

# Life & Health

THE NATIONAL HEALTH JOURNAL

OCTOBER  
1943

9th YEAR OF  
PUBLICATION

- ★ Sensible Skin Care
- ★ Tobacco Irritation
- ★ The Remedy for Overweight

- ★ Proper Care of Appliances
- ★ Don't Depend on Personality
- ★ Oats—a Nutritious Food





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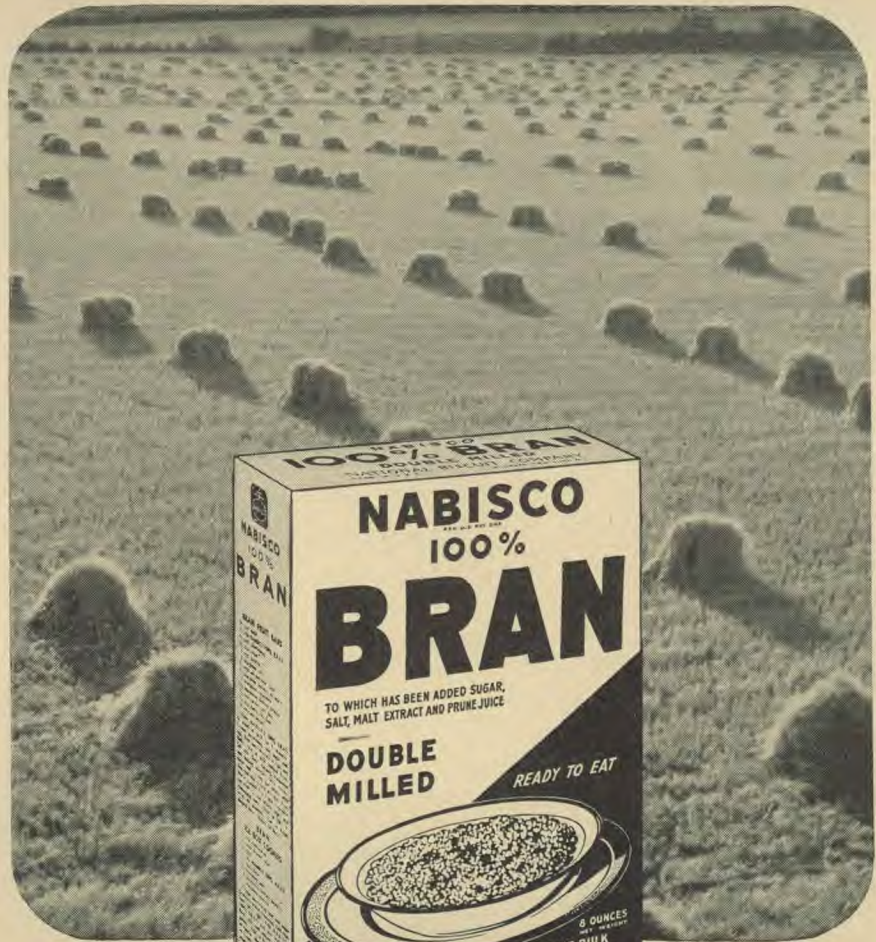
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## COMING NEXT MONTH

WAR nerves, jitters, sleeplessness! These bring up the question of sedatives. Then comes the question as to what sedatives are safe. You'll want to read the article, "Are There Any Safe Sedatives?" . . . Sunlight, we all know, is good for us. But why? And if we can't get sunlight, what can be substituted? The answer will be given next month. . . . That most important personage, the baby, will receive further attention, and there will be counsel on how to care for him during the second six months of life. . . . The methods your body uses to protect you from infection are many. Some of them are delicately constructed. These methods are explained in an interesting article. . . . Maybe you have your own pet idea as to what causes tooth decay and how to ward off the danger. You're probably wrong, because most of the theories thus far set forth have proved inadequate. You'll be a bit startled when you read this article. . . . What steps are being taken to conquer venereal disease? What meaning does this have for the general population? A wartime article of great timeliness.

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▶ WHAT makes for success? Will we find it in some so-called success course? Or perhaps in a special radiance of personality? You may be surprised when you read the answer on page 6.

▶ THERE are scores of theories on how to care for the skin. Some of these theories are harmless; others, not so harmless. What is really sensible skin care? See page 8.

▶ THIS month we complete the study of that rather chronically interesting subject, "Hardening of the Arteries." Page 10.

▶ WHAT are the facts about tobacco irritation? Does tobacco really irritate? And what's much more important, does the irritation, if it exists, really endanger health? Page 11.

▶ WHOEVER invented scales invented chronic embarrassment for a host of people. What is the remedy for overweight? Is it drugs? Or exercise? Or fasting? Or something else? Page 12.

▶ "WELL begun is half done," someone long ago observed. That applies to the care of the baby during his first few months of life. The program for the infant is described on page 14.

▶ AMERICA is cereal conscious these days—also very protein conscious. And with good reason! While you are cereal and protein minded turn to page 17.

▶ ANOTHER old proverb is coming into its own today—"A stitch in time saves nine." That certainly applies to your home appliances. Make them last a long time. How? See page 18. And while we are calling your attention to this very practical article for housewives and all who deal with home appliances, we want to introduce to you the author, Stanley H. Kershaw. Mr. Kershaw is director of the Home and Farm Safety Division of the National Safety Council. This organization is outstanding in its work in the field of safety.

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THE  
*Editor's*  *Comments*  
Founded 1885  
THE NATIONAL HEALTH JOURNAL

## We Discuss OPA's Letter to Us on Rationing

NOT long ago we wrote an editorial in support of our belief that rationing penalizes vegetarians. We observed that after a vegetarian had bought all the dairy products he could eat, he still found himself with a handful of red stamps that are quite useless to him. A marked copy of LIFE AND HEALTH containing this editorial was sent to the Office of Price Administration, which elicited a reply at some length. OPA would have us believe that the rationing plan is quite equitable for all concerned. The letter informs us that "we have grouped together all of the canned and frozen fruits and vegetables and have made available to each person the same number of blue ration stamps that everyone else receives." The letter further informs us that a similar course has been followed regarding "meats, canned fish, and dairy products."

We are then reminded that there are "quantities of fresh fruits and vegetables available which are not rationed and which individuals may consume freely." Also, that an individual "is free to spend all of his red stamps for the dairy products." We would hardly question so obvious a statement. We are aware of our freedom to do this, but what would we do with all the dairy products after we bought them? There is a limit to one's gastronomic interest in any product. We are also aware that certain fresh vegetables and fruits are available, and at what a price!

But all this is really beside the point—either red or blue. The simple and obvious fact is that the ration books have been prepared on a formula that calls for a person to be a meat eater in order to get the full purchasing value of the ration points. We hardly think anyone would have the hardihood to challenge that statement. And to that fact can be added another equally obvious. The person who is filling his stomach with a beefsteak is less likely to need, or even to want, a serving of canned Limas, for example, than the vegetarian. But the beefsteak eater can vary his desires by taking a red stamp one day to secure his favorite steak, and the next day a blue stamp to secure his favorite canned vegetable. At the end of the ration period he finds his blue and red coupons all gone, but his dietary desires all reasonably provided for.

Not so with the vegetarian. He desires to satisfy his stomach with foods that, so far as they come under rationing, belong largely to one class of ration points. By a logic as elementary as grammar school arithmetic, the vegetarian finds he runs short on blue points and long on red ones. Nor is he much impressed by the bland observation that he can use his surplus red stamps on dairy products. He, in common with the meat eater, can meet his major dairy product wants from unrationed milk.

Certainly the genius of food rationing did not plan for citizens to be coming up to the end of ration periods with fistfuls of any one kind of ration points. We hardly think anyone will question that. Yet every time a ration period ends, out come quantities of red stamps from the ration books of vegetarians.

We wonder what would happen if the situation were reversed and the meat-eating population came up to the end of the rationing periods with fistfuls of blue stamps. Would a cry go up? It would. And it would be very loud, for there are many who eat meat. And would their cry be heard? We think so. But vegetarians represent only a very small percentage of the population. Their protest can hardly sound so impressive. But we hope it is not unreasonable to contend that even so small a group as a million or two people is worth attention.

We have recently made some personal contacts within those labyrinthine structures that house official Washington and have been led to believe that further study will be given to this matter. In the meantime we shall *not* act on the freedom that is ours to consume all our red stamps on dairy products. We like our butter—when it can be purchased—only so thick on our bread. We like cottage cheese only so often, and in reasonable quantities. And we like the wife to make us pastry that is only so short. Mr. OPA letter writer, it is neither patriotic nor healthful to eat more than you need of any kind of food!



▶ SINCE last December hospital planes have carried some 50,000 ill and wounded men in combat and training areas to hospitals for treatment. Only two have died in flight. The most serious cases are carried forward in the plane for most comfortable riding. Flying nurses are valuable not only for their nursing training but for bolstering morale.

▶ NURSING schools can handle only 65,000 of the 84,000 student nurses needed by the United States, says *Time*. But even this 65,000 goal is not being met, because well-paying defense jobs attract would-be nurses; then, too, the nurses' course is long and the training period requires long hours and a number of restrictions. Steps are being taken to make the nurses' course more attractive.

▶ A TRUCK driver in Pittsburgh has given 41 pints of blood in 42 months. The Red Cross rule is to accept blood from a donor only once every two months, and so at times the driver has had to take assumed names.

▶ A POPULAR poster exhibited by the Los Angeles County War Council reads, "You can't breakfast like a bird and work like a horse."

▶ DR. ERNEST A. HADLEY, psychiatrist at the Army induction board near Washington, reports that the least number of rejections for mental disability occur in the eighteen and nineteen year old men called by the draft. According to *Science News Letter*, mental disability discharges this year may amount to 100,000 men.

▶ In twenty-five years, states Dr. Winfred Overholser in Public Health Reports, the admissions to mental hospitals of the country of psychosis cases, with cerebral arteriosclerosis, have increased 500 per cent. He believes this increase is due to the circumstances in which elderly people found themselves during the depression years, as there was a marked drop in employment for elderly folk and they were faced with financial worries.

▶ It has been observed that there may be a connection between overweight and sinus trouble. One doctor studied 100 consecutive adult sinus patients at a city dispensary. Fifty-six were overweight. More women than men were overweight. He believes that overweight interferes with the functioning of the air passages, that overweight is a burden thrown upon a body not built to handle extra poundage.

▶ The shortening industry takes eighth place in dollars-and-cents value. Some shortenings use only one oil, some more than one, but they are primarily vegetable oils. Cottonseed oil has led in this field, but now its leadership is being threatened by soybean oil.

▶ FIELD rations of the Japanese soldier consist of rice and bean curd, tinned, a ration biscuit, a health drink containing lactic acid, and wheat-germ tablets.

▶ FROZEN eggs now come in segmented bar form, so that the user may know when he is breaking off the equivalent of one egg.

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ONE day while waiting for a bus on the blizzard side of a Detroit street corner, I saw a rather young man with a familiar appearance walking into the wind toward me. Almost immediately I recognized him as a former high-school upperclassman. In a flash I went into a retrospect.

Sports—cheer leader—played the saxophone. Girls liked him. Brimful of activity—lots of fun. I had admired him silently—at times, enviously. Would he remember me? His name—?

"Aren't you—?"

I was just about to greet him when he wheeled suddenly, touched my shoulder and muttered, "Say, sorry to bother you, but could you help a fella get a bite to eat?"

Dumfounded, I could only gasp, "Aren't you—aren't you—?"

The bus pulled up. I automatically got on the steps, withdrew my purse. The man buttoned his coat collar tighter and turned to go.

"Uh-h-h—Harry, Harry!" I shouted.

The man wheeled again as I threw him a fifty-cent piece.

"Call me at Trinity 2-3110!" I jumped into the bus as the driver closed the door.

But Harry never called me. A few old-timers in Harry's home town recently gave me reason to believe that I had really been "touched" on a Detroit street corner by their local errant son.

It has not been many years ago that I

sat with my knees under a school desk just across the aisle from Egbert. A big nose, a mop of wiry hair, and a pair of thick, concave lenses, which made his eyes look piggish, is about all of Egbert that I remember—except his name. He never did anything that I could see; never bothered anybody. Was rather pale and puny-like. He stuttered badly, couldn't recite well. In fact, not a little classroom merriment

said that a good personality is a positive handicap; it is two strikes against you before you go to bat! Opposed to this idea are the statements and implications made through the radio, motion picture, and press that personality—a certain indefinable, intangible "it"—is the one thing needful, which, if possessed, transmutes all base metal of one's life into gold, and

An Article  
That Will Set You Thinking

# DON'T DEPEND ON Personality for Success

JOSEPH I. MOSSBERGER, M. D.

Begin Now to Develop Skill in the Thing You Have Always Wanted to Do



was enjoyed by the nine-to-twelve-year-olds at Egbert's expense.

Everything about Egbert had long since faded from my mind until four years ago when I noticed his name begin to appear over scientific contributions to literature. I now see his name in the membership lists of exclusive scientific societies!

The question is, What happened to Egbert? What happened to Harry? Was it their personalities?

The president of an automobile-manufacturing company once

is most certainly the medium by which wishes are made to come true. So far has philosophy gone that the medium, or means to an end, has come to be considered as the end itself.

Obviously these two antagonistic thoughts represent the two extremes of a great principle, which must be surveyed in its entirety before any part of it can be appreciated. Those who have not been blessed with naturally charming personalities and who have succeeded by sheer brain or brawn are not at all different from those who have achieved distinction reputedly only through the force of their personalities. If analyzed carefully, both types will reveal strong, positive characteristics. Whether or not their personalities are "charming" will depend on your taste.

What is this personality? What is this thing which characterizes you, distinguishes you from all the other creatures that roam the earth? Let us consider the question first from a purely objective standpoint.

Broadly speaking, there are two phases of you—a *physical* phase and a *cultural* phase.

The skeletal, muscular, nervous, sensory, vascular, and glandular systems and the physicochemical machinery operative in and between these systems are the same in other human beings and in higher animals as in you. The mechanism for defense against disease is the same—modi-





WING GALLOWAY  
**Make Yourself of Definite Practical Value to Your Fellow Man, and Your Personality Will Automatically Shine Out**

fied, to be sure, by special immunities and susceptibilities among species and individuals within the species. The nervous and conditioning processes that have to do with memory are the same in animals as in you. Because you possess a greater quantity of gray matter with a greater complexity of arrangement of your nervous anatomy, you have a greater range, a greater plasticity, of your nervous system. Even so, a considerable portion of your central or peripheral nerve substance can be removed without interfering with your consciousness, personality, or fundamental behavior. This fact explodes any theories you may have about being inadequately equipped.

Everyone recognizes that sufficient food and normal nutrition determine in part

several essentials of your behavior. Adequate iodine, iron, and vitamin B are necessary for the health and stability of the nervous system, which is requisite for proper adjustment to external environment. The brain, center of the behavior mechanism, requires oxygen. The endocrine glands must secrete their substances properly to ensure your normal behavior pattern. In short, a healthy body is an excellent basis for a healthy personality.

Right here we must appreciate the fact that your physical phase is inseparably intertwined with your cultural phase. However, the less culture you have, the more will the physical phase predominate, and the more will the primitive major emotional states of hunger, thirst, fear, hate, love, and greed be expressed in physical

action. More direct with fewer complexities will be your technique of eating, resting, or reproducing yourself. Closer will be your approach to animal existence.

On the other hand, the more cultured you are the more will the spiritual phase gain the ascendancy and the more will the emotions be compelled to compete with reason based on the facts you have derived from experience. The more complex will be your system of satisfying hunger, of resting, of reproducing yourself. This necessarily involves high developments in the culinary sciences, in labor-saving devices, in the romantic arts such as poetry, music, sculpture, painting. Thus we can readily see that culture is the fullest context of all human activities—the vast instrumentality through which man achieves his ends. It creates new desires, new problems, new universes in which man can move and stimulate himself to new satisfactions—never free, of course, from his primitive needs and urges. But these new pleasures and satisfactions must be paid for. And those who enjoy them pay the price in terms of obedience to their traditions.

