

## Antioch Church Held Homecoming At Special Services On Sunday

By MRS. CENE TURNER

GROVER — Antioch Baptist Church held its annual homecoming service Sunday. The Rev. T. W. Allred of Edenton, former Antioch pastor, spoke at the eleven a.m. service. A picnic lunch was served following the morning service and singing was held in the afternoon.

Mrs. Hoyle Lee from Columbia is visiting her mother Mrs. Maude Hamrick for several days.

Mrs. J. D. Watterson returned home Sunday after a two weeks visit with Mr. and Mrs. A. V. Watterson, Washington, D. C.

Mrs. Liz Ann Simmons, Chase City, Va. and Mr. and Mrs. Lowery Martin and family at Siler City.

Mr. and Mrs. Roy Haga, Jr. from Annandale, Va. spent Saturday thru Tuesday with the W. S. Hicks Sr.'s. They came for their son Jimmy who has been with his grandparents several months, this summer. Mrs. W. S. Hicks Sr. and Richard Gold returned home with the Haga's for a weeks vacation.

### TEENS HEALTH Health and Safety Tips from The American Medical Association

Alcoholism is a growing disease problem confronted frequently by families, communities and physicians.

As with many other diseases it can be treated, but not really cured. The alcoholic can learn to completely control his disease, but the affliction cannot be stamped out so that he can return to alcohol without adverse consequences.

While the treatment primarily involves merely not taking a drink, the course of the treatment is often long, harrowing and beset by relapses. As with so many diseases, early detection usually brings about better results.

Among the signs of the disease are increased consumption of alcohol, often combined with constant thinking about drinking and making it an important part of life.

The alcoholic usually drinks more than he intends, or gets drunk when he doesn't intend to, for he uses alcohol as a drug rather than a beverage. Despite obvious excesses, however, he usually denies that he drinks too much or offers alibis for his drinking.

Other symptoms include getting drunk alone, taking an "eye-opener" in the morning, digestive disturbance and loss of appetite.

Mr. and Mrs. Dwight Dixon and family from Harrisburg spent Tuesday afternoon with the Jack Pinkentons and the Dixons in Fallston.

Miss Marjorie Crisp and Mrs. S. A. Crisp, Sr. spent the weekend at their home here. Miss Crisp, faculty member at Wake Forest College, returned to her work the past week.

Mr. and Mrs. Clyde Randall attended the wedding of the Rev. Cecil Johnson, nephew of Mrs. Clyde Randall, who was married to Miss Carolyn Virginia Pittman at Heath Springs Baptist church on Sunday Aug. 2 in the afternoon. The Rev. Howard Johnson, father of Cecil Johnson, performed the wedding ceremony.

Vacation Church School for Shiloh Presbyterian church under the direction of Mrs. Fred Cockrell began Sunday morning at 9:45 with the second session Sunday evening from 7:00-9:00. The Church School is for the entire family.

Mrs. Martha Ann Nichols and family have returned to their home in Florida after several weeks visit with her parents Mr. and Mrs. F. E. Tossener. Miss Pat Tossener will be in Florida with the Nichols for several weeks.

Miss Freida Bowen spent the weekend with her sister Trudy Bowen, who is a cottage parent at Western Carolina Center at Morganton.

Mrs. M. C. Hardin is visiting the Rev. and Mrs. Eddie Craig

### What Are Sanitation Problems? Specialist Gives Local Answers

By JAMES B. SPEARS, R.S. Sanitation Specialist Cleveland County Health Department

Man's living close to man in an ever-changing environment poses new problems in the maintenance and promotion of health. Challenging our ingenuity are: modern cities; rapid growth of industry; new products and services; modern transportation; startling new developments in the sciences.

Therefore, urgently needed today — to safeguard our health tomorrow — is a positive environmental approach to health.

The surroundings in which every living being exists makes up its environment. The word and missing time from work or duties because of drinking.

