

The average couple splits up the Christmas chores. She signs the greeting cards and he signs the checks!

CHUCKLE Mountain climbers rope themselves together. It's safer that way. It also keeps the sensible ones from going home.

# The LINCOLN ECHO

## Lincoln Students Stress War On Tuberculosis

### RESEARCH SHOWS TUBERCULOSIS CURABLE

By JESSIE FARRAR

I. Tuberculosis is a very old and dangerous disease, which dates back to prehistoric times. Many examinations from bones in mummies showed that they had T.B. which was called consumption.

II. Statistics have shown that the cure of T.B. is improving greatly. Deaths have dropped a great deal. In N. C., 1918, 3,400 people died and in 1956 and only 253 died. The reason for so many deaths in earlier years was that the people stayed home rather than go to the doctor for X-rays. Many of them wait until they see a symptom, wherein there are many cases where no symptoms at all are shown.

III. There are usually no symptoms in the early stages of tuberculosis. A person may feel well and yet be sick with TB. This is the time when the disease can be most easily cured. When signs do appear, it may mean that the disease has entered an advanced, more difficult-to-cure stage. Symptoms may include one or more of the following: excessive fatigue, loss of appetite, and weight, frequent colds, chronic coughing, fever, indigestion, night sweats, and spitting up of blood. Doctors use a combination of four methods to find tuberculosis.

1. A tuberculin test, which shows if there are TB germs in the body.

2. A chest X-ray, which can show if TB germs have done any damage.

3. Laboratory tests, which find out if TB germs are growing and escaping the body.

4. A thorough physical examination with medical history.

IV. There is no complete successful vaccine for tuberculosis. The only one in general use, B. C. G. (Bacillus Calmette-Guérin) doesn't prevent TB in all instances, although it assists, it does not replace other methods of controlling. BCG, in the United States, is used mainly among people who are constantly exposed to TB infection.

V. The medical treatment of TB varies according to location in the body and severity of the infection. One or more methods may be employed to halt the progress

of the disease. Generally, there are:

1. Rest—usually in bed, at least during the early stages of treatment.
2. Drugs—to help bring the germs under control.
3. Surgery—the removal of damaged parts of the lungs, when necessary, or collapse of the lung to help it heal faster.

VI. The greatest advance in the treatment of tuberculosis in past decade has been the discovery of drugs which can be used effectively in TB. The principal drug in use today is isoniazid; other leading drugs are streptomycin and RAS (Para-Aminosalicylic Acid). While these drugs, when used alone or in combination, do not kill all TB germs, they do suppress further growth of the bacilli.

VII. There is no need to go to another state for the treatment of tuberculosis, because climate has nothing to do with TB. The best place for most patients to go for treatments of TB is a hospital near home. This is why:

1. The hospital furnishes the best in up-to-date medical, nursing, and surgical care.
2. There is less chance that family and friends will catch the disease.
3. Instruction is given to the patient on how to take care of himself after leaving the hospital.
4. Many hospital employees and other staff members who can help the patient prepare for his return to family and job.

VIII. For the cure of tuberculosis N. C. offers 4 hospitals. They are McCain, Southern Pines, Black Mountain, B.M.N.C., Wilson, N. C., and Grady Sanatorium in Chapel Hill, N. C. These hospitals have at least 1600-1700 patients at all times, and these hospitals, the patients are treated by special doctors in the field of tuberculosis.

IX. Yes, TB can be prevented. We are well along the road of prevention when we realize that tuberculosis is not only an individual problem but also a community responsibility. This means everyone must work together—physicians, official and voluntary agencies, and all other interested persons and groups.

of promoting the smooth operation of the library. Her quietness, dignity, sincerity, and industriousness make her almost invaluable in the capacity of an assistant.

The club has begun to plan constructive meetings for the new year. From time to time, demonstrations of policies and practices will be made by various members. Book reviews and round table discussions of books and authors will also be promoted. Each member has been asked to read, at least, one book each month.

The program committee is busy working out the final details of the Christmas party. A good time is in store for everyone.

To you, we say, "MERRY CHRISTMAS AND HAPPY NEW YEAR"! Lucinda Edwards

—A Student

### Buy Christmas Seals And Help Wage War On Tuberculosis

By HAROLD FOSTER

How does the army of Christmas seals fight the enemy? It does it in many ways. To begin, the people in all areas of our life must purchase Christmas seals, especially the citizens of our town. This will give ammunition with which to fight. The seals make possible research into the nature of the disease and methods of curing it.

Too, the purchase of Christmas seals makes possible the spread of new knowledge gained by providing literature to be circulated among the people, and the securing of books and magazines to bring cheer to the discouraged pa-

tients in the sanatoriums. Who does not thrill at the sight of a happy, smiling patient, who has found an absorbing hour in a book made possible for him.

Further, the purchase of Christmas seals help to provide an effective program of control, which includes a broad range of activities. Community organization, health, education, "patient services," case supervision, and fact-finding are but a few of these activities.

