

Vol. 77, No. 6

JUNE, 1942

10 Cents

GOOD HEALTH

OFFICIAL ORGAN OF THE RACE BETTERMENT FOUNDATION

Editor: JOHN HARVEY KELLOGG, M.D., LL.D., F.A.C.S.

The Battle Creek Sanitarium
Has Not Been Sold

Wartime Smoking

New Information about
Protein

The Stethoscope

ESTABLISHED 1866

Three Cures For War Worries

Has this war got you down? If so, we can't blame you too much, for the seven-league boots of Hitler and Hirohito marching across the earth are enough to make anybody jittery and blue.

Taxes are going up. The standard of living is going down. We see thousands of the finest of our boys marching away to war, some of them never to return. All these things give us an indigo feeling.

What can we do to regain our buoyancy and optimism, our hope and courage?

First, we should hold firmly to the conviction that our cause is just and that right and justice ultimately will prevail.

Second, so far as opportunity affords, we should plunge into some sort of war time service such as Red Cross work, etc.

Third, every one of us should read that most helpful and stimulating volume, "WHY THE BLUES?", written by one of America's renowned physicians, Dr. John Harvey Kellogg. It discusses the cause and cure of worry, nervousness, neurasthenia, insomnia, chronic fatigue, and a host of other kindred factors which produce that "blue-as-indigo" state of mind.

Much of your down-in-the-mouth feeling may be due to physical and psychological factors, which if understood aright, may be removed permanently. Dr. Kellogg's book should be on the "must list" of every worried and harassed American today. It is scientifically sound. It is easily read. Its prescription for the banishing of the blues is simple, rational and attainable.

As our contribution to the abolition of war-time worries we are making a special price of only \$1.00 postpaid on this 336 page volume whose regular selling price is \$2.25. This book will be good for you, and for all your friends who are beset with premonitions and foreboding these days.

SEND FOR YOUR COPY TODAY. SEE THE BLUES DISAPPEAR TOMORROW.

THE MODERN MEDICINE PUBLISHING COMPANY

Battle Creek, Michigan

GOOD HEALTH

Vol. 77, No. 6
JUNE, 1942

Entered as second class matter at the Post Office at Battle Creek, Mich., under Act of March 3, 1879.

Copyright, 1942, by the Good Health Publishing Company.

SUBSCRIPTION PRICES

\$1.00 per year; single copy 10 cents.
Foreign subscriptions, \$1.50.

Published Monthly by The Good Health Publishing Company, Battle Creek, Michigan.



CONTENTS

Editorial	83
What Biologic Living Has Done for Adam Vogt	85
The Stethoscope	86
Pictorial	88
The Health Question Box	90
Recipes	91
Digest of Health Progress	92



EDITOR: John Harvey Kellogg, M.D., LL.D., F.A.C.S.

ASSOCIATE EDITOR: Alonzo L. Baker, A.B.

CONTRIBUTING EDITOR: H. M. Stegman, A.M.

The Battle Creek Sanitarium Has Not Been Sold

THIS great institution, which in 60 years grew from its small beginning in a farm house to a capacity for housing 1300 guests, and utilizing in its various activities six large buildings, besides more than 50 cottages, dormitories, laboratories, and other structures, has not been transferred to the Government for Army use, as has been widely reported through the newspapers, but only one of its large buildings and two or three smaller ones.

The remaining buildings will easily accommodate several hundred patients. One of these buildings, located nearly across the street from the large main building, is a fine large structure, having a total length of more than 500 feet, five stories in height, and capable of accommodating from 250 to 300 guests.

This building was erected as a competitor of the Sanitarium, and was known as "The Beefsteak

Sanatorium," because the porters called out at the train, "All aboard for the Phelps' Sanatorium. They will give you nice juicy beefsteaks there."

The writer said to the builders when the building was in process of erection that he hoped they would do a good job as he expected to use the building — an expectation which was realized several years later. And the place became known as "The Annex," a name familiar to many thousands who have enjoyed its quiet and broad verandas, freedom from smoke and dust, as well as the sounds of rushing trains and city noises, and the beautiful large grove of oaks and other forest trees which surround it on every side.

Having been designed and used for sanitarium purposes, this building will be ready by August 1 to house the entire number of Sanitarium patients.

In a way, the Sanitarium will

make a new start, beginning in fact, a new era in its career. In recent years, methods long the subject of research have finally been brought to a state of perfection which makes it possible to secure much better results in the treatment of many chronic ailments.

Facts made clear by recent discoveries by Harris, the eminent heart specialist, and other scientists, are in full accord with observations made at the Sanitarium over the course of many years. These have demonstrated that essential hypertension is not incurable, as has been supposed, but is amenable to skillful treatment.

Regimen therapy, as practiced at the Sanitarium, is especially effective for it strikes at the cause of this grave malady by lessening the work of the kidneys through careful regulation of the diet. By means of this diet and physiotherapeutic treatment, active toxins and those putrefactive changes in the colon (the so-called "bacterial digestion") which produce histamine and other poisons that cause high blood pressure and give rise to degenerative changes in the heart and blood vessels are suppressed.

It is in work of this kind that the new Sanitarium will again take the lead, as it took the lead years ago. Regimen therapy will be a new step forward in correcting detrimental dietary habits, inculcating new ones, and preventing the insidious destructive influences that eventually lead to chronic disease, invalidism and premature old age.

The new Sanitarium is fully equipped to carry on its valuable educational and therapeutic services and to work for the goal of improved human health and welfare.