One's cultural urges are determined by the particular set of traditions in which one is trained. By this token the life aims of a Texas ranch boy are entirely different from those of the son of a university professor; likewise, their values are entirely different.

Then what constitutes a culture?

Every culture is based upon a system of standards or codes or principles not at all necessary for the physical existence of the individual or of the community to which he belongs. Because these principles of living are accepted by the group, there necessarily is built up a set of behavior rules based on them. Normal behavior is defined in terms of them. These rules of conduct must be enforced if the principles upon which they are based are to survive. This leads to an organized cooperation of all the members of the group and a policing system to curb the activities of the individualists who may refuse to accept the principles.

Communication by means of spoken or written symbols is necessary to the functioning of the organization. A society thus develops. Repetitions of acts or thoughts of the individuals in that society in relation to the principles lead to habits. The combined and collective habits become customs. The customs are transmitted from one generation to the next and become a *culture*.

With this brief outline of the basis of human behavior we may more easily understand that an act in itself as described by anatomy, physiology, and interaction with its physical environment remains constant in all places at all times. But the culture surrounding that act, what precedes that act as well as its conse-

(Continued on page 32)



# Sensible SKIN CARE



ERVING L. ROGERS, M. D.

FOR years we have been confronted by billboards advertising certain brands of soap which admonish us to "keep that schoolgirl complexion" or to have the "skin you love to touch." I think it is the desire of all to have a clear skin, free from blemishes and disease. Fortunately it is possible for one to do much to keep his skin in this condition.

The skin is an organ of the body just as is the heart or liver, and it has some very important functions to perform. It is true that it acts as a covering for the rest of the body, but it serves in several other important capacities as well. It is a natural barrier against injury and against invasion of the body by bacteria. It has very important nerve fibers in it which indicate whether a substance is hot or cold. It warns us of pain. Waste products of the body pass out through the skin in the form of perspiration, and in the evaporation of this waste the skin helps to regulate body temperature. We are supplied with numerous oil glands in the skin which help to keep the skin soft.

In order for our skin to serve us best we must know how to take proper care of it. As one comes into this world, one is usually endowed with a pink, delicate skin. This skin is tender and requires good care in order to keep it from being irritated. One must be careful not to harm this skin with harsh soaps. At first just an oil rub may be used. When daily baths are established, the soap used should be very mild. Soap has the tendency to



EWING GALLOWAY

In Order for Our Skin to Serve Us Best, We Must Know How to Take Proper Care of It. If the General Health Is Good, the Skin Is More Likely to Be Healthy

remove from the skin the natural oil, and this in turn causes the skin to become more dry. This may open the way for skin rashes to develop. Thus for the baby a gentle cleansing with a superfatted soap and a very soft washcloth is necessary. The skin should be carefully dried and a light dusting powder applied to the body.

But this is not all the care that a baby's skin requires. One must be very careful not to dress the baby too warmly. Dressing too warmly has the tendency to make the baby perspire and this in combination with the rubbing of clothing tends to irritate the skin. The clothing that comes in contact with the skin should be soft, smooth, and of light texture. Wool is frequently irritating to the skin and should be worn so that it does not come in actual contact with the skin. The baby's clothing should be carefully laundered and rinsed well so that it will not harbor any soap that might be a source of irritation. The baby's room should not be kept too warm and should be well ventilated.

The skin naturally becomes dirty from exposure to dirt and grease and occupational substances which one is handling. It is necessary to cleanse it, and the best cleansing agents we have are ordinary soap and water. The type of soap to use depends to some extent on the type of skin one has. In some instances to keep the skin in good condition one must take daily cleansing baths. This is true of the individual who is in such an occupation that the skin each day becomes very dirty.

There are other individuals who do not need a daily cleansing bath and decidedly should not take one. These are the individuals with a very dry skin or usually elderly people. In the older person the oil glands are not as active as in those younger. But we find that frequently the elderly want their daily hot bath with lots of soap. Such a program, particularly during the winter months, is likely to lead



to an irritating skin disorder, owing to too much soap and water and lack of natural oil in the skin. So you oldsters who enjoy your hot baths, take them less frequently, use less soap, and do not have your baths very hot. Be sure the soap you use is a superfatted kind. Rubbing the body with cocoa butter daily will help keep your skin from becoming too dry.

As already mentioned, one function of the skin is secretion. Daily a considerable amount of water passes through the skin. Much of this we are unconscious of. There are certain parts of our bodies that are particularly prone to sweating. Such are the feet, palms, armpits, groins, under the breasts. Warmth and our ever shedding of dead skin produce an unpleasant situation with respect to odor and also produce a good field for the development of certain skin disorders. It is therefore very important to keep these areas free from excessive perspiration. The involved areas should be washed daily with soap and water. It is well to follow this with a good cold spray as a tonic to the skin. Dry the skin thoroughly following the bath and apply a good dusting powder to the areas most likely to perspire. A change in underclothing and in stockings daily is essential. Where the above-named areas perspire excessively it is sometimes necessary to treat them with some type of astringent to overcome this difficulty.

There are at least two general types of skin—the dry type and the oily type. The dry type is usually of a fine texture, delicate, and in its freshness one which anyone would desire to have. But those who have this kind of skin have a job on their hands to keep it in this lovely condition. The lack of oil in this type of skin tends to predispose it to outside irritants, such as the sunlight, wind, rain, and dust. These agents have a tendency to remove more of the oil from the skin as well as to irritate the skin itself. Also the dryness of the skin is likely to produce premature wrinkles. The dry skin must be gently handled. It may be thoroughly washed with a superfatted soap and warm water. Work up a good lather with the hands, and then rinse the skin well with warm water, dry thoroughly, and then apply a simple cold or vanishing cream. The skin may be thus washed twice a day unless even this amount of washing tends to make the skin harsh. If so, washing once a day will suffice. If you find the soap you use causes a burning sensation, it is too strong and a milder soap needs to be used.

Then there is the person with the oily skin. Here the oil glands are overactive, and this skin has at all times a greasy look. The skin is predisposed to such conditions as acne, boils, and certain forms of dandruff. This type of skin is not likely to be sensitive to sunlight or to soap or other irritants. The soap used in cleansing can be quite alkaline. It is

well to give this type of skin a very thorough cleansing with a good soap and water lather twice a day, washing off the soap with warm water, then following this with clear cold water. This may be followed with an astringent lotion. This procedure will help much to make this type of skin more attractive. One should remember that the oily skin is overburdened with oil, and face creams should not be added.

Then there is also the individual with the reddish complexion and reddish hair. Persons of this type have skin which is very delicate and very easily irritated by exposure to the sun's rays. They should be careful not to expose their skins unduly to sunlight. Not only does such skin have a tendency to burn easily, but after years of exposure to the elements, it may develop skin blemishes which are precancerous in nature. Many of these blemishes will go on to the actual development of skin cancers.

There are many occupations in which workers must be especially careful of the skin, for the substances they are handling may be irritant. Oils and greases should be thoroughly removed following work. Sometimes harsh soaps are used for this purpose when it is necessary, it is well to keep the hands soft and smooth with the application of a substance such as lanolin. Women who have their hands in dishwater a great deal or do much

washing of clothes will find it advantageous to apply two or three times a day lanolin or some other simple cold cream to the hands. If one has a tendency for the hands to become rough, red, and irritated by too much contact with soap and water, wearing thin cotton gloves under rubber gloves while having the hands in water may help this situation. One should not wear the gloves long at one time.

The feet need care, as they are prone to sweat a good deal and this makes them liable to fungus infections. If the feet have a tendency to excessive sweating, soaking them daily with a solution of a tablespoonful of formalin to a quart of water is helpful. The foot soak should be of about fifteen minutes' duration. Following this the feet should be thoroughly dried and then a dusting powder applied. Changing the stockings two or three times daily, if excessive perspiration is present, is helpful in the prevention of athlete's foot. One should avoid going barefooted about showers, dressing rooms, etc.

What about cosmetics? We have on the market today all kinds of preparations to help one's skin. In most instances these substances are harmless but do little good aside from separating a person from some of his money. It is impossible to nourish the skin by external applications.

*(Continued on page 25)*



## Evensong

By GEORGE CLARENCE HOSKIN

Within the charming bliss of evensong  
I sit alone, entranced in reverie,  
As twilight hours delightfully prolong  
The joyous moments, luring cozily.

Beholding in the evensong, I see  
The beautiful and true, the good and pure,  
The special favors that remain with me  
And cheer my heart refreshingly, and lure  
To soulful memories that I would woo.  
The acts of kindness that to me divide  
Are infinitely sweeter than my due,  
And all the friendly virtues that abide  
Are far more precious than to me belong  
And leave me debtor to the evensong.



# Hardening of the ARTERIES

PART II

**CARROL S. SMALL, M. D.**

**I**N our discussion of arteriosclerosis, or hardening of arteries, last month, we learned that there are three sizes of arteries: (1) "large" arteries, from about an inch in diameter down to about one-eighth inch, (2) "medium-sized" arteries, down to about one-fiftieth inch, and (3) "arterioles," about the size of coarse hairs or smaller. We saw that there are three distinctive types of hardening, or sclerosis: (1) atherosclerosis, wherein deposits of yellow fatty material occur beneath arterial linings, (2) medial sclerosis, or petrification of the media or muscular middle layer of the arterial wall, and (3) arteriolosclerosis, characterized by thickening of the lining layers of arterioles. Moreover, each type of sclerosis enumerated above affects principally a certain type of artery, that is, large arteries suffer from atherosclerosis, medium-sized arteries undergo stony hardening, and arterioles develop arteriolosclerosis.

It was found also in our previous discussion that the heart, brain, and kidneys are the chief sufferers from these three forms of arteriosclerosis, and that the principal effect on these organs is destruction of portions of their substance by virtue of starvation when an artery is obstructed by arteriosclerosis, alone or in combination with clotting of blood in the narrowed area along the course of the vessel.

The questions which we agreed to try to answer are: What causes arteriosclerosis, and how may we avoid it? or how shall we cure it, once it is established?

As a background to the answers to these questions, if indeed there are any satisfactory answers, let us view a few more facts. First, arteriosclerosis is a disease of advanced years, that is, from fifty or sixty and up. The only exception to this general statement is that many instances of arteriolosclerosis, which, it will be remembered, is a thickening of the very tiny arteries, occur in individuals some ten to twenty years younger than the above-mentioned age group. Second, the disease is slightly more common in men, though quite frequent in women. Third, climate seems to have little influence on its frequency. Some will immediately cite evidence to show that

arteriosclerosis is less common in the tropical parts of the world, and that is true. However, other factors than mere warm climate are responsible.

As to definite reasons for atherosclerosis, the fatty accumulation in large arteries, three factors are probably responsible, in varying degrees; namely, diet, nervous stress, and high blood pressure. To these a rather disputed fourth can be added—nicotine.

Diet has been incriminated for the reason that animals fed large amounts of cholesterol, the same fatty material found in the thick patches in the walls of arteries showing atherosclerosis, themselves develop quite typical hardening of their arteries. The logical deduction would be, then, that foods containing large amounts of this substance, cholesterol, should be eaten sparingly. What are these foods? Butter, eggs, cream, and fat meats, especially pork. Now I did not say that all these foods in any quantity at all are damaging, but it is reasonable to suppose that, other things being equal, a high intake of cholesterol would promote deposits of the material in arterial walls. Might this be the reason for the injunction in the Old Testament, "Speak unto the children of Israel, saying, Ye shall eat no manner of fat, of ox, or of sheep, or of goat"? Of course, the eating of pork, either fat or lean, was forbidden by this same Mosaic law.

Medial sclerosis, affecting the middle layer of arterial walls, and arteriolosclerosis of the smallest arteries, are, as far as we know, not caused or influenced by diet. The apparent cause of the former is a simple degeneration of the muscle layer of arteries and replacement by brittle material much like limestone; the basic reason for

for this is quite unknown, but it appears to be simply an accompaniment of the aging process.

While it is fairly certain that the amount of the fatty substance, cholesterol, in the diet, has a bearing on the development of atherosclerosis, another factor plays a rather large part, and that is mechanical stress on the arterial walls by means of elevated blood pressure. It can be demonstrated that an artery in which an unusually high blood pressure exists, frequently becomes stiffened by fatty yellow atherosclerosis. Now, what raises the blood pressure?

Anyone of us can remember that excitement and exertion cause the heart to pound and the pulse to throb. These phenomena are accompanied by a rise in the pressure inside arteries. Therefore, excessive or prolonged emotion or stress will help to produce atherosclerosis.

*(Continued on page 28)*



H. M. LAMBERT

**A Placid, Optimistic Life Is a Definite Aid in Preventing Hardening of the Arteries**



# TOBACCO IRRITATION

## Does it Lead to Cancer?

**R**

LESTER H. LONERGAN, M. D.

WHY is it that while the average smoker seems but vaguely interested in the effects which his tobacco habit may produce over a period of years, he will manifest genuine concern about the effects immediately associated with his "smoke"? Apparently various cigarette manufacturers have been much aware of this tendency, for we have seen their attempt, by highly paid testimonials or by so-called "scientific confirmation," to minimize the fact that their particular brand of cigarette is irritating. However, candid investigation reveals the fact that one of the most common effects of the use of tobacco is the inflammation of the pharynx. This local irritation extends down to the bronchi to some extent in all cases, but especially if the smoke is inhaled—an almost universal custom among cigarette smokers.

Dr. Wingate Johnson states: "Most inveterate smokers show a marked congestion of the pharynx, and many either clear their throat or cough habitually, regardless of the brand of tobacco smoked." This irritation, perhaps to a greater extent than any other factor, determines the choice of brand used. In spite of extensive advertising to the contrary, cough and the expectoration of thick mucus are still common among inveterate smokers. Bastedo aptly states: "Though cigarettes themselves may have 'not a cough in a carload,' the cough is present in the throats of those who smoke them."

What are the causes of this irritation? It is due not alone to the presence of nicotine, pyradine, and aldehydes, but to a certain extent to the heat of the smoke itself. The temperature of smoke from a cigarette half burned is at approximately



EWING GALLOWAY



Cigarette Advertising Tries to Minimize the Fact That Tobacco Is Irritating

tation produced is no less than that from other brands.

Cigarette advertising, especially in medical journals, has emphasized the alleged differences in irritation between those cigarettes which contain glycerin as the moistening agent and others containing diethylene glycol. There is formed from the glycerin (but also from the natural fats of tobacco) another irritant substance, acrolein. So it is not surprising to find claims by the manufacturer who uses diethylene glycol that their cigarette because of this difference, has less irritating qualities. However, the evidence available from research work carried on by at least three different groups of investigators fails to support this contention that in the amount of irritation there is any significant difference because of the kind of moistener used.

Another evidence of tobacco irritation is given by Major Gerald B. Webb, who studied this during the first World War. Among 3,288 soldiers examined, the majority of smokers showed evidence of bronchial irritation (revealed by the de-

*(Continued on page 31)*



# OVERWEIGHT

PART II

## The Dangers of Overweight

**R** COMMANDER JAMES J. SHORT, M. D.\*

**A**FTER taking one good look at the dark side of the picture, most sensible people will agree that the pleasures of overindulging the appetite are hardly worth the long train of evils which are almost sure to develop. If you are climbing the ladder toward obesity round by round (or should one say "pound by pound"?), our counsel to you is to call a halt. Shun obesity as you would the plague. Find out what your weight should be, then scale your food consumption down to your needs, not up to your appetite! Weigh frequently, and do not under any circumstances permit your weight to exceed normal.

