and, fortunately, most attacks of asthma are relatively mild, but if neglected, it increases in severity.

Highway Patrol Cracks Down On Litterbugs

When the highway patrol began its crack down earlier this year on the pestiferous litterbug, enforcement officials hopefully announced the 52 arrests they made right off would "soon clear North Carolina's highways of unsightly litter and keep them that way."

They made 53 more arrests last month and now say the situation is looking better every day.

In continuing reports to Motor Vehicles Commissioner A. Pilston Godwin, Jr., officials said state troopers are patrolling the highways with "renewed alertness to wanton littering and that corrective action was carried out in such cases." Godwin said arrests as a result of the vigorous anti-litter campaign would probably average 50 a month throughout the year. In January, he recalled, 52 arrests were made and in February another 53 were nabbed.

"Careless and thoughtless littering of the highways, in addition to the tremendous expense (\$4,000,000) of cleaning up, is a direct hazard in many cases to safe travel," he said.

He pointed out that many mishaps can be traced directly to drivers' swerving to avoid objects in the right of way carelessly thrown there by other motorists.

Godwin seemed pleased that Tar Heel travelers might be beginning to regard our roadways less as handy waste baskets and more as safe, scenic thoroughfares.

Godwin in an earlier statement about the litterbug problem had reported several instances of citizens filing complaints of highway littering to local police officers and the highway patrol.

Both highway commission and DMV officials expressed the hope that while enforcement measures will continue unabated motorists will continue their cooperation in "scenic and safety improvement" along the state's roadways.

LITTER BOXSCORE
Arrests for litterbugging

January 1966	52
February 1966	53
TOTAL 1965	516

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and endangers health as time goes on.

A majority of asthma attacks are triggered by an allergen. It could be almost anything—foods, furs, feathers, pollens—that starts the flare-up. Sometimes a bacterial infection of the throat, nose or sinuses can touch off an asthma attack. Nervous tension sometimes is a factor.

In a severe attack, the victim appears to be suffocating. He becomes pale and turns bluish, perspires heavily. He is using all of his strength to breathe. Fortunately, these attacks can be relieved by appropriate medical treatment.

Finding the allergen is the first step in dealing with chronic asthma. Occasionally, it is obvious but most often a series of tests are required.

The important thing is to seek medical advice and counsel if you suspect that you have an asthmatic condition. Self-diagnosis is almost impossible. Only a physician can make an accurate diagnosis. If the allergen is something you can avoid, such as a dog or a cat, your problem can be solved with relative simplicity. If it should be pollen in the air or dust particles, the case is more difficult. But it still can be kept under control, with proper medical direction.

Occasionally, an asthma patient will be helped by a change of climate, but doctors advise that you proceed with caution in making a cross-country move. You may develop a new allergy to things in the new climate which you haven't encountered before. If you must move, try to arrange an extended visit to the proposed new home to find out for yourself whether you feel better.

Asthma can be controlled in most cases. In almost all cases a doctor can provide relief from asthmatic attacks, and by careful management reduce the frequency and severity of attacks.

It isn't absolutely necessary for executives to have heart disease, ulcers and strokes, ailments commonly associated with American businessmen who reach the management level.

Further, these ailments are by no means limited to executives. They can affect any one.

A few suggestions offered by the American Medical Association to help executives preserve their health also can be readily applied to most Americans, regardless of level of employment.

* Watch your weight. Strenu-



Hard to Get By

ous diets usually aren't necessary. Just eat less.

* Exercise. Golf is fine, if you enjoy it. But if you're one of the many who lose their tempers and get upset over every missed stroke, brisk walks will serve just as well as golf, probably better.

* Take vacations. Real vacations, not just an occasional day or two. And plan your vacation so that there is time to relax and unwind.

* Smoke less. Better still, quit smoking altogether, if you can. There is much debate about the effect of tobacco on health, but there is no argument on the premise that it doesn't do anything good for you.

* Cut down on drinking. Two cocktails before dinner may be one too many. One might be too many for some people.

* Get plenty of sleep, and try

Agriculture In Action

YANKS MARCH AGAIN

The Yankees were on the march again up through Georgia, South Carolina and North Carolina. But this time they were learning, not burning.

And they were not soldiers, but to sleep without the use of drugs, if at all possible.

* Put business worries out of your mind when you leave the office. This sometimes is easier said than done. Perhaps you will need to get active in something else, such as the affairs of your church, to get your mind off your job.