Alcohol, aside from its addictive qualities, also has a psychological effect that modifies thinking and reasoning. One drink can change the thinking of an alcoholic so that he feels he can tolerate another, and then another, and another.

Most alcoholics cannot break the cycle alone, for it means giving up the thing in life he wants most.

Help for the alcoholic can come from many agencies — the physician, the clergy, governmental agencies such as the local health department and volunteer organizations like Alcoholics Anonymous.

In addition the family can help by listening to his problems and helping him to face them realistically; encouraging him to help himself, but without scolding or lecturing him. And, when he gives up drinking, keep up his morale, emphasize his good points, not his bad ones. After all, he's sick, not wicked.

Environment comes from a French word meaning "to surround." Environment includes much more than the actual physical surroundings such as land, water and climate; it also includes the social environment of human beings such as the government under which man lives, economic opportunities, family relationships, friends, and the neighborhood of which he is a part. Every living being must learn to adapt itself to its environment, or to control the things about its environment detrimental to his health and well-being or it may perish.

If control of the environment is fundamental to health and first in the control of the environment is sanitation, what are the most urgent sanitation problems threatening our environment today? Radiation from nuclear fallout is a potential problem. Air pollution from smoke, automobile exhausts, industrial waste and other sources are constantly causing a threat to our environment. Insecticide and pesticide and antibiotic residuals in our food and milk supply have been in the recent past, and are still potential factors for endangering our health. Our rivers and lakes are carelessly being polluted by man's negligence of his environment.

Yet factors affecting our environment, and destroying the balance of nature between disease and health, are not those mentioned above, but are the uncontrolled and expanding plagues created by rodents and vectors, flies, rats, mosquitoes, lice, ticks, mites, and cockroaches. All are bred and harbored in an environment provided for them by means of unsanitary conditions caused by uncontrolled refuse disposal indifferently put aside in gullies, open fields or along our beautiful mountainous roadsides.

Unfortunately, none of our waste materials can be indifferently put aside with impunity. Just as dead bodies are buried or cremated; intestinal discharge are isolated or given appropriate treatment; effluent from industrial waste are rendered harmless before it is dumped into our streams; controls are exercised in the use of nuclear weapons to prevent radiation fallout; and insecticides and pesticides usage is restricted in the production of food and milk; so must the disposal of garbage and rubbish in a safe and sanitary manner be exercised not only by the individual but also by mass disposal of the community's waste. This is imperative in the interest of a city — state's — or county's health, economy, general comfort and aesthetics.

Americans are the most prosperous people on earth. Consequently, they are the most wasteful. Left-over foods, partly worn-out gadgets, empty bottles, boxes, crates, and tin cans that would be regarded as valuable possessions in many parts of the world are discarded by us with casual indifference.

It is estimated that the individual American throws away from one to two pounds of refuse daily and in urban areas the total weight of discarded materials is approximately twice as much, on a per capita basis, due to the rubbish and garbage from commercial and industrial establishments.

Too often, when routine garbage pickup services are not provided, this refuse is discarded along the side of roadways, in open fields and gullies or lies piled up in the yard. Unless supervised disposal of refuse is carried out by a city, county or state sanitation department, it is often picked up and dumped en masse on ground surface where rodents and vectors can breed, or a half-effort is made to destroy it by burning, creating a smoke nuisance and ashes, often causing destruction of property by burning of buildings and forests. In addition to these health hazards, and nuisance as, the beauty of our countryside is marred or completely ruined.

Therefore, it does challenge our ingenuity in this age of an ever-changing environment and of our pride and desire to secure an environment that creates a county that smiles because its environment is so clean, so healthful, so pleasant it provides a place to live, work and play and is recognized by its healthful environment. Because of its healthful environment, it provides the quality of living that contributes to the growth of its children — and plays an important role in the promotion of the security and happiness of its citizens. It is a place that commands: pride on the part of its residents; admiration on the part of its visitors; respect on the part of surrounding counties.

Where is this county? It is the place we want to call home.

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