New Information about Protein

AT A MEETING of the American Association of Cereal Chemists, in Chicago, E. L. Love and C. G. Harrel, of the Pillsbury Research Laboratory,

Minneapolis, reported the results of experiments in the feeding of rats which showed clearly that the protein of wheat germ is superior to that of meat. Wheat germ contains 10½ per cent of protein. The average meat contains about 15.8 per cent, and milk contains 3.3 per cent of protein. Thus, one ounce of wheat germ contains as much protein as two-thirds of an ounce of average meat and four ounces of milk, and protein that is equal to that of milk and meat.

Some years ago, Newburgh, of the University of Michigan, showed that one-fourth of the nitrogenous elements in meat is not useful protein, but a substance so highly toxic in character that when fed to rats, it gives rise to a deadly nephritis, or inflammation of the kidneys, which closely resembles that produced by bichloride of mercury or corrosive sublimate.

Wheat germ contains more than six times as much iron as does meat, and iron of a very much better quality. Furthermore, its superiority to milk is still greater, one ounce of wheat supplying as much food iron as more than two quarts of milk.

It is to be borne in mind, however, that the protein of wheat germ differs very greatly from that of ordinary bread from which the wheat germ is wholly removed in the process of milling, and greatly to the detriment of the flour.

The protein of gluten is inferior to that of milk and other animal sources. And the same is true of the protein found in other cereals. The inferiority may be corrected by the addition to wheat of soybean flour in proper proportion. A mixture consisting of an ounce of soybean flour to each part of wheat flour will correct the deficiency.

Wheat germ is now sold by most grocers, and may be eaten as a breakfast food either by itself or combined with other cereal foods. An ounce or two daily will be sufficient to insure a plentiful supply of excellent protein and without meat, milk, eggs, or other protein of animal origin.

The Government Protects Property against Injury from Use of Tobacco

IT IS INTERESTING to note that the Federal Government recognizes in tobacco-smoking a menace to property worthy of attention, and is urging local authorities to forbid smoking in defense plants. This action is amply justified by the fact that, according to the *New York Times*, more than one-third of all the factory fires which occur in New York City every year are caused by smoking.

Nevertheless, the damage by fires caused by smoking is a mere trifle compared with the damage done to life and character by the tobacco habit.

Why should not our Federal authorities take steps to stop the use of tobacco in places other than factories; for example, in public places congregated by people some of whom are non-smokers and are greatly annoyed and inconvenienced by the poisonous fumes of tobacco?

A few hundred lives may be lost each year in factory fires, set by cigarettes or the matches used in lighting them; but scores of thousands of men and women die ten or fifteen years before their time (Raymond Pearl) as the result of absorbing the deadly poison, nicotine, from the smoke of burning tobacco.

Eggs

OF THE CONTENTS of an egg, the white constitutes about two-thirds, the yolk one-third. The white contains little else than albumen and water. It is the portion of the egg that, in the process of embryonic growth, develops into the body of the hatchling. Although the yolk is only half the weight of the white, it represents twice its real food value. One-half its weight is water, while the white is seven-eighths water. The yolk solids are two-thirds fat and one-third protein.

Egg yolk is also rich in all

the vitamins, in which the white is almost totally deficient. The yolk contains ten times as much Vitamin A and twice as much vitamin B as does milk. Vitamins C, D, and E are also present in sufficient amount.

For many years, the writer has recommended that eggs, if eaten, should be hard boiled and

the white rejected. The hard-boiled egg has several advantages over meat.

1. It contains very few bacteria, while meat is always swarming with germs, often containing billions of colon germs to each ounce.

2. Egg yolk is easily sterilized by boiling.

3. Because it readily separates into small particles which readily undergo digestion, there is little, if any, residue left for putrefaction in the colon.

4. The yolk of egg is rich not only in several essential food elements, but in food minerals as well as vitamins.

What Biologic Living Has Done for Adam Vogt

DOWN in Louisville, Kentucky, is a fine example of what biologic living can do for men and women who want to live busy, useful and vigorous lives for more than the proverbial "three-score and ten" years which the Bible allots mankind on this terrestrial ball.

A few months ago, Adam Vogt, industrialist, celebrated his eightieth birthday, and also his fifty-eighth year as the active head of several successful business enterprises. The photograph you see here shows Mr.

Vogt on his birthday at his desk as president of the Vogt Machine Company, a four-million dollar concern. Beginning his business life as an optician and watch maker, he later went into the jewelry business, then into the machine manufacturing industry, and, of later years, also into the ice cream manufacturing business, and real estate management. He is busier and more active in business now than ever before.

Mr. Vogt's physical appearance belies his eighty years. He keeps his weight at what it should be. He walks with spring and verve in his step. His hearing and eyesight are unimpaired. His memory is that of a young man. His speech is quick and incisive.

Asked what he attributes his unusual physical fitness to, Mr. Vogt replied, "To three things: (1) Proper food, but not too much even of that; (2) Plenty of rest and regular hours of sleep; (3) No poison habits."

Mr. Vogt eats no meat, and hasn't for more than forty years; he doesn't drink coffee, tea, or alcoholic beverages; he never smokes; he goes to bed early and arises early.

"I was born a weak, sickly child," says Mr. Vogt. "My parents never thought I would live to reach manhood. My father himself was an invalid for many years, and died at 36. My mother did not live to an old age. At an early age I figured I would have to take good care

of myself, or the dire prophecies of my early demise would come true."

When a young man, Mr. Vogt was fortunate in having some of Dr. John Harvey Kellogg's health books fall into his hands. He read these books—revolutionary in their day—and decided to follow the rules Dr. Kellogg laid down for biologic living. Later on, in 1909, Mr. and Mrs. Vogt made their first visit to the Battle Creek Sanitarium. They have been coming every year since (usually twice a year), for a physical checkup, and to learn anything and everything new along biologic lines. "Our family cook, who has been with us for 43 years, is a 'biologic cook,' and makes our meals at home in Louisville just like the Sanitarium does here," exclaims Mr. Vogt with enthusiasm.

