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RADIO TALK BY HEALTH OFFICIAL GIVES ACTUAL FACTS ON PARALYSIS

A Discussion of the Nature, Extent, Prevention, Treatment of the Disease

By J. P. LEAKE, U. S. Public Health Service

(Editor's Note: The following article is from an address delivered on the N. B. C. Network on June 11 at the American Medical Association meeting, and is published here at the suggestion of Dr. H. B. Ditmore of Marshall.)

The disease commonly called infantile paralysis, as you probably know, is neither infantile nor paralysis, in many cases. Though younger people are much more apt to have it than older, it can occur at the age of seventy. In a typical case of the disease there is very definite weakness, but an affected muscle is not usually paralyzed completely. We prefer to call the disease poliomyelitis, from polio meaning gray, and myelitis, inflammation of the spinal cord, that is, an inflammation of the gray matter, where the nerve cells are, in the marrow of the backbone. But poliomyelitis is rather a mouthful, so we say polio for short.

It has become one of the worst feared of all our epidemic diseases. The two largest epidemics in the history of the world have occurred in the United States within the last 20 years, spreading from our most thickly populated areas. Yet even in the center of the worst of these epidemics, only one person in about five hundred had the disease or one child out of about seventy children under five years of age. In more remote places, where several years pass between visitations of the disease, a larger percentage are affected. Thus on Pleasant Island far out on the Pacific Ocean on the equator, about 2,000 miles from Australia and 3,000 miles from the Philippines, an epidemic occurred in January, 1910, which the German colonial doctor said could not be infantile paralysis because it affected the grown-up native men and women, as much or more than the infants. There were 470 cases among the 1250 natives, or more than one case for every three people, while the Chinese and Europeans on the island, who had had contact with the outside world, were almost completely spared. This and similar happenings have shown us that we gain protection from the disease by not living too shut-in a life. The chief reason why the young are so susceptible to the infection is that they have had no experience with it before.

We have polio with us in all parts of the United States and at every season of the year, yet none of our common diseases show such great differences in numbers from year to year and from season to season, as does polio.

No one can predict the outlook this year; however, there are some signs tending to indicate that this may be a heavy year for the disease. Polio may occur in outbreaks in the dead of winter, but that is not customary. There seems to be something about the human mechanism that makes the nerve cells of those who go through a regularly winter particularly susceptible to the disease when warm weather comes on. That is, it is a disease which does occur in the tropics and among Esquimaux, but which hits heaviest in the cooler parts of the temperate zone, and in such a climate in summer and early fall. For the northern part of the United States we should expect in a city of a hundred thousand inhabitants in an ordinary year, about one case during the months from December to June, and then about nine cases during July, August, September, October and November.

Polio is ordinarily spread by human contact and the virus is taken in, by the nose or mouth, but from what has been said one can infer that a child can be exposed to polio without coming in close contact with a person sick with the disease. Polio is one of those diseases in which there are many carriers of the germs during epidemic times, and only comparatively few who are so susceptible that the virus takes root and produces a case of the disease. It is unusual to have more than one definite case in the family. One can catch the disease from an apparently healthy adult as well as from a sick child.

There are probably not as many of these healthy carriers, however, as we formerly thought, but there are more mild illnesses due to the same infection, without paralysis. Such cases should receive medical attention for there is no telling which ones are due to become paralyzed, and careful handling may be the deciding point, or at least may enable paralytic case to recover quickly and completely.

Naturally we want to know how to cure the disease, and better still, how to prevent it. To most people, that means a serum or a vaccine. Such methods seem definite, and to the point. Able scientists have worked on both these problems of cure and of prevention, and are entitled to our gratitude and support, yet frankly, in my opinion, there is no valid reason for believing that serum is of definite value in the treatment of the disease, and there never has been. The prospect is hopeful rather than definite. The same may be said for specific preventatives.

