

FIFTY-SIXTH YEAR OF PUBLICATION

Life & Health

THE NATIONAL HEALTH JOURNAL



HOW TO QUIET
YOUR NERVES

+

DON'T DAMAGE
YOUR HEART

+

A HEALTH
CHECKUP

+

DRIED FRUITS

+

FACTS THAT
AFFECT YOUR
DIGESTION

+

HOW TO KEEP
PHYSICALLY FIT
IN WINTER

+

THE AVOCADO

+

HOW TO ADJUST
YOURSELF
TO LIFE

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The Pulse of Life & Health



It's the continual happening of little disturbing things that upsets our nerves. And just as truly, it takes very little and simple things to soothe and quiet overwrought nerves. Read the suggestions in the article on page 4.

A MARVELOUS bit of engineering, this heart of yours, working sixty seconds to the minute, sixty minutes to the hour, twenty-four hours of the day, day in and day out. If you would have it serve you long and well, treat it right. "Don't Damage Your Heart," page 6.

We check up our assets and liabilities at the end of the year, but take little account of the debt we owe ourselves—a yearly health checkup. Have it even when you're feeling on top of the world. Page 8.

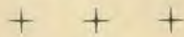
FIGS, dates, raisins, apricots, prunes—the dried-fruit parade. Keep some always in your kitchen. A tasty natural sweet, rich in minerals, with laxative properties. Page 10.

How you eat, when you eat, and what you eat—all are factors that affect your digestion. Especially timely during the holiday season when folk are tempted to disregard discretion in eating. Page 11.

WINTER is a grand time of year, especially if you're dressed for it. "The Way to Keep Physically Fit in Winter," page 12.

HAVE you served avocados lately? For some new ways to serve them, see page 15.

ALL the A's in the world on your grade card may not indicate that you really know how to live. The experiences related on page 16 may help you to live more fully and happily.



CAN YOU ANSWER THESE?

1. Who is Mary Schwartz Rose?
2. What special knowledge must every American sea captain possess?
3. How many adults in this country wear glasses?
4. How did the health of Cecil Rhodes affect Africa?
5. Does kissing spread colds?
6. Why are there fewer bowlegged children than formerly?
7. Who is Charles Wardell Stiles?
8. How was crude petroleum used when first discovered in Pennsylvania?
9. What was an ancient belief regarding the herb, sweet fennel?

(Answers found on page 30)

The Editor's Comments



THE NATIONAL HEALTH JOURNAL FOUNDED IN 1885

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Health and National Defense

MUCH is being said these days about national defense and preparedness, about guns and planes and tanks and munitions. But not a very great deal has been said thus far about health as a vital factor in national defense. Napoleon declared that an army marches on its stomach, meaning, of course, that an adequate food supply is most important. But it is possible to have stomachs filled and yet have stomach-aches. There is something more important even than sufficient food, and that is sufficient health and proper functioning of bodily organs to transform the food into good blood and brains and muscles.

We are therefore heartened to read the words of John W. Studebaker, United States Commissioner of Education, who, in summarizing the immediately important things to do for national defense, declares first: "Improvement of the physical health of the youth of America should be our special concern—now!"—*Washington Post, Sept. 8, 1940.*

Well said. The World War, that is, the first World War, revealed that too large a per cent of American youth had serious physical defects. Doubtless the physicians who compile medical statistics in relation to the new Selective Service Act will soon be telling us of numerous physical defects of the present younger generation. It is high time that we gave more attention to the health of our bodies. In this hour of world crisis LIFE AND HEALTH, which has been seeking to teach health principles for fifty-six years, dedicates itself anew to the task of making healthier citizens.

National Hospital Day Award

THE American Hospital Association at its annual meeting each year gives certain awards to those hospitals or sanitariums that have conducted the most educational program on National Hospital Day. One feature of the annual award is the giving of two silver loving cups by Parke, Davis & Company, well-known pharmaceutical house, one for the winning hospital in cities of over 15,000 population, the other for the winning hospital in cities under 15,000 population.

At the 1940 convention of the American Hospital Association, Paradise Valley Sanitarium and Hospital was presented its fourth consecutive National Hospital Day award. The Parke, Davis & Company cup for cities of less than 15,000 now becomes the permanent property of this sanitarium. Last year the New England Sanitarium and Hospital became the permanent possessor of the Parke, Davis & Company cup for cities of more than 15,000 population.

Naturally, LIFE AND HEALTH is interested in this news, for these sanitariums are part of the chain of medical institutions affiliated with this national health journal. We offer them our congratulations. For those readers who may not be acquainted with these distinctive institutions, we would say that this chain was started more than sixty years ago. The purpose from the very first was twofold: to make people well and then to teach them how to keep well. This double objective has been maintained through all the years. LIFE AND HEALTH is the expression, in print, of the second objective, to help people keep well. The same organization that founded the sanitariums founded the journal.

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Simple Ways

to QUIET Your NERVES

▲ R. ARTHUR E. HOLLENBECK, M.D.

WE are living in an age when men's nerves are stretched to the breaking point. The keen competition in business affairs, the enervating demands of social activities, the distressing realities of war and crime, and the universal worry of both the rich and the poor over finances, tend to place a burden upon the nervous system with which it is unable to cope.

The Creator made man's nervous system to function in a world of joy, peace, and good will, but in life as we find it today, men must deal with more stern realities, and it is little wonder that their nerves fail them for fear of the things that are coming upon the world.

In view of these distressing times, it becomes increasingly important that the layman become familiar with the simple ways and means to quiet his overburdened nerves.

1. *Rest.* The most important means of overcoming fatigue is rest. This applies to overwrought nerves as well as to

other tissues and organs of the body. When the brain, the center of the nervous system, becomes so activated by overwork that its activity continues on and on and sleep cannot be induced, it is time to consider ways and means of resting the nervous system.

Rest may be either partial or absolute, depending upon the severity of the case. Partial rest may be variously adapted to suit the individual needs, and is most useful in treating the milder cases of frayed nerves. Such partial rest may vary all the way from a slight repose of an hour or so each day to a more exacting program of spending the greater part of the time in bed. In many mild cases, an hour or two spent in lying down and relaxing after lunch will do wonders in quieting tired nerves.

2. *Exercise.* It is not always necessary to take physical rest to quiet tired nerves. Many times physical exertion even to the point of physical fatigue will give comfortable relaxation. Many have found

relief in hiking, mountain climbing, swimming, gardening, motoring, and in many other lines of physical activity. The one essential is that this activity be one which is enjoyed and which requires full attention. The nerves are thus relaxed, and sweet repose is the reward.

There was a prominent businessman who was on the verge of a nervous breakdown. It was found that he enjoyed swimming and being near the ocean. He was ordered to spend two weeks at the beach. Swimming was a daily requirement. He returned much improved, but he was still afraid to undertake his full responsibilities. It was learned that he was reared on a farm and enjoyed gardening and flowers. He owned a vacant lot beside his home. His physician permitted him to resume his business activities, providing he would spend at least two hours daily in making a garden on the vacant lot. The results were soon rewarded by relaxed and calm nerves, pride and joy in his gardening accomplishments, and a promotion to more important and more enjoyable duties. Some do not have opportunity to work in a garden, but a brisk morning walk will serve as a substitute.

Every individual should have a hobby, and he should work actively at that hobby. Perhaps he can spend only a few minutes a day at this diversion, but during this time his nerves will be relaxed and the mental strain of the day forgotten. A hobby should be carefully selected. The prime requisite is that it be something in which one is definitely interested and which one can enjoy. It need not be expensive or remunerative, but should be selected just for the "fun" derived from it.

Most great men have hobbies. The President of our nation has several. It is said that he attributes to one, that of



An Hour or Two Spent in Rest and Relaxation Will Work Wonders in Quietening Tired Nerves

WALTER HANSEN—FAMILY FROM HARVARD AND BOSTON

Walk Out on the Troubles of
the Day. You'll Find Them
Come When You Return

stamp collecting, his stable nervous system. When the tremendous problems of the nation tend to overwhelm his nervous system, he devotes an hour to his hobby, which he keeps always close at hand. He thoroughly enjoys this simple hobby, and has gained the distinction of being the world's greatest authority on stamps.

3. *Vacations.* Every person owes it to himself to take a vacation each year of at least two weeks. Many of those who have become wards of our State hospitals for the mentally deranged have neglected this essential. To be of value, a vacation should be of such a nature as to cause an individual to neglect and forget his usual routine of nervous expenditures.

A physician who recently returned from an enjoyable vacation in the high mountain country said that while he was away he entirely forgot all he knew about the practice of medicine. He came back tired, but with calm and steady nerves, better prepared than ever to endure another siege of trying and perplexing problems. A week or two in the mountains in the summer, a trip along the warmer seacoast in the winter, are ideal vacation possibilities. The more fashionable resorts and thickly populated centers should be avoided. The vacation budget should be adjusted to one's own financial circumstances; otherwise it may be more disturbing than quieting to the nerves.

4. *Diet.* The temperament of nations is materially affected by the diet upon which they subsist. This is just as true of individuals. A diet that consists largely of rich, highly seasoned, and spicy foods tends to inflame the nerves; flesh foods tend to have the same effect. A diet that consists of plain, simple, and nourishing food, such as vegetables, fruits, cereals, milk, and milk products, is most likely to be of service in quieting the nerves. A cup of hot milk taken just before retiring helps greatly in soothing the nervous system. One should avoid overeating. Regular habits in eating should also be acquired. Have a set time for each meal, and avoid eating between meals. The digestive system cannot adjust itself to irregular times for eating, and this of itself is one cause of nervous irritability.

5. *Water Treatments (Hydrotherapy).* This is one of the most valuable aids in soothing the nerves. In general, the warm, tepid, and cool applications have a soothing effect, while hot and cold measures are more stimulating. Among the treatments most soothing, a few may be mentioned, as follows:



H. A. ROBERTS

a. *Tepid, or warm, sponge bath.* The patient in bed is sponged gently from head to foot with fresh water, at a temperature of 95° F. The body is dried without much friction, or the sponging may be followed by an alcohol rub and rest. The sponge bath is best given in the morning.

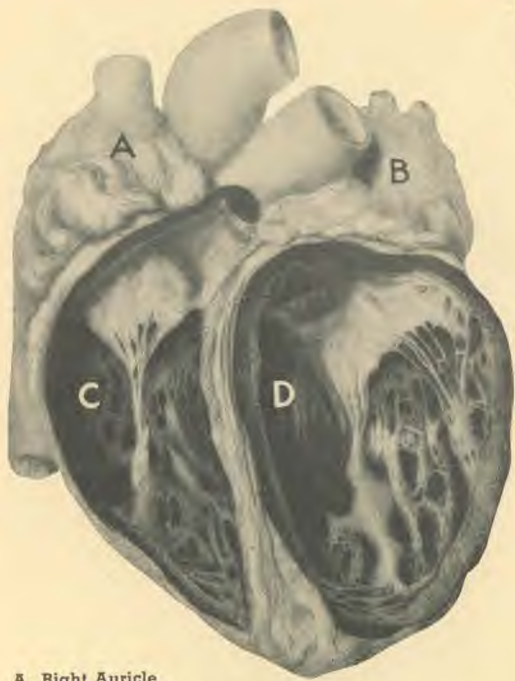
b. *Full tub bath.* This may be given in tepid or warm water. If the temperature of the water is below 90° F., the bath should not last longer than five to ten minutes, and should be followed by gentle friction. A warmer bath is more soothing and is best given just before retiring, if a sleep-producing effect is desired, the bath lasting from twenty to thirty minutes.

c. *Wet-sheet pack.* This is one of the most valuable of the water treatments. Its effects are both stimulating and sedative. The stimulation is only temporary, and is followed in a few minutes by the soothing effects. A rubber sheet, covered with a dry double blanket, is laid upon

the bed. A sheet soaked in water at 85° F. is wrung as dry as possible and spread smoothly over the blanket. The patient, disrobed, is placed upon this, and the sheet is snugly wrapped about the body, between the legs, and about the arms so as to avoid air spaces.

The blanket is then wrapped about the body in a similar manner, and two additional blankets are thrown over the patient. A hot-water bottle is placed at the feet, and a wet towel, wrung out of water at 95° F., is placed on the forehead. The pack should last twenty to thirty minutes. Upon removal from the pack, the patient should be rubbed dry with towels, or given an alcohol rub. The wet pack may be given daily, in which case the temperature may be reduced a degree or so a day. Used in the evening, it is a valuable means of overcoming insomnia.


6. *Massage.* This is a valuable acces-
(Continued on page 25)



A. Right Auricle
 B. Left Auricle
 C. Cross Section of Right Ventricle
 D. Cross Section of Left Ventricle

Don't Damage YOUR HEART

A Discussion of the Heart in Relation to Exercise

 NILES I. REEVES, M.D.

THE heart in the main is made up of muscle and blood vessels, and is most effective in its work of pumping the blood. The total size of the heart nears that of a man's two fists held closely together. The heart wall is made up of muscle, and there is a thin muscular partition that divides the heart lengthwise into the right and left sides. These two sides are again divided, this time crosswise by a fibrous septum in which is located a valve—one in the division of the right side and one in the division of the left side. There are also valves at the openings of the large blood vessels that leave the heart.

These partitions and valves divide the heart into the right and left auricles and the right and left ventricles, thus making four chambers. It is through these chambers that the blood is pumped; first, through the chambers on the left side of the heart to all parts of the body. Then the blood returns to the chambers on the right side of the heart, to be forced through the lungs. After it is purified in the lungs, it then returns to the left side of the heart to go again to all parts of the body, carrying food and oxygen to each body cell.

The heart is for one purpose only, and that is to pump the blood to every cell in the body. This work goes on without vacation or rest periods from our beginning to the day we die. The only possible time for the heart to rest is the short interval between each heartbeat. The harder we work or play, the faster the heart beats to push the blood to and through the working muscles. The extra beats shorten the rest periods, thus bringing more strain on the heart muscle. This increased activity brings an early fatigue, and if con-

tinued over a long period of time will cause damage even to a normal heart.

"Will exercise injure my child's heart?" This question is asked many times by parents as their children enter into the athletic activities during school days. Also, this question often comes up when a business executive begins to realize that if he does not let up mentally and take up some physical activity he will break down nervously and physically under the pressure of the present-day strenuous living.

Without exercise the heart muscle becomes weak, the body muscles degenerate, the bones lose their calcium, and the joints become rough and stiff. Without exercise the various glands and organs of the body slow up their activity, and the person thereby reaps lowered vitality and poor resistance. In the absence of exercise and proper posture, breathing and circulation are retarded. Thus poisons are allowed to accumulate in the organs of the body and in the blood stream. This accumulation of poisons causes the brain to become dull and clouded, and the defense against infection crumbles, permitting disease of various types to enter.

Reasonable exercise does not do a normal heart any damage, whether a child or an adult is in question, but even slight exercise can do some damaged hearts unlimited harm. A normal heart has an immense reserve of energy and can carry on for long periods of time under extreme difficulties, whereas a damaged heart may not have enough energy to permit its owner to walk across the room without causing shortness of breath.

By examining the sounds of the heart, and by certain other tests, we can determine the condition of the heart muscle, but at present we have no way to deter-

mine the exact amount of work the heart can stand before breaking down. We know by the appearance of shortness of breath, slight swelling of the ankles, and enlarged liver, that nine tenths of the reserve heart energy has been depleted. When shortness of breath and swelling of the ankles appear after one has been up and about, we feel that the heart is usually the cause, rather than the kidneys.

Rest is our most effective mode of treatment in heart weakness, as this will help the heart to regain some of its lost energy. Any person who complains of shortness of breath and swelling of the ankles after being up and about, may be suffering from a weak heart muscle. He should go to bed early each night, and get at least ten hours' rest in bed. During the day there should be a regular rest period of at least one and one half hours in a reclining position. All exciting entertainments and hard, strenuous work must be avoided. Running to catch a streetcar, walking rapidly uphill, or hurrying upstairs, must also be avoided.

