

Your Health And Mine

By Dr. S. C. PYLE

During the summer months especially, one is prone to hear of the frequency of ptomain poisoning as it is popularly called or food poisoning.

Most of the time the history of the illness runs along the same course; the individual having eaten some let over or canned food, frequently salad dressing pastry or meat shortly after the injection of which is taken with severe distress.

Food poisoning is generally characterized by gastroabdominal upset, but in a small group of cases the symptoms are purely toxic with pronounced nervous manifestations. As a rule food poisoning results from contamination with a specific bacteria. Botulism is a fatal form of food poisoning due to the toxins formed by the bacillus botulinus in food before it is eaten. All foods whether fresh or canned can be concerned in the spread of infection.

The symptoms of food poisoning fall into two groups gastroabdominal and nervous. Some toxins of foods especially botulinus acts directly on the nervous system and leads to paralysis, coma and death. Bacterial food poisoning is essentially an irritant poisoning, acting on the intestinal tract and causing the characteristic symptoms common to all gastroabdominal disturbances namely: pain, vomiting and diarrhea with occasional fever in varying degrees depending on the intensity of infection with bacteria or their products.

The illness is of short duration, lasting a few hours or a few days until all the poisons have been eliminated in the vomit or intestinal flux. Sometimes the diarrhea is so frequent and intense that it leads to collapse and rarely death. The patient is exhausted but recovers rapidly.

The occurrence of several cases of gastroabdominal upset in a group of people who have partaken of the same food suggests clearly a common origin, but isolated cases should be considered more critically and still more so if others who ate the same food are unaffected. Diagnosis depends on finding the specific bacteria in the acute stage and also demonstrating it in the food.

Treatment of bacterial food poisoning is symptomatic; clearing out of the gastrointestinal tract with resultant elimination of the poison is essential. For botulism a poly valent antitoxin must be used early. In mushroom poisoning atropine is used to combat the muscarine. There is little evidence to point to chronic food poisoning.

It is not to be assumed however case of nausea, vomiting and diarrhea which follows shortly after eating is one of food poisoning. Differential diagnosis must be made from gall stones, appendicitis; bilious attacks colitis and even constipation; therefore when becoming acutely ill the best advice to

In The Forum

The main feature of the North Carolina Mutual Forum Hour of Saturday August 22 was a brief talk by Dr. A. Spaulding, assistant secretary and secretary of the Life Insurance Company, who has just returned from a visit to the Pacific Coast where he attended the annual meeting of the National Negro Insurance Association of Los Angeles, California.

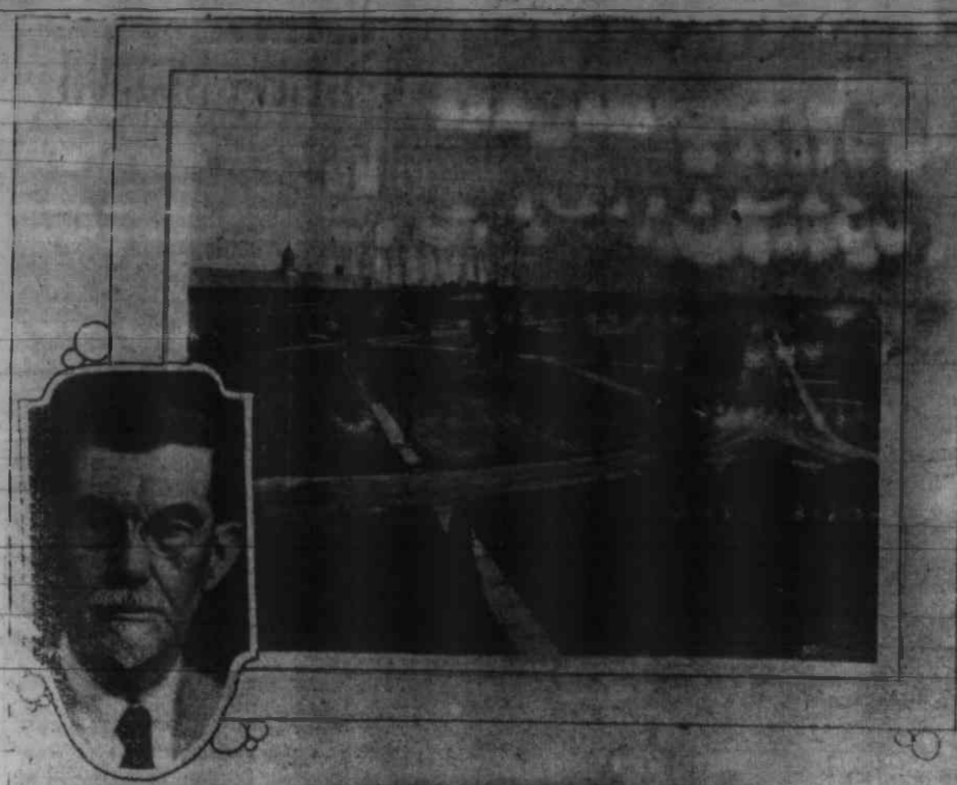
Mr. Spaulding gave a very interesting description of his trip, discussing his visit to Pike's Peak, Coronado Beach, Catalina Island the Grand Canyon the Garden of Gods the Hopi Indian Reservation, the Twentieth Century Fox and United Artists Studios in Hollywood and the studios of the Columbia Broadcasting System. Remarks were also made by W. D. Hill assistant secretary-comptroller and E. R. Merrick, Vice-President, Treasurer.

