

# The BADIN BULLETIN

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## OF GENERAL INTEREST

### POT ROOMS PAST AND PRESENT

By R. E. PARKS, Operating Superintendent

No Badin Pot Room history would be correct without some reference to the plans of the French Company. The French people planned to put their pot rooms on top of Mount Ararat. Possibly they were anxious to get well above the flood waters of the Yadkin River, as the name of the "mountain" would suggest. However that may be, they spent considerable time and money leveling off the top of this so-called "mountain," and had already proceeded quite a way with the erection of the potroom buildings when they were forced to suspend operations in the Fall of 1914. They were going to operate some real pots, considerably larger than the variety seen in our present pot rooms, and using the "chic Usine" electrodes previously mentioned in the pages of this Bulletin.

After the Aluminum Company of America had taken over the French holdings, plans were changed. Although there was some talk at one time of operating some of these huge pots, the scheme was finally abandoned, and the present potrooms started. Mr. F. R. Kemmer was sent down early in 1916, and arrangements were made whereby enough power could be purchased from the Southern Power Company to operate one potroom, in order to break in a crew of men so that when the Narrows dam was completed and plenty of power available there would be a good operating crew ready to take hold. One of Mr. Kemmer's first acts when he found out that one potroom was to be operated was to board the train for Maryville and request the gift of a potroom foreman with a full crew of head potmen, helpers, tappers, etc. Most of the old timers in the Badin Pot Rooms now came over with this crew, and it was a disappointed bunch that arrived in Whitney in May, 1916, and found that

it would be several weeks before potroom 22 could be started. However, after several weeks of land clearing and material handling and various other miscellaneous jobs, they found things ready to start, and Room 22 was cut in with the usual "fireworks" by way of celebration. Tom Hutton, as foreman, had his hands full, but with the able and willing assistance of the men associated with him Potroom No. 22 at Badin was soon making a record which has never been surpassed by the Badin Works since that first winter. Good grades? Yes, Sir! It was nothing unusual to see a whole section produce "B" grade metal. They knew how to keep their copper content low in those days too, and some of the old analyses show a whole day's run with nothing but a trace of copper in any of the metal. They got good outputs, too! Mr. Hawkins, whose headquarters were in one end of the other potroom close by, still loves to look back at the old records, and often remarks about like this: "Now when Potroom 22 was running back in 1916 —". I don't blame you, Mr. Hawkins; them was glorious days; but it was hard work and good work that produced results, and one of these bright days in the near future we are going to show you that it can be done again.

In July, 1917, the dam was completed. "Jersey" had been ousted from the Carbon Plant, and had taken up quarters in the East end of Building 30. The lake was filling up rapidly, and finally everything was ready for the grand start. As the writer happened to be over in Badin at the time, he can testify that the weather was "slightly" warm. Someone had failed to send the weather man his monthly box of cigars, and he was taking it out on the Potrooms.

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### The Real Cause of Disease

By THOS. J. FENTON, M. D.

*"All the ills to which human flesh is heir, are due to auto-intoxication."*

*"If it were not for auto-intoxication, there would be no need of doctors."*

These startling statements, uttered by some obscure individual, might not attract much attention, but coming, as they did, from the lips of one of the greatest surgeons of all times, produced a profound sensation. Some of the world's leading medical men were present at the clinic in Guy's hospital, London, in the year of 1910, when the celebrated Sir Arbuthnot Lane gave expression to the above quoted dicta.

Lane was then called an extremist, but shortly his hearers, and others, working in the same field, began to appreciate that the Englishman's opinions were well grounded, and to accept his theory, and today Lane has few opponents among leaders of the medical profession.

Bright's disease, diseases of the heart, liver, stomach, and nervous system, as well as rheumatism, diabetes, and the anemias, are all due to auto-intoxication, according to this eminent authority.

And what is auto-intoxication! It is self poisoning—that is, poisoning by substances, called toxins, which are formed in one's own body, usually in the intestines.

According to Lane, the modus operandi is as follows: The normal, onward progress of the by-products of digestion, is retarded by one or more of a number of conditions or unwholesome practices. Among the more common of these are—obstructions within the abdomen, for example, tumors, bands of adhesions, and the like, which press upon and partially close the bowel, much as stepping upon a garden hose interferes with the flow of water; the drinking of too little liquids;

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