

**TRANSYLVANIA'S
MENTAL HEALTH PROGRAM**

By - Dr. Joanna Byers
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**ONE MORE WORD ABOUT DRUGS & THEN
WE MOVE ON TO OTHER ISSUES**

In the time we have been writing about the use and misuse of drugs, our emphasis has been on the misuse rather than on the use of drugs.

The same drugs which are being misused or abused have been used for many years by religious cults and mystics for development of religious fervor; and by physicians to ease pain. Used in moderation and when needed they are a boon to mankind, not a scourge.

Recently I have been ill with an inflamed nerve tract. During that illness the use of drugs for control of the pain was most welcome. As the illness grew less the use of simple pain killers has also been welcome. I now look forward to the day or night that I will no longer need any kind of relief from pain. But during the illness I had to say "Thank God for the drugs."

This is my experience. It has been the experience of many people who have had broken bones, surgery, cancer and other painful illnesses. The use of drugs has permitted physicians and surgeons to help people with all kinds of physical disorders. Reduction of the shock due to pain in the body has saved many lives. Alleviation of pain has helped many people to live their lives with calmness rather than bitterness and anger. So before we close out this forum on Drugs Their Use and Abuse, let us not forget that the proper use of drugs when needed is a help to mankind.

We shall continue to push for education about drugs and alcohol. We shall continue to try to help parents rear their children so they will not have to depend on drugs or alcohol. We shall continue to offer help to those who are already having a problem with drugs and alcohol. But for now we would like to turn to some of the areas that we as a community need to think about in our efforts to make this one more healthy.

In our modern world which runs on wheels instead of by foot we leave our homes get into cars, whiz by our neighbors homes to the down town area or the job and then back again. Many days go by during which one neighbor might not see or speak to another. Some of us have very little time to stop and chat. When we do talk together it is about those things which are superficial and have little meaning to us. I am often amazed at how shocked some people are at a real show of emotion about some issue. On the other hand there are some corners of the town or country where people are living so closely together that there is no sense of privacy. In these areas very often discord and ill feelings are aroused because everybody knows everybody's business.

Still other people who are unmarried, widowed or divorced and who are living in a room or small apartment, feel that it is very difficult to make friends, to feel a part of a group and to have a purpose in living.

All of these conditions are a part of life today. During the next few weeks suppose we think together about how we in the community can live together as a community giving support to each other, working together for a more healthy attitude about ourselves and each other, and getting to know each other, as neighbors and friends. For example, how can the community be helpful over the long haul to a family who is having a succession of bad times. How can we learn to accept the person who is a little different from us? How can we make the person who is returning to the community after illness, a stretch in the service, or in prison to feel welcome and that he has a place? This is what community mental health is all about.

Gillespie Rites Held Saturday

Leander Gillespie, age 76, of route 1, died in an Asheville hospital last Thursday morning after a short illness. He was a retired farmer and a lifelong resident of Transylvania County.

He is survived by the wife, Mrs. Annie Jordan Gillespie of the home; three daughters, Mrs. Lila Stafford of Hawthorne, Cal., Mrs. Frances Waldrop of Brevard, and Mrs. Grace Leonard of Burlington; six sons, Alfred of San Rose, Cal., Edward, Jason, Robert, Hugh and Lester Gillespie, all of Brevard; one brother, Euge Gillespie of Pisgah Forest; one sister, Mrs. Azalee Seals of Mountain Home; 14 grandchildren; and three - great-grandchildren.

Funeral services were conducted Saturday at Cherryfield Baptist Church of which he was a member. Rev. James Parham and Rev. Jessie Meece officiated and burial was in Mt. Moriah Cemetery.

Deacons of the church served as pallbearers.

Moore Funeral Home was in charge of arrangements.

When you think of prescriptions, think of VARNER'S. adv.

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