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AND OTHER PHARMACY COMMENTS

# HEALTH NEWS

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

## "Pass the Potassium, Please"

Hot weather really works the bodies of training athletes. This time of year our football teams are hard "sweating it out" to improve execution and "to win a few games for the Gipper!"

We sell a lot of salt tablets to such "sportsters," but tests show that the use of salt for athletes has been overemphasized. In fact, Americans generally receive nearly ten times more salt than they really need.

Doctors now say the important thing is to take potassium along with salt. Studies show that as potassium is lost, the cells do not function properly, thus creating fatigue and exhaustion. Regardless of how much salt an athlete takes, heavy work will still cause a potassium loss.

So, Mom, "Pass the potassium, please!"  
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.



## Community Events

A Rummage Sale and Bake Sale will be held Saturday, September 7, in the parking lot of Riverside Baptist Church, beginning at 10:00 a.m. Proceeds will go to the Riverside Youth Choir.

The White Oak Creek Community will have its monthly meeting at the home of Pop and Jane Warner on September 2nd, 7:00 to 9:00 p.m. Every resident on White Oak Creek Road is urged to come.

The Middle Fork Independent Baptist church will have their regular fifth Saturday night singing on August 31 at 7:30 p.m. Featured on this program will be the Tonemen Quartet of Asheville, Bob Ramsey Trio, the Georgetown Youth Choir and several other outstanding groups.

This church is located four miles North of Mars Hill on U.S. 19.

Ed Ball is Master of Ceremonies and the public is cordially invited to attend.

Windom Baptist Church, located 1/2 mile east of Burnsville, will have an all-night gospel singing Sunday night, September 1st at 7:30 p.m. Ed Ball, who will be in charge of this singing, says that he has the largest group of gospel singers that he has ever assembled in Yancey County for one singing.

The following groups will be taking part in this singing: Gospel Notes, The Masters, he Primitive Quartet, Tonemen Quartet, Gospel Way Boys of Hickory, the Gospel Crusaders of Whitnel, N.C., the Bob Ramsey Trio, Silver Chapel Singers, Gospel Light Quartet of WTOE in Spruce Pine, and the Gethsemane Quartet.

Rev. Frank Phillips, pastor of Windom Baptist Church, says they have prepared extra spaces to park 300 cars. There will be parking attendants on hand. Rev. Phillips also says they arranged to seat 600 people.

This singing will last as long as anyone stays to listen. The public is invited to attend.



Hi - Ho TEMPERATURE OF THE WEEK FROM THE UPPER PORCH YANCEY COUNTY COUNTRY STORE  
Hi - 84°  
Lo - 66°

## Folk-Ways and Folk-Speech

of SOUTHERN APPALACHIA  
with Rogers Whitener



This week's Folk-Ways contains the final installment of Curtis Duckworth's extremely interesting letter about his experiences with snakes; it does not, however, write finis to the subject, for a number of readers have also sent in interesting observations about reptiles. They will appear in future columns.

Mr. Duckworth's letter continues: "My Grandpa, who has been dead for 20 years and was an old mountaineer, had been bitten many times by vipers; I've seen him reach down and grab a 5-foot diamondback by the head and sling him off down the woods."

"But they didn't fascinate him like they did me. He just disregarded them and would step right over them and never bothered to kill them except when they'd get in the house. And he'd been bit so many times he was immune to them; and he seen so many of them in the mountains that he considered them part of the setting, which they are. My Grandma took a different attitude and was bent on killing all vipers and other snakes; she, too, was immune to their poison. Though she whipped me one time for throwing rocks at one of her pet King snakes."

"My daddy was sort of a snake man too. He used to let them bite him, and handle them; pick them up and milk them of their poison, which he'd mix with his home-brew that he drunk himself. He'd been bitten many times, but he never got sick over it. He said snake poison keeps you looking young! He died 14 years ago at the age of 68 of heart trouble. Even in his casket he looked like he was about 40 years old. So he must

of known what he was talking about. He told me 2 weeks before he died that he would die soon, because of his rough childhood and that he had worked too hard in life. Them mountain people are psychic, it must be the high altitude? They never cease to amaze me.

"The reason I'm rambling on so much about snakes is this:

"When I was real small, my Mama used to tell all the kids, 'Be sure to watch out for snakes. And we'd be playing. She instilled a deadly fear of snakes in me so ever time I saw one I'd run like the devil. I wouldn't walk within 10 yards of one I knew was dead. By the time I was 6, I got bit by a Copperhead, in which not knowing any better I panicked and ran a mile home as fast as I could go. That pumped all the poison into my system, and nearly killed me. My old Mountaineer grandpa saved my life. This instilled an even greater fear, dread and respect for snakes in me. When I was 8 years old, while playing ball I fell in some bushes and got bit by a Timber-rattler. This time I didn't get sick, and my grandpa told me I was now immune to them. As time went on I built up my courage and took a vengeance out on all snakes, especially the Vipers."

"So me and my cousins and brothers turned this into a profit making business to supplement our cutting pulp-wood in the summer we also caught snakes and sold them for profit. Their skins make some sharp looking stuff; and some people like to eat Rattlesnake meat; and we had an outlet for our snake business in the person of a man who was called the snake man. At that time the South Moun-

## Animal Disease Lab Open

Dr. T. B. Ryan, director of disease diagnostic laboratories for the N.C. Department of Agriculture has announced the opening of the new Western Animal Disease Diagnostic Laboratory. The facility, which was erected with state and local matching funds from fourteen western counties, is located on the grounds of the WNC Agricultural Center, adjacent to the Asheville Airport.

Dr. C.R. Border, who is in charge of the state's former poultry laboratory in Waynesville is director of the new animal disease facility. He is assisted by Dr. George Hunnicutt. The lab will be staffed by three veterinarians and a support staff of technicians.

"This is a full service laboratory and will take all species, including cattle, horses, swine, chickens and even pets," Dr. Ryan said.

However, he said the laboratory is primarily for the diagnosis of diseases in food animals.

"We do not treat animals," said Dr. Border. "Our job is to perform a diagnosis and determine the disease or diseases that caused death. It is better if the animals are referred by practicing veterinarians. However, we accept from farmers and others."

Dr. Border stressed that animals must be brought to the laboratory immediately after death. Diagnosis cannot be performed on decomposed animals and these will not be accepted, he stated.

He said there will be no fee for most of the services provided at the lab. However, there will be a charge for blood tests of chickens and certain special tests.

Efforts to secure the regional laboratory were launched five years ago by the beef and dairy commissions of the Western North Carolina Development Association.

## 'Little Theatre' Meeting

Are you interested in joining a local "Little Theatre" group? If you are interested and would like to work either on the stage (acting) or "behind the scenes" plan to attend an organizational meeting for a Little Theatre group this Thursday evening, August 29, 1974, at 7:30 p.m. in the Fellowship Hall of the Burnsville First Presbyterian Church.

If you are unable to attend this meeting but are interested and/or would like more information about this meeting, contact Mrs. Jack Kelly at her home, phone number 682-3738.

## CAP Meeting

Mt. Wilderness Civil Air Patrol will meet every Monday night at 7:30 p.m. at the Mountain Wilderness Office, Pensacola, N.C. Anyone interested in joining this group will be welcome to attend any Monday night meeting. All visitors are welcome.

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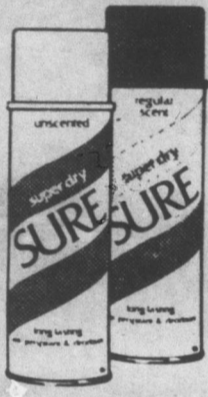
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