It may be mentioned incidentally that pregnancy often marks the beginning of obesity in some women, but this need not be so. If your increase in weight during this period exceeds twenty pounds, regard it with suspicion. The physician in charge of your case, of course, will guide you in the matter of a proper diet.

But now the question is, if you are already afflicted with excess poundage and have decided to reduce, what to do? Rush to the corner drugstore and demand the latest remedy "guaranteed to reduce or your money back"? If you have any regard for your health at all,

\* Medical Corps, U. S. N. R., and Associate Clinical Professor of Medicine, New York Postgraduate School of Medicine, Columbia University.

don't! The medical literature fairly abounds with case reports of those who have done that very thing. The aftermath? Blindness, anemia, severe illness, death—all too frequently.

A proper diet, then, is the sure road—even if a straight and narrow one—to a slim figure. What should this diet be like? What should it contain? What should it avoid? Where are the pitfalls? What are the dangers?

The first requirement is that it must be low in calories. Most diets offered for reducing meet this requirement, though many are deficient in other respects. How low in calories it should be depends on a number of conditions and circumstances. The diet must be individualized. A person weighing 400 pounds or more cannot tolerate as low a diet as one who is less overweight. One patient was observed who weighed 489 pounds. Careful study revealed that she had been consuming over 4,000 calories of food daily to maintain such a huge weight, even though she was unable to walk. The full significance of this great food consumption will be better appreciated when it is realized that an individual of 150 pounds at sedentary work will require only about 2,000 calories. To place such a person as the one who weighed 489 pounds on a diet of only 600 calories would result in such a rapid breakdown in fat that acidosis from fatty acids would probably result. On the other hand, a person of more moderate proportions might tolerate the low diet very well. Another factor which influences the caloric value of a diet is the usual activity of the individual. An active person must and can have a larger diet than a sedentary person. In so far as calories are concerned the tendency among physicians today is to employ lower diets than were formerly used and to effect more rapid rates of weight reduction. The average rate of reduction is about ten pounds a month,

though much more rapid reductions are frequently seen without ill effects.

Another consideration in choice of diet is adequacy of all essential substances for health and nutrition. These include proteins, carbohydrates, vitamins, minerals, and fluids. The protein requirement usually amounts to about seventy grams, the equivalent of seven-tenths pound of lean meat, or the protein content of twelve eggs or of two and one-half quarts of milk. Many popular diets are deficient in this substance. Carbohydrate may be equal to or somewhat less than the protein content. It is essential to prevent acidosis and to protect the tissues. The vitamins must be adequate and for safety's sake may be in excess of actual requirement. Since restricted diets used in reducing may be somewhat deficient, vitamins are often added as concentrates in capsule form. Minerals are usually adequate if dairy products such as skim milk, buttermilk, cottage cheese, etc., are included. Certain minerals are often added as such, however, to ensure an adequate supply.

The dangers of many diets result from deficiencies. Lack of adequate protein causes anemia and wasting of vital tissues. Lack of sufficient carbohydrate also causes tissue waste and may result in acidosis. And what a list of disorders may come from insufficient amounts of minerals and vitamins! Scurvy, bleeding into the skin, eczema, trench mouth, soreness of lips and gums, neuritis, stomach and intestinal disorders—all may result in varying degree from such deficiencies. These mineral and vitamin "protective substances" should always be present in abundance.

From these facts it can be readily appreciated how unwise it is to employ one general diet for every type of case. Diets should be individualized, though general principles to be followed are much the same.

Consult your doctor. Let him guide you. Every case is an individual problem. He is best equipped to prescribe for your peculiar needs. Experience has shown that those who attempt to reduce on their own either get into trouble from too zealous pursuit of some unbalanced dietary, or become discouraged and give



A Proper Diet Is the Sure Road—  
Though Strait and Narrow—to a Slim  
Figure





INTERNATIONAL PHOTO

**Overweight Throws a Burden on the Heart. Through Careful Dieting and Exercise We Can Get Rid of This Burden. But Violent Exercise Is Detrimental in Extreme Overweight**

up the struggle altogether. Under proper guidance there is scarcely any limit to how much excess weight may be safely removed. One patient known to the author lost 240 pounds in about 18 months, with continual improvement in health and sense of well-being. A more extreme instance is that of the patient who originally "weighed in" at 479 pounds and lost 115 pounds in 4 months, 208 pounds in 8 months, 268 pounds in 12 months, and 300 pounds in 18 months. Hundred-pound losses are common.

"But," someone protests, "I have tried diets and can't reduce a single pound. And my weight goes up for no reason at all." Yes, such a statement sounds strangely familiar. But I am not im-

pressed. The individual is still to be found who cannot be reduced by diet alone. It would be just as absurd to say that your bank balance increases steadily while you are spending constantly, even though you never add interest or make a deposit.

"But," someone says, "I'm sure I must have gland trouble." Yes, that's another popular alibi for obesity. But it isn't your glands, it's your appetite! If you're overweight, your appetite, like a spoiled child, has been the victim of improper training. You have no idea how amenable the appetite is to reason, once you decide to train it! It is the experience of most people on a reducing diet that after the first few days they not only

have a diminished appetite, but often an actual indifference toward food, and they find that it takes very little to satisfy them.

Glands are often blamed for the tendency to gain weight, but in this matter they are usually falsely accused. Overweight is not the result of glandular imbalance but of calory imbalance. Even in the relatively rare cases in which the glands are at fault, their deficiency is a predisposing, not a determining, factor—which is just another way of saying that overweight in the final analysis depends on food consumption and not on the glands.

All fat comes from food. Without food there can be no fat. Fat as such or as raw material arrives at its destination in the body tissues via the well-known oral route—the mouth. If a blockage could be imposed at the port of entry, there could be no such condition as overweight. Strange that such a simple and obvious fact could be so often overlooked! But it is an admitted psychological principle that many people do not like simple explanations; they prefer something involved or mysterious.

Many people have the impression that reducing diets are necessarily weakening. The contrary is actually the case. The word "strength" is a relative term and refers to power with reference to load. Naturally the lighter the load, the more the power. Most people testify to the increased strength and vitality which accompany proper reducing. But a word of caution must be injected here. Beware of freak diets! The common characteristic of all of them is that they are unbalanced. They may reduce, but they often starve the body for many of its vital needs. The Hollywood diet, the grape juice diet, and all the other eccentric diets may cause anemia, asthenia, and generally lowered vitality. A proper reducing diet does not cause physiological starvation. It reduces the weight by causing the excess fat to be burned, but none of the vital tissues are hurt or impaired in any way.

"Shall I exercise to reduce?" you will ask. No, not if you are excessively overweight. Your heart is already overburdened with the added load it has to carry. This is not the time to increase the strain upon it further. Moderate exercise under a doctor's orders is permissible, however, as the weight approaches normal.

In conclusion, let me counsel you once more not to follow the myriads of freak remedies and fad diets now being so widely promoted. Don't expect to remove in a day the accumulation of years. Go about the reducing regimen patiently and systematically. Co-operate with your doctor. Be faithful. Keep your courage up and your calories down. And always remember, "It's the lean horse for the long race!"





The  
FIRST FEW MONTHS  
of the  
BABY'S LIFE

▲ BERTHA L. SELMON, M. D.

"DICK" WHITTINGTON

Baby's Future Depends Very Much on the First Few Months of His Life, on Getting the Right Start

#### PART IV

#### The Care of the Baby

A BREAST-FED baby usually grows faster than a bottle-fed baby. Especially is this true of the first month or two, provided, of course, the mother's milk is adequate, and it should be if she has had good food and has been successful in early establishing normal nursing effort on the part of the baby. Often, as the mother returns to her household routine, she may experience some fatigue and the breast milk may be temporarily diminished. She should understand this and not add worry to the picture, for worry and nervousness will still further retard the secretion of milk. Frequent rest periods and quiet confidence are needed to save the situation.

If necessary a small amount of formula may be given after the breast feeding for a day or two. In many cases this will not need to be continued. Every effort should be made to retain breast feeding at least for four months, as it is

in the interest of the mother's health as well as that of the infant. Only under a physician's advice should regular bottle feeding be introduced.

Mothers frequently compare notes as the weeks go by, and the family doctor is asked, "Why doesn't my baby grow as fast as Mrs. Brown's?" A great deal of explaining may be necessary to answer this question. Growth is a valuable measure of infant progress, and weight should be taken weekly, either at home or in the physician's office, or in the well-baby center, as the case may be. The rate of growth will vary much, even among normal, healthy, well-fed babies. The physician will consider the parents'

types: Are they tall or short, stout or slender? Was the baby vigorous at birth? Is it taking its food well and digesting it properly? How many and of what color are the stools? Average weight gains for normal babies run a little better than a pound a month the first year. Baby usually doubles his weight in the first five months and trebles it by the end of the year.

When mother boasts, "My baby is growing like a weed," she feels a great sense of satisfaction. If she is certain that her baby is taking the right food, she may well be content. However, if she has taken her feeding program from neighbor advice, instead of from her physician, she will do well to "watch her step." Fat babies are not always healthy. Perhaps she is feeding *sweetened* condensed milk. Too much sugar and insufficient vitamins will make baby too fat, often subject to colds and predisposed to



rickets. Cod-liver oil, or its concentrate, contains vitamin D—the sunshine vitamin—which prevents rickets by aiding the body to use the calcium of its food, and also vitamin A, essential to normal growth. Orange juice contains vitamin B, which is concerned with growth, and vitamin C, which has to do with normal development and healthy teeth.

These two foods are usually added to the infant's diet when it is three or four weeks old. Orange juice is given in small quantities, one or two teaspoons at first, with two parts of water added. The amount is gradually increased until the little one is taking the juice of one orange each day. A very few babies do not take orange juice well—then a substitute is found in tomato juice or some other source of the two vitamins.

Before the days of scientific infant feeding there were many cases of rickets. Nearly every baby had colic, and father walked the floor at night because even for the breast-fed there was no regular feeding time. Baby was nursed every time it cried. The result was indigestion and colic. Jumping or jiggling the baby became a habit, and the baby cried for this attention, wearing out the parents' and its own nerves.

Now we know that at first a three-hour and later a four-hour interval, with quiet rest between feedings, result in a contented infant which hardly ever cries, except to stretch its little lungs. If it can be persuaded to take this exercise sometime between 5 and 9 P. M. daily, and to sleep through the night, with at first only one feeding between 10 P. M. and 6 A. M. and soon no night feeding, this will be an ideal baby, a comfort to its parents.

Given this nourishing food, warm, boiled water at least twice daily, and proper rest, which includes freedom from irritations (soiled diapers, which cause diaper rash, too many or too few covers), baby will sleep most of the time between feedings. If the desired continuous warmth is to be obtained, the room temperature should be well regulated, with clean air, containing some moisture provided by evaporating pan on the stove or in the furnace. Frequently, even in winter, the doctor's attention is called to "a breaking out" which proves to be a simple case of prickly heat. Mother, zealous to prevent chilling, has heaped too many covers over the infant. The simple feel of the baby's hands and feet should tell her when it is comfortably warm. As the infant grows strong enough to kick off covers, a sleeping sack or drawstring gown will prevent this and so avoid chilling at night.

As the baby grows there will be more and more moments of waking before feedings and at changing times. Mother will be watching for the first smile, the first "laugh out loud," the first co-ordinated movements. The baby will learn to hold in its grasp a rubber ring or a rattle. Then a balloon hung from the handle of the bassinet just within reach will provide interest and develop co-ordination of the hands. When the infant has learned to cling to the finger of the parent, it may be taught to raise itself to sitting position, mainly with its own effort. It will early learn to turn over, and must be kept from sleeping mostly on one side, as the soft bones of the head may be pressed forward on that side, making the opposite side of the face more prominent.

An illness which the babies of a past generation suffered and which took a heavy toll of baby lives, was cholera infantum. This disease has all but vanished among intelligent families. It occurred mostly in bottle-fed infants, though it did happen to breast-fed babies when the mother, perhaps having summer diarrhea herself, did not understand the importance of cleanliness in washing her own hands and nipples and of keeping the baby and its food away from flies. The bottle-fed infant's mother had not learned the technique of boiling bottles, spoons, and dishes used in preparing the sterile food for her infant. Pasteurized milk had not been developed at that time, and raw, contaminated milk was often the source of infection. Mothers of today are fortunate in having escaped so many hazards and in having available both evaporated and pasteurized milk, either of which may be used in the formula, and in having modern refrigeration to keep the prepared bottles cool. Detailed directions regarding the problems of either breast or bottle feeding are usually supplied each mother. A mother today has an easy recreation compared with the anxiety which her grandmothers experienced.

The fly problem remains, especially in warm weather. Keeping flies away from the baby and its food is not always easy. One fly may be a carrier of diarrhea, dysentery, or even typhoid germs. If it is impossible to screen the house and keep flies out of it, then a netting drape large enough to cover the crib should be made. This net may also be used over a play pen or over the baby cab, if the baby is placed outside to sleep or has its daily outing. In our Southland the problem of flies is difficult, especially when the family income does not provide screen doors. The entire family is often plagued with intestinal infection, and the mortality in infancy is high. The South, on the other hand, has the advantage of many days of sunshine, which the Northern States do not have.

If the family cannot always afford cod-liver oil, they can place baby outside in his cab to sleep, shading the eyes from direct sun; and the invigorating violet rays will find their way to it. On warm days, clothing removed, the baby may be given a few minutes' sun bath before his daily cleansing bath. In the North on pleasant days the same procedure may be followed. If care is taken never to frighten baby in either bath, these will be occasions of enjoyment on the part of the baby. It must be remembered that sun through glass windows contributes only warmth. The vital protective rays are filtered out unless the glass is of a very special make. It is best not to depend entirely on direct sun to take the place of cod-liver oil in infant feeding.

Properly nourished and protected from

(Continued on page 28)

Baby Has Succeeded in This One Accomplishment, but Oh, Oh, How Many Germs on Those Little Toes!

H. N. LAMBERT





# 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 12, D. C. Enclose stamped, addressed envelope for reply. This service is available only to subscribers.

## Soybeans

*"In my canteen work I am to talk on the radio for fifteen minutes about soybeans as food. Do you have some suggestions?"*

The interest in soybeans seems to grow and grow. Recently some have even phoned long distance for information about them. Probably more soybeans are used as flour than in any other way. Soybean flour is quite well distributed. The best of the flour is made of the entire bean and retains all the valuable oil. The flour is treated by a certain degree of heat so that it is not actually raw. This is done because extensive research work proved that it is necessary to make the flour digestible and entirely wholesome. Raw soybeans and raw peanuts produce ill effects. Heating only a little overcomes the trouble. Soybean flour may be used to give extra nutritive qualities to bread. It is being added to the Army loaf.

You will find that about twenty per cent soy flour may be substituted for other flour in making breads, cookies, cakes, puddings, pastry, and for all flour purposes. This amount tends to make the product moist, rich, and nutlike in flavor. Soy flour with the full fat content is heavy and rich; thus the fat in the recipe may be lessened slightly and precious rationed fat saved. You will enjoy a little grated orange, tangerine, or lemon rind in soy desserts. Peppermint also combines with soy for pleasing flavor. These recipes are favorites.

### Soy Daffodil Cake

- 6 egg yolks
- $\frac{3}{4}$  cup honey
- 1 teaspoon salt
- 1 teaspoon orange extract or a drop of peppermint
- 2 tablespoons grated orange rind
- 6 egg whites
- 1 cup soy flour

Beat the egg yolks stiff. Add the honey slowly. Then add the salt, orange extract or peppermint flavoring, orange rind, and half the stiffly beaten egg whites. Add the soy flour which has been sifted six times and the rest of the egg whites. Bake at 325° for one hour. This mixture can be used for small cup cakes or ladyfingers.

