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PHARMACY COMMENTS

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How to be Healthy and Happy

What does one do to live a healthy and happy life? What's the trick? Truly, it's been man's search from time immemorial. Getting the mind straight (knowing yourself) is a problem your church is best equipped to deal with, but getting the heart (and the rest of the body) healthy is our department.

There's no guarantee, but by following the seven points below, you should be able to improve your health and look forward to enjoying a longer and healthier life. See how many of these points you and your family subscribe to: 1) Sleep 8 hours nightly; 2) Eat a wholesome breakfast; 3) Eliminate in-between meal snacks; 4) Maintain doctor-approved body weight; 5) Cut out/down smoking; 6) Moderate alcohol consumption; and 7) Take moderate exercising within doctor-prescribed limits.

We try to give you the best Prescription Service at the Lowest Possible Price. Always Feel Free to Call Us.

Church News

Jehovah's Witness

Grant S. Keen, representative of the World Headquarters of Jehovah's Witnesses, will be visiting the Burnsville Congregation this week.

Each congregation of Jehovah's Witnesses are visited every six months by a traveling minister representing their headquarters in Brooklyn, New York.

This helps to provide real unity in instruction and work among the near 7,000 congregations in the United States and over 30,000 in the world. Each year several hundred congregations are added. This last year saw the largest increase to date among Jehovah's Witnesses, over 300,000 being baptized this year.

The public, this Sunday at 10 o'clock a.m., is invited to hear the Bible-based lecture "Into the New Order under Christ Leadership" by Grant S. Keen.

'Karate For Christ'

Faith Fellowship Baptist Church is sponsoring "Karate For Christ" on Saturday, October 26 at 7:30 p.m. in the East Yancey Gym.

According to Richard Buchanan, pastor of Faith Fellowship, the six-man Karate team is from Bob Jones University in Greenville, S.C. Kaiser Fogle is Captain of the team and will be speaker for this special event, featuring both Karate and Jujitsu exhibitions and preaching. The theme for the service is "For we preach not ourselves" I Corinthians 4:5-7. Everyone is cordially invited to attend.

Gospel Singing

There will be a Gospel Singing at Covey Rock Free Will Baptist Church on Sunday night, October 27, at 7:00 p.m. The following singers are expected: The Covey Rock Youth Choir, Silvers Chapel Trio from Kona, Lennie and Jack from Weaverville, Plemmer Family from Swannanoa, Sams Family from Marshall, Cecil and Wilma Huskins from Busic, N.C. and Freddie Gouge and Singers from Unicoi, Tenn. Everyone is welcome to attend.

Church Sells Handbags

The Church of God of Prophecy will be selling twenty different colors and five different styles of factory-made handbags at the Banks Family Square Shopping Center on Friday, October 25. The handbags will be sold by the church at the Burnsville Plaza on Saturday.

Early Spaniards believed that a white bird's singing could give the blind back their sight.

Folk-Ways and Folk-Speech

of SOUTHERN APPALACHIA
with Rogers Whitener



Kidney ailments--She-balsam tea, Common Cold--Sage, Pneumonia fever and neuralgia--Penny Royal, Headache and Nerves--Catnip and Dock Leaf Pack, Boils--Dock Leaf, Open Wounds--Puffballs, Croup--Fried Onions and Goat Tallow, Whooping Cough--Flax Seed and Honey, Disease in general--Asafetida (around neck), Hives--Asafetida and Whiskey Tea, Hives--White

powdery substance of Hen Manure, Shingles--Blood (warm) of Black Chicken, Diphtheria--Toad split and bound to throat, Fits--Hair from armpits in bored tree hole, Hemorrhage--Drive a double-bite^d Axe in floor under bed, Hastesn Child-birth--Pepper, for Heart Ailments--Foxglove (digitalis), Bronchitis and Coughs--Tar of Pine and Beech, Inflammation and Constipation--Nightshade (belladonna), Bruises and Cuts--Leopard's Bane, Eczema--Poke Root, Diphtheria and Typhoid--Oil of Thyme, Pain of Cancer--Hemlock, Fevers--Jimson Root, Tired Blood (tonic)--Sassafras, Boneset or Snake-root, Skin Ailments--Prickly Ash, White Oak, Blackberry Root, Tannic Acid, Clover, For Corns, give Bloodroot.

The several articles on snakes carried in Folk-Ways have sent up some "help wanted" signs. Mrs. Trula Ward of Blountsville, Tenn. lives in an older brick house and has been finding snakes in her attic. She has several questions: 1. Are these house

snakes, or do copperheads ever crawl into attics? 2. Is there a snake powder or other substance (harmless to pets) which will get rid of the snakes? 3. If they are not killed, will they hibernate in the attic or leave it to find holes in the ground?

