

HEALTH TALKS

Prepared by the State Medical Association of Texas

You're probably resolving all over the place these days, taking a backward look in order to see where you've been before looking forward to see where you're going. The division of years is a time to take stock and find out the aim and purposes of your life.

Resolutions mean re-solving, clearing up the difficult and complex, putting things in a simpler form.

After the gait and fun of the holiday season, there is likely to be a letdown in the spirits as this backward and forward glancing turns itself into re-solving the complexities of life, putting aims and ambitions into simpler terms. And when the holiday season has been too tense, too gay, too strenuous, there are not only mental letdowns but physical signs, too, that you've been overstretching yourself a bit.

Headaches, dizziness, the shakes and that plumb-tiredness are about the leading physical symptoms of the aftermath of tension. They may be expected after any excess, whether it be eating, drinking, playing or partying.

Headaches may also arise from too much smoking, constipation, fatigue, insomnia, poor ventilation and noise. If the headache is part of the holiday hangover, it is usually a temporary thing easily controlled by rest and aspirin. But if it is continuous or returns often, a headache should be a warning that you may need medical attention.

Headache across the front of the head may indicate an inflammation in the sinuses or nerve pains. When a headache causes pain on one side of the head, it may be due to eye strain. Those headaches that strike the top of the head may be traced to worry, anxiety or emotional conflict of some kind. Some headaches are felt in different places at different times, creating a combination of the pains named, arising from many different causes.

Some headaches pound and hammer, some take the form of a band of pain around the head and some feel like they are splitting the head. It is often significant to your doctor exactly where you feel those headache pains and the form the pains take.

Different kinds of dizziness, too, have different medical meanings.

Stress and change in your regular routine of living may make you feel dizzy or giddy; when you say everything's in a mad whirl, you might be speaking literally.

Dizziness, called vertigo, is not a disease itself, it is considered a symptom of stress or a symptom of disease when it returns to bother you again and again. It may be a feeling of whirling or it may be a feeling of bewildering lightheadedness. In the whirling type of dizziness, whether it's you that whirls or whether it's the things you look at that whirl, the source of disturbance may be in the small canals that control balance associated with the ear or the nerve connections of these semicircular canals with the brain. That disturbance may be caused by too much fluid in the body, too much salt in the body, allergies, infections, neuritis (nerve inflammations) or even by tumor of the nerve which connects the organs of balance with the brain.

The light-headedness type of dizziness, when it persists over a long period, is thought to originate in the higher centers of the brain because of blood pressure disturbances, disturbances, glandular changes, eye troubles, infections and sometimes even brain concussion.

So like most symptoms of disease, even dizziness can be a minor matter or if persistent, it may be an indication of something quite serious.

Tension, excitement, fatigue and exertion can also cause the shakes, the trembling of hands. Even quite normal people may have tremors at such times, the kind of shakes that start up when you start to do something, go away while you're doing your task, and then return when you relax from your task, such a task as stretching clear out to take the star down from the very tiptop of the Christmas tree or putting the decorations away in that corner where you have to stretch so hard. You can make your fist shake. Clench your fist, arm and shoulder muscles. Your fist shakes. That is a voluntary tremor. It looks exactly like the involuntary tremors, the ones you have no control over.

In addition to fatigue, stress, and the other causes mentioned, drugs and alcoholic beverages can also cause involuntary tremor.

Like the other symptoms, tremor responds best to rest. If rest and

(Continued on Following Page-



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HEALTH TALKS

(Continued from Preceding Page)
 resuming a sensible, non-exerting routine do not restore your control over the shakes, then it is wise to have a medical checkup.
 Mental and physical overwork and overplay can also leave you plumb tuckered out. Lack of rest, "snacking" instead of eating balanced meals, and driving yourself beyond the normal realm of your activities can all lead to fatigue which has a way of sneaking up on you right after the holidays. Rest in bed or at least as limited a physical activity as possible is the first necessity for overcoming fatigue; stimulating drinks such as tea, coffee and coal drinks should either be cut out entirely or else cut down to a minimum.
 You can't re-solve your complex pattern of life when you're head-achey, dizzy, shakey or tired out. The year ahead deserves a better outlook than the one you can give it with any of these symptoms. Obviously, your first resolution should be, in such a case, to avoid excesses of any kind; and the other resolutions may have more meaning if you take a good rest first and simplify your aims and purposes after you get rid of your "holiday jitters."

