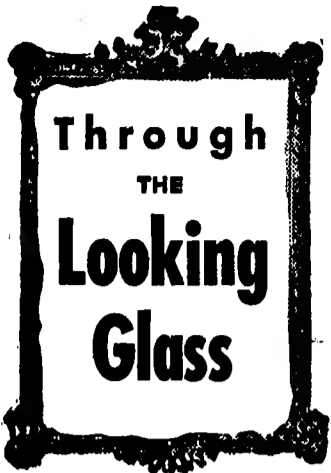


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One of New Bern's most remarkable residents is Joseph Schaeffers, born over 80 years ago in Cologne, Germany. As agile as an athlete in his prime, you'll recognize him by his swift stride and erect posture and he walks along the downtown streets of his adopted city.

The energetic octogenarian, whose brilliant mind demands a constant supply of good reading matter, attended public school and high school in Essen-Ruhr, and then spent two years in the machine shops of the Krupp Steel & Gun Works.

His practical training there qualified him for admission to the Institute for Technology at Aachen, which he entered in 1900. That city of 100,000 then had three automobile factories — Cudell, Fafnir and Schwanemeyer cars — and he spent most of his spare time there.

Aachen was also the overnight stop of the first international automobile road race from Paris to Berlin. The Aachen automobile club asked for volunteers to serve as checkers at the arrival and departure in that race. Schaeffers was one of them.

"It was only natural," he told us, "that I became an automotive designer and engineer. After a tour as designer for Stoewer Bros. Automobile Company in Stettin (then Germany, today Poland) I came to New York late in 1904."

There he joined the Smith and Mabley Manufacturing Company, builders of Simplex cars, as a designer. "During the second decade," he says, "I designed a little SIX for the Thomas B. Jeffrey Co. of Kenosha, Wis., — builders of Rambler cars and now American Motors Company. I was with various well known companies, mostly as consulting engineer.

"Over 30 years ago I came to the conclusion that we were very careful about the material we used to build motor cars. It has to be fine alloy steel, made to close specifications, heat-treated, inspected over and over again. It had to qualify for the work it had to do.

"But how careless are we in selecting the material with which we build our body, the food we eat? It has to look right and please our taste. To heck with its qualifications. It may be and often is foodless food, but what do we care.

"So I became interested in nutrition and particularly in that most neglected and least known science, Preventive Dietetics. The science to so live that you are never sick, never have a cold, never get tired, live longer and get more out of life than others.

"It is funny to see so many people trying to live with a breakfast or lunch of a white bread sandwich, a soft drink and a couple of cigarettes, even if most of them look like they are intelligent enough to know better. It will be a sorry generation when their children become adults.

"There are two chemical words, the organic, which includes biochemistry, and the anorganic. Man is a biological unit in a biological system, and all his food has to be biologic if he wants to stay healthy. The vast majority of our food additives are an-organic, and so they create trouble. In 1900 we had some dozen additives, in 1958 we had about 700, and today we have more than 3,700 unwholesome additives and disease has grown in almost the same proportion.