The reason for stating this opinion frankly is two-fold. We need more clear-cut knowledge about the possible value of these measures, that is, more people who are willing to withhold the serum or specific preventive from their children for comparative purposes. From the present outlook, this would be just as good treatment as giving them the serum or vaccine.

In the second place, there seems to be a danger that too much reliance may be put on the injections, to the neglect of more important measures, such as protecting the weakened muscles against stretching. This takes careful skilled medical attention, prolonged over a much greater time than in the treatment of most other infectious diseases. Supervised exercises are as important as rest. It is not as simple a prescription as a serum, but it pays abundantly in restoration of power.

And as to prevention, we have more than a hint that fatigue and strain are very bad for a child who has been exposed to polio. These important matters have more than once been neglected in the enthusiasm for serum. I should be happy if my child were one of a group in which serum or vaccine were tried out, but I should be just as glad if he were selected for that part of the group to which the serum or vaccine was not given. It goes without saying that all such trials are made only following adequate checks for safety, and with reasonable expectation, based on animal tests, that the product may do some good.

Is it worth while to spray and gargle with antiseptics to try to prevent infection? Cleanliness and mouth hygiene are advisable at all times, after a series of years of vigorous treatment following every epidemic, to prevent bringing polio into my own family. I found that the result was a raw nose and throat, perhaps more dangerous than no treatment at all.

Naturally, during epidemic prevalence of the disease, we keep our children from unnecessary exposure to others, sick or well, and especially away from children with feverish digestive disturbances. We do not forget that we grown-ups may bring the infection home and we put all reasonable barriers of cleanliness between ourselves and those who are of the particularly susceptible ages. The more crowded and cosmopolitan the community where the child grows up, the sooner, apparently, he acquires protection against the disease, though he may get a frank attack in obtaining such protection. In 1916 in the crowded boroughs of New York City less than ten per cent of the cases were over five years of age, while in more thinly settled Staten Island, over seventeen per cent were older than five.

The epidemics come when school is out, and by the time the fall season starts, the period of infection is practically over; even if this were not so, in general children are better controlled and safer from indiscriminate exchange of secretions in school than on the streets. We have evidence, too that swimming, if not too strenuous, is a relatively harmless pastime so far as infection is concerned.

To be brief, the important things to do during an epidemic to prevent the disastrous results of polio are, to protect children against undue fatigue or strain; to avoid unnecessary contact, bearing in mind that the virus is spread from nose and throat to nose and throat; to keep all children who are even slightly ill or feverish, isolated and quiet; to obey all quarantine rules; to support the scientific endeavors which are being made to study the fundamentals of the disease.

S. S. CONVENTION
14 CHURCHES PRESENT

The monthly Sunday School Convention met at Hopewell Baptist Church Sunday, September 1, at 2:00 p. m.

The meeting was called to order by the Superintendent, Fred Jarvis. An interesting program had been prepared and was well given. The Devotional was conducted by W. B. Robinson. The Bible plan of Giving was discussed.

Why Give — N. H. Griffin.
How Give — Bryant Wallin.
How Much Should We Give — Wm. Worley.

An interesting and inspiring Sunday School address was given by Ira Flemmons.

Only 14 churches were represented, but we hope there will be more at our next meeting.

FRANCES FISHER
Associate Secretary

ease and to improve its control; to secure medical assistance promptly if suspicious symptoms such as fever, with vomiting, constipation, drowsiness, irritability, or headache appear; especially if there is any stiffness of the head or back, tenderness, or weakness; and meanwhile to keep the child in as quiet and natural a position as possible. This careful handling and protection of muscles is particularly important in the very earliest stages. It would be folly to deny that some cases are hopeless from the very start, yet skillful protection before wrong positions are assumed and weakened muscles are overused or stretched has meant to some the difference between a series of operations with considerable disability in spite of them, and restoration to a nearly normal life.