Mr. Vogt has been a constant reader of *GOOD HEALTH* for thirty-three years. "I have never missed a number since the spring of 1909," he says. He has also bought and read all of Dr. Kellogg's health books, and has made gifts to his friends of scores of the Doctor's volumes.

Mr. and Mrs. Vogt have reared three fine sons, all of whom served their country in the first World War. One of them, Lt. Col. Clarence Vogt, is serving again in this war. Four grandsons are in college this year, and one of the four, Tommy Vogt, is captain of the Yale basketball team.



Adam Vogt, of Louisville, Kentucky



You Gamble Your Life

A RECENT STUDY made by the Rockefeller Foundation reveals the astounding fact that only seven per cent of the American people have annual physical examinations. The other 93 per cent go to a physician only when they think they have something the matter with them, many of them not even then.

It would seem that with all the education along health lines this nation has had in recent years, the majority of people would be intelligent enough by this time to insist upon periodic physical checkups by a physician, dentist, and oculist. Those who have been earnestly seeking to warn us against the ravages of cancer, heart and arterial disease, for long years have proclaimed from the housetop that frequent examination and early detection are the greatest barriers against malignancy, hypertension, and heart disease.

Do we think those who thus warn are merely spoofing us? Or does each individual think that he is immune to such diseases? Or is it just plain carelessness and negligence?

Why do we gamble with disease when we well know death always plays with loaded dice?

Alcohol and Gunpowder

A GOVERNMENT official recently said that we must have 300,000,000 gallons more of ethyl alcohol this year than last for the manufacture of explosives for the war. As he spoke he figuratively tore his hair, declaring that a lack of alcohol might lose us the war.

There is no use of a government official, or anybody else, mussing up or marring his tresses over a scarcity of alcohol, for there is no scarcity. If the ethyl alcohol which went into the two billion gallons of alcoholic beverages the American people drank last year had been diverted to the manufacture of gunpowder it would make up most of the amount we are short.

It takes a half pint of alcohol to make one pound of powder. That means a quart of whiskey could furnish enough alcohol for two pounds of powder. Most of the spirituous liquors run about 50 per cent alcohol; wine 14-30 per cent; beer, up to 7 per cent.

If America must make the choice between shot and "half-shot," then surely there are enough sober people left in the nation to instruct the government to convert every distillery, winery and brewery into a munitions plant at once! Will we be defeated by Hitler and Hirohito simply because we would rather lose freedom and democracy than beer and whiskey?

Defective Feet of Women

A PHYSICIAN doing research work on women's feet tells us that 78 per cent of American women have defective feet. He adds that he believes this war will have a beneficial effect on the feet of women, for war work will necessitate that they wear fewer high heels and more low-heeled, walking shoes. He attributes most of women's foot troubles to high-heeled, narrow-toed, narrow-soled shoes.

As the war goes on more and more women will be required for factory and farm jobs. Others will be engaged in Red Cross, Civilian Defense, and kindred activities. All such will have to don sensible shoes in order to be efficient at their jobs. This will be a great boon to American womanhood, and will not in the least detract from their femininity and attractiveness. Only false standards of beauty and style have jacked women's heels up in the air three or four inches, making them walk like arthritic peacocks.

Too Much Food Will Ruin Us

WE HAVE heard much of recent years in America about malnutrition and undernourishment, but now comes a University of Chicago physiologist, Dr. Frederick Hoelzel, who says America should concern herself much more over her well-fed millions than the under-fed. He says that overeating does more damage to our national health than does under-eating. "The Roman banquet probably sealed the fate of the Roman Empire, and French food and wine were very likely factors in the fall of France," Dr. Hoelzel asserts. "Too much food, or excessive catering to the appetite, can weaken an empire just as surely as it can ruin an individual."

Iconoclastic Dr. Hoelzel also declares that, despite the importance of vitamins, an aggressive warfare against overnutrition is more important in America than a campaign to enrich our foods by the addition of vitamins.

National Hero a Teetotaler

MRS. COLIN KELLY, the widow of the heroic airman who stayed by his flaming flying fortress that his crew might parachute in safety, declares, "Colin didn't drink or smoke. I know that many of his flyer friends didn't either. Colin wasn't a prude; he was a man's man, but he said that alcohol and gasoline do not mix. He said he needed a clear head to fly."

The tens of thousands of the finest young men America has ever produced, who are now Army and Navy flying cadets, should take heed to Captain Kelly's example, not only in heroism and self-sacrifice, but also in physical fitness and in abstention from two universally used poisons.

A Peek into Latin America

IN JOHN GUNTHER'S new volume, "Inside Latin America," this roving world reporter gives us some significant glimpses of the living habits of some of the big men south of the Rio Grande. We dare say his facts will startle some North Americans who cherish the idea that all our Latin American neighbors are *bon vivants*, specializing in sparkling wines, brunettish senoritas, and rhythmic rumbas.

For example, Gunther tells us that the 60-year old president of El Salvador, General Maximiliano Martinez, is wiry and athletic, a vegetarian and a teetotaler. The president of Honduras, General Tiburcio Carias, who has a physique like a football player, never drinks any kind of alcoholic beverage. Oswaldo Aranha, the foreign minister of Brazil, one of the most influential men on the South American Continent, neither smokes nor drinks. Col. Fulgencio Batista, president of Cuba, used to like to gamble and drink, but since assuming the presidency, refrains from both because he feels such practices would be a bad example for his people.

