

# CLAIM DEATH RATE AND BAD HEALTH DUE TO POOR DIET

## 'Negro Eats Too Many Greasy Preparations'

NEW YORK, N. Y., April 26.—  
"What most impresses the new-comer to Harlem (or any urban Negro community) is the amazing frequency of funerals." With this sentence Heba Jannath begins an amazing series of articles in the April number of *The Messenger*, a Negro magazine published in this city, entitled "Death and Diet."

Quoting the statistics on sickness and death among Negroes in comparison to the whites, Miss Jannath points out the singular fact that while "The Negro is constitutionally the superior of the white man having better eyes, a more resistant skin, more stable nerves and better metabolism" nevertheless Negroes are dying proportionately faster than white folks and are cursed with more sickness. This, the writer points out is not so much due to congestion or bad sanitation as it is to faulty diet.

If the Negro ate properly he could very shortly reduce his death and sickness rates below that of the white citizens, but instead he insists on a diet consisting largely of pork, black-eyed peas, corn bread, coffee, fried dishes, hot biscuits, rolls and all sorts of greasy preparations. In the course of her illuminating discussion of the subject, the author takes occasion to rap the Germ Theory of disease, to deny that anything is known about Tuberculosis and to charge that there has been no real advance in medical science. This very iconoclastic paper has aroused considerable discussion everywhere. Other articles in the series are to appear in the May and June numbers of *The Messenger*.