

AUGUST 1965

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Life and HEALTH

THE NATIONAL HEALTH JOURNAL



THE HAPPINESS HABIT

By J. DeWITT FOX, M.D.

CANCER

By HENRY G. HADLEY, M.D.





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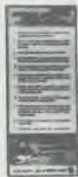
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THOUGHTFUL DOCTOR

DEAR EDITOR:

I wish to express my sincere gratitude to Reginald D. Rice, M.D., of the Far Eastern Island Medical Clinic on Guam

OUR AUGUST COVER



Color Transparency by Louise Price Bell

The beautiful cineraria that adorns the grounds of the Santa Cruz, California, home of Mr. and Mrs. Bud McNerney has made an attractive cover picture this month for LIFE AND HEALTH. Mrs. McNerney must get a great deal of pleasure from her lovely garden. It takes a lot of work to keep a garden, but work that ends in pleasure is soon forgotten. The pleasure lasts.

One evening as I was working in my small garden a neighbor came by and said, "You look very happy this evening."

"Thank you; you cannot look into the face of a flower and not feel happy," I replied spontaneously. Afterward my remark came back to me. "Is it actually so?" I asked myself.

The lover who cannot find words to express his feelings sends a bouquet of roses to his adored one. She understands his meaning. He expressed his love eloquently with flowers.

Flowers have a universal language. They warm the heart of a lover, take cheer to the sick, and send comfort to the bereaved.

We cannot look into the heart of a daffodil or study the aristocratic rose without sensing the delightful fact that flowers are a gift of love from the Master Gardener. How He does it I do not know, but I agree with the poet who wrote:

"One is nearer God's heart in a garden
Than anywhere else on earth." ▲

for introducing LIFE AND HEALTH into our family.

LIFE AND HEALTH certainly has been of great help. I can earnestly say that every home should have this particular magazine.

FRED LIBBY

Santa Rita, Guam

CONSISTENT READER

DEAR EDITOR:

In my 72 years have seen LIFE AND HEALTH grow up.

MRS. FRANK KINNEY

Pulaski, New York

FEARFULLY TRUE

DEAR EDITOR:

The advice Lorraine Judson Carbary, R.N., gave in the article in your June, 1965, issue of LIFE AND HEALTH through the article "Be Safe With Seat Belts" is fearfully true. I know how factual it is from sad personal experience. I wish I had read it and acted on its advice long ago.

HENRY MILLTEMPS

San Diego, California

MORE RECIPES

DEAR EDITOR:

I like the recipes you publish, especially the Favorite Recipes of Sanitarium Chefs. I also like your Recipe of the Month.

Some of my most successful Thanksgiving, Christmas, and other special dinners have come from LIFE AND HEALTH. Your advice on proper eating habits is full of good things, and I can say that I feel best when following it.

One thing I want to commend—that you recognize all phases of health and tell us how to live for good health. I think your best articles were written by Dr. H. W. Vollmer a year or two ago. They were broad spectrum in scope.

MRS. EVAN SANGUINE ▲

Milwaukee, Wisconsin

WHAT DO YOU THINK?

In the Readers' Pulse column, the editors count the heartbeats of their reader interest. So long as reader pulse is strong and regular, they know that circulation is good.

Make this column throb with interest and inquiry. Write in and express your ideas and comments. Drop a note to:

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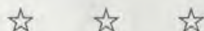


ULCER AFTER HEART ATTACK

You can get an ulcer from having a heart attack, according to four researchers of the Peter Bent Brigham Hospital in Boston—Drs. Joseph C. Shipp, Victor W. Sidel, Robert M. Donaldson, Jr., and Seymour J. Gray.

These investigators found that people having heart attacks have associated increased gastric secretions, which means that old peptic ulcers can become activated and new ones can appear. A peptic ulcer can occur on the mucous membrane of the esophagus, stomach, or duodenum, caused by the action of acid gastric juices.

The course of a heart-attack patient may suddenly be altered by the appearance of an acute peptic ulcer. If bleeding from the ulcer occurs, the anticoagulant drugs normally used for heart attacks would of course have to be withheld, the doctors warned.



BRIEFS FOR SIGHT-SAVING

★ Children who are nervous or complain of nausea, dizziness, or headache after close eye work should have a thorough, competent eye examination, according to the National Society for the Prevention of Blindness.

★ September is sight-saving month. For a free booklet on proper eye care for the entire family, write to Prevention of Blindness, 1790 Broadway, New York, New York 10019.

★ Children who often have serious reading trouble may have vision defects that require a competent eye examination. Eyeglasses may provide the correct answer for children stumped by routine schoolwork.

★ A child may score 20/20 on an eye-chart test while in the second grade, but the next year, according to the National Society for the Prevention of Blindness, he might need glasses. Because children's eyesight varies from year to year, they should have annual eye examinations.

★ Nine million children—one out of every four in America's schools—need some form of eye care, according to the National Society for the Prevention of Blindness.

★ Children never outgrow cross-eye, according to the National Society for the Prevention of Blindness. Unless compe-

tent help is received in time, they actually may lose vision, even though the crossed eye returns to normal position.

★ Eye accidents involving children number about a hundred thousand each year, according to the National Society for the Prevention of Blindness.

★ There are about seventeen thousand school-age children in America who are blind, according to the National Society for the Prevention of Blindness.

★ Although your child does not complain of vision trouble, do not take his good eyesight for granted. Children do not know how well they ought to see, and they should have regular eye examinations. A free booklet on eye care listing some symptoms of children's vision defects may be obtained by writing to Prevention of Blindness, 1790 Broadway, New York, New York 10019.



NATIONAL ALLERGY MONTH

The plight of an estimated 12½ million Americans suffering from asthma-hay fever will be the prime concern of National Allergy Month (August 15 through September 15), an annual campaign of public education about allergic disease conducted by the Allergy Foundation of America since 1957.

A free pamphlet containing authoritative up-to-date information and advice will be offered to the public by the Foundation during the month. Entitled "Asthma, Hay Fever, and Other Allergies," it can be obtained by writing to Box 1005, New York, New York 10017.

Timed to coincide with the peak of the ragweed-hay fever season throughout most areas of the United States, the public-service campaign will again be graced by participation of world-renowned puppeteers Bil and Cora Baird, whose popu-

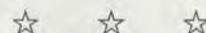
lar one-minute television spot is seen from coast to coast during the month.

More than 18 million Americans are victims of some form of allergy, ranging from mild hay fever to severe crippling asthma. Asthma and hay fever rank among the most prevalent of chronic diseases.

Latest statistics from the Public Health Service indicate that there were 128 million days lost from work, school, and other necessary activities because of asthma and hay fever during the two-year period 1961 through 1963. According to the National Vital Statistics Division, 4,896 deaths were attributed to asthma in 1962, and in that year there were 28 deaths from allergy to insect sting.

Allergic diseases destroy happiness and productivity for millions of people. The asthmatic is always handicapped and may be invalidated. His periodic acute illness may require hospitalization and emergency care. People who suffer from hay fever, food sensitivity, and skin allergy are prevented from leading full normal lives. The yearly loss to our national economy is more than 25 million man-days.

A nonprofit voluntary national health agency, the Allergy Foundation of America was established in 1953. Its headquarters are at 801 Second Avenue, New York, New York 10017.



QUICK FLIGHT UPSETS BODY

In an interview reported in the *Journal of the American Medical Association* Dr. Hubertus Strughold, often called the father of space medicine, said the six-hour jet flights between the United States and Europe can confuse a person's day-night cycle.

For instance, a person lands in New York at 3:00 P.M., when it is 9:00 P.M. in Europe. His appetite is thrown out of kilter. He is sleepy, and may doze off, awakening at 3:00 A.M.

Because of this upset, a person may arrive at his destination psychologically unprepared. Dr. Strughold recommended that a businessman with an important appointment arrive a few days early.

The upset day-night cycle also has an effect on the practice of medicine, Dr. Strughold noted. Body temperature normally reaches a high about 5:00 P.M. Suppose a man flies to New York from Paris while he has a cold or other infection. His physician finds a temperature equivalent to that of 11:00 A.M. On New York time that may not be unusual.

Dr. Strughold is adviser for research and professor of space medicine at the School of Aviation Medicine, Randolph Air Force Base, Texas. ▲

THE DOCTOR PRESCRIBES

HAVE you ever stopped to think how many tense, nervous, unhappy people walk the streets of America's cities every day—each with his own problem and woe, each turning to some source of solace for sorrow. Stop on any street corner and look at the faces of the rushing crowd. Few smiles will you see, but many a worried, wrinkled brow. Everybody seems hurried, harried, worried, and weary.

I honestly do not believe the Creator planned for us to be unhappy. He made man in His own image. Knowing that He is a God of love, I picture Him as a happy, smiling, charitable, outgoing, giving, and loving God—one each of us can emulate.

How to be happy seems to be the problem. People say, "After all, don't I have troubles?" "Didn't I just lose my job?" "Didn't my little girl have to go to the hospital with a broken leg when she fell from her bicycle?" "Didn't my wife leave me?" The troubles go on endlessly, every one with its own nuance of emotional coloring.

In spite of your problems, you can develop the happiness habit. You can get the relaxed, unattached feeling of being above your trouble. Like an airline pilot sailing over mountain-tops and surveying the beautiful landscape below, you can ride high over the mountains of pain and trouble until they look like molehills. How? By using the mental magic possessed by each of us.

Imagination we call it when we are devising a new technique to solve a problem. Why not imagine that you are happy? Smile, laugh at your troubles, imagine yourself master of your life—not a cringing, crushed, inferior little ant ready to be stepped on by a monster of woe. You are God's child, and with His help no problem is too large and no woe too great. Does not the Good Book say, "If God be for us, who can be against us"? With faith, courage, and acceptance of that promise, go out and laugh at trouble.

Now, this approach does not mean that you should be lackadaisical about your problems or other people's ills.

"A merry heart

doeth good



H. A. ROBERTS

Instead, learn to handle what you can, then leave the rest to the good Lord to solve.

Happiness is a state of mind, not something earned or deserved. You can be happy in a dark dungeon eating bread and water; and a movie idol such as Marilyn Monroe can be so miserably unhappy, lonely, and unloved in a Beverly Hills mansion that she is driven to take her own life. The oftener you rise above trouble—act happy, feel happy, and smile in spite of reverses—the better able you are to handle the next problem.

Happiness has been shown to cure mental and physical ills and prevent crime. Harvard psychologists studying criminals found a correlation between unhappiness and crime, proving an old Dutch proverb: "Happy people are never wicked."

Most criminals come from unhappy homes and have a history of unhappy relationships with others. The boy who is happy in a poverty stricken home seldom ends up behind bars. The boy who is bored and unhappy in a millionaire's home soon finds him-

self in juvenile court (if he seeks abnormal vents for his tense emotions, such as excessive speed in a hot-rod car or violent actions).

The saying "Be happy and you will be good" is true. You will be healthier, more successful, and more charitable toward others if you get the happiness habit.

Abraham Lincoln said, "Most folks are about as happy as they make up their minds to be." Let us get the happiness habit—make our minds up to rise above life, and smile.

The happiness habit can free you from the shackles of depression, tension, frustration. Robert Louis Stevenson observed: "The habit of being happy enables one to be freed from the domination of outward conditions."

Practice each day at being happy. Resolve to be cheerful. Feel more friendly, less critical, more tolerant, and less caustic toward others. Never feel down in the mouth over failure. A failing experience is merely life's way of gently directing you to success. Do not color the facts with a cloak of



PROFILES of Our Contributors

like a medicine."

Habit



Henry G. Hadley, M.D. ("Cancer," page 16), is medical director of Hadley Memorial Hospital, a 100-bed hospital he built at Nichols Avenue and Forrester Street SW., in Washington, D.C., which has been in operation thirteen years.

He was born in West Winfield, New York, and is a graduate of George Washington University. He is a diplomate of the American Board of Internal Medicine and a fellow of the College of Chest Physicians.

Dr. Hadley married Anna Virginia Hafenmayr, who was one of the first graduates of Shenandoah Valley Academy, New Market, Virginia, and who also graduated from Washington Sanitarium and Hospital, Washington, D.C., as a nurse.

The Hadleys have two sons—G. Gordon Hadley, M.D., and Henry L. Hadley, M.D.—who are teaching in Loma Linda University, Loma Linda, California, in pathology and urology, respectively; and seven grandchildren.

Dr. Hadley likes most sports, and he enjoys gardening and traveling.



M. Dorothea Van Gundy Jones ("Beverages," page 10), nutritionist for International Nutrition Research Foundation, Arlington, California, has taken several trips to the four corners of the United States attending conventions, holding community nutrition and cooking schools, and visiting research centers since her last series of articles in *LIFE AND HEALTH*.

One summer's trips took her to six Seventh-day Adventist camp meetings in six weeks. She was away from home forty-five days and gave fifty-six programs on healthful nutrition.



In 1959 Mrs. Jones took her first trip to the Hawaiian Islands. Her two months there included lecturing and holding nutrition classes and a pleasant vacation. She has taken to flying because of a tight appointment schedule.

"I like knit dresses. They are the perfect costume for travel when the weather is cool," says this busy nutritionist. She has many radio and television appointments.



Marian Van Atta, RN., B.S. ("Relax Your Labor Away," page 17), is a wife, mother, nurse (Marquette University, Milwaukee, Wisconsin), teacher, and writer who lives in Melbourne Village near Cape Kennedy, Florida.

Mrs. Van Atta got her start in writing when *LIFE AND HEALTH* published an article in 1952. Since then her articles have appeared in five other national magazines and two local newspapers. She is working on a book called *A Homestead on the Missile Range*, which is a humorous account of early days on the Atlantic Missile Range.

She has taught expectant mothers' classes for five years in the Cape Kennedy area and worked part time at Brevard
(To page 34)

pessimism. Look on the bright side.

Practice smiling three times a day even if you do not feel like it. Smiling relaxes facial muscles and takes ten years off your apparent age. You use thirty-four little facial muscles to frown but only thirteen to smile, so why work so hard? Relax your face; crack that parchment and smile. You find other people smiling back, and soon you have a little pool of happiness around you. A smile is the most contagious thing in the world and is understood in any language.

I guarantee that after a month of daily cultivating the happiness habit you will have better digestion, enjoy your food more, sleep better, feel better, do your work with more efficiency, and have a feeling of achievement to be gained in no other way.

Yours for happy smiles,

J. Hewitt Fox, M.D.

TODAY there is a trend away from placing grandfather (or grandmother) in a nursing home unless he requires considerable nursing care. The thought that he does better when permitted to be part of a family situation is gaining ground. There is more interest in life for him if he can observe the development of children, enjoy the eagerness of youth, and be an admirer of the success of the middle-aged in business or profession. He also needs to be wanted and cherished by his own dear family.

When the golden age has turned to senility, reveal genuine love when caring for grandfather in your home. Not only must you provide tender loving care but you must have infinite patience, tact, a softly modulated voice, and ability to be a good listener.

