

MILK DIET IS ESSENTIAL TO HUMAN LIFE

EXTENSION DEPARTMENT TELLS OF MILK VALUE

In Another Lesson of A Series of Ten, the Extension Service at Raleigh Explains the Value of Milk to The Human Race—Without It Animal Life Would Soon Become Extinct and the Human Race Could Not Flourish

Milk is not a recent discovery, neither is it something concocted by science, but it is the first food in importance among all the foods made use of by mankind. It is the oldest food and the one and only one which has been found to be absolutely indispensable, not only to the life of man, but of all other mammal life as well. It is a food that has no substitute in the diet of the young, and without which they die. In the whole history of the world there is not on record a single child that has lived more than a few days after its birth without having received milk from some source, either a natural one, or an unnatural one. In America statistics show that nearly sixty per cent of the children are raised unnaturally on cow's milk; in view of this it is easy to understand that the milk producing cow plays a tremendous part in the very beginning of the life of our people.

It is not possible to raise a child, a calf, a pig, or even a puppy dog, without milk from some source, either a natural source or an unnatural one. When milk is thought of in this connection one begins to realize its importance to the animal life of the world. If it were possible to take milk from all sources out of the world, the earth would be depopulated in one generation, because solely upon milk all animal life must depend for its first food.

Some years ago Professor Oscar Erf, of the Ohio State University tried in every way possible to get calves to live and grow without milk. These calves were given every food that could be suggested, as a possible one to take the place of the milk. Every single calf that received no milk died in a very few days after its birth, simply because of the fact that no food except milk can nourish the very young. Dr. E. V. McCollum, of Johns Hopkins University, found the same thing to be true with reference to rats and other small animals.

Why is milk so essential to the young?

This is a very natural question in the face of the facts known about milk. It has been known for ages that the young could not survive without milk, but it could only be explained by saying that milk was the food provided by nature for the nourishment of the young. It was formerly believed that the protein, fats and carbohydrates, together with mineral matter constituted all the essential parts of a food, but some recent discoveries along this line made by Dr. E. V. McCollum, of the Johns Hopkins University, have thrown new light on the subject and opened up a new field of knowledge about foods. He finds that besides the already known constituents of foods, there are at least three other very essential ones, which he

has called vitamins.

It has been proven beyond a shadow of doubt that these vitamins are absolutely essential to human life. It is the vitamin constituent found in the fat in the milk of all mammal animals, that the young child must have or else it dies. This particular vitamin is known as fat soluble A. Since it seems to be dissolved in or at least closely associated with milk fat.

It is this vitamin not found in other foods except in milk?

It is found in a few other of foods in limited quantities; but the nature of all other foods in which it is found is such that they cannot be digested by the very young. And, therefore the vitamins content is not available for their use. The other 2 known vitamins are also in milk and are known as the water soluble ones. Investigation shows conclusively that without these vitamins animal life cannot exist.

Besides being the only food that can stimulate and start the young child to grow, milk is also an important and essential food for the use of a child during its growing period. In order that the bones can properly expand and grow, a good supply of lime and phosphorus must be available in the food. The best source of these minerals is also found in milk in just the form best adapted to the use of a growing boy or girl for the up-building of bone. Without the good supply of whole milk, the bones fail to develop and a disease known as rickets is the result, in which the bones are often bent under the strain of trying to carry the load of muscle placed on a weak and insufficient bony structure. When this condition of the body is brought about, tuberculosis and other disease very often take hold.

Not only is milk a valuable and indispensable food to promote growth but being the perfect food that it is, it enables the grown person as well as the child to keep up the body vigor and thus be better able to resist and throw off the various germs, which we come in contact with daily. Good physician invariably prescribe milk as a chief food for people who are suffering from tuberculosis, because they know that the most nourishing food possible must be supplied, and at the same time it must be a food easily digested. Milk meets these requirements as no other food does. If it is so valuable as a means to arrest the disease, it is certainly reasonable to suppose that it will at all times help the body to resist the attack of such diseases.

The United States as a whole consumes about one pint of the whole milk per person per day. The thirteen Southern States taken together consume less than one-third of one pint per person per day. What are some of the results? The South has a very high infant death rate, due so physicians tell us, to a great extent to a scanty milk supply.

During the recent war when young men were being drafted into the army, from all parts of the country, it was found that a larger percent of young men from the Southern States were unfit for military duty, because of physical reasons, than was the case in other sections of the country. A great part of this is traceable to undernourishment of bodies during the growing period, and the undernourishment was chiefly due to a lack of milk. The child that grows up without a good supply of milk will be undernourished and is destined to be a partial cripple, either physically or mentally, and possibly both.