Perhaps it would be salutary to have such Latin American dignitaries visit some of the high officials in our Anglo-Saxon countries!

Business Men Die too Soon

A MAYO physician, who specializes in the ailments and diseases of American business men, recently told the American Association of Industrial Physicians and Surgeons that eating too much, smoking too much, drinking too much, working too much, resting too little, and playing too little, are the factors responsible for so much heart disease, circulatory disease, and kidney disease among business men.

This physician, Dr. Harold C. Habein, furthermore says that the present war, with its strain upon the business men of our nation, will cause a great increase in high blood pressure, hardening of the arteries, and coronary thrombosis, unless our business men drastically revise their living habits. Dr. Habein warns that these lethal diseases are claiming men of younger age now than ever before.

Dogs, too, Need Vitamins

WE SPEND \$100,000,000 a year on prepared dog foods, yet many of the nation's 28,000,000 dogs are undernourished, reports a nutrition expert in California's agricultural college. This physician declares that many dog owners think they have done their duty when they have furnished their pets plenty of meat, but most prepared dog foods, consisting mainly of meat, are lacking in many of the essential vitamins.

Surprising as it may be, this experimenter reports that prunes supplied Vitamin A to the test dogs better than most any other food given them.

Four Inches Less Waist

THE CIRCUMFERENCE of American women at the waistline has decreased nearly four inches in the last ten years, according to the findings of America's dress and gown designers. This has come about, not by corseting or other constrictive measures, but by intelligent dieting, scientific exercising and calisthenics.

This decrease, particularly on the part of women 30 years of age and older, is a very beneficial one, for with most adults the shorter the waist line the longer the life line. Perhaps the war, with its rationing of sugar and its increased physical activities for women, will further add to their symmetry, beauty and life expectancy.

Radio and Nerves

DR. WALTER ALVAREZ, of the Mayo Clinic, declares that radio is not doing the nerves of the American people any good; on the contrary, he says, radio is an enemy of our nervous system. He says that many homes keep the radio going practically all the waking hours with all its cacophony of swing music "soap operas," murder mysteries, and such like. As a consequence, repose and relaxation are becoming scarcer and scarcer among radio devotees, and this takes its heavy toll of our nerves.

The "soap operas," which so many millions of housewives and mothers listen to all day long, abound in illicit love, jangling and discordant matrimonial triangles, jealousies, hatreds, and murders aplenty. No one can listen to these 15-minute high tension episodes week in and week out without definite impairment of one's emotional balance. They are merely the old yellow-back novels and 10c thrillers etherized.—B.



The New Which the Battle Creek Sanitarium Meantime the Sanitarium Will

The great success of the physiotherapy system pioneered in America by the Battle Creek Sanitarium has led to its recognition and use throughout the civilized world and thus made it possible to release two of its larger buildings to the government for use as a base hospital and physiotherapy training school for army physicians and nurses.

Some of the remaining buildings to which the





Quarters um Will Occupy after August 1 Carry On without Interruption

equipment and beautiful furnishings are being removed are shown in the surrounding cuts.

Patients will find the new quarters comfortable, convenient and suited to sanitarium uses.

Well known members of the old faculty who have been missed in recent years are returning, and hundreds of old patients will be coming back to the three-quarter-century anniversary now being planned.



THE HEALTH QUESTION BOX

Vitamin Capsules

I. G. W., Iowa, asks: Should a person take vitamin tablets?

Answer: In cases of avitaminosis the lacking vitamin may be provided by the administration of vitamins in capsules. However, this is not the preferable way in which to correct this dietary fault. The proper remedy is food containing a normal supply of natural vitamins. This requires considerable knowledge of foods and their preparation for use, which can be acquired only by study and experience. It is safe to predict that in the not distant future much more attention will be given to instruction in dietetics in our public schools than is given this subject at the present time.

Bacterial Digestion in the Colon — the Kidneys

H. E. D., Rhode Island, asks:

1. Is digestion completed in the colon?
2. What is the normal work of the kidneys?

Answer: 1. No. The digestive work is done in the stomach and small intestine. It is begun in the stomach and finished in the small intestine. The undigested residue is passed on to the colon. The stomach may be called the kitchen of the body; the small intestine, the dining room; and the colon, the sewer, or garbage pail.

The work of the colon is to receive and evacuate from the body the undigested food remnants and body wastes. Protein, if retained more than a few hours in the colon, undergoes bacterial digestion, or putrefaction, a serious source of damage to the body, and especially to the blood vessels and kidneys. There are many who believe that injury to the tissues from this source is one of the greatest of all causes of various forms of chronic disease and also of race degeneracy.

Putrefaction in the colon is usually the result of failure of the colon to evacuate its entire contents completely every 24 hours. To prevent undue accumulation of putrescible residues in the body, complete evacuation of the colon should take place after each meal. This is the normal habit with healthy children, and should be made habitual by careful training in early years. Most persons may by persevering effort acquire this health-promoting habit.

2. The kidneys perform several highly important functions, chief of which are (1) regulation of the specific gravity of the body fluids; (2) removal from the blood stream of the products of protein metabolism, or dissimulation, especially urea, uric acid and allied products. Failure of the kidneys to do their work efficiently is one of the chief causes of high blood pressure and the wearing out of the heart, and premature old age and senility.

Neutral Bath — Moist Abdominal Bandage

W. D. K., California, is troubled with insomnia, and asks:

1. Will you please explain the neutral bath?
2. Can this bath be taken at home without danger of taking cold?
3. Should the moist abdominal bandage be applied hot or cold?