Next Week's School Lunchroom Menu

The menus for next week at the Sterling City school lunchroom will be as follows:
MONDAY, January 7—Hot tamales, English peas and carrots, light bread and margarine, milk and pumpkin pudding.
TUESDAY, January 8—Beans, spinach, pineapple and marshmallow jello, hot rolls, margarine, milk and apple cobbler.
WEDNESDAY, January 9—Hamburgers, shoe string potatoes, carrot sticks, orange juice and prune cake.
THURSDAY, January 10—Stew, cornbread, margarine, milk and peach cobbler.
FRIDAY, January 11—Creamed tuna, green beans, whole kernel corn, hot rolls, margarine, milk, and apple brown betty.

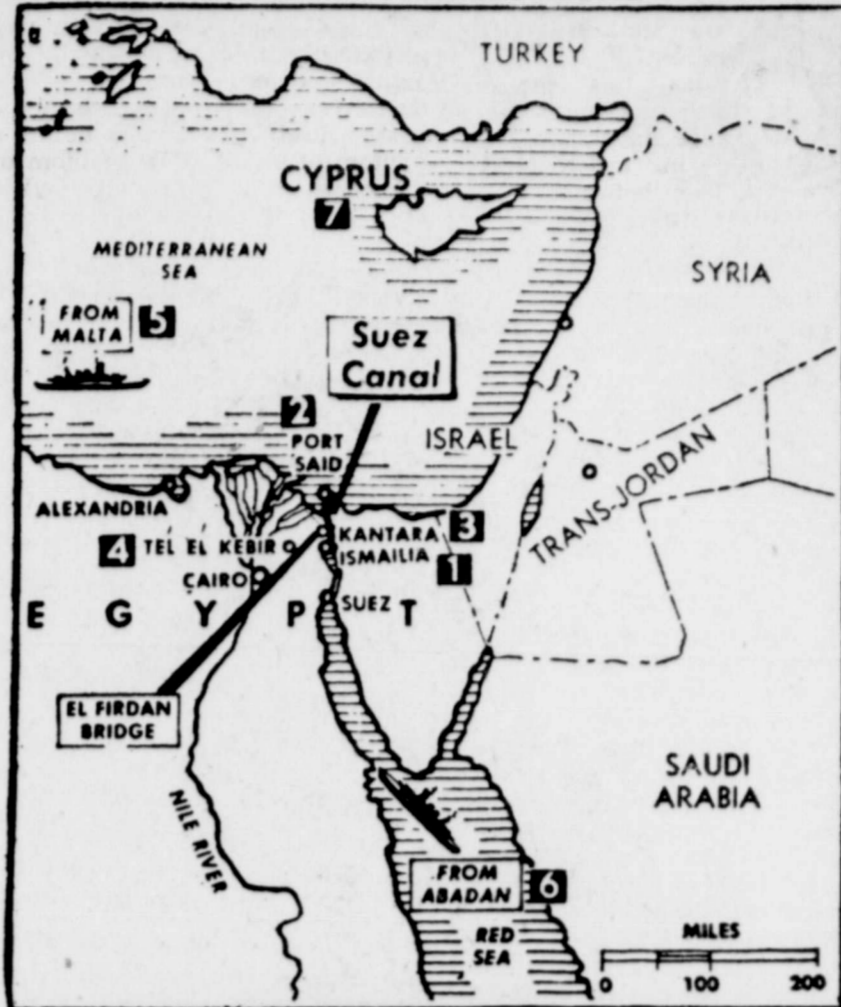
MISS KATHERINE NELSON TO MARRY JANUARY 15

Miss Katherine Nelson, who was homemaking teacher here for two years, ending last year, will be married to Mr. W. B. Dyer of Commerce in a ceremony in Lamesa on January 15. Miss Nelson is the homemaking instructor in Lamesa at present.
 At the same time Miss Nelson's sister, Dorothy Jane, will be married to Albert David McDowell. The rites will be performed in the First Presbyterian Church of Lamesa.

