

TO END PELLAGRA.

HERBS OF AFRICA TO DO IT.

Orcorde-Terry from Africa Tells of Native African Cure That Has Ended Dread of the Disease, and Decreased Its Spread.

"An intelligent, well educated African by the name of Orcorde-Terry, now studying medicine at Shaw University, in Raleigh, gives the following account of pellagra and its treatment by the natives of Africa:

Pellagra has been known in Italy for a long time, and it was brought to Africa by Italian immigrants, for before this the Africans did not have such a disease. The caravans passing through with Italians brought the germs, and it was some thirty years ago that the disease first became known among us. From what I have learned of it I do not regard it as either infectious or contagious, but think it is from germs, just as typhoid fever or malarial fever. The caravan trade from country to country in Africa evidently spread the germs, and we had pellagra to contend with, that disease in the African tongue being known as 'egbesey.' As it developed there was of course study as to how to cure it, and while the physicians, the scientists, had their methods, the natives, who are allowed to use native herbs and methods both among the whites and Africans, found remedies in native roots and herbs, making such cures that no longer is pellagra dreaded in Africa.

"Egbesey, or pellagra, while showing its course on the skin is an under-skin disease, developed inside the system and showing in a scaly rising on the skin. Being generated within the system the signs are however various and irregular in different people. There comes with the disease an intermittent fever, a breaking down of the system, which weakens the sufferer, and a peculiarly fetid breath. Then comes the scaly formations on the skin, a breaking out about the neck and face and the points, the disease showing itself over the body in a scaly, itching form, the patient becoming anemic, and sometimes affected with gout. After this, as a last stage, there may come frequent vomiting and insanity.

"At first there was much of the disease, but as remedies were discovered it was checked and has wonderfully decreased. I have heard of the use of corn bread being assigned as the cause of pellagra, and while I do not say it cannot come from corn bread, yet in Africa where they have this disease they do not eat corn bread. Yet in this country where the system or manner of preparing or curing corn is so very bad it may have some effect. We raise corn in Africa, but we do not use it or prepare it as is done in America. From it we make a kind of blanc mange which is used just as the regular blanc mange and is a good thing for the sick. After the corn is gathered it is heated to a temperature of 200 degrees Fahrenheit, this heating so as to remove the moisture being made on a scaffold. This scaffold is built with four upright posts, and upon these posts is made a kind of lattice work. Under this lattice work is the fire and on the lattice frame the corn is placed, being dried out by the heat beneath. This drives out all germs and the corn is fit to use for making blanc mange, there being no chance for it to become moldy or mouldy or to germinate and become germinating ground.

"Now, as to the treatment used in Africa. One is by the regular physicians, who use external and internal treatment, the remedies having in them arsenic, eastern syrup, the external treatment being with an arsenical paste and chrysophanic acid, with a base of lanoline. A diet of malt extracts and malt phosphates, with calcium and sodium is used, while great care is taken in using antiseptic for the faces and apertures. The native treatment is by means of a remedy made from six herbs, the roots of some being used and while the physicians with scientific methods cure about 65 per cent of the patients, the natives cure a far greater per cent with the simple remedy, used externally and internally. Of the six herbs used some are obtained from the mountains, the herbs being dried and pulverized for external use and in infusion made for internal use. The preparation for external use is known

to us as "Shea-butter," the pulverized herbs being made into a paste with various oils. The liquid and the powder being mixed with milk for internal use. It is a simple preparation and except for the cost of importation is not expensive.

"Of course you do not expect me to give you the names of the herbs we use in Africa, for that would be giving away my own knowledge. While I will not give this information, yet when I get the herbs I have sent for, I will prepare some and have the medicine exhibited and tested. I will be willing to have the medicine given under my direction so as to demonstrate its value, and if it is found to succeed, then to have the preparation made and put on the market so as to relieve suffering and save lives. Since I have been in North Carolina I have had a small package of the herbs sent me, and of the preparation I made I have a very little now left. I have sent to Africa for more herbs, but I do not know when they will arrive, as this is the rainy season in the mountains, and this rain is too heavy to get people to go into the mountains to dig for the roots and get the tops. In Africa the native preparation from the herbs has been the means of greatly decreasing the disease and thus saving lives, and it should do the same thing in America. I hope, therefore, that I may be the means of showing to the people of this country the value of the African cure for pellagra.

COTTON MILLS TO CURTAIL PRODUCTION.

Over Production and Price of Cotton The Cause—Twenty Million Spindles Affected.

