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**Public Health Service
Discovers Cause and
Cure for Pellagra.**

By U. S. Public Health Service.

Announcement has been made at the Treasury Department today that as a result of continued research and experiment of the Public Health Service, both the cause and the cure of pellagra have been discovered, and that the spread of this dread malady, which has been increasing in the United States at a terrific rate during the past few years, may now be checked and eventually eradicated. Assistant Secretary Newton, in charge of the Public Health Service, expressed great interest in the discovery and regards it as one of the most important achievements of medical science in recent years.

Pellagra has been increasing alarmingly throughout the United States during the last eight years and it is estimated that 75,000 cases of the disease will have occurred in the United States in 1915, and of this number at least 7,500 will have died before the end of the year. In many sections only tuberculosis and pneumonia exceed it as a cause of death.

The final epoch-making experi-

ment of the Public Health Service was carried out at the farm of the [Mississippi State] Penitentiary about eight miles east of Jackson, Miss., and together with the previous work of the Service completes the chain in the prevention and cure of the disease. The work at the Mississippi Farm has been in charge of Surgeon Joseph Goldberger and Assistant Surgeon G. A. Wheeler of the United States Public Health Service. The Farm consists of 3,200 acres in the center of which is the convict camp. The final experiment was undertaken for the purpose of testing the possibility of producing pellagra in healthy human white adult males by a restricted, one-sided, mainly carbo-hydrate (cereal) diet. Of eleven convicts who volunteered for this experiment, six developed a typical dermatitis and mild nervous gastro-intestinal symptoms.

Experts including Dr. E. H. Galloway, the secretary of the Mississippi State Board of Health, Dr. Nolan Stewart, formerly Superintendent of the Mississippi State Hospital for the Insane at Jackson, Dr. Marcus Hause, Professor of Dermatology, Medical College of the University of Tennessee, Memphis, Tenn., and Dr. Martin R. Engman, Professor of Dermatology in the Wash-

ington Medical School, St. Louis, Mo., declare that the disease which was produced was true pellagra.

Prior to the commencement of these experiments no history could be found of the occurrence of pellagra on the penitentiary farm. On this farm are 75 or 80 convicts. Governor Earl Brewer offered to pardon twelve of the convicts who would volunteer for the experiment. They were assured that they would receive proper care throughout the experiment, and treatment should it be necessary. The diet given was bountiful and more than sufficient to sustain life. It differed from that given the other convicts merely in the absence of meats, milk, eggs, beans, peas and similar protein foods. In every other particular the convicts selected for the experiment were exactly as were the remaining convicts. They had the same routine of work and discipline, the same periods of recreation and the same water to drink. Their quarters were better than those of the other convicts. The diet given them consisted of biscuits, fried mush, grits and brown gravy, syrup, corn bread, cabbage, sweet potatoes, rice, collards and coffee with sugar. All components of the dietary were of the best quality and were prop-

erly cooked. As a preliminary, and to determine if the convicts were afflicted with any other disease they were kept under observation from February 4th to April 9th, two and half months, on which date the one-sided diet was begun.

Although the occurrence of nervous symptoms and gastro-intestinal disturbances was noted early, it was not until September 12th, or about five months after the beginning of the restricted diet, that the skin symptoms so characteristic of pellagra began to develop. These symptoms are considered as typical, every precaution being taken to make sure that they were not caused by any other disease. The convicts upon whom the experiment was being made, as well as twenty other convicts who were selected as controls, were kept under continuous medical surveillance. No cases of pellagra developed in camp excepting among those men who were on the restricted diet.

The experimenters have therefore drawn the conclusion that pellagra has been caused in at least six of the eleven volunteers as a result of the one sided diet on which they subsisted.

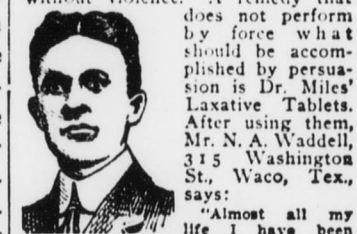
On the basis of this discovery, the States of Mississippi, Louisiana and Florida have laid their propaganda through their respec-

tive boards of health for the eradication of the disease.

Fifteen white convicts, serving sentences of from four months to four years, saved their way through the steel bars of the convict cage at the Sandy Mush camp in Buncombe county and escaped. Three were recaptured.

"Clean Up the Bowels and Keep Them Clean"

There are many remedies to be had for constipation, but the difficulty is to procure one that acts without violence. A remedy that does not perform by force what should be accomplished by persuasion is Dr. Miles' Laxative Tablets.



After using them, Mr. N. A. Waddell, 315 Washington St., Waco, Tex., says: "Almost all my life I have been troubled with constipation, and have tried many remedies, all of which seemed to cause pain without giving much relief. I finally tried Dr. Miles' Laxative Tablets and found them excellent. Their action is pleasant and mild, and their chocolate taste makes them easy to take. I am more than glad to recommend them."

"Clean up the bowels and keep them clean," is the advice of all physicians, because they realize the danger resulting from habitual constipation. Do not delay too long, but begin proper curative measures.

Dr. Miles' Laxative Tablets are a new remedy for this old complaint, and a great improvement over the cathartics you have been using in the past. They taste like candy and work like a charm. A trial will convince you.

Dr. Miles' Laxative Tablets are sold by all druggists, at 25 cents a box containing 25 doses. If not found satisfactory after trial, return the box to your druggist and he will return your money. 12 MILES MEDICAL CO., Elkhart, Ind.

Teachers' Assembly.

The thirty-second annual session of the North Carolina Teachers' Assembly will convene at Raleigh on November 24, and continue thru the 26th. The attendance will be large and some of the leading educators of the nation as well as the state will take part in the program. A general session of the assembly will be held each day following which the assembly will be divided into sections to consider matters of special interest to the various grade teachers. A special Thanksgiving service will be held at the City Auditorium, beginning at 12 o'clock. The sermon will be delivered by Bishop Thomas C. Darst, of Wilmington.

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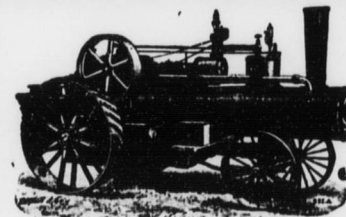
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