Contrary to what most people think, tuberculosis is not a deadly ailment. Tuberculosis, however, is a respiratory disease that so wears down your body that it becomes susceptible to other ailments that can cause death. TB, as tuberculosis is more commonly called, is caused by the germs tuberculosis invading many parts of the body. The lung must often be the site, and then it may invade other parts as well.

The germs can survive in all sorts of conditions. Some exist in industrial dusts and are often aggravated by smoking or air pollution. The disease is contracted by breathing TB germs — from the coughing, sneezing and even talking by someone affected by the disease. Anyone at any age may be infected by TB.

When the disease infects the lungs, the germs are pulled up into a small mass called a tubercle. When bodily resistance finally goes down, the germs may break out of their enclosure, multiply, and invade other parts of the body. The germs may spread faster as they are carried and killed by the white blood cells of the body. When this has happened, active tuberculosis has become and it is unchecked it will do serious damage.

What Are the Symptoms of TB?

A person may have had TB for several weeks and not know it, and probably will use the chest X-ray. This is used to find out if TB germs have done any damage and also detect certain fungus diseases.

Pulmonary function tests may also be given. These tests measure your ability to breathe and whether anything is interfering with your breathing. A doctor may also use laboratory tests to find out if TB or other germs are multiplying. Then, a person may be given the chest X-ray, too.

If TB is contracted, the disease may not go down, the germs may multiply, and the body may lose weight, catch colds easily, and vomit blood.

How is TB Found?

There are several methods of discovering TB. First is a physical examination.

A tuberculosis test shows whether TB germs are within the body. A traveler may also take seven or more tests to discover TB. Similar skin tests are used to determine if a person has ever been in contact with the germs. If a person probably will use the chest X-ray. This is used to find out if TB germs have done any damage and also detect certain fungus diseases.

The easiest way to contract TB is by being exposed to a person who has it. This can happen when the droplets of moisture carry coughs and sneezes.

Use Christmas Seals to Help Your Fellow-man Live

The Tuberculosis Association, which is supported only by Christmas Seals, is more active than any other charity. Eight of every ten dollars raised goes to help improve the health of the people by doing research and buying TB hospitals. Other Thespian associations undertake to help improve the health of the people by doing research and buying TB hospitals.

First is to be at the first meeting in January. At this time, all prospective members who have earned ten points or more will be inducted.

Wealthy readers will be the recipients of this appeal. The Seals, which are dedicated to raising money for TB hospitals, are sold only by Christmas Seals, is more active than any other charity. Eight of every ten dollars raised goes to help improve the health of the people by doing research and buying TB hospitals.

When we use Christmas Seals, we are helping to combat the increase in the harmful chemicals which are damaging lungs and heart. When we use Christmas Seals, we are helping to combat the increase in the harmful chemicals which are damaging lungs and heart. When we use Christmas Seals, we are helping to combat the increase in the harmful chemicals which are damaging lungs and heart.

The main treatment of TB is TB-treated consumers. Surgery is seldom needed. If certain symptoms begin to appear, the person is put into bed, and given drugs to relieve symptoms. As the disease progresses, certain special drugs to aid breathing.

How Can We Prevent TB?

The disease can be prevented in many ways. It can be prevented by getting the chest X-ray regularly, and by getting a physical checkup, even if you have not been using Christmas Seals. The chest X-ray is very important in making America and the world a safer place to live.

A Killer On The Loose

by Harriet Beatridge

There's a killer on the loose. So everyone beware; tuberculosis is the killer. Its germs fly in the air. A person can get TB from the casual sneeze. Before you blink your eye, TB germs fly everywhere — invisible and still.

People in the city are far by the unmistakable list.

With coughs and sneezes and fog, you see.

Infection doesn't always mean TB is there.

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Helen one thing is certain: his ideas, hopes, aspirations, and achievements will live on after him to help strengthen the world.

