

NORTH CAROLINA SPENDS \$35.20 FOR EDUCATION

Raleigh—North Carolina spent during 1927-28 one-half as much per pupil enrolled as the nation as a whole, according to State School Facts, official publication of the Department of Public Instruction.

The per capita amount expended for current operation of the schools in North Carolina was \$35.20, whereas for the United States at large it was \$71.20 per pupil. School Facts points out and shows graphically in a chart in its latest issue. The current expenditure for schools includes amounts for the following classifications of items: general control, instruction, operation of school plant, maintenance, auxiliary agencies (libraries, promotion of health, transportation of pupils, compulsory attendance, etc.), fixed charges (pension, rent and insurance) and interest on indebtedness.

Per capita cost data for each State, School Facts continues, show considerable range. The per capita cost of \$118.49 in New York, the highest is more than five times that

of \$23.07 in Georgia, the lowest. There are two factors materially affecting the amount of cost per pupil in the several states, according to the departmental publication. One is the density of population and is generally noticeable in the North-western States. Sparsely settled states, as Wyoming and Nevada, probably pay more per pupil for a given educational program than do those states where density of population is more pronounced. Such states must either pay for transportation of pupils or assign a smaller number of pupils to a teacher than is assigned elsewhere.

In the South, there is no question of race. Negro teachers are not as well trained as white teachers and consequently receive a lower annual salary. Colored children do not attend school as well as white children and for this reason the number of pupils enrolled per teacher is slightly higher than for the white race. These facts tend to decrease the per capita cost of education in those states having a large per cent of negro population.

BREAD IS BEST OF FOODS CONSUMED BY HUMAN BEINGS

By CALEB JOHNSON

That "bread is the staff of life" is an old saying familiar to every body.

It was a wise man, whose name I have been unable to find, who added, "but bread and butter is a gold-headed cane."

For the experiments in diet conducted by the United States Public Health Service, while they indicate that the nearest approach to a perfect food is whole wheat bread, fully bear out the truth which is set forth in the Bible in both the Old Testament and the New, that "man cannot live by bread alone."

There is no single perfect food, though there are so-called "dietitians" and food experts who claim that all bodily needs can be satisfied by a single substance. If that were so, and we could find that substance, what a care-free world this would be. No more worry about choosing our meals, only one thing to grow to feed everybody—it would be marvelous. But that isn't the way Nature works. The men at Washington say whose business it is to keep their finger on the Nation's pulse.

There are only a few substances which contain the proportions of protein and the fuel foods necessary for human needs.

If, for instance, you eat enough beef to satisfy the protein needs of the body and eat nothing else, you will have an insufficient supply of fuel. If you eat enough beef to supply the fuel needs of the body you will take in too much protein. On the other hand, if you try to live on fruit you will have to eat about the equivalent of 35 pounds of apples to supply the necessary protein whereas 10 pounds would supply sufficient energy but there would be a shortage of protein. Baked potatoes, onions, corn, almonds and bread approach a balanced diet, but even these fall far short. Potatoes and corn alone would have to be consumed in large quantities to meet the needs.

Taken by itself, good bread, made of whole grain, comes the nearest, perhaps, of all food articles to furnishing a balanced food diet of satisfactory bulk. With bread is included a variety of flour preparations such as macaroni, biscuits, Vienna rolls, and crackers, but to try to live on these alone would be manifestly absurd.

If we cannot live on bread alone, certainly we shall not be able to find any other substance that will meet the dietary requirements of the day. It is necessary to combine high protein foods with low protein foods in such proportions as will furnish bulk, the proper nutritive ratio, and will, at the same time, suit the taste. Protein foods are, as you know, mostly of animal origin and foods low in protein value are mostly of vegetable origin. A balanced ratio, selected to meet all three requirements, bulk, protein ration, and taste, is likely, therefore, to contain materials of both animal and vegetable origin. At any rate it is only by means of a mixed diet that we are able to maintain a satisfactory ration. For infants milk is, of course, a complete food, especially mother's milk—but as the child develops this even does not suffice.