At a meeting of the governors of the American Cotton Manufacturers Association, recently held in Charlotte, it was decided to hold the next meeting of the Association at this place. It was also decided to curtail production and articles were drawn to that effect to be effective if sixty per cent of the members signed. Twenty million spindles are in the Association.

War on Tuberculosis Begins.

The Anti Tuberculosis Society, of North Carolina, is making a tour of the State, lecturing on tuberculosis, its rapid increase, causes and means of prevention. The society commenced its tour at Fayetteville on last Friday night. Following was the program:

"The Germ Theory—Its Conquest and Possibilities," Dr. W. S. Hankin, secretary State Board of Health; "The Prevention of Tuberculosis," Dr. C. A. Julian, of Thomasville, secretary of the State Tuberculosis Society of North Carolina; "Transmission of Disease by Flies," Dr. D. A. Stanton, of High Point, secretary of the State Medical Society. The lectures were illustrated by stereopticon views and exhibits. They were of a very high order and calculated to do much good.

Commander Peary's Statement.

Commander Peary recently made public his statement as to the North Pole controversy and rests his case almost entirely on Eskimo testimony. He claims the Eskimos who, Cook alleges, accompanied him to the pole, deny this and practically all of Cook's other statements. There is very little in the Peary statement outside of this Eskimo testimony.

Dr. Cook denies Peary's exposure through Cook's Eskimos. He says:

"The Eskimos were instructed to keep still. Therefore they have not told the truth to Peary. I will bring them to civilization myself next year to make a statement."

Son Kills Father.

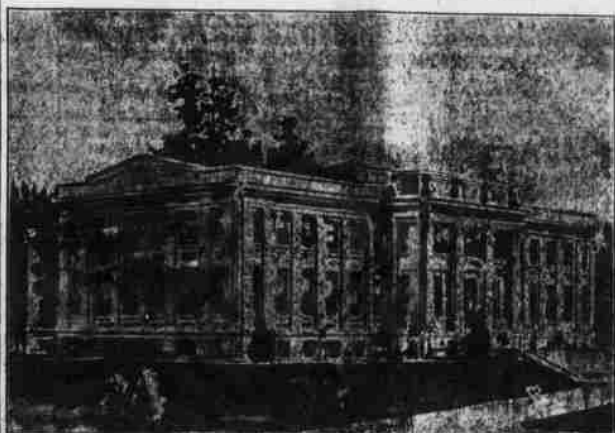
Robt. L. Abernethy, a well known Gaston county farmer was shot and instantly killed by his son Reuben, Tuesday morning. The father "had it in" for the son because he was shielding his mother from the father's cruel abuses. The old man entered the sick chamber of the son and fired three shots at the boy but his aim was bad. The boy got out of bed and managed to get the pistol away from his father and fired the two remaining balls, both taking effect. According to the evidence it is hardly probable anything will be done with the son.

The Dispatch says Lexington has 600 white children enrolled in the graded school.

COURIER REPRESENTATIVE'S TRAVELOGUE

Meetings of National Editorial Association in Fine Arts Building on Exposition Grounds—Banquet at New York State Building—Trip to Bremerton—Battleship in Dry Dock—Day in Tacoma, "The City of Destiny"—Big Saw Mill—Handsome High School—Point Defiance Park.

On Tuesday morning the N. E. A. met in the auditorium of the Fine Arts building on the Exposition grounds. Arrangements had been made with the Exposition people for the party to have entrance tickets and a book of attractions on "Pay Streak," which is the amusement part of the A. Y. P. Exposition. Mornings were given entirely to business and afternoons and evenings to pleasure. A larger



Fine Arts Building, Seattle Exposition—Meetings of N. E. A. Were Held in Auditorium.

number than usual, especially of ladies, were present at all of the business meetings, and all agreed that this was the most interesting as well as the most pleasant meeting in the history of the organization. In the afternoon we saw the Exposition, about which I am going to write next week. In the evening a banquet was given at the New York building, where the officials of the Exposition greeted the party and told of the merits of the fair—"the only one which opened on time." Just as the speech-making closed members of the Seattle Press Club came in dressed as policemen and captured the officers of the N. E. A. and Exposition officials and started up Pay Streak. The party went at will to the various places and finally went back to the city. Between the business meetings, and entertainment we spent a most strenuous week.

Visit to Bremerton—Navy Yard—Battleship Pennsylvania.