Grandfather is likely to have whims about his food. A perfectly wholesome meal may not be appetizing to him. It is necessary to know something of his likes and dislikes and build a menu on his preferences in food as much as possible, branching out to give the meal balance. It is better for a person to have food of less than the best nutritional value than no food at all. Many older people refuse to eat if the menu is unfamiliar. This fact does not mean that you should not devise new and attractive ways of serving his favorites. Variety adds interest and gives zest to his appetite.

The doctor may order vitamins, minerals, and medicines for grandfather. If possible, have him take them near the beginning of the meal so that he will have something good afterward and forget he had to take something he considers undesirable.

Grandfather usually wishes to retire early. Serve the evening meal with this desire in mind. Make it light in order that his sleep will not be disturbed. Cater to his wishes as much as possible, and do not expect him to be the one to make all the adjustments to family routine. He will think he has enough adjustments to make at best, and old age is not especially good at adapting.

It is always well if grandfather can be under the care of the physician of his choice, someone who has his confidence. He should have examinations every six months even if seemingly in average health.

In order to be happy, grandfather must feel that he is needed, and to the extent of his capabilities encourage him to make his contribution to the upkeep of the home. He may be able to make small carpentry repairs or do some painting. There are many small

routine duties that he can handle well. Like a child, he should receive appreciation for the work he accomplishes. If he is able, permit him to work outside with the flowers and vegetables. He will take great pleasure in seeing the results of his efforts.

Try to keep grandfather from continuing too long at a task and becoming overtired. It is more interesting to him if he is part of a team and has help in what he is doing.

Many grandmothers enjoy mending, doing fancy-work, or painting pictures.

In getting grandfather's cooperation, it is well to

Take Care of **GRANDFATHER** *at HOME*

By IMOGENE MURRAY, B.A.

keep in mind that he does not want to have instructions or orders. If such are necessary, couch them in language that is suggestive rather than mandatory. It is not easy for a person who has brought up a family to be put in the position of taking orders from a grown child.

When grandfather is capable of handling his banking, it is well to see that he has the opportunity to do so. Let him continue normal business transactions as long as he can. This activity keeps him from feeling that he is shelved. Get him to have a joint bank account with some member of the family if he can see the wisdom of it. This arrangement is being made more and more even by fairly young people. It can be a big help in case of accident or emergency.

Elderly people are prone to look on the dark side of life, no doubt because of their waning physical powers. Do everything possible to bring cheer and sunshine into their lives. If eyesight permits and grandfather enjoys reading, provide him with library books and other inspirational reading matter. Try to cater

to his likes in the matter of reading material furnished.

Simple games, puzzles, and pictures provide endless pleasure. Some elderly people like memorizing and singing songs themselves rather than listening to radio or phonograph selections. Although my own mother did not have a strong voice, it remained sweet and melodious in her later years, and it was always delightful to hear her singing about her work.

When grandfather is telling about his past he seems happiest. Although some of his stories may be somewhat mixed up, do not correct him. He intends to be telling things straight, but unconsciously supplies what

thoughts can be channeled into another pattern, his despondency often vanishes. Bring out photographs of relatives and friends and talk over the occasions on which they were taken. Reliving memories of the past usually is pleasant for the elderly one.

Get grandfather out to church and social functions as his strength permits. He will forget himself and his ailments as he listens to interesting lectures or as he worships with friends. See that he has clean, suitable clothing for wearing in public so that he will not be embarrassed. Do not leave him alone in unfamiliar places or situations. He feels his dependence on friends and loved ones as a child does. Foresee his wishes, and save him from embarrassment.

If grandfather is unable to get to church, ask the minister to visit him as frequently as possible. Make spiritual provision for him if he is unable to secure it on his own.

Whenever possible take him for an automobile ride to view the beauties of nature. Take him to visit mutual friends. Include him when social functions are held in the home. He should not be made to think he is not wanted on any occasion.

By your remarks he can realize that he is precious to you, and this thought is truly heartening to him. There is nothing an elderly parent wants more than the approval of his children, even as a little child needs the approval of his parents. What is more desired by any of us than approval?

Above all, let grandfather know his presence is appreciated. Express love by word and action. Treat him with the deference you would wish shown you were you in his position.

If the household has pets, allow grandfather to enjoy them. This privilege may bring as much pleasure to him as to a little child if he has been used to having pets. Do not expect him to care for them, for the elderly person is forgetful and the pets may suffer neglect.

Guard against grandfather using stoves, matches, or even electrical appliances. His sense of touch may be impaired, and he may receive a burn without knowing what happened. Also, there is the fire hazard to be considered. If at all possible, have an alarm system in each room of the house, including the attic, recreation room, and garage, so that in case of fire the occupants can make their escape. Have a responsible person sleep in the room with grandfather if he does not object, so that he will have assistance in case of emergency.

Insufficient light during the night is a great hazard to grandfather. Keep a night (To page 25)



REVIEW PHOTOS

Loving families arrange their lives so that dear grandfather can share in as many of their joys as he has strength for. They also make sure that he gets as much rest as he requires every day.

he has forgotten, thus the details may become different with each telling.

An aged person often lives in an unreal world. He dreams or imagines he is associated with dead relatives. It is not wise to remind him that he is not seeing or talking with these dear ones. When he questions where such and such a departed one is, it is best to say you have not seen him rather than bluntly tell him the loved one is dead.

In their confusion, elderly people often ask the same question repeatedly. Answer them patiently each time. They may even accuse others of doing things they have done but do not realize they have. It is best to overlook such statements, because they cannot be held responsible.

The devoted caretaker should feel concern for the unhappiness experienced by the elderly one who is not himself or is despondent. There is no use to reiterate that there is really nothing to be despondent about. Grandfather's fears and anxieties are real to him, and must be coped with as adequately as possible. If his



BEVERAGES

A FEW months ago while looking through one of the popular devotional magazines I came across an article entitled "Christ and the Coffee Cup." The author brought out the idea that much of Christ's work was done at the dinner table with rather small groups, and that if He were on earth today a great deal of His work would be done over the coffee cup.

Before we get into a discussion of coffee, let us look at beverages in general. Some have practically no food value except for the cream, sugar, or honey that is added. They include coffee, coffee substitutes, regular tea, herb teas, and water. Beverages moderate in calories are fruit and vegetable juices, milk, buttermilk, soy milk, cola drinks, and soda pop. Beverages high in calories are milk shakes, malts, and eggnogs.

Beverages may be classified also as those that furnish some nutrients for the body and those that are harmful because they carry ingredients damaging to the body.

Very hot or cold beverages may be irritating to the lining of the stomach, and large quantities of liquid at mealtime dilute the gastric juices to the extent that digestion is delayed.

Which beverages are best at mealtime? Only those containing calories and nutritive values. Milk—cow's,

By M. DOROTHEA VAN GUNDY JONES

Nutritionist

soy, or nut—and drinks made from any kind of milk are digested just as any food is digested. These beverages should not be taken between meals.

Drinks without food value may be taken between meals. No other beverage quenches thirst quite like water. Many people get along better by not drinking water closer than half an hour before meals and an hour or more after meals. Six to eight glasses of water should be drunk during the day.

Many have benefited by drinking a pint of water just after rising in the morning. More than two thousand patients who followed this practice were observed, and it was found that it was effective in stimulating sluggish bowel action.

Coffee and tea are the most popular beverages that carry harmful ingredients. Caffeine is the harmful ingredient that vies with nicotine for the dubious distinction of being the most popular and most extensively used habit-forming drug in the United States.

Coffee is the greatest single import in America, amounting to 2¼ billion pounds a year. This would

average more than two cups a day for every person above fifteen years of age. In 1954, Americans drank more than 4½ billion gallons of coffee.

The cola beverages, of which there are many brands on the market, depend on caffeine for their stimulating effect.

Just what is the harm in caffeine-carrying beverages? Such beverages are true stimulants of the nervous system, and it is mainly for this effect that they are used.

Many brain workers and students think that the caffeine-carrying beverages are beneficial because they produce a more rapid flow of thought, but they may overstimulate. One impression may follow another in such rapid succession as to produce confusion.

These drinks are often resorted to as "pick-me-ups"



MAX THARPE PHOTO

Your drinks can help add to your good health if you always choose them wisely.

throughout the day. This method of overcoming fatigue when the system is calling for rest may be convenient, but it distorts nature's barometer. It is a costly way to borrow from tomorrow's health reserve to meet today's needs.

"Persons who habitually use coffee state frequently that they take it in order to avoid a morning headache. Evidently they do not recognize that this symptom is really a caffeine-withdrawal headache, produced whenever the caffeine habit has been established (the tissues having become accustomed to a certain concentration of the drug). When the amount of the drug in the tissues falls below a certain level, the abstinence illness, or drug-withdrawal symptoms, begin. With the headache there also occurs some degree of mental depression, drowsiness, or disinclination to work. . . . The headache was temporarily relieved by again giving caffeine. The abstinence illness clears up after a few days off the drug."—L. H. LONERGAN, M.D., "What About Caffeine Beverages and Soft Drinks?" in *Review and Herald*, May 9, 1957, p. 16.

Reaction from caffeine-containing beverages will vary with the individual sensitivity and the tolerance that has been developed for the drug. Very briefly, here is what happens in the body when we drink one or two of such beverages. Within a few minutes the temperature of the stomach rises, there is an increase in the secretion of hydrochloric acid in the stomach, the salivary glands increase their output, the heart beats faster, the lungs work harder, the metabolism rate rises, and the kidneys manufacture and excrete more urine.

An accurate description of what takes place in the body when coffee is used is given in the book *Counsels on Diet and Foods*, pages 421, 422:

"Coffee is a hurtful indulgence. It temporarily excites the mind to unwonted action, but the aftereffect is exhaustion, prostration, paralysis of the mental, moral, and physical powers. The mind becomes enervated, and unless through determined effort the habit is overcome, the activity of the brain is permanently lessened. All these nerve irritants are wearing away the life forces, and the restlessness caused by shattered nerves, the impatience, the mental feebleness, become a warring element, antagonizing to spiritual progress."

What about coffee with the caffeine removed? Lloyd K. Rosenvold, M.D., has this to say:

"In addition to caffeine, coffee contains the aroma-giving oil called caffeol. This oil produces definite irritation of the gastrointestinal tract. So-called 'decaffeinated' coffees, which some people drink, thinking that because 90 to 97 per cent of the caffeine is said to have been removed they are wholesome, are actually not wholesome, for the irritating caffeol is still present. These coffees also contain ⅛ to ¼ grain caffeine per cup. Regular coffee contains 1½ to 2 grains per cup."—*Science and Modern Manna*, p. 160.


"Many individuals who would not think of touching coffee use chocolate and cocoa freely, little realizing that cocoa is not an altogether harmless beverage. Depending upon the brand, the caffeine content ranges between 0.09 to 0.48 grains per cup and in all cases the tannin content is quite high, sometimes exceeding that of tea. Cocoa and chocolate also contain theobromine which is a potent drug, but it is not regarded to be as deleterious as caffeine. The high fat content tends to disturb digestion in some individuals. With these recently discovered facts before us, the use of cocoa and chocolate will need reconsideration by many health-minded people."—*Ibid.*, p. 162.

The August, 1950, issue of the *Journal of the American Dietetic Association* presented a fine report on cocoa and protein utilization. Cocoa was fed to rats in the form of devil's food cake, and plain cake was fed to another set of rats. It was shown that protein utilization and growth were less efficient in all animals tested on the 4 per cent cocoa diet.

In recent years carob powder

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Constipation

 WILLIAM T. GIBB, M.D.

BEFORE the beginning of the eighteenth century all surgery was done by barbers. The physicians of that period thought it beneath their dignity to operate. They considered themselves intellectuals, and the less actual physical contact they had with patients the better they liked it. They were great at advertising themselves, uninhibited by ethics or law.

The "great man" wore special robes, and when he went forth into the street he was preceded by a small serving boy carrying a large syringe in a prominent fashion to proclaim who his master was. When it came to actually using this instrument, it was the helper who manipulated it, not the physician. Constipation was common, even more so than now. Apparently everybody who saw the strange little procession knew what a syringe was for.

A certain regimental surgeon mentioned in his memoirs of the Civil War that when he got ready for sick call in the field he put a ball of raw opium in one pocket and a ball of "blue mass" (calomel) in the other. If the patient had diarrhea the surgeon pinched off some of

the opium and gave it to him, and if he had constipation he got a bit of the blue mass. Soldiers who could walk had either diarrhea or constipation. Such was good medical care a hundred years ago. I am not joking; this was considered good practice.

I have gone back into the past merely to bring out that constipation always has been a problem to socialized man. Civilized man is the only animal having free access to all kinds of food. He eats anything that will go down and stay down, and has little regard for food beyond whether it pleases his taste. He stuffs or deprives himself according to his whim, not his need.

The American word *constipation* is derived from the Latin word *constipore*, meaning "to press together." By definition, constipation is a condition in which evacuation from the bowels is infrequent or incomplete, with more or less fecal material being retained in the intestine.

People are not cast in a common mold, and each person is at least a little different from all others. Even identical twins do not have the same fingerprints. Therefore, no one can say just how many evacuations a day are actually normal.

It has been said that in the north woods it was not unusual in the dead of winter for lumberjacks to go a month without a bowel movement, and that they felt perfectly well in the meantime. Perhaps this is true. Perfectly normal people can go for days at a time without a stool, and suffer no bad effects. Certainly by definition they were constipated, but they were by no means sick.

On the other hand, I have known many people whose bowels move three or four times each day, and they too are perfectly well.

I think we can safely say there is a normal form of constipation and there is an abnormal form. It all depends on the person. The difficulty arises when we decide that a single daily stool is the normal thing and anything else is abnormal. I am afraid this idea is what causes most cases of constipation, with resultant laxative colitis.

What does an effective laxative do? I could go on for quite a time describing just where each variety of laxative is supposed to work. Some laxatives are said to affect the small intestine and others the large intestine. Some are supposed to lubricate only and others to supply bulk only. Some are said to be mild and others

HAROLD M. LAMBERT

People of all ages may have constipation problems. The reasons surely vary, but a common cause is failure to take time off for relaxing in peace and quietness from the many pressures of a busy and active life.

LIFE & HEALTH



harsh. If a laxative produces a satisfactory bowel movement in a reasonable length of time, it means that the entire intestinal tract has been pretty well cleaned out.

It takes about twenty-four hours from the time food enters the mouth before a resultant stool is present in the lower colon ready to come out. If you have taken a laxative and had good results, you cannot expect a normal stool the next day. It probably will not appear before forty-eight hours or more. Most cases of the laxative habit stem from this simple fact. One dose of laxative leads to another the next day in order to bring about that ideal single daily bowel movement. A vicious cycle is set up. It takes more and more medication per dose to have the desired effect. Finally the medicine taken loses its effect and the patient switches to a stronger one. Most laxatives are irritants, and eventually the bowel itself becomes irritable. This irritable condition adds to the whole picture of constipation symptoms. Finally the laxative habit becomes addiction.