The diet should consist of easily digested nongas-forming foods. There should be a moderate amount of sugar, but a low fat intake is indicated. The sugar should consist mostly of honey or corn sirup, as this type of sugar is ready to be absorbed and used. As the heart does much work, it needs some sugar either of this type or in the form of fruit sugar.

Vitamins are essential in heart disease, especially vitamin B. In health a good average daily quantity is about 500 international units, but in disease much more than this amount is needed. The ordinary diet contains the minimal amount for a normal person, but when sickness comes, more is needed, and must be added

through concentrated preparations. Vitamin B is found chiefly in whole, non-polished grain cereals, yeast, wheat germ, kale, spinach, buttermilk, milk, and eggs.

Following certain diseases, such as pneumonia, diphtheria, influenza, rheumatic fever, or nearly any of the other infectious diseases, it is highly advisable to return very slowly to normal activity, giving the weakened heart muscle time to build back to normal before too great a load is put upon it. During the period of convalescence it is easy to do the heart permanent damage by overexercise. It has been known in many cases that a person in an attempt to rush his recovery from diphtheria has done permanent injury to the heart, or has died of heart trouble.

Permanent damage has been done to hearts by those who are too anxious to work or play after an attack of rheumatic fever. Those who have been sick should help their physician in his attempt to bring them back to health, by being patient about returning to normal activity after severe illnesses.

In people past middle life we frequently see hardening of the arteries, a condition which impairs the circulation. This impaired circulation also reduces the supply of food and oxygen needed by the muscles. If this age group encounters high emotional strain or overexercise, severe heart damage may be the result, because the blood cannot carry food and oxygen fast enough to supply the demand.

It would be well for persons with hardening of the arteries (arteriosclerosis) to take life quite easy and avoid overwork, emotional stress, or anger. Reading an exciting, nerve-shocking story is as hard on the person with hardening of the arteries as is a fair amount of work. For such persons a simple life is advised. Simple foods which are well prepared and easily digested should be taken. Foods should be seasoned sparingly, and contain as little fat as possible, because fat and rich food will increase the hardening process.

Businessmen who plan to start exercise should begin slowly, and gradually increase the amount of exercise over a period of weeks. This program permits the heart to build up and become prepared to endure extra work without injury. Hikes into the mountains should not be considered without the individual's first being prepared by long walks on the level. At high altitudes the air contains less oxygen than is found in the air at lower altitudes; therefore, the heart must work much faster in high altitudes. Many people develop severe headache and muscular pains at high altitudes, because of the lessened oxygen supply to the brain and muscles. Persons who are used to swimming at low altitudes should also be on guard when

swimming in lakes of high altitudes, remembering that there is less oxygen and that therefore the heart must work harder than usual and will become fatigued earlier than under conditions encountered in low altitudes.

In the past enlarged hearts were quite frequently found as a result of poorly supervised athletics. This objection to athletics for children is rapidly disappearing, and will continue to be an unimportant factor as long as our school systems continue to obtain the services of well-trained athletic instructors.

In most schools during the exercise period regulation athletic clothes, which expose the arms and legs, are worn. In warm weather this type of clothing is healthful, but during the cooler seasons of the school year, it is not. If the student is physically fit and can be kept from chilling, I have nothing further to say, but many students chill very quickly. This exposure leads to further debility and lung infections. When the arms and legs become chilled, the blood vessels of the nose, throat, and bronchial tubes contract, thereby reducing the flow of blood to these parts. This impaired blood flow reduces

the resistance of these parts to common colds, as well as other diseases. The body, as well as the arms and legs, should be kept warm, whether sitting at home or exercising in or out of doors.

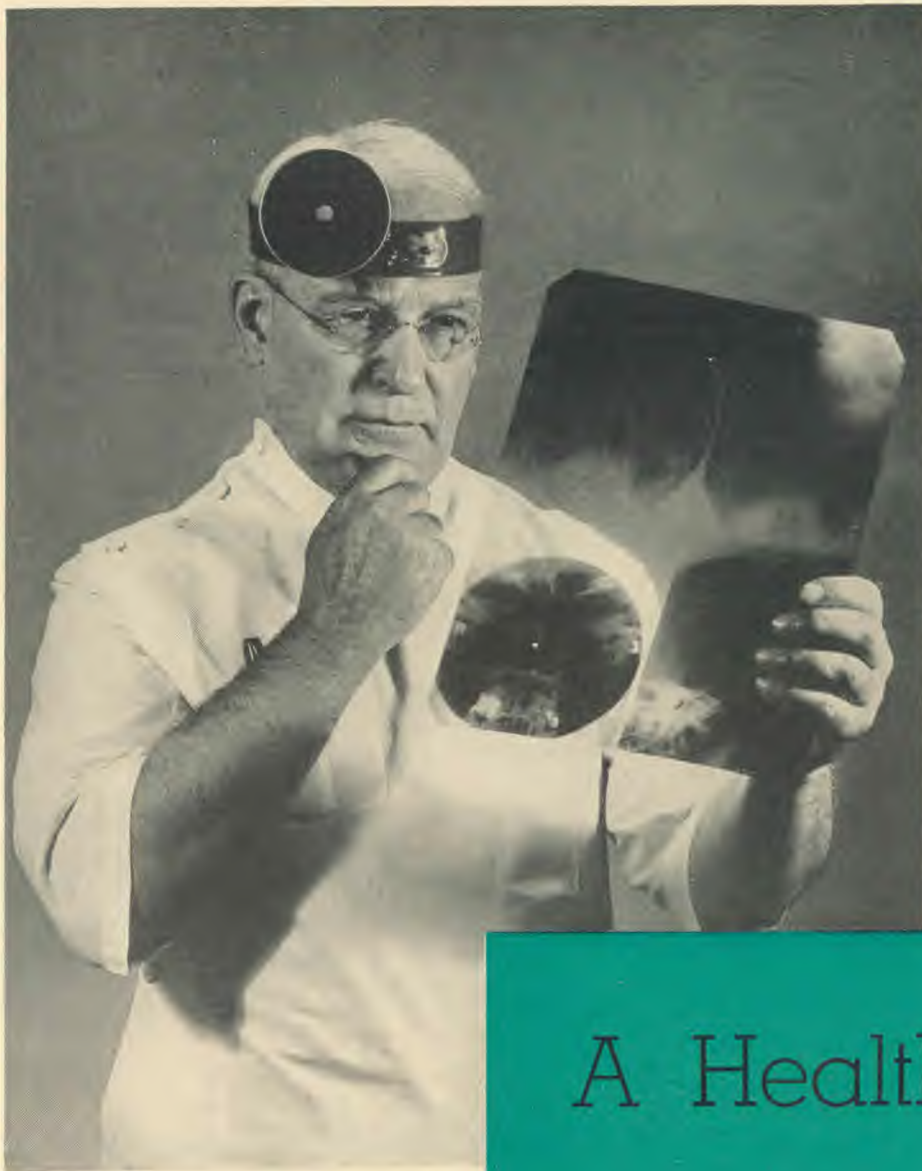
Under normal conditions it is not well to frequently remind a child or an adult who is afflicted with heart trouble, of his physical handicap. The nature of the trouble should be carefully laid before the patient; he should also be instructed regarding the amount of work or exercise permitted. If he is too frequently reminded by sympathetic parents or friends, a mental rather than a physical invalid may be the result. On the other hand, parents sometimes go to the other extreme, and make physical invalids out of their children because of neglect or carelessness in intelligently and wisely supervising the activities of such handicapped children.

Each individual owes it to himself—and parents to their children—to be jealously on guard over the health of this organ of life. With sane and reasonable exercise, the heart can be kept strong and healthy, and will carry a person over an active and useful span of years.



H. M. LAMBERT

The Normal Heart Has an Immense Reserve of Energy. Guard This Organ of Life



H. M. LAMBERT

The X Ray Gives a True Picture of the Body Condition

THE physician's business is not only to treat disease, but to prevent disease, of the body and of the mind. To outline a husband-and-wife program that will prevent a divorce may not be as spectacular as opening an abdomen, but, believe me, it brings even greater and more far-reaching returns. Today's guardians of the nation's health must carry a variety of talents. They must be prepared to give advice, wide in scope, that will make for a fuller, better, more pleasant, more comfortable life. Their most important service in this respect lies in *preventing* disease by catching some insidiously developing degenerative process before it gets three laps ahead in its race toward the cemetery. Thus does preventive medicine stand deserving of the highest regard by the laity and worthy of the greatest possible cooperation by those whom the medical profession would serve.

Some months ago a man who com-

Well, he refused this evidence, and was induced to believe that his troubles were all due to "pinched" nerves. The examination that provided this diagnosis was completed in fifteen minutes, and this man was immediately signed up for a snug sum for treatments.

In spite of the treatments, the attacks continued, and as the weeks passed he began to absorb increasing doses of alcohol to calm his worries and his pains—first beer, then orange home brew, then hard liquor, and plenty of it. More than a year passed, and that very decent husband was transformed into a common drunk. One night, under the influence of alcohol, he started to throw things, and before the police could subdue him, the inside of his home was somewhat wrecked, and much damage had been done. Well, he is convalescing tonight from the surgery he should have had eighteen months ago. The appendix was a bad one. Think of all that he and his family would have been saved had he listened to competent medical advice.

There are two points deserving of emphasis in this incident. First, invest in top-flight advice. A physician's reputation in a community and the kind of examination he gives should provide the necessary confidence. Second, don't try to dodge disagreeable facts. Face the truth about your condition, and refuse to try a

A Health Checkup

Had One Recently? You'll Probably Decide That You Should After Reading This Article

 ARTHUR N. DONALDSON, M.D.

plained of years of off-and-on indigestion was advised by his doctor to have a chronic appendix removed. Instead, he believed another, who gave him a type of advice which was a great deal easier to take. Surgery had been urged on the basis of a careful history, general physical examination, X-ray observation over a period of four days, blood tests, stool examinations—much concrete evidence.

short-cut to health. Such a course is poor economy any way you look at it.

The process of years brings inevitable wear and tear to the human body. We do wear out; vital organs that bear the load of the daily drive decrease in working capacity through the gradual, insidious destruction of their parts throughout the years. The question, then, is: Where do I stand in this process of natural de-

cay? How much should I do? How should I regulate my life in order to be assured of my allotted time in reasonable comfort? Logically, the physician should know the human machine so exactly and thoroughly as to be the one to answer the questions: "Am I ten years older than I should be, or is my body apace with my years? Am I developing diabetes, Bright's disease, high blood pressure, or cancer that will suddenly strike me down before my work is done?"

Some two years ago a young man presented himself for examination because he found that he simply could not keep up with the demands of his job. For eighteen months he had carried a persistent "cold," and his wife had often importuned him to submit to a checkup. He steadfastly refused until finally his poor legs and head refused to go. He has been in a sanitarium for the tuberculous for two years now; his wife and baby are on county relief. Early examination would have saved this family much.

A woman requested a heart examination because of shortness of breath. In the course of this investigation an advanced cancer of the breast was incidentally discovered. This woman is in her early forties, but she will be dead within nine months from an absolutely preventable cause. Had she submitted to a routine examination six months ago, this viper would have been found and a life saved. She had her suspicions, but was afraid of the facts. Now it is too late.

A man found that the slightest exertion brought on severe chest pain. For two years it had been bothering him in a moderate way. He had his suspicions, and his wife begged him to have it checked. But, no, he knew it was just a bit of indigestion; why not take an advertised pill? Then one day he had a real scare, and friends brought him in. This man is a hopeless cardiac wreck. His habits have been in error, and he has, through ignorance and abuse, aged his heart and blood vessels far beyond his years. Advice and cooperation two years ago would have prevented early invalidism.

A young man just well entered upon a promising professional career was suddenly stricken with a hemorrhage from the stomach. In a few hours he was dead, despite every medical and surgical attention. It was then revealed that he had not been well for years, and that he died as a result of a chronic blood disease that could have been and should have been discovered months before. Had a thorough physical examination been made, he could have enjoyed a useful life.

Well, you say, I would not be foolish enough to allow signs and symptoms of trouble to be present without checking on them. These cited cases had plenty of warning of trouble—general evidence of being physically below par. Yes, they did; these folk exercised the poorest kind of

judgment, for they actually ran through many red lights before ending up in a blind street. But, remember, these troubles were all well started before the victims were ever aware of their presence. Periodic, systematic examinations would have offered evidence that would have brought advice, correction of habits, removal of causes—prevention of death-dealing disease.

A woman, convinced of the wisdom of the yearly checkup, was found to have a developing cancer of the cervix. Not a sign, not a symptom, offered her a warning. But there it was—no denying its presence. But it was caught early, and there is no question about its complete and permanent destruction, and with ease.

A man with a determination to stay ahead of trouble was found to have a large quantity of sugar in his urine. He felt fine, and had no signs or symptoms. The sugar was found in a routine examination, and a blood-sugar-tolerance test proved him to be an early diabetic. His activities were investigated, his habits were ana-

lyzed, changes were instituted, and a careful protectorate was established. This man has saved himself much future trouble, and may expect to live years beyond the limitation of life placed by the disease so early discovered.

A merchant, through the avenue of the yearly checkup, was discovered to have a greatly elevated blood pressure. No great harm had been done as yet. The trouble was just beginning—that undercover thing that changes soft, elastic blood vessels into thickened pipestems, and smooth-running, powerful hearts into ill-nourished, flabby muscle that is irritable and uncertain. Well, his daily and monthly program was renovated, his habits were corrected, reforms were made—and his program is bearing fruit. This man is adding at least another twenty-five years to his life through intelligent cooperation. Had he ignored the routine check and followed the usual formula of waiting until he felt bad or until something happened to drive him to a doctor's office, he might have

(Continued on page 26)



J. C. ALLEN

Even If You're Feeling Fine, Have a Yearly Health Checkup. It's Your Safeguard



The FOOD VALUE of DRIED FRUITS

By GEORGE E. CORNFORTH
Dietitian

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IN the wintertime, when fresh fruits are less abundant and more expensive than they are in the summertime, dried fruits make a valuable and inexpensive addition to the diet. Dried fruits have all the good qualities of fresh fruit with the exception that they do not contain vitamin C (though some dried fruits contain a little vitamin C) and do not have as good flavor, although I like the flavor of some fruits better when dried than when fresh. Dried fruits are especially valuable for their food minerals and their laxative qualities. Iron is the mineral for which dried fruits are especially valuable. The food which contains the largest amount of iron in the form in which the foods are eaten, with the exception of egg yolk, is greens. By this I mean that while dried lentils, for instance, contain more iron pound for pound than greens, during the cooking process the lentils absorb a large amount of water. And one could digest many more ounces of cooked greens than of cooked lentils. Thus in the amount that a person would be likely to eat, he would get more iron from greens than from lentils.

But many people who do not like greens find more pleasure in getting their iron from dried fruits. Of the dried fruits dates contain the most iron; figs come next, then prunes, then raisins. But apricots, fresh, stewed, or dried, almost head the list of blood-building foods, though they do not contain as much iron as many other foods. Perhaps their good blood-building qualities are due to the copper they contain, copper as well as iron being necessary to build blood.

Dried fruits, like fresh fruits, are alkaline in ash, figs standing near the head of the list in this respect. Though prunes are alkaline in ash, they contain an acid which is eliminated by the kidneys, and

for this reason they are sometimes listed with the acid-ash fruits. The same is true of cranberries.

Sulphur dioxide is used in drying some fruits, notably apples, pears, peaches, and apricots, to prevent the fruit from turning dark, and to give it a better flavor. Some objection is made to this practice on the ground that the sulphurous acid left in the fruit is detrimental to the health. However, it has not been demonstrated that the small amount of sulphurous acid left in the fruit has any injurious effect, and fruits dried without the sulphur-dioxide treatment lose vitamins, while the vitamins are preserved by the sulphur-dioxide treatment.

