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NEWS LETTER

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DEATH RATES IN NORTH CAROLINA

THE VIRTUES OF POT LIQUOR

"Learn to love your liquor," advises Philander D. Poston, writing in the Washington Post. He hastens to explain that this may be done without violation of the Volstead Law, for he refers to "pot liquor," or water in which vegetables have been boiled—once a staple of Southern food, but now, he charges, too often poured down the sink. Col. Henry Watterson, he tells us, claimed that "pot liquor" made the Confederate soldier the best individual fighter and the finest type of hardy manhood the world has ever seen. He insisted that, without "pot liquor," the Southern Confederacy would have fallen within six months, instead of holding out against overwhelming odds for four long years. Mr. Poston continues:

" 'Pot liquor' is just plain vegetable essence, or the water in which vegetables are boiled, which nearly everyone pours down the sink. It's that sturdy stuff, dear to the heart and stomach of the real negro 'buck,' that tower of strength and endurance who wins our admiration when we watch the play of his brawn and bone in the happy execution of his hard physical tasks. 'Pot liquor' is quite foreign to the frail and educated 'colored gentleman,' but just mention it to a real sturdy, downright negro, and watch him smile.

"Evolution works from the ground upward. The earth is composed of certain minerals, such as iron, lime, soda, phosphorous, iodin, etc. These same minerals are found in seawater; in the vegetable and animal kingdoms, and in physical man. Nature, always responding to the eternal cosmic urge, causes the vegetables to eat, digest, assimilate and deposit in the cells of the plant these minerals from the soil. After being so treated, they are advanced to the next higher plane of life—the vegetable kingdom. Now they are refined and made ready for another upward move and similar process in the animal and human body.

"Vegetation receives from still another source another power—tremendous in its strength and eternal in its vitality. That power is solar energy. It comes to the earth in the form of sun-rays, and vegetation, exposed to these constant rays, absorbs this vital power and locks it up tight in the vegetable cells along with the minerals from the earth. There, in the leaf, which is the chemical laboratory of the plant, in the pod, in the fruit, and in the grain, are blended and bound together the Almighty powers of sun and of earth.

"But, right here, man steps in and spoils it all. He destroys or throws away practically all value in the vegetables he cooks and eats. In the hard, long boiling, the vegetable cells are broken open and the mineral wealth and vitamins liberated into the water and steam. This great wealth is then drained off, or pressed out, and poured down the sink!

"Millions of people in the United States face actual starvation, not for lack of food in quantity, for our harvests are bountiful, but because, through commercial processes and further destructive treatment wherever food is served, little remains in the form of minerals and vitamins."

Mr. Poston goes on to instruct the modern wasteful cook how to insure a copious and toothsome supply of the liquid that once made the Sunny South strong. He advises:

"In boiling vegetables they should be started with a moderate amount of water, more water being added from time to time as cooking proceeds, to the end that a moderate amount of essence remains when the vegetable is done. This essence contains what remains of the minerals and vitamins, and should be served along with the vegetable, in a bowl, and drunk, with a spoon, or separately as a broth.

"Boiling should be at a high temperature and for a short period rather than at a lower temperature for a longer period. Quick cooking saves much of value in food. A moderate amount of bacon may be boiled with vegetables where appropriate and desired. Too much meat will cause the essence to be greasy and unpalatable for drinking. Milk and butter may be used in seasoning, after cooking of vegetable is complete. Flour thickening should be avoided.

"The rule in every home, cafe, club, boarding-house and institution is to dump the vegetable essence down the sink, then to 'cream' with deadly white flour the even more dead and deadly bodies of the vegetable cells from which the life has fled, and adding condiments in a vain effort to put some semblance of life or taste into this muddled mess.