There are thousands of boys and girls in the schools all over this country, who are dull, listless and inefficient because they are not given to a diet in which milk is freely used. The child whose breakfast is made up chiefly of meats and bread washed into the stomach with coffee or tea, cannot do good school work that day and ought not to be expected to. The

Made New Endurance Flight Record



Here are Eddie Stinson (left) and Lloyd Bertan and the all-metal Lauson monoplane with which they smashed the world's record for endurance flights. They remained in the air over Roosevelt Field, Long Island, for 26 hours 19 minutes and 50 seconds, despite below zero weather and a blinding snow storm.

Children who do the best school work are invariably the ones that are the best nourished and who generally have a good supply of whole milk to drink.

In the whole history of the world, no nation has ever amounted to much, as measured by its literature, learning, art and its contribution to civilization that did not have milk cows and consequently plenty of milk as a part of the food for its people and the nation that has been a world power in any year history has always been a nation of milk drinking people. If this is true of the nations, and it is, it may be true among the states of the nation, or it may be true to a greater or less degree with respect to the families and individuals that compose a state.

Because milk is not chewed, people are prone to think of it as a beverage to satisfy thirst and not as a food. It is not a beverage, but instead is a real food in every respect of the word. As an aid in banishing the beverage idea from minds, it might be remembered that a quart of whole milk is equal in absolute food value to either of the following amounts of the food: two pounds of fish, four-fifths of a pound of pork, three-quarters of a pound of steak or eight eggs of average size.

Dr. McCollum has told us that we could entirely dispense with meat as well as several other foods, without suffering any ill effects whatever, but if we permit the use of milk, even in the diet of adults to fall very much below the present consumption, its effects will become apparent in our national efficiency and it is the consensus of opinion of careful investigators and competent dietitians that nature intended the growing child should live largely on the milk, eggs and the leaves from certain vegetables, but because many mothers do not follow this plan of nature in preparing the meals for their children and because the schools have not put forth as much effort to teach children what is the best for them to eat as they have to teach them latin and other classics, the result is that there are millions of undernourished children in America today suffering from various diseases as a result of malnutrition. No wonder that in the early record of the history of man we find that when an ideal land was to be described, "a land flowing with milk and honey" was the most fitting and tempting expression that could be thought of.

It is nothing less than criminal to deny the growing child an abundant supply of wholesome sweet milk, denying it to cripple the body and weaken the mind, thus paving the way for a career that can never be what it might have been.

Let us as intelligent Americans strive to so raise our children that they may grow into stronger people than their parents, and thus be better able to battle for their place in the

BIG RECEPTION WILL BE HELD IN AHOSKIE

WILL HAVE A BIG DAY

Farmers-Atlantic Bank Will Be Host to Everybody in This Town and Section on Saturday, March 4th, Inauguration Day

On Saturday, March 4th, the Farmers-Atlantic Bank, of Ahoskie, will celebrate Inauguration Day. No, it will not be the inauguration of a President; but, if properly observed by the patrons of the bank and others who do not at present carry accounts with any banking institution, Saturday, March 4th, will be a propitious one for every attendant. The bank officials will be hosts to as many as will come out on that day; and, among the events of the day will be serving refreshments by the bank, good music, and several contests, in which valuable cash prizes will be given away. These "carryings-on" will begin promptly at two o'clock and will last for three hours; thus giving farmers and others living a distance from town plenty of time to get into town, in order to join the throng that will be at the bank building on that day.

Attention is invited to a large page display advertisement in this issue of the Herald, extending an invitation to everybody to attend the Inauguration. Further announcements will be made in this newspaper, and through printed signs and personal letters. The officers of the bank are sparing neither time nor money in their effort to make the invitation personal to every possible bank patron in this section.

The object of this Inauguration Day is to get the people of Ahoskie and section started in the right direction—by beginning a Savings Account. The bank officers and officials realize that they have heretofore paid too little attention to the Savings Department of the institution; and, they have resolved to start the people down the road of regular habitual thriftiness. They are not at all particular about the amount of the deposit, but it is their idea to present a plan to every person whereby regular and habitual depositing of even the smallest of amounts will mean much to the individual; soon growing

into larger and larger sums, until every wise person will have a nice, snug bank account. The bank invites everybody to attend their reception on March 4th, and enjoy the day at its expense.

STATE NEWS IN DIGEST COMPILED FOR READERS OF THE HERTFORD COUNTY HERALD

—January fire losses in North Carolina amounted to \$35,000 per day.

—H. C. Sullivan, cashier of the bank in Hertford, has admitted the embezzlement of \$60,000 from the bank, which has been ordered closed. The money was withdrawn from the bank, and used by Sullivan in promoting a peanut cleaning business.