Prunes are a valuable source of vitamin A, and contain some vitamin C. Dried apricots are a still more valuable source of vitamin A, and they contain vitamin C. Dried peaches also are a more valuable source of vitamin A than are prunes, and they contain vitamin C.

Years ago, before the discovery of vitamins, the belief was held that foods required long cooking to make them digestible, and, in some cases, palatable. Since the discovery of vitamins emphasis has been laid on the short cooking of vegetables and fruits. Back in the days of long cooking dried fruits had a strong, unpalatable flavor. Dried fruits have a better flavor if cooked only long enough to make them tender, after soaking them overnight to restore the water that was removed in the drying process. Of course some dried fruits are palatable eaten raw, notably dates, raisins, and figs.

Prunes "Cooked" in Cold Water

The largest varieties of prunes are excellent prepared in this manner: Wash the prunes. To one pint of prunes add one

quart of cold water. Set them in the refrigerator for forty-eight hours. Then they will be plump, soft, and delicious, more like fresh, sweet plums.

To Stew Prunes

Wash the prunes. Cover them with cold water to about an inch above the prunes. Let them soak overnight. In the morning put them to cook in the water in which they soaked, and simmer slowly for about one half hour after boiling begins. When cooked they should not have an excess of water, only enough juice to serve with the prunes. And the juice should have a rich, sweet flavor, so that no sugar is needed to make the prunes palatable.

A good way to prepare prunes without cooking is to pour boiling water over them in the evening, using only enough water to cover the prunes, and allow the prunes to soak overnight.

Prune Marmalade

I call this "marmalade," though it is not marmalade in the ordinary sense, because marmalade is expected to contain a large amount of sugar.

Stone stewed prunes and rub them through a colander.

Prunes are very tasty served with cream, and so is prune marmalade. Evaporated milk tastes good with either of these, too.

When prunes are used as a laxative, eight or ten should be eaten at a meal, not just three or four.

Raisins and figs may be cooked in the same ways that prunes are cooked. Figs are more laxative than prunes, but when they are used as a laxative, six or more should be eaten at a time, not just one or two. Figs have the advantage in that they are highly alkaline.

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FACTS *that affect* your DIGESTION

Part II. "I Can Eat Anything"

R HAROLD M. WALTON, M.D.

AMONG many other notions, pseudo "food experts" stoutly maintain that foods rich in starches and sugars (carbohydrates) must not be eaten at the same meal with protein foods, apparently overlooking the fact that many of our foods come in their natural state from nature's laboratory composed of both proteins and carbohydrates. A striking example of such a combination is found in the grains, as wheat, oats, rice, etc. Likewise one may hear or read that cereals and fruits are never to be combined at the same meal, or that tomatoes are acid and cause "rheumatism," and other equally fallacious notions.

All of which indicates that the individual needs to secure from authentic sources a reliable, balanced knowledge of what constitutes healthful eating, so that he may avoid many pitfalls and useless worries. One should be very skeptical about radical regimens, dogmatic or extravagant claims, and dietaries that require commercial products handled by those who are financially interested.

It may be stated as rather fundamental that, barring personal idiosyncrasy (allergy) to foods, or some disease that calls for a special diet, the majority of foods are suitable and wholesome for the ordinary healthy person. Be it understood that we are referring to foods in general, prepared in as simple, yet as palatable, a manner as possible, and prepared so as to preserve as nearly as possible all the food elements that the food in its natural form possesses.

Much of the unhealthful eating prevalent in this modern day arises from the substitution of the artificial for the natural in foodstuffs. For one reason or another many of our wholesome and highly nourishing foods are more or less seriously depreciated by modern methods of grinding, refining, preserving, etc. Often foods that have exceptional nutritional values are converted into "a dead fuel mass" through the removal or destruction of minerals or vitamins that were present in

the natural form of the food. Part of this processing of foods is done to cater to the so-called aesthetic taste and tickle the perverted and jaded appetite.

The habitual liberal use, however, of processed, concentrated, and refined foods, with a corresponding decrease in the consumption of a liberal variety of foods rich in minerals, vitamins, and natural roughage, leads to varying degrees of nutritional deficiency, lowering of vital resistance, impairment of the digestive mechanism, and not infrequently to the development of actual disease.

Among foods which are not for one's best good and which are probably the most common food causes of attacks of indigestion, are sweetmeats, rich pastries, and heavy puddings that contain much refined sugar, underripe or overripe fruits, stale foods, indigestible pickles, irritating sauces and condiments,

ripened cheese, and an excessive overload of food or drink, or both. The digestive tract is ordinarily quite docile, but there are limits to the insults which these organs will take without protest and reversal.

The amount of food required to satisfactorily nourish the body varies considerably with circumstances. The age and muscular activity affect profoundly the caloric requirement. Many, especially those of sedentary habits, commonly eat too heartily. No rigid rule can be established as to the quantity of food that individuals should eat. By sensibly and impartially studying personal activity and state of health along with the figures for normal weight for height and age, one may form a good opinion of the adequacy or inadequacy of the amount he is eating. More detailed information relating to the individual food requirements and needs for specific conditions may be had by consulting his doctor or an experienced dietitian.

The most healthful, appetizing foods in proper proportion and quantity taken at suitable times may be eaten; yet serious digestive symptoms may arise because of the emotional stress or nervous instability

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H. A. ROBERTS

Emotional States Affect Both Appetite and Digestion

The Way to Keep

PHYSICALLY FIT IN WINTER

With Special Attention to
Proper Clothing

 EDNA F. PATTERSON, M.D.

THE human body is the greatest piece of scientific machinery ever known to man; yet most of us take ourselves so for granted that we seldom stop to think of its wonderful functions or its Designer. Your body takes many severe abuses owing to modern living, and the excessive heat of summer and cold of winter.

The outside covering of the human body—the skin—is not simply an inert envelope like a piece of parchment paper; it is a vitally alive organ which constantly regulates the body temperature like a great thermostat. The skin is more than one square yard in surface area, and into it are crowded millions of nerve endings, hair follicles, and sweat glands. These are all under the control of minute involuntary muscles. By its ability to hold one fourth of all the blood in the body, the skin may act as a great cooling system in summer, or in fever, and as a heat conserver in winter. By this wonderful heat-regulating system man may live in safety at the North Pole, where the outside temperature registers 50° F. below, or under the equator with a temperature of 120° F. above. Yet his own body temperature of 98.6° F. will vary only a fraction of one degree.

When cold attacks the body, a message is sent to it through the nerves to contract the surface vessels and conserve heat. "Goose flesh" appears on the skin. If we get the proper reaction from the cold stimulus, soon there is an increased amount of warm blood rushed from the heart and lungs, and we feel warm and all aglow. If the cold is prolonged the body automatically exercises itself and "shivers." If nothing is done, the nerve endings soon become numb, and freezing may result.

In normal health with moderate physical exercise, the body should be all aglow from the free circulation of the life-giving blood. The heart pumps about three hundred barrels of blood through its ves-



H. S. THOMPSON

Winter Fun—Coasting and Making Snow Men. And We're All Dressed Warmly, to Enjoy It

sels every day. The body keeps a constant inward temperature of about 99° F. Poor nutrition and loss of body weight result in deficient insulation and give the sensation of chilliness; yet if the body is too obese, the circulation is slowed, and one may also find it hard to keep warm. The glands of internal secretion, such as the thyroid gland, therefore, should be checked to be sure they are in proper working condition.

Diet.—In winter the body furnace naturally needs more fuel food, such as fats and carbohydrates. One must not overlook the value of the vitamins even in the dead of winter. Vitamin B is very essential in keeping heart muscle in tone.

We cannot discuss the subject of clothes without giving brief consideration to ventilation. We are such creatures of habit. The tendency is to live as our parents lived. The country boy or girl becomes stifled when shut up in an artificially heated apartment house. The city person "freezes to death" when left in the open country without his protecting walls. The skin has not been educated. One can greatly increase his tolerance to cold and thereby improve the bodily resistance. Often the tendency to "take cold" is simply the result of a person's coddling himself so much that he cannot stand a "draft," and the more he protects himself from the cold, the greater invalid he becomes.

One outstanding physician of our day has, by gradual training in self-discipline and endurance, brought himself back from the grave, and has become an ideal specimen of health even at the age of seventy-six years. He wears no underwear, seldom a topcoat, and sleeps under the lightest bed clothing. But this resistance did not come in one day. In spite of his years he walks seven miles every day, takes his vigorous exercises, and has his daily cold plunge. The result is that his muscles are firm, his skin is all aglow, his walk is brisk, and his mind is clear—he is *alive*.

One can increase the tolerance to cold by deep breathing, graduated cold baths, daily physical exercise, and proper diet. The average room temperature should not be above 70° F., and when one is working or sleeping it could be much lower. Overheated rooms are depressing to circulation and to the spirits. Out-of-doors sleeping cannot be overestimated in its value as a life-giving and health-sustaining factor. How few of us avail ourselves of nature's free gifts to us.

A few simple rules will help us to keep our homes at the ideal. The air should not become too dry. Steam heat is better than hot air. Gas stoves consume oxygen, so that one may feel very chilly with a high temperature in a gas-heated room. Admit some fresh air all through the year. Cross ventilation is preferable, and the inlet of air should be above the register.

Air may very soon become contaminated with tobacco smoke or other chemical fumes. Untold damage is done to the health of children and nonsmokers as well as to the smoker through the absorption by the lungs of nicotine fumes.

If the ventilation is ideal, the question of dress is greatly simplified. Before the advent of steam heat, father put on his long red flannels with the first frost, and they were his closest companion until the last thaw in the spring. Mother was laden down with lined skirts, tight basques, corsets, underskirts, and high-top shoes.

Only modern living could pave the way for modern dressing. After the health checkup for the World War draft, we became suddenly health-conscious. We realized that we were a nation of physical weaklings. In order to become physically fit, women must have freedom. Tight bands, long skirts, and high-top shoes were abandoned. Sport clothes became popular. Simplicity in attire was the keynote. Woman was uncased.

The type of clothing to be worn must be suited to the climate, the individual, and the habits of life. The Eskimo would soon perish if he were clothed in the scanty attire worn in the tropics. The office worker does not need the heavy clothing of the one who is constantly exposed to the outside weather.

A few simple rules will serve for the average person here in our temperate climate. The first vital principle is to clothe the body evenly. The extremities—the legs, feet, hands, and arms—are comparatively small, and being farthest away from the heart, may become extremely chilled from the slowed circulation. When they become cold, vital organs must suffer, for they are reflexly connected. Untold suffering in women results from the diseases of the pelvic organs, brought on from cold, wet feet. The neck and chest are bundled up with furs, but the thin silk stocking and the short sleeve allow a congestion of blood in the already overheated organs and frequent colds or pneumonia may be the result.

Children come out "all dressed up" in their woolen overcoats and fur caps, with the knees and legs entirely bare. A heavy burden is put upon the knee joints in these young ones, and if they were properly protected many a case of tonsillitis, sore throat, and rheumatism could be avoided. The heart must work harder to pump the blood around against



H. A. BOURNE

Walks Have to Be Shoveled, but That's Fine Winter Exercise. Leaves You Feeling Fresh and Invigorated

such resistance, and much energy is thus used up which should be conserved for growth.

The old-fashioned "longies" in some ways were very desirable. They gave an even distribution of clothing, making the individual feel warm and cozy. Woolen underwear, although warmer, does not allow the free circulation of air, and therefore should be avoided. A small per cent of Merino wool in cotton is porous and much more desirable.

Women have a greater tolerance to cold than men, but many a woman is paying the price in her health for her silk stockings and toeless shoes. Because of frequent colds resulting from the wearing of toeless shoes in winter, one legislature in a Midwestern State considered passing a bill forbidding their use. The shoe should give warmth and security, yet allow of free circulation. High heels are undesirable at all times. They distort bodily poise and carriage. Imagine the Statue of Liberty trying to keep herself in balance with a woman's modern shoe on.

An effort was recently made by the stylists to introduce the corseted slim waist again, but women have enjoyed too much freedom to be harnessed up again. There should be no constricting bands to impair circulation. As far as possible clothing should be suspended from the shoulders.

We have a few counts against the men. The tight belt around the waist compresses the internal organs and often in

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The Dietitian Says



Conducted by
LUCILLE J. GOTHAM, Dietitian

This department serves as an aid to our readers in their dietetic problems. For information regarding some particular food or diet, address: The Dietitian,

LIFE AND HEALTH, Takoma Park, Washington, D.C. Enclose stamped addressed envelope for reply. This service is available only to subscribers.

Diet for Nervous Child

My little twelve-year-old daughter is very nervous. What could I do through her diet to prepare her for school this fall?

An adequate diet will often in a few weeks bring a noticeable improvement in the physical condition, greater nerve stability, and increased happiness. Be sure that the child has the following each day: A whole-grain cereal reinforced with extra wheat germ, two or three slices of genuine whole-grain bread, three cupfuls of milk, one-half cup of tomato, orange, or other fruit juice, a serving of potato, at least one serving of another vegetable, a green leafy vegetable three or four times a week, and three eggs a week, plus other foods sufficient to supply the energy requirement.

Be sure that she has plenty of sleep, fresh air, sunshine, and carefree play with other children. If this is all supplied, she should have good posture, straight bones, sound teeth, firm muscles, clear skin, shiny hair, rosy cheeks, red lips, bright, sparkling eyes, and a happy disposition. Dr. Mary Swartz Rose, of Columbia University, writes interestingly on the subject as follows:

"The kind of food habits which boys and girls form as they come to make their own choices are the food habits they tend to carry over into adult life. A taste for plain, wholesome food, simply prepared, is a most valuable nutritional safeguard, and should be fostered in every possible way."

Caffeine in Lettuce

Is it true that there is caffeine in lettuce?

As far as I know, this is not true. Instead of the stimulating drug caffeine, lettuce and even potatoes contain a small amount of opium. There is not enough of it in either of these wholesome foods to make them harmful. Some have thought that they noticed a pronounced sleep-producing effect from taking pure lettuce juice.

Fried Foods vs. Butter

Why are fried foods objectionable, when butter is put on vegetables and eggs after they are cooked?

In frying, the food absorbs a great deal more fat than when it is seasoned after being cooked. Then, too, in frying food, the fat is heated to a very

high temperature, which results in the development of irritating acids. Fried foods and fat in general delay digestion. The more fat taken, the slower the digestion. Instead of using butter, it is better to depend upon cream, condensed milk, and the fat of ripe olives. This emulsified form of fat is much more quickly and easily digested.

Diet for Healthy Hair

I would appreciate it very much if you would send me a list of foods for healthy hair. My hair is losing its luster and is very drab looking.

The health of the hair as well as of all the other parts of the body depends upon a diet which is adequate in all respects. In order to make the hair glossy it is most important that the diet be exceedingly rich in vitamin A. This vitamin is supplied in the largest amounts by vegetables which are plentiful in the fall, such as parsley, kale, Swiss chard, endive, Brussels sprouts, broccoli, carrots, Hubbard squash, sweet potatoes, and tomatoes. Egg yolks also help to beautify the hair. These vegetables may be eaten in extra-large amounts when in season, for the body will store away for future use what it does not now need.

Food Preparation to Prevent Worms

My sister wants to know what she can do to prevent the children's having worms.

A treatment of worms is of course a medical procedure. There are, however, some precautions which may be taken to avoid them. Very often worms are contracted from dogs, cats, and other pets. They can also be taken into the body in eating lettuce, cabbage, or turnips which are contaminated. It is important that all raw food be thoroughly washed under running water, and vegetables should be soaked for five minutes in a five per cent hydrogen-peroxide solution or some other reliable disinfectant, such as chlorinated lime solution. They should be carefully rinsed after being disinfected. The child's diet should be a simple, wholesome bill of fare consisting of fruits, vegetables, whole-grain cereals, and dairy products, and avoiding entirely meat, fish, fowl, and cheese. The milk should be sterilized and the eggs used should be from carefully fed hens.

