

Dr. Padgett's Address On Nourishment Of The Child

The following address was delivered by Dr. P. G. Padgett, public health physician of Macon and Swain counties, to the last meeting of the Franklin Parent-Teachers Association on February 22:

The conducting of a school lunch room is a complex problem and is not, as is commonly and erroneously thought, a simple matter of supplying abundant quantities of hot food. The error so many school lunch rooms make is in emphasizing the "hot" lunch rather than the "well-balanced" lunch. By well-balanced lunch, one correctly means a lunch which contains all of the essential dietary elements, namely: fats, carbohydrates, proteins, minerals, and all of the necessary vitamins.

In visiting a number of the school lunch rooms over Macon and Swain counties, I have discovered that the children were receiving bountiful plates of piping hot food for their lunch. These plates contained the same ill balanced diet so prevalent in their homes. Day in and day out, these poor unsuspecting children were receiving a diet too high in carbohydrates such as potatoes, sweet and Irish; rice; corn; cornbread; wheat biscuits; stewed apples and other carbohydrates, with no sign of turnip tops, mustard, spinach, kale or any other of the nourishing greens. Most deplorable of all—these poor children never received milk or milk products such as hot chocolate or custard.

On a diet such as the one outlined above, an underweight child might gain up to or above its normal weight and still be weakly and unhealthy. This sort of diet does not promote firm flesh and muscle and strong bones. A child maintained on this one sided diet is unable to build up his powers of resistance against common colds, measles or any other common infection. An ill fed child will usually require several days more bed rest or hospitalization to recover from the same condition from which a well and properly nourished child will recover in a relatively short time.

The Ill-Fed Child is Dull

An ill-fed child is not as alert mentally or physically as a healthy and properly nourished child. Teachers in the class room have undoubtedly noticed that the preponderance of so called "bright" children come from the better homes where economic conditions which favor nourishing food and medical attention is on the above-average level. An ill-fed child often appears to be dull. Actually they are dull because the body tissues have not had the advantage of the strengthening food elements found in a well balanced diet. This "dull" child might, with proper diet become a star pupil. A person with pellagra, which results from improper diet and is cured by a proper diet, often demonstrates mental changes. In fact, one of the cardinal symptoms, although a relatively late one, is dementia or mental disturbance. Many of our young children in our county schools are now being recognized as pellagrous. Heretofore, we recognized the decaying of childhood teeth as inevitable and something which might as well be early as late. Now we are beginning to look upon the early decay and crumbling of children's teeth and the spongy, bleeding sore gums as something, along with underweight to be regarded as insipient or early pellagra. Pellagra is no longer looked upon, except by the uninformed, as a disease of adulthood. In fact, today many are beginning to wonder if a great portion of the pellagra cases discovered in adulthood did not have their onset in childhood. I firmly believe that there are many children in our schools that are doomed to a pellagrous life if their dietary habits are not altered to conform with those conducive to a strong, well nourished body.

Stooped Shoulders

A sick dog gropes around with a sad and lifeless expression, his head hung low, his tail between his weak legs and his back in an unnatural curve. Likewise an undernourished, pellagrous child has poor posture and a dull expression. Could you expect a sick child to walk about briskly in an upright position with alert expression? No! Nor can we expect many of our

undernourished children to be other than dull students, for in reality they are sick—sick with the preventable disease—malnutrition due to improper nourishment. Many parents wonder at the doctors' statement that their child is undernourished for they have provided large bountiful tables for their children to eat from. We do not mean undernourishment in the sense of insufficient quantity for this is a rarity in our communities. Rather, we mean undernourishment in the sense of insufficient quality or variety.

Poor Diet Causes Many Diseases

Dietary diseases such as pellagra, rickets and scurvy are not entirely confined to families in the lower income brackets for often these diseases may be present by stubborn choice. They will eat corn bread three times each day at the expense of eating some of the other essential food elements just because they like bread best of all foods. They like bread best of all most probably because their parents knew no better than to allow them to eat so much bread. Now, in later years bread eating has become a strong habit with them. Tell one of these persons he or she should eat very little bread and his defense might be, "The bible says 'Bread is the Staff of Life'." I am not doubting the truth of that statement but, I am saying we should not eat bread alone. Also in the bible are references to the eating of fish, wild berries and wild honey and the drinking of milk from goats and camels.

How many times have you had your doctor advise you or your friend concerning your diet? How many times has he advised the omission or reduction of bread?

Milk the Best Food

The greatest single food is milk, yet it is completely absent from the diets of many of our children. Mother's milk sustains the young through the first few months of life entirely. Breast milk contains all of the essential food elements in addition to many anti-body constituents which protects the infant from diseases during the first six months of life. An infant should never be made to substitute any other food if the mother is physically able to supply a nourishing breast milk. In considering this subject of breast feeding, briefly I want to remark that breast feeding can become an evil if, as in many cases, it is allowed to continue over too long a period. After six to eight months, the breast milk begins to lose some of the nourishing qualities with which it was endowed in the first six months of lactation. Consequently, substitutional feedings with boiled cow's milk and vegetable purees should be begun after the sixth month and by the end of the tenth month, breast feeding should be completely stopped. In other words, the infant should have completed the "weaning" process. Many mothers continue breast feeding 12 to 18 months and in an occasional case for an even longer period of time. After one year, the mother's breast milk does not contain enough food elements to allow the child to be properly nourished. Some mothers continue this long process of breast feeding without ever supplementing cow's milk and vegetables. Needless to say, this is nothing short of slow murder for the child is actually being slowly starved to death.