Answer: 1. The neutral bath is simply a warm bath, the temperature not higher than 96° nor lower than 92° F. The effect of the bath is soothing and quieting. Blood accumulates in the skin, and so is drawn away from the brain. The bath will always produce sleep if continued long enough. Fifteen or twenty minutes is generally sufficient to produce refreshing sleep.

2. There will be no danger of taking cold if a few simple directions are followed. In getting out of the bath, the greatest

care must be taken to avoid chilling, even in the slightest degree. The patient should not be cooled off in the usual way after warm baths, but should be wrapped in a Turkish sheet quickly, gently dried (not rubbed), and should then slip into a warm bed as quietly as possible.

3. The moist abdominal bandage is a simple remedy which proves quite efficient in many cases of insomnia. It is always applied cold, for the reason that it is necessary to produce a "reaction" in order to prevent subsequent chilling.

The girdle consists of a towel wrung quite dry out of cold water, then applied about the trunk and covered with a dry flannel and mackintosh or oiled muslin. Care must be taken that the edges of the moist towel are not exposed as the evaporation thus induced will cause chilling, and so destroy the good effect of the application. This bandage may be worn every night for months, if necessary, but a fresh towel must be used every night to avoid infection of the skin.

Diet in Arthritis

M. S. C., New York, asks: What diet should a person follow who is suffering from arthritis?

Answer: Arthritis is not recognized as a dietetic disorder. However, it is generally believed that the disease is most likely to appear in persons who make large use of meat and other protein-containing foods, and especially in persons who suffer from obesity as the result of excessive eating. There is also much evidence that persons with foul stools, due to putrefaction in the colon, are especially liable to rheumatism and arthritis. Many cases have been reported in which the complete suppression of putrefaction in the colon had resulted in the cure of rheumatism of the joints even when far advanced.

R E C I P E S

COTTAGE CHEESE CANAPE

$\frac{1}{4}$ cup cottage cheese
3 tps. finely grated carrots
3 tps. chopped nuts
 $\frac{1}{4}$ tsp. salt
1 tbsp. mayonnaise
12 small pieces parsley
12 strips toasted bread

Combine the cheese, carrot, nuts, Sal-Savita, salt, and mayonnaise. Spread the mixture on the bread and garnish with tiny bits of grated carrot and parsley. Six servings.

Calories in serving, 47
Calcium 1 Vitamin A 52
Phosphorus 1 Vitamin B 9
Iron 1 Vitamin C 0
Copper 6 Vitamin G 1

APRICOT AND CHEESE SANDWICHES

$\frac{3}{4}$ cup apricot purée
 $\frac{1}{4}$ cup cottage cheese
8 thin slices whole wheat bread
3 tbsps. butter

Wash and soak dried apricots overnight, or until soft. Cook in as little water as possible until tender and press through a sieve. Combine the apricot and cheese and spread between slices of buttered bread. Four servings.

Calories in serving, 250
Calcium 3 Vitamin A 1,470
Phosphorus 5 Vitamin B 37
Iron 25 Vitamin C 0
Copper 12 Vitamin G 17

PROTOSE WITH RICE AND TOMATO

$\frac{1}{2}$ cup rice
 $3\frac{1}{2}$ cups canned tomato
 $\frac{1}{2}$ cup chopped onion
 $\frac{3}{4}$ tbsp. corn syrup
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ lb. Protose
3 tbsps. butter
 $\frac{1}{4}$ tsp. sage
1 tsp. Savita

Wash and boil the rice until tender, then place in a sieve and pour cold water over the top to separate the grains. Combine the tomato, onion, syrup and salt and cook until evaporated one-half (2 cups). Add one tablespoon of butter and fold in the rice. Flake the Protose with a fork, add one tablespoon of melted butter, sage and Savita. Place a thin layer of the Protose mixture in a buttered baking dish, pour in the rice and tomato, and cover with the Protose. Place dots of butter over the top and bake in a moderate

oven (350° F.) forty-five minutes. Eight servings.

Calories in serving, 325
Calcium 2 Vitamin A 1,129
Phosphorus 4 Vitamin B 44
Iron 5 Vitamin C 373
Copper 15 Vitamin G 41

CARROT AND ALMOND RING WITH CREAMED PEAS

4 cups chopped cooked carrots
1 cup chopped blanched almonds
3 eggs, slightly beaten
 $1\frac{1}{2}$ cups milk
1 tsp. sugar
1 tsp. salt
2 tbsps. butter

Combine the ingredients in the order given and pour into a buttered baking ring set in a pan of hot water. Bake in a slow oven (325° F.) about thirty minutes or until firm. Turn out on a heated platter and fill the center with creamed peas. Eight servings.

TURNIP GREENS AND MUSHROOMS

3 cups cooked, chopped greens
3 eggs
2 tbsps. melted butter
 $\frac{1}{2}$ tsp. salt

Chop enough cooked greens to make 3 cups. Add melted butter, salt and beaten eggs. Butter a circular mold, pack the greens into it, cover and let steam 1 hour. Turn out on a platter and fill center with Mushroom Sauce:

4 tbsps. browned flour
2 tps. Savita
2 cups milk
7 tbsps. butter
 $\frac{1}{2}$ lb. mushrooms, coarsely chopped
 $\frac{1}{2}$ pimiento
 $1\frac{1}{2}$ oz. diced Protose
1 tsp. salt

Brown the mushrooms and Protose in 4 tablespoons butter. Melt 3 tablespoons of butter in a double boiler and stir in the flour. Add hot milk slowly and stir until smooth. Add Savita and cook until thickened. Add chopped pimiento, mushrooms and Protose, and cook 20 minutes. Nine servings.