"Leave in your vegetables this vital life fluid, wasting not a drop. Soon you will form a taste and thirst for this rare stuff. Take it often and in volume and start now the replacement in your body of the life elements for which it has for years starved, giving it an abundance of this building and vitalizing material that will mean to you a new life and a better mental order. When you drain this essence down the sink, with it goes from 75 to 90 percent of the money value you paid for the vegetables. This monetary loss is as nothing compared with the irreparable loss to you in body and in mind through such a silly act.

"To 'pot liquor' there's a powerful kick, but no backfire. It gives you headway, but not headache. It will keep you within the law, but without a doctor or bondsman. It's the safest, sanest, surest way to good health and a good time.

"Learn to love your liquor and take it daily, but take it from the pot."—Literary Digest.

DECLINE IN LUMBER CUT

For some years North Carolina has been declining in importance as a lumber state. Practically every year for the last decade a new state has forged ahead of ours in the amount of lumber cut. If we continue to decline as within recent years, it will not be long before North Carolina will have become an unimportant lumber state. And only a decade or so ago she ranked among the first three or four states of the Union in lumber cut annually. A recent report issued by the Federal Department of Commerce gives the amount of lumber cut by identical reporting mills for the years 1923 and 1924. For North Carolina the identical mills reported that they cut eighteen percent less lumber in 1924 than in 1923, the largest decrease reported by any state. It is likely that the reporting mills give an indication of the general condition for all mills in the state. The lumber cut in North Carolina annually is now only about half as great as it was a decade ago.

Our Timber Possibilities

Among the greatest of North Carolina's resources are her potentialities in the production of timber. Perhaps there is no waste in the state so great as our failure to utilize properly our natural possibilities as a timber state. The climate of North Carolina is conducive to the rapid growth of trees—long warm growing seasons with plenty of moisture, and short winters that give firmness to the wood. A tree grows much more rapidly in North Carolina than in the states to the north of us. In fact it is doubtful if there is another state that possesses a better combination of natural resources conducive to timber production.

Abundance of Land

And what about our land area? There are around 23 million acres in North Carolina that are not used for agricultural purposes. Of our total land area, only about 25 percent is under cultivation. It is reported on the highest authority that of the land area not under cultivation at least 19 million acres are potential forest lands even under present conditions. Millions of acres in North Carolina, how many nobody knows, are lying absolutely idle. There are additional millions of acres now growing timber whose yield could be increased by the application of improved methods.

It is estimated that an average acre of land in North Carolina will grow at least 300 board feet of timber per year, not counting fire-wood and the like. There are about 20 million acres of land in the state that are potential forest lands. Thus it appears that the state could grow six billion board feet of timber per year. We are now cutting only about one billion board feet with smaller cuts in sight for the years to come. A few million dollars spent by North Carolina on forest conservation would yield enormous dividends. The State is now spending only a few thousand dollars a year developing and conserving her forest resources! Not much can be done on our meagre expenditure beyond paying the salaries of a small office force, and not much should be expected. We are doing too little to conserve and develop our forest resources, and we shall be sorry for our negligence in the years to come. We must do more to develop and conserve our wonderful natural resources. And of them all our forests should receive first consideration.

N. C. CLUB YEAR-BOOK

The 1923-24 Year-Book of the North Carolina Club of the University of North Carolina is off the press. The title of the book is What Next in North Carolina? The book covers fourteen subjects of immediate concern to North Carolinians.

As long as the limited edition lasts a copy will be sent free to North Carolinians who write for it. The price to those outside the state is seventy-five cents. For a copy address The University Extension Division, Chapel Hill, N. C.

THE URBAN DRIFT

Ten years ago a little more than 45 percent of the population of the United states lived in cities. Now the urban population is more than 50 percent. The trend is especially marked in New York. Of the entire population of the state, about 83 percent is found in the cities, an increase of more than 5 percent in the last decade.

Nearly 70 percent of the population of California is found in the cities and the proportion is about the same in Illinois. The highest percentage is found in Rhode Island where 97.5 percent of the population now lives in cities. Massachusetts has the next largest urban population in proportion to its total population, with nearly 95 percent urban.