HOT SPRINGS PUBLIC SCHOOL OPENS MONDAY WITH A BANG

Town's Water Supply Hardly Adequate

The public school at Hot Springs opened Monday under favorable circumstances. In fact two members of the faculty reported to this newspaper that it started off "with a bang". Principal H. W. Cook was in charge of the opening exercises and made suitable announcements. The devotional exercises were in charge of the Rev. Moir Edwards, former pastor of the Methodist Church. The enrollment was about as usual with the number increasing from day to day. A number of the town people were present and were appreciatively recognized by the school's principal. Other members of the faculty present were: Miss Selwyn McDevitt, Mrs. J. Bewley Tweed, Mrs. Lita Brooks Steppe, Miss Lula Chandler, Mrs. Harriett Runnion, Miss Mae Boone, Miss Alma Phoenix, Mrs. Hattie Henderson, Miss Hazel Sprinkle, and Mrs. Minnie Ponder Ebbs.

Water Shortage Threatened

The water supply for the town of Hot Springs is proving itself to be inadequate for its present demands, especially due to the drought of the Hot Springs section during the last few months. A notice posted on the Clerk's office by Mayor C. G. Paris

calls attention to this shortage and urges the people of Hot Springs to be as economical as possible in the use of water. A report that the town's water supply was going to waste on account of a leaking system was denied by the town clerk, Mr. A. C. Gentry, who says that the system is working perfectly but that the shortage is due to the dry weather and to the unusual demands that have been made upon it by the CCC Camp and others. It is hoped that the water situation will soon be relieved.

PERSONALS

Other items picked up in the unusually well laid out mountain town were as follows:

Mr. J. A. Brooks has been seriously ill the past week with heart trouble. His son, Mr. O. S. Brooks was called from Knoxville, Tenn., Sunday night.

Misses Martha, Charlie and Helen Harmon spent last Friday in Knoxville.

Mr. and Mrs. Sidney Izlar, Jr., and small daughter, who had spent two weeks' vacation here with home folks have returned to their home.

Mrs. Knuckles and daughter Mrs. Cartright and small son of Bristol, have been guests of Mrs. O. W. Grubbs and family.

The Ladies' Missionary Society met

PASTOR OLIVE OF MARS HILL RESIGNS TO RETURN TO CHINA

Will Leave About Middle Of November

The Rev. L. Bunn Olive tendered his resignation as pastor of the Mars Hill Baptist Church at the morning service Sunday, the resignation to take effect in November when he and Mrs. Olive will return to Chinking, China, where they spent eight years as missionaries.

The reappointment of the Olives came as a result of conferences that have been held within the past two weeks with Dr. Charles E. Maddy, executive secretary of the Foreign Mission Board of the Southern Baptist Convention.

Returning a little more than three years ago from China on account of Mrs. Olive's health, Mr. Olive became pastor of the church at Mars Hill in September, 1932. During these three years he has been active in the work of the French Broad Baptist Association, holding the vice-moderatorship of that organization at this time. He has been in demand as a speaker,

particularly on missionary subjects, at the associations held in the western part of the state. Besides the Mars Hill Church he is pastor of the Pleasant Valley church.

Chinking, the city to which the Olives are going, is capital of the Kinsu province and has a population of about a quarter of a million. Mr. Olive will do city evangelistic work there. The school with which he was connected in his earlier work has been suspended.

According to the present plan of the Olives and the arrangements of the board, they will sail from San Francisco about the middle of November, going by Honolulu to Shanghai. Howard Olive, the oldest child, will remain in Shanghai to attend the Shanghai-American school, a school attended by the children of missionaries and other Americans in China. The other two children, Emily and Bruce, will continue to Chinking with their parents.

It will be seven years before a farewell is scheduled for the Olives to come back to America.