Stimulating Coffee Substitute

Coffee disagrees with me, but often in the morning I feel that I need a stimulant. Do coffee substitutes stimulate? What would you recommend?

The taking of a hot drink in the morning proves invigorating to many individuals, and to this extent the wholesome soybean and cereal coffee substitutes may be considered stimulating. They could be considered natural stimulants, which never produce a letdown later on.

Decayed Fruits and Vegetables

Is it all right to cut off a decayed spot of fruit or vegetable and use the rest?

The very safest and best plan is to discard entirely any fruit or vegetable which shows signs of deterioration. If the food is to be cooked, there would be less danger in using it. The diseased part reaches much farther than can be seen with the naked eye, and usually the whole article of food is contaminated.

Vinegar in Salad Dressing

Does it really make a difference if one uses a little vinegar as in salad dressings?

There are many objections to the use of vinegar. Just a small amount, a spoonful, for instance, will stop the digestion in the stomach. The most convincing argument against the use of vinegar, even in salad dressing, is shown in a very impressive exhibit at the New York World's Fair. Thousands of long, stringlike worms are seen wiggling in one drop of vinegar. These are visible under the microscope when magnified only three hundred times. If you were to see them, you would never want even one drop of vinegar in your salad dressing.

Peanuts for Children

What do you think of giving peanuts to children?

Peanuts are very rich in nutritive elements, especially protein, an emulsified fat, calcium, phosphorus, copper, iron, and vitamin B complex. There are superior nuts, such as the almond, but in view of their low cost, it is a good plan to include peanuts in the diet rather often. They may be given to children as soon as they have a full set of teeth, if they are encouraged to chew them thoroughly.



S. M. HARLAN

Something Choice in Green and Gold, Both Delicious and Nutritious

Dietary Value and Use in Recipes

By LUCY A. WINEGAR, Dietitian

THE avocado has generally been known as a tropical fruit found as a native of Mexico and Central and South America, but during recent years it has been introduced into and is quite widely grown in California and Florida. It is a subtropical fruit, and is becoming more popular as it is better known.

Its history dates back several centuries, and it has been known by various names, such as aguacate, avocatos, palto, but more generally as alligator pear, although its smooth skin gives no suggestion of an alligator. Its shape may have given rise to the name "pear." The name "avocado" has now been quite generally accepted. Mention should be made of the name "calava," which one often meets in California. This name was coined in the State, and does not indicate a special variety, but rather some of the higher-grade fruits of different varieties grown in California.

There are many varieties of the avocado, varying from that of a medium-sized lemon to fruit that weighs three or four pounds. There is variety in the appearance as well as in the size of the fruit. The skin of some is bright green, while

that of others is yellow, brownish green, or purple.

There is one large seed in the center, surrounded by the yellowish-green pulp, which is the edible part of the fruit.

The fruit should be picked from the tree when it is mature but still firm, to allow natural softening by exposure at room temperature. To test for use, hold in both hands and make gentle pressure; do not press with thumb or fingers.

Do not place in refrigerator until the fruit is soft, and then not in direct contact with ice.

In preparing the avocado, cut it in half to the seed; then take the fruit in both hands, give a slight turn in opposite directions, and the seed will be loosened and can be easily removed.

What is not used, after the avocado has been cut, can be sprinkled with a little salt and lemon juice to discourage discoloration. Cover it with oiled paper before you place it in the refrigerator.

The protein content, which is unique in fruit, averages about 3.39 per cent, and compares favorably with the casein of milk. It is essential in promoting growth and repair of tissues.

Some make the mistake of using the avocado as a substitute for meat. The protein content is low, and it does not supply sufficient of the nitrogenous element. However, since it is rich in minerals and fat, it may be used with almost any of the vegetables, meats, or meat substitutes.

The carbohydrate content is low, only about 3 per cent, and there is no starch. The avocado is an excellent source of vitamins A and B, and has also a trace of vitamin C.

The reaction in the system is alkaline, containing, as it does, a goodly proportion of calcium, potassium, phosphorus, and sodium, as well as a generous amount of iron.

The chief value of the avocado lies in the high content of fat, which is about 20 per cent. This is almost equal to that of butter fat, and is easily digested. It is a valuable addition to the diet of one who desires to gain in weight, and is also advantageous in those cases which require a smooth, nonresidue diet. It should not be used in cases of obesity or by one who is on a reducing diet.

As a substitute for butter it is superior to many of the ordinary substitutes, as it contains a goodly proportion of fat and is also rich in vitamins, which are lacking in some of the butter substitutes. For this purpose it may be prepared by mashing with a fork, and then adding a little salt and a few drops of lemon juice.

The many ways in which avocados may be served allow of unlimited variety. Some attractive forms of serving are:

Half shell filled with combination of other fruit and dressing.

Balls cut so that green will show on one side and light color on the other.

Cut in small cubes and served with cubes of other fruit.

Peeled and cut in rings.

Cut in various shapes and added to prepared gelatin.

A few of the many pleasing forms of service may be found in the following recipes:

Stuffed Celery

Use cup-shaped celery stalks, wash thoroughly, and chill. Peel and purée the avocado; add a little lemon juice and salt. Squeeze through a pastry bag into the hollow of the celery. May be served on lettuce or garnished with water cress.

Fruit Cup

Prepare the avocado balls or cubes, combine in equal portions with any fruits, and fill cup with pineapple or orange juice. Serve well chilled.

Calavo Cocktail

3 cups tomato juice
2 cups calavo balls
2 tablespoons lemon juice
 $\frac{1}{4}$ teaspoon salt

Apportion one-third cup of calavo balls to each cocktail. Combine tomato juice, (Continued on page 24)

THE struggle for existence is often described as an effort to keep body and soul together. As a matter of fact, during life, body and soul, which includes mind, are very much together and interrelated in their reactions, one upon the other. In recent years the scientific study of the relation of mind to physical ills has led to the various activities of the mental hygienist. This study, directed along many lines of endeavor, has been designed to promote the mental, and, therefore, the entire personality, welfare of the individual and the family.

The physician, even though he is not a specialist in mental diseases, must, in diagnosis of patient ills, constantly consider the mental attitudes of his patient as well as his physical defects, and seek to correct both.

One summer day a boy was born to a prosperous home. Gordon found the proverbial "silver spoon" awaiting him. Much attention and little responsibility characterized his lot during the preschool period. In school he had the advantage of being well dressed and able to supply his boy and girl friends with sweets and small favors. Admiration was tendered in return, and Gordon was active in games and parties. His path to knowledge was a bit too easy, because of family prestige and teacher favoritism. Thus his actual foundation structure of education was weak.

At seventeen he was on the baseball team and was popular in his set. He managed to just get by in his studies, and did that with help not too honestly obtained. Gordon managed to be graduated from college, and family "pull" secured him a bank position. Gordon, however, was never accurate and was not too industrious; so, when financial stress came along, and employment was cut, his somewhat inflated ego was punctured. There were now no parents to fall back upon, as reverses had reduced them to a position where they themselves needed help.

Gordon found work, spelled W-O-R-K. He hated it, pitied himself, and developed an inferiority complex. With his fellow sufferers he partook of the social glass more and more often. In this way he could escape from reality and forget his troubles. He even forgot the needs of his family, which, by this time, consisted of a wife and two children. Gambling and squandering his moderate earnings, he neglected the payment of honest obligations until the woman who had stood by him through all this, lost all respect for her frequently drunken husband. What a fall for a college graduate! Disillusioned, frustrated, his mental attitude has reduced the once fair athlete to a sodden wreck, a soulless despot, feared by his own children. Divorce and a broken home, with consequent insecurity for the children, may be inevitable.

In contrast to Gordon's story is that of his classmate, Grayson. His was a fair scholastic record won by determined application while working to earn a part of his way through college. His parents, poor, but thrifty, had urged, "Give the best possible service, and you will always have work. Do not think in terms of what you can get, but whether your service is worth the amount you receive."

The constant encouragement of his parents helped to hold Grayson both to his job and to his studies. He was an active lad, interested in everyone and everything. It was not easy for him to concentrate on the task in hand. His extravert tendencies, with love of good times and associations, could easily have led him to superficiality if it had not been for the understanding hearts of his mother and father. They satisfied his need for approval and kept him doing his best.

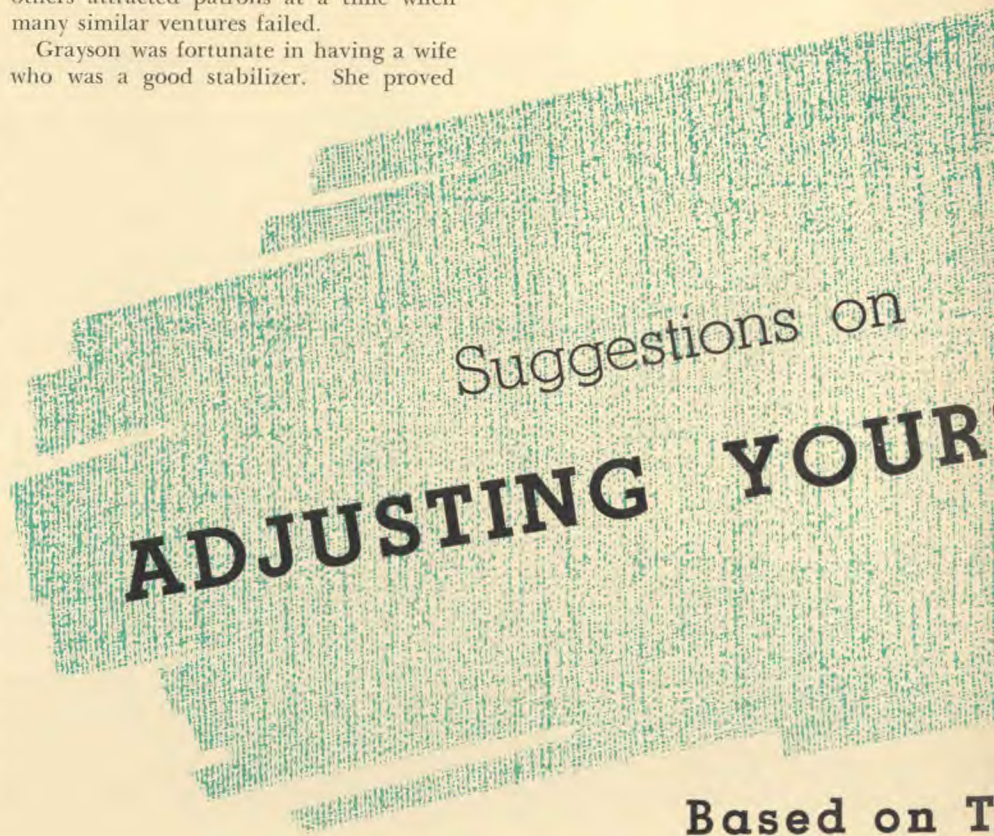
Grayson was no recluse. He made friends, and found satisfaction in good fellowship. He won a steady position after graduation because he made himself useful with little remuneration at first. He, however, lacked seniority, and when times were hard, he lost his job. Sunk and discouraged? Not he. Down to a few dollars, he, with his wife helpmeet, decided to start a business "on a shoestring." No defeatism for them. They were able, bit by bit, to build up a food service which kept out of the red and furnished employment to others who needed a chance to earn the necessities of life. Grayson was much at home meeting and greeting people. An attitude of courage and interest in the plight of others attracted patrons at a time when many similar ventures failed.

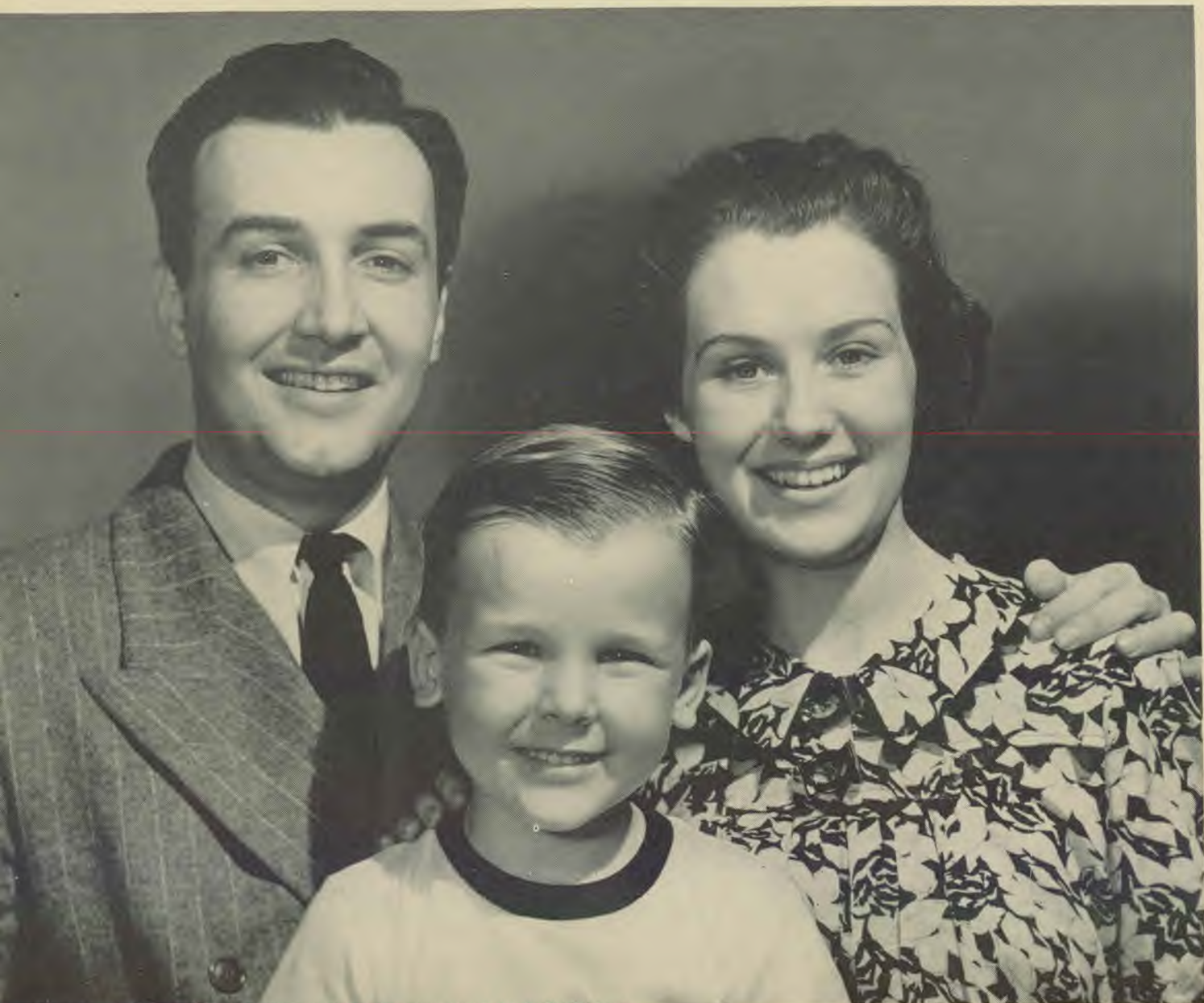
Grayson was fortunate in having a wife who was a good stabilizer. She proved

expert in managing detail and in backing up his enthusiasm with faithful performance. Much work and small gains did not depress the spirits of these two. Life was worth living, health and happiness traveled together. "It's the set of the sails and not the gales that determines the way they go."

