

Vitamin Deficiencies May Be Indicative of Other Lacks

By HERMAN N. BUNDESEN, M.D.

MAN does not live by bread alone, nor by vitamins, either. Essential as these substances are, they are not by any means the only essential food parts our highly complex bodies must have for normal functioning. This fact is emphasized by the observation of leading nutritionists that, if the diet is lacking in one respect, it is likely to be so in others.

In other words, if there is a deficiency of vitamins, there is also likely to be a lack of certain minerals such as iron, calcium or lime, and phosphorus. But more important in such instances, there is frequently a deficiency of protein. Proteins are necessary for the repair of worn-out tissues and for building new tissues. Proteins are supplied in abundance by such foods as meat, milk, eggs, beans, peas, and cheese.

Dr. Tom D. Spies and Mabel M. Motey of Birmingham, Alabama, believe that protein deficiency is especially likely to be present in persons who show symptoms of certain vitamin deficiencies. They noted that persons with pellagra due to a lack of niacin, or with cheilosis, which is inflammation of the lips due to a lack of vitamin B-2 or riboflavin, tended to eat a diet low in proteins.

In one group of patients they studied there were pellagra, a

form of anemia or lessening of the coloring in the blood, and swelling of the tissues, due to a collection of fluid in them. They found that they could correct the pellagra by giving niacin.

However, the anemia grew steadily worse. The anemia was corrected by giving a protein substance, but the swelling of the tissues did not disappear, nor did the patients fully regain their strength, until they were given a preparation made from casein, which is the protein part of milk.

In a group of children, there were such symptoms as chronic inflammation of the lips. This cleared up when riboflavin was given in large amounts. Even though the treatment with the riboflavin was continued, later on the cheilosis reappeared. When the preparation made from casein was administered, the lips healed completely and, after a period of fourteen months, had not reappeared.

Deficiencies in the diet cannot be cleared up by giving single chemical substances, according to Dr. Spies. Furthermore, protein deficiencies may be present without producing any symptoms.

Hence, it would appear that the way to correct disorders due to a lack of the proper food is by giving a well-balanced diet which may be supplemented by vitamin, mineral and protein preparations when necessary.

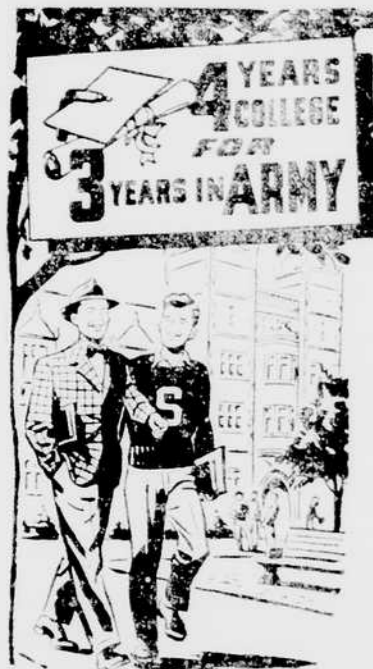
Odd Facts In Carolina . By Carl Spencer



IN 1934 C. OVERMAN LIBERTY CARVED HIS NAME AND DATE ON THE SHELL OF A TERRAPIN AND TURNED IT LOOSE. TWELVE YEARS LATER THE TERRAPIN WAS FOUND IN A FIELD LESS THAN ONE-HALF MILE FROM THE SPOT WHERE IT HAD BEEN PLACED IN 1934.

What's Doing In The Churches

First Baptist
 8 p. m. Union service at West End Baptist church.
 Monday
 9:45 a. m. Intermediate G. A. meeting.
 11 a. m. Morning worship.
 7:30 p. m. Boy Scouts of America.
West End Baptist
 8 p. m. Union service at West End Baptist church.
 Monday
 9:45 a. m. Church school.
 11 a. m. Morning worship.
 7:30 p. m. Boy Scouts of America.
First Presbyterian
 8 p. m. Union service at West End Baptist church.
 Monday
 9:45 a. m. Church school.
 11 a. m. Morning worship.
 7:30 p. m. Boy Scouts of America.



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 Wednesdays: 9:00 to 1:50
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Prospects Are Excellent For Tobacco At Present

Prospects for the 1946 tobacco crop are excellent at this time, with an outlook as good as at any time in recent years at this stage of the crop according to growers and other observers who are familiar with crop conditions. Good stands of leaf are reported everywhere in this area.

Seasons have been ideal thus far, with sun and sunshine in the proper proportions to assure the best growth and quality of tobacco. All planting was completed a week ago, and the crop is now in the process of their fields, keep down grass and weeds.

While the crop is just beginning, no serious rains will set under way in this section around the end of July. With favorable growing weather trend now on for the next six to seven weeks, this section should produce one of the best tobacco crops on record.

