

Pollard's Drug Store
Dial 682-2146 Burnsville, N.C.
AND OTHER PHARMACY COMMENTS

HEALTH NEWS

Your Rx Specialists:
Charles Gillespie, Jr., Mike Eudy,
and Ferrell McCurry

New Drug For M-S Victims

Multiple Sclerosis, the ravage of 500,000 Americans, is still a disease without a cure. But thanks to Eaton Laboratories, the FDA has just approved a new drug that has the unique property of reducing or eliminating muscle spasm without depressing the central nervous system. Dantrium (dantrolene sodium), as it's called, has been proven safe, has no serious side effects, and can apparently be administered with good results for years — with no change in dosage.

Besides aiding M-S victims, Dantrium is also effective against spinal cord injury, stroke, and cerebral palsy. In all, nearly five million people suffer from conditions for which Dantrium



can be helpful, but it will take time to get the word out to MD's that the drug is available.

The above comments appear each week to air thoughts, opinions, and information we believe to be important to our friends and customers — your comments are welcomed.

Letter To The Editor

Dear Editor:

Haven't we all noticed professional artists who, like some teachers and preachers, are "called" to their work? No matter whether they make com-cob dolls, music, or paintings, they really give us something, and improve from year to year. The fun of the work appears to be worth the effort.

Once they were amateurs like the many talented youngsters in our area. I have heard parents and teachers say these young people should be taught that the real pay — off in any form of art is just sharing an idea or a feeling with others. Many mention that the fine opportunities to perform in the Jamboree, as well as in church and in school, should be encouraging to all performers, not to just the excelling few.

But often, we have seen our winners become too self-satisfied to improve, and our losers too discouraged to improve. Even worse, our losers have seen, bitterness in the adults who pushed them.

How heavenly, and how productive it would be if we could teach them the simple open-hearted joy of sharing with their audiences through their talents!

Now as we prepare for the jamboree, let's consider this question: When a performer lets competition become his motive, doesn't he cheat himself, and everybody else?

Ruth Archer Brown

Saturday Night Singing Set

The Middle Fork Independent Baptist Church, located four miles North of Mass Hill

on U.S. 19, will have their regular fifth Saturday night singing on Saturday, March 30, at 7:00 p.m. Featured in this singing will be the Cole's Cove Youth Choir, Silver Chapel Singers, Primitive Quartet, Pak Family and several other outstanding groups. The public is cordially invited to attend.

Ed Ball is in charge of the singing.

Rescue Squads Are Invaluable

The importance of North Carolina's volunteer rescue squads was emphasized recently by Jim Page, Director of Emergency Medical Services of the Department of Human Resources. Speaking at a Training Coordinators' Workshop, Page reported that thousands of North Carolinians give millions of manhours every year to assist their neighbors and fellow citizens in time of need.

"There is no way that most communities could muster the resources necessary to replace or duplicate the services rendered by the volunteer squads," Page reported. "The Office of Emergency Medical Services considers these dedicated people among the state's most important emergency medical care resources," he continued. There are more than 194 rescue squads in North Carolina and most are staffed primarily by volunteers.

Page lamented the fact that many communities do not adequately show their support or appreciation for their local rescue squads. "When a town or county receives free ambulance service from a volunteer group, it seems unreasonable that the members should also have great difficulty in obtaining enough financial contributions to do their noble work," he said. According to Page, not enough citizens understand the work of the rescue squads. He suggested that increased understanding would bring about greater support.

According to Page, the opportunity for excitement and the challenge of lifesaving is open to many North Carolinians. "Membership in a rescue squad is not required of citizens who would like to receive this training," Page reported. "Knowing how to properly handle the family emergencies should be a concern to every housewife," he continued.

Page reported that the training is now available in many of the state's 56 community colleges and technical institutes and that all the institutions will offer it in the near future. "The 81 hour training program constitutes a difficult but achievable expression of concern for quality care for the sick and injured," he reported.

Folk-Ways and Folk-Speech

of SOUTHERN APPALACHIA
with Rogers Whitener

Send your suggestions for column material to Rogers Whitener, Box 176, Boone, N.C. 28607

Much has been said and written in recent months of the power of the press, primarily with reference to the large city dailies. I should like to speak of the power of the small hometown paper to maintain its influence on the transplanted citizen who, though he may be residing now thousands of miles away, keeps in touch with local doings through his subscription to The Clarion, The Sentinel, The Journal, or whatever his hometown paper is called.

Actually, I'm not sure this column could be maintained were it not for the response of readers now living outside Southern Appalachia who once were mountain residents. They are constantly digging into their past or present and supplying me with Folk-Ways material.