Both Gordon and Grayson represent the extravert type of personality, but while Gordon failed to adjust his life to the environment in which he found himself, Grayson met his problems and faced them manfully. Gordon fled from reality by way of drink, while Grayson found life fulfillment in a type of work for which he was adapted. He found satisfaction in creating opportunity for others and in radiating comfort and courage to his patrons. Health and well-being came to him as a natural consequence.

Katie was not a beautiful child, but she early found ways to draw the attention of her playmates and elders. She was quick, and an expert imitator. If doing stunts did not win the attention of her audience, she sometimes tried being naughty. Experimenting with scissors on Tommy's hair, snipping holes in dolly's dress, brought notoriety even if not approval. Katie loved to be talked about. She also loved to talk. Very early she discovered the effectiveness of emotional scenes. If bumping her head on the floor, screaming, and stomping had been ignored, she might soon have discarded such behavior, but instead they were rewarded with special notice.





The Happy Little Happenings of Every Day Spell Life for You and Yours

SELF TO LIFE

BERTHA L. SELMON, M.D.

Free Human Interest Stories

So, as Katie grew to her teen years, her emotional range widened. She was more interested in the escapades of her classmates than in her own intellectual progress. When adults crossed her will she proceeded to "blow up." Katie carried her infantile emotional attitudes over into adult life. She broke her engagement to the young man she might have married, because he did not appreciate her emotional tantrums. She developed a talent for costuming which was unusual. She found employment in a women's-wear department in a store, and did well for a time. But her childhood pattern of emotional storms asserted itself. She could not get on with her manager or her associates.

After the last storm was over and Katie found herself out of a good job, she confided in a friend. Her alibi for the peri-

(Continued on page 25)



The Housewife's Corner

Conducted by
CAROLINE EELLS-KEELER

Homemaking—A Career Packed Full of Adventure, Love, and Work.

"Peace on Earth"

PEACE is such a beautiful word, strong, flowing like clear crystal water, and comforting as a mother's arms. We need so much of it in daily living. Wouldn't it even be refreshing to renew that old greeting, "Peace be with you." If peace be in our hearts, it will abide in our homes, it will reflect itself in the community where we have our dwelling. Then our sleep will be restful, our conversation helpful, and quiet and contentment reign over all. Is it too high an ideal? It is God's ideal for us, for the Master said, "My peace I give unto you." It is a gift, a very wonderful gift.

A Hot Drink

THERE is nothing like a hot drink on a cold day. It leaves you feeling warmed all through. LIFE AND HEALTH has consistently through the years warned its readers against the ill effects of drinking coffee because of the caffeine it contains. But this doesn't mean that you are left without a hot drink. You will find several hot drinks advertised in this issue. There's Breakfast Cup, page 2, and Brevy, page 27, both delicious coffee substitutes, hot drinks with a coffee flavor. Another hot drink of a different type is Beta Broth, page 19. This is a yeast concentrate with a meaty flavor.

Avocados

If you've never tried avocados, don't delay the delight of sampling this fruit. The buttery golden contents can be eaten right down to the skin. But be sure they are ripe before you cut into them, or you'll be disappointed and say you wonder what folks like about avocados. When they are just right, you'll enjoy their nutty, buttery flavor. They can be served in a number of ways. But there's a whole article about them on page 15, and the Griswold Ranch, in California, page 25, specializes in this fruit.

The Lovely Light of Laughter

THE brightest homes may not have the largest windows or the best method of lighting, with outlets here and there for rose-shaded floor lamps. The windows may be small and partly hidden by a treasured lilac bush or a heavenly-blue morning-glory. The brightest homes are wired with the magical wiring of laughter—gay laughter, brave laughter—that runs

like a thread of gold through the fabric of life. And though the lamps may be fed by kerosene, the chimneys are shining and do not obscure the light. And around the table at night gathers the family, happy to be together, grateful for the gifts of God, for food and shelter.

We had supper in the late summer at one of these laughter-lit homes, and never have I enjoyed a meal more than this one. The evening was chilly, and the warmth of the wood range was very comforting. When we sat down at the table, there were warm biscuits, hot potato soup—thick soup with the homey fragrance and flavor of good Irish potatoes. There were string-bean salad with little rings of new onions and a tasty dressing, scrubbed new baby carrots, an iced cake that one of the older girls had just made, and wild-strawberry sauce. I hadn't eaten wild-strawberry sauce for a long, long time. There's nothing quite like these delectable little berries that hold all the concentrated flavor of their bigger cousins, and a sweetness of the tang of meadow grasses.

The winds of adversity may blow, Lady Luck may turn her face, but if one has laughter, he has fortune indeed.

Our Advertisers' Recipes

AMONG the foods most recently advertised for the first time in our journal you will find the V-8 vegetable-juice cocktail. Keep some cans in your refrigerator and serve it often, chilled. Madison Foods has a new meat substitute called *Yum*, and it lives up to its name. Try the recipes suggested in their ad. We give this month some more recipes that make use of the various good foods mentioned in LIFE AND HEALTH.

BAKON-YEAST

Brown-Rice Patties

- 2 cups cooked brown rice
- 1 tablespoon Soy Sauce
- 3 teaspoons BAKON-YEAST
- 1 fresh egg
- 2 tablespoons butter or vegetable margarine
- $\frac{1}{4}$ teaspoon paprika
- Water cress

To the hot cooked rice add the slightly beaten egg and other ingredients (except cress). Cool. Shape into patties and place in shallow buttered baking tin. Bake in hot oven over 400° F. about thirty to thirty-five minutes, or until golden brown. Garnish

with water cress. Serve with egg or mushroom dishes.

BATTLE CREEK FOODS

Green Beans With Butter Sauce

- 3 tablespoons butter or vegetable margarine
- 1 teaspoon lemon juice
- $1\frac{1}{2}$ teaspoon Sal-Savita
- 2 teaspoons chopped parsley
- $1\frac{1}{2}$ cups cooked green beans

Cream butter, add lemon juice gradually, continuing to cream mixture. Add other ingredients. Take cooked beans from fire, drain, and add the sauce, tossing beans until butter is melted. Do not cook after adding butter. Cooking destroys the delicate flavor of the butter. Serves four.

INTERNATIONAL NUTRITION LABORATORY

Mien Jing Potpie

Cook two cups chopped celery with a medium-size onion until tender. Strain and add enough water to the broth to make two cups. Add two tablespoonfuls Miller's Soya Sauce. Thicken with two tablespoonfuls flour made into a paste with cold water. Cut Mien Jing into small pieces, mix with cooked celery, and place in baking dish. Pour broth over mixture and allow to cool. Cover with a well-shortened pie crust. Bake in moderate oven until well done.

LOMA LINDA FOODS

Russian Fluff

Brown one-half green pepper, minced, and one onion, minced, in two tablespoons butter or vegetable margarine. Add one $7\frac{1}{4}$ -oz. can Proteena, one cup cooked rice, one cup tomato soup, one 8-oz. can mushrooms, one cup cooked peas, 1 teaspoon salt, and bread crumbs. Pour into casserole, cover with bread crumbs. Bake in moderate oven twenty to thirty minutes. Serves six.

MADISON FOODS

Waldorf-Cheese Salad

- 2 Delicious apples, chopped
 - Equal amount celery, chopped
 - 1 sliced banana
 - 1 cup grated Soy Cheese
 - $\frac{1}{2}$ cup chopped walnuts
- Add mayonnaise, sugar, and lemon juice to taste. Serve cold on lettuce.

VEGEX

Vitamin B Broth

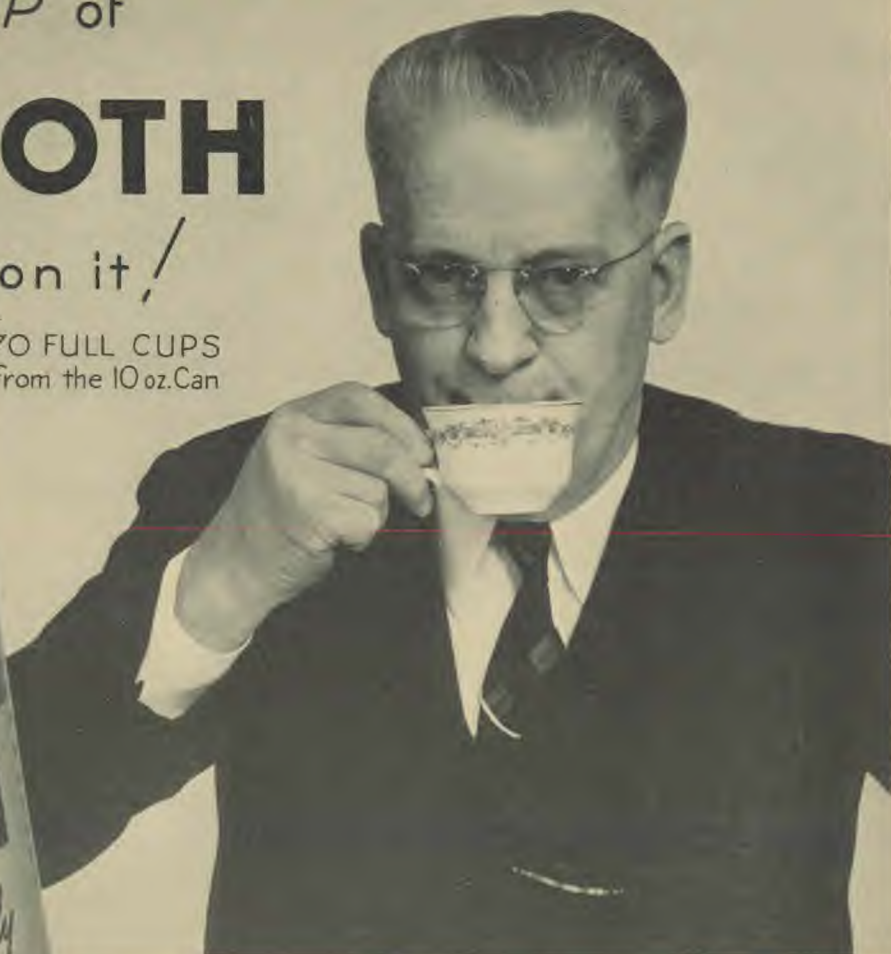
Soak two cups rice bran and two cups wheat bran overnight in plenty of water. In the morning, bring to a boil and boil twenty minutes. Strain. In the broth, dissolve one teaspoon Vegex to two cups of liquid. To this may be added a bit of

(Continued on page 27)

Just a *SIP* of
Beta **BROTH**

SELLS you on it!

70 FULL CUPS
 from the 10 oz. Can



High in VITAMIN B . . .

THE alluring aroma of bright amber BETA BROTH is irresistible. Its satisfying, savory flavor beguiles the most reluctant appetite. You'll relish this hearty cup. The meatless broth with the meaty flavor, a yeast concentrate in rich brown granules that dissolve instantly in hot water or milk. Aids in normal growth, digestion, and appetite. A hot drink of Beta Broth at night helps soothe restless nerves and lulls you into blissful sleep. If you're on a reducing diet, you'll like BETA BROTH because it is low in calories. Use it in soups or gravies to add a meaty taste. Take it to the office in a thermos bottle, makes a warm accompaniment to a cold sandwich. May be safely served to convalescents and patients. One level teaspoonful makes a full cup.

Here's a Complete Line of
WORTHINGTON FOODS

Beta Broth	3 oz.	\$.45
Beta Broth	10 oz.	1.25
Tastex	2¾ oz.	.45
Tastex	6 oz.	.90
Tastex	12 oz.	1.70
Tastex	1¼ lb.	2.60
Choplets	17 oz.	.35
Choplets	30 oz.	.60
Numete	8 oz.	.18
Numete	16 oz.	.30
Numete	30 oz.	.50
Proast	8 oz.	.18
Proast	16 oz.	.30
Proast	30 oz.	.50
Soy Beans, Plain	17 oz.	.18
Soy Beans, Plain	30 oz.	.30
Soy Beans, Tomato Sauce.....	17 oz.	.18
Soy Beans, Tomato Sauce.....	30 oz.	.30

WORTHINGTON FOODS are available at health-food stores and specialty grocers. If not obtainable locally, order direct from Worthington. Transportation prepaid on orders of \$2 or more in the United States. Use the order form below. Include remittance with order.

Inquiries From Dealers Solicited

SPECIAL FOODS, Inc.

WORTHINGTON, OHIO

Gentlemen:

I enclose with this coupon my order for Worthington Foods, with remittance.

NAME _____

ADDRESS _____

"There's Worth in Worthington Foods"



The Mother's Counselor

Conducted by
BELLE WOOD-COMSTOCK, M.D.

Questions for this department should be addressed to The Mother's Counselor, LIFE AND HEALTH, Takoma Park, Washington, D.C.

Value of Cod-Liver Oil

Please let me know if you think it essential for a baby who is gaining rapidly—breast-fed—to take cod-liver oil when he gets daily sun baths, and if the mother takes it daily and took it before he was born. I am somewhat prejudiced against cod-liver oil, especially since it seems to upset him and makes him gag. I would rather take it for him, but will give it to him if necessary. He is four months old and weighs seventeen pounds. His weight at birth was seven pounds.

At what age can a baby safely be given a crust of bread or a hard cracker to suck on? Do you recommend any particular cracker?

It probably is not necessary for your baby to take cod-liver oil during the summer months. During the winter, when there is not so much sunshine, and he is not out of doors a great deal, no doubt it will be safer for him to have it. There is no reason for your being prejudiced against this vitamin concentrate, as it is of very definite value in the nutritional program of most babies. It can be given in a concentrated form as drops rather than the regular oil, if desired, and he will no doubt be better able to take it in this way.

As soon as a baby is able to take solid food, he can have added to his program a crust or cracker, providing these are given to him in such a form that crumbs will not get into his throat and choke him. There are a number of good hard crackers on the market, but those to choose are the ones that are unsweetened.

Meatless Diet for Baby

Will you please send me or tell me where to get a meatless diet for a baby one year to two years old? We do not use any meat and have fed the baby none. We want to give him a wholesome diet without meat.

It is quite possible to feed any child well without the use of meat. Milk and cottage cheese with some variation, perhaps in the way of eggs, supply all the necessary protein.

The baby should have plenty of fruit, cereal or toast or bread, and milk for breakfast. In addition to this, such things as honey, cream, bananas, and dates may be added to give him extra calories. In

the middle of the day he should have vegetables, milk, and cottage cheese or an egg, extra starch in the way of bread, potato, rice, or some such simple equivalent. His supper should be much the same as breakfast. He may have milk or vegetable soups for either his dinner or his supper. He may have banana or dates at any meal. He should have about a quart of milk a day, with some extra protein, such as cottage cheese or an occasional egg. If he is underweight, he may have a little extra fat, such as cream, added to his food.

Between meals he should have orange or tomato juice. He should have very little, if any, butter. His sweet should be in the form of honey or sweet fruit. It is unwise for any child to develop a sweet tooth; so it is better not to add even as wholesome a sweet as honey to his cereal. Honey may be used as sweetening for fruit or may be given him on bread, although a little sugar in stewed fruit probably will do no harm. Many children of this age will like bread with nothing on it, if it is given to them at the beginning of a meal.

With these suggestions your child should develop into a strong, sturdy adult without the use of meat. Later he could have nuts and beans, but he is likely a little too young to have them now. Beans even now may be used as purée in soups.

Diet for Four-Year-Old

Will you kindly give me a diet for a four-year-old boy? He is healthy—large for his age—but does not eat very much.

Are canned pork and beans good for him? He likes the dish very much. How much sweets should he be allowed? Should cottage cheese be eaten every day, or do you have a substitute?

