

Women's Health

is 4.8 times that of men. In non-metropolitan areas, three times as many women suffer whiplash, Drs. Charles Schutt and F. Curtis Dohan reported.

In many cases, neck pain and stiffness became more severe days or weeks after the collision. Inability to work lasted an average of 56 calendar days.

The physicians dismissed the widespread suspicion that much whiplash pain is exaggerated in pursuit of a large insurance settlement. Case histories revealed that victims not involved in pending litigation were disabled for just as long as victims suing for damages.

Properly designed headrests, the doctors said, would have prevented half the whiplash injuries.

GENETIC ROULETTE

Detroit, Mich. (WMNS)—When a handicapped or chronically ill child is born, do the parents give up having more children or do they carry on as though nothing has happened? What do the par-

ents do if the child's illness is hereditary?

They go ahead and have just as many children as similar families without hereditary diseases, according to a study by Prof. Harry Sultz of the State University of New York at Buffalo and Dr. Edward Schlesinger of the University of Pittsburgh presented to the American Public Health Association convention. These couples reproduced even when caring for the handicapped child markedly disrupted the family and interfered with leisure time. Only after a second, similarly handicapped child was born did a couple stop having babies.

However, the study also indicated that parents could learn from experience if they were given genetic and contraceptive counseling. Researchers pointed out that, without such counseling, couples found it difficult to know whether their defective child was an ill stroke of fate or a tragedy apt to be repeated again and again.

SMOKE NOW, PAY LATER

Buffalo, N. Y. (WMNS)—Vanity, thy name is woman! Questioned on whether they worry more about losing their teeth in their twenties and thirties or developing lung cancer in middle age, women smokers admitted to researchers at Roswell Park Memorial Institute that they are more concerned at the prospect of being toothless.

The study pointed out that women smokers are twice as likely as non-smokers to develop advanced mouth disease before 40, and to risk the loss of their teeth.

Of course, it is not really an either-or proposition. Smokers can lose their teeth soon and develop lung cancer later.

About 3,500 war widows will use their new GI education benefits during the 1969 spring semester.

Heatheringington in Philippines

(D0067) SANGLEY POINT, R. P. (FHTNC) Feb. 5 — Navy Lieutenant (junior grade) Terry W. Heatherington, son of Mr. and Mrs. Walter J. Heatherington of Gaston Ave., Bessemer City, N. C., is serving at the U. S. Naval Station, Sangley Point, Luzon, Republic of the Philippines.

Located on a small peninsula jutting into Manila Bay eight miles southwest of Manila, the naval station provides logistic support to sea and air units of the seventh Fleet.

Sangley Point also supports a number of its own activities including Commander U. S. Naval Forces Philippines, and Commander in Chief Pacific Representative Philippines.

Raw food cost for Veterans Administration's 166 hospitals was \$45 million in 1968.

New Tax System For 1969

GREENSBORO, N. C. — Completely new estimated tax forms for reporting and paying estimated tax for 1969 will be mailed about February 1 to approximately 10 million taxpayers, J. E. Wall, District Director of Internal Revenue Service for North Carolina, announced today.

A taxpayer should not assume that he is required to file or pay estimated tax simply because he receives the new package, Wall said. Anyone receiving the new forms package should read the instructions very carefully to determine whether he is required to file an estimate.

No declaration is required, in any event, if the estimated tax not subject to withholding can reasonably be expected to be less than \$40.00.

Many taxpayers, Wall said, choose to avoid filing declarations and making quarterly payments by increasing the amount withheld from their wages.

He said that the distribution of estimated tax forms is being made somewhat later than usual because of the introduction of some new features designed to reduce problems in crediting payments to estimated tax accounts. The new forms and instructions, which were previously a part of the income tax pamphlets, will be mailed separately this year.

The new package will include the necessary forms, instructions and four payment "vouchers" and pre-addressed return envelopes. The new package will be sent to all taxpayers whose prior year records indicate that they may be liable for filing an estimated tax declaration in 1969.

Mr. Wall said the form and payment vouchers will be imprinted with the taxpayer's name, address and social security number exactly as they appear on the internal revenue master file. The imprinted forms will provide assurance that the taxpayer is properly identified and that his payments are credited to the correct account.

Copies of the new form and instructions will be available at IRS offices for those who do not receive them through the mail.