—Reports are current in political and court circles that Superior Court Judge Oliver H. Allen will retire from the bench this spring.

—Jobs were found for 327 persons by the State Employment Agencies in the past week.

—Many improvements will be added to Camp Glen at Morehead City in preparation for the annual encampment of the North Carolina National Guard next summer.

—Judge Devin, in Superior Court, has held that judges can not pay income taxes to the State without violating the spirit of the Constitution. He made permanent a restraining order against Commissioner Watts who had announced his intention of making state officers also pay income taxes.

—Mrs. T. W. Bickett has been employed as head of the educational section of the new State Maternity Department, which is an addition to the duties of the Health Department.

—J. L. Armfield, former President of the defunct Thomasville Bank, has been arrested in Mexico; and was this week brought back to Davidson county to face charges of embezzlement of the bank's funds.

—The United States Veteran's Bureau has taken up the cudgel against certain scheming members of the bar who have been overcharging ex-service men for aiding them in presenting claims for compensation.

—Fifty eight seconds was required for several hundred pupils of the Grainger High School at Kinston one day this week, at the occasion of a fire drill, to march out of the building. K. R. Curtis, a native of Ahoskie, is Superintendent of the school.

—Fifty high schools in the state will compete for honors at the State University this spring in the basketball tournament.

—A world's record in contracts for road building will be broken in Raleigh today, when the State Highway Commission is to award contracts for road construction.

—The North Carolina division of the American Legion has announced that it will take no part in politics.

—Congressman Brinson is insisting that Congress act upon the re-apportionment bill, under which this State will be entitled to one new member in Congress.

—Three of the six managers of the Piedmont League baseball teams will be native North Carolinians this summer.

—By a majority of 700 out of a total registration of eighteen hundred Shelby voted a bond issue of one hundred thousand dollars, Saturday, for the erection of a public hospital.

—All city organizations of Elizabeth City are making determined fight against the effort to raise the sewer rate in that city.

—The city fathers of New Bern are planning to make extensive improvements to the city's sys-

tem of streets. Thirty blocks of city pavement will be repaired.

—Arguments over the selection of textbooks for state schools for the next five years are now in progress before the State Department of Education in Raleigh.

—Dr. Manning, a prominent physician and Mayor of Durham, was found not guilty of violating the anti-narcotic law in Federal Court at Raleigh on last Saturday. Judge Connor remarked that his arrest was an outrage.

—R. M. Mitchell, of Wake Forest, was instantly killed Saturday, by touching an electric light bulb, which had become charged with electricity by the presence of lightning.

—At a meeting of representative school heads, held in the city of Greensboro last week, it was decided that students living outside the school districts should be charged tuition.

—Those E. Holding, young druggist of Wake Forest, was not tried for receiving stolen goods last week; the case being thrown out of court.

—J. F. Sawyer, of Hyde County, has reared 13 orphan children in addition to his own family of four. He is now 72 years of age.

—The Carolina Shipyard at the city of Wilmington has been leased to the Texas Oil Company, who will use it as a distributing point for eastern Carolina.

—The town of Vanceboro will soon have electric lights, thru a connection with the electric plant at New Bern.

—The small town of Beulahville recently voted \$25,000 bonds for the extension of the Atlantic and Carolina Railroad to its borders.

—Superior Court Judge C. C. Lyon, of Elizabethtown, will soon retire from the bench.

—Farmville is planning to have a Rotary Club soon.

—The Seaboard Railroad has recently added twenty-five of the larger type of locomotives to its equipment.

—The Jefferson Standard Life Insurance Company is planning to erect a 14-story office building in Greensboro soon.

—The Student Volunteer Union of North Carolina will hold its annual meeting in Greensboro, March 3rd to the 5th, inclusive.

—North Carolina has eighteen thousand more families than she has homes.

—\$75,000 was reported as having been raised up to last Saturday night, for the campaign for Jewish Relief.

—Mount Airy chickens recently won several prizes at the Poultry Show, held in Madison Square, New York City.

—A half million dollars has been authorized by the council of Asheville, for street paving this spring and summer.

—Col. Joseph Hyde Pratt, of Chapel Hill, has been elected President of the National Forestry Association.

—Governor Morrison was busy last week putting his signature to 4,500 bonds, recently issued by the State Department at the Capitol, Raleigh.

—The contract for construction of the new Baptist State Hospital was last week awarded to a Charlotte firm. The cost will be \$133,690; and the building will be located at Winston-Salem.

—Gaston County has voted for \$150,000 worth of bonds for the erection of a county hospital.

—W. H. Austin, of Smithfield, is President of the North Carolina Cotton Growers Association, the organization of which has recently been completed.