Recently, a mother and father came to my office to consult me regarding the health of their child. In his own words, the father said, "Doctor, we have come to see you about the poor health of our child. We believe it has tuberculosis. He does not gain weight, vomits frequently, has diarrhea, and cries and frets continually." I asked what they had been feeding the child and if he was getting Cod Liver Oil and orange or tomato juice, if it received milk each day and at what age the child was weaned? To my great amazement, the father said the child had never had cod liver oil, orange or tomato juice, never had been given solid food, and worst of all the child had never been weaned. The father said, "I had been thinking lately that I would have him weaned before long," just as though the mother had nothing to do with the matter. This child was almost two years of age and had been on

the breast since birth. After hearing this story, I said, "Your child is starving to death. Starving because you parents have offered him nothing but water for the past year. I advised taking the child off the mother's breast immediately—furnishing one quart of boiled milk daily, puree vegetables, cod liver oil and orange or tomato juice each day." I have not heard from them since and have no record of the child's death. Evidently, the child is improving. I am sure it is if they began feeding it properly. This is an extreme case where breast feeding was overdone but by no means a rare incidence encountered in practice. It is with this same ignorance of child care that many mothers and fathers feed their children the same monotonous, ill balanced diet each day of their childhood until each has become just another hulk of a human being—unable to do good work mentally or physically and oftentimes to end up in our institutions or on our relief roles as a burden to society. Talk about ignorance—there it is in its most pitiful form.

Milk Essential to Child's Health

How can much of this be prevented? The answer is: by a well balanced diet. It need not necessarily be an expensive one. There is hardly a person living in this county who hasn't a piece of land, be it large or small, near his home which could, with a little sweat of his brow, have been made into a productive garden for his own family's use. Instead, many think only of farming as the business of raising something which can be sold. I know of a little boy and girl in a nearby school who are undernourished, have bad teeth, poor posture and a record of many days absence from school due to frequent colds and other illness. I asked each of them about their diet, and whether or not they had a cow. The answer was, "Yes Sir; we have two cows." They said they did not drink milk because the father sold all of the milk the cows produce. This father is making his customers' children healthy but paying a high price to do so—by starving his own children.

Vitamines

A—Found in cod liver oil, cream, egg yolk, and yellow plants which contain carotene (carrots, corn, squash), also in green plants, liver, and whole wheat products.

Deficiency causes Xerophthalmia and Nyctalopia (night blindness) sterility, also lowered resistance to infections (colds, sores, etc.), stunted growth, digestive disturbances.

B—Found in pericaps of grain, animal organs, egg yolk, milk and green vegetables.

Deficiency causes beri beri, anorexia, digestive disturbances, atonic constipation, enlargement of parenchymatous organs, sterility and various nervous disorders, degenerative changes in heart, G. track and nervous system producing multiple neuritis.

C—Found in citrus fruits, tomatoes, other fruits and green vegetables, raw meat (lean).

Deficiency causes scurvy, poor health in babies, adolescents, mental sluggishness, tendency to hemorrhage and general physical weakness, anemia, decay of teeth and weakening of bones (decalcification).

D—Found in cod liver oil, milk, egg yolk, direct sunlight (not under windows).

Deficiency causes rickets, osteomalacia (weakening of bones), tetany, decaying teeth, malformations and deformities of bones, general muscular, nervous and body weakness.

E—Found in animal food (glandular organs especially), yeast, seeds and green leaves of plants.

Deficiency causes sterility. G (P-P) B2—Found in yeast, liver, liver extract, lean meat, milk and eggs, and the yellow foods.

Deficiency causes pellagra.

LEGAL ADVERTISING

ADMINISTRATORS' NOTICE

Having qualified as administrators of L. F. Setser, deceased, late of Macon county, N. C., this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 5th day of February, 1939, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement.

This 5th day of February, 1938.

GILMER SETSER

BRYAN SETSER,

Administrators.

LEGAL ADVERTISING

ADMINISTRATOR'S NOTICE

Having qualified as administrator of R. B. Bradley, deceased, late of Macon county, N. C., this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 31st day of January, 1939, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement.

This 31st day of January, 1938.

MARVIN HOWARD,

Administrator.

F3-6tp-M10

NOTICE

The following regulation was adopted by the Board of Conservation and Development in regular session at Raleigh, N. C., on January 19, 1938, and is now in full force and effect:

It shall be unlawful to fish or take fish by any means whatever from Cliffs Lake and Skittles Creek in Macon County until further notice.

PAUL KELLY, Secretary

Board of Conservation and Development.

F10-4tc-M3

ADMINISTRATOR'S NOTICE

Having qualified as administrator of D. I. Miller, deceased, late of Macon county, N. C., this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 22nd day of January, 1939, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement.