John F. Kennedy was born on May 29, 1917, in Brookline, Massachusetts. The second son of Joseph Patrick Kennedy and Rose Fitzgerald Kennedy, he carried on the family tradition of serving his country in the field of politics. His early education was received at private schools, and he attended a parochial school for only one year when thirteen. He entered Harvard in 1935, breaking away from the family tradition at Harvard. After an attack of jaundice, he left Princeton and entered Harvard in 1937. JFK was elected to the Harvard Men’s Staff and also became the first student of his junior year. John F. Kennedy graduated from Harvard in 1940, cum laude. His thesis “Appearance of Trade” had won a magna cum laude.

After graduation JFK enrolled at the Stanford University business school for graduate work, but too soon left school to tour South America. Upon returning to the U.S., Kennedy underwent a rigorous physical training and entered the Navy in 1941. It was in August 1943, that JFK in PT-109 narrowly escaped death when his boat was run down by a Japanese destroyer. In the events that followed, young Kennedy showed his great leadership and courage. After swimming and assisting his crew for three miles, he reached a small island, from which they were rescued six days later. For his actions JFK received the Purple Heart and the Navy and Marine Corps Medal. His PI career was brought to an abrupt halt when he contracted malaria late in 1943. Lieutenant Kennedy was discharged from service after an operation on his back following his malaria attack in March, 1944.

Kennedy became a special correspondent for the International News Service after his discharge from service. In 1945 JFK won election to the House of Representatives from the 11th District of Boston. He served one term in Congress. In 1952 Kennedy successfully ran against Henry Cabot Lodge for the Senate. On September 12, 1953 Senator Kennedy married Jacqueline Lee Bouvier in Newport, R.I. They had one daughter, Caroline, born in 1957. During a long period of hospitalization beginning late in 1954 for two spinal operations that JFK wrote on his Pulitzer Prize-winning book Profiles in Courage.

John Kennedy was first brought to light in national politics when he sought the Democratic Vice-Presidential nomination in 1956. Kennedy lost to Senator Estes Kefauver after a scrimmage for this position that included candidates from the Senate by a majority margin of 874,608 votes, the largest margin ever won in a Senatorial and previously no Catholic had ever been elected President. He sought the nomination by competing in the primaries, in which he made a good showing. At the Democratic National Convention in 1960, John F. Kennedy won his party’s Presidential nomination on the first ballot. He chose as his running mate Senator Lyndon B. Johnson of Texas.

The 1960 Presidential campaign brought out many issues, mainly concerning the candidates, not their politics. The Republicans hoped to use the stand that Kennedy was young, inexperienced, and immature, which lost its sting after the television debates, the first such debates in U. S. history. Another issue was that Kennedy was a Catholic, and previously no Catholic had ever been elected President. John Fitzgerald Kennedy was elected the 25th U. S. President on November 8, 1960, after a long and hard campaign.

President Kennedy was inaugurated on January 20, 1961. Included in a list of achievements and duties assigned to the Kennedy administration are: social justice, progress, introduction of a tax cut, a firm stand in Berlin and Cuba, the Peace Corps, and the nuclear test ban treaty.

Many writers have compared Kennedy with Abraham Lincoln. Both were deeply loved and respected by their country; both fought hard to keep democracy and freedom alive; both fought for equal rights. Perhaps it is therefore fitting that Herman Melville’s poem describing his reaction to President Lincoln’s death also fits President Kennedy. It is quoted below.

The boy and girl in the picture above are both very popular, for they are doing their best to stamp out tuberculosis—a killer who’s been around since 1900. J. Kennedy

It is therefore fitting to print below the feelings of our Land donates on their reaction to this world tragedy: “A truly great man, a great statesman, was brutally assassinated by a Marxist, Leninist maniac. A man, who with his love and talent, raised the visibility of our President, his country, and his career.” — Wyatt Martin, senior

“An unfortunate incident which will strengthen the nation and make the American people more aware of their heritage.” — Vivian Hulpmper, senior

Occasionally in a thing happens that brings sorrow to all and certain realization of death. The thing was the assassination of President Kennedy; all the world looks toward the U.S. with expressions of grief and disbelief that this could happen in our country, our President, and we are beside ourselves. This shock will serve as a lesson to America and teach us to wider the freedoms and values that we have.” — Helen Breining, graduate