A short trip from the Colman Dock across the Sound brought us to Bremerton, where is located Puget Sound Navy Yard, which has the only Government dry dock on the Pacific coast. The battleship Pennsylvania was in dry dock being repaired, and we were permitted to go all through it; it is well equipped; it has every convenience a wireless telegraph station, printing office, from which a weekly paper is sent out to persons on boat, giving the latest news; a laundry, ice plant, etc. The head officer showed us a handsome silver service, which the legislature of Pennsylvania had presented to the ship at the time she was christened. He also showed us through private apartments of officers in which "they lived and moved and had their being" in times of war and peace. Pictures of home folks adorned the walls and fancy things made the small rooms look quite home like. The vessel was to sail for China the following day and the soldier boys were looking forward with pleasure to the trip—each boy was at his post of duty. It was interesting to hear them enquiring if there were people in our party from such and such a state. Many of them found people from their home towns. Several battleships were there at Bremerton to be overhauled after the cruise around the world. The

new Battleship "Nebraska," which is one of the largest in the American Navy, was built here. It was launched October 7th, 1904 and completed and accepted by the government in 1908.

Day in Convention—Election of Officers.

Several business matters had been laid over until Thursday, the last day of the convention, so it was a full day. A heated contest arose over the presidency, which resulted in the election of

A. Nevin Pomeroy, from Pennsylvania, over Mr. J. P. Baumgartner, of California, who was elected first vice president, and in all probability will be elected president next year. Mr. Pomeroy had come up the line of promotion from the third vice president's place, and is well prepared to fill the office he now holds.

A glimpse of the Exposition (for we only had glimpses of it during the meeting) in the afternoon, a dinner party at the New York building and taking in "Pay Streak" at night, wound up the day which was followed by a

Day in Tacoma, "The City of Destiny"—Fine Harbor.

On Friday morning the editorial party assembled at the dock and boarded the "Flyer" for Tacoma, where we were scheduled to spend the entire day. Members of the reception committee were on the boat, and as we came in sight of Tacoma told us through a megaphone of some of the wonders of the city and gave out badges with "Watch Tacoma Grow," "You'll Like Tacoma," etc. We passed in by the large grain elevator which belongs to the Chicago, Milwaukee and St. Paul Railroad, and saw great piers belonging to different railroads. Large boats can come in. Tacoma's harbor is of great natural depth and has no superior in the world, ranking with the well known Hampton Roads at the mouth of the James and Elizabeth rivers. There are vessels in port there every day loading lumber for the Orient, North and South America and European ports. Lumber exports lead, with grain second.

Large Saw Mill in Operation—Tide Flats

Tacoma is situated on Puget Sound and its extensive water front is crowded with saw mills and shingle mills that give employment to thousands of men. We went in one mill and saw tremendous logs (fir and spruce) six feet in diameter cut into planks, then dressed and made ready for use. One tree which was being sawed was 275 years old (I think the age is reckoned by the bark of tree, but am not up on "tree age-ology" and cannot positively tell). The timber grows along the banks of the Sound and is felled and floated in on its waters. We were told of the McKinley tree, a fir, which was 365 years old and 365 feet high.

A great number of large trees in the west bear names of some prominent person. Going into the city from the wharf on the electric cars we passed through the tide flat section, which has been filled in by washing down hills, hauling in rubbish, etc., and is now being used for buildings. On reaching the Chamber of Commerce we found different agricultural products on exhibition and crates of Puyallup raspberries, grown in the famous Puyallup valley, which were given the editorial party. Following a luncheon we were taken over the city, stopping at

The Handsome High School and Stadium.

Which places would do credit to any city in the United States. Tacoma has one of the handsomest High School buildings in the United States. It was built at a cost of \$500,000. In connection with this is now being built a stadium for athletic sports. It is said that the character of a city is known by its educational institutions, and Tacoma citizens claim they can abide by this decision since they have 24 graded schools, two large colleges, a girls' school, and business colleges.

Population of Tacoma.

The majority of the people in Tacoma have gone from the central states. Some one said that a Minnesota society was recently organized there with 500 members, and there are probably a number of Minnesotians there who did not join the society. The Missouri Club has 150 members. These figures give an idea of how the people in the East and central states have gone "West to grow up with the country." The number of the Japanese in Tacoma is quite large, while there are very few Chinese and negroes. The negroes have their own churches and worship at them generally, but there is no drawing of the color line in church or secular affairs, and there is no law against intermarriage of the races.

Point Defiance Park.

