

FOODS AND MILK

By DR. F. H. GARRISS

While discussing sanitation last week I mentioned the fact that disease germs were carried from a sick person to a well person by certain agents such as: water, foods and milk, insects, air and contact, either direct or indirect. And I discussed the methods by which disease germs could be carried in water.

This brings us, this week, to foods and milk. As milk is a wonderful food for man it is also a very good culture media for disease germs. They live in it, and will flourish and multiply in the milk if it is of body temperature. And the same thing is true with many other foods. From milk itself man can get bovine or cow tuberculosis, septic sore throat and undulant fever. Cows have tuberculosis the same as man and same can be transmitted to man through milk. Cows have Bangs disease and same is transmitted to man through milk and in man is called undulant fever.

Cows' udders may be infected with a germ called the streptococcus and when same is transmitted to man through milk, causes septic sore throat. This latter is a very dangerous disease, can easily be complicated by streptococcal pneumonia and prove fatal. We all know what tuberculosis is. And undulant fever is also a very serious disease. It is a continued fever that lasts, some times, several months. It is not a new disease at all but in years past it was diagnosed typhoid fever because it resembles that disease so much and before we had modern laboratory methods for diagnosing the two diseases we were not able to distinguish between the two. We now have more undulant fever than typhoid in this section, but we hope in a few months to test all family cows in Chowan and Bertie counties and destroy those infected with Bangs disease. All dairy cows have already been tested and we are glad to say that none, at present, are infected. It was necessary to destroy several dairy cows to accomplish this. Also we have a method for testing tubercular cows, and at present all dairy cows in both counties are free of tuberculosis. Regarding septic sore throat, our only method of controlling that disease is by close and careful dairy inspection for sore teats. The germ of this disease can originate in the cow's teats or can be put in the milk by a dairy worker who has a sore throat. The germs of all three of these diseases can be killed by pasteurization

or boiling the milk and one of these methods should be used on all questionable milk and especially if it is intended for small children. But one is fairly safe whenever you see the letter "A" on the cap of your milk bottle. This means that the cows have been tested and inspected for diseases, the milk handlers have health certificates and all utensils and containers have been sterilized before coming in contact with milk.

So much for the diseases that originate in the milk. We will now consider a few of those that do not originate in milk but are carried from sick person to well person by milk. Septic sore throat, as mentioned above, diphtheria, typhoid fever, human tuberculosis are among the most common. Also, recently, it is believed that infantile paralysis gets into milk from a diseased milk handler and thereby are transmitted to another person, the victim. Septic sore throat, diphtheria, and tuberculosis germs can easily be coughed into a milk pail by a diseased milker. The most common way for typhoid germs to get into milk is by allowing a typhoid carrier to be a dairy worker. We also have adults who are diphtheria carriers. They carry the germs of that disease in their noses and throats continuously, do not have the disease themselves, but are capable of infecting milk and can give the disease to a child by coughing or sneezing near him. Again, I repeat that all questionable milk should be either boiled or pasteurized and the United Public Health Service says all milk should be pasteurized.

What is pasteurization of milk? We have found that practically all harmful germs are killed by a temperature of 143 degrees Fahrenheit for twenty minutes. Cream will rise on milk so treated and the taste is changed very little. Cream will not rise on boiled milk and it tastes differently.

In this section of the country we do not have any diseases that originate in foods except acute attacks resulting from spoiled foods. In some parts of the world where pork and fish are eaten raw there are diseases therefrom. But in this section the germs of disease must be put in or on the food by a diseased person. For instance, an open cracker box or cake box or candy jar in a store is a fine receptacle for the flying germs that have just been coughed out by a tubercular patient. I long for a Federal law, requiring all ready-to-eat

merchandise to be wrapped in paper or cellophane. But all I can say, now, is to beg all parents not to allow their children to eat any eatables from a store unless they come wrapped. This means candy, cakes, ice cream, crackers, etc., and all fruits should be thoroughly washed before eaten unless they can be effectively peeled as bananas. Only a few years back, a terrible typhoid epidemic occurred in this State as the result of a typhoid fever carrier clerking in a food store, and only two years ago 80 people were sick and six died in Philadelphia, of the same disease, because a typhoid carrier prepared the chicken salad for a Legion dinner. But typhoid and tuberculosis are not the only diseases carried on or in foods, there are many other disease germs that can be transmitted in the same manner.

Next week you may look for a discussion of insects that carry diseases.

Joint Picnic Sept. 4 For Negro Farmers

On September 4th, there will be a joint picnic given by the Negro 4-H Club boys and girls and adult farmers of Chowan and Perquimans Counties. The picnic will be held just over the new Sound Bridge in Washington County near the waterfront, and is looked forward to with a great deal of interest by Negro farmers of both counties.

HONORED ON 60th BIRTHDAY

T. F. Davenport, of Creswell, was honored with a surprise party Friday evening commemorating his 60th birthday.

Many relatives and friends joined the family in making the event jubilant and in bestowing upon the honoree many useful and attractive gifts as well as good wishes.

Ice cream and cake were served.

COLERAIN

Dr. and Mrs. Dan Royster returned Thursday from a trip to California. Mrs. M. T. McGee, Mrs. Joe Jenkins and Mrs. A. L. Brown were in Norfolk, Va., Tuesday.

Miss Louise Britt went to Sunbury Saturday. She is a member of the Sunbury school faculty this year.

W. C. Lane returned to his home in Sanford Monday. Mr. Lane has been supplying in the drug store here.

Miss Carolyn Brinkley went to Gatesville Saturday to take up her duties as a member of the school fac-

Brave Love



Anna May Wong and Anthony Quinn are brave in their love even though their happiness is menaced by a jungle overlord in the person of J. Carrol Naish in "Island of Lost Men" at Taylor Theatre, Edenton, Wednesday.

uly Monday morning.