I couldn’t believe it—was it a state of shock. I can’t understand how this could happen in our United States.” — Mike Hampton, Junior

“I think that this is the worst tragedy in U.S. history, but it showed what Americans can do after a great loss. No one can take Kennedy’s place, but LBJ will be a wonderful new President.” — Donna Peacock, freshman

“Perhaps we never realize how much we have until it’s gone. In such a personal way, horror struck the entire world, and sadness was shared by all because of this most disgraceful assassination. I can’t believe it, but, however, perhaps America was chosen to pay the price of the great price that will result in a more closely united world, and a more patriotic America. Although John F. Kennedy has gone on to his reward altogether too soon, the entire world is a better place because of his brief stay here with us, and America, a stronger and greater nation because of words he left with us, such as: ‘Ask not what your country can do for you, but what you can do for your country.’” — Susan Winch, senior

J-Notes

Announcing New Junior High Staff

I would like to announce at this time the names of those who are on the Junior High Staff of the Lions Roar. These students have worked very hard and will continue to do so as the year progresses.

The members of the staff are:

- Nancy Colvin, Anne Lambrinou, Linda Peterson, Glenda Wyatt, Michelle King, Elaine Linney, Eileen Pelosi and Mary Lee Rehn.

- Peter Knox, Linda Gerbert, Milly Milford, Nancy Wood,

Bob Beach, Pat Barnhill, Linda Herrington, Jane McConaughy, Michele Dobbin, Pam Arnold, Daphne Walters, Ellen Shanks, and Margaret Strohan.

A cookout was given by Betty Manuel in honor of the Ninth Grade Basketball team and their coaches. Some seen enjoying the good food were Donna Peacock, Lacy Moody, and Margaret Birhan. A trophy was presented to Miss Hamilton, Miss Broid, and Miss Dobson by the team.

Junior High Staff was elected on November 9th. Some of the kids seen having a really great time at the cookout were John Rice, Terry Reason, Joe Hayes, Terri Barnhill, and Wayne Frank.

INTRODUCING CHRISTY KOONZ AND ROBERT MOTT

If you ever see a peppy girl walking around Long’s halls in big saddle oxfords, you want bow you yell out with a big grin, "Hey, that’s Christy Koonz!" Christy will just love you! In my opinion, she is the best looking girl on campus. She is such a girl, she loves to see people having a good time.

Christy is a very active girl at Landen ‘cause she is Chaplain of the Senior Class and member of the N. C. L. and on the Junior High Staff of the Lions Roar. She also participates in an after-school program with the South Jacksonville Presbyterian church staff and Junior Church and Little Women.

Doing things out of the ordinary that are loads of fun are Christy’s favorite hobbies. Besides this she also loves to read and to listen to the radio. Blue is Christy’s favorite color and she eats vanilla ice cream like it’s going out of style. "Bad Girl" is her favorite record. As you can imagine, Christy’s pet peeve is people who don’t like her or her music.

Christy’s ambition is to be a physical therapist and to attend St. Andrews College. With her ability to get along with other people, I know Christy will succeed in any profession she chooses to encounter.

I almost forgot! Christy admires a boy who has a real good sense of humor. She makes a good partner, but someone who has a good time, but someone who is still sincere. A boy with good looks would be a plus but someone very much so also.

Robert Mott is an all round student at Landen. He is a member of the J.C.L., basketball team, and track team. Robert is also a member of the Junior Cotillion.

(Continued on page 4)
LIONS BOW TO BRAVES IN FINALE

The Landon Lionesses 1963 Football team bowed out of the season with a 9-4200 defeat to the rugged Landon Lions. The Lions seemed to shine through the Lions, yet, Landon has the superior teams in the city, now managed to total only 17 yards rushing in the entire game. They really did a good job and rightfully deserve credit. The spotlight has fallen on the seniors in the schedule, omitting Lee and Jackson. This can be traced to the fact that they just lost four times via fumbles. In contrast, the Braves tallied 266 yards with only two fumbles.