A good diet for a four-year-old boy is about as follows:

BREAKFAST: A large portion of fruit—fresh or stewed. Fresh fruit in season as often as possible. *Cereal*—in the form of mush or dry cereal or whole-wheat bread, toast, rolls, muffins, etc. Use only milk or cream on cereal. No sugar. Sliced banana, dates, raisins, or other sweet fruit may be used for sweetening if desired. Honey, peanut butter, dairy butter moderately, or occasionally jelly may be used with his bread, toast, or muffins. (If, for variety, griddle cakes or waffles are given,

serve with honey or stewed fruit rather than the usual sirup and butter.) *Milk* to drink.

DINNER: *Vegetables* freely. *Vegetables* may be raw or cooked, or both. Potato as desired. Very little if any fatty seasoning. (Add milk or cream if desired.) *Egg* or cottage cheese. *Bread* and honey—rice with raisins, banana, etc., or simple dessert. *Milk* to drink.

SUPPER: *Fruit* freely, raw or stewed. *Cereal*, as: corn-meal mush or brown rice or milk toast, etc. *Milk* to drink.

Between meals: Orange juice or other fruit juice.

The canned beans are a little heavy for him, but he might have them occasionally. Beans without the pork are much to be preferred. When allowed, they would take the place of the eggs or cottage cheese. Serve him the simple foods he needs, and let his appetite be the guide as to how much he eats.

Health Program for Small Boy

My grandson is four and a half years old, and a poor eater. He doesn't like the things that are good for him. He is always constipated, and has to take oil all the time. He craves sweets, which he should not have. He always has a pale complexion, and never sunburns although he is always outside.

He has very large tonsils and adenoids. Is he too young to have them out? His parents say it would stunt his growth. Is this true? I think he would be better if they were out. He might eat better and gain in weight. Could you please tell me what is best for him?

The "Diet for Four-Year-Old," found elsewhere on this page, would be a good diet for your grandson. If this diet is followed, I think his bowels will be normal. Do not worry if they do not move every day. And do not make him anxious about it.

Let him drink a cup of flaxseed tea with honey and lemon juice twice a day. Make this by putting a tablespoonful of flaxseed in a pint of water and cooking slowly until slippy. Strain off the seeds and give him the tea. Some of this same solution may be used for an enema if necessary. I think, from what you say, that his tonsils and adenoids had better come out. But this should be decided finally by the doctor who examines him.

Your Guests

Will Be Amazed and
Delighted!



ZOYBURGER

Zoyburger also takes the place of meat in the diet. It is a complete protein food and may be used the same as meat in cutlets, roasts, sandwiches, cold cuts, etc.



STAKE-LETS

Stake-Lets are a combination of gluten and soybeans, sliced in a meatlike sauce in the can. To serve as a Stake-let, dip in egg batter and crumbs, brown in an oiled pan, serve as the meat portion.

Here are savory flavors that put new thrills into the bill of fare. The summer menu schedule is put on ice until next year. Bathing suits, fishing rods, tennis rackets, etc., are ready for the moth balls. Winter days put a new tempo into the daily program. The social life changes from vacationing and sports, to parties and still more parties and entertainments of one kind or another. As you sought new vacation thrills you now seek new thrills for your party guests. The informal lunch servings must be unique, unusual, but nevertheless "something to talk about," regardless of the occasion.

Steaming hot toasted Zoyburger sandwiches, tasty salads, and entrees by the hundreds with those unusual treats you are looking for—are at your service—designed for your health and enjoyment—VIGOROST, ZOYBURGER, NOT-MEAT, STAKE-LETS, SOY CHEESE—all fill the bill for special luncheon treats.

+ + +

FREE—Get a copy of the FALL issue of the Madison Health Messenger—at your Health Food Store or specialty grocer. Full of recipes and health news.

Available at health-food stores and specialty groceries. If not obtainable locally, order direct from Madison. Transportation charges paid on orders of \$2 and over to any place in the United States.



VIGOROST

Vigorost contains the same body-building materials as meat, the texture is similar, the flavor meatlike, may be used in many recipes.



NOT-MEAT

Not-Meat is a smooth-textured loaf containing the body-building elements found in meat. It is especially fine for salads, sandwiches, and as a Mexican Steak prepared in the same manner as recipes which call for meat.

MADISON FOODS, MADISON COLLEGE, TENN.



The Family Physician

ANSWERS QUESTIONS

We do not attempt to diagnose or treat disease by mail, or to take the place of your family physician. Always enclose three-cent stamp with your question, and address The Query Editor, LIFE AND HEALTH, Takoma Park, Washington, D.C.

The services of the Query Editor are restricted to bona fide subscribers. All questions are answered by personal correspondence. Only questions of general interest will be answered on this page. Please be explicit and brief.

To Gain Weight

"What should my daughter eat to gain weight?"

We are enclosing a gaining-in-weight diet which you may find useful in the case of your daughter. To gain weight one must use more food than is actually necessary to meet the daily demands of the body. Also it is important that the food be of good quality and be well digested. Regularity of eating is recommended, and it is often an advantage to take an enriched drink, such as fruit juices or milk or malted milk, midway between the regular meals.

Lame Wrist

"My wrist often feels lame and aches up to my elbow. Then suddenly the condition disappears. What would cause this?"

The condition you describe may be a neuritis. Very often we find such states following active infection either in a single focus in the body or from some generalized illness. Also dressing portions of the body too lightly, so that joints and muscles are chilled, may result in symptoms of this kind. The position one holds at work, too, may have an effect on certain joints.

A physician cannot overlook the age of the patient and the general condition of his nutrition. Frequently undernourished states dispose to neuritis, or the absence of certain important substances in the diet may lead to similar symptoms.

Itch and Eczema

"Can one distinguish between itch and eczema by blood test?"

I do not know of any blood test that will differentiate between itch and eczema. Eczema is a rather general term and may include a great variety of skin states. Not infrequently we find persons who are sensitive to certain foods, or whose digestive power is limited in handling certain types of food, in whom a skin reaction in the form of hives or breaking out of the skin may follow. It is not always easy to identify the food that causes trouble of this kind. Frequently experiments must be carried out over weeks of time, omitting several related foods, or one food at a time, to determine what food or foods have an immediate effect. Milk, eggs, and wheat are the

foods which most often cause trouble of this type. However, in testing whether foods are the cause of the lesions, it is wise to have the guidance of someone who can see to it that the diet is suitably maintained when one or more of these foods is omitted. A little careful experimenting along this line may solve your problem.

Nervous Exhaustion

"I have nervous exhaustion and find it impossible to get a good rest at night. Would a warm drink be of help?"

It is quite likely that some of the conditions present in your health now are the result of long-continued strain. Whenever you have the opportunity of doing outside work, it will doubtless be a relief to you and a benefit. We would suggest that most likely the benefit obtained in a warm drink is the taking of something into the stomach. This relaxes somewhat the circulation and the nervous tone in the digestive viscera and perhaps lessens the supply of blood to the brain. This contributes to the bringing on of sleep.

Creams and Soaps

"Please recommend a cream for massage and a soap that is bland and suitable for a dry skin."

Hydrous lanolin, prepared from sheep's wool, makes a suitable application for the human skin. One of the most bland kinds of soap is Castile soap. This is not irritating to the skin.

Dried Fruits

"Do you consider California dried fruits, bleached and dried with sulphur, harmful?"

Many of the dried fruits on the market are cured or treated with sulphur. We think the amount that is used now in the bleaching process is not actually harmful to the digestion, unless a person were particularly sensitive to sulphur.

Navel Discharge

"What causes a discharge of pus, with a bad odor, at the navel?"

The discharge at the navel suggests incomplete closure of the tube in the umbilical cord at the time of birth. The only satisfactory way of closing this, if there is a discharge, is to submit to surgery. The operation is usually quite simple and successful.

Dropsy

"Please advise what causes dropsy and what should be done when this condition is present."

Dropsy is usually a result of failing activity of the heart or kidneys. Either of them alone or both together may be primarily involved. Secondarily, with these organs we find that the liver has something to do with this condition. Just to know that a person has dropsy is not sufficient information to permit a physician to suggest any direct treatment. If dropsy is due to a kidney condition, some modification of the diet may be helpful. If it is based upon conditions in the heart, medication is probably of more direct value.

Vitamin E

"What foods contain vitamin E?"

Vitamin E is found in the green leaves and seeds of plants. The embryo of wheat, corn, and cotton seeds, as well as most vegetable oils, contains it. Lettuce, spinach, and water cress are valuable sources.

Sulfanilimide

"I am interested in a discussion of the aftereffects in the use of sulfanilimide."

Sulfanilimide is a drug which has had a great deal of popularity during the last two or three years. Because of favorable results following its early use, some came to think that it was a sure cure in combating streptococcus infections. Continued use has shown that it has its limitations, although it is a very valuable drug in treating infections of this kind, and should always be given proper consideration when selecting the medicine that is to be used. The final effects of a drug of this kind can be judged only when access is had to post-mortem studies. Pathologists who have been collecting data tell us that they find a degree of liver damage present at times, indicating a poisonous effect which can be assigned to no other cause in some cases than the sulfanilimide that has been used. We would suggest that the medicine be used only under the direction of a physician and in the amount he indicates. Otherwise, a preparation which has a useful, beneficial place in the practice of medicine may become a harmful agent.

The Food Value of Dried Fruits

(Continued from page 10)

To Cook Dried Apricots and Dried Peaches

Wash the fruit and cover with cold water. After the fruit has soaked for twenty-four hours, put it to cook in the water in which it soaked, and bring only to the boiling point. Add sufficient sugar to make the fruit palatably sweet, though some people like even these dried fruits without added sugar.

Dried apricots and peaches may be prepared by soaking them in enough cold water to cover them, in a refrigerator for forty-eight hours.

Dried peaches are more palatable if the skins are removed. To remove the skins pour boiling water over the peaches and allow them to soak overnight. If the fruit was ripe when dried, the skins will slip off easily. After removing the skins, add fresh water, and allow to soak several hours. The peaches are then ready to eat, or they may be brought to the boiling point and sugar added.

Dried apples and pears may be cooked as dried apricots are cooked, though they may need a little longer cooking to make them tender.

In some localities dried berries are available. They make a valuable addition to the winter diet.

Dried fruits are valuable in helping to satisfy the desire for sweets. Refined sugar and sweetened desserts are decidedly lacking in the food minerals which are so necessary to maintain good health, but dried fruits are natural sweets which contain their full quota of minerals. And dried fruits can be used to make pleasant and wholesome substitutes for candy.

Nuts and raisins eaten together make a palatable combination. Or the nuts and raisins may be ground together through a food chopper, using the fine disk, allowing three parts of raisins to one part of nuts. Then this mixture can be formed into cubes like caramels, and you have a pleasing and very wholesome confection, especially for children.

Dates and shredded coconut may be used in the same manner, first stoning the dates. If fresh coconut is available, it is preferable to shredded coconut to use in health candies. Remove the coconut from the shell by splitting open the coconut and using a knife to loosen the meat from the shell. Save the liquid, or "milk," that is inside the nut. Pare off the brown rind from the meat, and grind the meat with the dried fruits. If the mixture is too dry to be most palatable, use some of the coconut "milk" to thin the mixture a little.

Dates are good steamed. Wash the dates and put them into a steamer and steam them five or ten minutes. Serve hot or cold. Figs may be steamed and served in the same way. Prunes may be steamed after soaking overnight in cold water.

Before steaming them, discard the water in which they were soaked.

Stuffed Dates

Wash and stone the dates. Fill the cavities with walnut meats or almond meats, with peanut butter, with seasoned cottage cheese, or with peanut butter into which a little brown sugar and vanilla have been mixed. If desired, roll the dates in brown sugar.

Stewed prunes may be stuffed in the same way, by cutting a slit in the side of the prune to remove the stone. Of course, large-size prunes are best for stuffing. The stuffed prunes may be served with plain cream or with whipped cream. The prune juice which is left makes an excellent laxative.

Fig Patties

Wash figs. Cut off the stems. Grind the figs through a food chopper, using the finest cutter. Form the ground fig mass into a ball. Sprinkle powdered brown sugar or raw sugar on a bread board. Place the ball of ground figs on the sugar. Sprinkle sugar over the top of the ball. With a rolling pin, roll the ball out into a sheet about one-fourth inch thick; then with a small cookie cutter cut out the patties. Press the pieces that are left into a ball and roll out again and cut out. Continue until all is made into patties. This is one of the best ways to serve figs.

Suggestive Fruit Candies

Wash figs and remove the stems. Grind through a food chopper, using the finest cutter, three parts figs to one part nuts. Form into "caramels."

Grind together figs, stoned dates, raisins, walnuts or almonds, maple sugar, shredded coconut or fresh coconut, and a little citron. Form into cubes, balls, or bars. A little strained honey may be used in place of the maple sugar.

Or try a mixture of dates, raisins, nuts, candied cherries, and honey. Molasses may be substituted for honey or brown sugar in some of these mixtures.

Try figs, dates, Brazil nuts, and honey or brown sugar.

Try dates, raisins, and stoned stewed prunes. Nuts and brown sugar may be added.

Try figs, dates, raisins, dried apricots, and pecan nuts.

Try dates, raisins, candied orange peel, nuts, and honey.

A little peanut butter may be substituted for the nuts in some of these mixtures.

Try dates, raisins, figs, black walnuts or butternuts, and orange juice enough to soften the mixture a little.

+ + +

Avoid resorting to the regular use of cathartics. The matter of elimination can usually be controlled by a well-planned diet, sufficient water drinking, exercise, and regularity of habit.



SHE GIVES GRAND PARTIES...and HER *Secret* IS YOURS!

Her friends rave about her, and rightly too. Whether they just drop in for an impromptu chat or attend the more formal dinners she gives so frequently, they know that some delightfully new and distinctive treat is in store for them.

Dainty sandwiches, rare tidbits, with such delicious flavor—or grand soups, provocative sauces and salads which taste so excitingly and mysteriously different.

How does she do it? She knows about SAVITA

SAVITA is a healthful, nutritious extract of yeast with an appetizing nut-like meaty flavor. It lends itself to many different ways of serving. Delicious as a sandwich spread, gives a distinctive flavor to a variety of hors d'oeuvres—excellent for flavoring soups, gravies, salad dressings, and dozens of uses. With SAVITA on hand you are never at a loss for a change.

SAVITA is good for you too. It contains vegetable iron and is an excellent source of Vitamin B. Made by the reliable Battle Creek Food Company and served in the famous Battle Creek Sanitarium, SAVITA is not only a delightful food but a valuable addition to healthful nutrition.

You can buy SAVITA in 3¼ oz. and 6½ oz. tins. Get one for immediate use and another to keep in reserve.

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Please send me, free and postpaid, my copy of your beautiful new recipe book: "Good Eating for Health."

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THE BATTLE CREEK FOOD CO.
Battle Creek, Michigan



**OH, BOY! DOES THIS
VITAMIN
YEAST
TASTE GOOD!**

**And the B VITAMINS
are increased 600%**

Young and old, they all like delicious BAKON YEAST. Many scientists say that half our families need more vitamin B. Physicians agree that B vitamins are essential to normal nutrition. And BAKON YEAST is one of the richest known sources of B vitamins. THREE TIMES the protein elements—and SIX TIMES as much B vitamins as contained in the fresh brewers' yeast from which it is prepared. Just sprinkle powdered BAKON YEAST on any food—vegetables, roasts, eggs, salads, sandwiches, and in soup—shake it liberally on buttered toast for the children! Smoked over fragrant hickory for a delicious flavor.

TRY BAKON YEAST AT OUR EXPENSE
Send coupon today for a generous FREE Package. At Health Food Store or Grocer's—Table Shaker size, 25 cents—Family Economy size, \$1.

**FREE
GENEROUS
SAMPLE
PACKAGE**

Contains NO meat, fat, starch, salt, or sugar!

BAKON-YEAST

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Send FREE sample package of BAKON YEAST.