Mrs. Ford would appreciate answers to these questions and other information which readers might like to pass along. Her complete address is Mrs. Trula Ward, Route 5, Box 90, Blountsville, Tennessee 37617.

And before we close, do readers know of "charm" stories or superstitions about snakes? Please drop me a note if you do.

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

NW Financial Corp Reports Earnings

Northwestern Financial Corporation's performance through the third quarter of 1974 resulted in unaudited, consolidated net earnings of \$5,953,657 or \$1.30 per share. This compares to \$6,172,039 or \$1.35 per share for the same period of 1973 and reflects a decline in earnings of \$218,382 or 3.54%. The primary reason for this decline has been the constant narrowing of our net interest margin, substantiated by an increase in interest expense of over 52%.

The Corporation's largest subsidiary, The Northwestern Bank, reported an increase in deposits of \$81.6 million over the same period last year with the total now at \$916.9 million. Total loans outstanding equalled \$680.4 million while total assets of the Bank at September 30, 1974, were \$1.06 billion.

M & J Financial Corporation, a consumer loan subsidiary, First Atlantic Corporation, a mortgage banking subsidiary, and Northwestern Advisory Corporation, advisor to a real estate investment trust, all continued to be hampered by the high cost of funds. M & J Financial Corporation experienced an increase in the cost of borrowing funds of over 71% since last year. However, considerable effort has been directed toward preserving the quality of its assets, and past dues remain at approximately the same level as last

year. First Atlantic Corporation increased its loan servicing portfolio to over \$211.0 million while Northwestern Advisory Corporation negotiated a new \$38.0 million revolving credit agreement between Northwestern Financial Investors, the real estate investment trust, and its line banks.

The other subsidiaries of the Corporation, which include Northwestern Security Life Insurance Company, Northwestern Factors, Inc., and Financial Supplies, Inc., all reported satisfactory progress through the third quarter and each expects to maintain its current pattern of growth.

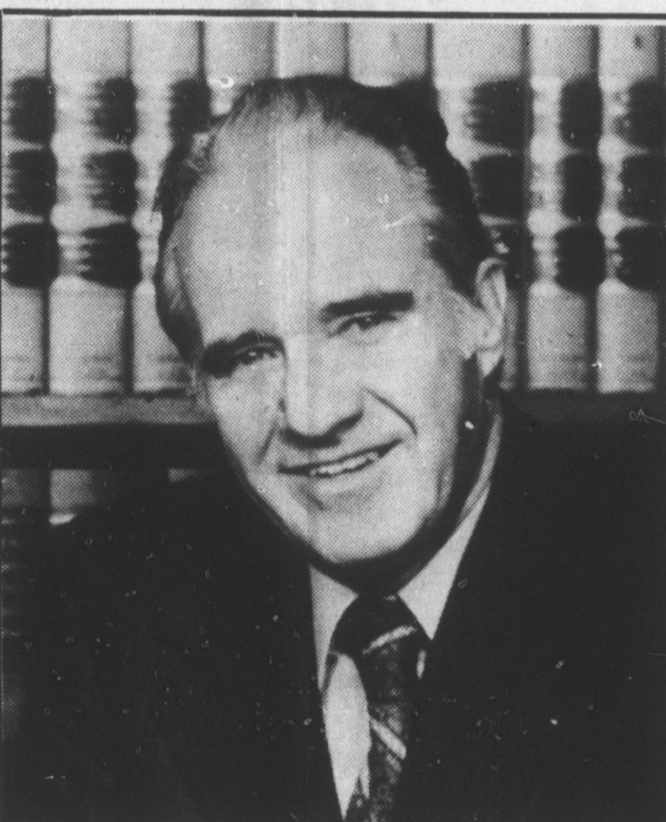
As the presently unfavorable economic trends become more long-term in nature, management realizes the importance of implementing tighter standards of control throughout the organization. During the final quarter of 1974, our prime objective is to minimize any impact which these trends might have on the progress of Northwestern Financial Corporation.

Friedrich Campaigns In Yancey

[Cont'd from page 1] State University; Keith, a freshman at Mars Hill College and Craig, a seventh grader in Asheville City Schools.

Mrs. Friedrich has been active for many years, studying government in the League of Women Voters, and she is a graduate of UNC-Asheville, where she majored in Political Science.

"My main concern in this campaign is giving the voters a chance to get involved in their government. I do not believe past General Assemblies have been responsive to the needs of the people of Western North Carolina. For instance, the 1974 session did pass a tax relief bill for soft drink bottlers, but could not pass legislation repealing the 3% sales tax on food. This is the state tax and not the 1% local tax. It is time the voters elected someone who is committed to serving their interest and not the special interests."



...works for you.