Calories in serving, 203
Calcium 9 Vitamin A 8678
Phosphorus 6 Vitamin B 98
Iron 9 Vitamin C 0
Copper 10 Vitamin G 194

CABBAGE AND CELERY SALAD

2 cups shredded cabbage
1 cup thinly sliced celery
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ tsp. celery seed
1 tbsp. minced onion
3 lettuce leaves
 $\frac{1}{2}$ cup mayonnaise

Select tender green cabbage and tender celery and soak in ice water, or keep in the refrigerator until crisp. When ready to serve, combine the vegetables, seasoning and arrange on individual garnished plates. Three servings.

Calories in serving, 152
Calcium 4 Vitamin A 44
Phosphorus 1 Vitamin B 14
Iron 3 Vitamin C 520
Copper 14 Vitamin G 12

MOLDED EGG SALAD

4 hard-cooked eggs
1 tsp. salt
2 tbsps. soft butter
1 tbsp. lemon juice
 $\frac{1}{2}$ tsp. paprika
2 tomatoes
4 tbsps. mayonnaise
4 lettuce leaves

Press eggs through a sieve and season with salt, butter, lemon juice, paprika and two tablespoons of mayonnaise. Pack in a straight glass or jelly tumbler and chill for two hours or longer. Peel and chill the tomatoes. When ready to serve, cut the tomatoes in half crosswise and place a slice on each garnished plate. Remove the egg by passing a thin-bladed knife or spatula around the inside of the glass. Cut into four slices and place on top of tomatoes. Decorate with mayonnaise and a pinch of parsley in the center. Four servings.

Calories in serving, 230
Calcium 3 Vitamin A 1,230
Phosphorus 6 Vitamin B 28
Iron 10 Vitamin C 270
Copper 22 Vitamin G 61

The Mineral-Vitamin Ration

The recipes given in these pages are unique. They show for the minerals, — calcium (lime), phosphorus, iron and copper, — the percentages of a day's requirement found in each serving, and for the vitamins A, B, and C, the number of units. By adding the figures found in the several servings eaten at a meal, or at several meals, the total intake of each for the day may be found. A day's requirement is 100 each for the minerals, and for the vitamins, A, 10,000; B, 500; C, 200.

DIGEST OF HEALTH PROGRESS

Wartime Smoking

AS A WARTIME measure, the city of New York has adopted an ordinance to prevent smoking and the lighting of matches on waterfront property. It seems odd that such a law was not thought necessary during peace. Is the pleasure of cigarette users of such importance that they are to be restricted only when the country is at war? It would be well if some military reason could be found to confine smoking on trains to cars especially set apart for that purpose. Disregard of "No Smoking" signs is common, no matter how many women and children may be in the coach.

This country might learn something from Norway about curbing the use of tobacco in public. Mrs. Florence Jaffray Harriman, former minister to that land, tells in her book, "Mission to the North," that it is against the law there to smoke while driving a car. She adds: "There is very little complaint against this rigid rule in Norway. Both pedestrians and riders agree that it has saved many lives; as has the strict ruling about driving when under the influence of alcohol, a rule that has brought more than one prominent Norwegian into jail for three days. It is because of the firm administration of the law, and the very conservative tests applied to the breaths of slightly deviating drivers, that has made it the general rule for party-goers in Oslo to take taxis."

Graying of Hair

MUCH attention has been directed lately in medical literature to the graying of hair and to the possibility of preventing it by vitamin medication. Dr. Ales Hrdlicka, the distinguished anthropologist of the Smithsonian Institution, writing in the *Journal of the American Medical Association*,

doubts whether sudden graying of hair ever occurs. He says that in its original color the hair contains melanin, which it abstracts from the blood. When the supply of this pigment is reduced or cut off, the hair turns gray or white.

Hence, it is conceivable that under starvation or prolonged severe nervous stresses, the production of melanin may be diminished or cease, and the hair turn gray. When conditions become normal again, the hair might well be restored to its original color, as in the case of Major A. W. Greely, the Arctic explorer.

Dr. Hrdlicka cannot see how vitamins could change gray hair back to its former color, in view of these facts. He admits that some substance may be discovered which will delay the graying process in its early stages.

Drugs No Aid in High Blood Pressure

THE medical treatment of high blood pressure is not satisfactory, writes Dr. E. A. Hines, Jr., in the *Proceedings* of the staff meetings of the Mayo Clinic. In some of the cases the condition arises from an ailment in some other part of the body, such as the kidneys, and the doctor's attention should be directed to this source. When no such origin can be discovered, an effort should be made to reduce the strain on the blood vessel system by teaching the patient to relax. The nature of the problem should be made clear to the sufferer and aid given to help rid himself of undue anxiety.

The daily program should be regulated so as to conduce to relaxation, vacations should be taken regularly and a hobby of a noncompetitive type be adopted. Tobacco should be avoided. Really, the treatment should begin before the disease has manifested itself, when

methods of living can be taken up so as to conserve the blood vessel system from strain.

Operations on the nerves or ganglions are done in a certain class of patients. At the Mayo Clinic 450 such operations were performed in six years. Excellent results in the reduction of blood pressure were achieved in about thirteen per cent, fair results in eighteen per cent, while the pressure was not affected in thirty per cent. In thirty-nine per cent there were good effects which lasted for weeks or months but then disappeared.

Bicycle Fatalities

A DROP in deaths from automobile accidents has been noted and it will doubtless continue. The lessened use of cars due to wartime rationing of tires and gasoline and the tendency toward lower speeds are important factors in this improvement. However, restrictions on automobiles have led to a large increase in the use of bicycles and in fatal accidents due to them. The *Statistical Bulletin* of the Metropolitan Life Insurance Company reports that in 1941 there were about 1,100 such deaths in the United States; this was nearly one-fourth more than in the previous year. In 1932, when the sport was not much practiced, there were only about 450 fatalities.