Convenience is another reason for regular laxative taking. Some people think that the ideal is to find a medication that taken every day produces a bowel movement at the most convenient time for them. The search for an ideal laxative has been going on for centuries. Practically all the great ladies of the past had their routine. If they had their methods, it can be assumed almost everyone of lesser importance had theirs as well. I believe there is still a little pill on the market named after a titled woman. This sort of program seemed all right at first, but eventually it caused the person a great deal of distress, and it made semi-invalids out of many people.

You cannot regulate nature this way, no matter what the advertisements say. There is a place for the occasional laxative, but not for the regular one.

Much damage can be done in trying to toilet train an infant by using suppositories and mild laxatives. The child never learns the feeling of normal desire to evacuate. He gets the idea that a bowel movement should leave him feeling empty.

Also some complicated psychological reactions are involved. The infant realizes that his mother is concerned as to whether he produces a stool, and he soon learns that if the stool is withheld she is unhappy. A state of constipation may well be induced in order to "punish" the mother.

Infants are clever in their way, and they start using their powers of observation from the day they are born. They soon know their mother inside and out—her weaknesses and her strength, what makes her happy and what makes her sad—and they use this information for all it is worth.

If the mother continually "outsmarts" the infant and forces a bowel movement by the use of a suppository, the child may well be frustrated and become neurotic. A constant war between mother and child may be set up. Another chronically constipated person is launched in this world, soon to become addicted to laxatives.

Shyness with the opposite sex and the notion that calls of nature are not to be admitted prompts many adolescents to use laxatives and deprive themselves of fluids so that they need not be

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By HARRY M. TIPPETT, M.A., Litt.D.



THANK YOU for my birthday check," wrote an eight-year-old girl to her Aunt Kate. "I signed it and cashed it. It was fun, and I loved to do it. But now I have a five-dollar bill and don't know what to do with it. With all my love, Jane."

Multitudes of people are in a similar quandary, not about what to do with extra money, to be sure, but what to do with newly acquired possessions, from birthday neckties to an unexpected half holiday. The fifteen minutes they save getting to an appointment by adroit driving—what shall they do with it?

When is an unforeseen or a contrived advantage an asset? The Bible parable of the talents probably suggests the answer. Unlike the men with multiple talents, the man with only one talent could find no worth-while use for it, so he buried it and subsequently lost it.

Dawdling away an unassigned hour, squandering "easy" money on trivia, letting a special aptitude or acquired skill lie fallow, neglecting to cultivate a proffered valuable friendship, failing to apply a newly discovered health principle to our energy problem, putting off follow-up on the inspiration of a book that opened a deep spiritual experience—these are examples of disservice to our happiness and best interests.

Unlike the people who fail to utilize their assets are men and women who grasped a passing advantage that led them to human service and fame. John Howard Payne turned loneliness into an asset by writing the wistful, tender song "Home, Sweet Home." An unjust imprisonment suffered by William Penn, in appeal from which he pleaded his own case and the right of juries to be free from harassment, gave us one of our cherished American rights.

Extend your own list of examples and assess your seemingly profitless advantages for hidden assets. Moses turned his shepherd's rod into a scepter of power. Dr. A. J. Cronin found the pen in his hand greater than his scalpel. ▲



BOB TAYLOR

A mother cat's gentle ways teach a child gentleness.

A pet often takes a place in a child's life that needs attention. It may fill his heart and life with love and comfort.

Should Johnny Have Pets?

By BEULAH FRANCE, R.N.

YES. If at all possible provide pets for your children who are three years old or older. Pets, small and helpless, fit into a child's own world. Relatives lavish love on little children whether or not they deserve it, but pets respond to the treatment they receive. They teach children to earn affection by bestowing it, to win love by loving.

Pets stimulate youngsters to thoughtful self-control. The normal desire to give the pet all the food he begs for has to be curbed for the pet's own good.

Giving a dog things that he loves to eat may reduce his appetite for food filled with needed nourishment. With what result? The same as that which occurs in human beings who try to subsist on substandard diets.

The pet will gain weight. Too much weight reduces activity. Lack of body-building elements lessens vigor. The animal grows heavy and listless. He lacks resistance to disease germs. His heart is overworked. His life is shortened.

Helen Clarke found this true. Her father had purchased special dog food rich in vitamins for her puppy.

"This nourishment is as essential for Bobo," he explained, "as fruits, nuts, grains, milk, eggs, and vegetables are for you.

"Now," he continued, "you must give Bobo only so much daily. No more, no matter how he may beg. Feed him carefully, correctly, and regularly. His body needs time to digest the food and get the good of it for growth."

Helen heard but did not heed what her father said. Bobo, a sad-eyed beagle, begged for sweets. Unknown to her parents, Helen gave him all of them he could eat. She threw out the special dog food her father had purchased so that he would think Bobo had eaten it.

With what result? Bobo caught a germ that would have been fought easily by a well-nourished dog. Poor Bobo died.

Helen grieved so that her father replaced him. Now Helen follows rigidly the rules for her dog's diet. It is amusing to hear her explain to the puppy why she

cannot give him food she knows he would prefer.

Pets often teach children such lessons as Bobo taught Helen. On the other hand, pets often reveal to adults surprising facts about boys and girls.

Grandma Smith said that Tommy, at four, was "far too young to have a puppy." Tommy insisted he was not. To the surprise of the whole household Tommy, given a dog on a trial basis, taught his pet good house manners without much adult assistance.

It took time and patient persistence, but Tommy knew that if the puppy did not learn to behave well he would have to go back to the kennel.

This small lad, who had been most self-centered, blossomed into a boy who is loved by all who know him. He developed consideration for others through his earnest desire to have them admire his puppy.

Children learn the value of cleanliness through their pets. Cats give themselves tongue baths almost every time they are handled. Cats with long hair need to be combed often. While licking their fur they swallow loose hair, which forms a ball in their intestines and can start serious trouble.

Both cats and dogs need grooming frequently. Thorough brushing keeps them clean and glossy. It removes much loose hair that otherwise would be left

on furniture and rugs. Brushing affords opportunity to inspect the pet's skin for possible infection or insects.

If ticks are present they should be removed with tweezers kept for this purpose alone. Never crush ticks. They are full of germs. Put them on some soft paper, wrap them up, and burn the paper or flush it down the toilet.

Fleas found on a pet should be eliminated at once. They annoy animals and human beings. The flea injects a very irritating fluid when it bites. Drugstores carry flea powder, which should be kept on hand and used whenever needed.

Pinworms present an annoying complaint troubling children's pets. Constantine Greco learned how true this is. Constantine's cat became sluggish. Connie became annoyed.

But her father said, "I think there's a reason—a hidden reason—for Tabby's changed attitude. I believe Tabby has pinworms!"

Mr. Greco asked a veterinarian for advice. A medicine was prescribed—one harmless for humans but effective for pinwormy cats.

Constantine wanted to play nurse to her pet. "Let me give that to Tabby," she requested her father.

He showed her exactly how to do it. This little girl had to be reminded now and then of her responsibility, but before the cat was cured Connie had become a

faithful attendant to her cat for his best welfare.

"Pinworms," Mr. Greco explained, "can get inside people too. They cause terrible itching as their tiny eggs hatch into worms. Itching due to worms is worse than that caused by mosquito bites. And you know how they bother you.

"So be ever so careful, Connie, never to put your hands up to your face after you have touched Tabby. After you play with her, scrub your hands with this stiff brush. Brush beneath your fingernails. Use this special soap. This towel is just for you.

"Now remember to scrub thoroughly. If you ever should swallow just one single egg of a pinworm you might suffer a lot. You want to keep well so that you can have fun, do you not?"

Constant supervision was necessary, but the training Constantine got through this experience with her cat was valuable. After Tabby had been completely cured and Connie had not been contaminated, this little girl carried over the hand-washing habit, which she had been loath to learn.

Careful washing of hands before eating is not easy for a child to remember. It takes months—maybe years—to establish lifelong rules of cleanliness. But food easily can become contaminated by germ-laden fingers and can cause serious illness. Scrubbing hands before every meal is important, especially when your child has a pet.

"How can I make my twins more careful about cleanliness?" asked an anxious mother whose children have cats, dogs, and rabbits.

"Drop the thought of 'make,'" I advised. "Being told to do this or do that without any explanation as to why, irritates many children. Instead, buy some soap small enough to be easily held in each child's hand. Keep it by the basin in an attractive holder. Have gay towels and washcloths on a rack within short arms' easy reach. Put a sturdy step stool where the children can climb up on it safely. Have a mirror hung low above the basin. Children like to look at themselves.

"Keep all the equipment immaculately clean. That will be bothersome when you are busy, but it is essential. When the soap or soap dish becomes soiled, wash it off. Replace used towels with fresh ones. Do not try to teach your twins to clean up after themselves at the start. Let them enjoy getting clean even if they leave a mess. Help them learn to love soap and water.

"You can, step by step, expand this cleanliness program until pride in having the bathroom look neat is gradually developed. The first steps to be taken lead to cleanliness of the children's hands.

"Clean teeth should be a joy to be reached for, not a burdensome duty. First, let pride in appearance as reflected in the mirror make mouth cleanliness real fun. Later on you can correct, gradually and patiently, such errors as forgetting to put the cap on the toothpaste tube. Washing teeth, face, and hands can become a pleasurable challenge if properly inspired, a definite part of playing with pets."

Yes, cleanliness can challenge children. But all too often it fails to do so. That is why in certain parts of our country some children are anemic, dull-eyed, delayed in development, weak, and short of breath because of hookworm disease. The

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FREDERIC LEWIS

Having a pet to care for taught Tommy unselfishness, persistence, and patience as easily as the sun rises in the morning and sets at night.

CANCER

R HENRY G. HADLEY, M.D.

THE cause of cancer remains a riddle, although the popular press and scientific journals continually inform us that they hope a breakthrough is imminent. When in 1898 Dr. Roswell Park assured the New York Legislature that he would solve the problem of cancer in two years if they would provide him with \$10,000, it was not expected that more than sixty years would pass and great sums of money would be spent, yet the problem remain unsolved.

A successful approach to cancer research has not yet been found. Although much work is being done, action should not be confused with progress. Let us not allow cancer research to lose its way hunting for a goal that cannot be discovered by persistence, is nonexistent.

A major difficulty in cancer research is that the public desires treatment rather than prevention. Research by Princeton University about the public idea of cancer cause reveals a feeling of complacency in the man on the street as to the relation of cause and effect in cancer. Although the disease is greatly feared, most people do not have a definite attitude toward avoiding it. They have a fatalistic feeling—that what comes must come—and no doubt it contributes to the great majority of people persisting in habits known to increase the incidence of cancer.

This opinion on the part of the people may be a natural reaction to

**Man wants to find the cure for cancer,
and he is making every effort to win.**

the position of many leaders of science. Many scientists assume there is cancer proneness, making inevitable the occurrence of the disease. The idea persists even though it has been contradicted by many statistical experts. If the people lack knowledge of what cancer is and what can be accomplished, is this condition a reflection of the attitude of scientists?

The belief of scientists in the evolutionary theory causes them to consider all life as having a single, unique origin and to consider that because man supposedly developed from animals his diseases are caused by the same agents. This hypothesis considers that the different forms of cancer are mutations (changes in the organisms that make them different from their parents) resulting from the chemical change induced by the virus after it has become a part of the cell's reproductive material.

Can the basic reason for the failure of cancer research be misdirection of study? Is it devoted to search for a treatment because of the scientific concept of its being a molecular disease? (Molecules are what cells are made of.) The present theory is that viruses may be on an equal basis with genes and nucleic acid (a constituent necessary to its growth) and that through mutation both cancer and life are linked in a whole series of relationships. It is considered that the material basis of life is nucleoprotein in nature and that viruses and genes are directly dependent on the structure of nucleic acid.

The virus theory of the cause of cancer is systematized. It supposes that a virus becomes part of the cell and produces uncontrolled

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WESTINGHOUSE PHOTO

Scientists in their laboratories must discover the wisdom locked in the marvelous human body by the Author of science, who created it. They will succeed as they unfold His great secrets.



Relax Your Labor Away

By MARIAN VAN ATTA, R.N.

Relax and let your muscles do the work during childbirth. Fear tightens you.

HAVING a baby is not easy. The complicated processes of the body that function during pregnancy are considered as strenuous as an athlete running the mile. But if you have some understanding of what goes on in that wonderful body of yours when it is working to give life, you can help yourself.

The changes in the mother's body during pregnancy are aimed at giving the baby everything he needs for best development during his nine months of preparation for birth; also they are aimed at getting ready for his exit into the world. If you understand why and how a baby's welfare is secured, you can more intelligently adjust to the program and make your plans so that you will be going along with the whole affair—rolling with the punches, not bracing against them.

If you are having a first baby I hope you have not been told by a friend or neighbor that you should lie flat on your back with your hands gripping the head of the bed and your feet pushing on the foot of the bed each time you have a labor contraction, or pain. This is not a good thing to do, but each time I begin teaching a new class of expectant mothers in our junior college education-for-parenthood classes here near Cape Kennedy two or three young women come in with this idea.

Before we talk about what you should do, for good understanding let us look at the mechanics of birth.

The growing place for the baby is the uterus, which in the nonpregnant state is a pear-shaped ball of muscle about three inches long. When the baby is fully developed and ready to enter the world, the uterus has increased to the size of a basketball. The neck of the uterus, called the cervix, has to open four inches before your baby can pass through the birth canal. This accomplishment is effected by automatic muscular action that begins when baby is ready to be born.

Although you cannot control this complicated muscular action, there are ways you can help make the process easier and more comfortable for yourself. The most important is to be in a position that will help instead of hinder muscle action. Muscles that are not pulled and taut can relax and work for you.

During the birth of my four children I had the head of the bed raised to a 35-degree angle and the foot raised about 20 degrees. This "chaise longue" posture

prevents the uncomfortable pulling of already extended abdominal muscles that takes place when you lie flat.

Mabel Fitzhugh, a California physical therapist who has spent many years in childbirth education, showed nurses at the University of Florida recently how lying on either side with a small pillow or a bath towel under the abdomen allows the uterus to contract and relax without muscular stress.



ILLUSTRATIONS REPRODUCED WITH PERMISSION FROM "GUIDELINE FOR TEACHING PSYCHO-PHYSICAL PREPARATION FOR CHILDBEARING"



The Maternity Center Association, with headquarters in New York City, a leader in childbirth education in the United States, published a guide for expectant mothers in 1964. In the book several side positions are recommended. Two of the most comfortable are shown in the drawings on this page.

Several of my former students who had long but not difficult labor reported that they were most comfortable sitting tailor fashion on a flat bed. They used their bed table pulled across the bed for resting their head and arms. Thus they remained rested and relaxed in mind and body throughout their labor. Perhaps that is a reason it was not difficult though it was long.