### Soy Orange Rolls

- 1 cake compressed yeast
- $\frac{1}{4}$  cup lukewarm water
- 1 cup orange juice
- Grated rind of two oranges

- $\frac{1}{4}$  cup sugar
- 1 $\frac{1}{2}$  teaspoons salt
- 3 tablespoons melted butter
- 1 $\frac{1}{2}$  cup soy flour
- 2 $\frac{3}{4}$  cup enriched flour
- 2 beaten eggs

Sift, measure, and combine flours. Dissolve yeast in lukewarm water. Add other ingredients, stirring the flours in last. Knead until smooth. Set to rise in a warm place until double in bulk. Shape into rolls, let rise again until double in bulk. Bake at 400° for 20 to 25 minutes.

Very satisfactory meatlike patties, sausages, roasts, and steaks are made from commercially prepared soybean meat substitutes. Some come in cans as potted meat. A new one being introduced in some markets is made of a blend of soy flour with other flours, dry eggs, and seasonings. It comes as a powder; you add water and form it into sausages. You will find that sage, mint, basil, and garlic enhance the appetizing qualities of soybean entrees.

Soybean milk may be made in the home. The easy way is to use soy flour. Mix the soy flour with cold water, using one pound of flour to one gallon of water. Then strain it through muslin or flour sacks. Boil it about one hour, adding three ounces of lactose to each gallon of milk during the last twenty minutes of cooking. Cool it as quickly as possible and put it away in sterilized containers until ready to use. If you need to keep the milk more than two or three days, boil it for two hours.

The very best homemade soybean milk is made by a more elaborate process. Wash dry soybeans in water and soak them overnight. In hot weather put them in a cool place while soaking. Remove the skins and grind into a coarse meal, letting a little water trickle through while the beans are being ground. Put the finely ground beans in a cheesecloth bag and place it in a bowl of lukewarm water, using three quarts of water to each pound of dry beans. Work the bag around in the water with the hands for five to ten minutes, then wring the bag of pulp until dry. Boil the liquid thus expressed over a low fire for thirty minutes, stirring to prevent scorching. A double boiler may be used. Add dextrose and salt to suit the taste. Keep in a cool place. The best soybeans for milk are Bansei, Hokkaido, Homverlandt, Mammoth Yellow Dixie, and Rokusun.

Soybean milk may be soured and used as buttermilk. A fine acidophilus beverage is prepared by treating soy milk with the acidophilus culture, just as cow's milk is processed. Soybean oil is used by many in place of the unavailable olive oil. It is well suited for the preparation of French dressing, mayonnaise, and for all fat purposes. It often looks like olive oil. Green soybeans are still to be had in tin cans. They resemble baby Limas in texture but are a rich green color. Because they are tender and sweet in flavor they are popular. A pretty and tasty dish is made of one-half green soybeans and one-half whole yellow kernel corn with a little cream and a few dashes of paprika.

Both green and yellow dried soybeans may be purchased and cooked in the home. Using a pressure cooker gives the best results, although some varieties of dried soybeans will cook soft if soaked for hours and cooked for hours. To season the bean thoroughly is not easy, but if the seasoning is added before pressure cooking the flavors will permeate the bean. Try a little tomato, bay leaf, brown sugar, salt, and garlic.

Soybean coffees, free of wakefulness-producing drugs, are satisfying. The bean is roasted and ground just as coffee, and regular coffee-brewing methods are used to prepare it. Soybean noodles, macaroni, and spaghetti are available at some of the health-food stores. You will also discover that soybean sauces and soybean curd, which the Orientals have been using for centuries, are well worth investigating. Soy sauces add richness and a golden-brown color to soups, gravies, and many vegetable dishes. You will be quite sure to like them in noodles, spaghetti, and with eggs.

Soy curd is actually the most vital part of the soybean, as it is practically pure protein. In appearance it resembles cottage cheese and it is marketed in this form. Soy curd can be flavored with ripe olives, pimiento, and other wholesome savories to make appealing sandwich spreads. A most delicious cheeselike dish is Soybean Rarebit made as follows:

- 2 cups milk
- 4 tablespoons melted butter
- 4 tablespoons flour
- $\frac{1}{2}$  teaspoon salt
- 1 cup soy curd

(Continued on page 25)





RACINE PHOTO

# Oats-

One of the Most  
**NUTRITIOUS**  
of Foods

*Tasty  
Recipes*

By **GEORGE E. CORNFORTH**  
MEDICAL DIETITIAN

**O**ATS are outstanding among cereals. They contain more protein, more fat, more food minerals, and more vitamin B<sub>1</sub> than any other cereal. The hardihood of the Scotch people has been attributed to the large use of oatmeal in their diet. In Johnson's first edition of his dictionary he defined oatmeal as a food for men in Scotland and for horses in England. Whereupon a Scotchman retorted, "And where do you find such fine horses as in England and such fine men as in Scotland?" And Sir John Sinclair, who lived from 1754 to 1835, is quoted as saying: "In their ancient predatory incursions into England . . . the Scottish warriors fastened to their saddles a bag filled with oatmeal and a plate of flat iron, upon which they baked their grain into cakes. Laying this iron plate, called a griddle, upon a fire, they spread upon it their meal, made with water into a thin paste, and thus converted it into bread. They could carry a sufficient supply of this for thirty days' consumption, which gave them great advantages over an army whose wants were more numerous."

The reader has no doubt heard that when people perspire freely, they should drink salt water to restore to the body the

salt that is eliminated in the perspiration. When I was a boy, that practice had not been thought of; but farmers had discovered by experience that there was something better than plain water to drink when working hard in the hayfield on a hot day in July, and that was oatmeal water. That was before rolled oats had been thought of. Oatmeal was soaked in cold water and the water was drained off and drunk. It had a good flavor and it supplied more of what is lost in perspiration than salt water supplies, because more than salt is lost. Other minerals and vitamins are lost, and oatmeal water supplies other minerals than salt and some vitamins.

Oatmeal, or Scotch oatmeal, or steel-cut oatmeal, as it is variously called, is oats cracked into coarse pieces. It requires long cooking thoroughly to dissolve all the starch in the coarse pieces. Perhaps the inconvenience and cost of this long cooking is the reason that Scotch oatmeal has lost its popularity, even though it has the old-fashioned rich oatmeal flavor, and rolled oats have come to be called oatmeal. In "quick-cook" oats the flakes have been rolled so thin that they cook in a few minutes. Oatmeal, not having been re-

fined in any way, is normally laxative. Oats have been tampered with less than any other cereal.

Oatmeal is of special interest at this time because it is one of the unrationed foods. In fact, at the time of writing, though some people, perhaps most people, think that just about everything is rationed, it is possible to live without rationed foods—without using any "points." Yes, Doctor Harris of the Massachusetts Institute of Technology has said that it is possible by the use of whole wheat, potatoes, soybeans, and some source of vitamin C to construct a complete diet at a very low cost. And none of these foods are rationed. And I am inclined to think that Doctor Harris would be willing to substitute oats for wheat in the formula.

Some may think that such a diet would be too low in protein, but a short time ago I tried to construct a diet by using those foods and I could not construct one that did not have more protein than is actually necessary. So there would be no danger of lack of protein.

It might be of interest to mention that cereals are the most economical of all foods. It is possible to buy more nourishment for a cent when

buying cereals than when buying any other food.

Protein foods are not all of equal value in body-building quality. In this respect proteins are classed as "complete" and "incomplete." The complete proteins, those that supply all the "building stones," or amino acids, necessary to build body tissue, are found in meat, eggs, milk, nuts, and soybeans. The incomplete proteins are found in cereals, beans (except soybeans), peas, and lentils. But oats approach eggs closely in the value of their protein. Oats compare with eggs as 98 to 100, according to Dr. John R. Murlin of the University of Rochester, New York.

The reader does not need recipes for the cooking of rolled oats as mush or porridge. Recipes will be found on the package. But some suggestions about eating oatmeal porridge might not be out of place. Starch requires the action of the saliva for its digestion. For that reason cereal foods need to be retained in the mouth and chewed enough to mix the saliva with the cereal. To encourage oneself to do that, it is a good practice to eat something hard, like nuts, crackers, zwieback, dates, raisins, or figs with hot  
*(Continued on page 32)*



# How to Take Care of YOUR APPLIANCES

By STANLEY H. KERSHAW\*

ILLUSTRATIONS COURTESY OF INTERNATIONAL ASSOCIATION OF ELECTRICAL INSPECTORS

**E**XCEPT for the farmers, perhaps no occupational group in the country needs such a wide variety of skills as Mrs. American Housewife. In the present emergency she needs one more important ability—the knowledge of how to take care of the electric appliances she has. Most women have discovered that new appliances simply cannot be bought; replacement parts are becoming scarce.

—not the cord. Keep cords uninked; when not in use, store them, coiled loosely, in a drawer, or hang them over pegs about five inches apart.

Home repairing is feasible, but it should be done only by someone who has had previous acquaintance with appliances and who knows the right way to make repairs. If a plastic plug breaks, repair it immediately; the wiring exposed by the break can be a shock and fire hazard. Both cords and appliances, of course, should bear the approval seal of an independent recognized testing agency such as the Underwriter's Laboratories.

*Kitchen Appliances.* Clean ap-

After using the electric mixer, clean the body of the machine with soap and water; also remove the beaters from the mixer and wash them in soap and water immediately after use. Care is necessary to prevent water or juices from coming in contact with the motor.

Electric irons can be fire hazards. Never set them down directly in contact with the ironing board; use a metal or asbestos plate or the heel rest provided by the manufacturer. Wipe the bottom clean with a damp cloth after the iron has cooled following its use; never use a knife to scrape off anything stuck to the bottom. Keep the cord away from the hot iron at all times. If the cord is not permanently attached to the iron, connect the iron end first before plugging into the wall socket; conversely, remove the wall end first before disconnecting the



"Taking care" of appliances does not necessarily mean the actual repairing of them. In general this is better left to an experienced electrician, familiar with the many types of household appliances and aware of the dangers which may result if they are not repaired properly.

Many appliances which are basically safe can be made unsafe by improper use or by neglect. This is why their careful upkeep is so important right now. Appliances are like human beings; properly cared for, they will last well beyond what might be considered their normal lifetime.

*Cords.* Fasten cords securely to the plug which fits into the wall socket and to the female plug which fits into the appliance. Cords insulated with silk or other cloth are especially likely to become frayed; these, along with rubber-insulated cords, should be inspected regularly and repaired if necessary. Do not run cords under rugs or around radiators or steam pipes. When disconnecting the cord remove the wall end first, grasping the plug



pliances usually give better service and use less current. Wipe electric grills with a damp cloth after using; use a spatula or fine steel wool to remove particles of food which stick to the grids, mopping up with a damp cloth. Don't use a sharp knife to scrape the grid.

Wipe waffle makers with a dry cloth after use; remove particles sticking to the grids with a wire brush. Never wash the grids; they become "seasoned" and washing will destroy this seasoning.

Always remove crumbs from toasters after use. Pop-up type toasters usually provide a panel underneath to allow crumbs to be removed. Never use a fork to remove toast; shock or burn may result.



Upper Left: Frayed Cord on Electric Iron Should Be Immediately Repaired or Replaced if in Too Bad Condition. Middle: Wire Is Exposed, and the Cap on Socket Has Become Loosened. Don't Permit Such Things to Occur in Your Home. Above: Note a Properly Wired Lamp



\* Director, Home and Farm Safety Division, National Safety Council.



## A WARTIME ARTICLE FOR ALL HOUSEWIVES

iron end. Never leave the room without disconnecting the iron, especially when toddlers are about. Don't iron over buttons, slide fasteners, and similar hard objects.

Ironers need simple precautions to assure their long and dependable use. These directions will help: Follow the manufacturer's instructions; they cover the specific model you have. Keep the "shoe" clean, rubbing it with a damp cloth after it has cooled. Silver polish or a similar mild abrasive will remove starch. Remove the padding and fluff or reverse it occasionally; change the muslin cover on the roll frequently, and launder it to leave it fresh for the next use. Remove scorch stains with a good bleach. Zippers and other hard articles should face the roller, so that the shoe will not be scratched. As with irons, a pinch of salt added to the starch will keep it from sticking.

Empty vacuum cleaners each time they are used; otherwise their efficiency is



Above: Never Touch With Wet Hands a Switch and Any Other Grounded Metal Object, Such as Another Switch or a Faucet, at the Same Time. Wear Rubbers When Washing. Left: When Disconnecting the Cord, Remove the Wall End First, Grasping the Plug, Not the Cord



impaired and more electric current is used to do probably less thorough cleaning. Proper adjustment of the nozzle height and brush height will make thorough cleaning easier. Don't pick up pins, marbles, or other hard objects; they may damage the fan or the fan housing. Be sure to grease the cleaner

according to the manufacturer's instructions.

You should defrost your refrigerator regularly because it operates at maximum efficiency when there is the least frost on the coils. After defrosting, wash it with baking soda and water and empty the melted frost out of the drip pans before the refrigerator is turned on again. The refrigerator should be set an inch or more away from the wall to allow circulation of air.

In the laundry self-preservation is the paramount consideration. Here, more than in any other place, the hazard of shock is always present, and here this  
*(Continued on page 29)*



# THE HOUSEWIFE'S CORNER

CONDUCTED BY CAROLINE EELLS KEELER

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

## Packing Lunches

We are packing lunches again, and probably looking around for new ideas. Baked beans are an old stand-by for sandwiches. Here are some suggestions for sandwich fillings: Peanut butter mixed with chopped celery; peanut butter with raisins and honey; cream cheese and sliced olives; egg salad; walnut or pecan meats; cucumber (better take along the cucumber to slice and make up your sandwich just when it's time to eat, or it will be limp); grated carrot with salted peanuts. And do use some of these excellent vegetarian meats that are advertised in our journal. Dip the cutlets in beaten eggs and crumbs and brown, and then place between slices of bread. The many kinds of vegetarian meats offer many different flavors.

Then vary the breads—there's rye, oatmeal, nut, whole wheat, enriched, raisin, etc. Good bread is tasty without any filling, especially the whole-grain variety with its natural chewy goodness.

Include a warm or cold drink, according to the weather. The thermos bottle may contain soup; hot soup is doubly welcome on a cold day. Put in some kind of fruit—apples, grapes, pears, oranges, dried fruit—and a cookie, etc.

Be sure that the workingman's lunch, if that is what you prepare, is a hearty lunch. Make it appetizing and easy to eat. Wrap the sandwiches neatly, and have special containers for other foods. A messy lunch has no appeal.

## Blitzing Food Waste in Your Pantry

HERE are some good suggestions from the Bureau of Home Economics.

Wage a real "blitz" attack on food waste in your kitchen cupboards and other storage places this autumn. As war goes on, there is greater need to be alert against insects, mold, dampness, mice, and all the other saboteurs of the pantry.

One effective way to get all the good from food is to store it well until used, point out home economists of the United States Department of Agriculture. Put each type of food in the place it will keep best—in the right, and correctly cared-for, cupboard, cooler, can, or jar. Then check once in a while to make sure the food is ready for table duty when needed.

The best place to store flour is in a

tight can, jar, or bin—to keep out light as well as moisture, mice, bugs, and dust. Clean these containers thoroughly before putting in new supplies of flour.

Bread will stay fresh longer, keep from molding in humid weather, if you wrap it in moistureproof paper and put it in the refrigerator. Otherwise, put your bread in a ventilated box. Cool home-baked bread before storing.

Cake, also, ought to be thoroughly cooled before you put it away. It needs its own well-covered box, ventilated if in a humid climate. Both bread and cake containers must be spotlessly clean to keep away mold. They need scalding, airing, and sunning regularly.

Crackers and crisp cookies soften if you store them with bread or cake. To keep them in the best condition, put these foods by themselves in clean, airtight tins or boxes. And if you have a cooky jar, make sure it has a tight-fitting top.