That's what a good congressman does. That's what Roy Taylor does. He works for the people of Western North Carolina and the nation. Roy Taylor knows what inflation is doing and is working to stop it. His votes during 1973-1974 to cut the size of spending bills won him a "Watchdog of the Treasury" award from a conservative national business organization.

Roy Taylor favors stiffer penalties for criminals and has voted time and again for neighborhood schools.

As Chairman of the House National Parks and Recreation Subcommittee, he has a direct leadership role in making Western North Carolina an even more beautiful part of the nation for everyone.

Send a worker back to Congress.

Re-elect Roy Taylor to Congress

Paid for by Citizens for Taylor, Richard Stone, Chairman.



BY JIM DEAN

WILL THE CHESTNUT EVER RETURN?

"Chestnuts roasting on an open fire..." sings Nat King Cole. It's a wonderful song, but it always causes a pang of regret. You see, I've never actually seen a chestnut roasting on an open fire, and I think I've missed a part of my heritage.

Almost everybody knows what happened to the American Chestnut tree. Back about the turn of the century, a strain of chestnut blight was accidentally introduced from the Orient, and it spread from New York throughout the Appalachians until it had killed every mature chestnut tree.

But many people have forgotten--or were born too late to ever know--what the American chestnut was really like. Few people realize just how important this tree was.

CHESTNUT TREES WERE MOST NUMEROUS IN FORESTS

The American chestnut was the most numerous single species of hardwood in the Appalachians from New England to Alabama. Chestnuts accounted for anywhere from one third to three fourths of the hardwood forests.

In other words, there were more chestnuts than oaks or hickories, maples or beeches. The chestnut dominated the forest not only in numbers, but also in size.

It grew taller, reaching heights of 80 to 100 feet, and it was thicker. One chestnut growing in Francis Cove, N.C., had a stump that measured 17 feet across.

CONSIDERED MOST NEARLY PERFECT TREE

The chestnut was considered the most nearly perfect tree. It grew almost anywhere (except on swampy ground) and its lumber was excellent for construction and paper making as well as furniture. Chestnut was practically indestructible and fence posts and rails outlasted the men who placed them. The wood and bark was rich in tannin, making it valuable in making leather from animal hides.

The American chestnut grew rapidly, reaching sawlog sizes in about 50 years. When cut, new sprouts rose out of the stump and reached as high as 10 feet in the first year, thus making it unnecessary to plant seedlings. The trees were never frost-killed because they bloomed in late June or early July and therefore there were always plenty of nuts.

Wild turkeys, deer, bears, squirrels, and other game species were quite low. There weren't many deer. The turkey was in trouble. Bears were getting more scarce.

LOSS OF CHESTNUT HURT WILDLIFE POPULATIONS

This situation has been largely blamed on the massive logging, forest fires and virtually unrestricted hunting that was going on in the early 1900s, but it seems more than just a coincidence that this was also when the mighty chestnut bit the dust. In fact, the loss of the major contributor to the annual mast crop seems more likely to have caused major problems for wildlife populations than anything else.

Of course, as most know, the restoration of game populations since the turn of the century has been relatively successful through habitat management and enforced hunting regulations. Deer populations are much higher now than at any other time in this century. The turkey is a hopeful candidate for restoration in western North Carolina and early efforts to restock turkeys seems to be paying off. Squirrels seem to be in good shape, but the bear--having lost most of its original mature forest habitat--is still in trouble.

WILL THE CHESTNUT RETURN TO ITS FORMER GLORY?

But wouldn't it be nice if the American chestnut could also be returned to its former glory? Surely the return of the chestnut would be beneficial to our present wildlife populations.

So what are the chances? Some blight resistant Oriental chestnuts are being studied (and that's where we still get roasted chestnuts from in some of the large northern cities). But this is not considered the best solution.

The best hope is that a strain of blight-resistant American chestnut can be developed, and scientists are working on it. Already, there is some evidence that the many surviving sprouts of American chestnuts are becoming more blight resistant. The sprouts live longer before the blight gets them, and some have reached four inches in diameter.

Also, there is the hope that a blight-resistant mature chestnut will someday be found somewhere in the vast Appalachians. When, and if, it is ever found, the nuts from such a "grandfather" tree could help restore the chestnut to its former range and glory.

SEARCH FOR LARGE, LIVING AMERICAN CHESTNUT

You may be able to help. If you know the whereabouts of a large, living American chestnut, contact the Division of Education of the N.C. Wildlife Resources Commission, 325 N. Salisbury Street, Raleigh, N.C. 27611. Also any fairly sizeable tree (four-six inches in diameter) with some apparent degree of immunity to blight would be of interest.

We'll pass the information along to the proper scientists, and maybe someday our children and our wildlife populations will again enjoy the benefits of this magnificent tree.

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