

MENTAL HEALTH MATTERS

ALCOHOL: A DRUG Richardson of the U. S. Department of Health, Education and Welfare. "Alcohol is the most abused drug in the United States today," said Secretary Richardson.

Generally, we don't think of alcohol as a "drug." It is, of course. This was recently emphasized by Secretary Elliott Richardson of the U. S. Department of Health, Education and Welfare. The occasion was the first annual report on Alcohol and Mental Health.

Health," prepared for the Congress by the new National Institute on Alcohol Abuse and Alcoholism of the National Institute of Mental Health.

He also stressed that alcoholism is a disease and that alcoholics should no longer be treated as criminals.

The report included findings that shed light on the nature and dimensions of this grave problem:

—Almost 10 per cent (or 9,000,000 persons) of the nation's work force are alcohol abusers and alcoholic individuals.

—Public intoxication accounts for one-third of all arrests reported each year.

—Each year also, alcohol costs

thousands of lives because of the major role that it plays in half the highway fatalities in the United States.

—Alcoholism is an illness or disease which requires rehabilitation through a broad range of health and social services.

—Present programs dealing with the problem are given a low priority and are often too often unrelated to most of the health and social resources within communities.

—Establishment of modern public health oriented facilities to deal with intoxicated persons will free law enforcement agencies from being overburdened by a large population of ill people.

Secretary Richardson said that the Federal government needs to set an example of a new attitude toward alcoholism as a disease. He also pledged HEW support to State and community programs, as well as go to medical and social research efforts.

Old Wicker Settee Back

RALEIGH — It's time to bring Grandma's old wicker settee down from the attic and spruce it up for the living room. You'll be right in style, for wicker and rattan furniture are "in" right now for every room in the house.

If you don't have any old wicker or rattan furnishings handy, you'll probably be able to buy whatever you want in retail stores, observes Mrs. Edith McGlamery, extension house furnishings specialist, North Carolina State University.

For the living room, you may find a contemporary collection in Canadian white birch veneers with rattan-trim bases. There are dining room tables and chairs, lamps, ottomans, love seats, tables and chairs of all shapes and sizes.

For the bedroom, there are wicker dressers and chests, headboards, night stands, mirror frames, as well as old-fashioned clothes-presses and writing tables. And baby can sleep in his own wicker bassinet.

To clean rattan and wicker furniture, dust regularly. Once a year, frames should be washed with a cloth dipped in mild soap and water solution and well wrung out. Rinse and dry frames and then apply a paste furniture wax.

New Rules On Construction Of Wells

Well construction in North Carolina involves more nowadays than digging and digging. The state now has a precise set of regulations and standards that must be met.

The new set of rules was drawn up to protect ground water supplies from pollution and abuse, and to safeguard health.

"The regulations and standards are very precise and they will have far-reaching effects," commented Dr. Ronald Sneed, biological and agricultural engineer at North Carolina State University. "They affect every person who obtains his or her water supply from a well. And this is a large percentage of the citizens of North Carolina."

The well regulations and standards, which were adopted by the Board of Water and Air Resources a year ago to become effective Jan. 1, 1972, require for example, that well drillers and pump installers and repairers be licensed. They also require permits for certain types of wells.

Dr. Sneed said most domestic wells are exempt from this regulation, but that irrigation wells and public water supply wells are included. Regulations set a minimum standards for wells and well locations. For example, a domestic well must be on a site not generally subject to flooding, located a minimum of 50 feet from water-tight sewage or liquid waste collection systems, a minimum of 100 feet from any potential source of contamination, a minimum of 10 feet from the property line, and at a site easily accessible for repair and maintenance.

Another regulation which is expected to have a significant effect, particularly in some sections of eastern North Carolina, states that "all wells for domestic use shall obtain water from at least 20 feet below the ground surface and from a non-polluted water-bearing zone or aquifer." Engineer Sneed said most driven wells in the eastern part of the state do not meet these criteria.

Other regulations relate to size of well casings, casing off possible sources of pollution, construction of surface facilities, treating to disinfect following construction or repair, well abandonment and other subjects.

The penalty for failure to obey well regulations and standards is \$100 for each offense. Each day during which the violation continues constitutes a separate violation.

Sources of detailed information on well requirements are local health offices, county agricultural extension offices and the Division of Ground Water, Office of Water and Air Resources, Raleigh.