North Carolina is one of the highly rural states of the Union, yet few states are urbanizing more rapidly. In 1910 seventy-five percent of our people lived in the open country, while by 1920 the rate had dropped to 71 percent, and it is much lower today. In a few more years half the population of North Carolina will live in towns, at our present rate of urbanization.

ACTIVE COTTON SPINDLES

If activity of cotton mills is any sign of relative prosperity, then North Carolina mills are more prosperous than those of any other state, with South Carolina next. For a good many months the mills of this state have led the Union in the activity of their spindles. For March 1925 the average spindle in North Carolina ran 311 hours against 227 hours for the entire Nation and 156 hours for Massachusetts. In aggregate active spindle hours—active spindles multiplied by hours in operation—North Carolina leads the states of the Union. Massachusetts has nearly twice as many spindles in place but her aggregate spindle hours fall short of North Carolina's.

North Carolina had 18 percent of all spindles in place in the United States, but nearly 22 percent of the total spindle hours of the Nation.

During March 97.5 percent of all spindles in North Carolina were active, against 88 percent for the United States.

The average spindle in North Carolina ran 37 percent more hours than the average for the Nation, 311 hours against 227 hours.

The average North Carolina spindle ran twice as many hours as the average for Massachusetts.

If activity is any indication of relative prosperity, our mills are better off than the mills of any other state.

PEDIATRICS COURSES

Instructors for the summer postgraduate medical courses in Pediatrics, organized for the physicians of the state by the extension division of the State University, have just been announced by Chester D. Snell, director of the division.

Dr. Jean V. Cooke and Dr. Alexis F. Hartman, of Washington University Pediatric Hospital, will have charge of the circuit classes in the northwestern part of the state. Both of these physicians taught in the successful courses of last summer. On this circuit the work is being offered to nine towns from which six will finally be selected. The towns are North Wilkesboro, Mount Airy, Winston-Salem, Reidsville, High Point, Greensboro, Lexington, Salisbury, and Burlington. According to the announcement, the first six centers which produce 15 or more signatures to the applications sent out recently will be chosen and the other three dropped.

The centers where the groups will meet on the Tidewater circuit are: Selma, Goldsboro, Tarboro, and Rocky Mount. The instructor for this circuit will be Dr. Wayne A. Rupe, of Washington University. Dr. Rupe has been for two years chief resident physician in the St. Louis Children's Hospital, and at present is in charge of the Pediatrics out-patient department of the Washington University Dispensary and is associate visting pediatrician to the children's hospital

According to the announcement by Director Snell, 60 applications from physicians have already been received, and there is keen competition between the various medical societies which desire a class to be located where they can conveniently attend.

URBAN AND RURALCHILDREN

Which have fewer physical defects, city children or country children? The advantages seem to be in favor of the city child, according to tables recently published by the Division of Research, National Education Association.

Some of the findings derived from their investigations are as follows. It was found that 2.1 percent of city children have defective breathing, while 4.2 percent of country children have defective breathing. Ear defects were found to exist for 1.3 percent of city children and 4.8 percent of country children. Two and seven-tenths percent of city children had enlarged glands, and 6.4 percent of country children. It was found that 7.65 percent of city children, and 16.6 percent of country children suffered from malnutrition. Eye defects were found in the case of 13.4 percent of city children, against 21 percent of country children. Only half as many city children have adenoids as country children, 12.5 percent against 23.4 percent. Nearly twice as many defective tonsils were found for the country children as for city children, 28.14 percent against 16.42 percent. One-third of city children had defective teeth against half of all country children.

Country children have more fresh air but not as much medical attention. With the same medical care and attention country children would be healthier than city children for country environment is more conducive to health than city environment.

DEATHS PER 1,000 POPULATION

In North Carolina for 1923

In the following table, based on the Annual Report of the Bureau of Vital Statistics of the State Board of Health and the Census Estimate of Population for the year 1923, the counties are ranked from low to high in deaths per 1,000 population. The table also shows the total number of deaths per county for that year.

