

HEALTH WATCH

By N. C. Medical Society

...Ah, Spring!! The time to roll up your sleeves, get out the rake and hoe, and start planting and pruning. Whether your goal is "Gardener of the Month" or simply winning your annual battle with the crabgrass, the North Carolina Medical Society has a few gardening tips to keep the average green thumb in the garden and not in the doctor's office.

Keep in mind that gardening is no lazy man's exercise. It is strenuous work, so take it easy at first and give your muscles a chance to regain their strength. Having the proper tools will help you get the job done in less time and will mean less strain on your body. When using power tools, follow the safety directions. Check plugs and connecting wires periodically for loose wiring or dangerous sparks. Make sure all machines are OFF and cool before servicing or adding gasoline.

Wear gardener's gloves when you are working outside. Not only will they mean less wear and tear on your hands but they will also protect you from poisonous plants and insect stings. If you do come in contact with a poisonous plant, wash the area immediately with soap and water and apply a calamine solution to relieve the itching and to promote healing of the rash. Call your physician if the rash fails to respond to treatment or if it continues to spread four days after contact with the poisonous plant.

Stings from bees, wasps, and yellow-jackets can mean anything from a mild discomfort to a quick trip to the emergency room. If you get stung, a paste of baking soda and cold water will soothe the pain. If you are allergic to insect stings, ask your physician about desensitization shots.

Other hazards common to the outdoor gardener are cuts and abrasions. Simple cuts and scratches from thorns should be washed off thoroughly with soap and water and an adhesive bandage applied. If you let the cut bleed a little first, it will cleanse the wound of any impurities. Deeper cuts may require medical attention.

One potential danger of cuts is tetanus, or "lockjaw". The tetanus spores, which are found in soil as well as in the dust in your garage and house, can infect

you through even the tiniest wound. The first symptoms of tetanus are irritability and restlessness. The muscles begin to tighten, finally becoming so rigid that the facial muscles give a clenched jaw look (hence the popular nickname).

Lockjaw is hard to cure. By the time the symptoms appear, the disease is well advanced. Once you become its victim, the cure is not certain. Tetanus antitoxin (TAT) is given as an emergency measure against tetanus for those who have not been immunized, but it is not always effective in curing lockjaw. The best protection is continued immunization from shots of tetanus toxoid. A series of 3 injections followed by a 4th a year later and boosters at 4-year intervals thereafter provide the best protection from tetanus.

Insecticides can become another problem for the gardener if he isn't careful. Most insects can be destroyed by sprays or powders, but the unsuspecting gardener can become a victim too. Most insecticides contain toxic chemicals that are irritating to the eyes and skin and can cause nausea if inhaled. Cover bird feeders and baths, dog dishes, fish ponds and eating surfaces before applying insecticides. The toxins that are harmful to people are harmful to animals as well.

Since many insecticides are flammable, it is a wise idea to refrain from smoking while applying sprays and powders to your yard or garden. Keep insecticides stored in a cool, dry place, away from children's reach.

In case of an accident, follow the emergency procedures found on the insecticide container and notify your physician.

Bookmobile Schedule

- June 10th, St. Luke's Hospital and Professional Bldg.
- 11th Pea Ridge-Big Level.
- 12th, Sunny View School, Silver Creek Rd., Mill Spring Area.
- 13th, Hickory Grove, Green Creek Area.
- 18th, Green Creek Area, Meeting Place No. II.
- 19th, Green Creek School, Sheltered Workshop.
- 20th, Tryon No. 1.
- 25th, Sunny View area.
- 27th, Tryon No. II, Polk County Day Care Center, Mid. Car. Tele. Co., White Oak Nursing and Retirement Center.



The Tryon Photographic Society will hold its regular June meeting Tuesday, June 10th, at 7:30 in the Mrual Room of the fine Arts Center. The Program will be the showing of an instructional slide set from the Nature Division of the Photographic Society of America (PSA). These 100 slides will illustrate how to make successful nature slides and were taken by Louise Brown, FPSA. This is one of the best sets of slides available from the Nature Division of PSA.

The members of the Tryon Society are asked to bring 3 or 4 of their best nature slides to be viewed after the instructional set is shown. If any members have slides dealing with last month's assignment "How to Improve the Local Area", please bring these to the meeting also. Members bringing slides are asked to arrive a few minutes early so their slides can be placed in a slide tray. — Reporter

Clinic Schedule

The Polk County Health Department Clinic schedule for week of June 9th is as follows:

Monday: general (immunization, hypertension screening Tbc. 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.

Home Health Care by physician referral

For appointment call Polk County Health Department 894-8271.

RED FOX W.G.A.

Willa Reed and Brenda Merkel took Partner's Better Ball Honors in Thursday's event. Low gross winners were Vivian Wright and Joan McAbee.

The USSR is likely to import seven million tons less grain than planned due to the U. S. suspension of grain sales to the Soviets, according to the Department of Agriculture.

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