Boys between ten and nineteen are the most frequent victims, but the proportion of adults involved is growing. About 900 of the 1,100 accidents were due to collision with automobiles. Some pedestrians were fatally injured by bicyclists. Many suburbanites now ride their wheels to and from the railroad station; children who were formerly driven to school now in many families pedal their way. Bicycle racks are stimulating the use of the bicycle by shoppers.

Riders on wheels do not appreciate that they must exercise

as much care as drivers in cars. Many accidents could be avoided by proper attention to traffic rules and to common sense precautions.

Strength in Age

THE DRAFT limit for civilians is sixty-four years; beyond that, men are presumed to be fit for old age pensions. But older men are capable of hard physical work, declares Dr. Percy M. Dawson of the University of Wisconsin Medical School (*Science*). He is now sixty-eight. In 1914, 1926 and 1942, he tested his strength at bicycling under scientific measurement of energy output. Each ride was kept up to the limit of his powers.

His latest performance was about seventy-two per cent of his record at the age of forty and about eighty per cent of his achievement at fifty-three. Recovery from the acute effects of the effort was prompt after his latest test. But he now requires more rest days between rides than he formerly did. Through brief training, he improved his staying power one hundred and fifty per cent.

Ill Health from Mental States

EMOTIONAL states such as those due to domestic or business troubles may result in disturbances of bowel action, writes Dr. J. H. Geddes in the *Canadian Medical Association Journal*. The colitis may cause marked constipation or diarrhea. In one instance, looseness of the bowels attacked a young man when his wife became seriously ill. She recovered in two weeks, but his trouble continued for a year. Colitis may bring on a variety of symptoms; gas and abdominal distress in some form are most common. Headache, loss of energy, dizziness, nervousness, loss of appetite and nausea may occur.

If the patient is working too long hours or burning the candle at both ends in other ways,

attention should be called to this. If he is unhappy in his work, an attempt should be made to change to a suitable occupation. Plenty of sleep and a mid-day rest are important. Two vacations a year are better than one.

Prolonging Our Days

THE BEST assurance of a long life, said Dr. Oliver Wendell Holmes, is a wise choice of ancestors. Since this is impractical, other measures must be adopted. Dr. H. Vern Soper (*Medical Record*) places great stress on the avoidance of such emotions as fear, worry, indecision, anger, and others that bring on nervous tension. Highly wrought persons are likely to be excessively active physically, and thus accentuate the mischief. High blood pressure is a likely accompaniment. Tissue exhaustion, infiltration of fat and loss of elasticity of fibrous tissue result.

Adequate nutrition, proper exercise and sufficient rest fight such tendencies. Probably most people have some sort of foci of infection, whether in the teeth, tonsils, sinuses or elsewhere. The hourly absorption of poisonous substances from these sources year after year is bound to make definite changes in the body tissues.

Insurance statistics indicate that old people who receive an annuity live longer and are happier than the average. The worry of being destitute and not wanted will contribute to ill health.

Oiled Floors Gather Germs

HOUSE dust contains many organisms, most of them harmless but some of them disease bacteria. In places in which many people gather, and especially in hospitals, there is a greater congregation of the dangerous germs. It has been shown that when beds are made or floors swept in hospitals, the content of streptococci

and other bacteria in the air is much increased. Experiments described in the *Lancet* prove that there is a reduction of about eighty per cent in the number of organisms projected into the air by sweeping when the floors are oiled.

Major John C. Thomas explains that a cheap petroleum known as spindle oil serves the purpose. Before it is applied, the polish must be removed from wood surfaces. It can be used on linoleum. One gallon covers 800-1,000 square feet of floor. It need not be renewed for two months unless the traffic is very heavy. The oil does not kill the bacteria. It merely holds them in the dust so that they can be readily swept up with a soft broom. This dust may be a source of infection and should be disposed of suitably. The floor may be slightly slippery for an hour or two after the application of the oil.

The English do not use the vacuum sweeper as much as do Americans, but the oiled floor might be of advantage in this country. Many people are allergic to house dust and might benefit from this method of capturing it. In fact, the vacuum sweeper would suck up more of the organisms if they were thus caught in the dust.

Death Rate among Drinkers

LIFE insurance statistics are not emotional or biased. They simply state facts. The Eagle Star Insurance Company of London, England, has a special section of total abstainers. Records covering half a century show that the general rate of mortality among its ordinary policy holders is fifty-one per cent greater than among the abstainers (*Scientific Temperance Journal*).

Similar results are shown in Australia. The report of the Friendly Societies of Queensland gives the death rate among their members, drinkers and non-drinkers, as 109 per 10,000.

This rate is fifty-three per cent higher than that of the Rechabites, all total abstainers, which is seventy-one per 10,000.

The Australian T. and G. Mutual Life Assurance Society insures non-drinkers in a special section. Deaths in the general class were 67.6 per cent above that among the abstainers.

Cancer from Smoking

RESPONSIBILITY of smoking for many cases of cancer of the mouth is clearly stated by Dr. George E. Phaler, writing in the *National Bulletin* of the American Society for the Control of Cancer. This disease can be prevented by keeping every part of the mucous mem-

brane in a healthy condition. Cancer of the lip is sometimes due to undue exposure to the sun and the wind. It may also come from smoking, and especially from the irritation of a clay pipe, the constant irritation of a pipe stem, or even the constant irritation of cigars and cigarettes.