Foods canned in glass need to be stored in a cool, dark place. . . . Light affects their color and vitamins. Keep tinned goods dry to prevent cans from rusting. Rust may eat through metal and cause the food within to spoil. If you have home-dried some of the produce from your Victory gardens, store these dried vegetables in tight, moistureproof containers. And keep the containers themselves in a cool, dark, dry place.

The natural sugar in dried fruit keeps it from molding easily, but dried fruits, too, need protection against dust, moisture, and pests. As an extra precaution against weevils or worms, look over stored dried fruit once in a while—especially if you still have warm weather.

Quick-frozen foods need a place in the freezing compartment of a mechanical refrigerator, to stay there until used. These foods must be kept frozen solidly—and even then; not held too long. Once thawed, frozen foods spoil quickly. Do not refreeze them.

Butter and cheese need to be cold for safekeeping. Also keep them well covered, so that butter will not take up odors. Cottage cheese and other soft types should be used quickly.

## Baby Calendar

THE H. J. Heinz Company has a baby calendar for two years' recordings that you will want if you have a new baby.

This calendar will give a permanent record of baby's progress. Then there are little valuable statements here and there on how to care for baby. You can secure one through your physician, your hospital, or by writing to the H. J. Heinz Company, Dept. BC-9, Pittsburgh, Pennsylvania. The cover is azure blue and there are two charming pictures of babies in color.

## How to Take Care of Your Clothes

THIS is the title of a booklet you will want to have in your home. It is prepared by one of the world's largest textile mills, and is yours for the asking. Simply write to Dan River Mills, 40 Worth Street, New York 13, New York, for your copy. The booklet includes instruction for planning your wardrobe and buying your clothes, as well as for taking care of them afterward—cleaning, laundering, pressing, putting them away after wearing, and storing them. Now that rayon fabrics are in every wardrobe, you'll appreciate the section, "Know Your Rayons."

## "One Year Later"

MARION JORDAN ULMER, who prepared the mimeographed booklet on feeding a family of four on a dollar a day, has prepared a supplement to this, entitled "One Year Later." This supplement may be obtained by sending ten cents to her at 591 South Downing Street, Denver, Colorado. You may be interested in looking over this supplement, as the cost of food has risen since she prepared the other study.

## Here's a Recipe to Try

### Creamed Lima Beans and Celery

- 1 box (12 oz.) quick-frozen Lima beans
- 2 cups boiling water, salted
- 1 cup sliced celery
- 2 tablespoons butter
- 2 tablespoons flour
- 1½ cups milk
- 1 teaspoon salt

Drop frozen Lima beans into boiling salted water, bring again to a boil, and cook 8 to 9 minutes. Add celery and continue cooking 8 to 9 minutes longer. Drain. Melt butter in saucepan, add flour and stir until smooth. Add milk and cook until thickened, stirring constantly. Add salt, Lima beans, and celery. Serves 6, at a cost of two thirds of a point a serving.





On page 32 of the Betty Crocker Cook Book of All-Purpose Baking we read: "Sift and measure flour and put it into the sifter. (To insure correct measurement, first sift flour in a large open sifter onto a square of paper to aerate it, then spoon the sifted flour lightly into measuring cup and level off with a straight knife. Put into the sifter placed over a paper plate or square of paper.)" Thus explicitly does the Betty Crocker staff explain each step in the baking process . . .



Eggs are precious! The housewife who sets out to bake a cake—a batch of muffins—without a dependable recipe . . . is taking a gambler's chance. The scrupulous recipe testing carried out by the Betty Crocker staff, accordingly, helps women avoid inexcusable wartime waste.

Many "recipe conferences," many actual tests of the recipe—may precede the issuance of a recipe. Never is a Betty Crocker recipe issued before being tested with great care. In this way millions of women who use our recipes are saved from the risk that attends the use of inadequately tested recipes.



## "Dear Betty Crocker..."

A KANSAS farmer's wife, an army cook on a Pacific island, a bride in a New York apartment—to these—and millions more—Betty Crocker is a "friend in need." It is the job of the Betty Crocker Home Service staff to help them.

This help takes a practical form. It consists largely of recipe and meal suggestions. In the magazines and newspapers, over the radio—and on or in many of our actual packages . . . women receive the carefully tested Betty Crocker recipes and menus, cooking and meal-planning tips.

In addition—to the many thousands of

women who register in the "Betty Crocker Cooking School of the Air"—go special bulletins, timely pointers on nutrition, on rationing, on dozens of food, cooking and meal-planning problems. Hundreds of thousands of other women have sent for the inexpensive Betty Crocker Cook Book of All-Purpose Baking.

"Dear Betty Crocker, will you tell me—" usually heralds a problem of intimate reality to the writer. Such pleas receive careful attention. They get sympathetic, individual replies.

The war has added to the problems of the Betty Crocker department. It has

expanded its opportunities for service. Scarcities in fats, sugar, meats and other types of food have created demands for "substitution" and "extender" recipes.

The war has, above all, given greater importance to the dependability of Betty Crocker recipes.



# General Mills, Inc.

Minneapolis, Minn.

The name Betty Crocker is used only in connection with the Home Service activities and products of General Mills. For 22 years this Betty Crocker service has become increasingly helpful to millions of women. No comparable type of recipes, for example, match the popularity of those with the "Betty Crocker" name.

"Betty Crocker," "Kitchen-tested," Softasilk, Bisquick, Wheaties, Cheerioats and KIX are reg. trade marks of General Mills, Inc.



# 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 12, D. C. Always enclose stamped, addressed reply envelope.

## Educational Problem With a Large Family

*"I have a problem which to me seems very serious. I am the mother of seven children. Two boys and the youngest girl have a terrible time learning to read and spell. The oldest one never had much of a chance, as he had a heart condition when young and was never allowed to go to school more than half a day at a time. He went as far as the sixth grade only. It seems he would try as hard as he could to learn to read and spell, but could not remember what he had studied. The same is true of the girl. She tried, but gave up and would cry about it. The other boy is a little better, but they have no faith in themselves and give up too soon.*

*"I've tried to encourage them and help them, but to no avail. Their father never learned too much of his reading and writing, but can do enough to get by on. I wonder if you can suggest some way for me to be of more help to them, or is it that they can't learn? Arithmetic they learn easily. But one needs reading and spelling so much."*

The fact that three of your children find it difficult to read and spell does not mean that they are stupid or of low intelligence. Their interests and powers of concentration are keener along other lines.

You say that they do well in arithmetic. That is the real test of mental ability. So it is not low mentality that handicaps them in their reading and spelling. I think probably too much has been made of it, and they have developed a sense of inferiority which hinders them all the more. I think they should be allowed to develop in the direction in which they do well, and be commended for their accomplishments instead of being continually labored with because of their apparent backwardness.

You should be sure that they have no deficiencies of hearing or of sight. Their eyes and ears should be examined by a specialist.

Do not expect them to make rapid strides in reading, but be content with a little progress, praising them for what they can do. Let them practice reading at home with very simple, attractive, large-type books—there are many to be had. These books may be only for third

or fourth grade readers, but can be interesting and enjoyable. I believe that as time goes on and the children make even slow progress, they will gradually learn better how to read, at least sufficiently so, as you say, for all practical purposes. Some very bright people never do become good in reading. Just be happy with your children, and don't worry.

## A Willful Five-Year-Old

*"I have a son five years old who is giving me a great deal of heartache. He is a very strong-minded boy, and if there is something he wants to do, nothing is going to stop him.*

*"For instance, yesterday I told him to play around his own home and not to go over to some children living a block away. He promised me that he wouldn't, but about ten minutes later he was no place to be seen—he had gone over to those children. I went to get him and spanked him and talked to him. I then sent him outside to gather up his toys and bring them in for the evening, and as soon as he had gone out he was out of sight down the street. I again brought him home, spanked him, and sent him to bed. He cried for two or three hours before he fell asleep. I sent him out today, reminding him to play around his own home, but after a few minutes he went again. I brought him into the house and told him he could not go outdoors all forenoon. He felt very bad and told me he would never go down again without my consent. This afternoon he went out and went down again.*

*"He has plenty of children to play with, so is in no need of companions. Those children are up here very often, and I let him go down there also, but I feel he cannot go whenever he chooses.*

*"This is just one instance of his behavior. I am sure you will tell me not to spank him, but kindness and only talking to him completely fail. He seems to be a healthy boy, although very thin.*

*He eats well. He gets much love from his father and me, as he needs to be punished so often. He loves his sister and is not jealous of her, because we have never made any difference between them.*

*"I am at a loss to know what to do because I cannot trust him. I tell him not to play in the street nor go down to the lake, and he always promises that he will not, but I always find that he has. I have tried all kinds of punishment, but they all fail. I praise him, but he seems to resent that. I could go on, but this will show you some of his behavior.*

*"To me he seems to be of average intelligence, and I know he wants to mind me, but just can't. I would appreciate any advice from you."*

I have read your letter carefully and hope that I may give you the right advice. I believe you have explained the situation as it really is when you say, "I know he wants to mind, but just can't."

The temptation is too great. So with that thought in mind, you must plan treatment accordingly. I believe the secret of success will be never to leave him outdoors alone with so great a temptation near. When you tell him he is not to go away from the house, keep your eye on him, even though he does not see you. When he starts in the wrong direction, call his attention to something interesting at home, and do not let him know that you noticed that he was beginning to yield to the urge to run away.

Whenever you want him to stay at home, have something at hand for him to do that he will enjoy. Keep him occupied, and be at hand with your companionship. When he has stayed at home instead of disobeying as before, tell him what a good little boy he is getting to be and how well he is minding you. In this way gradually develop his power of self-control. Even the Lord does not suffer us to be tempted above that we are able. (1 Cor. 10:13.)

To combat your little son's temptation you must have some allurement at home, yet let him think that he really is learning to do as he is told. Punishment in this case, if necessary, had better be in the form of restraint, such as a locked door or even tying him up. But remember always that a child's desire for companionship will, in many cases, overrule his intention to obey.





# Here Come those VEGETARIAN CUTLETS

MILLER'S  
MIEN  
JING



*Yes Sir!* there's nothing quite like a plate of browned Mien Jing. No, they're not meat, but a tasty food whose protein value is similar to meat. Bite into one. Ah, tender and juicy! Umm, meaty texture, too. . . . And what a rich full-bodied flavor! . . . They look good, the aroma is tantalizing, the sample is satisfying. And so you say, Bring on more of those vegetarian cutlets!



Vegetation gathers and stores in edible form nitrogen compounds known as proteins. Animals use these as their growing material as well as for life maintenance. With rationing of meat and animal products, mankind will necessarily turn to the original source of protein, namely, vegetation, the food source of animal life. Miller's Vegetarian Cutlets supply this need.

as a result of Miller's Laboratory Research under the name Mien Jing, these delicious tenderized cutlets have these outstanding qualities:

## OTHER MILLER'S FOODS



**SOYA SPREAD**—This appetizing spread is warmly welcomed by the housewife who must put up lunches for husband and children. It provides that tasty, nutritious filling for sandwiches.



**SOYA LOAF**—A distinctive and delightfully flavored ready-to-serve loaf. High in protein, low in fat and carbohydrates. May be served just as it comes, or made into appetizing roasts, pot-pies, sandwiches or other meat substitute dishes.



**SOYA CURD**—Lovers of cheese will be delighted with Miller's Soya curd, since it is so mild and yet tasty. A real cheese texture, and outstanding because it is an alkalinizing protein suitable to use just like cheese.

1. Tender and juicy
2. Delicious flavor
3. Uniform size
4. Splendid chewing texture
5. Ready to serve at once

**And, what a cook can't do  
with Miller's cutlets  
in setting a meal!**

If your local store does not have these  
Miller's tasty protein foods,  
mail order direct to

**INTERNATIONAL NUTRITION LABORATORY \* MT. VERNON, OHIO**



# THE FAMILY PHYSICIAN

## Answers Questions

We do not diagnose or treat disease by mail. Enclose stamped, addressed reply envelope. Replies made only to letters from bona fide subscribers. Because of wartime claims on doctors' time, we cannot assure an immediate reply. Address Family Physician, LIFE AND HEALTH, Takoma Park, Washington 12, D. C.

### Sore Finger

*"My finger is halfway red, and the nail does not grow down on that side as it does on the other. It never comes to a head and is not open. What can I do about it?"*

Most likely there is some retained infection bordering your fingernail. This keeps the inflammation active. The application of a wet pack at night may be helpful. Solutions of Epsom salts (magnesium sulphate) or boric acid are valuable in keeping the pack wet. Poultices of bread or soap and sugar will be found helpful at times. If the root of the nail has been injured and extensive scar tissue has formed, your nail may be permanently deformed.

### Erysipelas

*"My father, age seventy, became very ill two or three months ago, and the doctor diagnosed the case as erysipelas. He is improving, but we would like to know what causes erysipelas, how it should be treated, and whether it will return next spring again."*

Erysipelas is looked upon generally as a streptococcus infection of the skin. It is not the result of a nervous shock. A person suffering from it should be carefully isolated from direct contact with others, so as to prevent the spreading of the infection. Now that the sulfa drugs are available, they afford one of the best means of treatment. Your doctor, of course, may suggest other means which are certainly properly used along with this type of medication. There is no tendency for erysipelas to return with the season. It may occur at any season of the year.

### Diabetes

*"What causes diabetes? Can it be cured? Do any foods contain insulin?"*

Diabetes is a disease of unknown cause. Foods do not contain insulin, at least not in a form in which it can be used effectively. So far no method has been found by which insulin can be given by mouth. It must be taken by hypodermic needle. A suitable diet can be selected without using meat. Practically all vegetables and fruits may also be included if properly proportioned. We are enclosing a suggestive diabetic diet which is made up on

general principles. We cannot guarantee, of course, that any diet will fit the individual needs. This must be determined by testing the urine to learn whether sugar is being passed or not. The present view is that diabetes cannot be cured, but that it can be controlled by diet in the milder cases, and by diet and insulin in the more active cases.

### Sugar in the Urine

*"My father has just found that he has 3 per cent sugar in the urine, and the doctor is waiting to make a blood test. We are afraid it is diabetes, as his mother had it. Would you send a diet to help him get rid of the sugar?"*

If the urine sugar constantly tests about 3 per cent, we would think that your father has a moderately severe case of diabetes. The percentage of sugar in the urine, however, may vary greatly at different hours of the day, and the most satisfactory way to learn the daily loss is to save the urine for twenty-four hours and then test this. The blood sugar should be determined so that you may know its level. Here, too, one must not be lulled into carelessness by a single reading. It is possible to have a normal reading this morning and tomorrow morning have one that is considerably abnormal.

All diabetics can be helped by following a carefully regulated diet. Some can be controlled entirely by diet, but there are many who must have insulin in addition to the diet to keep sugar free. Insulin has been a great benefit to diabetics and has removed much of the dread that formerly attached to the disease. Your father is not a young man, and some of the injuries accompanying the disease may be more marked in his case than if he were younger. The appearance of blood vessel changes in older people always contributes to the seriousness of diabetes when it occurs. Since you make no mention of his weight, we cannot comment upon that except to say that overweight is an added inconvenience in treating the condition. We are enclosing a suggestive diabetic diet outline. I would emphasize, however, that this is only suggestive. No diet can be contrived that will meet all cases. The needs of the individual must be kept in mind when his diet is planned. You should be in con-

tact with a physician who is familiar with the disease, so that he can advise respecting the diet and changes that may be necessary from time to time. Your father will be able to use a more generous diet and probably feel better if he will include insulin in his program of treatment.

### Epilepsy

*"What causes epilepsy? Would giving an anesthetic help in attacks?"*

Epileptic attacks follow some irritation or agitation of the nerve centers in the central nervous system. When this irritation is brought on by a tumor or physical pressure, surgery promises relief. However, in most instances the cause is not known and the aim in treatment is to quiet the nerve centers so that there will not be an explosive reaction.