Name _____
Address _____
City _____ State _____
Dealer's Name _____

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"WAY TO
HEALTH"
Foods**

**Superior
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for Health**

Conducted by
Merritt E. Munger



NEARLY two thousand years ago the angels sang the first Christmas carol, "Glory to God in the highest, and on earth peace, good will toward men." The shepherds and wise men were led by a star to the place where the child Jesus was cradled. On which date that was can only be conjectured. It so happens that December 25 following the winter solstice was chosen as the anniversary of Christ's birthday. Christians soon came to celebrate this day, decorating their homes with greenery and bright fruits. Laurel, as an emblem of Christ's victory over sin and death, adorned their dwellings. By some, the mistletoe, as an emblem of peace and joy, was used.

Today the evergreen is one of the main items of decoration. It is estimated that some ten million evergreen trees are planted each year in the United States. Spruce and balsam are most used in New England; spruce and white pine in the Rocky Mountain section; red cedar, pine, hemlock, spruce, Douglas fir, and white fir along the Pacific slope; while in the Middle West spruce and pine are used.

Much time and effort is spent by some to leave a legacy to those they love, and yet little time or thought is given to beautifying the world with trees and shrubs. If one suggests planting a tree, the answer often is, "I will never get the benefit of it; so let someone else do it." Why not leave to posterity a beautiful evergreen and thus keep peace on earth and show good will to men?

Your evergreens are hardy. However, they will need a little attention during the winter. If newly planted this year, they may need watering, especially if you live where there is little or no snow. If you live where there are heavy snowfalls, tie them up to prevent the branches from breaking. Less hardy evergreens may be protected with old Christmas-tree branches, burlap, or straw. This will prevent the winter winds from injuring them.

In a few weeks you will be able to secure from seed houses their spring catalogues, which will give you many ideas for your garden next year. Many new varieties of flowers will be introduced, and you may want to try some of them. Last year the Burpee Company featured a new kind of giant zinnia which proved a great

joy to all planters. The flowers may be likened to a large-flowered chrysanthemum, and the variety of colors is indeed pleasing.

If you have planted a panicked dogwood (*Cornus racemosa*) bush in your yard, you will soon be blessed with many species of birds seeking the white fruit which is so keenly enjoyed by them.

+ + +

Avocado

(Continued from page 15)

lemon juice, and salt, and pour over the balls already placed in glasses. Serve chilled.

Avocado Ice Cream

- 3 cups milk
- 1½ cups heavy cream
- ¾ cup sugar
- 1½ cups puréed avocado
- ¼ teaspoon salt
- 1 teaspoon lemon extract
- 3 eggs

Heat milk to boiling point and add sugar, salt, and well-beaten eggs, stirring briskly to prevent eggs from curdling. When cold, add cream and avocado. Pour into freezer and freeze.

Grapefruit and Avocado Salad

- 2 grapefruit
- ½ dozen lettuce leaves
- 2 medium-size avocados
- 2 tablespoons lemon juice

Peel the grapefruit and remove each section free from pulp. Peel avocados and slice lengthwise. Place lettuce on salad plates and alternate slices of avocado with the grapefruit sections. Sprinkle with lemon juice and serve. Orange sections and sliced pineapple may be substitutes for the grapefruit.

Frosting for Pastel Sandwich

- 1 cup puréed avocado
- 1 teaspoon lemon juice
- ¼ teaspoon salt
- 1 package cream cheese

Combine all ingredients and mix smooth. Use to frost top and sides of pastel sandwich. The filling of the sandwich loaf should be the pastel shades, such as pimiento cheese, hard-cooked egg yolks, cottage cheese, and avocado. When frosted it may be garnished with sliced ripe or stuffed olives.

Stuffed Avocado

Select medium-sized avocados, cut in half, and peel. Arrange on crisp lettuce leaves, and fill the center with cottage cheese. Serve with French dressing.

Avocado in Soup

For an attractive garnish and to add delicious flavor to any of the soups, such as vegetable broth, tomato broth, Savita or Vegex broth, or fruit soup, dice the avocado and place in the soup just before serving.

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If you would start the day right, you should rise in the morning feeling rested.

Adjusting Yourself to Life

(Continued from page 17)

odic lack of control was a terrible headache which she thought caused her difficulty. The friend took her to her physician, whose gentle questions brought out her story. A complete physical examination revealed no organic disease. The doctor said, "You give yourself a headache by letting yourself go when things do not turn out your way. Incidentally, isn't it true that you give everyone else a headache at the same time? When we lose control of our emotions we behave like children instead of adults."

"But, I am so unhappy, Doctor, I could jump into the lake and quit everything."

It would have been difficult for the doctor to convince Katie that self-love was making her unfair to her associates.

He was still pondering the question of approach when Katie met Undine, a young woman with a glow of happiness in her face, and set out to find the source of that glow. This girl was doing a constructive work which took her to underprivileged homes, where she made friends and was welcomed by old and young. She was happy to have Katie's company, and they found many people facing odds with more courage than Katie possessed. Some of these were doing for others in brave defiance of their own hard luck.

Katie, like Undine, found her soul and religion of a kind that she could understand. Her whole viewpoint changed.

It was uphill work, but with a new motive and a will to grow up emotionally Katie hopes to stabilize her thinking and find a place into which she will fit successfully.

It is estimated that one fourth of the human race may be classed as extravert, one fourth as belonging to the introvert class, and another quarter are ambivert. The remainder are mixed types, difficult to classify. Every individual, however, no matter to which group he may belong, must take the qualities which are his by virtue of heredity and those experiences which he has acquired, and for better or for worse weave the fabric of his own life.

Always in facing reality and circumstances he will find adjustments necessary. Normally adjusted persons are those whose behavior pattern and philosophy of life enable them by honest work to obtain at least the necessities of life, and lead them to respect the rights of their neighbors and live in comparative harmony in their family, community, and employment relationships. They find, as a result, joy and pleasure in living. The individual who has first arrived at an attitude of harmony with his Creator and the universe is best prepared to be considerate in his human relationships. The individual who is soured on life itself and wishes he had never been born can only produce discord in all his relationships.

Even within normal limits, however, the fabric of life is usually more or less faulty. There are deficiencies in individual heredity and environment. Perfection is not found in humanity, but the very fact that the individual knows that his own life is not flawless should give him a certain tolerance and even charity toward the errors of others. Unfortunately, it is much easier for one to detect the faults of others than it is to discover one's own. As the poet said,

"O wad some power the giftie gie us
To see oursel's as ithers see us!

It wad frae monie a blunder free us,
And foolish notion."

Perhaps, too, if even physically we could more nearly see ourselves as others see us, we could better realize how closely connected is the appearance we make with our capacity to keep body and soul together in the sense of being able to make a living.

A certain employment project has recently been able to put many discouraged unemployed persons back on their feet in profitable work simply by improving the fit of their clothing, the lift of the chin, and restoring a look of confidence in the face. In the new attitude they go out, not as pitiful sufferers begging for jobs, but as persons offering ability worth testing out in the position wanted. The sagging shoulders of defeat are exchanged for the thrilling form of victory.

+ + +

Simple Ways to Quiet Your Nerves

(Continued from page 5)

sory treatment in soothing the nerves, and may be used following water treatments or at other times as desired. General massage is best, but a gentle massage to the spine does wonders in quieting the nerves. The one who gives the massage must understand the art of producing the sedative effect. The difference in the touch determines whether the effect is sedative or stimulating. Every movement must be gentle and such as to pacify. It is absolutely essential that the operator be refined, modest, gentle, and have a pleasing personality. Only stroking or kneading movements should be used at first, and the time and vigor of the treatment should be gradually lengthened. Eleven o'clock in the morning and four o'clock in the afternoon are convenient hours for massage for most patients.

7. *Right Thinking.* The Good Book says: "As . . . [a man] thinketh in his heart, so is he." We live in a world of good and evil. In the process of thinking, that which is evil should be cast aside and the mind should dwell upon the good, the pure, and the wholesome

(Continued on page 26)



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A Bit of News



POSTURE AND BLOOD PRESSURE

Doctors Short, Myron, and Johnson of the Life Extension Examiners, in "Proceedings of the Life and Extension Examiners," report their conclusion as to the effect of posture upon blood pressure after a study of various readings made in sitting, standing, and recumbent positions. They found such a wide variation that they feel it necessary for physicians to agree upon a certain posture for the taking of blood pressures, and that the physician should indicate in his report the posture of the patient when the reading was made. They feel that also the readings of both arms should be given, for a difference has been shown in the reading of the right and the left arm of a patient.

QUICK DIAGNOSIS OF DEMENTIA PRAECOX

For a number of years doctors have made physical tests of dementia praecox victims, but have found no physical change differing from that of the normal person. *Science News Letter* tells of the discovery by Drs. Andras Angyal and Nathan Blackman of the Worcester (Massachusetts) State Hospital, of a reflex test that quickly diagnoses this condition. The patient's ear is washed out with water and the "eye jerks" that follow this procedure are much slower in persons with dementia praecox than in a normal person.

VITAMIN TREATMENT FOR LAME CHILDREN

VITAMINS E and B have been found of great value in treating children with wasted muscles. A description of five cases treated with these vitamins is given in detail by Dr. Simon Stone in the *Journal of the American Medical Association*. Vitamin E seemed of special value in restoring the wasted muscle (in one case of infantile paralysis this was accomplished in a month), and vitamin B seemed to banish the pain experienced. Four of the cases were not infantile-paralysis victims, but they received similar help from this vitamin treatment.

BANANA CROP THREATENED

We would miss this friendly yellow fruit, the banana, that lends itself so well to a number of uses for infants, for the workingman, for children, and for adults. They are seen on fruit carts in city streets, hanging in city markets, coming in boatloads, trainloads, and truckloads, and as we enjoy this delicious fruit we are un-

aware, most of us, of the fight going on to keep this crop available.

The industry is threatened by a fungus that kills the banana leaves, and is spread by a wind-blown spore that first appeared in Fiji, one of the greatest banana-growing countries in the world, then in Australia, New Zealand, South China, Siam, Malaysia, India, and Africa, and five years ago it reached our Western tropics. After the spores settle on the leaves, they begin to dry and appear burned. Although this condition of the leaves does not lessen the food value of the banana, it causes it to ripen prematurely, so that the fruit matures while at sea, and the cargoes are spoiled.

The banana growers have been fighting for four years and have nearly conquered Sigatoka, the name of this fungus, but it has taken great expense and labor to spray the banana fields. Bananas are not only a delicious food, but they contain valuable minerals and vitamins, and aid in intestinal evacuation.

NEW BLOOD-CLOTTING SUBSTANCE

SURFACE bleeding can be stopped by a new thrombin preparation, said Dr. H. P. Smith, of the Iowa State University, at the New Orleans meeting of the Federation of American Societies for Experimental Biology. This preparation, obtained from beef blood, clots blood in one second. Vitamin K, discovered by Professor H. Dam, of Copenhagen, also stops bleeding, and if used in the right way, will prevent bleeding as well.



Simple Ways to Quiet Your Nerves

(Continued from page 25)

things of life. These alone will soothe and quiet the nerves.

It is a great mystery why so many allow their thoughts to dwell upon the evil things in the world when the Creator has given the human race so many things that are beautiful and good. If one would find rest and peace for his tired nerves, let his mind dwell upon these things. In purity of thought there is peace and satisfaction; in impurity of thought there is grief and sorrow.

To quiet your nerves, there is one universal requirement—rest. All methods of treatment are based upon that essential. At times it may be necessary for the physician to prescribe some of the stronger sedatives, certain medicinal products, to induce rest. However, the best methods are the simple, practical ones which can be followed by all.

The best plan is to follow the natural cycle of time. First a day of work, and then a night of physical rest and nervous relaxation. One cannot continually break the laws of nature without paying the price. Vacations are essential as periodic periods of nervous relaxation. Water treatments and gentle massage, if properly given, will provide satisfying relaxation to the tired nerves after a strenuous day. And, finally, to give perfect rest to an overactivated nervous system, think of the beautiful things which the Creator has put into the world for you to enjoy.

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A Health Checkup

(Continued from page 9)

progressed until he was the victim of a full-sized stroke of paralysis. At any rate, when heart and blood-vessel disease begins to show symptoms, the victim is well on the way—much irreparable damage has been done, and the life expectancy is inexorably shortened.

It is said of Lindbergh that before each take-off he personally inspects his plane—wings, struts, tires, everything. He knows that he will live longer and easier if his landings can always be of the three-point variety; and one good insurance against any other kind is the certainty that the machine is in perfect order. Lindbergh does not wait for a wing to sag before getting excited about his carrier. His routine inspections catch loosening parts before the evidence is manifest in the air.

Now your physician is interested in you to even a greater degree. His greatest joy lies in keeping his patients out of trouble, but his opportunities in this respect are acutely limited because people simply will not think in terms of prevention except in dealing with an insurance agent. The

cases cited should serve to arouse one to a realization of the value of a periodic physical checkup. Doctors are not urging this thing to get your dollars. The fact is, there is far more to be made in carrying you through an illness than in advising you how to avoid it. Preventive medicine has done much to erase typhoid, diphtheria, smallpox, and many acute infections that used to sweep a nation. It can do much in removing the hazards of middle age if people will just learn to use their doctors for advice as the days go by instead of waiting until the wear and tear of life has destroyed them. Check your physical status with your physician once a year anyway. By so doing you will save money and enjoy old age.

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How to Keep Physically Fit in Winter

(Continued from page 13)

thin growing boys does permanent damage in developing poor posture. Tight hatbands have often been given credit for the more frequent baldness in men. At least the scalp should be given opportunity to "breathe."

The infant's wardrobe has become gratifyingly sensible in the last few years. For the yard length dress and flannel petticoat have been substituted the short dress and muslin slip. These allow for free action and growth. There is a tendency to keep his body too warm, little realizing that his heart heats almost twice as fast as an adult's and that the body temperature is almost one degree higher.

To a certain extent clothes do make the man or the woman. Our first impressions of an individual are dependent upon what he wears and how he wears it. So aside from the utility, durability, and economy of the clothes, we must give some consideration to the effect of colors. Colors carry a temperature sense. We speak of the warm colors as pink, red, purple, and some shades of brown. Cold colors are blues, greens, and white. The color scheme of the attire may so blend with the coloring of the individual that it gives one the sensation of a pleasing symphony. Certain colors accentuate the shadows around the eyes and mouth, making the wearer look old and tired. Reflexly this impairs the sense of well-being of the wearer.

As a summary for winter bodily efficiency we might suggest:

Improve the skin tone by a cold wet-towel rub in the morning, or a short hot-and-cold shower, or cold alone if you are prepared to take it. Be sure to replace the body oils, in dry skins, with local application of some easily absorbed oil. Have a short air bath before dressing.

See that your six hundred muscles have some form of exercise during the day.

If you are given to wearing too much clothing, educate your body to wear less.

Keep the extremities warm and dry. Sleep in well-ventilated rooms, with warm, light-weight covers.

Feed your body with the same care that you do your furnace.

Above all, a feeling of gratitude and brotherly love helps to keep the heart warm, from which come all the issues of life.

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Housewife's Corner

(Continued from page 18)

tomato or other seasoning as desired, and a bit of boiled rice. This broth is rich in iron and vitamin-B complex.—*"Food for Life,"* by Frances L. Dittles.

NES-PAK FOODS

Soy Sausage in Blanket

Cut a can of Soy Sausage lengthwise into nine strips. Wrap each strip in pie paste, and bake. Serve with gravy.

