

# Women's Health

LONDON, ENG. (WMNS) — are constantly in water. Among the most annoying ills womankind is heir to are those affecting her nails.

The most frequent nail complaint afflicting women is chronic paronychia — an inflammation involving the folds of tissue surrounding the fingernail. British dermatologist Peter D. Samman, M.D., points out that the disease hits women whose hands

An early symptom of the disease is loss of the cuticle and pain near the base of the nail. Then pus accumulates in the groove where the cuticle used to be, pain develops, the nail discolors.

What can be done? The most important part of treatment, advises Dr. Samman, is to keep the hands dry. Rubber gloves, prefer-

ably with thin cotton gloves underneath, should be worn for all wet work. Ointments to dry out the nail fold and kill bacteria can be prescribed. Progress is slow, the physician warns, and treatment is not complete until the cuticle has regrown.

Fungal infections and psoriasis are also quite common and require medical supervision.

Little can be done for splitting and loosening nails, says the doctor, but he advises that nail polish be eliminated for a time to test whether it is contributing to the condition. Keeping the hands dry and using a hand cream containing glycerin can also help.

### CHILD SPACING AFFECTS FAMILY INCOME

DETROIT, MICH. (WMNS) — Bear children in haste and you may repent at leisure is the unpoetical conclusion of a recent study of 1,113 married white women here, made by University of Michigan sociologists, Ronald Freedman and Lolagene Coombs.

They found that "those who have their children very quickly after marriage find themselves under great economic pressure, particularly if they married at an early age.

"Opportunities for education or decisions involving present sacrifices for future gains, are difficult," the professors noted.

They are less able than others to accumulate the goods and assets regarded as desirable by young couples in our society.

"They are more likely than others to become discouraged at an early point and to lose interest more quickly than others in the competition for economic success."

The noose of poverty seems most tightly drawn around those couples who are premaritally pregnant — as a whopping one of five in this study were. Not only do they start marriage at a disadvantage, but for many reasons such couples seem to have their babies closer together than those not pregnant at mar-

riage. They slip further and further behind in overall standard of living.

### PILL GOBBLING SPELLS DANGER

NEW YORK (WMNS) — Are you a drug addict? Before you answer 'no,' take a close look at your pill-taking habits.

If you're like millions of the rest of us, you probably are too familiar with tranquilizers to soothe your frazzled nerves; aspirin for headache relief; pep pills to keep you on the go; sleeping pills — to name just a few.

Experts warn that in addition to soothing, or slimming, or pepping, indiscriminate pill-taking can have the following ill-effects: It can cause confusion; interfere with sound judgment, produce serious fluctuations in blood pressure, cause a skin rash, affect your kidneys.

And, oh yes, cause dependency and sometimes kill you. If taken regularly, all drugs, even those that don't require a prescription, should be taken under the direction of a physician.

### CARPENTRY CLASS

Cleveland Unit of Gaston College will sponsor a class for beginners in carpentry beginning Monday night at 7:30 p. m. at 118 Morgan street, Shelby. Registration fee for the 40-hour free course is \$2.



**GARDEN TIME**  
m.e. gardner  
n.c. state college

Rats! Again? Yes, rats again. You may remember that I devoted most of a recent column to a discussion of damage caused by rats on Elaeagnus (Oleaster, Silverberry) and a few young dogwood trees. These plants had been heavily mulched with leaves which the rain had settled to a solid mat, creating an ideal environment for rat tunnels and hide-outs.

For control I suggested that the tunnels be carefully located and poisoned bait placed in the runs. This can be done by carefully opening small holes, at intervals, in the top of the tunnel, placing the bait and covering. This injury occurred in the Raleigh area.

Yesterday an associate brought in an azalea plant from the Greensboro area which was badly wilted. Upon examination, we found that the plant had been about two-thirds girdled at the base of the stem just below level.

This is what happened. The

rats had gnawed away approximately two-thirds of the conducting tissues which provide the plant with uptake machinery for the movement of water and nutrients. Having only about one-third of live tissue left, the plant could not survive.

Rat damage is somewhat more widespread than I had thought. It might be well to periodically examine your plants by removing mulch and soil from the base of the plant and exploring for tunnels and tissue damage.

A man called yesterday and told me that he had a "beautiful red rose" which he wanted to propagate. He wanted to know about seed production and handling. He apparently did not know that the best method of reproducing the plant is by using cuttings. By this method, using a plant part, your reproduction is positive.

Would suggest that you not employ the seed method of reproduction unless you just want to experiment or have a basic

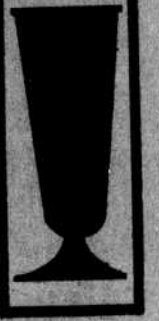
knowledge of plant breeding and aphids and lace bugs. If found, do a thorough job of spraying or selection.

Be on guard for white flies, dusting with Malathion.



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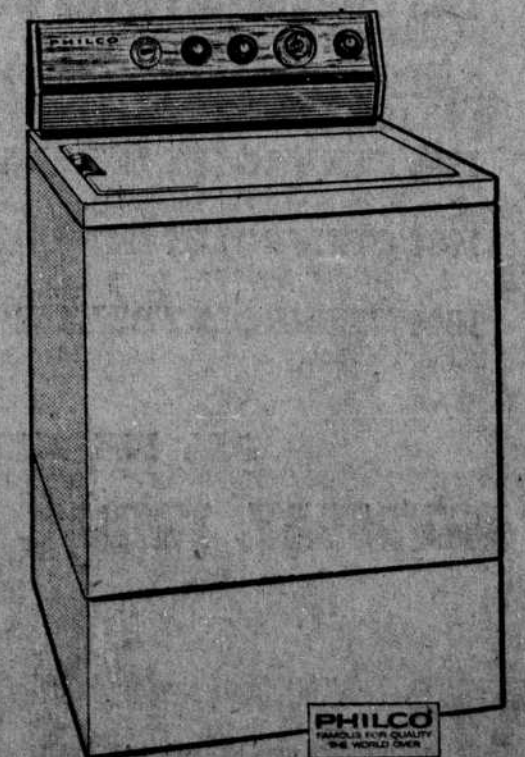
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