

PELLAGRA

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the neck should across the suspicion of any person who is so afflicted, and a physician should be immediately consulted. Doctor Goldberger stated that there were some exceptions to the symmetrical occurrence of the eruption. He also stated that sometimes the occurrence of the eruption was more pronounced on the forehead and on the head on one side of the body than on the other.

There is generally a sore mouth as the disease advances; diarrhoea, sometimes constipation precedes the diarrhoea; loss of weight, various kinds of digestive disturbances, vertigo, and discomfort, if not downright pain, in the region of the stomach. Frequently, headaches, wakefulness, and what may be termed a finicky appetite are nearly always present.

The foregoing are simply some of the suspicious symptoms pointing toward a possibility of pellagra. Other conditions, and other diseases

are often associated with the same series of symptoms.

No person should undertake to make a diagnosis of one's self from reading any list of symptoms described by anybody. These are suspicious symptoms, and when studied by a good physician, through a process of elimination and consideration of all points involved, he is generally able to make a reasonably prompt diagnosis.

One of the most important characteristics is the history of the food habits of every person who is suspected of having pellagra. Dr. Goldberger made the clear-cut statement that suspicion of pellagra should never be entertained by any one who is known to be and to have been a habitual milk drinker and meat eater. At the same time he made that statement he warned that careful consideration was necessary in deciding about what constituted a question of the quality of food a person habitually consumes is almost as important as the quality in studying the history of a person's food habits.

How May Pellagra Be Prevented
Once the diagnosis of pellagra is

definitely established. It is necessary for satisfaction for a good physician to advise with the person having pellagra as often as necessary for the patient's welfare. When the physician establishes the diagnosis in the beginning of the disease, or soon after the suspicious symptoms occurring in any person have led to a diagnosis, the food habits of such a person should be immediately established on what may be called a pellagra-preventing basis. That is, the same kind of habits should be, of course, practiced by all healthy persons who expect to remain in good health. In the first place, what Dr. Goldberger termed a "M's" diet—meat, fat meat (salt) and molasses—should be carefully avoided by such a person. This is what he termed a pellagra-producing diet. On the other hand, the diet should embrace a sufficient quantity each day of what is known as pellagra-preventing food. It is sufficient for us to enumerate here some of these food items. It is assumed that all such foods will be properly prepared, and it must be eaten in a sufficient quantity every day to have any effect at all toward preventing the disease.

The old slogan of the State Board of Health, adopted in 1916, covers the ground almost entirely, with the exception of the addition of fruits. That slogan was a milk cow with plenty of milk and butter for every family on every farm, and plenty of milk and butter in every home in city and town in the State. This means fresh whole milk, fresh butter, and not city substitutes commonly sold for butter at half price. Second a flock of poultry sufficient to have some fresh chickens at frequent periods throughout the year, and sufficient to produce an abundance of fresh eggs for the family table. Third, a garden carefully worked and on a production basis three hundred and sixty-five days in the year. It is true that for the city and town office worker, merchant, or professional people and their families that the cow generally belongs to a dairy located outside of town, but the butter and the milk is available just the same. For such people the garden is located at a first-class grocery or produce commission store, where fresh vegetables should be available every day in the year. The farmer, of course, should raise his own, landlord and tenant alike.

In addition to the foregoing, fruit, especially fresh ripe fruit, such as apples, should be available at all times and should be consumed at least once a day.

Some of these items, such as the milk, simply contribute to the general well-being of any person and while not rich itself in vitamins, milk is one of the most valuable single foods for the prevention and cure of pellagra because it contains so many vital elements which are required to maintain the health at a satisfactory standard. Some fresh lean meat, either beef, mutton, pork fish or chicken, and especially fresh lean beef, is essential at frequent intervals. Cured pork, ham or shoulder, if fresh, and any other items of a meat diet are satisfactory. In short, a good all round varied diet, which may be found on the table of any first-class farmer throughout the year, or on the table of any intelligent family with an understanding of home economy, living in city or town, composing what is known as a balanced common sense selection of food, is all that is necessary, with one important proviso, and that is that the food must be regularly eaten in sufficient quantities, and not simply nibbled or looked at.

The reason pellagra is looked upon as a poor man's disease is because the well-to-do family can provide all the essential foods, and, of course, most of them do provide it, and when the individual members of the family refuse to eat as described above, and develop pellagra they put themselves in the same class as the poor man of low income, who is not able to secure the necessary foods in order to be safe from the occurrence of pellagra.

Yeast

If yeast is to be used as a pellagra preventive, it should be suggested by the family physician, who is familiar with diet habits of each individual member of the family, or at least a physician should be familiar with such habits before he undertakes to prescribe it.

Dried powdered yeast is very rich in pellagra-preventing principles. It is also rich in protein, and it should rate high as a food when properly consumed. It is a microscopic plant cell, and before used as a food should be killed by stirring the dried powder into some water, and boiling for at least one or two minutes. One minute is sufficient, in the opinion of Dr. Goldberger. The amount for a person having pellagra in any stage should be prescribed by the attending physician. It usually ranges from a half ounce to three ounces per day, taken three times per day on food, in water or in any way the patient prefers.

Now that the government has turned the wheat market over to the farmers, and the speculators there is no telling what will happen to the price of wheat.

Those who are unwilling to work for the best interests and advancement of Elkin should at least keep their mouth shut while others try to do the best they can.

Congratulations

AND SINCEREST GOOD WISHES TO THE NEW AND MODERN



Hugh Chatham Memorial Hospital

WHICH ANNOUNCES ITS OPENING FOR INSPECTION ON

Sunday, April 19th

The management and owners of The Tribune joins wholeheartedly in extending sincerest congratulations to the many who have worked so faithfully in bringing to a reality what was a short time ago only a dream; and also to everyone who has contributed to the success of the undertaking in whatever way they saw fit to do so. And to the entire hospital staff we extend a genuine welcome to our city.

We also desire to express our appreciation for the generous support given this newspaper in its endeavor to establish before the people of this section of North Carolina the true facts concerning this modern and well-equipped hospital, and to solicit the support of those who may need its services. With pardonable pride, we simply add the hope that whatever success this institution attains, this special edition may have proved worthy of its intention—to cooperate in a good cause.

The Elkin Tribune — and — Elk Printing Co.

ELKIN, N. C.

We Extend

a most cordial welcome to Dr. Harry L. Johnson and his staff of co-workers upon their entry into their new field of endeavor in our midst. May their labors at the new

Hugh Chatham Memorial Hospital

(WHICH OPENS APRIL 19)

produce good and lasting results among the patients to be admitted there, thus justifying the confidence which has been bestowed upon them in making up the personnel of the hospital. Again—a welcome, to Elkin and our store.

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