

**HEALTH WATCH**

By N. C. Medical Society

Spring and summer months are traditionally outdoor months for North Carolinians. They are also the months when most cases of Rocky Mountain Spotted Fever strike. While the Tar Heel state is nowhere near the great western mountains it continues to claim the dubious distinction of leading the nation in the number of cases of Rocky Mountain Spotted Fever.

In 1979, there were 247 known cases of the tick-borne disease in North Carolina, the highest number ever reported. Eleven of the victims died, tying 1979 with 1978 as having the highest death rate since 1948 and when 12 persons died.

Rocky Mountain Spotted Fever is concentrated in the eastern part of the nation, ranging from Maryland to Georgia. It generally starts in March, peaks around mid-summer, and ends in the fall.

Rocky Mountain Spotted Fever is an infectious disease passed on to man through the bite of an infected tick (in this part of the country it is the "American dog tick"). The most likely candidates for the disease are young boys between the ages of five and fourteen.

If the tick is infected, symptoms of Rocky Mountain Spotted Fever may occur within two weeks. The symptoms include chills, fever, headache, pains in the joints, and often a rash that starts on the hands and soles of the feet and spreads to the trunk. In severe cases the victim may go into a coma.

If these symptoms are present, a visit to the doctor is a must. Left untreated, the disease can be fatal.

The reason Rocky Mountain Spotted Fever is such a problem

in this state stems from the combination of the right kind of tick and the right kind of habitat. The "American dog tick" thrives in hickory, oak and pine forests. Unfortunately, this type of forest predominates in the Piedmont present ranging from Raleigh to Charlotte. This is also the most populous area of the state.

While all ticks are not infected, any tick on the body should be removed very carefully. Never try to jerk out of the skin as this may leave part of the tick under the skin. The best way to remove ticks is with a pair of tweezers. If this does not work a drop of nail polish will. As the polish hardens it suffocates the ticks and it's easily removed.

**Clinic Schedule**

Polk County Health Department Clinic Schedule for week of May 12th is as follows:

Monday: General clinic (immunization, hypertension screening, the test etc.) 8:30 a.m. — 5 p.m.

Tuesday: family planning 8:30-11 a.m. Speech and hearing (by appointment)

Wednesday: Child health nurse screening (by appointment)

Thursday: Maternity 8:30-10 a.m.

Friday: Family planning 8:30-11 a.m.

Home health care by physician referral

For appointment call Polk County Health Department 894-8271.

**THREE FILM LEFT**

Three films remain to be shown in the "Focus on the Family" series, in the Tryon Seventh-day Adventist Church: "Preparing for Adolescence — Peer Pressure and Sexuality", Tuesday evening, May 13; "What Wives Wish Their Husbands Knew About Women — The Lonely Housewife," Tuesday evening, May 20; and "What Wives Wish Their Husbands Knew About Women, Money, Sex and Children," on Tuesday evening, May 27.

Each film begins at 7:30. Baby-sitting services will be provided. There is no admission charge, but an offering will be taken to help defray expenses.

Buy herbs and spices in small amounts because they soon lost their pungency, unless you plan to use some fresh and freeze the rest. The defrosted leaves will be limp but still flavorful.

**Golf**

Monday  
Polk Central and Tryon at Sectionals at Maggie Valley


**Girls Softball**

Tuesday  
Edneyville at Polk Central


Tryon Daily Bulletin, Mon., May 12, 1980

**WANTED:** Antique furniture, china, glass, pottery, bric-a-brac. Leonard's Antiques, Hwy. 176 N., Tel. 859-9272. adv. tf.

**WOULD LIKE TO PURCHASE**  
2 tickets for Boheme May 13th.  
859-9692. adv. 12.c.



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DAILY 8:30-7  
SUNDAY 2-4 P.M.

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