Mrs. D. M. Brown has been on the sick list for about two weeks, but is up and about now. Visiting the Browns this week were Mr. and Mrs. Tom Brown of Albany. A war-buddy of the late Willard Cole, son of Mrs. Brown, visited the Browns last week. The buddy, Wayne Cook and family, now live in Cleveland, Ohio. He and Willard were in the Marines in the South Pacific.

You can buy your new 1952-53 Texas Almanac at the News-Record.

New Trouble Zone



Egypt charges Britain with aggression in the Suez Canal zone and the Egyptian Moslem Brotherhood plans "struggle squads," particularly in Ismailia (1), where riots have taken place. British troops occupied the El Bellah airfield seven miles east of Ismailia. The British cruiser Gambia arrived off Port Said (2) as an Anglo-Egyptian agreement was reached for mutual patrol of the El Firdan Bridge at Kantara (3), where clashes occurred. Egyptian authorities denied a British report that a military convoy was fired upon between Ismailia and Tel El Kebir (4). Two British destroyers left Malta (5) for Egypt and a destroyer flotilla recently at Abadan steamed toward the port of Suez (6). British paratroopers are in readiness at Cyprus (7).

BIRTHDAY PARTY FOR GWENN DELL DEAREN

Mrs. Delbert Dearen honored her daughter, Gwenn Dell, Tuesday with a birthday party at her home. Games were played. Color scheme of pale green and white was used in the candle-light birthday cake.

Present were Jerry and Jean Gibson, Joan and Nella June Parker, Carolyn and Jerry Payne, LeRuth Reed, Pat Dearen, Sandra Robbins, Johnnie Rae Tollett, and Kathryn Weimer; and Mrs. A. W. Dearen, Mrs. W. H. Sparkman, Mrs. Jessie Parker, and the hostess and honoree.

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**Behind
The
8 Ball**

WASHINGTON— Minks, pinks and stinks.

8—BALL

The San Angelo paper says the year just over ends the driest ten year period ever recorded in this part of West Texas.

And it was bad. But, due to understocking the past decade, the ranges don't show the effects of the drouth as it did the other periods in history.

But, now it had better rain in 1952.

8—BALL

Even the slight sleet looked good Wednesday. Any kind of moisture is welcome around here.

8—BALL

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The Declaration of Independence contains 300 words.

The Ten Commandments contain 297 words.

Lincoln's Gettysburg Address contains 266 words.

The Lord's Prayer contains 56 words.

The two Commandments that comprise the Whole Law of God contain 23 words.

BUT, the OPS order setting the price of cabbage contains 26,911 words.

8—BALL

Right in the Big Middle

All of us get a little inclined to emphasize our own importance now and then. Even New Yorkers are supposed to be provincial.

The group of old men were sitting and spitting around the stove in the middle of the main corner grocery store in a mountain town in a backwoods county seat in Tennessee. They were, of course, talking politics. Then they got around to the subject of all prime subjects—the atom bomb.

"We're plumb lucky to be livin' this far from all the sea coasts," suggested one old-hecoon, his tobacco juice sputtering off the side of the hot stove. "This far inland

they're never goin' to reach us." "You're plumb wrong about that, neighbor," replied another. "We're plumb certain to be bombed if the bombin' starts." "But why?" persisted the other. "Why? You know why!" was the answer. "This here's the county seat, ain't it?"

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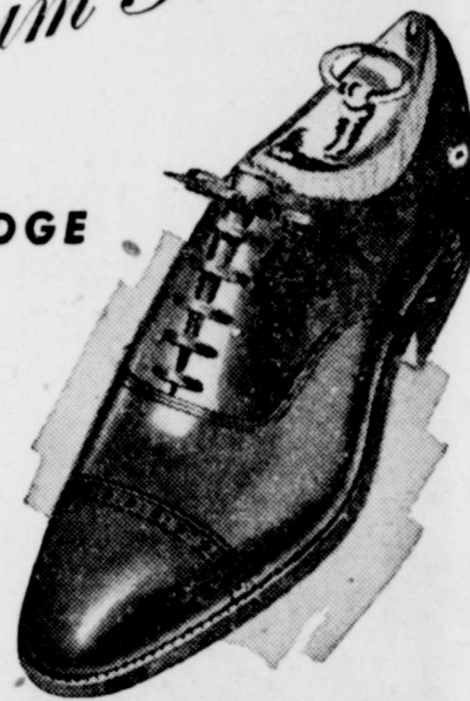
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