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—so now I'm TWINS!

Yes, I'm really beginning to live again since Jack got a new job a month ago. It was no fun spending all my time in the house, figuring how to make ends meet, and having to do everything the hard way. You can imagine the thrill of that first pay check!

"Anne," says Jack, "You've been a peach and now you get a break. Let's start by getting rid of this junk in the kitchen!" We did. Out went the crusty old stove and in came a shiny new Electric Range.

So now I'm twins; one of me a homemaker who gets the work done quick as a wink, and the other—well, just the girl that Jack married.

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## State Health Dept. Offers Interesting And Encouraging Report Of Decrease In Preventable Diseases Last Year

### Heart Trouble Is Leading Cause Of Death In 1940

Raleigh, March 13. — Heart trouble was the leading cause of death in North Carolina in 1940, claiming approximately one person out of every six of the 32,194 for whom death certificates were filed with the State Board of Health, or a total of 5,451, with a rate of 153 per 100,000 population, compared with 1,780 in 1914, the first year of registration, when the rate was 74.4, less than one-half of what it was for the year recently ended.

For many years tuberculosis was the No. 1 cause of death in this State, but that now ranks eighth, while heart diseases continue to maintain a firm first, year after year.

Pneumonia deaths last year totaled 2,041, with a rate of 57.1, compared with 100.5 in 1914. As late as 1936 the rate was 93.7; by 1938 it had dropped to 77.7, and in 1939 it was 59.5.

"While the death rate from this dangerous disease is declining to a very gratifying degree, with the discovery of new methods of treatment, which have been amazingly successful, this does not minimize the importance of early diagnosis, for the earlier pneumonia is diagnosed the more successful its treatment and the more quickly it yields," said Dr. Carl V. Reynolds, State Health Officer, who added this warning: "Do not assume that any 'common cold' is harmless; call your doctor and let him make the determination, for a cold might easily result in pneumonia through neglect."

**Accidental Deaths Increasing**  
There was a noticeable increase in deaths from preventable accidents in 1940, when these totaled 1,535, compared with 1,481 the previous year. "These and deaths from preventable and controllable diseases add unnecessarily to our

death rate," Dr. Reynolds indicated, "and it would be unfair to attribute them to unhealthy conditions, as each one represents a mistake or negligence somewhere. North Carolina's total death rate from all causes last year was 9.0," he continued. "Subtract the 1,535 deaths from preventable accidents from the grand total, and this gives us a death rate of only 8.6, to say nothing of the reduction that would be reflected if our people would avail themselves at their disposal for the control and elimination of preventable diseases."

"As to diphtheria, while the deaths from this preventable disease are on the decline, the rate having fallen from 15.8 in 1914 to 3.3 in 1940, and while we have a compulsory immunization law with which the public ought to be familiar by this time, the responsibility, in the last analysis, is a moral and not a legal one and rests with parents."

**The Law Of Love**  
"When all parents reach the point where they love their children well enough to have them immunized, deaths from diphtheria in North Carolina, which last year totaled 119, will become as rare as deaths from smallpox, of which there has not been one since 1932."

The number of deaths from pellagra, a disease attributable to nutritional deficiencies, was 169 in 1940, compared with 209 the previous year, which brought the rate within a single year down from 5.9 to 4.7. In 1914 it was 23.6; by 1936 it had dropped to 10.3, and as late as 1938 it was 7.3.

"The State Board of Health, in cooperation with other governmental and educational agencies, now is engaged in a very definite program designed to make a scientific study of the nutritional deficiencies of our people," Dr. Reynolds explained, with reference to direct efforts now aimed at the control of pellagra and other dietary diseases, with a view to their gradual elimination. "This work has progressed to a very gratifying degree," he added.

**Helping Mothers, Babies**  
The vital statistics report for 1940, prepared under the direction of Dr. R. T. Stimpson, shows there were 80,971 births in North Carolina, compared with 78,957 in 1939, the rate having risen from 22.3 to 22.7 for this period.

