

# health watch

NORTH CAROLINA MEDICAL SOCIETY

In North Carolina and throughout the South, the young tender leaves and stems of the pokeweed are widely served, after thoroughly boiling them twice, and are safe in the spring. But by late summer when the berries form, pokeweed consumption can be fatal if uncooked berries and mature leaves are eaten in quantity, especially by small children. Severe stomach and liver pain and blurred vision are not uncommon results of eating

pokeweed at this time of year. Stalking the wild mushroom has been a particularly distressing experience for many people, since identification of different types of mushrooms, poisonous and nonpoisonous, is pretty difficult. Only a slight amount of the poisonous fungi found in certain types of mushrooms can be fatal to a child. Symptoms of mushroom poisoning include stomach pain, vomiting, and in some cases liver and kidney damage and are usually delayed

from 6 to 24 hours after eating. Your best bet is to hunt for mushrooms in the vegetable department of your grocery store. Even in the vegetable garden, eating the wrong parts of the plant can lead to problems. The leaves of the rhubarb plant can cause oral irritation, kidney damage, and convulsions. Even the green parts of the tomato and potato plants can cause severe stomach illness. Enjoy fresh vegetables,

but make sure you eat the right part of the right plant at the right time of the year. In the last few years we have become a nation of gardeners. Almost everyone these days is growing something in the back yard besides crabgrass. Tomatoes, beans, and every other conceivable vegetable are being grown in the largest gardening boom since the victory gardens of World War II. For some of us, however, our culinary delights are not

limited to what we have cultivated but also extend to those plants that can be foraged in the woods. But let the eater beware! Some plants can be very dangerous either from misidentification or harvesting a plant at the wrong time of the year when it might be toxic.

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### FRED PROFFITT

Fred Proffitt, 90, of Academy Street, Burnsville, died unexpectedly Friday morning, September 2, in a Spruce Pine Hospital. He was a native and lifelong resident of Yancey County, the son of the late Milton and Mary Ann Anderson Proffitt.

He was Clerk of Superior Court for Yancey County for 30 years being first elected in 1932 and retiring in 1970.

Surviving are the wife, Althea Hampton Proffitt; two daughters, Mrs. R.C. Orr of the home and Mrs. H. G. Crowgey of Wilmington, NC; a sister, Mrs. Vaughtie Miller of Johnson City, Tenn.; four grandchildren and one great grandchild.

Funeral services were held Sunday at 2 p.m. in the Higgins Memorial United Methodist Church of which he was a member. Rev. Don Sides officiated and burial was in the Academy Cemetery in Burnsville.

### HARLEY HOWELL

Harley Howell, 70, of the Big Creek Section of Yancey County died in an Asheville Hospital Sunday morning after a short illness. He was a native of Yancey County, the son of the late Jake and Essie Renfro Howell and a retired farmer.

Surviving are the wife, Pearl Adkins Howell; four sons, Gene Howell of Clyde, N.C., Lawrence Howell of San Diego, California, Frank Howell of Jonesboro, Tenn., and Bill Howell of Erwin, Tenn.; a brother, John H. Howell of Valparaiso, Ind. and nine grandchildren.

Funeral services were held at 2:00 p.m. Tuesday, September 6, in Big Creek Baptist Church. Revs. J.D. Price, Cecil J. Higgins, Howard Whitson and Larry Walker officiated and burial was in the Adkins Cemetery.

### ESSIE SPARKS YOUNG

Mrs. Essie Sparks Young, 85, of the Newdale Community died Saturday morning in a Marion Nursing Home following a long illness. She was a native of Yancey County, a daughter of the late Woodfin and Elmira Robinson Sparks and the wife of the late Edd W. Young who died in 1961.

Surviving are a daughter, Mrs. Claudia Dellinger of Burnsville and a son, Kenneth Young of Marion; five grandchildren, ten great grandchildren and five great great grandchildren.

Funeral services were held at 2 p.m. Monday, September 5, in the Newdale Presbyterian Church of which she was a member. Revs. Ernest Wilson and Bert Styles officiated and burial was in the church cemetery.

## Note Of Appreciation

We wish to acknowledge with grateful appreciation all expressions of sympathy extended us by our many friends and neighbors during our recent bereavement.

The beautiful floral designs, cards, prayers, visits and food were all a source of comfort. Without your kindness and understanding, our loss would have been even more difficult to bear.

No words can express the full measure of our appreciation and your thoughtfulness will always remain a cherished memory.

The family of Billy Ray Edge

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