State total of deaths 32,396 or 12 deaths per 1,000 population; United States, 12.4 deaths per 1,000 population.

Graham county had the lowest death rate and the fewest deaths. Buncombe led in the number of deaths and in the rate, due to her numerous hospitals for tuberculosis and other ills. A few other counties rank low for similar reasons.

C. H. Yarborough, Franklin County
Department of Rural Social-Economics, University of North Carolina

Rank	County	Deaths	Per 1,000 Inhabs.	Rank	County	Deaths	Per 1,000 Inhabs.
1	Graham	16	3.2	51	Randolph	359	11.4
2	Yancey	88	5.4	51	Duplin	366	11.4
3	Avery	70	6.6	51	Currituck	83	11.4
4	Hyde	64	7.6	54	Watauga	156	11.5
5	Transylvania	78	7.7	54	Rutherford	376	11.5
5	Cleveland	279	7.7	54	Bladen	233	11.5
7	Yadkin	131	7.8	57	Jackson	162	11.9
8	Anson	240	8.1	58	Columbus	372	12.0
9	Madison	172	8.5	59	Halifax	557	12.1
9	Catawba	308	8.5	60	Henderson	233	12.2
11	Swain	127	8.9	60	Clay	60	12.2
11	Gates	95	8.9	62	Richmond	341	12.3
13	Stanly	274	9.0	62	Edgecombe	496	12.3
14	Caldwell	193	9.2	64	Person	243	12.4
15	Davidson	348	9.3	65	Northampton	296	12.5
15	Alleghany	69	9.3	65	Cumberland	487	12.5
17	Iredell	373	9.4	67	Nash	533	12.6
18	Polk	88	9.5	67	Gaston	711	12.6
18	Caswell	153	9.5	67	Bertie	308	12.6
20	Ashe	211	9.7	70	Perquimans	144	12.8
20	Alexander	121	9.7	70	Hertford	213	12.8
22	Stokes	205	9.8	70	Burke	308	12.8
22	Pamlico	89	9.8	70	Alamance	439	12.8
22	McDowell	177	9.8	74	Mecklenburg	1,169	12.9
22	Lincoln	178	9.8	74	Guilford	1,116	12.9
22	Haywood	241	9.8	76	Craven	402	13.2
27	Union	369	9.9	77	Pender	197	13.3
27	Dare	52	9.9	77	Camden	72	13.3
29	Jones	104	10.0	79	Warren	300	13.5
29	Carteret	161	10.0	80	Tyrrell	66	13.6
31	Sampson	389	10.1	80	Scotland	214	13.6
31	Robeson	557	10.1	80	Lenoir	437	13.6
31	Moore	233	10.1	80	Greene	237	13.6
31	Macon	133	10.1	84	Orange	264	13.9
35	Wilkes	344	10.2	84	Beaufort	433	13.9
35	Harnett	313	10.2	86	Martin	307	14.0
37	Granville	284	10.3	86	Lee	198	14.0
38	Mitchell	119	10.5	86	Forsyth	1,239	14.0
38	Brunswick	158	10.5	89	Pitt	704	14.3
40	Davie	149	10.9	89	New Hanover	628	14.3
40	Rowan	507	10.9	91	Wilson	578	14.4
40	Franklin	300	10.9	92	Vance	359	14.9
43	Onslow	165	11.0	93	Chowan	160	15.0
43	Chatham	268	11.0	94	Wayne	708	15.2
43	Cabarrus	401	11.0	95	Wake	1,226	15.4
46	Surry	377	11.2	96	Pasquotank	284	15.7
46	Rockingham	527	11.2	97	Hoke	190	16.2
46	Montgomery	165	11.2	98	Durham	742	16.5
46	Johnston	584	11.2	99	Washington	196	16.9
50	Cherokee	177	11.3	100	Buncombe	1,309	18.8