The infant mortality rate fell from 59.1 to 56.3, but the maternal death rate rose from 5.0 to 5.3. However, this problem is being vigorously attacked by the Board of Health's Division of Preventive Medicine, of which Dr. George M. Cooper, Assistant State Health Officer, is the Director, through the operation of nearly 200 maternity and infancy clinics and the establishment of two professorships at the School of Public Health at the University of North Carolina and at Duke University. Dr. A. W. Makepeace, obstetrician, and Dr. Robert B. Lawson, pediatrician, already are helping to train workers.

**Tuberculosis Trend Downward**  
The death rate from tuberculosis in 1940, which was 49.9, as compared with 51.3 the previous year and 139.8 in 1914, continued its downward trend, while there was a decided decrease in the number of deaths from diarrhea and enteritis among children under two years old. In 1940 there were 500 of these infant deaths, compared with 666 in 1939, while the rate in a single year fell from 18.8 to 14.0. In 1914 it was 81.2, and as late as 1938 it was 29.2. The toll from this infantile disease is heaviest during the summer months.

"The declines noted above are encouraging to public health workers," Dr. Reynolds said. "They indicate that parents not only are availing themselves of information necessary to bring the prevalence of this disease down but are putting that information into practice."

The State Health Officer declared that with the advance strides made by preventive medicine there is no reason why there should not be success on all fronts in the war on controllable and preventable diseases. "And there will be as our people continue to become

## Eighty Children Jailed In North Carolina In January

Wade N. Cashion, director of institutions for the State Welfare department, this week called attention to the fact that several counties in North Carolina are continuing the practice of jailing children under 16 years of age despite the attorney general's ruling that such incarcerations are unlawful.

Citing figures for the last six months of 1940 and for January of this year, Cashion placed the number of child incarcerations as far too high when 31 jails in January held 80 children under 16 years, 12 of the number being less than 12 years. Back in September of last year, 32 jails reported a population of exactly 100 children and during the last half of 1940 the figures showed a total of 471 children in county lock-ups.

"People in the counties concerned should make all possible effort to bring about a substantial change in such a situation because it is the offspring of some of their own neighbors who are meeting the detrimental contacts of association with hardened lawbreakers," Cashion said.

"The time these boys and girls of both races spend inside jail walls varies from a single day to a whole month and more in some cases. The charges listed against them are in different categories running from 'investigation' to 'forgery'."

Last month Macon and Edgecombe counties each held a 13-year-old Negro boy for "forgery."

Buncombe and Richmond counties in January listed 11-year-old white boys as jailed for "investigation."

Many times, Cashion said, a young child is sent to jail along with its mother, because of no other facility of child care. In January, 19 white boys, five white girls, 53 Negro boys and five Negro girls made up the 80 total population of county jails who were 16 years and under. Eight children were held in Buncombe and Wilson; six in Nash, five in Craven; four in Burke, Cleveland, Pitt, and three in Caldwell, Lee, Martin, Richmond, Scotland and Wilkes two in Cabarrus, Catawba, Halifax, Edgecombe and Madison; one in Alamance, Anson, Guilford, Henderson, Hertford, Johnston, Macon, Pender, Rockingham, Rutherford, Surry, Wake and Wayne.

## Vocational Guidance Week Emphasized

CAMDEN, S. C. — The foods, agriculture, and shop departments of Mather sponsoring a special series of programs for Vocational Guidance Week, March 16 to 23. During the week there will be a group of playlets and on Sunday, March 23, J. P. Burgess will be guest speaker.

Mrs. Edson Blackman entertained members of the Florence Nightengale club last Monday evening at her home on Oak lawn Avenue.



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## Lion Of Judea

Sidi Barrani, North Africa, March 6. (ANP) — In one of the few statements which have been issued by Haile Selassie since his return to Ethiopia is the proud prediction which he made here. The doughty little emperor in a vigorous speech said: "I will tear the statue of the wolf from Addis Ababa and will restore the Lion of Judah. I will enter that town in triumph as Marshal Badoglio of the Italians did, but at the head of my armies. Our war drums are echoing in the hills."

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