If your doctor allows you to be up and out of bed during the early part of your labor, you could try sitting on a chair at the side of your bed with your knees wide apart and your head and shoulders resting on the bed.
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"THE ROCKET THROWER"
DONALD DELUE, SCULPTOR

The M



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WILLIAM HEASLIP, ARTIST

WE ARE TRYING to harness the power we find in the marvel of creation—the universe. Meantime, God works in small, quiet ways to keep us as close to good health as our bad habits allow us to be. Every time we cure a cold or fever, sneeze, shiver, wink, or acquire a tan, the wonderful set of checks and balances He placed in us goes to work and brings about a miracle of adjustment within us. When we allow it to operate at greatest efficiency, we gain much.

LIFE & HEALTH

Miracle Within You

By IRWIN ROSS, Ph.D.

UPPOSE you were alone and unarmed in an Oriental jungle. A wild boar, its tusks capable of slashing away your life, charges you. The only possible refuge is a tree, but its lowest branches are well out of reach.

A Briton named Robert Sohartz found himself in this unhappy situation. Only a miracle could have saved him. But the miracle happened—a complex, wonderful chain-reaction kind of miracle inside himself. Instantaneously as fear shook Mr. Sohartz, all these things happened: his liver injected glycogen into his circulatory stream, the glycogen breaking down into blood sugar. His breath came faster, furnishing more oxygen to convert blood sugar into energy. His suprarenal glands pumped out adrenalin, which aided the utilization of glycogen. His heart speeded up, driving blood-borne substances faster through his body, as the blood vessels contracted, making more blood available to his muscles.

Thus converted into a far more vigorous animal than usual, Sohartz ran, jumped, caught a branch, and pulled himself to safety as the boar raged below. A few hours later after friends had driven off the boar Sohartz tried to reach that branch again. He missed by more than a foot.

Such miracles within the body are not unusual. Every hour the body performs some minor miracle to protect us. We scarcely think of them at all, let alone regard them as miracles, yet even the simplest is unbelievably complex.

Take the miracle of the wink. Surrounded by dust, we would be blinded if it were not for winking. Let a dust particle approach the eye, and even though the mote is too small to register on normal

sight the retina sends a message to a nerve center. From there a command shoots to the upper lid, and down come the fanlike lashes creating a tiny gust to blow the dust aside while the lid covers the eye itself. If a mote somehow eludes these guards, another miracle takes place. Tear glands gush, and wash out all save the most firmly lodged irritants.

The lungs also are protected. Dust is caught on the hairs inside the nose or entangled by the moist mucous membranes like flies on flypaper. Occasionally something penetrates farther. Lo, the diaphragm contracts against the lungs and drives a gust up through the nose—a sneeze—and out on the breeze goes the intruder. Similarly, if dust or perhaps a fishbone reaches the throat an almost identical cough reaction blows another gust of air out through the mouth.

The stomach also performs its miracles. Eat or drink something that irritates the sensitive lining, and an SOS goes to a nerve center. Instantly the diaphragm relaxes and the lungs fill. The glottis (the opening from the air passages) closes, shutting the passages from the throat. The valve at the lower end of the stomach closes. The upper valve opens. And bam! The diaphragm slams the stomach, driving the irritating contents up and out.

You have heard of people so stupid they do not have enough sense to come in out of the rain. But you have never heard of anyone so stupid he had not sense enough to take his hand off a red-hot stove.

Literally, no sense is needed. A command shoots to a nerve center, which relays it to the proper muscles, and in a trice your hand is whisked away.

Nor does such flinching depend on pain. Even if pain is blocked off from the brain by drugs, flinching still takes place. Perhaps more wonderful is the way this reaction can be adapted to special circumstances. When you first learn to (To page 30)

The Family Physician



We do not diagnose nor treat disease by mail, but answer only general health questions. Address: Family Physician, LIFE & HEALTH, Washington, D.C., 20012. Enclose stamped, addressed envelope.

Itching Skin

After a bath my skin itches severely. This itching also occurs when I perspire. I think this condition is due to malfunction of the liver and gall bladder, resulting in a jaundiced condition of the skin. The bile apparently is entering the blood stream and is being deposited on the surface of the skin, giving the skin a slightly yellow tint. When water and perspiration mix with the bile salts deposited on the surface of the skin there is an irritating effect that brings about this itching. Do you think the removal of the gall bladder will control this jaundiced condition of the skin? Do you think a person can be normally healthy after the gall bladder is removed? Does all his food digest properly afterward? Will he be able to eat as he did before his surgery?

When there is a degree of retained bile in the blood stream it is common for itching to be an annoying symptom. Sometimes it is intense, depending on the amount of bile retained in the blood. The coloration is not due to a deposit on the surface of the skin. It is actually in the skin and in the blood stream.

There are some forms of jaundice for which surgery would be of little avail. Perhaps it would actually be harmful. But most forms seem to respond to surgery well planned and effected. We think a local physician who is aware of the special diseases that might be met in your part of the country should be consulted before the question of surgery is settled.

If there is no actual obstructive growth or change of the liver, removal of the gall

bladder can be done and apparently perfect health experienced afterward. The gall bladder is a reservoir that stores up a certain amount of bile, which is poured into the digestive tract after a meal is eaten. When it is removed the bile flows directly from the liver into the intestine, and still seems to function well in the digestive process.

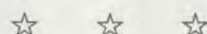


Kidney Stone and Aspirin

Is it true that aspirin will dissolve a stone in the kidney?

We think it very unlikely that a person could depend on aspirin as a solvent for a kidney stone.

Stones in the kidneys vary considerably in their chemical composition. Aspirin at best is a mild acid-reacting substance, and we think it would be very undependable for results desired in such a case.



Prostatitis

Do you have any suggestions for prostatitis? I had a thorough examination by my local doctor. There was no indication of cancer, but I have continued dull pain in the area. Our doctor gave me a few suggestions: rest and plenty of water.

In prostatitis, rest and drinking freely of water are good. Some of the antibiotic medications may be in place, for often they help to eradicate bacteria and inflammation from the prostate. Hot sitz baths frequently give relief in such cases.

It is possible that the spermatic cord and inflammation of the prostate could be involved to some degree; however, if this were the case it is quite likely the soreness could be traced along the cord to the testicles. Often hot packs applied to the perineum fold give relief. ▲



CHILDREN'S BREAKFAST

BY HAROLD S. JONES, D.D.S.

Prepare a varied, balanced, delicious breakfast for your children, and they will eat heartily for good health.

MAKE BILLY HAPPY

BY MILDRED P. GRIFFIN

Billy's welfare for life depends on how you prepare him to meet everyday disappointment and pleasure.

CROPS, NOT CHOPS

BY JEANETTE MC CAY, PH.D.

This article begins the story of what the soybean can do for a hungry world, in a three-article series.

REGULAR FEATURES

HOME NURSING

FAMILY PHYSICIAN

DIETITIAN SAYS

CONSTIPATION

(From page 13)

embarrassed when they are with members of the opposite sex. This situation no doubt presented more of a problem years ago than it does today, and it accounts for many constipated laxative users among parents of present-day young people. These young people do not seem to be ashamed to excuse themselves to "powder their noses."

The pace of modern living gets a lot of blame for inducing constipation. This is not really the case. In most instances it is reluctance to adapt to the situation that causes the trouble. Any sensible person who thinks about it knows perfectly well that if he is to achieve regular habits he has to be regular about how he conducts himself. He must do two things to be sure of regular bowel movement—relax and take enough time. An interesting little magazine kept in the bathroom helps him relax—and it actually saves time.

Sleeping up to the last possible moment in the morning probably does the most harm. The person dresses hurriedly, gulps down a cup of coffee, and is gone to meet his car pool. He thinks he will be able to take care of this "little" matter when he gets to work. Like as not, when he does have an urge at work it will not be convenient and he will have to suppress it until an appropriate time. When that time comes, the urge is no longer there. Fear of constipation makes him nervous and irritable. By the end of the day he has a headache and feels bloated. He resorts to a laxative when he gets home.

Why those last few moments in bed in the morning are so important to some people has always been a mystery to me. It is not because they need the sleep. If so, they would go to bed earlier and solve the problem.

I personally think the reason goes much deeper and represents an escape mechanism whereby the person subconsciously tries to avoid facing the work-day world by blotting it out in sleep. At the last moment reason takes control and forces him to carry on. In other words, these people have an adjustment problem that they have not solved. I am wondering whether the same idea does not apply to people who dare not be approached before they have their coffee in the morning.

Many people become overly concerned about their bowel movements after age sixty. The caliber and consistency of a stool becomes a matter of great moment. Whether they feel empty and "satisfied" afterward is vastly important. It is not unusual for this idea to assume a prominent place in their lives and dominate their conversation when the subject turns to personal ills.



LATE SUMMER DAZE

By W. A. DESSAIN

I hear those rustling sounds
In birches turning sere.
The skies are hazy now,
And they have been so clear.
You see the stubble fields
Where lately waved the wheat
Reflect the burnished sun
In shimmering waves of heat.
The cattle stand in peace
Beside their water hole.
Next to the district school,
Naked the old flagpole.
So still the weather vanes
Up on the barn roofs high,
And clouds don't climb the west
But merely dream and lie.
This high tide of the year
We feel and sense today—
Both earth and air are hushed,
And nature seems to pray.
The world sighs with content
As July starts descent.

There is a perfectly good psychological explanation for this absorption with the subject. It has to do with erotic zones and cessation of the usual sexual urge. The mechanism involved is complicated, and it would be impossible to go into it in this discussion. The results are real, and they constitute an important reason for constipation in the elderly. The problem leads to overuse of laxatives.

We used to hear a lot about lazy colons. A mental picture was created of a large lax colon in which waste material was stagnant. Putrefaction was thought to take place, and all kinds of noxious material was believed to be absorbed into the blood stream, resulting in "autointoxication."

In part this idea was true, but it was present in only a very few people. In such patients the colon is large in diameter, much longer than usual, and peristaltic activity is sparse and slow. Fecal material is retained much longer than usual. This condition is present most frequently in the elderly, but it also happens in certain thin and small-boned women.

Autointoxication is a myth. Poisons are not absorbed back into the body, causing headache, lassitude, and nervousness. The protective mechanism in the colon placed there by our wonderful Creator

that prevents this is most efficient. If under unusual conditions it does break down, the results are catastrophic.

It has been found out experimentally that if a balloon is placed in the rectum and then inflated to a certain pressure, the person soon complains of a headache. Just what the mechanism is that produces this headache is not clear, but no doubt it has to do with stretching the wall of the lower end of the colon.

By far the most common type of constipation is the spastic kind. It is the opposite of the atonic, or lazy, colon type just mentioned. In spastic constipation we have a colon that is tense and tight. The normal tone is accentuated.

To understand what is meant by tone you must realize that the colon normally is not a lax, lifeless tube or bag. Its walls are made up of thin sheets of muscle that run in different directions. Even when at rest these muscles are in a constant state of contraction, which gives a certain amount of life, tightness, or tone to the organ. Peristalsis is a contraction ring that moves along in a downward direction, sending fecal material toward the rectum. Normally this action takes place in a regular rhythmic fashion.

The spastic colon shows an increase in the tone of the walls of the organ and a certain amount of irregularity, or lack of rhythm, of the peristalsis. The result is that fecal material is not moved along in regular fashion. It tends to be kneaded more than is necessary, and more water than usual is extracted from it. It does not end up in the rectum and then signal its presence by a desire to defecate, as feces usually do. Instead, it tends to lodge a little higher up, in what is known as the descending colon. Small pieces may descend into the rectum and be expelled from time to time, but the major portion tends to remain. An enema may get rid of the entire mass, but increased tone remains in the rectum and descending colon, resulting in a feeling of not having had a satisfactory movement.

In general, spastic constipation or spastic colitis (as it is sometimes called) is a reflection of the person's emotional setup. The tense person has a tense colon.

Many tense people are perfectionists at heart. There is nothing wrong with being a perfectionist; in fact, it is an excellent trait when properly applied, but it must be tempered with common sense and understanding. To such a person everything is either black or white, right or wrong. There are no grays or blends. He must be what he considers normal in all respects. This standard might be all right if only we knew what actually is normal in regard to the workings of the human mechanism.

Much can be said about average. All kinds of statistics are available to describe
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The Family Fireside

Send your questions on family problems to: Family Fireside, LIFE & HEALTH, Washington, D.C., 20012. Enclose stamped, addressed envelope for your reply.



By HAROLD SHRYOCK, M.D.

Professor of Anatomy
Loma Linda University School of Medicine

HEAD OF THE HOUSE

AN ELDERLY husband wrote to say, "The reason there are so many unhappy homes and divorces today is that husbands are not asserting themselves as head of the house." He attributed domestic unhappiness to the weak-spined willingness of husbands to let their wives dominate home government. He thought that incompatibility in the home could be avoided if husbands would only square their shoulders and issue the orders.

Men who think that women have become too aggressive quote Scripture in defense of their protest: "Wives, submit yourselves unto your own husbands, as unto the Lord. For the husband is the head of the wife, even as Christ is the head of the church" (Ephesians 5:22, 23).

But it is not God's intention that husbands should rule arbitrarily. Reading a little farther in the same chapter we find statements bringing the previous one into balance: "Husbands, love your wives, even as Christ also loved the church, and gave himself for it. . . . So ought men to love their wives as their own bodies. He that loveth his wife loveth himself. For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church" (Ephesians 5:25, 28, 29).

Thus it becomes clear that the husband's status as "head of the wife" carries as much obligation as privilege. In other words, a husband earns his position as head of the house by unselfishly spending his energies and talents for the wife and children he cherishes.

Ruling With an Iron Hand

My husband writes all the checks, buys the groceries, and tries to control all the affairs of our home. After twenty years of this domination I am so confused I don't know what to do. How and where does a wife fit into the financial affairs of a home?

Your statement does not give enough background to indicate whether your husband is fundamentally selfish or it became apparent to him early in your marriage that you lack ability to handle financial matters wisely. No doubt he excuses his controlling family affairs by contending that he is a better manager than you are.

In the control of family policies and business affairs, husband and wife ideally should relate as partners, with the husband functioning as the senior partner. But designating marriage as a partnership makes it seem that the relationship between husband and wife is more simple than it is. The talents and aptitudes a husband and wife possess are not identical—one has abilities and skills in areas different from those in which the other is qualified.

The policies of a home should be custom built to take full advantage of each partner's capabilities, each assuming the responsibility for which he is better suited. They should make equal contribution to home success, but their efforts should be cooperative rather than competitive. Each should complement the other as a matter of teamwork rather than trying to supersede the other, so as to give mutual help, not hindrance.

Although individuals differ a great deal in ability, the average husband has masculine traits that enable him to perform a function in home life different from the

function for which the average wife is adapted.