WORTHINGTON FOODS

Oatmeal Patties

- 4 eggs, beaten
- $\frac{3}{4}$ cup Proast, mashed
- 1 cup oatmeal, uncooked
- $\frac{1}{4}$ cup hot water
- 1 teaspoon Tastex
- $\frac{1}{8}$ cup concentrated tomato purée
- $\frac{1}{2}$ teaspoon thyme
- $\frac{1}{2}$ teaspoon sage
- 2 bay leaves
- 3 large onions, braised after chopping fine
- 2 teaspoons butter or vegetable margarine
- Salt to taste

Mix Proast, oatmeal, onion, tomato purée, thyme, sage, salt, and beaten eggs. Simmer bay leaves in hot water for two minutes, remove, and dissolve butter and Tastex in water and add to the other ingredients. Mix ingredients thoroughly. Mold into patties or drop on pan and bake in oven until set and slightly browned. Garnish with parsley and serve with some preferred sauce.

CHRISTMAS SEALS



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A Tasting Party

IT was Christmas vacation, and Baby Tommy had had his first Christmas. Tommy's little white stocking was hung up, and after the twins were in bed and Mother Monroe was tiptoeing around the house to see that everything was ready for the night, she found that Joan had hung a large stocking beside Baby Tommy's with Tommy's name on it and a note saying, "Tommy's stocking is so small. Please use this one for him."

So daddy added a big red rubber ball with a funny face on it to the top of this stocking. He put it in so just one eye was peeking out.

This afternoon Tommy and mother were asleep, and big sister Alice, who was home for vacation, had just put a cake into the oven to bake. The twins had helped her wash the baking dishes, and as usual Alice had something interesting for them to do.

She had just six glasses on a tray, with a spoon in each glass. The Little Jays tried to find out what it was all about, but she wouldn't tell. So they watched intently. After several trips back and forth to the refrigerator and the cupboard, she had about one fourth of a glass of something in each tumbler.

One seemed to be lemon juice, and one pineapple juice. In one she put sugar and water, and in another sugar, cocoa, and water. In one she put just salt and water. That made the Little Jays, oh, so curious. In the last one she put grapefruit juice.

"What do you like the taste of best?" asked Alice.

"Oh, I like the taste of chocolate candy," said Joan.

"I like the taste of oranges and apples," said John.

"I like the taste of fresh strawberries," said Joan.

"Do you like the smell of oranges?" asked Alice.

"Yes, but I like the taste of them better," said John.

"Did you know there are only four things you can really taste?" continued Alice. "We say we taste many things when really we smell them instead. The tongue has little taste buds on it. There's a row of quite large ones toward the back of the tongue in V shape, as if the V were upside down. They are sensitive to bitter tastes.

"At the tip of the tongue are tiny taste buds that are sensitive especially to *sweet* sensations. Along the sides of the tongue are also tiny taste buds that are especially sensitive to *sour* tastes, and all these tiny ones are also sensitive to *salty* sensations. So we really have only four tastes: (1) bitter, (2) sweet, (3) sour, (4) salty.

"We will try it out. I will blindfold you, Joan, and you try to guess what I put on your tongue. Now hold your nose tight, and do not let go."

"All right. What is this?" said Alice as she put a few drops of pineapple juice on Joan's tongue.

Joan tasted and tasted. "Sugar and water," she said.

John laughed.

"Release your nose," said Alice.

"Oh, pineapple," said Joan. "But it just tasted sweet."

"Yes, of course," said Alice. "You smell the pineapple flavor. It's only the sweet part you taste."

"Now we will blindfold John."

"Oh, salt," called John as he puckered up his face.

"Yes, you can't make a mistake on that. I'll give you another one while you are blindfolded."

This time she put sugar, cocoa, and water on his tongue.

"Sugar," said John.

"Release your nose," said Alice.

"Oh, chocolate," said John. "Isn't that strange? I couldn't taste anything but the sugar."

"Let me try again," said Joan.

The moment the juice touched her tongue she said, "My, how sour!! That is lemon juice."

"No, that was sour grapefruit juice," said Alice.

Then John tried again. Alice reached up to the medicine cupboard and put a drop of bitter quinine on the tip of John's tongue. At first he said, "Sweet," then in a second, as it reached the back of his tongue, he said, "Oh, how bitter," and ran to wash his mouth.

"Now you see why your food does not taste good if you have such a bad cold that you cannot smell," said Alice, "for our food appeals to us mostly because it smells good. You see there are just four taste sensations, *bitter*, *sour*, *sweet*, and *salty*.

"If you had your eyes shut and your

nose held tight, it would be hard to tell the difference between a piece of raw potato and a piece of apple.

"Today many bitter medicines are put in capsules that can be swallowed, so that we will not have the dread of taking bitter medicine. And many medicines are put up in sugar-coated pills so that they will be pleasant to take.

"Some offensive odors are a protection to us, telling us there is decaying matter near. But most of the odors are pleasant and help to make the juices in the mouth and stomach flow, so that the food can digest.

"When you are hungry and smell some food you especially like, these juices flow, and you say your mouth waters. And as you eat, the flavors keep stimulating the flow of the juices."

"I'm glad I have a good smeller," said John. "You're a better friend than I thought you were," he continued as he gave his nose a twist.



Suggestions to Teachers

HAVE a tasting party at school. Different children may be assigned to bring different things, the things tried out at the tasting party described here. Let all test the four different taste sensations. Let them imagine they are tasting these four types of food, and note the reaction of taste buds in the mouth.

In physiology, find a picture of the tongue, and let the children find the location of the different taste buds for the four taste sensations.

Let them note the flow of saliva when they smell some favorite food cooking, and also note how "dry" foods taste that do not appeal to smell and taste.

The children could discuss the taste of different foods. This will also add new words to their vocabulary—cool, minty, sugary, velvety, homey, nutlike, etc.

Junior Life and Health League

Rules for School Year 1940-41

1. I take two baths each week.
2. I brush my teeth twice daily.
3. I drink milk every day. (Preferably 1 pt. daily.)
4. I wash my hands before eating.
5. I eat daily: Vegetables; fruits (fresh or dried); whole-wheat or dark bread; and nothing between meals.
6. I play or work out of doors six days a week when weather permits.
7. I try to be courteous and cheerful at all times, and do one good deed for someone each day.

Pledge

I have read the rules of the Junior Life and Health League, and have been observing them for two weeks. I shall continue to observe them, and will read the Boys and Girls' page each month. Please enroll me as a member of the Junior Life and Health League for the school year 1940-41. I understand I am to receive a membership card, and a button to wear.

Directions

Copy the above pledge in your own handwriting, and sign your name (very plainly). Then write your address and the name of your father or mother. Mail this to: Aunt Sue, Life and Health, Takoma Park, Washington, D.C.



This material is prepared as an adjunct to high-school, college, and nurses' training classes in Health Education, Anatomy, Physiology, Hygiene, General Science, etc. The page reference at the end of each question, or group of questions, indicates the page on which the article that contains the answer, begins.

Short-Answer Questions

(Put an "X" before all true statements and an "O" before all false ones.)

- The nervous system should be protected from undue strain by:
 - regularly giving full attention to enjoyable exercise.
 - cultivating the habit of a midday period of relaxation.
 - keeping the mind constantly active.
 - regularly getting eight hours of uninterrupted sleep.
 - resting rather than wasting time on hobbies.
 - spending at least two weeks at a popular resort each year.
 - frequently eating to keep up the strength.
 - eliminating flesh food and coffee from the diet. (P. 4.)
- The following simple methods are considered valuable in bringing rest to overwrought nerves:
 - warm sponge bath.
 - vigorous hot and cold shower.
 - a cold bath followed by a brisk rub.
 - a warm bath of twenty minutes before retiring.
 - gentle massage to the spine.
 - thoughts directed to the beautiful in life. (P. 4.)
- An individual who has a weak heart muscle should:
 - get at least six hours sleep every night.
 - get at least ten hours sleep every night.
 - lie down one and one half hours in the middle of the day.
 - take short periods of heavy exercise.
 - never run for a streetcar.
 - eat an abnormally large amount of vitamin B. (P. 6.)
- As guardians of the health of the people, doctors are expected to:
 - keep people out of the divorce courts.
 - teach people how to live a happy, complete, and comfortable life.
 - find earliest evidence of disease before it has developed.
 - prevent disease from developing.
 - keep people informed of their physical capacity.
 - prevent early decay and aging beyond one's years.
 - give advice as to what habits need correcting.
 - greatly increase the life span. (P. 8.)
- The richest source of utilizable iron listed below is:
 - cooked lentils.
 - dried fruit.
 - cooked greens. (P. 10.)
- Important factors in keeping a high resistance to disease are:
 - gradual training in endurance.
 - regular daily exercise.
 - eating for health.
 - an indoor temperature not over 70° F.
 - fresh air indoors both summer and winter.
 - body lightly clothed regardless of outdoor temperature.
 - avoid nicotine fumes first or second hand.
 - socks with bare legs for children in all seasons.
 - toeless shoes and chiffon hose summer and winter. (P. 12.)
- Wholesome clothing for men includes:
 - a tight belt about the waist.
 - a snug-fitting hatband.
 - clothing supported from the shoulder.
 - a well-ventilated scalp.
 - a free blood supply to the scalp.
 - extremities kept warm and dry. (P. 12.)
- The body reacts to cold in the following ways:
 - nerve centers informed of cold surroundings.
 - contraction of surface vessels lessens blood in skin.
 - a greater amount of blood is sent to skin in an effort to warm it.
 - shivering occurs.
 - excessive cold paralyzes the skin nerves and the part freezes. (P. 12.)
- The avocado is a valuable food because:
 - it is very rich in fat.
 - it contains a large amount of protein.
 - it is an excellent source of vitamins A and B.
 - it is alkaline in reaction.
 - it has more starch than a potato.
 - it is a splendid source of calcium, potassium, phosphorus, sodium, and iron.
 - it is a good butter substitute. (P. 15.)

- A well-balanced, wholesomely developed personality:
 - appears self-confident and attractive.
 - can face reality without having to adjust to situations.
 - succeeds in honestly earning the necessities of life.
 - frequently loses his job because of the unfairness of employers.
 - feels that others are always getting the best deals in life.
 - finds it very difficult to get along with his relatives.
 - gets real joy out of living.
 - is very considerate of the failings of others.
 - is living out the Creator's plan for his life. (P. 16.)

Discussion Questions

- Explain how the heart performs its function. (P. 6.)
- How does the reserve energy of a damaged heart differ from that of a normal heart? (P. 6.)
- What care should the heart receive following severe infections? (P. 6.)
- Explain the effect of high altitudes upon the heart. (P. 6.)
- Why is an annual physical checkup considered very advisable? (P. 8.)
- Drying has what effect upon the food value of fruit? (P. 10.)
- The use of sulphur dioxide in drying fruit has what effect upon its flavor, vitamin content, and wholesomeness? (P. 10.)
- Discuss four properties of dried fruits which give them their special value in the diet. (P. 10.)
- What one rule, if followed, would eliminate much unhealthful eating? (P. 11.)
- Processing and refining foods has what effect upon the foods and upon those who use them frequently? (P. 11.)
- How may an individual determine the adequacy of his diet? (P. 11.)

Health Projects and Problems

- Use as a topic for a theme "The Status of the Annual Physical Examination in the Health of the Nation." (P. 8.)
- Plan a five-minute report on "How I Know My Physician Is a Reputable One." (P. 8.)
- Make a chart which can be used to illustrate the vitamin content of dried fruits. (P. 10.)
- Plan a graphic demonstration of the mineral content of dried fruits. (P. 10.)
- Collect a number of recipes for making dried-fruit candies. Plan to demonstrate these recipes just before the Christmas holidays. (P. 10.)
- Include in your recipe collection at least one card on each of the dried fruits available in your community. (P. 10.)
- Make a list of the foods that should be used sparingly or not at all because they cause digestive difficulties. (P. 11.)
- Write a paper entitled, "Emotional Stress and Digestion." (P. 11.)
- Develop ten rules for eating which would be especially helpful to one who is anxious and worried about his diet. (P. 11.)
- Make a list of the effects of women's modern shoes. (P. 12.)
- Plan a proper-shoe display. (P. 12.)
- Make a scrapbook on suitable wardrobes for each season. (P. 12.)
- Plan a demonstration on foolish styles and sensible styles in clothing. (P. 12.)
- Outline a program of skin education for one who catches a cold whenever he gets in a draft. (P. 12.)
- Add five avocado recipes and three for meat substitutes to your collection. (P. 15.)

Vocabulary

- | | |
|-------------------------|--------------------|
| 1. scientific | 11. insidious |
| 2. gooseflesh | 12. degenerative |
| 3. obese | 13. laity |
| 4. extrovert | 14. chronic |
| 5. introvert | 15. convalescence |
| 6. ambivert | 16. protectorate |
| 7. pack | 17. blood pressure |
| 8. sedative | 18. inert |
| 9. valve | 19. thermostat |
| 10. preventive medicine | 20. insulation |

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ANSWERS

To Questions on Page 3

1. She is professor of nutrition at Teachers' College, Columbia University, and for the past quarter century has been fighting for a better American diet.

2. American sea captains must pass an examination in midwifery and the amputation of limbs before they receive their licenses.

3. According to recent statistics by the Better Vision Institute, 32,000,000 adult Americans wear glasses.

4. Tuberculosis in his youth was responsible for his going to South Africa. He was one of the first to find diamonds there, and became very wealthy. Because of this great wealth and his desire to extend the British Empire, he helped build the Union of South Africa.

5. A bacteriologist of Washington State College cited the consistent outbreak of colds on Mondays as proof of collegiate disdain for the warning that kissing spreads colds.

6. Because of the wider use of vitamin D and cod-liver oil. A frequent cause is rickets in early childhood, which can be prevented by proper diet, including vitamin D milk or accepted fish oils.

7. In 1903 he discovered the American hookworm and showed how prevalent it was.

8. When oil was first discovered in Pennsylvania, it was used as a corn cure.

9. The ancients believed that this herb was an antidote for all kinds of poisons, and that it would restore sight to the blind and strength to the failing body.



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Facts That Affect Your Digestion

(Continued from page 11)

the person is suffering. Doubtless all have heard of "nervous indigestion." It is common knowledge that the emotions affect digestion. Unpleasant emotions, such as fear, worry, anger, or disgust, will stop or alter the secretions of the digestive glands and also affect the muscular activity of the stomach and bowel tract.

Just as serious interference with the digestion can be induced by unpleasant emotions, so also can digestion be greatly favored and enhanced by pleasurable emotions. Many tests and observations have been made which indicate that food which is palatable and which is eaten with pleasure under enjoyable circumstances will leave the stomach earlier and will be digested more readily than the same kind of food which is not eaten under congenial conditions or in a happy, peaceful frame of mind. It is not wise to partake of a meal when one is unduly fatigued or emotionally upset. It is far better under such circumstances to rest and regain one's composure before eating. "Better is a dry morsel, and quietness therewith, than a house full of feasting with strife." Prov. 17:1, A.R.V.

To those who are so fortunate as to have a digestive mechanism of unusual efficiency—who apparently can digest anything—a word of caution is in order. Beware lest through indulgence and disregard for sound rules of healthful eating you unnecessarily bring upon yourself some serious organic disease because of indiscretion and undue license.

To those who are inclined to be over-anxious and fearful in respect to their food, I would say, Select your meals carefully and sensibly in accord with reliable counsel from a reputable physician. Give yourself the advantage of the most favorable conditions possible, that is, have food tastily and attractively prepared. Yes, food that is good for you can be attractive and tasty! Eat under the most enjoyable circumstances, and then forget all about having eaten. Maintain mental and nervous poise, seek proper exercise and adequate rest and recreation, and forget your digestive mechanism, for it works better when it is not tampered with.

When allowed to work rhythmically and after a pattern of regularity, when not worked more or less continuously by eating between meals, and when supplied with adequate food, including a liberal supply of vitamins, mineral salts, and healthful soft bulk, the stomach and the bowel tract will function surprisingly well, if the known unhealthful, indigestible, and irritating foods and drinks are omitted. Take good care, but be not over-anxious or indulgent, of your digestive system—there are no later models to be had!

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