

TAKING A BREATH

A "junkie" used to be thought of as an addict, one who is hooked on heroin or some other high-powered drug. But a number of people are "junkies" today who have never seen heroin.

Amphetamines and barbiturates are combining to make junkies out of every day people, and most of those people aren't even aware of the fact that they're hooked.

According to the Public Health

Service, an increasing number of people are becoming dependent on amphetamines and barbiturates.

"Authorities consider the barbiturates highly dangerous when taken without medical advice and prescription," says a pamphlet published by the PHS. "Because these drugs are commonly prescribed by doctors, many people mistakenly consider them safe to use freely and as they choose."

They are not. Overdose can cause death."

The pamphlet goes into some detail about the effects of barbiturates: "Barbiturates distort how people see things and slow down their reactions and responses. They are an important cause of automobile accidents, especially when taken together with alcohol. Barbiturates tend to heighten the effects of alcohol."

"Users may react to the drug more strongly at one time than at another. They may become confused about how many pills they have taken, and die of an accidental overdose. Barbiturates are a leading cause of accidental poison deaths in the United States."

"Because they are easily obtained, and produce sleep readily, barbiturates are also one of the main reasons people choose to commit suicide."

And here's what the pamphlet says about amphetamines: "When properly prescribed by a physician, moderate doses can check fatigue, and produce feelings of alertness, self-confidence and well-being. In some people, this is followed by a let-down feeling, or depression hangover. Heavier doses cause jitteriness, irritability, unclear speech, and tension. People on very large doses of amphetamines appear withdrawn, with emotions dulled, and they seem unable to organize their thinking."

Actually, what the Public Health Service is telling us is what most of us know already. Don't use prescription medicines in any way except as prescribed by a physician.

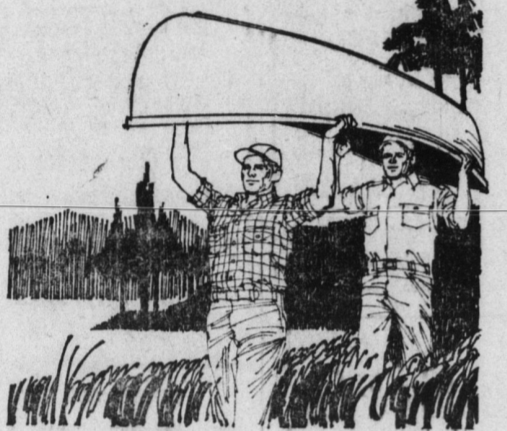
During the first nine months of 1969, more than 187,000 motorists were arrested in North Carolina on the charge of speeding—an average of more than 20,000 every month.

Keep It Beautiful

If America hired people for the job, it would take the largest sort of army to keep our country free of litter. But there's no need to hire anyone. It's a job we can do for ourselves. All of us. Every family that spreads a picnic lunch. Every boatman who cruises the lakes and waterways. Every motorist who uses our roads and highways.

It is the pleasure of the U. S. Brewers Association each year to give its fullest support to the Keep America Beautiful Campaign. Remember: Every Litter Bit Hurts. This is our land. Let's treat it right.

UNITED STATES BREWERS ASSOCIATION, INC.
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Here's Tips For Eye Strain Health Officer:

RALEIGH — During the long winter evenings, many families spend their time watching television. These long hours of viewing may cause family members to suffer from eye weariness or strain, unless they have good viewing habits, reminds Mrs. Edith McGlamery, extension housing and house furnishings specialist, North Carolina State University.

She offers these tips for television enjoyment: First, make sure the glass panel in front of the set is absolutely clean. Next, check for shiny objects or lights that may reflect in the television screen. If there are reflections, changing the positions of lamps near the television set may get rid of them. In other cases, you may do well to move the set to another location.

Because of the brightness of the screen, you need a moderate amount of light in the room when you watch television. Mrs. McGlamery says. It's uncomfortable for your eyes to try and adjust to the strong contrast of the bright screen and the dark room. However, soft light around the television set helps to reduce the contrast between screen and room, she points out.

Ask family members to sit a distance from the screen; so they're not looking up at it. Also try to locate chairs so the viewers won't have to look at the screen from an angle.

Although some persons try to read or work while they watch television, this is not recommended. It is hard on the eyes to focus from a distant object to a closer one and back to a distant object.

Help yourself and other family members enjoy television by eliminating those things that cause eye-strain, Mrs. McGlamery advises.

Nurserymen Vote Dec. 2

An assessment program to promote the North Carolina nursery industry will be voted on by the state's commercial nurserymen Dec. 2.

The vote will determine if the nursery industry will follow the pattern set by the producers of a large number of farm commodities in establishing a self-assessment program to promote their own product.

