

EDITORIALS & OPINIONS

In memory of Mrs. Cash

In Memorium:

To have known Mrs. Lee Robinson Cash was to have known a fine lady. She was a devoted wife, mother and an inspiring friend to all who knew her.

Mrs. Cash was a gardener of distinction and her flowers and plants won many blue ribbons and much praise throughout the state. Her vast knowledge of flowers, plants, trees and birds she shared willingly with her many friends.

She was a charter member and past president of the Open Gate Garden Club. She gave so much of herself and asked so little in return. She will be greatly missed.

Marie Rehder Gerdes wrote the official collect for gardeners and I would like to include it especially for the late Mrs. Cash.

OFFICIAL COLLECT

"Our Heavenly Father, who dost feed the

birds and clothe the flowers and who knoweth and careth for every need of us, thy children, so enlighten our minds to use wisely all the gifts of thy mighty hand, that we, being imbued with thy Holy Spirit, may work thy will that those who come after may mark their path by our footsteps.

"For all the beauty of the earth, Father in Heaven, we thank thee.

"For our families, our friends, our free and beautiful country, Father in Heaven, we thank thee.

"We beseech thee of thy great goodness and tender mercy to forgive our sins, and grant that as we work together in fellowship we may draw closer to thee, Almighty God, in whose name we pray. Amen."

MRS. JAMES J. DICKEY
President,
Open Gate Garden Club
Kings Mountain

Praises for rescuers

To the editor:

On June 27 I had the opportunity of observing the Kings Mountain Rescue Squad in action at an automobile accident scene on Linwood Dr. These men exhibited their considerable skill and knowledge in their speedy attentions to the injured driver. In

addition, the KM Rescue Squad members showed commendable concern and compassion for the victim as they rendered medical assistance. Their use of technique and equipment was excellent.

I would like to praise the members of the Kings Mountain Rescue Squad. They are a credit to the community and because of their volunteer service, other citizens can expect the security of knowledgeable assistance in time of need.

VAN BIRMINGHAM
1023 Linwood Dr.
Kings Mountain

Thank you

An Open Letter to Mayor John Henry Moss and the Kings Mountain Community Development Office Staff:

Words are inadequate for me to thank you for the improvements you have made in my house and life at 218 Fulton St. I can never praise enough the city's housing rehabilitation program and I want to thank each of you who had a part.

I have lived at 218 Fulton St. for more than 30 years. Because I live on a low income, I am unable to do the repairs which have been needed for such a long time on my residence. For several winters now I have covered the windows with plastic but this has not kept out the cold. Thanks to you, this coming winter I will not freeze and my heating bill will be greatly reduced. My backporch has been underpinned, storm windows and doors have been installed and the entire house has been insulated. There are new windows also in the bedrooms and kitchen. My house has a new look with the recent painting and flooring completed about three weeks ago.

To all who had a part in this renovation—Mayor Moss, board of commissioners, Development Director Arnold Gordon-Wright, Reg Alexander, Boots McDaniel, and to contractor Clyde McDaniel and his work crews, I thank you most sincerely.

MRS. BESSIE WEST
218 Fulton St.

Let this be a lesson . . .

When we were little and did something wrong, an adult would moralize our punishment with the comment "let this be a lesson to you." And it usually was.

The United States could do well to take heed to that old-fashioned advice. Economists predict there will be another 800 million people on earth in just five years. When today's school children are middle-aged - 25 scant years from now - the world population will have jumped from 4 billion to 6.7 billion!

Somebody's going to have to feed all these people. There is already fear there will not be enough food to go around. Americans once suffered the disruptive consequences of an oil shortage - the suffering would be many times greater if we were seriously short of food.

For a number of years, world food production was more than keeping up with population growth. But in the last several years, per capita food production has dropped back to the level of twelve years ago.

Less than five percent of the American population is left on farms producing all the food and fiber we consume. The production capacity for milk and dairy products is a frightening example of how rapidly our resources are shrinking. In 1960, there were almost 3 million families milking cows. Now there are only 300,000.

Many economists are concerned that we may be on the edge of a permanent domestic milk shortage that could make us dangerously dependent on foreign producers. The oil crisis is a depressing reminder of what happens in this country when we allow ourselves to become dependent on foreign producers for our needs.

Wasn't that lesson enough for us? We hope so.

TOM MCINTYRE



How to squelch a wag

Darrell Austin was visiting a local club one evening recently when he was verbally set upon by a KMer known for his acid tongue. The wag spoke loud enough for everyone in the joint to hear as he quizzed Darrell about the choice of names and photos that appear frequently in The Mirror-Herald.

