YOUR HEALTH

Partners in growth

(Editor's Note: This is the second in a series of three articles by Jaye Packett, Communications Coordinator, Dairy Council of the Upper Chesapeake Bay in Md.)

"You're What? ... Here, sit down! You shouldn't be on your feet!" Famous first words of the expectant father...well, at least, they used to be.

Now, the results of scientific research and development have filed this comment away. Not that such news...especially the first time...is not awesome and dramatic; it's one of the most wondrously happy and emotional moments a couple can share. But, the realization that a baby's on the way is no longer cause for solicitous concern...unless the mother-to-be is not ready for it.

Every baby should have the right to begin life with a healthy, well-formed body, so, every expectant mother should remain in good health to provide for the optimum development of the fetus.

Assuming the mother is in good nutritional status prior to conception, it is important that this status remains to enhance the probability of a healthy mother and healthy infant.

In her book "Fundamentals of Normal Nutrition", Corinne H. Robinson, former head, department of nutrition at Drexel Institute, points out that the popular opinion that the fetus develops at the expense of the mother is fallacy. Both mother and infant will suffer the effects of a poor pre-natal diet.

"The nutritional needs during pregnancy," Mrs. Robinson says, "include the normal requirements of the mother, those of the developing fetus, including also the uterus and the placenta, and the building up of reserves in preparation for labor and for lactation."

Through the placenta, a vascular organ on the inner surface of the uterus, the blood from the mother and the fetus are brought closely together for the interchange of constituents from one to the other.

The fetal blood, therefore, absorbs nutrients in the simple forms in which they are carried in the mother's blood and carries them to the fetus through the umbilical cord where they are built into the more complex substances needed to form the organs, muscles and other tissues of the child.

'Eat for Two'

The adage that the pregnant woman must "eat for two" is quantatively inaccurate, but is nutritionally accurate. The fetus depends to a degree on the mother's nutritional state and her diet before and during pregnancy, but research has consistently shown that, if the mother is sufficiently depleted nutritionally, the fetus may suffer to spare the mother.

The nutritive needs are best met by a simple, wholesome diet, the basis of which is milk, eggs, meat, legumes, whole grains, fruits, and vegetables...foods from the Four Food Groups. If the diet before pregnancy was adequate, simple modification will meet additional nutrient requirements.

To avoid calorie intake exceeding energy needs, the increased needs for protein, calcium and iron require a careful selection of foods. For example, increased consumption of milk is important, since no other food will supply the calcium, phosphorus and riboflavin needs at low calorie cost. Extra calcium for the mother helps insure teeth of good quality and well calcified bones in the child.

Weight control is of great importance both during pregnancy and after. Excess weight not only adds discomfort but puts an extra burden on the liver and kidneys, which are now already carrying an overload. Most physicians limit a woman's weight gain to approximately 30 lbs. during pregnancy, so the need for a carefully controlled diet under the doctor's supervision cannot be emphasized too strongly.

Through the centuries special attention has been given to the diets of expectant mothers, as well as other advice and recommendations deemed to be scientifically sound for the day and age.

Some foods were restricted or prohibited; others were recommended to avert catastrophe for mother or infant. Restrictions of food in ancient times have their parallels today, in both primitive and highly developed societies, but, with the advent of modern medicine, diets of pregnant women have been explored in conjunction with the development of the science of nutrition.

Evidence concerned with complications in pregnancy was found to be contradictory and fragmentary. Yet, it was concluded that "the size of the newborn is affected by substantial restrictions in maternal diet, and that the effects of maternal undernutrition on pre-natal growth are most pronounced in the last three or four months of pregnancy."

One of the most serious threats to the unborn child is the possibility of retarded mental growth. If a mother-to-be deprives herself of enough calories and nutrients, especially during the last three months of pregnancy, the fetal brain may not develop to its potential.

Extensive research, conducted by Dr. Myron Winick of the Institute of Human Nutrition at Columbia University College of Physicians and surgeons in New York, has shown that there is strong evidence that early malnutrition affects brain development.

Speaking recently to guests of the Dairy Council in Baltimore, Dr. Winick said "The infant brain is vulnerable to the effects of early malnutrition, and nutrition priorities must be shifted to stress infancy and pregnancy as special times of life when optimal nutrition is imperative."

Old Wives Tales

Diet has always been associated with behavior, although often in a vague and incorrect way. Primitive people, for example, based dietary regulations upon the qualities of bravery, courage, manliness, fear, gentleness, and so on. Specific foods were believed to convey these

Other beliefs, such as the one that having a baby would cure menstrual cramps and correct a poorly positioned uterus, are now regarded as 'old wives' tales."