Also appearing on the program were Miss Thelma Spaulding with a reading and Walter Green who rendered a piano solo.

Some of the highlights of the second summer session at Johnson C. Smith University have been the excellent Lyceum programs. The Marching Men of Song made quite an impression when they performed before a large audience composed of members of both races. This concert was followed by a program by Misses Miller and Roberts of Oberlin Conservatory of Music, who presented a recital which delighted the student body and visitors. Remaining Lyceum numbers will present the Rink String Quartet, scheduled to appear on August the 7th and Miss Louise Burge, Contralto who will appear in recital on August 18. The Summer School student body for this session is composed of students from Virginia, Tenn. and the two Carolinas. The faculty represents Ohio State University, Haverford College The University of Penn. and Columbia University. Courses most popularly selected are education, art mathematics.

CHARLOTTE— Mrs. W. P. Williams and sister Lillian Jenkins have recently returned home after a visit to Knoxville, Tenn.

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THE FORT NORMAL AND INDUSTRIAL SCHOOL has been transferred to the university system of the state of Georgia and will open Sept. 14 as a state college. The photograph shows a part of the campus of this noted school and the inset is the likeness of the late Henry A. Hunt principal. The new president is Dr. Horace Mann Bond former head of the

department of education at Fisk university. The Julius Rosenwald fund, which has made substantial grants in the past, will continue aiding the school in the future. (AP photo.)

CHAPEL HILL Charlotte Notes

By Charlie Farrington Jr.

CHAPEL HILL, N. C.—Mr. and Mrs. Charlie Farrington wish to announce the birth of an eight pound daughter on June 25th. Her name is Miss Fannie Mae. It is reported that mother and daughter are now enjoying the best of health.

Mr. and Mrs. Carl Burnette and Mr. and Mrs. Thomas Battle are leaving Thursday night on a motor trip to Norfolk Va. where they will spend the weekend and return to Chapel Hill Sunday.

Mr. and Mrs. Nathaniel Hopson and daughter have just returned from a week's stay in Florida. Accompanying them on the trip down was Mrs. Hopson's sister who is making her home in Florida.

Thursday, August 24 has been set as the date for the joint picnic of St. Joseph CME Sunday School and two other churches. They will go to Raleigh and will travel by bus and automobile.

Mrs. Nannie Atwater of Greensboro is spending her week with Mr. and Mrs. Kennan Check here. She plans to attend revival services at Tamlet Chapel in Chatham County during the week.

Rev. Mr. McKnight of Winston Salem, N. C. conducted impressive revival services at the St. Joseph CME Church last week. She is a wonderful

speaker and the meeting was a success spiritually as well as financially.

The Jr. Church of the St. CME Church will have full charge of services on the third Sunday in each month. Rev. Burchett, local pastor will bring the morning message and a program will be heard in the evening. The public is invited to come out and see what the young people are doing.

Charlotte Churches

HOME COMING DAY AT THE GETSEMANE A M E ZION

CHARLOTTE, N. C. (By Luther J. Jamison)—The Sixty-Fifth Anniversary and Homecoming of Getsemane A M E Zion church was held recently, and drew large audiences to most services. All churches of the city joined with Rev. W. J. Jones, pastor and the members in making the occasion a success. Various auxiliaries of the church sponsored special services by eminent visiting ministers. The Ushers Board made the largest financial report followed by the Emergency club. \$108.00 was raised during the celebration.