To achieve these, the citizens of our town, the school, the teacher, the students, and certainly the parents must give their full support by buying and using Christmas seals in large numbers.

### 60 LINCOLN STUDENTS LISTED ON HONOR ROLL

"A" — 93-100

"B" — 83-89

#### GRADE 12

"A" Honor Roll—Joseph Pettiford; "B" Honor Roll—Harold Corbett, Juliet Baker, Markethia Baldwin, Lillian Farrington, Richard Fikes, Helen Jones and Hugh Stroud.

#### GRADE 11

"B" Honor Roll—Norman Burn-

ette and Barbara Worth.

#### GRADE 10

"A" Honor Roll—Curtis Farrington; "B" Honor Roll — Minnie Baker and Sylvester Bynum.

#### GRADE 9

"B" Honor Roll—Mary Atwater, Renee Booth, Rena Headen, Peggie Hogan, Brenta Jones, Annie Peral Neville, Garrett Weaver and Christalene Worth.

#### GRADE 8

"A" Honor Roll—Terrence Alston, Thomas Alston, Virginia Edwards, Thomas Farrington, Charlene McDougle, Alice Terrell and Sandra Weaver. "B" Honor Roll—Winfred Atwater, Betty Baldwin, Bernard Britt, Bettye Burnette, Barbara Bynum, Sylvester Bynum, Carl Edwards, Earl Geer, Juanita Faye Jones, Carl Maddox, David Mason, Kannis Minor, Delaine Perry, Carrie Webb and Minnie Williams.

#### GRADE 7

"A" Honor Roll—Mary E. Alston, Barbara Scott and Sheridan Thompson. "B" Honor Roll—Betty Lou Alston, Mary Frances Barber, Thomasina Briggs, James R. Brittain, Barbara Burnette, Thomas Bynum, Annie M. Edwards, Nellie Lee Edwards, Billue Farrington, Bernard Farrington, Carol Johnson, Janie Jones, Thomas Mason and Vivian Terrell.

Honor Roll Committee — M. G. Frazier, R. M. Reese and C. H. Barnes.

### CHRISTMAS SPIRIT!

By HARRIET BARBEE

Christmas is a time when the whole world seems abstractive, yet, it's the most exquisite era of civilization.

For the Christians it is extreme joy, for they realize that for that reason they were saved.

For the children of the world it is complete happiness, for it has long been known that Santa is the utmost thrill at Christmas time for the tots.

Even our comrades at war, the bed-ridden, the blind, the mute, and the crippled get a sensation at Christmas, as no other time in the year, it seems to be something natural and God given!

But for the ordinary people, as you and I, Christmas is a time of great joy! love! beauty! But most of all, a time of extreme praise to our father for the gift of Jesus Christ our Lord!

### Some Facts About Tuberculosis

By Harold Foster

One of the diseases heading the list of the great killers of the American people is Tuberculosis. Facts will show this to be the case.

Let us look further into this matter and attempt to learn why this is true. As I think about it, I find that there are several reasons for the high death rate. First, many cases are undiscovered; second, it is highly communicable and third, public fear and ignorance are important contributing causes. Considering the first reason — how can we discover whether or not we have tuberculosis? There are two ways of which we all know: the x-ray or fluoroscope ad the tuberculin test, or skin test. The tuberculin or skin test is usually given under the skin of the arm with a needle. At the end of a certain time, the spot on the arm is checked. If any inflammation or redness appears then the test is said to be positive and an x-ray is recommended. The fact that a skin test is positive does not always mean that you have the disease, but it does mean that you have come in contact with the germ at some time. If the test is negative then no x-ray is necessary.

The x-ray or fluoroscope will usually show the lungs and if the disease is present a spot will show. There is a difference in the x-ray and the fluoroscope in that the x-ray prints a picture while the fluoroscope does not.

My second reason given was that it is highly communicable. By this I mean that it can be easily given from one person to another. Some of the way in which it can be done are through coughing; eating with utensils used by an infected person; living with an infected person and coming in contact with articles which contain the germ.

Thirdly, I have listed public fear and ignorance. This is very important for if we know more about the disease and are no longer afraid of it then we can help control it. How many of us have heard someone say, "I won't go to a doctor because I don't want to know how sick I am or if I'm sick?" How many have you heard say, "I can't leave my family?" Isn't it better to learn that you are sick early enough to be cured—or would you rather die? Wouldn't it be better to leave your family for a while and return to them well and happy rather than give them the same disease?

Some people learn that they have tuberculosis, but refuse to tell others. Tuberculosis is nothing to be ashamed of, but it is a serious disease. It must be found and cured—not found and hidden.

Now let us turn to the disease itself. Among the things we would like to know are these: 1. What is tuberculosis? 2. What causes it? 3. What are its symptoms? 4. Can it be cured and if so, how? 5. After being cured, then what?

Let us discuss each point by itself.

1. Our school dictionary defines tuberculosis as a disease affecting various tissues of the

(See FACTS, Page 4)

(See DEMOCRACY, Page 4)