MARS HILL COLLEGE TO OPEN FALL TERM NEXT WEEK

Registration For New Students Begins Next Saturday

Registration of all new students of Mars Hill College will begin next Monday, September 9, and it is hoped the registration will be complete by Tuesday evening. Class work of the new session will begin Wednesday morning, September 11. At 11 o'clock the first chapel message of the year is scheduled to be given by Dr. J. Powell Tucker, pastor of the First Baptist Church, Raleigh, N. C. New students are to assemble in the auditorium Tuesday morning at 9 o'clock for a period of instruction and fellowship with the purpose of becoming better acquainted with one another and with the problems and possibilities of college life. Only by the special permission of the Executive Committee may students bring automobiles, radios, guns or dogs. The college Quarterly says, "It will take a good deal of will power for some to leave behind their tobacco and playing cards but it will pay, pay in self-respect, in the respect of others, and in your own ability to achieve." Tennis, gym exercises, swimming, mountain climbing, athletics, and such other exercises as will create tough muscles, red blood and healthy morals are encouraged.

Register Next Saturday 9 to 12

Since the above was in type we have been asked by Dean I. N. Carr to say that local students may register Saturday September 7, from 9 to 12 o'clock. This is done to take care of a crowded registration Monday and Tuesday. Local students would include any from Madison County and possibly Buncombe.

SUPERINTENDENT WELLS MAKES STATEMENT ABOUT SCHOOL BOOKS

The shipment of text books for Madison County schools has arrived at the office of the Superintendent. These books may be either bought or rented. Those who desire to buy the books may get them at the office of the superintendent any day until September 12. After that date the books will be sold only on Tuesdays and Saturday mornings. Those pupils who wish to rent the books for the

ALL GRADES OF MARSHALL SCHOOL TO BE ON ISLAND

Tuesday afternoon at the home of Mrs. Edwards. After the business hour a social hour was enjoyed by all present, and refreshments were served by Mrs. Edwards and Mrs. Sue Weathers.

Miss Ellen Brooks will leave Friday for Berea, Ky., to enter college. She will pursue her course of home economics. She has made a record in this county along that line.

FOR GOVERNOR



DR. RALPH W. McDONALD

DR. McDONALD FOR GOVERNOR

Dr. Ralph W. McDonald, of Winston-Salem, leader of the anti-sales bloc and champion of the schools in the 1935 General Assembly, this week announced his candidacy for the Democratic nomination for Governor of North Carolina.

In his brief announcement Dr. McDonald calls for a definite choice between "machine government for the benefit of the few" and "genuine democratic government for the benefit of all."

"The problems which North Carolina face center around taxation, government organization, education, and the social-economic welfare of the people of the State. My willingness to become a candidate for governor is based simply on the fact that my entire life has been devoted to a study of these problems.

"I propose to make a clean, open, and fair campaign, going direct to the people in every section of the State.

"For the men whom I oppose I have only the friendliest of regards and the kindest of feelings. When the campaign is over I shall feel the same way toward them as now.

"I am unalterably opposed, however, to the forces which all recognize as backing the two major announced candidates for governor. I oppose the type of government for which they are obliged to stand because of their backing.

"The basic interests of the people of North Carolina in recent years have been tragically sacrificed in the service of a few powerful interests which have been dominating the State and its politics. Government should serve all the people, not just a privileged few.

"North Carolina has reached a point in her development when a definite choice must be made between machine government for the benefit of the few and genuine government for the benefit of all."

In the recent session of the General Assembly McDonald became known throughout the State for his unrelenting opposition to the sales tax, his ardent support of the public schools, and his ability to smile in the face of the most bitter attacks. A vigorous critic of the Ehringhaus administration, McDonald also led the fight for reduction of the automobile license tax. He sided with all measures for social and humanitarian advancement was a friend of labor, and joined the farm group in supporting Roosevelt's farm program against the attacks from mill sources. He is a personal and political dry, believing, however, that the liquor question "should be submitted in a clear cut way to the vote of the people, and whatever wines or liquors are sold should be taxed."

Dr. McDonald stated that he is unconcerned over reports that an unlimited amount of money would be spent in an effort to defeat him. "I have had that experience before," McDonald said. "The day when a North Carolina election could be bought is gone forever."