A man is typically aggressive and adapted for leadership. He is more matter of fact, more objective, and more able to base his judgment on long-range consequences. He is inherently suited to cast the deciding vote in determining home policy. In fact, a normal wife expects and appreciates in her husband his ability to be manly, to have convictions, and to be consistently firm.

Problems of incompatibility between husband and wife arise not because it is unjust for a husband to function as head of the house but as a consequence of the husband's being either selfish or indifferent in carrying out his responsibility.

Even after giving the husband in the present case the benefit of the doubt, it still appears that he is selfish. In the following case there is in the husband evidence of indifference to responsibility.

The Opposite Extreme

My husband and I are in our middle twenties. In many ways we are happy in marriage, but there is a problem about which we need counsel. He wants me to take the lead in our home affairs almost to the extent of making me head of the house. I think it is because his mother was aggressive and his father submissive. My husband says he sees no reason for changing the customs his parents followed. I want him to assume a husband's share of responsibility.

You must admit that your husband pays you tribute in his willingness to allow you to function as head of the house. It is clear that he has complete confidence in you.

I agree, however, that your being expected to take the lead is not ideal. Probably your home would be run more efficiently if you were to continue to direct

Viewpoint

By JEAN CARPENTER MERGARD

Because I needed help so badly
You dried my dishes for me gladly.
With towel and talk, a hug, a laugh,
You cut my postmeal work in half.
Now that we're done, by some odd quirk,
It didn't seem a bit like work.

its affairs. But it is not good for a wife to be boss, because this state of affairs lowers the husband in the wife's estimation and in his own.

You are reacting normally when you wish your husband to assume more responsibility. Whether or not he wishes to recognize it, a man's ego is delicately balanced, and when he assumes second place in family affairs his ego is deflated, and eventually he becomes resentful of the wife who did him the favor of leading.

I suggest that you and your husband have a frank talk. Explain that you wish to continue contributing generously to the success of your home. Explain that it is not because you are lazy that you want him to carry more responsibility, but to promote marriage happiness.

Then work out a plan by which you and he agree to the specific responsibilities you each will carry. Do not urge him to accept more obligation at the outset than he can discharge well. Remember that from as far back as his childhood he has never had opportunity to carry major responsibility. Let him ease into the new program by agreeing to certain things he will do on his own.

After this agreement, you must be consistent in not allowing yourself to intrude in the area of his responsibility. Even when he makes mistakes, do not interfere. Let him learn by mistakes how to develop leadership and initiative.

The time may come when it will be advisable for your husband to accept other responsibility so as to gain new experience. At such a time it may be well to trade responsibilities rather than unload onto him all the responsibility for your affairs. Do him the favor of helping as much as you can without dominating him. Then using your natural feminine tact give him the credit for making progress and contributing to the welfare of your home. ▲



CONSTIPATION

(From page 21)

it. But average and normal are entirely different. This principle is particularly true in regard to normal bowel habits versus constipation.

The person with spastic constipation is bothered by two ideas. One is autointoxication or a variation of it. He thinks that if his body is not rid of all this "noxious, dirty" stuff in his bowel he will become sick. The other idea is that if his bowels do not move every day they may never move at all; in other words, he will develop a blockage. These two fears may not be obvious to the person himself. His reasoning mind has suppressed them, but they are there nevertheless—usually



PEACEFUL WORLD

By PANERIA H. VON BERRYMAN

How still and peaceful is the grave.
The wicked there from trouble cease.
There the prisoners are released,
And weary pilgrims rest from all the toils they bore.
No more passions rage nor sound of the oppressor's voice;
And there in peace the ashes mix—
Servants, masters, small and great
Of those who once were foes—
Then partake the same repose.
Naked as from the birth they came
And entered life at first,
Naked to the death return.
The appointed house by Heaven's decree
Receives them all at last.
All leveled by the hand of death
Lie sleeping in the tomb
Till God in the final judgment calls them forth
To meet their final doom.

evident to the physician treating him.

He becomes obsessed with the idea of normalcy in bowel movements as being a single well-formed smooth stool of fair caliber once a day. To him all other bowel activity is abnormal. This last sentence is his undoing. Much of his treatment depends on his realizing that such is not the case.

The majority of constipation cases are either atonic or spastic. There are other conditions that may produce constipation, but they usually bring about a change in bowel habits. In other words, if you have been regular all your life and then for no apparent reason you become constipated, the appearance of your stools changes, and you begin to have stomachache, you had better see your doctor and have a thorough examination including X-rays of your colon and stomach. This set of symptoms may be the first sign of a state that can be removed and a cure effected; whereas, if you let the matter continue too long it might not be curable.

There are many conditions that may develop as we get older, which are easily treated once the cause is known. Changes in the manner and degree in which the small bowel absorbs food and gets it into the circulation in a state in which it can be utilized are not at all unusual. The nutritional needs of elderly people are considerably different from those of younger people. This absorption change may be normal, or it may be something

that needs special treatment. Either way, there will be a change in bowel habits toward constipation or toward looseness.

Your eating habits may influence your bowel regularity. If most of your food has little residue, or bulk, it naturally will produce a stool smaller in quantity than if you had eaten a well-rounded diet.

Foods containing little bulk include milk, cheese, potatoes, white bread, ice cream, pudding, spaghetti, cream soup, pie, and fish.

Foods containing a healthful amount of bulk include leafy or stalk vegetables, whole wheat, bran, fruit, nuts, rye, and oats. Most of these foods are relatively low in calories. Your diet must contain some of the concentrated foods also if you are to be properly nourished.

There are many bulk-producing preparations on the market. They are made up of psyllium seed, bran, Irish moss, cellulose, and mineral oil. These preparations have considerable value in certain circumstances if properly used. Unfortunately, to some of them laxatives have been added for more spectacular action.

Enemas have value under particular circumstances. As a rule, plain water does better for an enema than soapsuds, milk and molasses, or the hundred other things that have been used to cleanse or stimulate. The purpose of an enema is to distend the rectum and thereby encourage the stool to descend into it, at the same time giving the person a desire to defecate. A cleansing enema has little or no value unless used under expert direction for more than simple constipation.

The colon irrigation is used very little nowadays. Formerly there was a colon irrigation parlor on almost every street corner, but it is hard to find one now. Its stock in trade was making the colon "sweet and clean." Its necessary use is not frequent.

Actually, no matter how long you have been constipated your bowels eventually will move if you leave them alone. Many people become so upset emotionally that they cannot wait.

Once you start using a laxative you will continue to do so, requiring a larger and larger dose as time goes on. The best thing is not to start the habit.

A well-rounded diet with plenty of low-calorie, high-residue vegetables and fruit, six to eight glasses of water or other fluid daily, and some simple exercise such as walking after the evening meal often will suffice to ensure regularity.

A careful and thorough examination by your doctor will rule out the possibility of a serious disease and will also relieve your mind and help you with your tension. The main thing to remember is to give your bowels a chance. Establish regular habits. Allow enough time in the morning—this is vastly important. Get up in time. ▲

The Golden Age

This page is dedicated to all our Golden Age readers who are still young at heart. It is designed to improve and encourage active hobbies, good diet, and outdoor exercise.



By OWEN S. PARRETT, M.D.

NATURE'S METHODS

PEERING out through my office window at a tiny spot on the trunk of a camphor tree, I am reminded of the accident some twelve years ago when a car parked up the hill catapulted down toward my office, jumped the curbing, and glanced off the camphor tree. It ended up by our having to remove a second tree in front of the office and leaving in the bark of the camphor tree an ugly scar six by twelve inches. Year by year I have watched this spot growing smaller, until today I can scarcely be sure of the exact place where the car struck.

While attending many hundreds of patients (over these fifty years of my medical practice) I have been encouraged by what I saw nature do for a wounded and scarred tree, hoping she can do as much for wounded and scarred people.

Perhaps there are none of us who have not violated many of nature's laws over the past years. At times both my nurses and I have expressed wonder that some people are still alive.

It must be that God knew what punishment we humans had to go through, and made us about the hardest to kill of all His creation—able to last through tons of tobacco, alcohol, tea, coffee, narcotics, stimulants, sedatives, and tranquilizers, besides the removal from much of our food of most of the vitamins and chemicals placed there to keep *Homo sapiens* in health. A look at the array of what commonly is put into the alimentary tract suggests that some people mistakenly take it for a disposal.

Have the miracle drugs confused our thinking so much that we have lost sight of the simple remedies that assist nature to do her work unhindered? When I was a lad we lived in the country. Father could not afford many doctor bills on a wage of \$1.25 a day; anyhow, four miles with a horse and buggy would ruin a half day for a doctor. We never had a doctor, so far as I remember, except for

the birth of a child right there at home.

Mother was the neighborhood nurse, delivering babies for miles around and nursing typhoid cases to a successful conclusion (I do not remember that she ever lost a case). One element of her success may have been that she usually threw into the fireplace the strychnine and calomel pills the doctor left to be given. This also may have been a contributing reason for her not calling a doctor for us youngsters, for we had no money to waste on any of these deadly poisonous drugs.

If we had a bad cold or the flu, mother would bring a big round tub into the kitchen, place in it a little stool for us to sit on, fold a blanket around us like a tent, and keep adding hot water until we broke into a good sweat. Afterward she

picked us up, rolled a damp cold sheet around us, and covered the sheet with a couple of dry woolen blankets. We gently perspired for about forty minutes, then out we came for a good quick rubdown to dry us. She tucked us snugly into bed.

The result? We recovered in record time, and with mother's fruit juices and hot lemonade we finished the recovery feeling good as new. Far better than when only drugs are used to do the work, for there are not many drugs useful in curing a cold.

I would not minimize the wonders of antibiotics in cases where they are indicated. Well I remember when penicillin was just coming into use. The supply was so limited that only men in the armed services could get it.

I was caring for the wife of a lieutenant colonel in the Marines whose husband at the moment was leading an attack in the South Pacific. I feared we might lose her, and called a consultant. He remarked that if only we had some penicillin we might bring her through. He knew an intern in the Naval hospital, and through him was able to reach the officer of the day. When he learned that the case was critical and might call for return of the husband from the battle zone, he consented to give us enough for one case.

As we left the hospital he remarked that the armful of penicillin we were carrying away would have cost us \$125 had we paid for it. He could not sell it but could give it away for such an emergency. We hurried the thirty miles to where the patient lay with a drip going into her veins, added the penicillin to the drip, and watched the temperature drop steadily. The woman went home in a short time.

Incidentally, the specialist snatched a little for a poor old woman near death, and she went home cured.

One of my sons, who specializes in in-



Found Butterfly

By JANE MERCHANT

The butterfly enjoyed its flower
Perhaps a day, perhaps an hour.

One found it lying on the grass
Unmoving, where few people pass,

And brought it delicately in
To seeing fingers, frail and thin.

Soft fingers rest, remembering
The fragile velour of a wing.

ternal medicine, told me that typhoid now can be cured in a week with antibiotics and the person be at work shortly after, if treated early. I have not seen a case of typhoid in forty-five years. Whooping cough also has about vanished, whereas every winter I used to see scores of youngsters coughing and spewing with it.

I fear that such spectacular results in a certain few areas have already caused us to look to the ampule or bottle for an easy way out of sickness and forget to raise our sights to the fact that in the long run vitality coming from good diet and health habits is the only hope for the future of mankind.

A two-year-old baby was brought to my office recently, and the mother complained that he was going from one cold into another in spite of all the antibiotics she had given him. I asked about room temperature and then said, "Does he eat well?"

"Oh, yes," she said, "he eats all the time."

"Well, that is what is the matter with him," I replied.

He ate white bread, did not like fruit or vegetables, preferred meat and potatoes—the usual American diet.

I got out some whole grains, showed his mother the little germ at the end of each kernel, told her about the difference between white bread and unrefined cereals and bread, and urged her to feed him what he should have.

"But he won't eat it," she said.

"Put it back in the refrigerator," I told her, "and wait another five hours." I assured her he would not starve to death, and ere long he would not say, What is it? But Where is it?

I asked her how she would behave if her husband should throw a soiled shirt into the washing machine when it was half finished with a tubful. When food is half digested and new food is added, trouble is sure to follow.

I spend hours every day trying to keep people from making themselves sick. If only in establishing the contemplated great society, we could start a big campaign of education on how to live as well as we take care of our livestock. I am sure we could empty many of our overcrowded hospitals, and soon have a truly great society.

The future of our nation and the human race itself will not be guaranteed by all the antibiotics there are or trainloads of vaccines, pills, and potions but by recognition of the fact that Dame Nature stands ready to build our bodies strong and help us to recover quickly when we are ill—if we but study her laws from cause to effect and cooperate with her in building strong bodies and minds, seldom susceptible to disease and quick to recover when it does strike. ▲

TAKE CARE OF GRANDFATHER

(From page 9)

light burning in his room and also one in the hallway so that he can see to go to the bathroom.

You must ever be aware of the danger of falling, particularly for an elderly person who cannot be expected to be alert himself. Use nonskid wax on floors. Some old people refuse to take a tub bath because of the fear of slipping. If grandfather wants to use the tub, have a safety bar installed that he can grasp. A tub mat is essential. A seat in the tub is a great advantage for him. If he will accept assistance in bathing, be sure to offer it. Otherwise, permit him to take a sponge bath. See that clean clothing is available to him as he finishes his bath, and relieve him of soiled clothing so that he will not mistake it for clean and replace it in his bureau.

If grandfather becomes confused and there is likelihood of his trying any door to get to his room, put a lock on the door leading to the stairway or basement and keep the key out of sight. An open stairway may need to have a gate installed for safety. If grandfather is visiting in another home, take special care that he does not become confused and suffer a serious fall. If stairs must be negotiated by him at home, provide a hand rail.

Old people chill easily. Be sure the house is kept comfortably warm, day and night. If grandfather dreads getting into bed in winter because the sheets feel cold to him, replace them with blanket sheets. If he is permitted to use a hot-water bottle, see that it is not hot enough to burn his feet. Encourage him to wear socks on his feet at night, and lay out his bathrobe and slippers so that he will have them to wear to the bathroom. Safety electrical heaters may be installed in the bathroom for auxiliary warmth. They are inexpensive to operate.

An electrical bed warmer turned as low as possible could give much comfort.

Give grandfather assistance with his shaving if necessary. Shampoo his head regularly, and have a schedule for manicuring his fingernails and toenails.

There is great financial saving in caring for grandfather yourself, and there is also the satisfaction of knowing that he is receiving the best you can provide. Remember that you will one day be in the position of being a senior citizen, and at that time you will not need to have regrets if you have supplied the best you could for your parents. God embodied the thought of cherishing the elderly in the fifth commandment, and with that commandment there is His promise that long life will be the reward of the one who heeds it. The long life alluded to may apply equally to life in the hereafter. ▲



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Home Nursing



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By MARY CATHERINE NOBLE, R.N., R.P.T.

KIDNEY TROUBLE?