SEE WINDING ROADS—Charlie Gilliard, Assistant District Manager of the North Carolina Mutual Insurance Company, accompanied by Messrs. Lovelace; George Young and

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News Around DURHAM Raleigh Notes

RETURN FROM TOUR

Mr. and Mrs. Zollie Jossey and their two daughter Eunice and Marjorie and son, Zollie Jossey Jr. have returned to the City after sending some time at Chowan Beach, Wick Square and many other Cities.

HOUSE GUEST

Miss Arthur Bishop of Rich Square N. C. is the house guest of Misses Eunice and Jossey.

VACATIONING

Miss Ruth Jossey is spending her vacation in Washington, D. C. visiting relatives.

VISITS DAUGHTER

Mrs. Mary Sleigh left the city Saturday night, August 12 to visit her daughter, Mrs. Harry Brown of New York City. While there Mrs. Sleigh will join the throng visiting the World's Fair.

MUSICIAN RETURNS

Silas James of Umstead St. back from Wequeston, Michigan where he held forth all summer in the saxophone section of Bill Stafford and his N. C. State Collegians. He arrived in the city Monday August 14.

Honored With Shower

Mrs. Mollie Huxton Lee honored Mrs. Elma Spaulding with a stork shower Friday evening, August 11 at 8:30 p. m. Mrs. Lee's attractive home was decorated appropriately for the occasion. The gifts, which were practical and unusually pretty were presented in a pink and blue bassinet. Mrs. Spaulding the honoree, opened and acknowledged each gift with expressions of grateful appreciation. After this the hostess served a delicious dessert course. Those invited to share Mrs. Lee's hospitality were: Messrs. Louis Elder, Harriet Kenney; Isadore Michaux, Minnie Turner; Margaret Shearin, Julia Garrett; Ethel Hill; Ethel Marshall; Mae Spaulding, Nola Cox; Gertrude Elinor Oak; and Misses Dattie Mae Bridgeforth, Jewel Watson; Marjorie Shepard and Katie Kelly.

Chariotte Churches

Rev. P. E. Davis is attending the School of Methods being held in Oxford, N. C.

CARD OF THANKS

LAWRENCE GORDON and family wish to thank their friends for the many consoling words and the numerous expressions of sympathetic kindness during the illness and death of their beloved wife and mother Mrs. Lizzie Hart Gordon.

SEE WINDING ROADS

Harvey B. Michael, Advertising Manager of The Carolina Times motored their way to Asheville last Saturday where they spent the week end.

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RALEIGH, N. C.—Mrs. Artie Jones served a three course dinner to the Maple Temple vocal choir at her East Street home Sunday afternoon.

Mrs. Florence Walters had as her guests during the weekend her neices and nephews of Baltimore, Md.

Mrs. Price returned to her home in Dunn, N. C. after visiting her daughter Mrs. Al Wilson here.

Ao pen air fish fry was staged at the home of Mrs. Lora Jackson on Idlewood Avenue Saturday night for the benefit of Maple Temple Church.

Mrs. Estelle Joens is visiting her daughter in New York City. rdJMGobrg mKoSrvpp M M Mrs. Annie Pearson and Mr. and Mrs. Ollie Austin visited in Clayton last Sunday afternoon.

Mrs. Al Wilson is still improving after a lingering illness. Alex McNeil visited his sisters in Lillington last week end. Mrs. Ella Moore of Newark N. J. visited her sister, Mrs. Florence Brown on New Bern Avenue last week.

The Fayetteville Street Baptist Church will hold its annual picnic in Wilmington, N. C. this.

The Raleigh Usher Union is getting ready for the amonition in Burlington. Its monthly program was held at Manly St. Christian Church Sunday afternoon. The Union is sponsoring a "Trip around the world" Monday night and will hold it's semi monthly meeting Thursday night of this week.

Mr. and Mrs. J. A. Ferguson left last week on their vacation. They will visit points North and East.

The Manly Street Christian Church is making preparations for its 90th anniversary.

The Wiling Workers Circle and the Group Captains Club will meet this week at the Fayetteville St. Baptist Church.

The Martin Street Church was successful with the annual picnic excursion via the Seaboard Railway to Norfolk, Va. last week. About 600 persons attended.

40 Get Degrees At Shaw U.

RALEIGH, N. C.—Forty students are expected to receive their degrees at the Summer Convocation of Shaw University on Thursday, Aug. 24. Thirty three of this number will receive the Bachelor of Arts degree and seven the Bachelor of Science degree.

President Robert P. Daniel has announced that the commencement address will be delivered by President W. J. Trent of Livingstone College, Salisbury North Carolina.

The University banquet was held on last Monday night. Shaw University has had one of the largest summer school (Continued on page 7)

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