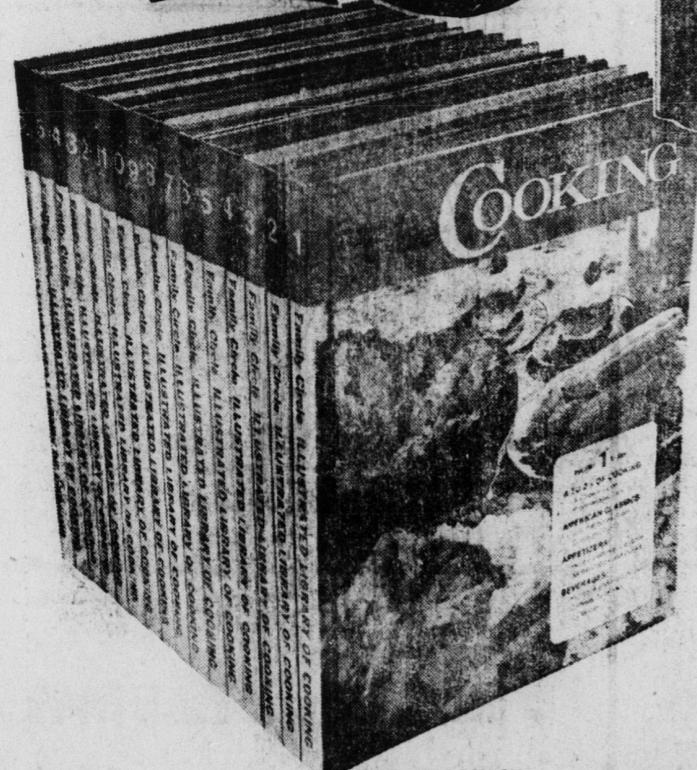
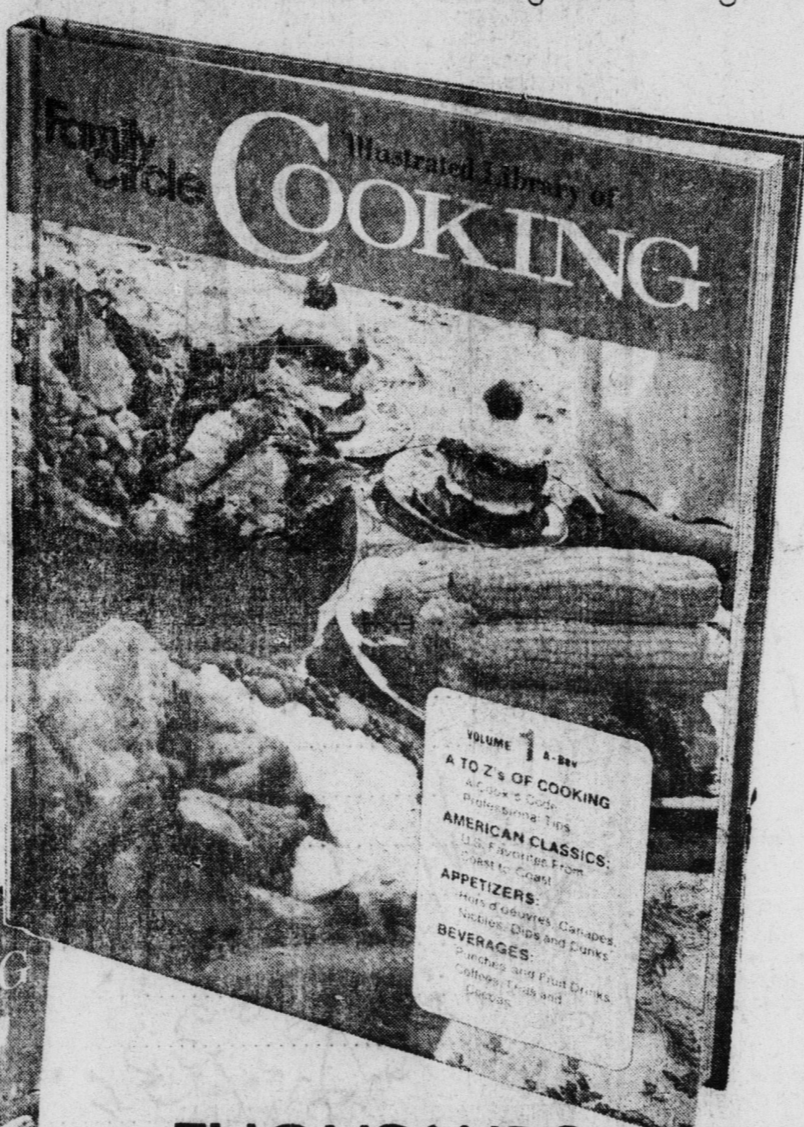
IS PROUD TO INTRODUCE THE Family Circle

ILLUSTRATED LIBRARY OF COOKING

Your ready reference for a lifetime of good eating

PROUD ENOUGH TO OFFER YOU VOLUME ONE FOR ONLY

29¢



THOUSANDS OF TRIPLE-TESTED RECIPES FROM THE KITCHENS OF FAMILY CIRCLE MAGAZINE...