Yes, an anesthetic would be useful, but it takes several minutes to administer an anesthetic, and the individual would often be in an attack or even coming out before an anesthetic could be planned. Persons who suffer habitually in this way are advised to use a mild sedative regularly. Phenobarbital, which is quieting to the central nervous system, is frequently given in treating this disease, half a grain or more being taken two or three times a day as the physician may order. If the attack can be associated with any circumstances or experiences in the life of the individual, regulation of these will often give relief.

### Parkinson's Disease

*"I suffer with shaking palsy and would like to know whether there is any cure or help for it. Is vitamin B valuable in treating this condition?"*

During recent months some experimental work has been done in the use of vitamin B<sub>6</sub> in treating Parkinson's disease, or shaking palsy. The results have been encouraging, although not uniformly so in all cases. Vitamin B<sub>6</sub> exists in small amounts in brewers' yeast; but to obtain it in the amounts necessary for use in treating this disease, one should have it injected intravenously, so that a concentrated solution may be used. So far as diet for Parkinson's disease is concerned, we would recommend a general nutritious one. Some sedative drugs may lessen the distress of constant movement, but they do not cure.



## The Dietitian Says

(Continued from page 16)

Onion juice 1 egg  
Soy sauce Paprika

Heat the milk in a double boiler. Mix the melted fat, flour, and salt and stir them into a small quantity of the heated milk. Add this to the remainder of the heated milk, stirring until thickened. Gradually add the soy curd, stir until smooth, and add a few drops of the seasoning. Pour a little of the mixture into the well-beaten egg; then add this to the rarebit and cook for two or three minutes longer. Serve on crisp toast or crackers. Sprinkle with paprika. When cold, this mixture is excellent for cheeselike sandwiches.

It is often said that the very adaptable soybean can be used for everything from soup to nuts, and entire seven-course banquets of only soybean dishes have been served and enjoyed. Soybeans can be used as a substitute for fruit or raw vegetables in an emergency. This is possible by soaking the beans in a warm place, thus developing sprouts. The sprouts are rich in the vitamin C of fruit and raw vegetables. Soy sprouts are fine in salads. Using them uncooked conserves the vitamin C. They may be stewed with a little soy sauce and served as a side dish. Additional information on soybeans and many delightful recipes can be obtained in the form of valuable free or low-cost booklets from the State Departments of Agriculture, especially of Ohio, Illinois, Indiana, and Nebraska; also from the United States Department of Agriculture in Washington.



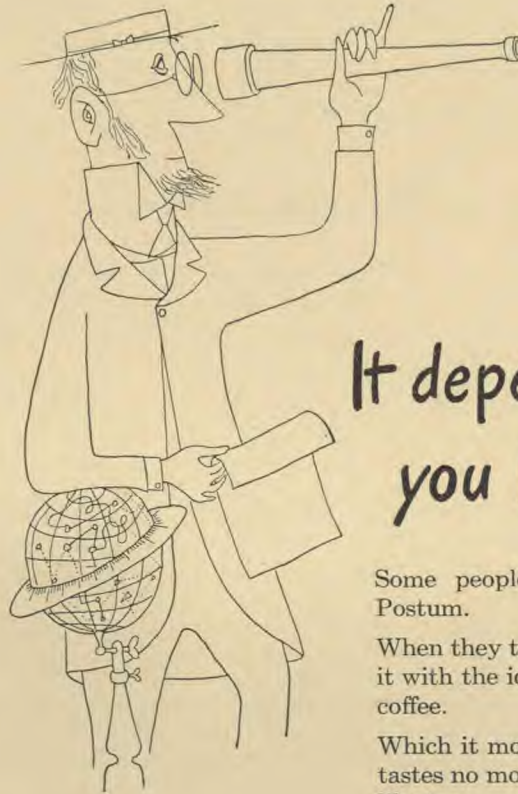
## Sensible Skin Care

(Continued from page 9)

In certain instances simple cold creams are useful, as has already been noted in skins that are inclined to dryness. As one grows older, the skin has a tendency to form wrinkles, and rubbing into the skin of simple cold creams may help to prevent this to some extent. Aside from not being of very much value to the skin, cosmetics have been the cause of skin troubles.

Many persons have the tendency to become sensitive to substances they contact. The substances to which the skin may become sensitive are legion. A few examples are soap, metals, plants, dyes in fabrics, cosmetics, pollens, and drugs.

Our general health also has a great deal to do with the skin. If the general health is good, then the skin is more likely to be healthy as well. In order to have good health it is necessary to have good elimination. One should take plenty of good exercise and put only the best food into the body. One should have adequate time for sleep. One should avoid the harmful indulgences of this day, such as late hours with little sleep, alcoholic beverages, condiments, rich foods. One should have plenty of pure water and air. Adherence to all the above will help much in having a clear, healthy skin.



# It depends on how you look at it...

Some people have the wrong slant on Postum.

When they try it for the first time, they try it with the idea that it's going to taste like coffee.

Which it most distinctly does *not*! Postum tastes no more like coffee than coffee tastes like tea.

What *does* Postum taste like? Well, to give you the *right* slant on it—Postum tastes like Postum. It has a corking good flavor that's *all its own*! A lusty, invigorating flavor that's a heart-warmer to everyone who tries it.

Millions of regular Postum drinkers recognize it as one of America's great mealtime drinks. The whole family enjoys it, too, because there's not a bit of harm in it.

And Postum's especially appreciated these days of tea, coffee, and cocoa shortages . . . and limited budgets (economical—costs less than 1/2¢ a cup).

You can get Postum in two forms—Postum Cereal, which you boil, percolate, or drip, and Instant Postum, made instantly in the cup by simply adding boiling water.



## POSTUM

# One of America's great mealtime drinks





By Veda S. Marsh, R. N.

## Through a Microscope

MOTHER MONROE and Tommy were sitting in the porch swing waiting for the Little Jays to come home from school. It had been a long day for Tommy, this first day of school after a long summer vacation when the twins had included him in so many of their activities.

"Mummy, when may I go to school?" asked Tommy. "At Christmas?"

Mother smiled. "I think you had better wait a few years, Tommy, for Mother would be lonesome without her helper."

"All right, Mummy," continued Tommy, "I'll be your helper. I won't leave you," and with that he put a big juicy kiss on Mother's cheek.

"Shall we walk to the corner to meet the twins?" suggested Mother.

"Oh, yes," agreed Tommy and they started out hand in hand.

Soon after reaching the corner they saw Joan and John coming down the street with a group of children. They were busily discussing this "first day of school."

Seeing Mother and Tommy, they gaily waved good-bye to their playmates.

Excited as usual, Joan exclaimed, "Oh, Mother, this school year is going to be better than any we have ever had. We thought we never could like anyone as well as we liked Miss Russell, but Miss Wallace is very lovely and she has such good ideas."

Mother smiled and was happy as she realized that the twins were always fond of all their teachers. She wanted them to be that way.

"Mother," continued Joan, we are to have a class in physiology this year. Miss Wallace brought a microscope, and we saw many interesting things with it. I have always wanted to look at things through a microscope."

"We had our first lesson in physiology for this year," said John. "It was about the different cells in the body. We took a toothpick and gently scraped the inside of our cheeks with the flat edge of the toothpick. We put these tiny scrapings on a glass slide, and Miss Wallace covered them with methylene blue. That is a blue stain. Then we looked at them through the microscope. It showed the 'pavement' cells from the mucous membrane that lines the cheeks. Doctors call them epithelial cells.

"They really do look like tile pavement blocks. In the center of each block is a round part that stains a deep blue. It is the nucleus of the cell. It is interesting to really see it.

"Then she had us peel the tiny thin skin from between the layers of an onion. We stained that with iodine, and, Mother, even that thinnest onion skin has nuclei. They are the real live part of the cells. The onion cells are rectangular, and the nuclei are along the edge."

"I want to tell about the muscle cells," begged Joan.

"All right," said John, "go ahead."

"The muscle cells are long and pointed at each end, almost like some worms. But they have tiny bands across them. The muscle fibers with the bands are found in the muscles on our skeleton. They are called skeletal muscles.

"There is another kind of muscle called smooth muscle. It is found in the stomach, intestines, and other organs. It is not striped like the skeletal muscle cells. It has long lengthwise fibers. The skeletal muscles have the bands we can move when we want to, as in our arms and legs. They are called voluntary muscles. The smooth muscles of the organs we cannot boss around. They move when we do not know anything about it."

"I guess it is a good thing," said John; "otherwise, if we ate a large meal at bedtime we would have to stay up most of the night to keep our stomachs churning."

"Then we might be more careful not to eat late at night," said Joan.

"That may be right, but I am glad my stomach can do its churning all by itself without my having to think about it every meal.

"Mother, you should have seen the fatty tissue," continued John. "The fibers of those cells are delicate and stretched out. Each cell has a tiny nucleus near the edge. Then there is a big globule of real fat in the center of each one. We saw it. Fat is stored all over the body and between the muscles in that way. We can really go many days without food and live on this stored fat. I am sure those soldiers who lived so long on rafts with almost no food were thankful they had some fat stored up like that."

"Miss Wallace said our bodies are very

wonderful," added Joan, "and that every tiniest part of them is made up of cells, even the hardest bone. Someday soon she will show us bone cells and tell us about them.

"I really did not know we were made so wonderfully. And just think, Mother, each cell breathes and eats and can change shape, and each one has its own work to do. I want to learn more about my own body and these tiny cells."

"So do I," said John. "Miss Wallace really is a good physiology teacher. I like her."

"Mother, we forgot to tell you that we are to have a Physiology Club, and next week we are to choose a name. We are to carry on research problems. Just think how many things we shall be able to discover."

Mother smiled as she responded, "Well, if my research workers are to do good work tomorrow, I suppose I had better give them a good supper."

Away they went to the kitchen, hungry as bears.

### Suggestions to Teachers

1. Peel very thin skin from between layers of an onion. Smooth out on a glass slide. Stain with iodine. Examine with a microscope.
2. Take scrapings from inside cheek, using flat side of a toothpick. Smooth out gently on a glass slide. Stain with a drop of methylene blue, or gentian violet, or iodine. Examine with a microscope.
3. Examine a chart showing the parts of a cell. Also a paramecium and an amoeba.
4. Study the life activities of individual cells, such as motion, respiration, assimilation, excretion, support, nerve reaction, special functions, etc.
5. Show diagrams of different types of cells.
6. Examine available animal tissue cells.
7. If possible observe a one-celled animal such as a paramecium or an amoeba. To obtain, make a hay infusion. Boil hay for five minutes, set aside for a few days, and observe drops of the infusion under microscope. Observe types of movement.

### Junior Life and Health League

#### Rules for the School Year 1943-44

1. I take two baths each week.
2. I brush my teeth twice daily.
3. I drink milk every day. (Preferably 1 qt. 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 1943-44. I understand I am to receive a beautifully engraved membership card.

#### 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 12, D. C.





**MEATLESS DISHES**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★  
**NATIONAL DEFENSE**  
*Demands*  
**MANPOWER MEALS**

Dip Stake-Lets into egg batter and then in flour. Brown in well-oiled skillet. Make a gravy in the usual manner from the sauce remaining in the Stake-Lets can. Additional meat-like seasoning, such as soy sauce, or Vegex, or Savita, may be added to the gravy. Serve in the place of meat.

1 20-oz. can Yum  
 1/2 cup tomato pulp or puree 1 tsp. salt  
 1 cup chopped celery 1 medium onion

Cut a lengthwise cavity two inches in diameter in the Yum. Mix the Yum taken from the cavity with other ingredients and fill cavity with mixture. Bake in medium oven 45 minutes. Baste frequently.



**STAKE-LETS**



**STUFFED YUM**

*Here's the Answer...*  
**SERVE THEM**  
 Hot from the Pan or  
 Cold from the Can

**VIGOROST SALAD**

1 1/2 cups diced Vigorost  
 1 cup diced celery  
 1 cup cooked peas  
 Salt and mayonnaise to taste

Brown Vigorost in skillet. Mix into other ingredients. Serve on lettuce.

**ZOYBURGERS**

1 20-oz. can Zoyburger, ground in food chopper  
 1 tsp. of soy sauce  
 1/4 cup minced parsley  
 1 medium onion, ground fine  
 Salt and sage Cracker crumbs  
 2 eggs  
 2 tbs. tomato puree or thick canned tomato soup



Mix all together to consistency of hamburger, form into patties, and brown. (Try to make this recipe resemble the patties shown on the Zoyburger label as much as possible.)

*Free:* Current issue of Madison Health Messenger, full of recipes, health news, etc., at your health-food store or specialty grocery.



In the above easy-to-prepare meatless recipes, Zoyburger, Stake-Lets, Yum, Vigorost, and Not-Meat may be used interchangeably or in combination; however, when using Stake-Lets in salads or other cold dishes, it is necessary to brown it until tender.

Madison meatless protein foods take the place of meat, and may be prepared in the same way as meat and used in the same proportion in the diet.

Available at health food stores and specialty groceries. If not obtainable locally, write us for nearest dealer.

*"Devoted to the Protection of Your Health"*

**MADISON FOODS — MADISON COLLEGE, TENNESSEE**





William G. Wirth

IN referring to my faithful Webster's the other day, I discovered that "worry" derives from an old English word meaning to strangle, to choke. I couldn't help thinking that this is just about what worry does to all of us. It verily strangles and chokes us, oftentimes to the point where we are well-nigh ready to quit, to "throw up the sponge." If there is anything calculated to take the starch, the spirit, out of man, it is worry, fear, anxiety about that dread something we have worked ourselves up to believing will surely happen. The joker in this worry business is that most of the things we worry about never happen; but it doesn't make a whit of difference. We keep up the fearful farce—shall we say—and bear the consequent mental suffering of our anxiety.

"Some of your griefs you have cured,  
And the worst you have always survived,  
But what agonies you have endured  
From the troubles that never arrived!"

The relieving letdown that comes when the danger is past does not furnish any escape from the recurring appearances of Giant Despair. He is ever on our track. There are many times, of course, when worry actually materializes into the fact or situation that we were afraid would come to pass. But for the most part we are forced to admit to ourselves that it is a form of useless mental exercise that does us no good, yea,

that leaves us only the worse off for indulging in it.

What can we do with this scourge that cheats us out of so much of the joy of living? Well, let us settle this first, that worry is as natural to us poor human beings as the air we breathe. Like the air it is here; there is no running away from it. Realize that, and it will be of great help in facing the stresses and strains of life. Your neighbor suffers from it just as you do. It is just another of man's incurables. Remember that the Good Book says that "man is born unto trouble, as the sparks fly upward" (Job 5:7), and your cheerful, philosophical acceptance of this inevitable will put you on vantage ground in fighting through to victorious and successful living.

Next, come to the sensible recognition that not all worry or anxiety is bad for us. Again, remember that the Good Book says that "all things work together for good." Psychologists tell us a certain amount of worry is useful for our progress. As Dr. Karl Menninger says, worry is one of the earmarks of civilization. Often the essential difference between a jungle native and an educated man is that the former vegetatively takes life as it comes, with never a dissatisfied note. The good and the bad are all the same to him with his "Why should I worry!" spirit, and he makes no advance. Not so with the latter. His drive for perfection, the ideal, keeps him on the jump, his mind is spiced with just enough of the flavoring of fear to keep him discontented with what he has already achieved, and he progresses toward the better and the more efficient. This kind of worry, if you want to call it that, is not bad. In fact, it does us a great deal of good, and the world is better for it. It is the worry of an Edison, a Ford, a Doctor Crile, the Mayo brothers, a Martin Luther, a John Wesley, and so we could go on. If you are "irritated" with this kind of anxiety, thank God for it, and strive to satisfy the feeling.

rare exception, atherosclerosis and medial sclerosis have nothing to do with increasing blood pressure. Arteriolosclerosis, however, has a direct and constant relationship.