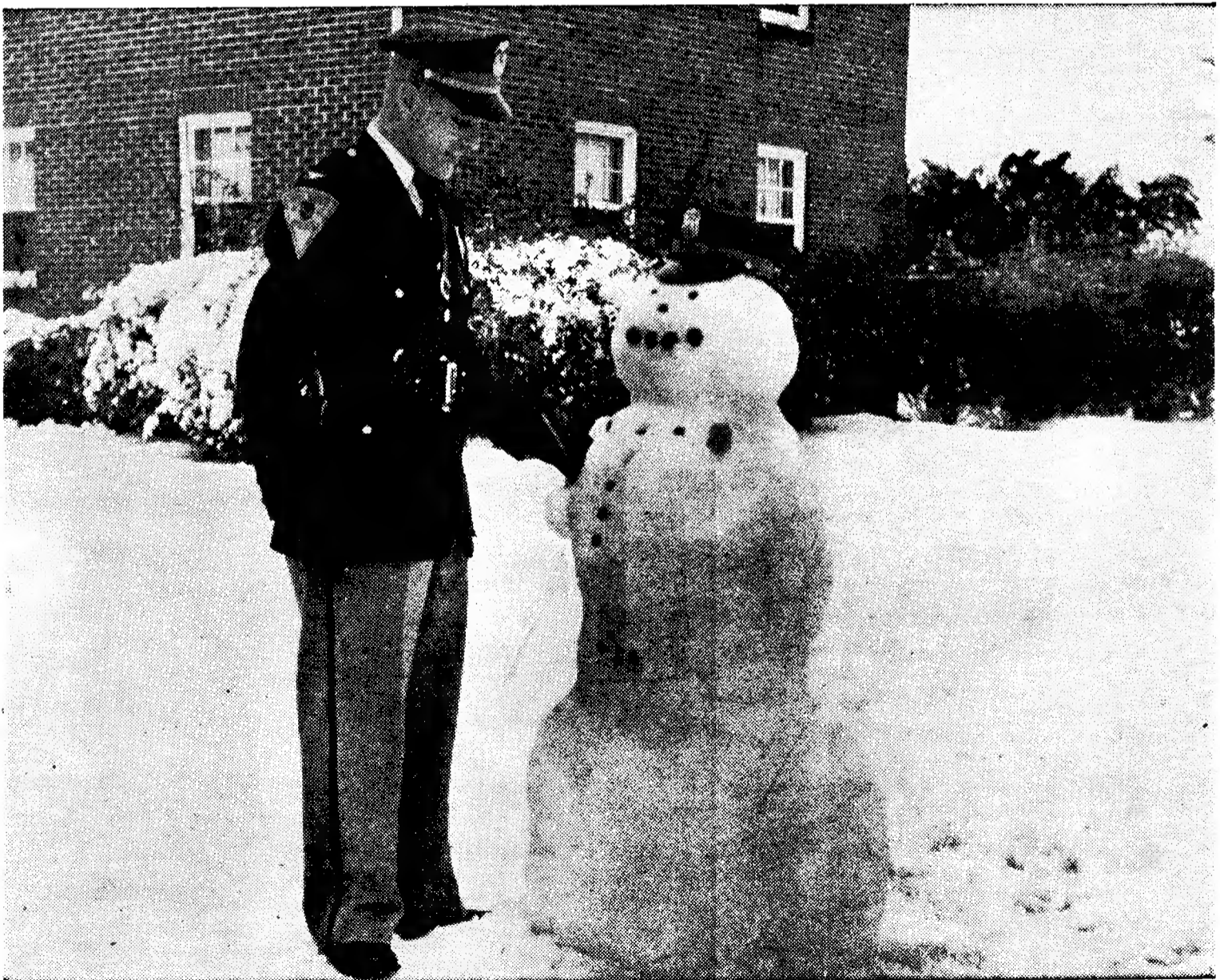
"The dean of American nutritionists, Dr. E. V. McCollum, Professor Emeritus of John Hopkins University, has been preaching for 40 years that only perishable foods are wholesome. Our food economy makes all our foods unwholesome by excessive refining and adultera-

(Continued on Page 8)



MAYBE THIS WILL HELP—We can't change the weather for those New Bernians who are already alternately complaining about the heat and the rain. However, this picture of Bob Baskerville and youngsters, with the local

Christian Science church in the background, is a reminder that you'll have a chance to cool off again when winter rolls around.—Photo by Billy Benners.



TEMPORARY ASSIGNMENT—New Bern's Chief of Police, James E. Pearsall, knew that his newest patrolman wouldn't be around very long when he posed with the

smiling officer in sub-freezing weather here. Really, it isn't hot yet, so clip out the scene and save it for looking at in August.—Photo by Billy Benners.