Amusing, yet, reasonably accurate, an old English superstition was that if the woman's abdomen protruded farther than the tip of her nose, she had gained too much weight during pregnancy.

When we consider that reproduction and birth were a marvel and a spectacle to the uninformed minds of the non-scientific generations, it is understandable how these and countless other misconceptions were held to be true.

But, today, we cannot consciously fall back on the empirical evidence of even four decades ago that "a mixed diet of natural foodstuffs gives the best results." As a generalization, this is still true, but it is not enough...it is not enough to govern even a normal diet, let alone that of a pregnant woman.

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(Continued from Page 35)

the Rev. Reginald Boston is the pastor, is making preparation for its Afro-American Heritage program. This year, it will be held on Feb. 28 and 29.

If you have not heard the record that All Saints Choir has recorded, I would advise you to listen to it and you will end up like several friends and myself, placing an order. (I wanted to write about the choir and its director this week but space does not permit it but I hope to let you know more about them next week). I understand that the choirs at St. James Episcopal Church also has a record. Even though I have not heard it, I understand that it is also very good.

Daily Creed

Let me be a little kinder
Let me be a little meeker
To the faults of those about me,
Let me praise a little more.
Let me be, when I am weary,
Just a little more cheery:
Let me serve a little better
The God we would adore.
Let me be a little meeker
With the brother who is weaker;
Let me strive a little harder
To be all that I should be.
Let me be more understanding
And a little less demanding,
Let me have the sort of friend
That you have always been to me.

John Gray (Golden Thoughts-Ambassador Cards)

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Fires hit Douglass Hi 3 days in a row

FBI, police posted for weekend

STUCK IN THE MUD—The Tuesday fire at Douglass High came after over two inches of rain had softened the lawn. While the downpour drenched the firefighters, the truck became mired down. Getting out to push plus the mystery of the "firebug", all added up to a pretty rough day.
AFRO staff photo by Roman Hankewycz

BULLETIN

Late Thursday, four teenagers, two boys, two girls were arrested and charged with arson.

"This is a good school, not a jungle. We don't want anyone to think it is a dangerous place.

"What we would like is to have each person, every student to be alert. The only way we can be safe here is for each one to be responsible for the safety of the other."

This statement came Wednesday from Earl Hagan, Douglass High School principal, after the 2300 block Gwynns Falls Parkway building had experienced small fires on each of three successive days.

* * *

Northwestern District Commander Major Harry Alender told the AFRO each time the suspected arsonists used gasoline to set the fires Monday, Tuesday and Wednesday. Little damage was done, he said.

However, the Federal Bureau of Investigation is on duty along with the police and fire arson squads.

Northwestern police have beefed-up their detail. Officers will watch, check and cruise the school throughout the weekend, day and night.

MILTON B. ALLEN

NO. 1

The suspected "fire bug" (or bugs) the first day, Monday, set fire to a can of gasoline he had hidden in a deserted area about 9:30 a.m., Mr. Hagan told the AFRO.

The location was the basement between the shop and the music department. The tile floor failed to burn and school aides put what blaze was found out quickly.

The near 1,800 students thought the fire alarm was sounded merely for a fire drill, the principal said.

NO. 2

The second fire came Tuesday 3 p.m. just as students were leaving for home.

Although there was little damage, police and fire investigators remained on the scene the next day from 8:45 a.m. to 4 p.m. doing what Mr. Hagan termed, "a superb job of checking everything out."

He said they have "very good leads."

Police reports state the arsonist, "persons unknown", entered the school carrying on their person a one-quart Quaker State Oil can containing gasoline.

To quote: "The suspects then went to the 4th floor stairway and closet and on the stairway ignited the gasoline in some unknown manner. This started the

(Continued on Page 27)

Allen's judgeship confirmed

Lawyer Milton B. Allen has been confirmed for a post as judge of the Supreme Bench of Baltimore. No swearing-in date has been set.

For the full story and what citizens have to say about his judgeship see inside today.

1,000 AT BAPTIST ORGAN DEDICATION (see inside)

Baltimore Afro American
WE ARE IN OUR 84th YEAR

MURDER ON EASTSIDE REMAINS A MYSTERY (see inside)

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Judge Robert Bell knows the law

BEAUTEOUS U.S. MARSHAL, who is unidentified, accompanies Patty Hearst from the Federal Building in San Francisco after the first day's trial. The woman who serves as a matron is smartly dressed, complete with eye makeup. Patty wears a bowtied blouse under her jacket obviously of fine material for her courtroom appearance. (UPI Photo)

"It may surprise you that I'm not a radical," the controversial Judge Robert M. Bell told the AFRO in an exclusive interview. "It just happens that I know a little bit about the law."