Taxpayers: Check Estimated Tax Regulations

GREENSBORO, N. C. — Taxpayers may have to make a declaration of estimated tax if their total estimated tax for 1969 exceeds their income tax withholding by \$40 or more, J. E. Wall, District Director of Internal Revenue for North Carolina, said today.

Wall emphasized that complete instructions on how to file a declaration of estimated tax are on Form 1040-ES, which may be obtained by writing to the District Director's Office.

Estimates for 1969 are due by April 15, the same date that 1968 Federal income tax returns are due.

Wall said now is the time to start working on your income tax return. This way you will avoid the last minute rush if you have a tax question to ask.

Taxpayers who fill out their tax returns early do not run the risk of making costly errors or incurring penalties for not filing returns on time.

Working Mothers May Deduct Some Of Child Cost

GREENSBORO, N. C. — Working mothers may take a tax deduction for a portion of the expense for their children, J. E. Wall, District Director of Internal Revenue for North Carolina, said today.

Child care costs may qualify for a deduction if they permit the taxpayer to be gainfully employed or to actively seek gainful employment. Children under 13 years of age are covered by this provision as well as someone who is physically or mentally incapable of caring for himself regardless of age.

Fathers are also eligible to deduct child care costs, Wall said, if they are widowed, divorced, or legally separated. The deduction may also be taken by a man whose wife is incapacitated or institutionalized.

Wall said the child care deduction is limited to what is actually spent and may not exceed \$600 if there is just one dependent. Up to \$900 may be deducted if two or more dependents are involved.

Requirements which must be met to claim this deduction are:

1. Married women must file a joint return with their husbands and reduce the deduction by the amount that their combined adjusted gross income \$6,000. (This rule does not apply, however, if the husband is incapable of self-support due to mental or physical cause.)
2. Deductions are not allowed for the care of anyone whom the taxpayer is not entitled to claim as a dependent.
3. If the person receiving the payments performs other duties, only the part paid for the child care may be deducted.

Publication 503, "Child Care and Disabled Dependent Care," which furnishes more detailed information on this subject, may be obtained by telephoning the nearest Internal Revenue office.

WOMEN WITH WHIPLASH

Chicago, Ill. (WMNS) — Whiplash injuries are a metropolitan plague to which women are particularly vulnerable, according to an article in the Journal of the American Medical Association.

In urban areas, the neck injury rate in car accidents for women

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Weekly Health Tip

By WILSON GRIFFIN

Vitamin C is truly an essential and remarkable vitamin — especially as a detoxifying agent. This vitamin appears to cleanse the blood of any foreign substance. In sufficient quantities it can nullify the poisoning effect of fluorine, saccharine and other artificial sweeteners, benzene, lead, as well as toxic drugs. In the process, these substances "destroy" vitamin C, causing it to be used up and excreted, thus greatly increasing the need for it. Citrus fruits are the main natural source of vitamin C; however, your doctor may advise vitamin C tablets to offset abnormal demands of the body for this essential vitamin.

Health is precious . . . let us help protect yours . . .

Griffin's Drug Store

COLD - SINUS Miseries?

Is your head pounding — nose running — are your eyes watering and are you sneezing — sneezing — sneezing? Have you blown your nose until it is raw? We're sorry you're suffering so because obviously you're not aware of our product SYNA-CLEAR and this is our fault. SYNA-CLEAR is the original timed release tablet that gives up to eight hours of real relief from head cold symptoms and clogged up sinuses.

We do not have millions to spend on TV to tell you about SYNA-CLEAR, just this small ad. We do not gimmick our advertising and product by offering twelve hours of medication. What is medication without relief? SYNA-CLEAR is what we offer and it gives you eight hours of relief per tablet or your money back in full.

We could go into detail how our product works and about the fine formula, but we would rather ask the experts about SYNA-CLEAR. The druggist at the store listed below or your family doctor can tell you about the merits of our fine formula. SYNA-CLEAR costs more (\$1.50 and \$3.00 sizes) because it does more. You're buying relief and not gimmicks.

Try SYNA-CLEAR as soon as possible—you know—all your head cold symptoms and clogged up sinuses are all you can lose.

This little ad has an awful big job to do—to get you to try SYNA-CLEAR so as a bonus, we extend an

Introductory Offer Worth \$1.50

Cut out this ad—write your name on it and take it to your favorite drug store. Purchase one box of SYNA-CLEAR 12's and receive one more absolutely FREE.

If you have time to tell us about the results SYNA-CLEAR gave you, we would be pleased to hear from you.

KINGS MOUNTAIN DRUG CO.