

**DR. STOUT IS OUR
NEW DOCTOR**

Dr. James S. Stout is the new Plant Physician. His first day at the Plant was August 1. He came to us from Pardee Hospital, Hendersonville where he did emergency room duty during the last two years.



Dr. James S. Stout

After a month of serving our employee needs, we asked Dr. Stout his medical opinion of the Brevard Plant and its employees. He replied, "This is a young plant. I've been impressed so far and feel that this is an exceptionally fine group. I don't expect a great deal of complicated medicine, but if and when it does arise, I'm here to take care of that.

I want to assist the employee in adjusting to the environment so that he can make a living in full health and also assist him when he is sick."

Dr. Stout served in the U. S. Army Infantry from 1943 to 1946, and was stationed in Mississippi and Louisiana.

After military duty, he went to Wooster College, Ohio graduating with a B.A. degree in Chemistry, then Emory University where he received an M.A. degree in Anatomy. His medical school training was at the Medical College of Georgia.

His medical experience began with Du Pont at the Chambers Works and then he went to Wilmington General Services. Subsequently, he worked at Pompton Lakes before leaving Du Pont to work briefly at Pardee Hospital. He is married to the former Betty Myers of Cincinnati, Ohio. They have three children including two sons Jeffrey, 17 and James, 21 and a daughter Linda, 19. They live on Evergreen Road, Brevard and belong to the Presbyterian Church.

When asked what his personal goals were in his chosen field, Dr. Stout said, "Prevention of future illness is the goal I'm working toward." He feels the worst health problems we face today are those associated with cardiovascular diseases. To

prevent these type diseases from occurring, he believes we should watch our weight, the level of our blood pressure, control our smoking, and reduce the fat levels in our blood. In doing so, he noted, "I believe in trying to achieve the possible."

Although his main interest is the preventive field in medicine, he feels that emergency training is an important phase which must be kept up. "I'm a strong believer in emergency medicine and can assure you that we are well prepared here at Brevard. I am very pleased with the cooperation and aid received from an excellent supporting staff, the patrolmen who have taken Emergency Medical Training courses, and the shift volunteers who are training to be First Aid attendants."

Dr. Stout plans to work in cooperation with private practitioners in employee treatment. He commented, "Industrial medicine is a sensitive field where you must protect the employee, employer, and private physician."

He enjoys the hours of free time he has while working a set schedule for a company. In his spare moments, he enjoys fishing, swimming, and photography.

We extend a warm welcome to Dr. Stout and his family and look forward to his endeavors to keep us in good health.

**STEVE TALMADGE STRIVES
FOR PEAK PERFORMANCE**

How many of us say we're going to get in shape by walking, hiking, or jogging? Many of us talk about exercising but never get around to it. This isn't true with Steve Talmadge. He jogs whenever possible, averaging 80-100 miles per month.

Steve began routine jogging after receiving encouragement from a neighbor. As his interest grew, he joined the National Jogging Organization and learned from one of their magazines about a Pikes Peak race.

He tested his jogging ability on August 14 by entering the 22nd Annual Pikes Peak Marathon held in Manitou Springs, Colorado. The summit of the world famous Pikes Peak is where Katharine Lee Bates was inspired to write AMERICA THE BEAUTIFUL in 1893.

If we looked deeper into the details of this Marathon, most of us would be content with just running around the block. The path of the race followed a back packing trail 14.3 miles long, at a grade of 20-30% and ended 3 miles above sea level. Lack of oxygen caused difficulties for those who haven't jogged at this altitude.

After arriving in Colorado, on Wednesday August 10, Steve made two daily trial runs before resting on Saturday when he attended a talk at the Air Force Academy on high altitude jogging. From this talk, he realized what a difference the altitude would make on his performance.

About 500 runners left the town courthouse at 7:00 o'clock Sunday morning for the race. Steve achieved his goal of reaching the top in 4 hours 52 minutes. He carried honey and water to keep his energy level high. He commented, "There are men who train for the race that are 60 and 70 years old who just pass everyone. You wouldn't believe it!"

After the marathon he headed for home in his car. He joked, "I've just started jogging daily again. I took a few days of rest because the long drive to North Carolina was almost more tiring than the race!"

He also added, "There are quite a few joggers on the plant besides myself." Our hats go off to Steve and those of you who jog regularly, it's a good way to keep in shape and stay healthy while enjoying the outdoors.



Steve In Action