Mrs. M. T. McGee spent several days last week with her mother, Mrs. Belle Austin, at Lewiston.

Mr. and Mrs. Harry Barnhill had as their Sunday guests Mr. and Mrs. Vincent Freeman, Mr. and Mrs. N. E. Stephenson, of Norfolk, Va., Mr. and Mrs. Herman Spencer and children, Mr. and Mrs. Bobby Martin and children, of Plymouth.

Miss Dixie Felton spent several days last week in Norfolk, Va., with Mrs. Edward Brock.

Mr. and Mrs. J. W. Daniels, of Edenton, were guests of Mr. and Mrs. O. B. Hughes on Sunday.

Mrs. E. L. Stokes, Mrs. C. W. Hughes, Mrs. James White and Boy Stokes spent Saturday at Nags Head.

Mrs. C. S. Credle and children returned Thursday from Newport News, Va., where they visited relatives.

Mr. and Mrs. R. E. Sessoms and children, of Roanoke, Va., are visiting Mrs. Betty Sessoms and Mr. and Mrs. C. B. Sessoms.

Dr. L. A. Nowell, Lee Miller, L. A. Perry and E. L. Stokes enjoyed a fishing trip at Nags Head last week.

Mrs. Ella Davis, Mrs. Godwin Spivey and son, of Windsor, were guests of friends here Sunday, and

Mrs. Davis heard her son, Dr. E. L. Spivey, preach at the Baptist Church. Dr. and Mrs. C. S. Credle spent the week-end at Nags Head.

Mrs. S. White, Misses Margaret White and Ruth Clair Newsome were in Edenton Monday shopping.

Professor K. T. Raynor, of Wake Forest College, was the guest of Mr. and Mrs. W. E. White on Wednesday.

Mrs. J. C. Beasley, Mrs. C. W. Beasley and Mrs. W. E. White were dinner guests of Mrs. P. B. Lassiter, in Wilson, Wednesday.

Miss Cestelle Hughes left Monday to take up her teaching duties in the Elm City school.

Mr. and Mrs. Harry Smith, Mr. and Mrs. Graham Pierce, Mr. and Mrs. H. O. Harrell, Miss Elizabeth Pierce and Merrill Daniels spent Sunday at Nags Head.

Mrs. Iola Tankard, Misses Mary Cecilia and Iola Tankard, of Washington, N. C., visited Mr. and Mrs. Harry Smith Saturday.

Miss Elizabeth Deans, who has been employed in the Social Service office in Smithfield, has been transferred to the Williamston office.

Mrs. C. W. Beasley, Mrs. C. W. Hughes and Mrs. M. H. White were in Norfolk, Va., Monday.

Norman Perry and Leonard Parker, Jr., spent the week-end at Percyville, Va.

Mrs. N. A. Hughes spent Wednes-

day in Ahtoskie with Mrs. J. B. Ruffin. Misses Janie Sessoms and Blanche White spent Friday and Saturday in New Bern with friends.

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IMPORTANT NOTICE

to

Executors, Administrators and Guardians

The law requires an Annual Account be filed by all Executors, Administrators and Guardians. This account should be filed in the office of the Clerk of Court.

RICHARD D. DIXON

Clerk Superior Court, Chowan County Edenton.

BUSINESS IN FAR FIELDS



You buy a loaf of bread, or a pound of coffee, or a can of beans. It's a simple, every day transaction, ended, you think, when you exchange money for a product across the counter.

But each of the transactions goes further than that. Your dealer, the wholesaler, the manufacturer, the producer... all have had to rely on a complex system of credit, an outgrowth of the monetary system of the nation. To them, and to all people connected with business of any kind, banking is more than an unfamiliar structure, for it is a part of their business and plays an important part in their daily lives.

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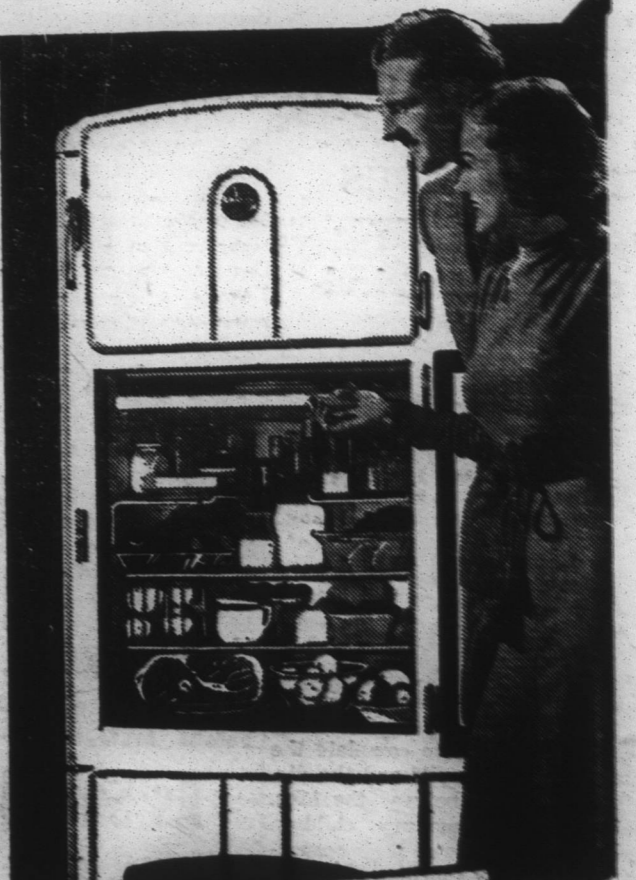
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