To prevent cancer of the tongue, all irritation must be avoided, such as produced by the scratching of a sharp-edged tooth, by repeated biting of the tongue and by smoking. White patches on the tongue are brought on by smoking. Cancer at this site spreads more rapidly and extensively than anywhere else in the mouth. This is due to the constant movement and the rich supply of blood and lymphatics which favor dissemination. Only about thirty per cent

of these cases are now cured. With early treatment, seventy-five per cent should be conquered.

Either the irritation of a tobacco quid or of smoking may bring on a creamy appearance of the cheek. The next step is the development of thickened white patches or warts; then come fissures, ulceration and cancer. Such white patches may also form on the floor of the mouth. If these are destroyed in the early stage and the cause of the irritation is removed, cancer can be prevented. Cancer of the gums is relatively rare and is usually associated with bad teeth, and the long continued irritation from food particles that accumulate under such conditions. A clean mouth rarely develops cancer; a healthy one never does.

You Should Have Good Health

GOOD HEALTH Magazine is the world's leading exponent of Biologic Living. Established in 1866, its editor for the past 67 years has been Dr. John Harvey Kellogg. To read this monthly magazine for one year is to get an all round education in dietetics and the various other aspects of healthful living.

GOOD HEALTH is \$1.00 a year. However, if you wish to order it in combination with the \$1.00 book, "*Why the Blues?*" which is advertised on the inside front cover of this issue, you may have both the book and the magazine for only \$1.50.

If you wish to order GOOD HEALTH in combination with the \$2.00 book, "*How to Have Good Health*," which you see advertised on the opposite page, you may have both the book and the magazine for \$2.50.

These books are already offered at bargain prices, and together with the half-rate on the magazine when ordered with a book, you are really making a large and sizable saving.

Use the coupon below, and mail to us today together with your check, money order, or currency.

Clip the Coupon Here

GOOD HEALTH MAGAZINE
271 West Michigan Avenue
Battle Creek, Michigan

Gentlemen: Enclosed you will find ☐ check, ☐ money order, ☐ currency, to the amount of \$..... Please send me the items checked below.

- ☐ 1 year's subscription to GOOD HEALTH, at \$1.00 per year.
- ☐ 1 year's subscription to GOOD HEALTH, together with the book, "*Why the Blues?*" for a total combination price of \$1.50.
- ☐ 1 year's subscription to GOOD HEALTH, together with the book, "*How to Have Good Health*," for a total combination price of \$2.50.

Name.....

Street.....

City..... State.....



H. ARMSTRONG ROBERTS

Long May It Wave

America is determined that neither Hitler's black swastika nor Hirohito's red sun shall eclipse our glorious Stars and Stripes. Fervently do we pray for our flag, "Long may it wave o'er the land of the free and the home of the brave."

But it will take more than prayers and patriotism to conquer the Dictators. It will take strength, —military strength, financial strength, industrial strength, moral strength, physical strength. Physical strength, yes, physical strength for soldiers, sailors, airmen, factory workers, and civilians alike. All of us need strong bodies for this total war.

The book, "How to Have Good Health," by Dr. John Harvey Kellogg, should be read by every American who wishes to make himself strong in this critical time. This 500-page volume considers every phase of living which is basic to

vigorous bodies and minds. An appendix contains many tables showing the vitamin, mineral and caloric values of foods; the acid-ash and basic-ash foods; individual weight and height tables, etc.

This compendium of health is regularly priced at \$3.75, but as one of our contributions to making America strong we are putting a *special price of \$2.00 postpaid* on this 500-page book, "How To Have Good Health," by Dr. John Harvey Kellogg. Send currency, postoffice money order, or your personal check today to

THE MODERN MEDICINE PUBLISHING COMPANY

Battle Creek :: Michigan

Constipated?



**YOUR COLON NEEDS
CONSTRUCTIVE HELP
—NOT PUNISHMENT**

IRRITATING drug laxatives may move the bowels, but they do so through a punishment action that frequently leads right back to constipation again. When constipation becomes chronic the colon really needs help—not punishment!

You can do a great deal to help the constipated colon. Eat foods that agree with you and thus avoid digestive upsets. Have plenty of fresh fruits and vegetables in the diet to furnish the bulk the colon needs for natural action. Take healthful exercise, but get plenty of rest and relaxation, so that the colon is not made "spastic" because of unnatural nerve tension.

But the constipated colon needs definite constructive help as well. Don't resort to irritating drug laxatives. That kind of help is not constructive.

To help the colon you must stimulate it gently and without irritation. LD-LAX was developed, after years of study, by a renowned doctor at the famous Battle Creek Sanitarium for just this purpose . . . to give natural aid to the constipated bowel.

LD-LAX is a common-sense, gentle-acting treat-

ment. It contains a natural ingredient that absorbs excess liquid in the colon and swells to form a gently massaging and highly lubricating bulkage. This passes easily through your colon, soothing irritated tissues and cleansing away waste matter from crevasses of the colon. The result is a natural-like, satisfying bowel movement—without any "laxative" feeling at all!

LD-LAX also contains a special ingredient which helps reestablish friendly, helpful bacteria in the colon. So be sensible. Stop depending on irritating drug laxatives. Start using LD-LAX at once. See for yourself what you can do through proper habits and natural aid to the colon.



USE COUPON - Send 10¢ for generous Trial Sample

BATTLE CREEK FOOD CO., Dept. GH-6-42
Battle Creek, Michigan
Yes, indeed, I want to feel swell all the time!
Send me my generous trial sample of LD-LAX.
I enclose a dime wrapped in paper to cover mailing costs.

My Name . . . (Please print)

My Address . . . (Street or R. F. D.)

City . . . State . . .

LD-LAX has been tested and approved
by the famous Battle Creek Sanitarium.

THE BATTLE CREEK FOOD CO. Battle Creek, Michigan