In conclusion, we must admit that the exact cause of any of the forms of arteriosclerosis is poorly known. A cure for any of them has not been found. Our only hope at present lies in the few preventive measures we know something about and even they do not guarantee immunity. Avoidance of fat meats and of excess of eggs, cream, and butter is a help. A placid life, hopeful and optimistic, is a definite aid in prevention. To shun nicotine is to avoid a possible cause of trouble.

For six thousand years our human race has suffered the devastating effects of sin, slowly until the flood of Noah's time, much more rapidly since. It is inevitable that no matter how careful we are in our habits of eating and living we are liable to feel the results in our bodies of the accumulating deterioration of the race. Hence even the most careful will reap a share of this group of so-called "degenerative" disease conditions known as arteriosclerosis.

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## The First Few Months of Baby's Life

(Continued from page 15)

exposure to disease germs, the babe should be able to "make it through" his or her first half year without any serious illness. Some other babies not so well protected may do the same for a time. Either their resistance is extra high or they may have an especially good digestion, able to dispose of some "wee beasties" from the subvisible world.

We often hear mothers saying, "I don't go to all that bother of boiling bottles and nipples every time. Washing is all that is necessary," or, "A few flies won't harm baby. My baby is as well as anyone could wish." But warmer days come, and perhaps, suddenly, the baby has a vomiting spell; its temperature goes up, and mother thinks "the baby's teething." The fact is the baby's empty bottle was allowed to stand several hours unwashed; then, unboiled, it was used again, perhaps exposed to flies. Now the infant is fighting the poison of infection. Its illness may be brief or it may lead to anxiety or even to a fatality.

Sometimes mother boils bottles and utensils but tests the filled bottle in her mouth to see whether the contents are warmed just right, or she may carry the bottle around in her pocket. She does not know that germs of colds and sore throats are often carried in a seemingly well mother's mouth. Such germs are more active in cold weather, while those of intestinal infections are likely to make

## Hardening of the Arteries

(Continued from page 10)

Very well, if exercise causes increase in blood pressure, shall we all sit still from now on? Peculiarly enough, physical exercise seems to have no detrimental effect, but prolonged emotional strain does. The high pressure accompanying physical exercise is momentary and recedes at once on cessation of exercise, but that caused by anxiety or other emotional disturbances is much more lasting.

Of far greater importance as a cause of high blood pressure, however, is the disease known as "essential hypertension," meaning "high blood pressure without known cause." This insidious condition, creeping slowly up on many thousands each year, is a potent cause of distress and disability, and as a by-product, it predisposes to atherosclerosis and hence to disease of the heart and brain.

A much disputed cause of temporary rise in blood pressure is nicotine. This deadly drug, inevitably absorbed by all users of tobacco, causes the small arterioles all over the body to shrink in diameter, producing some transitory rise in blood pressure. A remote effect to be anticipated, then, is some form of arterio-

sclerosis. The much more obvious immediate effect, though, is a lessened blood supply to many vital areas, with consequent partial starvation of those territories. This is perhaps oftenest felt in the heart, where any lessening of blood flow impairs the efficiency of the circulation of blood through all the body.

Just a word here about a drug which may be surmised by many to produce arteriosclerosis—alcohol. Although guilty of a train of woes too long to be enumerated, alcohol does not produce either high blood pressure or arteriosclerosis.

What produces the thickening of small "arterioles," known as arteriolosclerosis? The answer is not as definite and simple as we might wish, but it is quite certain that continued high blood pressure will cause this form of arteriosclerosis. Once initiated, this condition in turn increases the blood pressure until impossible limits are reached.

The reader may ask, Does arteriosclerosis cause high blood pressure? As we have seen, the reverse is true. Many aged persons with "medial sclerosis," the petrifying change in the arterial muscle, are thought to have high blood pressure as a result of the arterial disease. Only rarely is this supposition true. With one



trouble in summer. So it is that baby needs painstaking care the year round.

If help is employed in the home, care should be taken to make certain that they do not have tuberculosis or other contagious disease, and kissing on the baby's mouth by anyone, even the mother, may present the baby with a handicap.

When the little one is three or four months old, he will sit up in pillows, and then in a few more weeks, will sit alone. By the fifth or sixth month he will try to move about, and is often placed upon the floor to creep. His toys are dragged about, and with his fists make frequent trips in and out of baby's mouth. Mother would not care to eat her own meal off the floor, even though it were freshly scrubbed. Baby, less resistant to infection, does the equivalent of this as he sucks hands and toys or even food which is dragged over the floor. Adults go and come from the street outside and carry on their feet filth which contains germs of every sort, but some member of the family is sure to say, "Never mind, he must eat his peck of dirt sometime." Such remarks, however, are only an excuse for careless management.

Besides being unclean, the floor is also always the coldest place in the house. Baby, on the floor, encounters two hazards: infection and cold. The answer to this problem is the baby pen with a warm blanket spread on the floor of the pen. If the family cannot afford to buy one, a homemade substitute may be provided by fencing off a corner of the room and placing a blanket or quilt there. Here, in a clean spot of his own, baby will learn to move about and pull himself up, strengthening his muscles for the next stage of baby life. Baby will love his little domain and play contentedly with toys, safe from burns and scalding accidents, of which we so often read in the papers.

Another useful equipment for baby, at the fifth and sixth months and onward, is the spring jumper-seat made of canvas, in which he sits and kicks the floor to move the spring up and down—good exercise for him and a satisfaction in that he is able to enjoy the result of his effort.

Forenoon and afternoon naps will still be long at this period, for at six months the infant needs sixteen to eighteen hours' sleep out of twenty-four.

Interesting toy as the baby is to his parents, he is frequently spoiled by being rewarded for his crying. The habit of crying to get attention or to be taken up may be formed very early. Parents, having made certain that the crying is not caused by pain or discomfort, should, from the very first, leave the baby in his "nest" to cry it out—usually not for long. Times of holding or playing with the baby should then be when he is in a happy mood. The infant that never forms the habit of crying for attention is an easy one to care for and to teach hab-

its of self-entertainment and self-reliance.

The habit of cleanliness is important even to the very young baby. The daily bath contributes to its comfort, as does also the frequent change of soiled or wet diapers. The infant will soon learn to "fuss" a little when a change is needed in the daytime, and sleeping more soundly at night, he will require not more than one change. An extra diaper placed bandlike around the hips at night keeps the moisture from soaking through and prevents chilling. A washable pad under the hips tends to keep the bed clean and dry. The feel of being clean and dry is a habit which will extend itself and, later, make the nursery chair an easy problem. Such an infant may, as soon as stools become formed, easily learn to use paper or a tiny chamber for his toilet once or twice a day, thus establishing a habit which will make future training easy.

Because the clean and dry condition prevents chilling, respiratory infections are much less frequent than is the case when infants are not so well cared for.

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### Home Care of Appliances

(Continued from page 19)

general rule for use of appliances or any electrical equipment is especially important:

Never touch a switch and any other grounded metal object, such as another switch, or a faucet, at the same time. Too many cases of electrocution have resulted from ignorance of this rule.

The possibility of shock is far greater in the basement laundry, because the floors usually are damp; shoes become wet and the laundress' body becomes an excellent conductor. Thus when she touches a faultily wired socket or appliance, the current, which always follows the easiest path, leaps through her body, shocking or burning her en route. Wearing rubbers when doing the laundry is excellent insurance against shock and is a good health precaution. What is equally important these days, it's much easier on your shoes.

Cords and sockets used in basements should be as completely insulated as possible. Cords should have heavy-duty rubber insulation; sockets should uniformly be porcelain rather than metal. Pull chains, in the basement and elsewhere, should have insulating links; and under no circumstances should you allow cords to trail on the floor. After the laundry is finished, carefully coil the washing-machine cord around the hooks provided by the manufacturer.

Other important measures for taking care of your washing machine are: don't overload it; follow the manufacturer's instructions about how much laundry it will take at one time. Fill it to the water



It's not in  
Mother Hubbard's  
Cupboard

**BAKON  
YEAST**

but **BE  
SURE IT'S  
IN YOURS**

The tasty yeast full of the natural vitamin-B complex. Bakon-Yeast gets its yummy flavor

from being smoked over fragrant hickory. Gives you all the benefits of yeast and that smoked, meaty flavor so popular to the palate.

And Bakon-Yeast lends a delightful dash to many a dish—salads, sandwiches, roasts, macaroni, spaghetti, eggs, vegetables, gravies, soups, soufflés. Keep a shakerful always on your table and the larger economy size in your cupboard.

Unlike Mother Hubbard, you know about the vitamin-B complex and how important it is to the health of your family to give physical fitness, good appetite, mental alertness. The most important part of the vitamin-B complex is not stored in the body. You must get your supply daily.

Go to your health-food store and get the economy-size container at the introductory price of one dollar. With it you get free a handy table shaker, 25c value, that can be refilled. Keep it always in your cupboard.

If you cannot find Bakon-Yeast in your local store, mail this coupon.



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Enclosed is \$1, for which send me the combination package of Bakon-Yeast.

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Address .....





By Franke Cobban, R. N.

ONE of the most distressing emergencies of infancy and childhood is convulsions. It is a symptom and it is important to find the cause. The doctor should be called at once. To relieve the spasm, the child should be placed in a warm tub bath 100° to 103° F. by the thermometer or comfortably warm if tested with the elbow. Or he may be covered with a blanket and have warmth applied with water bottles. In either case the head should be kept cool with cold compresses. This treatment may be continued as long as thirty minutes, if necessary, to obtain relaxation. Since there may be undigested food in the stomach, vomiting should be induced by putting the finger down the throat or giving a teaspoonful of sirup of ipecac. After the bath or the pack the child should be dried without any vigorous rubbing, kept warm, and given a cleansing enema of six to eight ounces of warm soapsuds.

Since the convulsion indicates a very sensitive condition of the nervous system, it is imperative that all handling of him be done in a calm manner and the surroundings kept as quiet as possible. Excitement is likely to cause a recurrence of the spasm.

Croup is also a symptom and may be evidence of a serious condition. More frequently it is caused by catarrh or a common cold. The physician should be called, in order that the cause may be ascertained. The treatment for immediate relief is steam inhalation and cold compresses to the throat.

line indicated, *after* the clothes are in. Rinse it after you finish, removing lint and buttons; wipe it dry with a soft cloth and put the lid on. Rinse the wringer rolls and wipe them dry; then release them to relieve the tension and prevent the wringer from flattening.

Driers, like washers, should not be overloaded; they are designed to accommodate an average washerful. Always close the drier when it is in operation, and keep wet clothes and other articles off it when it is in use.

One incidental caution is in order in a discussion of washing machines; always disconnect the cord when you leave the basement, if there are small children in the house. A Milwaukee physician at a medical conference recently presented fifty case histories of "wringer arm"—injuries to children which resulted when the child's arm became caught in the wringer. When a child gets his hand caught in the rolling wringer the rollers continue to turn, dragging the arm through to a point where the chest wall stops further progress. The rollers continue turning, however, producing a friction

The inhalation should be given in a croup tent. This is made by draping a sheet or cotton blanket over the head of the bed or over the entire crib, bringing it down around the sides with just enough open space at the lower edges to provide for the entrance of fresh air. Into this tent the steam from a teakettle should be directed through a paper funnel. Medications should be given only on the order of a physician.

Many are the bumps and bruises which the normally active child suffers, but most of them are relieved by a little rubbing and sympathy from mother. Some, however, may be severe enough to cause considerable swelling and discoloration. To prevent or allay these results, cold compresses should be applied immediately after the injury. After the pain has subsided, heat should be used to relieve the tenderness and to stimulate the circulation to the part.

Prickly heat is a rather common ailment of infants in hot weather. It is the result of excessive perspiration, possibly caused by too much clothing, and the sealing of the sweat glands which results in minute blisters. If it occurs only in small areas, such as the groin, the part should be bathed with a solution of baking soda, a teaspoonful to a pint of water, dried thoroughly, and dusted with powder. If the rash is widespread over the body, the child should be given a soothing tub bath. First dissolve baking soda in the water, a tablespoonful to the baby's tub. Then put a cupful of cooked oatmeal in a cheesecloth bag and swish about in the water until it looks milky. The temperature of the bath when ready should be 98° F. Following the bath the skin should be patted thoroughly and the affected parts powdered. Keeping the skin dry will avoid further rash.

Chafing of the buttocks results from irritating stools, insufficient cleansing, or improperly washed diapers. The diaper should be changed immediately when soiled, thoroughly washed, and dried before it is reused. The buttocks should be cleansed with cotton dipped in oil in preference to water, and patted dry.

tion burn and pulling at the muscles and tissues, injuring them.

Very often the seriousness of the injury is not recognized even by the physician who treats the child; sometimes symptoms do not appear until a day or two after the injury. There may be little sign of damage; sometimes the skin is not even broken. But there is serious injury to the muscles and tissues, and sometimes even to the bone. Surgery may be required to remove the injured tissue, which decays and sloughs off; in the cases recorded thus far, skin grafts and nerve reconstructions have been necessary as long as six months after the accident.

Appliances in the bathroom—radios, curling irons, vibrators, electric heaters, electric shavers—are not safe. They should be used elsewhere, because the possibility of electrocution through the appliance's falling into the tub, or by touching the appliance and a faucet when hands are wet, is unavoidable. A number of persons have been killed in exactly this way.

Heating pads must be used cautiously. Many are supplied with a waterproof envelope; always use this. Never lie on

a heating pad; pressure may impair the operation of the thermostat. Don't stick pins in it, and never put it in water. Never fall asleep with a pad turned on; the heat it produces, if it is covered by the bedclothes, may cause a fire. It is difficult, too, to determine when the temperature of a pad becomes likely to produce burns; often a patient may receive a burn without being aware of an uncomfortable temperature.

Electric fans are obvious hazards, but that doesn't prevent small children from being injured in them. Place fans where they are least likely to be bumped into. Block them off if they are placed on a smooth table, and never move them while they are running. The practice of turning off lights and having the fan running is especially hazardous if the fan is left on the floor where someone may collide with it.

Ventilate radios to help prevent them from overheating. Set console models an inch or more away from the wall; and make some allowance for circulation of air to the interior of portable radios. Aerials should be equipped with a lightning arrester; aerial wires should never be strung under or over other wires. Lead-in wires through building walls or partitions should be protected by a continuous porcelain or rubber tube extending at least five inches on both sides of the wall. This tubing should also be used whenever the lead-in wire comes within four inches of light or power wires (the ordinary insulation is not considered sufficient to prevent arcing).

The motors of electric appliances will last indefinitely if they and the appliance are taken care of. This means, for example, emptying the vacuum-cleaner bag after each time it is used, not overloading appliances, and keeping them clean and well oiled.

Some motors should be greased rather than oiled; follow the manufacturer's instructions. If the motor gets wet, do not operate again until it has been thoroughly dried and checked by an electric repairman; if a motor fails to start, shut off the current until it is checked by a serviceman.

*Storing Appliances Safely.* Almost as important to life and general efficient operation of the appliances as its careful use is careful storage when it is not in use. Ideally, there should be a special closet with space for the vacuum and the carpet sweeper and shelves of varying height for irons, waffle makers, toasters, etc. If there are small children in the house, this cabinet should have a lock or hook-and-eye fastener. The appliance should be cleaned after it is used, but should never be put into water; this may damage it beyond repair. This holds true for the cords as well as the appliances themselves.

Vacuum-cleaner and washing-machine cords are especially likely to wear; inspect



them frequently and care for them meticulously. Leave irons and ironers in a safe place to cool before being stored. Put dusting and polishing cloths, whether stored in the same closet or another, in tightly covered metal containers to avoid spontaneous ignition.

"Make it do or do without" was a favorite maxim some years ago. It's been revived for the duration, with this proviso added: Make it do, *but make it safe*. Proper care of appliances will ensure their safety and long life.