Said wag concluded by saying, "Why don't you ever have my name in the paper?"

"Your name has been in the paper for four consecutive weeks," Darrell answered.

"Why?" the wag asked.

"For not paying your taxes."

Said wag immediately received the jeers he has subjected others to for years.

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Tom Trott informs us the "most thrilling moment" in his life was sitting on the same platform with President Franklin D. Roosevelt at the "Green Pastures Rally" in 1938.

"Imagine that. Me, sitting on the same platform with FDR," Tom said. "...Me and a hundred other people...And fifty of them were Secret Service agents."

"When it was over I started over to speak to The President," Tom continued, "but a Secret Service man threw a body block on me. I could say I shook hands with FDR, but...I'd be telling a lie."

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Ben Moomaw's got a story about FDR, too. This one also took place in 1938. The weekend of the Fourth of July, to be exact.

Ben was then District Ranger of Yorktown National Park at the time, Yorktown being in Virginia. Near the park was a place called Carter's Grove, owned by the McRae Family.

"We got a message that FDR was going to visit the park on July 4th," Ben said. "We thought it was just a story, but when the President's right-hand man, Col. Starling, showed up to say the same thing we knew it was true. Starling said FDR would arrive on The Sequoia and motor to Carter's Grove to spend the night, then would visit the park before sailing away again."

When the Sequoia arrived, Col. Starling led the way, stopping briefly to rebuke a fellow on the dock, Ben said. "Seems this fellow showed up everywhere The President did."

Same fellow showed up two more times during this visit, according to Ben. The third time was on the dock where the Sequoia was at anchor in the York River.

"I've told you for the last time," Col. Starling said to the fellow, then literally picked him up and dropped him off the dock into 40 feet of water, according to Ben.

"To this day," Ben said, "no one really knows what happened to that poor fellow. No one bothered to fish him out while we were there. But, maybe he got lucky. Usually the river at the point where he was dropped in is 100 feet deep."



Poets Corner

THERE'S LACE ON THE HILL SIDE

Queen Anne's lace is showing
under foot and by the yard,
Unfolding 'ore the hill side
like flowers on a greeting card.

Dewdrops linger to sparkle
glowing sequins on the lace,
When sunshine greets the morning
and sunbeams fall in space.

Edging along the country road
unwinding around a curve,
Waving in the wind
a delight to observe.

Medallions of dainty florets
a pad for a bumble bee,
A rest stop for a butterfly
Where nectar is given free.

The warm breeze ripples through
to dry the morning dew,
Queen Anne's lace grows wild
to be picked by me and you.

VIVIAN S. BILTCLIFFE

Medicine may cause harm

By LINDA MILLER
Special to Mirror-Herald

RALEIGH — Sometimes medicines you take to improve your health can cause you harm.

Understanding the effects drugs may cause is essential, especially when mixing two or more together or with alcohol. If you are an older adult, this warning is particularly meant for you.

Older adults in America today make up approximately 10 percent of the population. Yet they take more than 25 percent of all drugs prescribed. More than one third of the over 60 population takes five or more medications at the same time.

Drugs are the largest personal health cost for older people, accounting for approximately 20 percent of their total health expenditures.

Taking multiple medicines and mixing them with alcoholic beverages sometimes can lead to bad drug reactions, side effects and death. Medicine swapping with friends and relatives, not following the exact directions, and failing to report to your doctor all medications and other substances (such as caffeine in coffee, tea and cola) you

are taking can increase these risks.

Many drugs are prescribed for specifically diagnosed diseases such as arthritis, heart disease, cancer, diabetes, emphysema, glaucoma and hypertension. Others are prescribed for more vague complaints such as anxiety, depression and other symptoms such as senility. Many of these drugs are the "psychoactive" type.

The older adult receives an average of 3.6 prescriptions annually for psychoactive drugs. More than 80 percent of all acute drug reactions among other people result from the misuse of these drugs.

Psychoactive drugs are mood changing substances such as tranquilizers, antidepressants, sedatives and stimulants. Two out of three of the drugs most often prescribed for older adults are psychoactive-tranquilizers, Valium and Librium. The third is the pain killer, Darvon.

Drug overkill - prescribing more drugs or stronger doses than an older adult can safely metabolize is another problem.

With growing age, the body processes slow down, and the body retains drugs longer. The 70 year old has twice the chance of experiencing a bad reaction as a 40 year old, when one additional drug is taken. Multiply

this chance several times over and it is easy to see that multiple drug use can be harmful, and possibly life-threatening.

