



GARDEN TIME
m. e. gardner
n. c. state college

4-H Club Week ended last night (July 29) and for the first time in my 38 years at N. C. State I had the happy privilege of participating, fully, in the program. I have always attended the general sessions but this time I went behind the scenes, met the contestants and their coaches and served as a judge in two of the contests—Fruit and Vegetable Production and Fruit and Vegetable Marketing.

There were also contests, of a similar nature, in all phases of agriculture — dairying, field crops, poultry, forestry, wildlife and soil conservation, to name a few.

It is not possible to capture enthusiasm of the contestants

until you have had the opportunity to observe them under the stress of the keenest kind of competition. Neither is it possible to fully realize the hours spent by contestants and coaches in preparation for the contests.

The awards and recognition banquet, for the state winners in each category, was held at the N. C. S. U. Faculty Club and was attended by over 300 boys and girls, their coaches, sponsors, Extension leaders, and distinguished guests. This was a delightful occasion and so well organized, the different interest groups seated together.

The awards included scholarships, savings bonds, luggage and watches. Of the scholarship

recipients, some will enter State this fall while others will enroll at Carolina, UNC-G, or Western Carolina.

Regardless of the institution chosen or the educational objectives to be pursued, the 4-H stamp of approval has been placed upon these winners and the training they have received in 4-H programs will play a major role in orienting their lives in the direction of useful and productive service.

Every county in North Carolina should give strong support to these youth programs along with strong support of the total Extension program. There is no other course to choose in these times of such rapid change if progress is to be made. Some counties do not yet seem to realize this.

Extension has been built on service to all the people and it is up to the individual citizen to see to it that progress is not impeded.

Since writing about African Violets, several weeks ago, requests have been received for additional information. At that time I gave suggestions about a few satisfactory varieties and two methods of propagation, leaf cuttings and division. Other requests have come in for suggestions about the use of artificial light, fertilization and watering.

Light plays such an important role in plant growth that it is not possible to give definite recommendations because too many factors are involved. We have, for years, been conducting experiments on the effect of light on plant growth, and we still are both in the greenhouse and in

growth chambers where both the quality and intensity of light can be controlled to an exact degree. So I will try to be practical about it and make suggestions that may permit you to do some experimenting on your own. I would suggest that you use two 40 watt daylight fluorescent tubes (bulbs) with reflector. The lights should be suspended about 15 inches above the plants. This arrangement should provide enough light for a bench about two feet by four inches.

A cheaper method, and perhaps just as satisfactory, would be to make your own or enlist the help of an electrician and tinsmith. For this I would suggest 40 watt incandescent bulbs placed three feet apart, with reflector. Place the light source 15 inches above the plants, the same as for fluorescent.

The number of hours that the plants should receive light will depend upon the amount of light that they are now receiving. If they are growing in a location with subdued light, such as a basement, I would suggest a light period of about 14 hours.

For fertilization I would suggest the use of a water soluble mixture which you should be able to purchase at your garden center. Mix according to instructions and water the plants once every two or three weeks with this solution, which would take the place of one regular watering.

Over-watering and poor drainage are common ailments of house plants. When watering, wet the soil thoroughly and then do not water again until the soil appears to be dry.

Chest Massage Saves Lives

CHAPEL HILL — There are a number of North Carolinians, once dead, who are alive today because of a first aid technique which reverses death.

Five years have passed since external heart massage was introduced as a new technique for saving lives when the heart suddenly stops beating. Its effectiveness is now sufficiently established to call for its application as an emergency procedure by individuals who have been given adequate training, the North Carolina Heart Association says.

According to the state heart group, the prompt application of external heart massage—technically, closed chest cardiopulmonary resuscitation (CCCR)—in coronary heart attacks, as in other cases of heart stoppage, has enabled lives to be saved which would previously have been lost.

A survival rate of 25 percent has been reported in a collected series of 1,270 patients.

When the technique is applied by well-trained individuals, the risk of complications (possible internal injuries) is acceptably small and the anticipated benefits are sufficiently great to warrant its prompt use in persons whose hearts have stopped beating.

Persons using the procedure must be thoroughly trained in artificial respiration as well as in cardiac massage, since the artificial respiration is vital to maintain the body's oxygen supply. If possible, two qualified persons should work over the patient, one maintaining respiration by mouth-to-mouth breathing while the other applies the external heart massage. To avoid irreparable brain damage, both respiration and circulation must be restored within 4-6 minutes of heart stoppage, the Heart Association points out.

"Sudden death" has been reversed by these procedures in a variety of circumstances, such as drowning, electric shock, asphyxiation, heart attack or heart stoppage during anesthesia or surgery, according to the statement. Resuscitation by emergency techniques must subsequently be sustained by additional medical treatment to re-establish the circulation permanently. This may include the use of drugs or special electrical equipment or both. In cooperation with its affil-

ates and their chapters (such as the Greensboro Heart Association), the American Heart Association has pioneered in the training of several thousand physicians and nurses in resuscitation techniques in the past four years, who have in turn trained thousands more. Plans for expanding this program are currently being formulated by a special committee of the North Carolina Heart Association headed by Dr. Ralph Gorten of Durham.

Ray Rites Held Monday

Funeral rites for Charles Henry Ray, 44, former member of the Bessemer City Police Department and brother of George Ray of Kings Mountain, were held Monday at 4 p.m. from Bessemer City's First Baptist church, interment following in Bessemer

City Memorial cemetery. Mr. Ray died unexpectedly Sunday at 1:30 a.m. in the Kings Mountain hospital. He was the son of the late John I. and Mary Bright Ray. His father was a member of the Cherokee County Sheriff's Department for many years. Surviving are his wife; six brothers; and two sisters.

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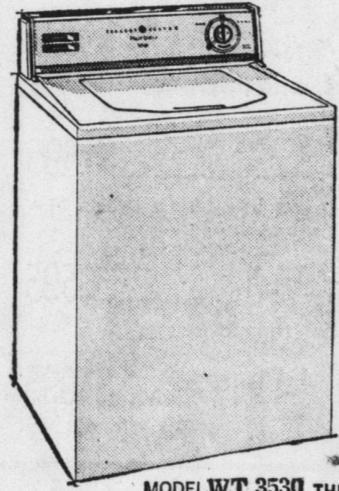
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