+ + +

## Tobacco Irritation

(Continued from page 11)

tection of *rales*), whereas in the majority of nonsmokers no such evidence was observed. Note the incidence reported:

2,632 smokers	_____	1,883	(71.5%)
656 nonsmokers	_____	177	(27.%)

This evidence of bronchial irritation was found among the smokers over two and one-half times as frequently as among the nonsmoking group.

As a result of this continued irritation, there sometimes is produced a change in the mucosa lining the mouth, known as leucoplakia, which is characterized by the appearance of silvery-white hardened patches on the mucous membrane. Dr. Francis P. McCarthy studied 316 such cases and found tobacco to be by far the most important factor in its cause. Prolonged irritation, though not the only cause, has been shown to be one of the most important factors in the production of cancer. The silvery-white patches of leucoplakia occasionally seen in the mouth of the smoker may undergo cancerous changes. Friedell and Rosenthal reported in May, 1941, a series of eight cases of cancer of the mouth developing in tobacco chewers at points corresponding exactly to the areas in which the quid was held. Surrounding the tumors there were widespread areas of leucoplakia, which they believed to be the forerunner of the actual tumor. In two of their cases the position of the quid had been changed because of developing irritation and soreness, and again areas of leucoplakia afterward appeared at the new site.

Wile and Hand, at the University of Michigan, studied 425 cases of lip cancer. Of these, 138, or 32 per cent, were moderate or excessive smokers. In many of these cases the tumor appeared on the site of the smoker's patch where the pipe had rested for years. I quote from an address given by Doctor Ewing some years ago: "Among preventable cancers, the most obvious is the intraoral group. . . . The use and especially the abuse of tobacco must be charged with a large share in the production of intraoral cancer as well as of cancer of the larynx. . . . One



By Merwin R. Thurber

WELL, how did your garden grow?—in the words of the old nursery rhyme. Good—bad—indifferent—not at all? If you are the average Victory gardener, all the adjectives in the dictionary would not be sufficient to tell the story. The results of the patriotic effort of my neighbors and friends here in the national capital and its environs have been varied—as varied as the experience and diligence of the individual gardeners, and the many types of soil available (most of it deficient in plant-sustaining properties). Some people had food to eat out of their gardens. In some gardens the bugs ate the food. The term "bugs," by the way, is the lowest common denominator for all those creeping, crawling, flying, chewing, sucking beasties that attack every garden.

The two outstanding enemies that had an insect's holiday this past season here in our neighborhood are the Japanese beetles and the Mexican bean beetles. This is probably the first time since their introduction into this country that they found so many luscious plants waiting to be eaten. And the beetles didn't wait. One of my fellow Victory gardeners had beans with leaves of lace—you know what I mean if you've been troubled with bean beetles. But not all the beans suffered this fate. Rotenone dust will repel the varments—and it did repel many of them, even though the stuff is almost as precious as gold dust, and is used in almost infinitesimal quantities in the dusting compound.

As far as my own observation goes, the

may hardly aim to eliminate the tobacco habit, but cancer propaganda should emphasize the danger signs that go with it."

Since in many smokers the bronchi are within the so-called "smoke tract," we would expect to see an increase in the incidence of bronchial cancer with the increased use of cigarettes. What evidence is available? Of 135 cases of primary cancer of the lung studied by Arkin and Wagner at the Cook County Hospital, Chicago, ninety per cent occurred in chronic smokers. Such tumors do occasionally occur among nonsmokers, and tobacco is not the only cause. Yet, according to Linkint, it is the chief cause in the majority of cases.

Doctors Menne and Anderson, at the University of Oregon Medical School, reported a marked increase in recent years in the incidence of primary cancer of the lung—a serious affliction which was until recently regarded as extremely rare. In this Portland study 93 per cent of the cases were in men. Dr. William Boyd points out that the world-wide character of the increased incidence has been "phenomenal . . . during the last twenty-five

Japanese beetles were not repelled. They even ate some of my unwanted morning-glories in the back yard. I found them on oak trees and almost every other kind of tree. It is entirely conceivable that the human enemies of our beloved land, from those isles of Asia across the Pacific, might be persuaded to abandon their belligerency and live at peace with the rest of mankind; but these insect enemies give promise of such persistency that nothing short of complete annihilation will solve the problem of their depredations on our vegetation.

Victory gardens have been responsible for more than increased food production—which we hope has been the case with every reader of this column. For one thing, we have become acquainted with many fine people who we didn't even know existed. Social distinctions disappear among a group of people working the soil together. My own garden was in a large plot donated for the purpose, and plowed by the local government. The individual gardens were allotted for a nominal fee of fifty cents. Financially everyone came in on the same level. When it came to clothes, we all looked very much alike, at least as far as any gradation was concerned. The only royalty were those who succeeded in getting garden truck to grow and to produce fruit. And no one was ashamed to ask advice of his neighbors, especially of those who seemed to be getting results. Isn't that a grand setup for meeting new people?

Another interesting fact was the variety of techniques which proved successful. Some staked their tomatoes; others let them sprawl. Some hilled almost everything; others left the ground level. Some divided their ground into small plots; others planted full-length rows. And strangely enough, almost everything worked.

But there was one lesson above all others that was very apparent—with essential factors about equal, the most work produces the most results. That lesson is so fundamentally simple that we often are tempted to overlook it.

Here's to the fruits of your Victory garden!

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years." It has been demonstrated by Roffo (cited by Myers) that the tobacco tars are very strong cancer-producing agents. "He produced cancers by the application of tobacco tars to the ears of rabbits, and pointed out that one can easily see large opportunity of cancerization in a regular smoker who consumes one kilogram of tobacco monthly, which means 70 cc. of tar."

Dr. Chevalier Jackson, reporting on the incidence of cancer of the larynx and lungs, shows an increase of 20 per cent and 37 per cent respectively, for the period 1934-38. He declares: "From our record we can make the parallel statement that the proportion of smokers among patients with laryngeal cancer is very high. . . . The proportion of men with cancer of the larynx to women with this lesion is ten to one. Among our patients about 95 per cent of the men were smokers of tobacco. . . . Now that smoking among women is becoming deplorably common it will be interesting to note in the future the relative incidence in women."



## Oats

(Continued from page 17)

hot cereals. Cream is all the dressing that is needed with either hot or cold cereal.

A few recipes that call for rolled oats show something of the uses to which this wholesome cereal can be put.

### Rolled Oats Muffins

#### SPONGE

- 1½ cups milk
- 1 cake compressed yeast
- 2 cups raw rolled oats
- ½ cup flour

#### DOUGH

- 2 eggs
- 2 tablespoons solid vegetable shortening
- 2 tablespoons sugar
- 1 teaspoon salt
- ½ cup flour

Dissolve the yeast in the milk, which should be lukewarm, add the rolled oats and ½ cup flour, and beat well. Set in a warm place to rise. Cream together the shortening and the sugar, add the egg and beat till light and stiff. When the sponge is light, add this mixture to it, as well as the salt and the ½ cup flour. Beat well together. Fill muffin pans three fourths full of the mixture. Set in a warm place to rise, and allow to rise one-eighth inch, then bake.

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### Rolled Oats Gems

- 1 egg
- 1 tablespoon oil
- Milk
- ½ teaspoon salt
- ½ cup, pressed down, of quick-cook rolled oats
- 1 cup sifted white bread flour

Place oil in measuring cup and fill cup with milk. Beat together milk, oil, egg, and salt. Add the rolled oats and flour, and beat about one minute with a batter whip till the ingredients are thoroughly mixed and aerated. Pour the batter into a quart measure, then turn the batter from the measure into hot, slightly oiled gem irons, filling the irons level. Bake in a hot oven till well browned. (From 35 to 40 minutes.)

### Rolled Oats Macaroons With Dates

- 2 eggs
- 1 cup sugar
- 1 tablespoon melted butter or substitute
- 1 cup dates cut into small pieces
- 2½ cups quick-cook oats
- ½ teaspoon salt

Beat the eggs, then beat into them the sugar and melted butter. Mix the dates with the rolled oats and salt. Combine the two mixtures. Drop by the teaspoonful on oiled cookie tins and shape into symmetrical rounds. Bake in a moderate oven. This recipe makes three dozen macaroons.

### Lace Cookies

- ½ cup quick-cook oats
- ½ cup sugar
- ½ teaspoon salt
- 1 egg yolk
- 1 teaspoon vanilla

Beat egg yolk till creamy. Add sugar, salt, and vanilla. Beat well, then add rolled oats. Drop onto oiled cookie pan by teaspoonfuls, making them not too thick. Bake 10 to 15 minutes in a moderate oven. This recipe makes 10 cookies.

### Oatmeal Fruit Macaroons

- 2 eggs
- ½ cup sugar
- ½ cup corn sirup
- 1 tablespoon melted shortening
- ½ cup dates or raisins, cut into small pieces
- 2½ cups quick-cook oats
- ½ teaspoon salt

Beat the eggs light; beat the sugar, sirup, and shortening into the eggs; mix the fruit with the oats and salt and combine the two mixtures; drop in symmetrical rounds onto an oiled cookie pan. Bake in a moderate oven. This recipe makes three dozen macaroons.

And here is a toothsome recipe for ready-to-eat oats:

### Molasses-Coated Cheerioats

- 1½ cups sugar
- ½ cup molasses (6 tbsp.)
- 1½ tbsp. dark corn syrup
- ½ cup boiling water
- 2½ tbsp. butter
- ½ tsp. salt
- 5 cups CHEERIOATS

Dissolve sugar, molasses, and sirup in boiling water in saucepan. Cover, and boil 5 minutes. Remove cover, and continue boiling until mixture reaches "medium-crack" stage (when some of mixture dropped in cold water becomes brittle and can be cracked against the side of a cup. . . . 270°). Remove from heat. Blend in butter and salt. Pour hot sirup slowly over Cheerioats, stirring constantly. Immediately turn out on waxed paper and quickly press into a thin layer. Separate into small clusters, or form into balls with greased fingers as mixture cools. (It is necessary to work very quickly!)

## Don't Depend on Personality for Success

(Continued from page 7)

quences, varies profoundly in different countries, in different strata of society, and changes markedly from one generation to another in the same country or society. This explains why grandmother is shocked at the words or actions of her granddaughter. Their standards are different. The training of an individual in a given culture teaches him to obtain biological ends (nutrition, rest, reproduction) through the recognition and appropriate handling of the currently accepted means to those ends.

Objectively, therefore, we observe that people get along better when they fit themselves into the cultural system surrounding them. But what about the *subjective* viewpoint?

Suppose you do not like your company, your work, the method by which you are forced to discharge your duties or your life. Suppose you are not doing the thing you want to do above everything else. Suppose your particular circumstances are not at all of your choosing.

There is only one thing to do, only one change to make. It cannot be your cultural environment; you do not want to change that anyway. It is not your friends; you can't change them. We stated before that success comes from the skillful handling of the appropriate means to that success. Logically, therefore, we come to the solution of your particular problem. *The change must come from within; the change must be in you.*

Accepting this attitude you will proceed to make the so-called scientific approach—looking at things as they are instead of asking whether they are fair or unfair. You will handle circumstances and personal relationships in achieving your desires as a scientist handles his equipment in conducting an experiment. Whatever you have at hand, if used skillfully in a well-directed manner, can become the means to your chosen desire. Failure to succeed in one experiment is merely one more fact which may help you in the next experiment. Certainly Dr. Paul Ehrlich could not have afforded to sit down and bewail his fate after the failure of his six hundredth attempt to find a cure for syphilis. The six hundred and sixth experiment rewarded him!

Trying to get even with people or with life is not wise, either. Not only is the



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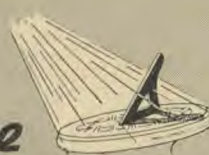
In addition to the Sanitariums whose announcements appear in this issue, the following belong to this distinctive chain of health institutions:

- Boulder-Colorado Sanitarium, Boulder, Colorado
- Eugene Leland Memorial Hospital, Riverdale, Maryland
- Florida Sanitarium, Orlando, Florida
- Georgia Sanitarium, Route 4, Box 240, Atlanta, Ga.
- Glendale Sanitarium, Glendale, California
- Loma Linda Sanitarium, Loma Linda, California
- Madison Rural Sanitarium, Madison College, Tenn.
- Mountain Sanitarium, Fletcher, North Carolina
- Mount Vernon Sanitarium, Mount Vernon, Ohio
- Paradise Valley Sanitarium, National City, California
- Pisgah Sanitarium, Box 1331, Asheville, North Carolina
- Porter Sanitarium, 2525 S. Downing Street, Denver, Colorado
- Portland Sanitarium, 932 S. E. 60th Avenue, Portland, Oregon
- Resthaven Sanitarium, Sidney, British Columbia, Canada
- St. Helena Sanitarium, Sanitarium, California
- Walla Walla Sanitarium, Walla Walla, Washington
- White Memorial Hospital, 312 N. Boyle Avenue, Los Angeles, California

energy wasted, but your resentful words or actions may boomerang and hit you hard on the rebound. You remember that Sir Isaac Newton could have taken up pugilism and one day whaled the day-lights out of the school's bright boy who kicked him in the stomach. Instead he sparred doggedly with facts and figures until he knocked out the mystery that had shrouded the laws of gravitation—a much more worthy opponent than the neighborhood bully.

We mentioned before that a great many persons accept the teaching that a certain "it" is the appropriate means. Some consider "it" as the ultimate goal. Our analysis has possibly brought out the point that this "it," this positive personality we all so admire in any certain individual, is generally only the reflection of a skill—be it physical, intellectual, or both—which that individual has developed through diligent painstaking efforts. It is usually the reflection, if you please, of a character which has been built up through the discipline required in mastering a profession or a technical craft and through a well-studied, well-defined, well-directed series of responses to the way others treat him. Such a person has learned to "meet with Triumph and Disaster and treat those two

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impostors just the same." To him there is no doldrum. Possibly through a series of defeats he has finally emerged "like a promontory of the sea, against which the waves beat continually; yet he stands, and about him are those swelling waves stilled and quieted." He will not recognize a raw deal. Rebuffs which make of another person a derelict or social menace have been to him goads that have stimulated increased efforts toward success. *The whole answer has been in the way he took it.*

That is what happened to Egbert. That is what happened to Harry! Their personalities as such—if you mean their winning ways—had little to do with it. One of them had a talent that could have been used to help him make the grade. The other, lacking that talent, climbed without it! Egbert, I am sure, did not waste several months in a charm school learning how to win friends or influence people. *Egbert worked; Harry didn't.*

Whatever be your *professed* reason for living, the *real* object of your existence is what you want—down deep in your heart—above everything else. But things wanted are usually gotten by working for them.

Well—you don't have what you want. Maybe by this time you are uncertain about your plans, irresolute, afraid, almost ready to quit. What to do?

Although hesitant to prescribe in such cases, may a physician, nevertheless, outline a remedy which if followed may produce the change necessary to the solution of your problem.

The outline is this:

1. Recognize at once that you are physically and mentally as well equipped as only the God of the whole universe could equip you.

2. Begin immediately—*now, at this moment*, to develop a skill or talent (something you have always wanted to do), whether it be watch repairing, tomato raising, hairdressing, bootmaking, song composing, or book writing. Bend every effort to master it. Is it tomatoes? Then get excited about them. Cultivate the juiciest ones. Exhibit your best ones. Before you know it, the neighbors will beat a path to your door. They'll even ask you to serve on a program committee or on the city council.

3. Become an integral part of the culture which surrounds you, except, of course, where some moral principle may be involved. It's the smoothest way to iron out your social wrinkles, too.

4. Above all, forget your personality. *Turn it off!* Be yourself. Smile when you mean it. Frown, if necessary, so that other folks know you mean it. The character you manufacture out of straightforward efforts to make yourself of definite, practical value to your fellow men will automatically shine out as the personality you wanted to be.

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