That knowledge of the law and his consistency in applying it to the letter and the spirit has created about him an atmosphere of controversy and a reputation for throwing poorly prepared cases out of his courtroom.

* * *

The most recent instance where he threw out cases, which heretofore had been held valid, occurred last week while he presided at Western District.

The cases involved unlicensed security officers who had made shoplifting arrests on the premises where they worked and had signed charging dockets and appeared in court to prosecute the charges.

Says Judge Bell, "The security guards are not officers of the court and the law clearly states that only officers of the court can make a statement of charges before the court.

* * *

"That means that those cases signed by unlicensed security guards are invalid and not properly before the court."

He threw out 12 such cases.

Since then, cases previously charged and signed by security officers have been dismissed by Judge Bell because he says, "The security guards have simply refused to show up for court. The charges were dismissed for lack of prosecution."

However, Judge Bell describes the Billiabaloo growing out of what happened in his courtroom "As missing the real issue."

* * *

He insists that "The next and most important issue is whether in cases involving unlicensed security guards, dismissal of charges is required as a matter of law."

By way of explanation he pointed out that, "It's one thing to deal with an illegal arrest but does that necessarily require that the evidence be excluded from trial when a crime has been committed?"

Judge Bell's rulings on the security guard issue do not have to effect any of the other eight District courts. Only an appellate ruling by the Court of Special Appeals or the Maryland Court of Appeals can do that.

For the moment, at least it doesn't present a large problem to Judge Bell and Western District because he says, "We don't have that much volume in shoplifting cases at Western."

* * *

It is however, a large problem for the more than 13,000 unlicensed security guards employed by private detective agencies around the state.

For instance, if the private detective agencies follow the letter of the law most of them would be out of the security guard business.

According to Lt. Linwood Clark of the Maryland State Police, the man responsible for handling the licensing of the agencies, "In order for these men to get special police licenses the owner of the property must make the request.

"That does not mean that the owner of the agency can do it. They can't. The man must be on the pay roll of the owner of that piece of property."

Clearly, with in-house police security, no business need hire an outside agent for protection.

Agency owners are completely confused.

Lewis Wilson of the Metropolitan Detective Agency said, "None of our men have ever been licensed. They've performed their jobs on our license for 21 years."

Metropolitan employs

(Continued on Page 27)

Agencies duck this law

(Art. 41 of the Annotated Code does not cover security guards, only special policemen who are licensed unde. special procedures)

63. Oath of office and qualifications

Each person appointed under this subtitle shall, within 15 days after his certificate of appointment has been issued, and before entering upon the duties of his office, take and subscribe the constitutional oath of office and file it in the office of the appointing authority. No person shall be appointed a special policeman under this subtitle unless he is a citizen of the United States, of good moral character and has not previously been convicted of a felony.

Blount wants state jobs program

ANNAPOLIS (UPI)—State Sen Clarence W. Blount, D-Baltimore, Monday introduced legislation to establish a state jobs program.

The proposal would be funded by increasing the state income tax to six per cent on persons earning more than $150,000 a year.

Blount said preference for employment under the program would go to those who are heads of households and whose unemployment benefits have expired or who are ineligible for unemployment benefits.

Bicen Bits

Elizabeth Keckley, seamstress for Mary Todd Lincoln, was born into slavery in Dinwiddie Court House, Va. Friday, Jan. 30. According to several sources the year of her birth is not known.

Hearst trial may go 6 weeks

SAN FRANCISCO (UPI) — Bowing to a request from Patricia Hearst's lawyers, a federal judge has barred the press and questioned prospective jurors for her bank robbery trial in a sealed second courtroom.

The judge gave tentative approval to four of the seven and excused three others for reasons unknown since the press was locked out of the chamber adjoining the courtroom.

Judge Oliver Carter proceeded in the same fashion Thursday. Questioning took such a lengthy time, it appeared doubtful whether 12 regular jurors and four alternates could be approved earlier than Friday.

The trial is expected to last five weeks or more.

* * *

Permitting the Hearst trial judge to select a jury in secret is a violation of the right to a public trial, the American Civil Liberties Union said.

"The public has an overriding interest in learning whether Patricia Hearst, or any other defendant the subject of so much publicity, can get a fair trial," said ACLU official David Fishlow.

"The most important part of that inquiry is whether she will be judged by an impartial jury."