A recent letter from Mrs. Kenneth Lane, of Chappaqua, New York, serves as illustra-

tion:

"Dear Sir: I enjoy your column in The Yancey Journal. I thought you might like the words to an old song called 'In the Baggage Coach Ahead,'

Verse 1...
On a cold stormy night, as the train rattled on,
The passengers had all gone to bed,

Except for a young man with a babe in his arms,
Who sat with a bowed down head,
Verse 2...

The innocent one began crying just then,
As though her poor heart would break.

One angry man said, make the child stop that noise,
For it's keeping us all awake.

Verse 3...
Oh where is its mother, go take it to her,

A young girl then softly said,
I wish that I could was the man's sad reply,

But she's dead in the coach ahead.

Chorus...
As the train rolled onward slowly,

A husband sat in tears.
Thinking of the happiness of just a few short years.

For a baby's face brings pictures,

Of a cherished hope now dead.
A baby's cries can't waken her... in the Baggage Coach Ahead.

Since moving to New York I have been kept extremely busy with teaching soap making, quilting and other colonial arts to children and adults. I use only bacon grease in the soap, and the bars are pure white and gentle as cold cream."

Another letter from a regular correspondent, Edwin Judkins (remind me to send you some stamp money, Mr. Judkins!) recalls the distilling of birch bark and teaberry leaves in the region prior to the introduction of synthetic flavors.

"The distilling of birch bark and teaberry leaves at one time was a thriving industry in the Southern Appalachian region, but gave way to the manufacture of synthetic flavors. Birch bark was distilled to make birch oil for birch flavor. Teaberry leaves were distilled to make oil for teaberry and wintergreen flavor, one and the same.

Mr. J. T. Perry of 24th St., Bristol, Tennessee, was one of the principal operators. He became well known everywhere as "T" Perry. His territory for gathering the raw materials was mainly in Carter and Johnson Counties, Tenn. and over the state line in North Carolina including Buck and Beech Mtns.

His son, Harry Perry, aided his father in the buying and the picking up the material which was left mostly in grocery stores. Herb companies, joined in as go-betweens, bringing supplies from Virginia and elsewhere. Wooden stills were built in several places. Mr. Perry's large solid copper still was registered by the Government to see that no moon-shine whiskey was made. Gum factories were started, Walla-Walla at Knoxville and one at Elizabethton, making "Red Rooster" brand gum.

The finished oil was shipped to Northern manufacturers by express in 5-gallon cans lined outside in wood. The two Perrys, father and son, made annual trips to New York City to check with their customers.

Artificial flavor put a stop to all this. Mr. Harry Perry covers the same territory today as a salesman. The copper still on the Perry property was sold for junk 12 or 15 years ago."

Mrs. Bonnie Ball, of Hays, Virginia, recently dropped us a card which included two stanzas of "an old banjo tune", The Mansion on a Double-breasted Square. Any reader who knows the complete set of lyrics would oblige Mrs. Ball and me by sending a copy in care of this column.

Neighbor Heeds Cry

A cry for help might go unnoticed or unheeded in a large town or city, but in Yancey County, people still remember what a neighbor is. And neighborly help is all in a days work.

Dan Anglin of Route 6, ran across Bolen's Creek and up a mountain to pull a 505 pound log off of Thom Koch's chest and head, according to Thom.

"When the log fell on me, I hollared and yelled, but the folks in my house ignored me because I often get angry and yell when I work on the hill," he said. "I'm just grateful that Dan heard—and that he would care enough to check out my screams."

Neighborly help is common enough in Yancey County to go unnoticed most of the time except by those involved; but "just this once" says Thom, "I wanted to pay tribute to a real good neighbor."



Hi-Lo TEMPERATURE
OF THE WEEK
FROM THE
UPPER PORCH
YANCEY COUNTY
COUNTRY STORE

Hi-66°
Lo-26°

Sales And Use Tax Report

The monthly report of local 1% Sales and Use Tax collections by county was received for the month of February, 1974. The report, issued by the N.C. Department of Revenue, shows Yancey County collected \$14,840.89 during this period, while Mitchell County collected just over \$16,500.00. Madison County collections amounted to \$11,471.26 for February.

WHAT ARE YOU GOING TO DO WITH YOUR MONEY THIS YEAR?

Although there are many investment opportunities available—stocks, bonds, real estate—times are a bit uncertain. But bank savings and certificates of deposit that pay guaranteed interest look especially good! Northwestern's interest rates are the highest in history—the highest allowed by law. And you can get a 7-1/4% savings certificate with only \$1,000 minimum deposit, four year maturity.* Northwestern has other investment programs, too. So save your money this year at The Northwestern Bank!

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*Federal law and regulation prohibit payment of a time deposit prior to maturity unless three months of the interest thereon is forfeited and interest on the amount withdrawn is reduced to the passbook rate.

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