Terry Parker, one of the most superior players in this year's team, now looks toward history of a bowl kid. His victory over the Lions is the most splendid这些 players were recognized by the Journal Sports Department. Quarterback Mike Culpepper and tight end Chuck Slott, were received Special Mention. Getting the nod for this year is a tackle Chuck Slott and halfback Dave Merrick. They were a winner. They beat Paxon, 9-4200, for the first victory over the Lions' only TD; on the next play, Brent plowed over the goal line, followed by a tremendous point after by Brooklyn Lee. The Lions then ignited on a first quarter on a one yard run by Slott. The Lions seemed to shine through the Lions, yet, Landon has the superior teams in the city, now managed to total only 17 yards rushing in the entire game. They really did a good job and rightfully deserve credit. The spotlight has fallen on the seniors in the schedule, omitting Lee and Jackson. This can be traced to the fact that they just lost four times via fumbles. In contrast, the Braves tallied 266 yards with only two fumbles.

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J-Notes...

Tukey Day, it's gonna be zell's this week. football pit a l in Tallahassee; (2) the Southwest Florida Tuberculosis Hospital in Fort Myers (Continued from page 2) are a few of the tidbits of news seen and heard around Landon this week.

GOOD NIGHT, LADIES

At the recent slumber parties and surprise breakfasts, we've really gotten an eye-full of the sleeping apparel of some of the Landon gals. You'll find them sleeping in everything from sweat shirts, to negligees to parkas. When we rang the Meggie's doorbell last Saturday morning around 5:00 o'clock, Peggy and Margaret Davis tripped out in flannel nighties, but at the Lee's, Sheryl chopped out in red nylon PJ's (and were they gorgeous!). From what I hear, Nancy Taylor has been sleeping in sort of an old-fashioned in-mate's uniform, while a certain group of senior girls (around the Special) choose more modern lifestyles.

ARE YOU A TURTLE NECK? Probably, because it's one of the newest styles on the fashion horizon. The newest turtleneck material, cotton knick-knacks give that "movie star" touch to these girls' outfits. The originality of Cheryl Greene in her burgundy outfit started the trend around Landon. Turtle-necks worn under sweaters, blouses, and shirts make a striking appearance and keep your neck warm on those colder days.

That's all for this time. Keep your eyes and ears open for any news - fashion or other-wise.

Till next issue, see ya around.

Did You Know That...

... People consult doctors for Respiratory Disease (RD) more often than any other group of ailments.

... From 15 to 27 million Americans suffer from chronic RD.

... About 120,000 Americans are known to have tuberculosis in an active state today.

... Acute respiratory infections are the major cause of time lost from school and work.

... Tobacco advertising or contracted through the breathing system account for about one fourth of all ten deaths.

... Because of its suitable climate, three tuberculosis hospitals have been established in Florida: (1) the W. T. Edson Tuberculosis Hospital in Tallahassee; (2) the Southwest Florida Tuberculosis Hospital in Tampa; (3) the Southeast Florida Tuberculosis Hospital in Lakeland.

... Of the Senior High at Landon, only 13% smoke regularly, as opposed to 33% who have tried it, 45% who have not tried it, and 10% who smoke only occasionally.

... Of the students who smoked, the most frequent reason was that smoking calmed the nerves.

... Many girls smoke to keep from gaining weight.

Is There A Nurse In The House?

Here in Landon we have many understanding counselors whose main job is to aid and guide the student body. In addition to Mr. Wood, our principal; Mr. Warren and Mrs. Thompson who deal exclusively with teacher-student relations; and Mrs. Holcombe and Mr. Grauger, Guidance Counselors. Of all these, the person probably most saged and willing to help with our emotional and physical problems is Mrs. Rawls, the school nurse.

Mrs. Rawls, who is hired by the City Health Department, visits Landon every Wednesday to teach disease prevention and to teach health. To many people, Mrs. Rawls is not only a nurse but also a confidante. Whatever is said to her is held in complete confidence unless it is best for the student that someone else know.

We at Landon are very fortunate to have a well-trained nurse who earnestly wishes to help us. How about taking advantage of such good fortune?

INDOOR COMFORT INC.
1539 Montana Ave.

"Take It To The Doctor"

What would you do if you had a SPITFIREX RESIDUES?