DO YOU suppose you could take Mrs. Duchamp for her treatment now? She is very uncomfortable." The head nurse on the surgical unit stopped me on morning rounds. Mrs. Duchamp had surgery three days previously, and she was having trouble voiding the bladder. She had an order for hot sitz baths three times daily and additional sitz baths whenever she was uncomfortable because she was not able to empty the bladder.

It was early morning and easy to fit Mrs. Duchamp into our treatment schedule. Soon escort service brought her to my department by wheel chair. It was apparent that she was miserable, but as she sat in the hot water, a cold compress around her head and neck to keep her from becoming faint and her feet in a tub of hot water, she began to feel better. After ten minutes of the treatment she began to relax, and when she was sent back to her room we were happy to report to the head nurse that she had obtained relief.

The urinary system is complex and often misunderstood. The body not only requires food and water but must perform many activities to be in a state of health, as do all biological organisms. Waste products are formed as a result of activity. Because this discarded material is no longer of use to the body, there must be some method of getting rid of it. Some wastes are disposed of through the lungs as we breathe. Others are cast off by the digestive tract and the skin. But maintenance of an internal environment that ensures tiptop well-being is more dependent on proper functioning of the kidneys and related organs than on any other factor.

Man has often toyed with the idea of changing salt water to fresh. Only in recent years has a fairly economical sea water conversion plant become a reality. But the intricate filtration plant for such conversion is crude and inefficient when compared with the kidneys.

Take a million tiny filtration plants, compress them into a space one inch by three inches by four and one-half inches, label this plant Kidney, Inc. Then step inside a tiny blood cell for its exciting trip through the complex maze for filtering and sorting. Breathless at the speed of the tour, we would be awed by the efficient and exact science that keeps us in the marvelous state called health. Then remember that nature has equipped us with two such plants, placed in the back just under the lower ribs. They are a credit to their Maker.

As the blood under increased pressure passes through the tiny kidney filters, they take from it, select, and remove water, sugar, urea, and salt. Most of these substances are absorbed again, so that only about one quart of water in a twenty-four-hour period is lost; no sugar, because it is the source of the body energy and about a fourth teaspoonful each of urea and salt is excreted. The selectivity of this reabsorption process varies, depending on the needs of the body.

For gathering together the discard, the body is equipped with a funnel-shaped collecting area in each kidney called the

pelvis. A tiny tube called the ureter leads from this funnel to the bladder, a hollow collapsible bag that can stretch to contain urine as it collects, drop by drop from the two ureters, until there is need and a convenient time for emptying it voluntarily. Usually when about a glassful of urine has collected, there is a desire to void the bladder.

People often speak of having kidney trouble when they are unable to control bladder function properly. They may not be able to control urine loss when sneezing, coughing, or lifting; they may experience burning during or after voiding; or they may be unable to void, and feel full and uncomfortable. All too often they endure these and related urinary problems because they feel embarrassed about discussing such a problem with their physician.

Because the urinary system is vital to good health, such reluctance should be overcome and proper treatment begun to prevent possible complications. Some people who have suffered for some time with such a problem remark about the relief treatment affords, and wonder why they waited so long to seek help.

Lack of control, burning, and frequent urination are often a sign of some infection. The condition should be treated without delay by a competent physician, because such infections sometimes ascend the tiny ureters to the kidney. The condition is then more difficult to treat, and the possibility of serious damage is very real.

Inability to void when the bladder is full and uncomfortable can sometimes be facilitated by heat applied over the bladder, which is in the lower abdomen. It helps to sit in a tub of hot water or even over a pan of hot water and allow the muscles to relax. Holding the hands under warm running water is sometimes sufficient stimulus to cause voiding.

Retention of urine often occurs after surgery or childbirth. It may occur in

TO MY FAVORITE HILL

By AUDREY JENNER

Often when the night is still
I climb up on my favorite hill
And lie with hand beneath my head
Upon a soft and fragrant bed.

Here all nature's charms are seen
Within this lovely, lonely scene.
Here a sleepy willow grows,
And here and there a rambling rose.

While the stars pass overhead
I lie here on nature's bed
With mind and heart and soul at rest;
I have of this world the very best.

most tense or emotionally upset people.

It is wise to establish a regular schedule for taking time out from work to look after the needs of the body, because people sometimes become busy and ignore the need to go until they have a problem with retention.

Fluids are essential for successful functioning of a filtering system. That is why six to eight glasses of fluid are recommended daily. This does not mean water only, for other fluids such as milk and fruit juice have a high water content.

An excellent health habit is drinking a glass of water on arising, before breakfast. It improves both kidney and bowel health. Get up early enough to drink a glass of water twenty or thirty minutes before breakfast. ▲



CANCER

(From page 16)

multiplication of the cell. This theory, although well organized, has no factual basis. It supposes that a virus is a chemical substance that is either identical with or so closely resembling a gene that it is accepted by the cell as a member of its own family and so is not recognized as an intruder.

This theory exhibits several basic flaws of reasoning, the primary one being that there is no proof that any such genetic alteration could occur nor any evidence in nature that any existing process is related to it. There is not found any definite virus connection to human cancer or any known means of such transmission of the disease.

The presence of various viruses in cancer tissue does not establish them as the cause, for they may well be so-called passenger viruses, not related to the disease. It is believed that viruses may be present in all people throughout life, and that the body's defenses usually are able to stave off invaders.

People who have harmful habits such as using alcohol and tobacco do not find it easy to stop the practices. Because they see others with the same habits who apparently continue to live as long as nonusers, they tend to console themselves that no harm will come to them. Al-

though the average age of tobacco and alcohol users and the average age at death may be equal or even greater than those of the nonusers, such averages do not indicate that life is longer.

Cancer research has developed into a tremendous effort with its investigations chiefly centered on cell growth and degenerative changes. Science is attempting to solve the so-called genetic code, through which it hopes the secrets of heredity finally will be made available. It is believed that when this can be accomplished the future "evolution" of the human race can be controlled and cancer prevented.

Because viruses are associated with some plant and animal neoplasms (tumors), it has been thought that viruses cause human cancer. One chief obstacle to the general acceptance of this theory is that ordinarily viruses are not found in cancer tissue. Although viruses cause neoplastic diseases in animals, this fact does not prove that neoplasms of animals are identical with human cancer. The virus is thought to be merely a wandering gene that gets incorporated into the heredity of the cell and becomes responsible for the continued wild growth of the cells.

Although viruses are present in experimental precancerous diseases, they apparently disappear after the malignant process has been established. The explanation is offered that when the virus has become part of the cell, no immunity can be developed.

There must be some natural immunity, for not all people develop cancer during their lifetime, even though they all must have exposure. It is also apparent that the body does not develop immunity against cancer once the disease is established, for additional primary cancers are more frequent in people who have cancer than in the general population. The reason given by science is that the cancer cell so nearly resembles the normal cell that the body does not recognize it as an invader, and produces no antibodies against it.

Although there have been advances in the treatment of cancer, if cancer were recognized as a disease instead of a process, the research in the direction of a vaccine would be more successful than it is. Preventive medicine is the most successful means to combat many diseases, and in cancer control prevention should be the primary objective. Just as other vaccines bolster the natural defenses of the body by producing antibodies in defense against disease, so also might not cancer be prevented? By raising natural immunity, might we not prevent development of the disease? The only country studying the possibility of a cancer vaccine is Germany, whose Academy of Sciences is considering this approach. ▲

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The Dietitian Says



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A BALANCED DIET

By LAVONNE BIERWAGEN, Guest Writer

MANY people are sick because they have not learned how to care for their bodies properly. Some know how to live healthfully but have neglected to do anything about it, and they suffer as a result. It is best to start early in life teaching children how to be strong and healthy.

There are seven foundation stones on which to build health:

1. Exercise.
2. Rest.
3. Fresh air.
4. Good diet (temperance).
5. Water.
6. Sunshine.
7. Trust in God (mental health).

These factors should be in proper balance.

Here we will discuss a good balanced diet. It is not hard to balance the diet once we understand the basic principles of nutrition. The many known nutrients required by our bodies may be classified into seven groups:

1. Protein.
2. Fat.
3. Carbohydrates.
4. Vitamins.
5. Minerals.
6. Bulk.
7. Water.

These seven constituents can be broken down into three groups:

1. Growth and Repair Foods. Foods that produce growth and repair are the protein foods (dairy products, legumes, some grains, nuts, and even some green leafy vegetables), which should constitute about 10 per cent of our daily diet.

2. Heat and Energy Foods. Foods that produce heat and energy are the carbohydrates (cereals, bread, legumes, sugar, vegetables, fruits) and fats (olives, vegetable oils, margarine, dairy products, avocados, and nuts). They should constitute about 90 per cent of our daily food intake.

3. Body Regulators. Water, food minerals, vitamins, and cellulose (vegetables, fruits, grains, and nuts) keep the body running smoothly.

Water especially is a good regulator. It helps every organ of the body toward efficient operation. It helps to unclog the machinery.



Outside

By GERALD F. COLVIN

I wish I were outside walking
Instead of here inside
Piled high with things undone. Besides
I'm tired of walls and roofs.
Electric suns have left me weak,
And spring has shown me sneak
And rather unreliable;
For I'd slip out the back
Leaving lessons in unfinished stacks.
I can't help it. I'm no clam or
Mole to live eternally secure in bounds.
I must be up around.
I can hardly stand
Another minute in this cage.
Hot windows can make me rage,
And, oh, how I wish I could wade
That little silver stream by the
Road home and stop to see
The early dogwood blossomed boughs.

In planning a daily menu, take care to see that the following are included:

1. Two to four glasses of milk or substitute, including what is used in cooking.
2. One green and one yellow vegetable (one raw) besides potato.
3. Two servings fruit (one fresh).
4. Citrus fruit or tomato.
5. Two servings legumes, nuts, meat substitutes, or soy products.
6. Four servings whole-grain cereals or bread.
7. Two tablespoons wholesome fats (oils, olives, avocado).

Here is a group of seven hints to help you improve your family's nutrition:

1. Eat a wide variety of foods—fruits, vegetables, grains, and nuts—although not at one meal. Eat vegetables and fruit at separate meals. Eat unrefined foods, those that have not been altered in manufacture, and those to which chemicals and additives have not been introduced.

2. Eat foods that contain mostly unsaturated fats (liquid or soft) rather than saturated fats (hard). Vegetable and grain oils are preferable. Animal products rank high in saturated fat.

3. Eat at regular hours two or three meals a day and nothing between or late at night. Allow five hours between meals to avoid overworking your digestive organs.

4. Eat a hearty breakfast rich in protein.

5. Do not overeat. Eat the quantity of food that will keep your weight at the desirable range for your height and build.

6. Drink plenty of water, but not during meals. Chew your food thoroughly, and do not wash it down. Drink water on awakening and between meals.

7. Relax and enjoy your food. Do not rush. Think about pleasant things.

If your eating habits have not been good, start now to remedy the situation. Be healthy and happy! ▲

SHOULD JOHNNY HAVE PETS?

(From page 15)

embryos of the hookworm enter the mouth on food eaten with soiled fingers. Hands can never be washed too often.

Should pets be bathed? Veterinarians are likely to say they should not. An expert animal doctor declares, "Cats never should be given baths. Unless a dog gets terribly dirty he should not be bathed either. Three or four baths a year are the most that should be given any dog."

"Why?" you ask. "I thought dogs needed baths often."

The reason why is twofold. Water removes the protective oil that nature carefully gives a dog to keep his skin in good condition and make his hair soft and shiny. Dogs develop rheumatic pain similar to that which human beings have if subjected too often to water. If there is any question about giving your child's dog frequent baths, ask for and abide by the advice of a veterinary surgeon.

"Is there danger of a cat scratch doing my child harm? What if a kitten's sharp teeth prick the skin or a puppy playfully bites my boy or girl?"

There is a slogan taught student nurses at the hospital from which I graduated. You may well remember it:

Only a whole skin is ever a safe skin.

The prick of a playful pet's teeth or a scratch of its claws can carry germs into your child's blood stream. Never treat such mishaps lightly. Squeeze the spot, hoping some blood will ooze out. This may bring with it infection-causing germs before they enter the blood stream. Sometimes though, if the pet's teeth or claws sank deeply into the flesh, there is no bleeding. All puncture wounds are dangerous, even those made by healthy pets. Tell your doctor at once when one occurs. Give full details. If he wants to see for himself, lose no time in letting him do so. If he thinks this is not necessary, he will tell you what treatment to give.

A scratch from a cat's claw may be deep or superficial. If deep, tell the doctor at once. If it just slightly scratched the skin's surface, wash it well with soap and water, using sterile absorbent cotton. If you have hydrogen peroxide on hand, use soap with it instead of water. Rinse the soap off with clear water or with hydrogen peroxide. Then apply half-strength iodine or whatever antiseptic your physician prefers.

A scratch may seem harmless, yet it can become infected. Should it not heal quickly or should it pain or throb, tell your doctor.

Keep an up-to-date first-aid book where you can readily refer to it. Ask your doctor which book he recommends.

Pets never belong in any child's bed. They twitch, turn, and make many movements that are certain to disturb slumber.

"Dogs and cats unquestionably are the four-footed friends most frequently found with children," you say. "But what if a boy or girl is allergic to the breath, hair, or dander of either of these pets? Many are, I know. How could I tell that such a condition existed in my small son or daughter?"

Suspect allergy if after contact with a dog, cat, rabbit, squirrel, hamster, guinea pig, or bird of any kind, one or more of these symptoms should show: nausea with no traceable cause; watery eyes; stuffed-up or running nose; difficult breathing; hives, or rash on the skin.

Never neglect these early danger signals. Do not say, "It is merely a cold." If there has been contact with any pet to which your child is not accustomed, ask your doctor whether skin tests are essential. This is extremely important.

Billy Carter's mother took her five-year-old son to visit his grandparents' farm. Within a few days Billy showed allergic symptoms.

Hurrying back to the city, his mother took him to her physician. "He's allergic to chicken feathers," Dr. Hayden said. "He is also allergic to all animals that have hair or fur."

"Oh," exclaimed his frightened mother, "he had never before played with baby chickens. And we never have had room in our apartment for a cat or dog. But Billy begs now for a pet. Whatever shall I do? Must he grow up without pets of any kind?"

"No," the doctor replied. "Pets are part of each normal child's life. They teach lessons learned in no other way. They are essential."

"But what pets are there without hair, fur, or feathers?"

"Fish," said Dr. Hayden. "Get him goldfish or guppies. He will find fish fascinating. Teach him how to feed them the right food in right amount at the right time. That will help him establish exactness. Let him learn how to change their water, how to protect them during the changing process, and how to cleanse the fish bowl."

"Turtles too are lots of fun. Did you know they can be taught to do tricks? We have three tiny turtles. Mrs. Hayden will show you what they actually have learned."

And she did. There they were—Big Boy, Bobbie, and Baby—three Japanese turtles, varying slightly in size from one inch to two-and-a-quarter inches long.