* * *

He said the secret panel selection proceedings

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BEN PHILLIPS
Our man in Annapolis

Inside

- MONEY MARKET, an annual AFRO features section, is included in this issue
- ANNAPOLIS WATCH by Ben Phillips keeps citizens in touch with the General Assembly and your legislators on the scene in the state capital.
- MINISTER DENIES white Methodist church on Old Court Rd. ousted him from the pulpit.
- MCHR HEARING, scheduled for Wednesday at 10 a.m. in Annapolis; announcement on back page
- SCHOOL BOARD chief orders region staff to design complete plan to end school shifts
- ADVERTISING CLUB'S Baltimore's Best luncheon was oldtime revival with testimonials from city dwellers
- CROSSING GUARD, 56, tells how to do the job and why it's so important to children and parents

Ford fires HUD exec

WASHINGTON (UPI) — President Ford has fired H. R. Crawford, the government's top public housing official, in the first sign of administration scandal since Ford entered the White House after the Watergate affair.

The Department of Housing and Urban Development, where Crawford has served as assistant secretary for nearly three years, said Wednesday Crawford is under investigation for alleged conflicts of interest "concerning employment after government service."

The Justice Department confirmed it is investigating Crawford, but declined to comment on the reason.

Crawford himself, after conferring with his attorney, said he had informed HUD officials previously that he planned to leave in April and subsequently decided to quit even earlier.

* * *

"The questions HUD has raised concern communications by me to persons outside HUD looking toward my possible future professional associations," Crawford said. "I have been advised that HUD has referred the matter to

(Continued on Page 27)

Social Security aide has private rites

Private rites were held today (Friday) for Mrs. Sara Pajardo Ford at Herbert Nutter Funeral Home.

Mrs. Ford, a 36-year-old Social Security employee died Jan. 26 after she had fired her hand gun into the right side of her head.

Baltimore County police reports disclose she was found on her bed about 9 a.m. She resided at No. 4 Devereau Ct., in Woodlawn.

Police reveal Mrs. Ford had called her ex-husband, Chester Ford at his 5600 block Elderon Ave. home Monday morning and asked him to come get their 10-year-old son, Chester, and take him to school.

* * *

Police report Mrs. Ford told her divorced husband that she was despondent and needed someone to talk with.

Reports state that Mr. Ford told her he would be right back after he took the child to school. Police quote Mr. Ford as saying when he returned to Mrs. Ford's apartment he found the door locked and had to go to the school to get a key from the child.

Police also state when Mr. Ford finally gained entrance to the home, he found Mrs. Ford had shot herself.

Taken by ambulance to the Baltimore County Hospital, Mrs. Ford was pronounced dead at 10:55 a.m. An autopsy was performed by the medical examiners.

In addition to her son, Mrs. Ford is survived by two brothers, Joseph Pajardo, Laurel, Md. and Henry Pajardo of New Jersey.

Joseph orders end to shifts in schools

By Clarence W. Hunter

Mark Joseph, president of the Board of School Commissioners, ordered Thursday that region staff members come up with a full plan by next week to end school shifts in the city schools at least before May 1.

The order came after Robert Hatoff, president of

(Continued on Page 27)

Piggy Sedgewick slain in hallway

The unforgettable gangland murder of Del. James A. "Turk" Scott bobbed up again Thursday night whena one-time partner of his was slain.

The incident at 10 p.m. came with the gangland-style slaying of Charles Franklin "Piggy" Sedgewick, 34, in the hallway of an apartment house in the 3100 block Alto Rd.

He was some distance from his home in the 2500 block Fairmount Ave. and, according to relatives, may have been followed by the killers there as he visited a girlfriend.

Police reports show multiple handgun bullets struck Piggy in the back of his head and riddled his left and right shoulders.

* * *

Homicide Sgt. George Christian told the AFRO Sedgewick had apparently tried to escape the killers as he ran and knocked on someone's door. He died in a hallway.

Widely known as "Piggy," Sedgewick worked as a longshoreman. Relatives told the AFRO he had been pursued for some time by out of towners who wanted a key to a safety deposit box said to contain

PIGGY SEDGEWICK
in AFRO 1973 file photo

some $500,000. "left over from the Del. Scott days."

Piggy was placed under federal indictment in April, 1973 as Del. Scott's co-conspirator. Del. Scott was at that time free under $30,000 bail awaiting trial as the head of a multi-million-dollar drug ring.

Before he could come to trial, Del. Scott was gunned down in the underground parking lot at Sutton Place Friday, July 13, 1973.

Piggy was offered immunity in 1973 to testify against Scott but refused. He was later convicted of a handgun violation and sentenced to prison for five years.