DOONA PEACOCK—Talk to her.

CHUCK NEWMAN—Smoke it occasionally.

FRANK NORRIS—Throw it in the swimming pool.

PAM CHAPIN—Tell my algebra tutor about it!

PHYLIS PAPPAS—Step on it! ANNIE PARK—Stick plug in it. LINDA MAYER—Give it to Kathy for a cough.

LINDA OVERSTREET—Send it to my brother in college!

TIM MONTGOMERY—Use it to pass my algebra test!

STEVE KAUFMAN—Change bedrooms.

ANNIE RICE—Take it to the doctor!

HALEY LEVIN—Hide it.

AL LANCASTER—Thorp it!

STEVE KLAUSNER—Have a long talk with my analyst!

DIANE GREGORY—Transfer to Lee!

JUDY BOROVITZ—Make it into a homework for me!

GEOFF COTTEN—Kill it before it multiplies!

SHERI LEE—Give it to Bobby!

PAT ERRICO—Share it with Busy, of course!

VIVIAN HALPERN—Take the calories out of it!

I'd give the doctor for a check-up if I had a RESPIRATORY DIS-EASE!

Smoking & Health...

... There have been many studies made about smoking's harmful effects, and the findings have been published in every magazine, television, radio, and newspaper publication ever written. No one can force you to smoke, and no one can force you not to smoke. The choice itself has largely been left up to you. One can only hope that the choice will be a wise one.

J-Notes...

... (Continued from page 3) Robert enjoys playing the guitar, eating barbecue ribs, and going to A-Note dances. Robert's favorite color is green and he likes the song "Everybody." When it's time to go to college, Robert has it all figured out. He wants to go to the University of Florida or the University of Alabama and study mechanical engineering. I feel that Robert's plans will work out perfectly and he will succeed in any-thing he does.

Jones Apothecary
210 Hogan
353-9773

PERRY COMPOSITION & ENGRAVING PLANT
EX 8-0573

FREE CAR WASH
With fill up gas purchase - 15 GALL. OR MORE.
You Save Approximately 10¢ Per Gallon
At These Automatic Car Washes
SOUTH END OF MAIN STREET BRIDGE
714 STOCKTON STREET
25 W 4TH STREET
REG. $2.99

The Chicken Shanty Restaurant
3198 Kings Avenue
Jacksonville, Fla. 32207
"World's Best Country Fried Chicken"
ALL YOU CAN EAT $1.50
U.S. 1 South
390-5405

"Take It To The Doctor"

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PHYLIS PAPPAS—Step on it! ANNIE PARK—Stick plug in it. LINDA MAYER—Give it to Kathy for a cough.

LINDA OVERSTREET—Send it to my brother in college!

TIM MONTGOMERY—Use it to pass my algebra test!

STEVE KAUFMAN—Change bedrooms.

ANNIE RICE—Take it to the doctor!

HALEY LEVIN—Hide it.

AL LANCASTER—Thorp it!

STEVE KLAUSNER—Have a long talk with my analyst!

DIANE GREGORY—Transfer to Lee!

JUDY BOROVITZ—Make it into a homework for me!

GEOFF COTTEN—Kill it before it multiplies!

SHERI LEE—Give it to Bobby!

PAT ERRICO—Share it with Busy, of course!

VIVIAN HALPERN—Take the calories out of it!

I'd give the doctor for a check-up if I had a RESPIRATORY DIS-EASE!

Smoking & Health...

... There have been many studies made about smoking's harmful effects, and the findings have been published in every magazine, television, radio, and newspaper publication ever written. No one can force you to smoke, and no one can force you not to smoke. The choice itself has largely been left up to you. One can only hope that the choice will be a wise one.

J-Notes...

... (Continued from page 3) Robert enjoys playing the guitar, eating barbecue ribs, and going to A-Note dances. Robert's favorite color is green and he likes the song "Everybody." When it's time to go to college, Robert has it all figured out. He wants to go to the University of Florida or the University of Alabama and study mechanical engineering. I feel that Robert's plans will work out perfectly and he will succeed in any-thing he does.

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