## Russell Vannoy Does Well Improving Farm

Even with farm prices graduly declining many Watauga time after he purchased the land the County small farmers find themselves in an enviable position of accounty due to the farming methods they have carried out during their many years of farm experi-

Fortunately, in the thirties, lime One of these farmers is Russell Vannoy of the Bald Mountain section. In 1825 he purchased 55 to farmers of the county through the farm program which began to be initiated at that time. "I was not able to purchase fertilizer, acres of this land would not graze one cow and he was able to harvest only one large stack or two small stacks of hay on the entire farm. He lived in a house that was constructed out of what remained of three old houses which had been torn down. Water had to be carried to the house more to be carried to the house more good farming methods were car-than 400 yards. good farming methods were car-ried out according to available

technical advice. Soon more cattle were added to the farm on pastures and meadows were improved.

In addition to cattle, sheep were added and have been a regular source of income ever since. Truck crops have also helped supplement the income from the farm.

Land that would not produce more than 5 bushels of corn per acre at first now yields at least

acre at first now yields at least 100 brahels per acre. Tobacco has been the major crop and for the past five years the yield has everaged better than 2400 pounds per

and ASC. "I couldn't have made it without it," he concluded.

### **Miss Farthing** Gets USC Credit

Miss Ruth U. Farthing of Blowing Rock Road, Boone (Southwest High School, Clemmons) is one of 19 teachers attending the fourth annual Journalism workshop for high school teachers, administra-tors, and students at the University of Southern California this sum mer. The six-week program gives graduate credit and is the only practical workshop of its kind in the West, offering courses in feature article writing, school publication problems, and publicity

A long-time member of the American Association of Schools and Departments of Journalism, ic publicity and statistics at High the USC school offers broad, prac- Point College for two years and tical work in the newspaper field was assistant basketball coach at and related areas, including public Louisburg College for one year.

An honors luncheon was held Friday, July 29, on the USC campus with each student receiving a certificate of completion of the course, Dick Turpin, education was the guest speaker.

dell advice. Soon more cattle dets New Post the Master of Aris from East Carolina. He has done graduate work at Appalachian State Teachers College and the University of

JAMES F. JONES

James F. Jones has been ap-pointed Business Manager of Ath-letics at Appalachian State Teach-

ers College, President W. H. Plem

mons has announced. The appointment became effective August 1.

Jones, a native of Bolton in Columbus County, succeeds Dr.

Francis Hooyer who resigned the

position to devote more time to

his duties as president of the Na-

tional Association of Intercollegi-

Jones, no newcomer to the Ap

palachian sports scene, has serv

ed as tennis coach for four years

and athletic publicity director for

three. During the past year, he

assumed Dr. Hoover's athletic

duties while the latter was away

Prior to joining the Appalach

was assistant basketball coach at

Jones holds the Bachelor of

Arts degree from Elon College and

on N. A. I. A. business

ate Athletics.

Jones has had accounting experience as a public accountant cost accountant, and as a member of the Federal Internal Revenue Service. He currently holds the rank of assistant professor in the Department of Business Education.

## Doctor Talk

By JOHN B. REMBERT, M. D.

Flouridation of public water Congressio supplies has caused much controversy at times in this country, the fused when the politicians have to the United Nations in Decem-entered into the discussion. It has ber, 1953, has failed to achieve its been thoroughly tested and proven objectives "in any substantial dethat if flouridation is carried out gree," the report charges. properly the incidence of tooth decay is drastically reduced. De spite this scientific evidence many urces of public water supplie still have none, or an inadequat amount of flouride present.

The matter of flouridation can now be taken out of politics and each parent can make the choice for their own children; this is pos sible because of the developme of a unique flouride preparation for the prevention and reduction of tooth decay introduced recently

Your physician or dentist car now start your children, if desired on this flouride liquid by home use. If you live in an area pro scribing this new drug for where the flouride content of the drink ing water is inadequate, then you should consult either your dentist or physician.

For many years now dental and medical statistics have proven that the rate of incidence of caries (cavities) increases with deficency of flouride. The optimum flouride content is one part per million. A level of more than 1.5 parts per million may cause mottling of tooth enamel, but is not dangerous

During the last two decades experiments have been conducted in Newburg, N. Y., Grand Rapids, Mich., and Brantford, Ont., indicating that the introduction of flouride in the drinking water has reduced caries up to 80 per cent.

Since approximately 80 per cent of all children have caries by age 6, a reduction of 54 per cent-which is what was achieved in Newburg-means a great saving in dollars and cents as well as in

protection against pain.

In Kingston, N. Y., which was the "control" for Newburg, and where flouride was not introduced into the drinking water, children from 6 to 9 had eight times as many missing first permanent molars as Newburg children of the

same age group.
Study of the statistics in Brantford, Ont., shows 54 per cent less decay in the permanent teeth of children from 6 to 16 after flouri-

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dation than before.

Despite all this statistical proof of the benefit from proper flouri-dation, opposition to the addition of flouride into the public drinking water has often been successful in delaying or preventing its introduction. If such is the case in your community, then you can now de cide for yourself, and your dentist or physician can prescribe the flouride preparation and instruct you in the addition of the taste-less liquid to your child's liquids.

ADMINISTRATION BLAMED The Eisenhower Peace" program has failed for lack of international leadership by

the Administration, according to a study prepared for the Joint nal Committee on Atomic Energy.

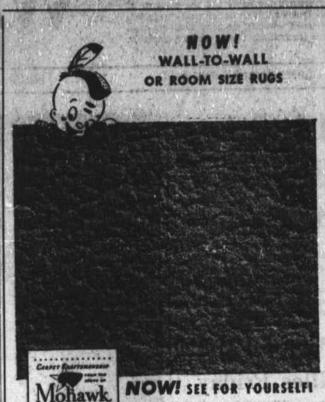
The program, first outlined by President Eisenhower in a speech to the United Nations in Decem-

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