The doctor's wife took them from their bowl, where they climbed rocks, walked wooden bridges, and waded in the water. She put them in the dry six-foot-long bathtub. At the upper end of the tub Mrs. Hayden had folded a facecloth in half.

"All right, boys," she said, smiling, "go to bed now."

Before the unbelieving eyes of Mrs.

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The Upside-downers*

* Written and delivered
by H. M. S. Richards, Jr.

Carter and Billy, Big Boy began to walk quickly toward the facecloth. Neither Bobbie nor Baby stirred. Big Boy stopped. Turning around, he went back to where they were. With his head he gave both of them a shove. That brought out four tiny feet from each of the two small shells. Billy squealed with delight.

Then there seemed to be a race on, all three turtles going fast. Baby got there first. He stopped and crooked his neck to look back at the others. An instant later Big Boy was poking his head between the two edges of the facecloth, lifting up the top edge.

"Look, look," Billy shouted, jumping

up and down. Mrs. Hayden glanced at her husband, who had come to watch too. They both laughed happily. Meanwhile Big Boy held the cloth up with his head raised high. In through the "tent" door hurried the two smaller turtles. Big Boy followed them. Then with his head and neck he kept pushing the upper half of the washcloth until it lost its curve and closed down flat on three small humps.

Billy clapped his hand and gave a gleeful laugh. "I taught them that trick," Dr. Hayden said proudly, "while my wife was in the hospital as a patient. I was lonely. So I took time for the turtles."

"Mommy," Billy questioned joyously, "whoever wants cats or dogs or even baby chickens when turtles are as smart as these three are?"

The story of the Japanese turtles is absolutely true. It was my husband—Dr. Harry France—who, while I was confined to a hospital when we lived in Detroit, taught our three turtles to do exactly as I have described. ▲



THE MIRACLE WITHIN YOU

(From page 19)

drive, every action is conscious. But with practice special reactions result and your actions are automatic. Should a child dart in front of your automobile, your foot is on the brake before you realize it.

These miracles are with us at every turn of the weather. In hot weather our lives are threatened. Inanimate objects gradually take on the temperature of the air. Luckily the body acts as its own thermostat. The tiny capillaries that carry the blood to the skin expand in order that the blood may better distribute the heat. Simultaneously the blood vessels feeding the internal organs contract, sending more blood to the skin. Sweat starts, bathing the skin and cooling it by evaporation.

In winter a different defense campaign operates. Now the skin capillaries contract, preventing the blood from being chilled. Glycogen and adrenalin are released to produce additional heat and energy. The tiny skin muscles start shivering, which like other muscular movements yields heat.

On summer days millions of people lie on the beach with their flesh bared to the sun's rays. Although health giving, these rays also are destructive, as John S. learned after being burned within an inch of his life. Absorbing more than enough sun to kill, his body performed a miracle. It dispatched melanin, a dark coloring matter, to the surface of his skin, which becoming tan, blocked off the lethal ultraviolet rays.

Most of us think of fainting as a mis-

Recipe of the Month

The Fig Advisory Board, of Fresno, California, tells us:

"Nature bestows her bounty in such a way that the common fare of one country is a rare delicacy in another."

It would be unfortunate indeed if we did not take advantage of our abundance of delicious California dried figs, once a luxury known only to epicures in the warmer regions of the world.



Today California's own superb figs are incomparable in flavor. They are ours to enjoy in many ways to dramatize everyday dishes—hot breads and baked goods for texture and flavor, desserts for goodness, the interest they add as a garnish, and exotic salads.

The new recipe below—fully tested—shows how you can make a former luxury an everyday friend at your house. This is a delightful flavor combination for a refreshing salad.

Moana Salad

- 12 California dried figs
- 1 8-ounce can sliced pineapple
- 1 teaspoon candied ginger, sliced
- 1 tablespoon light corn syrup
- 1 tablespoon lemon juice
- Lettuce
- 3 or 4 cups cottage cheese
- Sliced almonds

Place California dried figs in a medium saucepan. Drain the juice from the pineapple into the pan with the figs. Add ginger, corn syrup, and lemon juice. Cover and simmer 5 minutes; cool. Arrange lettuce on four plates. Spoon cottage cheese over lettuce. Place one pineapple slice and three drained cooled figs on each plate. Sprinkle almonds over all. Makes 4 servings. ▲

hap. It is not a mishap but a device to prevent a mishap. The tough drill sergeant keeps the company at attention as punishment. Not a man dares break formation. But the body has less respect for authority. As the men stand, their hearts fight a losing battle to pump blood uphill to the brain. Without blood in the brain death would come. But the sufferer keels over, and on his back he has an easy time furnishing blood to his brain.

Our miracles are more far reaching than we think—more far reaching, fortunately, than most of us need. Capt. Eddie Rickenbacker aboard a B-17 on a U.S. Army mission early in World War II was forced down on the trackless Pacific. He and seven others got off in rubber

rafts. Their only provisions were four scrawny oranges. In the twenty-three days before rescue the eight lived on the oranges, rain water, a sea gull, mackerel, and small sea bass, which they caught.

Although one man died as a result of swallowing sea water, the other seven survived through hunger and thirst, buffeted by the sea, exposure to wind, rain, sun, heat, and cold. Miracles took place within them.

I owe my life to such a miracle. In a Brazilian jungle I picked up a streptococcus foot infection. The virulent streptococcus loves nothing better than to storm through the body and finally nestle in the heart, causing invalidism or death. A week passed before I entered a hospital, and the streptococci felt thoroughly at home. My feet and legs ached painfully, but beyond that my own miracle was keeping the invaders at bay. In each groin a sore lump, a lymph gland, which had swollen to block the infection, closed off part of the circulatory system. Meantime, white blood cells (leukocytes) had gathered and were devouring the streptococci.

Even an ordinary boil represents a miracle—a wonderfully involved one. A boil is a battlefield, the beachhead of an invasion by bacteria. The body meets these enemies with a beautifully contrived defense system in which the first step is mobilization of the blood supply to the area. Blood and lymph dilute the bacteria and their poisonous products.

At the infection site the plasma (the liquid part of the blood) coagulates. Coagulated plasma and fibrous cells together form a wall protecting the rest of the body.

Meantime, white blood cells destroy the germs, forcing their dead remains to the surface as pus. If the lump is squeezed before the bacteria are dead, the tiny fortress walls may be breached, with blood poisoning the result.

White blood cells are the body's most potent defense army. Given a little aid (often without it), they destroy the hardiest invaders. Normally, the white cells are distributed throughout the blood stream as a sort of security patrol. If dangerous aliens such as bacteria show up, the white blood cells immediately attack. Simultaneously reinforcements gather from other parts of the body and reserves pour out from a sort of white-blood-cell barracks in the spleen.

The blood is involved in most of the body's miracles. The red cells perform tricks of their own, bearing oxygen to various parts of the body and carrying carbon dioxide (the waste product) back to the lungs. In violent action the heart speeds up, the red cells circulate faster, and oxygen is rushed to the muscles.

Since the blood does all this, no wonder that its loss causes death.

There is a classic story about a Boy Scout taking a first-aid examination. After answering several questions successfully, he was asked, "What would you do if a companion was wounded in the head and bleeding profusely?" The scout hesitated, only to answer, "Put a tourniquet around his neck."

Fortunately, the body never requires the extreme of strangulation to stop bleeding. The very injury starting blood flow provides impetus for the process that stops it. The destroyed body cells react on the blood and give it clotting power. The longer the bleeding continues the greater the clotting ability becomes. As new blood cells reach the wound they too disintegrate, heightening the clotting process.

There are even miracles connected with the man-made hazards of surgery. When part of the intestine is removed, food must be kept from the wound. Miraculously indeed, the stomach holds its contents back from the intestine for some five hours afterward, when the first healing has finally taken place.

Perhaps none of the miracles within you are quite so dramatic as those in response to disease. Again I am a living example. During the Korean conflict I took my physical examination for active duty with the U.S. Army. To my amazement, X-rays showed that some time in the past I had had tuberculosis and had recovered from it. As white blood cells rallied to attack the tuberculosis germs, antibodies were born to aid the fight. As a result, the disease was conquered without my knowledge.

Such antibodies are created by the blood for almost every disease. Thus, the virus of serious disease is opposed by antibodies suited to fight it. These antibodies do not always defeat the more virulent germs by themselves, but they help. Often they ensure that once the patient is recovered, there will be no recurrence of the disease.

Physicians say that in most of their cases treatment does little good. No one can afford to neglect medical attention when sick, but despite the advances of modern science the majority of human ills still are banished by the miracles within you yourself.

"What hath God wrought!" ▲



Fight Tooth Problems

Dental decay and overweight are two of America's biggest unconquered health problems.

Help to eliminate both with some fresh fruits and vegetables at every meal, says Edna B. Southmayd, Ph.D., nutritionist for Sunkist Growers, Los Angeles, California. ▲

AUGUST, 1965



Favorite Recipes OF SANITARIUM CHEFS

By MAY WRIGHT
Feather River Sanitarium and Hospital
Paradise, California

Cashew Nut Croquettes

- 1 cup cashew nuts, ground
- 1 cup Veg-a-Bits (Loma Linda), sliced
- 2 tablespoons margarine
- 1/2 cup celery, finely chopped
- 2 tablespoons onion, finely chopped
- 2 cups rice, cooked
- 1/2 can mushroom soup
- 3 tablespoons soya flour
- 1 teaspoon Accent
- 2 eggs, beaten

Mix all ingredients, shape into croquettes, roll in fine bread or cracker crumbs, brush with oil. Bake 20 minutes at 350° F.

Mock-Chicken and Almond Casserole

- 1 cup fine noodles
- 1 cup Veg-a-Bits (Loma Linda), chopped
- 1 cup cheese, grated
- 1/2 cup blanched almonds, chopped
- 1 cup soft bread crumbs
- 3 eggs, well beaten
- 1 1/2 cups milk
- 1/4 cup butter, melted
- 1 can mushroom soup

Cook noodles, drain, and rinse. Combine noodles, Veg-a-Bits, cheese, almonds, and bread crumbs. Stir together eggs, milk, and melted butter. Add noodle mixture, place in casserole, bake at 350° F. Heat mushroom soup and serve as sauce.

Five-Cup Salad

- 1 cup sour cream
- 1 cup orange slices
- 1 cup marshmallow pieces
- 1 cup pineapple tidbits
- 1 cup shredded coconut

Mix lightly and serve on lettuce leaf. Serves 8.

Nuts, grains, and legumes are a good source of protein. Here are some tried and true recipes:

Garbanzo Loaf

Sauté in oil:

- 1/2 cup onions, chopped
- 1/2 green pepper, chopped
- Add 2 cups garbanzos, cooked and puréed
- 1/2 cup peanut butter
- 1 cup tomato juice
- 1 teaspoon poultry seasoning
- 1/2 cup brewer's yeast
- 1 teaspoon McKay's Chicken-Style Seasoning
- 2 cups toasted bread crumbs

Mix all ingredients well. Pour into oiled loaf pan, place pan in shallow container of hot water, and bake one hour at 350° F. Serve with tomato gravy.

Brazil Nut Roast

- 1 cup Brazil nuts, ground
- 1 brick tofu (soy cheese)
- 1 cup rice, cooked
- 2 tablespoons brewer's yeast
- 2 small envelopes G. Washington golden broth
- 2 eggs, beaten
- 1/2 cup rice polishings
- 1/2 cup flour

Mix well and bake in oiled, covered casserole 35 minutes at 350° F. ▲

How to Drive

Municipal Judge Sherman G. Finesilver of Denver, Colorado, gives a card entitled "Be Your Brother's Keeper" to each defendant who enters his court, reports the "D.C. Traffic Safety Reporter."

The card lists these rules:

1. I will drive in an alert, courteous, and sane manner.
2. I will always operate my vehicle at a safe speed and at no time will I take risks.
3. I will not drive when my senses and ability are affected by liquor, drugs, emotion, drowsiness, illness, or otherwise.

4. I will be ever cautious toward pedestrians, keeping in mind that often I too am a pedestrian.

5. I will be tolerant toward other drivers.

6. I recognize that my right to drive a vehicle upon the streets and highways is a privilege that must be shared with others and not abused.

7. I will obey all traffic laws, signs, and signals.

8. I will never insist on my right of way or other traffic rights when by my extending or granting the same right to

the other driver or pedestrian I may prevent an accident or injury.

9. I will keep my vehicle in a safe and proper working condition.

10. Above all, in my driving I pledge that I will do unto others as I would have others do unto me. ▲



RELAX YOUR LABOR AWAY

(From page 17)

If your labor is slow, your doctor may want you to get out of bed and walk around. It is comforting to have your husband with you so that you can rest against him during a contraction.

Some hospitals are using rocking chairs to help stimulate slow-acting uteruses during labor.



During the early part of labor when your doctor allows you out of bed, you can thus get a rest.

You yourself will know which position is most comfortable after you try several. It is best to change your position every thirty minutes. You probably will do this because of the frequent examination given you while you are in active labor. When you are examined, your bed is put into the level position, but you can ask your nurse or husband to adjust it for you between times. If you have a new electric bed such as many hospitals are using, you can easily raise or lower the bed yourself. Remember to have the bed flat when you turn onto your side—either side.

Always get your doctor's permission before getting out of bed while you are in labor. Breathe deeply to help you relax completely. Take a good book to read between contractions, or ask your husband to read to you.

When you are four and a half months pregnant, ask your doctor about classes for expectant mothers in your area. Everything you learn will help you relax and have your baby more easily. ▲

BEVERAGES

(From page 11)

has become commercially available. Carob is made from locust bean pods such as those John the Baptist ate. To this day this wholesome food is called St.-John's-bread in Mediterranean regions. It tastes similar to chocolate but does not have the harmful effects. Rich in protein and fats, it can be used in the same way as chocolate in the diet.

Oliver T. Osborn, M.D., says: "The coffee, tea, Coca-Cola, or other caffeine habit, may be readily acquired by anyone, and may do as much harm, in some cases, as alcohol and tobacco."—*Principles of Therapeutics*, p. 603.

"There is no question but that a caffeine habit can be acquired, whether as such (perhaps in the form of Coca-Cola) or as a tea or coffee habit. Coca-Cola, tea, and coffee fiends are common occurrence. . . . It is not necessary here to discuss the end effects of the Coca-Cola habit; it is serious, and is especially harmful to children and youth. The cause of the habit is the caffeine in the mixture. . . . The Coca-Cola habit is pernicious."—*Ibid.*, pp. 215, 216.

"Civilized man in this age is overstimulated, and needs something to soothe and quiet him. He (and also she) is beginning to get that quieting from more tobacco than he (or she) ever before used. But if this does not satisfy him, he, also, as well as those who do not smoke, will drink more tea and coffee. The result is greater nervous tension, greater nervous irritability, less sleep, more indigestion, and finally a loss of mental balance and physical strength. We are now menaced with the probable overuse of tea and coffee; hence this warning is issued."—*Ibid.*, p. 216.