Dr. McDonald is of original North Carolina ancestry, of the Scotch stock for which the Cape Fear section is parents moved when he was a few months old. Born in Illinois, McDonald noted. He came back to North Carolina twelve years ago at the age of twenty-one. As a teacher in the schools of Cumberland County, in Duke University and in Salem College, Dr. McDonald has built up a wide circle of friends throughout the

Large Number Of People Attend Opening Monday

An unusually large number of the patrons of the Marshall school attended the opening Monday. The new principal, Professor Guy V. Rhodes, was well pleased at seeing so many parents and other friends of the school. Seated on the rostrum were the Methodist and Presbyterian ministers, former principal O. S. Dillard, while the school committee was represented by Mrs. F. E. Freeman. The exercises began with the singing of "America". The scripture reading was by the Rev. J. R. Duncan, pastor of the Marshall Methodist Church, who read "Remember thy Creator in the days of thy youth, while the evil days come not when thou shalt say I have no pleasure in them." Following the scripture reading and remarks by the minister, the teachers were introduced. Then the citizens were asked to stand, and the new Presbyterian minister, the Rev. P. P. Throuwer, made some fitting remarks. The former principal, Prof. Dillard, also spoke. A splendid opening address was delivered by the new principal, Professor Rhodes. Mrs. Ella Redmon, president of the Marshall Parent Teachers' Association, made a suitable talk in behalf of the organization which she represents, urging the people to attend the meetings of the association.

It was voted unanimously that all the grades would be cared for in the building on the Island, the extra rooms being provided in the basement of the present building. This change was thought wise on account of the impossible condition of the old school building where two teachers have in past years been meeting some of the lower grades.

State.

In addition to his activities in the educational field, Dr. McDonald has been engaged in banking, land title abstracting and newspaper work. Active in church and civic affairs, he has served as Sunday School Superintendent and teacher of a men's Bible class in the Methodist Church of which he is a member.

In his first venture into politics, McDonald attracted State-wide attention by his decision to resign from the faculty of Salem College rather than withdraw from the race for the General Assembly. Having entered the race with the blessing of the college authorities, McDonald chose to give up his job rather than withdraw when wealthy Winston-Salem persons sought to force his withdrawal by threats of withholding large contributions from the College. Continuing in the race, McDonald was nominated by the most impressive landslide in the history of the County.

Mrs. McDonald is the former Athlete Taylor, related to the famous fighters, Bob and Alvin Taylor, governors of Tennessee. Their only child is a daughter, eight years of age.

TEN YEARS AGO IN MARSHALL

From the NEWS-RECORD Files

Mr. J. N. White and Mr. F. Shelton, both of Marshall, were painfully hurt yesterday (Sept. 3, 1925) when the Ford coup in which they were returning from a funeral was sideswiped off the road by a passing truck, and turned end-over-end down an embankment for 50 or 100 feet. The car was totally wrecked.

Little Gertrude Angel, daughter of Mr. and Mrs. A. A. Angel of near Tennesse, was instantly killed Monday evening when she was struck by lightning. The little girl was reading the funny paper when the bolt struck.

Dr. George Wharton died at his home in Mars Hill at 5:50 Saturday morning, after a long and useful life as a prominent figure in Baptist affairs in the South.

Professor Canoy, principal of the Marshall high school, presided at the opening of the school Monday. The Rev. H. L. Smith conducted the devotional exercises and Superintendent O. S. Dillard made an important talk to the students.

The little daughter of Mr. and Mrs. Tom Ramsey was bitten by a mad dog this week and is taking treatments from Dr. Roberts.

Mr. A. B. Silver and Mr. Jeter Ramsey made a business trip to Chatsworth, Ga., early this week.

MILLER SUCCEEDS EARLE BRINTNALL

George W. Miller, of Bridgewater, Va., was elected Monday to the office of farm agent of Madison County to succeed Earle Brintnall of Newton, former county agent here. He will come to Marshall September 14 to assume the duties of the office.

DELINQUENT TAX LIST NEXT WEEK

The delinquent tax list for incorporated towns in the state is to be published next week and thereafter for four weeks before the sale Oct. 7.