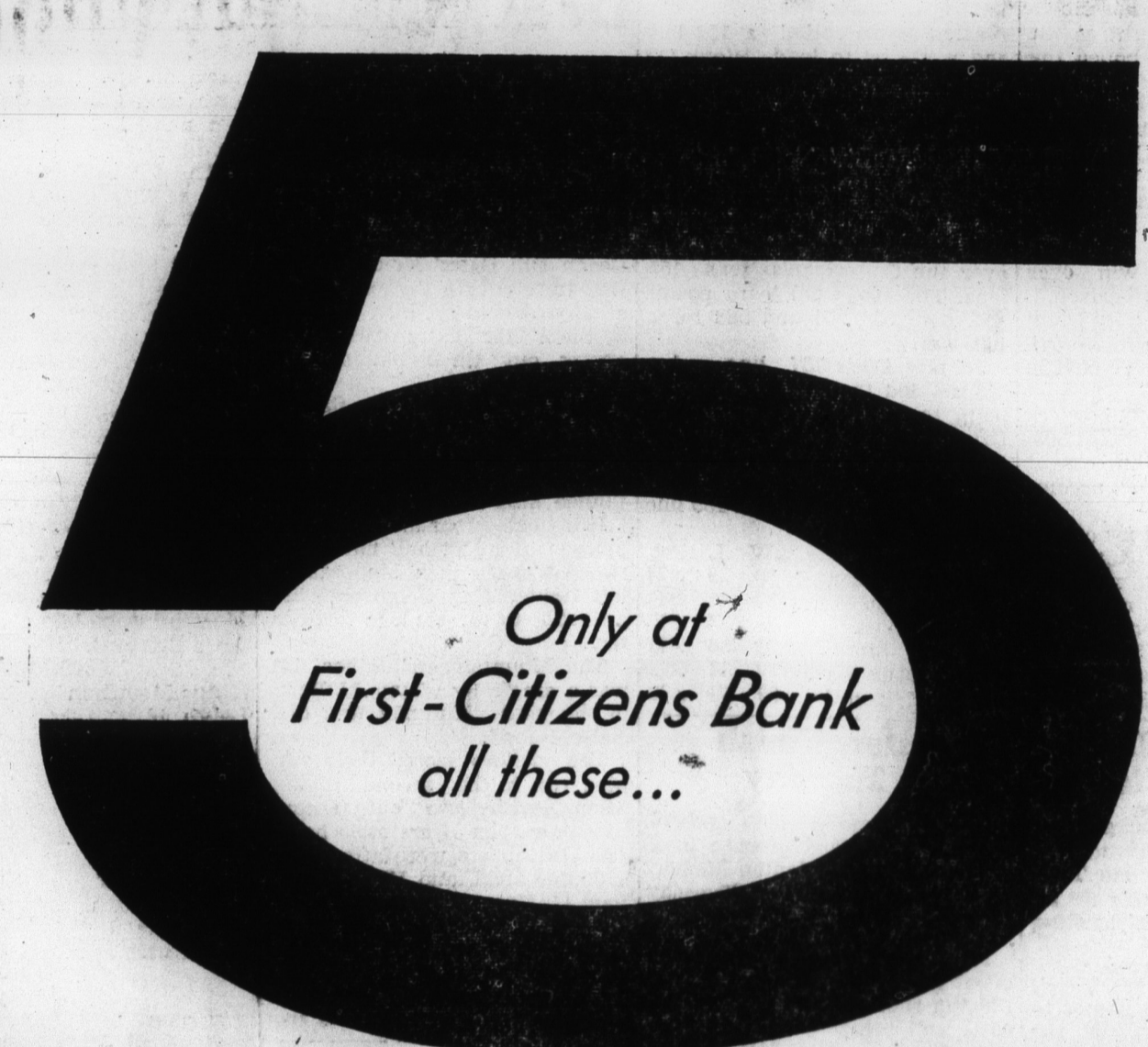
farmers—94 Farm Bureau leaders from the New England area visiting Dixie to see how Farm Bureau operates here.

Included on the tour were farm people from Connecticut, Maine, Massachusetts, New Hampshire and Vermont.

The harvest of ideas led the group recently over a course which began in Georgia and ended in North Carolina two days later. Traveling by charter bus, the visitors spent one day in each state.

"For a longtime, we have felt the need for an expanded Farm Bureau program in New England," said Jerome A. Emerson, president of the Maine Farm Bureau.

"Farm Bureau here in the South is doing an enviable job of filling needs that farmers can't fill individually," he said. "We knew we could pick up some good ideas here that would grow just



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as well in our cold climate." A highlight of the brief stay in North Carolina was a visit to the \$65,000 office and service facilities recently constructed by the Johnston County Farm Bureau at Smithfield.

Prior to receiving a detailed review of the Johnston unit's progress, many of the New Englanders were introduced to their first plates of barbecue. They complimented both the progress and the pork.

The agenda in North Carolina was completed later in the day as the group was briefed on highlights of the North Carolina Farm Bureau's collective bargaining efforts and other key service programs.

"A lot of things impressed us about what you folks are doing here," said Allen Holmes, president of the New Hampshire Farm Bureau, "but my most vivid memory will be of the pride local people are taking in Farm Bureau. If we can take some of that back home, we're going to make some progress."

(Excerpts from original story by Verne Strickland in the News and Observer.)

A new four-lane bridge is to be constructed over the Mississippi at Vicksburg.

Refrigerated ships have made it possible for Argentina to ship more beef to England and distant points.

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