

Kid Stuff: Understanding Mental Illnesses

Editor's Note: This is another in a series of articles about children submitted by the Human Development Division of the Pasquotank - Perquimans - Chowan - Camden District Health Department.)

Myths of Mental Disturbance
 "One Flew Over the Cuckoo's Nest" was a hit as a novel and later as a movie. Perhaps one of the reasons was its appeal to a fairly widespread misconception about mental disturbance. Patients were depicted as possessing more insightful views of the world than their caretakers. This view, that mental disturbance is somehow magical or awe inspiring, is one of several myths that persist despite numerous scientific advances in the understanding of mental disorders. This same myth

can be seen in more exaggerated form in more primitive cultures where some persons experiencing hallucinations may be thought to possess supernatural powers.

A second myth is the belief that personal experiences of irritability, fantasy, or other unreasonable feelings or behavior mean that one is "going crazy". A study conducted by the U. S. Department of Health, Education and Welfare found that one person in five has at some time felt they were about to have a "nervous breakdown". In reality, everyone occasionally experiences periods of anxiety, self-doubt and stress.

Perhaps the most pervasive myth of all is that emotional problems are something of which to be

ashamed. Many persons who would not hesitate to consult a dentist or lawyer for help with problems would be reluctant to go to a professional for help with emotional difficulties. In fact, tooth decay and emotional disturbance are both simply failures of our system to adapt to external stress.

Many also believe that there is a sharp dividing line between "normal" and "abnormal" people. In fact, it is now known that both normal and abnormal behavior results from our attempts to cope with life problems as we perceive them. Also, abnormal behavior is not always bizarre. Newspaper stories and TV shows help to perpetuate this myth by reporting or depicting only the most severe and extreme cases. In fact, most people in mental hospitals

are well aware of what is going on around them and only a very small percentage show behavior that would be considered bizarre.

Another myth is that former mental patients are always unstable and dangerous, or that mental disorders are incurable. In fact, most respond well to treatment and later meet life's responsibilities satisfactorily. Some reach a higher level of adjustment than before their breakdowns.

Understanding the realities of mental disturbance and discarding the myths can help us respond more appropriately not only to others experiencing such problems, but also to our own life situations. If you would like to know more, or wish to make a comment, write to Kid Stuff, P. O. Box 189, Elizabeth City, N.C. or call 338-2167, ext. 46.

Immanuel Trojans Defeat Temple Christian

A forty-five yard pass from Chuck Evans to Tim Brabble in the early minutes of the 4th quarter broke open a closely played game and propelled the Immanuel Trojans to a 39 to 18 win over Temple Christian of Wilson. Immanuel added another score less than a minute later when linebacker, Chuck Evans intercepted a pass and returned it to the six yard line of Temple. Tailback Ronnie Whitley scored on the next play from 33 - 18.

The game started with both teams having difficulty moving the ball into the end zone. The first quarter ended scoreless. Immanuel scored first on a 19 yd. pass from Chuck Evans to Tim Brabble and led at the halftime 13-6. Quarterback, Chuck Evans passed for three touchdowns and ran for one other. Tim Brabble caught three touchdown passes with the last coming in the final minutes of play scrimmage and Immanuel from second string

quarterback, Stevie Harrell. Immanuel's other score came on a 49 yard pass play to halfback Ray Copeland in the third quarter.

The Lady Trojans defeated two opponents in volleyball to register their fourth win of the season. This past week they defeated Emmanuel of Elizabeth City, Bethel Christian of Askewville and Temple Christian of Wilson.

This week's play will take the Trojans to face unbeaten

Trinity Christian of Greenville.

Decorating Classes Set

Two sessions will be held Wednesday, October 21 to show how to use natural greenery and native materials for traditional Christmas decorations.

Sessions will be held from 1-4 P. M. and 6-9 P. M. at the Roper Community Building on Bush Street.

Sponsored by the Washington County Extension Homemakers, A Somerset Christmas will feature designer, David Lowe of "McNair's Florist." Registration of \$1.50 must be paid in advance by October 12. Register at the Extension Office or "McNair's Florist" in Plymouth.

Parents Invited

Continued From Page 2-B by students for meals, varying amounts coming from the Federal government for free and reduced and paid lunches. Some commodities are supplied by the U. S. Department of Agriculture.

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P205-75-15(FR78-15)	\$344.40	\$249.90
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E78-14	\$229.48	\$149.00
F78-14	\$235.44	\$157.00
G78-14	\$239.64	\$159.00
G78-15	\$276.72	\$174.00
H78-15	\$279.90	\$178.00
J78-15	\$296.16	\$197.00
L78-15	\$308.52	\$198.00

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