

Letter To The Editor

Dear Editor,

If you will grant me space in your paper, I would like to comment briefly on the recent establishment of a Mental Health Center in our town. The founding fathers of Mocksville are to be commended for their influence in bringing it here. As physical health center is a big asset to any community, so likewise is a mental health center.

Doubtless its coming has brought to light some of the widespread talk one encounters; many of the observations ridiculous because of their hush-hush nature. Many women consider an operation or any physical hospital experience as a choice conversation piece, and air it among all her friends. But not so a mental illness. It is strictly secret. Often small children in the home are told that mother is away on a visit.

That such distinction should be made between the two types of illness, seems archaic to say the least, and doubtless dates back to Bible times when an epileptic or other mentally ill person was referred to as "having a devil".

To cite an example that I know most about, Will tell you of my recent experience at Dorothea Dix Mental Hospital in Raleigh. September 1968 found me back in the schoolroom as usual teaching first grade. I did not realize that my strength was almost wholly depleted. I knew it had been a hard summer with caring for three children, cooking and homemaking, going to summer school, attending several distant church conferences, and interspersed with all this, trying to provide curtains, drapes, ect., for the new home we planned to move into during Thanksgiving Holidays.

But it all caught up with me early in November, and I collapsed in the classroom. For three weeks our efficient hospital staff in Mocksville treated me for a severe case of nerves, then allowed to go home at Thanksgiving. Here, within a week I suffered an acute relapse. Our hospital could do no more. They sent me immediately to Dorothea Dix.

My first days there were a nightmare, naturally. I was very ill. But as days stretched into weeks the prolonged, enforced rest, the medicines, the kind treatment, good food and a good bed, began to show results.

Things were clearing perceptibly. The visits of my loved ones and friends, and the mail were looked forward to with pleasure, but there was no let-up in medicines and treatments.

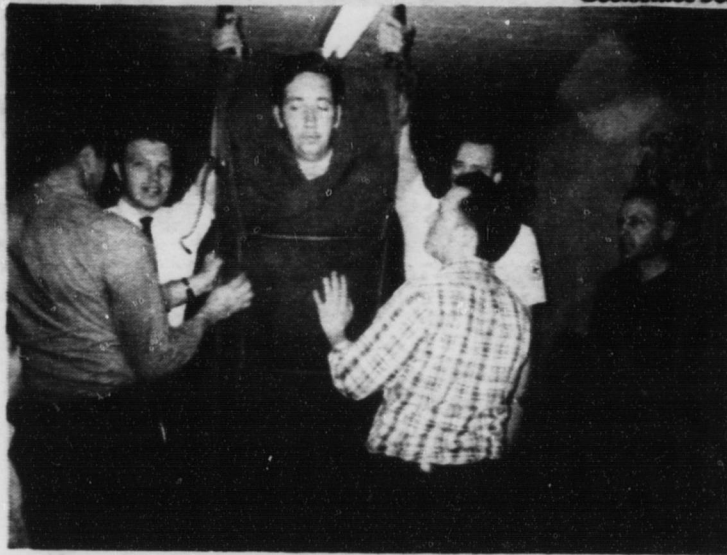
The big living room with its piano nearby became available to me and helped me spend many pleasant hours. As the months passed, I knew I was getting well. My husband was allowed to take me for long rides about the city; we walked through the beautiful hospital grounds as he told me about home and our children. I had three brief visits home.

Early in April I was told I could go home and "try it for awhile". I continued my medicines and my rest at home, and by mid-summer I was pronounced sufficiently well to start making plans to go back to teaching in September. I was overjoyed, and have taught

through the present session of school till this time.


I can't say enough in praise of Dorothea Dix. I wish I could get across to everyone the blessing we have in our mental hospitals. Go gladly when it is necessary - they do wonders in making cures. Since a change has been made in the territory served, our people in Mocksville will go to Broughton hereafter. But you will find the same kind doctors and nurses. I have lived in Morganton and done considerable visiting and work among the patients and can assure you Broughton ranks right along with Dorothea Dix. Let me urge you to speak a good word for our mental institution when you have opportunity.

Mrs. R. Jolley Duncan
Box 94
Mocksville, N. C.



Eighteen members of the Jerusalem Fire Department have completed a Standard First Aid course taught by the Davie County Rescue Squad. The Rescue Squad instructors were Larry Allen and Harry Lee Howell. The above is a demonstration of the method used in evacuating a fire victim, through a window, from an upstairs floor of a burning building. The victim is Edwin Williams, supported by instructors Allen and Howell, as fireman Butch Owens carefully inspects the method used.

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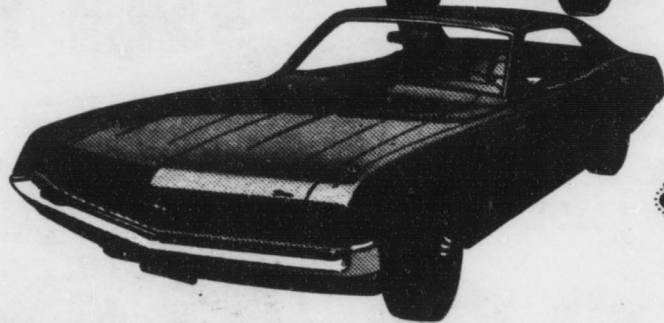
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