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 AND OTHER PHARMACY COMMENTS

# HEALTH NEWS

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

## Whatever Happened to Polio, Tetanus and Diphtheria?

North Carolina ranks among national leaders in its fight to curb epidemic diseases. Not a single case of polio, tetanus, or diphtheria were reported last year. And since 1971, not a single death has been attributed to that once dreaded disease, measles. In fact, fewer cases of measles were reported here than in any other state, period!

That's a lot of praise for our medical officials — doctors included! But we mustn't become complacent. When we lower our guard, epidemics are "just around the corner."

How about your personal vaccination record? Have you updated it recently with a booster? See your county health department or physician and don't risk the consequences of complacency. Keep NC No. 1, while ensuring your own peace of mind.

Each week we present the above comments for your information. We very much appreciate your readership and would be especially happy to have you express your views regarding the contents of this space.

## Letter To The Editor

Dear Editor:  
 The Mountain Wilderness Civil Air Patrol Squadron wants to thank everyone for their support in making the Chicken Barbecue event a success. In spite of bad weather on Sunday, June 16, some 500 people turned out to enjoy the dinner and watch the spot landing contest in which 12 pilots competed for trophies, fighting high winds. Mr. Wade Brown of Taylorsville won 1st place, and 2nd place went to Charlie Bussel of Asheville.

Door Prizes were donated by local merchants: a reclining lounge chair by Maxwell Home Furnishings, won by Mrs. Frank Scott of Pensacola; a twenty dollar gift certificate from Ray Bros. Men's Clothing, won by Mr. Fred Bacon of Burnsville; an AM/FM portable radio from Ben Franklin Store, won by Norma Land of High Point; a mist hair styling set from Western Auto Store, won by Charlotte Phillips of Johnson City; a Pepsi picnic cooler from Pepsi Cola Co., won by Mrs. Harry Hooper of Burnsville.

A special thanks to Mr. Jake Banks, O.W. Deyton and Earl Young for their hard work at the barbecue pit, and to THE YANCEY JOURNAL and WKYK Radio.

We of the Civil Air Patrol invite anyone who is interested in joining our Squadron to contact any member, or come to our CAP meeting at Mountain Wilderness, 7:30 p.m. each Monday night. Mountain Wilderness CAP

## Food Service Project

(Cont'd from page 1)  
 ment-Child Nutrition Programs under which the survey was conducted is now in its second and final year as a federally-funded project. The program is functioning under a \$144,675 grant from the U.S.D.A., and it is being operated under a contract from the School Food Service Division of the State

Department of Public Instruction.

Objectives of the project are:  
 -To develop standards and requirements for the certification of school food service workers in North Carolina.  
 -To develop contents for educational courses designed to meet these criteria.  
 -To conduct seminars for training of personnel involved in school food service work and personnel responsible for special food service programs for children.

Miss Davis, the director of the project, said she feels the survey data strongly supports the need for developing and implementing standards for certification for school food service personnel and for developing strong and comprehensive training programs. This action would not only improve competencies in work performance, but would also bring added status and recognition to those who carry out the school food service program, she asserted.

## Folk-Ways and Folk-Speech

of SOUTHERN APPALACHIA  
 with Rogers Whitener



Several weeks ago Alfred E. McThenia, of Glade Spring, Virginia, offered examples of a type of nonsense response game which many adults, usually males, have played through the years with overly-inquisitive children.

It consists of the adult's inventing highly preposterous definitions and uses for familiar tools, machines, and operations found on a farm, in a workshop or other working area.

Sometimes the adult's original intention might have been to put a stop to questions rather than egg them on, but almost inevitably his ridiculous answers brought more questions until a spirited exchange took place in which both adult and youngster outdid themselves in their verbal ingenuity.

Below, another letter from Mr. McThenia makes minor corrections to his original observations and adds other folk material.

"Dear Mr. Whitener: Please allow me to correct an error in my recent letter, in which the 'smoke-grinder' was mentioned. It should have been reported as "a smoke grinder, a whimmy-diddle grind smoke with." Then there is that kindred contraption, the 'lay over, to catch meddlers'.

My mother told of an incident, years ago, they had a Damson tree, of grafted nursery stock, that bloomed lightly each year, but the blossom would wither and drop before the fruit developed. Finally, there came an old mountain man (somebody, I'll recall his name) and upon being told of the situation, he used an auger to bore a hole through the tree, just a few inches above the ground; then he whittled a wooden peg (pin) and drove it completely through the tree and left it there. This was in the Fall, after the leaves had fallen and come next Spring, the tree burst forth into

a full bloom, which developed into a heavy yield and the tree continued to produce a bounteous harvest of Damson Plums, each season thereafter.

She said the 'dowser' or 'water-witch' was possessed of the same talent as Moses, who smote the rock, and water flowed therefrom.

Another of her observations; that no matter how thoroughly scrubbed, nor the kind of soap used, a man's hands would never be clean, there would always be an oily, dirty 'skim' on the water; whereas, the hands of a woman, washed well, would leave no such film on the water. This, she said, was the curse of Pontius Pilate who had the stain of Christ's blood on his hands, and was doomed to sit, throughout eternity, trying to get his hands clean.