This 22nd day of January, 1938.

FRANK MILLER,

Administrator.

J30-6tp-M3

ADMINISTRATOR'S NOTICE

Having qualified as administrator of T. B. Higdon, deceased, late of Macon county, N. C., this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 8th day of February, 1939, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement.

This 8th day of February, 1938.

THEODORE HIGDON,

Administrator.

F10-6tp-M17

ADMINISTRATOR'S NOTICE

Having qualified as administrator of J. B. Duvall, deceased, late of Macon county, N. C., this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 31st day of January, 1939, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement.

This 31st day of January, 1938.

E. B. DUVALL,

Administrator.

F3-6tp-M10

ADMINISTRATOR'S NOTICE

Having qualified as administrator of W. Julian Waldroop, deceased, late of Macon county, N. C., this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned on or before the 9th day of February, 1939, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate settlement.

This 9th day of February, 1938.

JOHN LYLE WALDROOP,

Administrator.

F10-6tc-M17

NOTICE OF SUMMONS

North Carolina,
Macon County.

In The Superior Court

J. J. York

vs.

Ida H. York

The above named defendant, Ida H. York, will take notice that an action entitled as above has been commenced in the Superior Court of Macon County, North Carolina. That the purpose of this action is to obtain an absolute divorce from the bonds of matrimony now existing between the plaintiff and the defendant, on the grounds of two years separation.

The defendant will further take notice that she is required to appear at the Office of the Clerk of the Superior Court of Macon County, North Carolina, in Franklin, on the 16th day of April, 1938, and answer or demur to the complaint of the plaintiff or the relief

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will be granted as asked for. This the 25th day of February, 1938.

HARLEY R. CABE,
Clerk Superior Court
Macon County, N. C.

M3-4tc-JFR-M24

NOTICE OF SUMMONS

North Carolina,
Macon County.

In The Superior Court

Macon County

vs.

Roy H. Bryson and wife, Maggie Bryson.

The Defendants, Roy H. Bryson and wife, Maggie Bryson, will take notice that an action entitled as above, has been commenced in the Superior Court of Macon County, North Carolina, for the purpose of foreclosing a tax lien on property in Macon County, North Carolina, and in which the defendants have an interest, and are proper parties thereto.

It is further ordered by the court that the defendants, Roy H. Bryson and wife, Maggie Bryson, are required to appear at the office of the Clerk of the Superior Court of Macon County, North Carolina, at his office in Franklin, on the 30th day of March, 1938, and answer or demur to the complaint of the plaintiff, or the relief demanded in said complaint will be granted.

This the 8th day of February, 1938.

HARLEY R. CABE,

Clerk Superior Court

F10-4tc-M3

NOTICE OF SALE

North Carolina,
Macon County.

In The Superior Court

R. S. Jones, Administrator of the

estate of J. A. Porter, deceased

vs.

Mary V. Porter, et al

Under and by virtue of a decree of the Superior Court of Macon county, made in the special proceeding entitled "R. S. Jones, Administrator of the estate of J. A. Porter, deceased, vs. Mary V. Porter, et al," the undersigned commissioner will, on Monday, the 7th day of March, 1938, at 12 o'clock, noon, at the courthouse door in Franklin, North Carolina, offer for sale to the highest bidder for cash the following land:

All the right, title, and interest owned by J. A. Porter at the time of his death in the following described tracts of land:

A tract of land consisting of approximately 50 acres, being located on the east end of Wayah Bald, known as the Wayah Bald camping ground, completely surrounded by the lands of the United States of America.

The following lots in a subdivision known as Bonny Crest, as surveyed and mapped by D. Conger in August, 1908, said map or plat recorded in office of Register of Deeds, Book B-3, page 70:

Lots Nos. 14 and 18, Block No. 2. Lots Nos. 11, 15, 28, 29, 30, and 31, Block No. 3. Lot No. 3, Block No. 6. Lots Nos. 1, 2, 3, 4, 5, and 6, Block No. 7.

This the 1st day of February, 1938.

R. S. JONES,

Commissioner.

F10-4tc-Mar3

NOTICE OF SUMMONS

North Carolina,
Macon County.

In The Superior Court

Macon County

vs.

Dallas Jones and wife, Mrs. Dallas Jones and Town of Franklin

The Defendants, Dallas Jones and wife, Mrs. Dallas Jones, will take notice that an action entitled as above, has been commenced in the Superior Court of Macon County, North Carolina, for the purpose of foreclosing a tax lien on property in Macon County, North Carolina, and in which the defendants have an interest, and are proper parties thereto.

It is further ordered by the court that the defendants, Dallas Jones and wife, Mrs. Dallas Jones, are required to appear at the office of the Clerk of the Superior Court of Macon County, North Carolina, at his office in Franklin, on the 30th day of March, 1938, and answer or demur to the complaint of the plaintiff, or the relief demanded in said complaint will be granted.

This the 8th day of February, 1938.

HARLEY R. CABE,

Clerk Superior Court

F10-4tc-M3