With a ten percent average increase, the yield should be even larger than last year, provided sufficient labor can be obtained for the harvest. Along with this outlook there is, too, the reasonable certainty of continued high prices for at least this year's crop.

Removal of price controls and ceilings is expected to be a boon to growers in the sale of this year's

Lions Plan Ladies Night

Final plans for their annual Ladies Night dance were made by the Lions club last night, the dance to be Wednesday night at West End Country Club. Music will be by Tom Hearne and his Carolinians.

Immediate Past President J. C. Mann presided in absence of the president, W. B. Shoarez, who with a number of other members attended the State convention of District 31-A, B and C held in Raleigh yesterday and today.

Members of the club played bingo last night in lieu of a program. A few routine business matters were discussed.

TOLERANCE THEME OF MEMORIAL



IN A MEMORIAL to those of all faiths who died in World War II, the Star of David has been placed beside the crucifix on the grounds of St. Brendan's Catholic Church in Brooklyn. At the right of the crucifix is an ancient Vatican symbol. Viewing the new memorial are Jewish war veteran Bernard Maurer and Catholic vet James Wright. (International)

Historians Of Counties To Convene

Meetings of the North Carolina County Historians Association will be resumed tomorrow following a lapse during the war, and a tour of historic points in Franklin and Warren counties is to be conducted under direction of Dr. D. P. Smithwick, of Lenoirville, vice-president of the State group.

The day's program is to begin with assembly at Franklinton, and move thence to places of interest in Franklin county, on into Warren county for stops at the grave of Anne Lee, daughter of General Robert F. Lee; the birthplace of Nathaniel Mason; the home of General John Sumner; the old Burke county courthouse; at old Hatteras race track; James Shocco springs; the former home of Major Orrin Randolph Smith, designer of the first official Confederate flag; Cassine, and other pre-Revolutionary places that time will allow for.

The group are to be guests at a barbecue dinner served at Ira Weldon's mill at 1:30 p. m., with all former members of the Franklin County Historical Association as joint host and hostesses.

In addition to Dr. Smithwick's leadership, as vice-president, Editor A. F. Johnson, of the Franklin Times, will be host to all newspaper correspondents of the area, who are invited to attend.

Dr. Smithwick said that a full attendance could not be hoped for after a four-year disruption, but he and other officers hoped for a large attendance, and declared, it is time to "re-educate and organize for greater usefulness."

A number of Henderson people were invited to join the tour of the day.

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MRS. JAS. W. HORNER PASSES IN OXFORD

Sister Of Mrs. R. B. Powell Prominently Connected In This Section Of State.

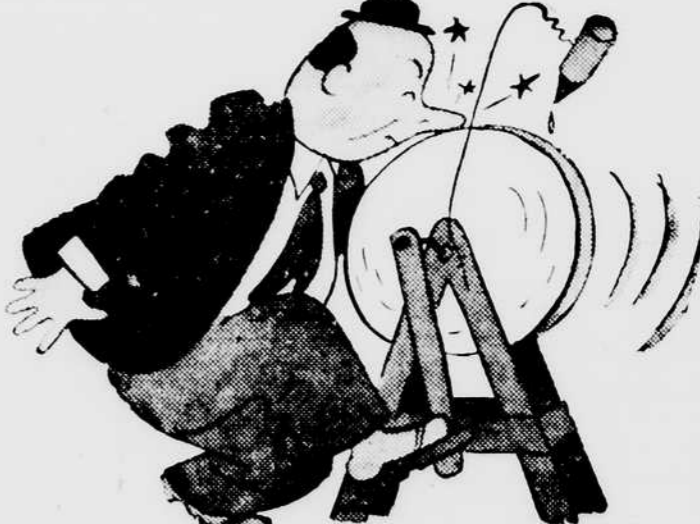
Mrs. James Wiley Horner, of Oxford, the former Miss Lillie Burwell, died at 2:30 o'clock this morning, after a long illness.

She was the daughter of William Henry and Lucy Cole Burwell, of Berry Hill, Mecklenburg county, Virginia.

Surviving are her husband and the following brothers and sisters: John C. Burwell, Mrs. R. B. Boyd, Mrs. W. N. Boyd, Mrs. Edmund White, Mrs. W. P. Baskeville and Misses Lucy and Edith Burwell, all of Warrenton; Mrs. G. G. Allen, of Seaside, N. Y., and Mrs. R. B. Powell, of Henderson. A number of nieces and nephews also survive.

Funeral services will be held at the Methodist church in Oxford Sunday afternoon at 4:30 o'clock, and burial will be in Ensworth cemetery in Henderson.

TREAT DAD THIS SUNDAY
 Father's Day
 To The
SUNDAY DINNER
 At The
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