A large part of the malnutrition in children is due to the lack of a balanced diet. People are unacquainted with the importance of a balanced diet often purchase food entirely on the basis of appetite or the temptations of market. Also there are those who are so poor as to be unable to buy anything but the cheapest articles to be obtained, and such persons often suffer from malnutrition.

In the case of school children the indulgence of the appetite in an excessive amount of sweets and the consequent throwing of the diet out of balance has been found to be one of the most frequent causes of malnutrition. The resort to cheap foods may lead to malnutrition through an excessive amount of starches. Starchy foods are usually the cheapest foods that can be purchased, and while good foods, should not be used to excess.

There are two serious objections to the excessive use of meat. The first objection is concerned with the chemical side. There are substances produced in the digestion of meat which may prove to be injurious to the cells of the body, particularly if too much is eaten. Some individuals are able to throw off these substances more easily and as a result do not suffer. Other people, however, accumulate these products in the body until they result in injury.

With the excessive use of meat a person is likely to accumulate an excess of protein. This is a danger which should not be minimized because any excess of proteins, unless burned up by physical exercise, must be thrown off from the body by the action of the liver and kidneys because the body has no way of storing up a surplus of proteins. If we take too much fat or carbohydrates we are usually able to convert some carbohydrates into fat. This is deposited in cells under the skin, and likewise should be gotten rid of by proper habits of exercise.

Most of us of sedentary habits could probably get along with much less meat than we use and most of us would probably benefit by reducing the amount of meat in our diet. Some people depend more upon meat than do others and in favor of meat it may be said that the proteins which are contained in meats are apparently more easily absorbed than are proteins contained in vegetables.

There is an old superstition that has gained much general credence. You probably have heard it said that "every part feeds a part," that is, that certain foods should be eaten for the benefit of special parts of the body. Some people believe that beef should be eaten to develop the muscles, fat should be eaten to preserve the hair, fish should be eaten for brain food, and celery for nerve food. If you stop to consider the process of digestion all carbohy-

drates are changed to simple sugars, all fats to simple soaps and glycerines, and all proteins to simple nitrogenous compounds you will see how absurd it is to claim a special value for one kind of food in connection with the building up of any special part of tissue.

All products of protein, fat and carbohydrates after digestion are distributed in great measure, without discrimination by the blood, and the cells of the body draw their supply of nourishment from this general store.

Another fact should not be lost sight of. Ordinary food materials contain an abundance of salts in their natural condition and it is rare to see a person suffering from lack of minerals in the diet. With the development of manufacturing processes, however, and the overrefinement of certain foods which are prepared for the market, some lime, much of the phosphorus, and other of the mineral substances are frequently lost. The advice holds that the nearer you can secure your foods in nature's original packages the less you need to concern yourselves with your ration of minerals for the day.

It should be borne in mind that the digestive system is subject to individual peculiarities but that there are some foods that are more easily digested than others. Milk contains fats, carbohydrates, proteins and salts in a very easily digested form. Milk proteins and fats of all kinds are digested with relative ease but the protein and fats of meat are included within cell walls. The material of which these cell walls are composed is not so easily digested. In cooking much of this material is broken up but here again the manner of cooking has an influence upon digestion.

FIND SKELETON OF LIZARD 150,000,000 YEARS OLD

Chicago.—The fossil skeleton of an ichthyosaurus—a fish-lizard which roamed the lands and seas more than 150,000,000 years ago, has been received by the paleontological division of the department of geology at Field Museum of Natural History here.

The fossil, in excellent state of preservation, was found in a stone quarry in Bavaria, in a section from which lithographic shales are secured.

The block of stone which concealed the fossil split directly along the skeleton, revealing a clear impression of the fins and skin. The specimen was of a comparatively young fish-lizard about four feet long.

According to Professor Elmer S. Riggs, associate curator of paleontology, full grown ichthyosaurs have attained lengths of 10 feet. This prehistoric creature had a fish-like body with a tail and fins, but with a long snout similar to that of a porpoise. The jaws were lined with sharp teeth which made it easy for the fish-lizard to prey upon fish and other marine creatures.

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