In a talk titled "The Spurious Basis for Happiness," David Starr Jordan, president of Leland Stanford University from 1891 to 1916, made the following comment:

"As a drop of water is of the nature of the sea, so in its degree is the effect of alcohol, opium, tobacco, cocaine, cola, tea, or coffee of the nature of mania. They give a feeling of pleasure or rest, when rest or pleasure does not exist. This feeling arises from injury to the nerves which the brain does not truthfully interpret. . . . Coffee and tea, like alcohol, enable one to borrow from his future store of force for present purposes, and none of these make any provision for paying back the loan. One and all, these various drugs tend to give the impression of a power or a pleasure or an activity, which we do not possess. One and all, their function is to force the nervous system to lie. One and all, the result of their habitual use is to render the nervous system incapable of ever telling the truth.

One and all, their supposed pleasures are followed by a reaction of subjective pains as spurious and as unreal as the pleasures which they follow—with each of them the first use makes the second easier. To yield to temptation makes it easier to yield again. The weakening effect on the will is greater than the injury to the body."

Caffeine may have its medical uses as a stimulant in case of emergency, but it certainly has no place in the beverages of those who want to take the best care of the house they live in.

Can a person break the caffeine habit? Yes, indeed, but it will take much will power, determined effort, and prayer to endure the four-day withdrawal headache and other reactions while the body is adjusting to a caffeine-free program. It will be worth the effort to be free from the drug habit that is bringing "paralysis of the mental, moral, and physical power" of man. If you have been using ten or more cups of coffee or other caffeine-carrying beverages a day, let me suggest that you cut it in half for a few days, and keep dropping until you are completely off it. Or you may mix your coffee half and half with a good coffee replacement and cut down on the coffee and increase the substitute until you are using the replacement entirely.

There are several good coffee replacements that you can get at specialty food stores. Herb teas and papaya tea are good substitutes for regular tea.

Here are a few beverage recipes I hope you will enjoy:

Carob Malt Beverage

Mix malt-flavored Soyagen* according to directions. Add 1 teaspoon carob powder, ½ teaspoon vanilla, and a pinch of salt to the cup. Mix thoroughly. Serve either hot or cold. (Carob powder may also be used with cow's milk.)

Lassie Milk

Add 1 tablespoon molasses to 1 glass liquid soy milk or cow's milk. Serve hot or cold.

Green Drink

1 cup pineapple juice
1 tablespoon sunflower seeds or Soyagen
¼ cup or less parsley
¼ cup or less fresh alfalfa

Liquefy sunflower seeds about 3 minutes, add alfalfa and parsley, and whiz one minute. Strain and serve cold.

Coconut Milk

1 cup warm water
1 cup unsweetened grated coconut

Liquefy for 3 minutes. Squeeze through cheesecloth. Add a sprinkle of salt and honey to taste.

Coconut and Soy Beverage

To 1 cup coconut milk add 2 level

tablespoons Soyagen* powder and mix thoroughly.

Corn Milk

Liquefy 1 cup water and 1 cup uncooked corn cut off the cob (frozen corn may be used). Whiz for 2 or 3 minutes, strain, add a sprinkle of salt. Serve as a beverage. ▲

* A Loma Linda Food Company product.



Aching Feet

By ELAINE BIERBAUER, R.N.

MY FEET are killing me!" If you are Mrs. Average Housewife, your feet probably have a perfect right to be killing you. Do you know that the average woman walks a distance of eight miles each day while doing her household tasks? "Eight miles," you groan. "No wonder my feet hurt!"

No wonder they hurt is right, but are you giving them half a chance not to hurt? Let's take a look at your feet. Why not surprise the rubbish collector with a present of those rundown sandals left over from last summer? Give your feet a treat and buy them a good pair of house shoes—some smart-looking red shoes or a pair of neat loafers. Two-ninety-eight sandals or bedroom "sloppers" were never meant to hike eight miles a day.

Suppose you are wearing a sturdy, comfortable house shoe and your feet still ache come nightfall. Ever think of soaking those poor old pedal pushers in a tub of good hot water while you read the evening paper or watch television? Throw in a handful of baking soda or dry mustard for a treat. Finish with cold.

If possible, never sit down and let your legs and feet hang. Get them up on something—a chair, coffee table, or footstool. The blood circulates up and down the legs more easily if they are level with the hips. Better still, lie on the floor with your hips as close to the wall as possible and elevate your legs straight up the wall. This is especially helpful for people with varicose veins.

Let us see how we can chop a few hundred footsteps off that eight miles you are walking each day. "Now you are talking my language," you say.

1. How about leaving an extra can of cleaning powder in the bathroom so that you won't have to trot out to the kitchen each time the children leave the washbowl untidy?

2. Going out to the garage or down to the basement? Why not cart along that pile of old newspapers and magazines from the top of the TV?

3. On your way out to see whether the clothes are dry? Pick up the wastebasket

or garbage can if the trash pails are on your route.

4. Going upstairs to make the beds? Any laundry to go? What about the skirt Susie forgot to hang up?

5. Ever think of leaving an extra dust cloth and dry mop in the hall closet near the bedrooms? The saving in footsteps will be worth more than the price of another mop.

6. Baby in the house? Are the clean diapers on the bureau in the bedroom and the bathinet out in the kitchen? Why not get them together? If baby is too big for bathing in the bathinet, why not store the diapers inside it?

7. Any small children on hand? Why not let Junior carry the towels to the linen closet? Persuade him to help you pick up the toys. Every trip he makes will be one that you will not have to make. You will be making two trips to the toy box to his one, but it is better than nothing, and it is good training for him.

8. Let us look at the kitchen. Are the dishes stored in the cabinet nearest the dining area? Are the flavorings in the cupboard just above your work area? Is the breadbox near the toaster, or do you have to walk the length of the kitchen to make a slice of toast?

9. Why not sit down to peel the potatoes for dinner? Huge basket of clean laundry to fold? Sit down, my friend, sit down.

10. Iron sitting down? Never; that you cannot do. Oh, yes, you can if you try. It may seem awkward at first, but you will get used to it. I iron all my husband's starched shirts and the daintiest of little dresses sitting down. Remember, that standing in one spot for long periods of time is more tiring than walking around.

11. Ever consider a ten-minute rest break in the middle of the morning and the afternoon? Lie down and relax completely. With a fourteen-hour workday, a ten-minute break morning and afternoon is just good common sense. Industry has proved that there is an increase in worker efficiency after a short rest period. If you can, take a little longer rest. Why not make it a habit to lie down for a half hour in the afternoon while the children are napping?

"This author doesn't have five children," you say scornfully.

No, I have not; just four, and the oldest five and a half. If the children no longer nap, put Susie on her bed with some paper dolls to cut out and Junior in his room with some small trucks. Be careful to explain that they do not have to sleep, just rest. You will be surprised how often one of them will doze off. You do not have to sleep, either, but you are resting those poor tired feet and relaxing also.



VeggieChee

By ALICE T. STARR

HERE is how to make Loma Linda VeggieChee (soybean cheese) even more delicious than it comes from the can:

VeggieChee Rosemond (Salad)

- 1 can VeggieChee (16-ounce), mashed
- 4 hard-cooked eggs, diced
- 1 can (6-ounce) tomato paste
- 1 small onion, minced (optional)

Mix all ingredients together with Miracle Whip. Serves six.

VeggieChee "Sausage"

- ½ cup Ruskets, crushed
- ½ can (16-ounce) VeggieChee, mashed
- 3 eggs, slightly beaten
- 3 tablespoons undiluted evaporated milk
- 2 tablespoons Gravy Quik
- 2 tablespoons breading meal
- Dash of Smokeless and sage.

Mix all ingredients. Drop by spoonfuls into hot Mazola oil and sauté lightly brown. Serves four.

Hot VeggieChee (Quick Serve)

Slice rounds ¼-inch thick. Roll in mixture of half-and-half Gravy Quik and breading meal. Add dash of sage, if desired. Sauté lightly brown in Mazola oil.

Note: Battle Creek Skallops are delicious when dipped in half-and-half Gravy Quik and breading meal then sautéed lightly brown. ▲

Do I practice what I preach? you ask. Indeed I do. Come to my door any afternoon between one and two, and you will see. Do I ever get any work done? you wonder. Yes, I do. I can accomplish twice as much in half the time after a half hour on the couch. The body can combat the results of fatigue far more effectively if they are not allowed to accumulate too long.

From here on, it is up to you. Make a few minor changes in your daily work habits. I cannot guarantee you will not be saying, "Oh, my aching back" or "Oh, my aching head," come nightfall, but you probably will not be saying "Oh, my aching feet." ▲



(From page 7)

Hospital, also Brevard Junior College.

Mrs. Van Atta's husband, Jack, an electronics engineer, and her children—Bill 16, Betsy 12, Patty 11, and Kathy 8—give her encouragement in her writing and are her chief fans.



Gerald F. Colvin, B.A. ("Outside," page 28), is an English and history teacher at Ozark Academy, a boarding school in the Ozark Mountains of north-west Arkansas, in Gentry, Arkansas, from which he himself graduated in 1957.

Mr. Colvin was born in Jefferson, Texas. His parents moved to Olla, Louisiana, while he was a baby.

He spent two years at Southwestern Union College, Keene, Texas, and two years at Union College, Lincoln, Nebraska, and received a B.A. degree in 1961 with majors in English, history, and religion. He was president and valedictorian of his academy and college graduating classes. He is finishing studies for the Master's degree in counselor education at the University of Arkansas.

Mr. Colvin wrote the poem "Outside" while he worked as a psychiatric aide and PBX operator in the security ward of Lincoln State Hospital, Lincoln, Nebraska, when he was very much inside for a great deal of the time. That is when the poem formed in his mind.

He and his wife, Gayle, have two children—Guy, three; and Gay, one. On occasion he spends an evening with family or friends for a pizza supper. Outside the classroom he enjoys reading, sports, and managing the family pets—a collie dog and a Siamese kitten. At a nearby church he assists the pastor with speaking engage-

ments when the minister is to be away.

Mr. Colvin has been writing poetry since high school days. He enjoys the outdoors, and even lays aside his bar bell routine to put in a garden spring and fall. He says the cool Ozark rocks are perfect for growing big luscious strawberries. ▲



Menstruation After Fifty?

By FRANCIS A. LOMBARDO, M.D.

MARY JACKSON was reluctant to go to Dr. Brown's office. "I really feel silly taking up your time," she said; "I've never felt better in my life. Now that the children are grown and married, John and I have been having a second honeymoon. My appetite is good, I have plenty of energy, and I sleep well. I feel more like thirty-five than fifty-five."

Dr. Brown smiled warmly at the neatly groomed woman before him. "You certainly look well, Mary. But what's troubling you?"

"Well, last week I started having another period. Imagine, after seven years. John insisted that I come to see you."

Dr. Brown's eyebrows lifted imperceptibly. "I'm glad he did. Come into my examining room, Mary."

During his examination, Dr. Brown told Mrs. Jackson why he was particularly glad she had come to see him and how important her symptoms were, especially in her age group. He said that vaginal bleeding after the menopause or between periods in the older woman may be caused by minor conditions such as infections of the cervix, the use of estrogen hormone preparations, or harmless growths such as fibroids and polyps. But it can be a warning sign of something serious. The sudden onset of a period during the menopause may indicate early cancer of the uterus.

"Surely you don't think I have anything serious, Doctor? I feel wonderful."

"And you look wonderful, Mary. Your general health has never been better. That is all the more reason for us to be cautious. If there is anything wrong, now is the time to find out while it is still early. Do you agree?"

"Well—yes, of course."

Dr. Brown checked his operating schedule. "Our next step is to take a specimen of tissue from the inner lining of the uterus, have it studied under a microscope by an expert (called a pathologist), and settle the question."

The next week, Mrs. Jackson was admitted to her local hospital for the procedure called a D and C. Dr. Brown explained that this term was medical shorthand for the words *dilatation* and *curet-*

tage. In this operation the surgeon stretches open, or dilates, the mouth of the uterus under anesthetic to permit him to slip a small instrument into the uterus to curette, or scrape away, a small fragment of tissue for study.

"Besides being of value in the detection of cancer, the D and C is done for sterility investigation, examination to find the cause of excessive periods, and after a miscarriage. The whole procedure will only take a short time and it is painless. You'll be up and around the next day."

"How soon will we know the—results?"

"In a day or so. Now to keep you from getting butterflies in your stomach, here's your nurse with your preoperative medication."

The day after the D and C, Dr. Brown explained to Mrs. Jackson and her husband that the microscopic examination by the pathologist had verified his suspicions. A tiny and very early cancer of the uterus was discovered. Because of her excellent general condition, a complete hysterectomy was scheduled and performed without delay. Fortunately, the tumor had not had a chance to spread. Mary recovered beautifully, and was ready to go home in two weeks.

Five years later, Mary Jackson is still in excellent health. Prompt action by her and her doctor resulted in a complete cure.

Cancer of the uterus occurs almost exclusively in women past the menopause. It is rare under forty. Because of the encouraging statistics that have resulted from early recognition and treatment of this form of malignancy, women in this age group owe it to themselves and to their families to report to their physicians yearly for a complete physical checkup and examination of the pelvic organs. Irregularity of periods at the time of the menopause is not always normal, nor is continuation of bleeding after fifty. Patients should be on the lookout for the following warning signs:

1. Bleeding that begins after the menopause, however slight.
2. Menstrual periods after age fifty.
3. Bleeding between periods or after intercourse.
4. Prolonged or excessively heavy periods.
5. Pain with the periods where there was none previously.

Remember, any of these symptoms may occur in perfectly harmless conditions. They do not by any means indicate cancer in every instance. However, it is only by prompt investigation of abnormal symptoms when they do occur that cancer may be detected in its early stage, when cures are altogether likely. Do not put off your yearly examination. It will pay off in health and peace of mind. ▲

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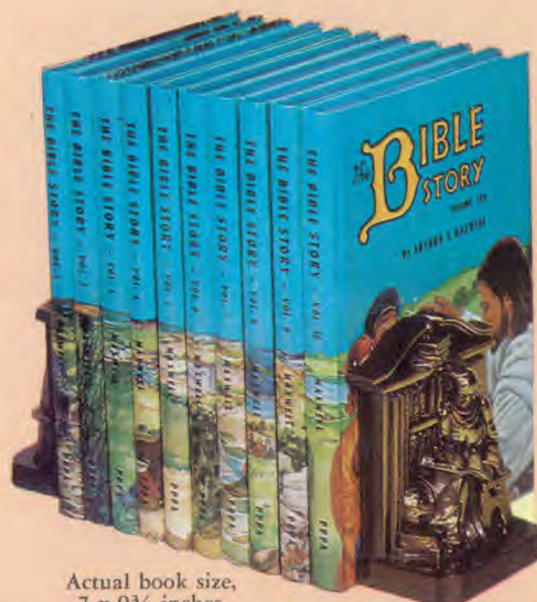


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