Doctors and pharmacologists need to work together to insure the safe and effective use of medications. They should insist that patients keep a list of all medicines they are taking and carefully review directions with them for prescriptions.

But the final responsibility for the proper use of medications rests with the individual. Here is a reminder list to clip and save:

- +Avoid mixing alcoholic beverages with certain medications. Learn what they are and how they effect you.
- +Keep a record of all drugs you are sensitive or allergic to.
- +Tell your doctor about all medicines you are taking, both prescribed and ones bought over the counter and other substances such as alcohol and caffeine.
- +Be sure you understand all instructions before starting to use a drug. Take the medicine until you have finished it.
- +When taking two or more medicines, make a schedule so you will remember them.
- +Call your doctor if you notice new symptoms or side effects.

Folk medicine dying art

By LUCY COLBOURN
Special to Mirror-Herald

A good potential source of new drugs is being overlooked by modern medicine today, says a North Carolina State University ethnobotanist, Edward M. Croom Jr. He refers to plants and herbs and the dying art of folk medicine.

Croom, a master's candidate in botany from Charlotte, recently completed a study of the "Medicinal Plants of the Lumbee Indians" and is collecting information from other North Carolina cultures on the home use of plants for medicinal purposes.

He has been invited to report on his research with the Lumbee Indians before a nationwide meeting of the Society for Economic Botany at N.C. State's McKimmon Center June 10-13.

Croom undertook the project with the Lumbees because he believes there may be several plants with therapeutic qualities which could supply new drugs, or in their unique action on a particular disease may point to increased knowledge of that disease and suggest a different approach to its cure or control.

Knowledge is Dying

Part of the problem in documenting medicinal plants and their uses is that knowledge of them is to some degree dying out.

"No one since the early naturalists who

came through the state in the 1700's has gone back through Eastern North Carolina and collected the plants to see scientifically what they are," Croom said.

"There are many unique uses of plants in our area that have not been documented," he explained. "Some of these are now memory culture."

Croom said that most of the herbalists or "folk doctors" are older people.

"The younger Indians appear to be moving in much the same direction as our culture is," he said.

Yet, Croom says, he was amazed at the botanical knowledge of some of the older people. (Only two out of 25 herbalists used some form of magic or spiritual practice with their treatments.)

He found that some of the patients went to a medical doctor for a diagnosis, then visited the herbalist for the cures and remedies, and later returned to the doctors to make sure they were cured.

From Diabetes to Rheumatism

"They have remedies for diabetes, arthritis, rheumatism, colds, flu and measles. And, there are a lot of remedies to break a fever or for general upset stomach," he said. "I think if you talk to doctors, you'll find these are the things they mostly treat."

Among some of the Lumbee remedies are: pine tops and/or rabbit tobacco made into a tea for colds; asparagus tea for breaking out

measles and to break a fever; possum haw made into a tea for the control of diabetes; reindeer moss made into a poultice for healing sores; and ground cedar made into a poultice or an infusion for bathing for rheumatism.

Croom said he also discovered the use by the Lumbees of catnip tea for babies with colic and by the Catawba Indians to help babies sleep.

Croom's experience with the Lumbee herbalists showed him that a large percentage of them know the plants they are using. Besides taking data on the plants' uses, he went into the field and gathered specimens of the plants and verified their identification. He also searched other literature for mentions of medical uses of the plants, an investigation which turned up some striking similarities.

Chinese Cure

Chinese botanical literature refers to the continued use of the ground cedar for rheumatism.

He also found a high degree of duplication of information from the herbalists which he says to some extent verifies the informants.

Several times, Croom says, he tested his informants with various samples of plants and in the field. There was one man who knew the plants so well he pointed out differences that were "below the species level."

Some of the herbalists had many people who regularly returned to them for cures—a fact which Croom says indicates some degree of success. He thinks the evidence warrants further research with some of the plants and their principal ingredients.

"Modern drug research," he said, "is almost totally directed toward chemical modification of known drugs. This way they can know more about the interactions and know exactly what everything is."

"When you start with a plant, you don't know how many chemical compounds you have in there, nor which is the most physiologically active."

"Plant research is a more costly form of research," he admitted. "But it takes a gamble sometimes for the big breakthrough. It is just amazing with all the talk of natural drugs and plants, how very little research is going on with them today."

What's your opinion?

.. We want to hear your opinion on things of interest to you. Address all correspondence for this page to Reader Dialogue, Mirror-Herald, P.O. Box Drawer 753, Kings Mountain, N.C., 28086. Be sure and sign proper name and include your address. Unsigned letters will not be published.

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