To be voted on is a collection of an assessment on the following basis:

- First acre of saleable stock or fraction will be assessed \$13.
- Each additional acre of saleable stock up to 10 acres will be assessed \$8.
- Each additional acre of saleable stock 11 to 20 will be assessed \$7.
- Each additional acre of saleable stock above 20 will be assessed \$6.

Certified nursery owners are eligible to vote at designated polling places between the hours of 8 a.m. and 4 p.m. on Dec. 2.

A favorable vote of two-thirds of those voting is required for approval. The program would be effective 1970 through 1972.

The money will be collected by the N. C. Department of Agriculture and turned over to the treasurer of the North Carolina Association of Nurserymen. Any nurseryman may have his assessment refunded upon request within 30 days after it is collected.

The nurserymen themselves would determine how the money would be spent to promote the production, marketing and utilization of North Carolina nursery stock.

Woman-Driver "Put On" Biggest Joke

Perhaps the oldest joke in 20th-century America is the woman driver put-on, according to The Travelers Insurance Companies annual booklet on highway accident statistics.

Of the 68,000 drivers involved in fatal accidents in 1968, only 10,000 were women.

However, a Travelers spokesman notes that "the big gun in this battle of the sexes is the canard that women are emotionally incapable of handling a car in an emergency. Or than an ignorance of anything mechanical makes it impossible for them to understand how to drive safely."

"Some women DO get rattled easily," the spokesman concedes. "Some women ARE bewildered by nuts and bolts. And precisely the same can be said for some men," he added.

Statistics in the booklet prove many reasons why cars crash: speed too fast for conditions; driving on the wrong side of the road; did not have the right of way; cutting into a line of traffic; passing on curve or hill; passing on wrong side; failure to signal and improper signaling; reckless driving, etc. Sex of the driver is not a proven reason.

"The fact is," the spokesman said, "there are many more male drivers who drive many more miles than the average female. Until we have figures indicating the number of miles driven by male vs. female, the woman-driver joke will remain no more than a put-on."

Book On Deaf By Dr. Bell

The Alexander Graham Bell Association for the Deaf has published a limited edition of a book written by Alexander Graham Bell.

"Memor upon the Formation of a Deaf Variety of the Human Race" was first presented by Dr. Bell at a meeting of the National Academy of Sciences in 1883. It was based on genetic studies he made of families in which deafness occurred in more than one generation.

Victor Goodhill, M.D., wrote the foreword for the deluxe edition of 500 numbered copies. Dr. Goodhill, who is professor of surgery (otology) at the School of Medi-

Directory: New Paperback

Once in a while, a book reviewer can count on receiving a paperback whose concept, content and impact make it a joy to read and critique. Such a book is the Telephone Directory.

In many ways, this monumental, richly detailed and painstakingly documented volume defies analysis. It is written to appeal both to a mass audience and to people of erudition. It has no plot, yet, there is a clarity of purpose—indeed, a remarkable consistency of tone whose equal it not to be found in the majority of work being published today.

One of the University of California at Los Angeles, comments: "Many of Bell's perceptive insights and challenging questions merit the same careful consideration as if they appeared in 1969 instead of 1883."

The book literally has everything, but carefully avoids an emphasis on sex, drugs and violence. What's more, few books available say so much with such economy of style and objectivity.

While several themes can be found in the Telephone Directory, perhaps the most significant is the question of whether or not man is an isolated being. Overflowing with humanity, the Directory nonetheless underscores the fact that each of us is a combination of letters and numbers. Some are bolder, some occupy more space, but in the end we are all united, all part of the same system. We are isolated, yes, but we do not live in isolation.

The Directory is divided into sections, varying in length and impact. One criticism might be applicable. Some of the sections—"Smith, John" and "Jones, William," for instance—are probably overdue. Apart from this, however, the Telephone Directory is certainly a literary achievement of the highest order. One

Gann Assigned To Vietnam Duty

U. S. ARMY, VIETNAM (AHT-NC) — Army Private First Class Roy E. Gann, 20, son of Mr. and Mrs. Paul Gann, 307 N. Gaston, Kings Mountain, N.C., was assigned as a mechanic with the American Division in Vietnam, Oct. 1.

can only marvel at the way such an enormous amount of material has been presented with such direction, such pace and such exquisite attention to detail.

Thus, a reviewer can recommend the Directory not only as a book not to be read once and put down, but as a work to be consulted time after time.

It is doubtful that a masterpiece of this magnitude will appear for at least another year, said R. B. Moore, Southern Bell manager.

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ROBITUSSIN	1.00	.79
CORICIDIN TABS.	1.25	.89
NOVAHISTINE ELIX.	1.65	1.09
TRIAMINICIN	1.10	.69

OUTER SPACE BUY'S

ANUSOL SUPP. (12's)	Regular 1.49	Special 1.19
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