The next is not a very delicate subject as it concerns 'Fall Sores' and a rather unusual treatment of them (crude but effective).

When I was about six or seven years old, I was plagued with these open sores on each of my shins, from ankle to knee and nothing seemed to heal them. Finally at a 'churning time' Mother put aside a portion of butter, keeping it fresh and unsalted and each morning, she applied a 'dab' of this butter to the sore and allowed our old hound dog to lick them clean and within a few days, my legs were healed and I was never again bothered with Fall Sores. Here again, she cited Scripture

wherein it tells of the dogs licking the boils that so sorely afflicted Lazarus.

She explained the benefit of allowing a cut or open wound, to bleed freely, saying that blood was a perfect cleansing agent and would wash the wound and rid it of impurities; this, she said, was the physical body of man and by the same principle, the spiritual body of man might be washed clean; cleansed of evil, by the blood of Christ the Savior.

Mother was not 'burdened' with a heap of book learning, but she had much knowledge and good old mountain 'horse sense' the likes of which are not learned in any of our colleges, etc. And so, until another time."

My thanks to Mr. Eugene Ernest of Kingsport, Tenn. for a copy of *Jes County Folks*, an interesting mini-collection of folklore compiled by Mr. and Mrs. Ernest in 1970. It contains sayings, superstitions, remedies, charms, signs, and various other bits of folk material bound in an attractive cover.

Please send all material to Rogers Whitener, Folk-Ways and Folk Speech, Box 376, University Station, Boone, N.C. 28608.

## School Personnel Workshop

Members of the administrative staff of Yancey County Schools attended a three day workshop at Sugar Mountain Resort June 18-20.

The workshop, sponsored by the Northwest Regional Education Center, was attended by approximately 125 school administrators from the northwestern counties of North Carolina.

Conference leadership included consultants from several out of state school systems as well as representatives from the North Carolina Department of Public Instruction.

Some of the topics that were discussed during the workshop were: Evaluation procedures, Teacher-administrator relationships, public relations, school board-administrator relationship and a career awareness program for elementary grades.

Those attending from Yancey County were Edgar Hunter, Charlie Hensley, Iva Nell Buckner, Cara Cox, Woodrow Anglin, Boyd Deyton, Larry Howell, Wade Holloway and Kenny Sparks.

## Smoking Despite Dangers

Ask nearly anyone who smokes "Is it bad for you?" and you'll probably get the same answer time and time again: "Yes."

And yet ten years after the Surgeon General labeled the cigarette as "Dangerous to your Health," and more than three years after all cigarette advertising was banished from radio and television, approximately 60 million Americans still smoke cigarettes.

Many noted physicians, scientists and government officials will concede both publicly and privately that as long as there are cigarettes, people will smoke them.

In recent brochures printed and distributed by the U.S. Department of Health, Education and Welfare, smokers are advised of 'simple steps (that) can help give you a measure of protection; but remember, this does not make smoking safe.'

In brief, the advice given is to have smokers reduce their intake of the tars and nicotine. Although there is still much discussion in the scientific community as to the relative dangers of each substance that can be categorized under the general term of "Tar," there is little argument as to the overall dangers.

Dr. Ernest L. Wynder, president of the American Health Foundation and a leading expert on cancer and research, is very much in favor of reductions of tars and nicotine. In his book, *Tobacco and Tobacco Smoke*, (co-author Dietrich Hoffmann), he realistically states:

"We regard it as most likely that as the 'tar' exposure of leading cigarettes is reduced, the risk of tobacco related diseases will decline, although it will not be eliminated. In view of the apparent fact that a majority of cigarette smokers will continue to smoke in spite of all educational efforts, any practical measure for decreasing the risk among cigarette smokers is most desirable."

While the best answer is obviously to quit smoking altogether, those who do continue can at least reduce their tar and nicotine intake. Other hints given on "how to take some of the danger out of smoking" by the agency are:

1. Choose a cigarette with less tar and nicotine.
2. Don't smoke your cigarette all the way down; you get the most tar and nicotine from the last few puffs.
3. Take fewer draws on each cigarette and you'll cut down on your smoking without really missing it.
4. Reduce your inhaling. Don't inhale as deeply; take short shallow drags or just puff.

Apparently, some smokers are heeding some of the warnings about tar and nicotine. For example, Aquafilter sales have recently increased so rapidly that the manufacturing facilities have been enlarged and there are three shifts working just to meet the demand.

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**SILLY But 'Tis True**  
 How could you get the water out of a bottle that was well corked, without pulling the cork out?

Push the cork into the

6	7	8
5	4	10
9		11
3		
2		12
.18		
1		
.17		
.16	16	14

## Named To Advisory Council

Edgar Hunter, local school superintendent, has been named as a member of the Appalachian State University Advisory Council. The newly formed group consists of eleven educators, including school superintendents, community college presidents, and representatives from the state department of public instruction. The council will meet the University officials periodically to consider any changes for improvement in the teacher preparatory program at the University.

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