VOLUMES 2 TO 16... JUST \$1.69 EACH

Is cooking the passion of your life... or just another household chore? Is the kitchen your favorite room... or just another room full of gadgets that help you get along? Whatever your answer, the Family Circle Illustrated Library of Cooking was written specifically for you!

16 MAGNIFICENT VOLUMES... OVER 2,000 PAGES

Here in sixteen easy-to-read, fact-packed volumes, is everything you'll ever need... or want to know about every aspect of cooking. Easy-as-pie short cuts and exotic gourmet touches... dinners from cans and complete formal dinners... meals that come from supermarkets and meals that take hours of pleasure to prepare. Practically everything connected with food, in fact, that you've ever asked about... wondered about... or wanted to know!

A COMPLETE LIBRARY OF ALL-ROUND KITCHEN CREATIVITY

And the Family Circle Illustrated Library of Cooking starts with the planning of each meal... guides your shopping, preparing, storing, serving... even shows you how to turn leftovers into feasts!

OVER 1000 LAVISH COLOR ILLUSTRATIONS

These magnificent illustrated volumes START where ordinary cookbooks STOP. Simple explanations and descriptions of terms and techniques that most cookbooks assume you already know... even though most readers do not! Shopping tips and professional tips. Budgeting. Preparing, Serving, Storing. How to turn a commercial cake into a gourmet dessert... or how to bake your own. Tricks with frozen food, canned food... or fresh-from-the-farm food. Everything from sandwiches to foreign delicacies, from breakfast to late supper from leftover snacks to sixteen course banquets. Recipes? By the thousands! Forty-eight special cookbooks within cookbooks, in fact. And every recipe triple-tested in Family Circle's own kitchens. But that's just the beginning! The Family Circle Illustrated Library of Cooking starts with the planning of each meal... guides your shopping, preparing, storing, serving... even shows you how to turn leftovers into feasts!

Stop in today. Look through Volume 1... and see if you don't agree. The Family Circle Illustrated Library of Cooking will quickly earn a place of honor in your kitchen... and will soon be the most popular set of books you own! GET VOLUME 1 TODAY... JUST 29¢

Here's just a sample of topics covered in later volumes!

- Birds**—Chicken, Turkey, Duck, Goose, etc.
- Stuffing**—roasting, baking, carving
- Breads**—back to baking your own
- Burgers**—ingenious ways to use ground meats
- Cakes**—from scratch and those to buy and build on

START YOUR SET TODAY!

- Canned Foods**—inventive recipes using these convenient staples
- Cooking for two... or a crowd**—menus and recipes for any occasion
- Desserts**—Plain and Fancy—the best Family Circle has offered
- Frozen Foods**—Buying and using, cooking and storing
- Herbs and Spices**—How, when, where and which—all you need to know
- Hotdogs**—Dozens of dandy ways to serve them
- Lunch Boxes**—Lunches to box and take—make, wrap & pack
- Pastries and Pies**—The best recipes from Family Circle
- Roasts**—Juicy and Tender beef, veal, lamb, pork & more
- Salads**—Green, fruit, molded, vegetable, main dish, dressings
- Sandwiches**—Open and shut—every kind for every occasion
- Seafood**—Fresh, frozen, canned and dried—250 ways from the sea
- Soups**—Thick and thin, hot and cold
- Steaks and Chops**—A world of variety... and much, much more... all carefully indexed for easiest finding, easiest reading!

HERALD CLASSIFIED ADS PAY

The Twilight Zone
Presents
Back To School Wardrobe
BACK TO SCHOOL PRICES!
Low Rise & Baggie Jeans \$7.00 - \$12.00
Knit Shirts for Guys & Gals \$4.00 - \$14.00
Complete Line of Accessories
King Size Waterbeds - \$19.95

For The Fashion Look Come To
The Twilight Zone
111 S. DEAL ST.
KINGS MOUNTAIN, N. C.

HAPPY SCHOOL DAYS

LOANS UP TO \$900

Time for school again and all the extra expenses. See us for cash to pay all the bills and get your kids started back to school. Call or visit Triangle Finance Corp. at 123 W. Mountain St.

TELEPHONE 739-2576

LAST CHANCE TO GET IN ON IT.

Everybody who's anybody is there. Printing is about to begin on the new directory and Yellow Pages. So remember, extra directory listings cost very little. And if you're in business, you should be in the Yellow Pages, too. The deadline's almost here. Don't miss it. Call our Business Office now.

Kings Mountain Savings & Loan Association
P. O. BOX 746 KINGS MOUNTAIN, NORTH CAROLINA 28087

MEMBER FEDERAL SAVINGS AND LOAN INSURANCE CORPORATION
WE'RE DOING A LOT FOR AMERICA. WE WANT TO DO MORE.