Our entertainment in Tacoma closed at Point Defiance Park where we were given a luncheon. Instead of coming up the Sound on the boat with the party one of the young ladies who was chaperoned by me managed to get an invitation for herself and chaperone to come out in an automobile. The roads were fine. We had a fine trip, getting splendid views of Puget Sound and "Mt. Tacoma" in the distance. As I have said before one must think where she is, before calling the name of this mountain. In the park the primeval forests have been molested as little as possible, except in places occupied by the hot houses, flower gardens and zoo. After the luncheon a souvenir spoon made of copper at the smelter in Tacoma, which is the largest smelter in the country, was given each lady, while the men were given cigars.

As this was the last place the whole party would perhaps be together, a handsome chest of silver was presented to Mr. W. H. Mayes, the retiring president. The trip back to Seattle, a run of thirty miles, was made in about two hours, the boat moving along at a 17-knot gait. Goodbyes were said on the boat to the persons who were not going to take the Alaska trip. The Alaska-Yukon Pacific Exposition is too large and too good to be mixed in with the other things, so will come in a letter by itself next week.

Mrs. Wm. C. Hanmer.

The Seaboard Air Line.

The Seaboard Air Line has about adjusted its many financial troubles and will soon be restored to the courts to its owners. At a meeting of the stockholders recently held in New York additional directors were elected and it is now claimed the board is favorable to the election of John Skelton Williams of Richmond as president. Mr. Williams was at one time president of the road but was ousted by Thomas F. Ryan who is also a Virginian.

Don't forget Cranford Bros. when you want a good pair of shoes worth the money.

General News Items.

Isaac Womble of Chatham County died of paralysis last week.

The negroes will hold their annual Fair at Raleigh October 25-30.

Former Senator Lindsay, of Kentucky, aged 72 years, died October 15th.

Rev. J. L. Smith, a Baptist minister, died in Chatham county last week.

The Murbola Hosiery Mill is a new knitting mill incorporated at Burlington.

J. T. Wade, aged 79 years, died at the home of his son, at East Bend, in Yadkin county, last week.

After suffering five years with asthma, Dr. John Butler died while sitting in a chair, at Raleigh, last Friday.

P. D. Pierce, formerly of Greensboro, but more recently living in Wilmington, died at that place recently.

The next annual meeting of the State Association of County Commissioners will be at Charlotte the second Tuesday in August.

Luther Sell was killed at the Union Copper Mines, at Gold Hill, Rowan county, last Friday, by a chain falling 300 feet.

Carroll Smathers, of Canton, N. C., accidentally fell from a freight train on the Murphy Branch, last Friday, and was run over and killed.

Claude Barbee, of High Point, has opened an office in Greensboro where he is district manager of the Indians and Ohio Live Stock Insurance Company.

J. C. Waddy, a colored doctor of Greensboro, has been sent on to Superior Court by the recorder of that place for writing whisky prescriptions for himself.

J. R. Giles, a patient at a sanatorium in Asheville, gave his guard the slip and leaped under the wheels of a fifteen ton steam road machine and was crushed to death instantly.

A. W. McAllister, of Greensboro, who recently had an operation for appendicitis at the Whitehead-Stokes Hospital, at Salisbury, is rapidly convalescing, the operation having been successful in every way.

Married, in High Point last week, Mr. L. C. Jones and Miss Addie Davis, Mr. Emmett Proctor and Miss Martha Brown, Mr. J. Baswell and Miss Anna Palton.

Miss Louisa Cox, aged 91 years, died in Forsyth county last week. The deceased was a member of Hickory Ridge M. P. church which was organized in 1847.

It is reported that the Southern, the Seaboard Air Line and Atlantic Coast line will enter Norfolk direct by a tunnel under the Elizabeth river and build a million dollar Union depot.

Bob Jones and Will McMaisters, of Montgomery county, sentenced to fifteen and twelve months respectively, at the Federal court, in Greensboro, last week, have been taken to the Federal prison at Atlanta.

Storms destroyed some fifty or more lives near Memphis, Tenn., last week. Halves of counties were laid in waste, towns destroyed and plantations greatly damaged. The storm came without warning, going in a southeasterly direction.

The doctors of Greensboro are up in arms against the chief of police, of that place who has been getting after them for the free and easy way they have been handing out whisky prescriptions and say the police use underhand methods.

Jim Day and John Gregory, two negroes, were recently convicted in a recorder's court at Winston, and sentenced to six months on the roads. Their counsel thinking the punishment excessive appealed and the Superior Court gave them 18 months.

The recent storm reports from Southern Florida are to the effect that hundreds of railroad constructionists, thought to be dead in the storm, escaped to high ground and were saved. Five relief trains have been dispatched.

There are no reports from the many fishermen on the lower key. The property loss at Key West will certainly be over two millions.