

# Life & Health

THE NATIONAL HEALTH JOURNAL



NOVEMBER  
1943

59th YEAR OF  
PUBLICATION

- ★ Are There Any Safe Sedatives?
- ★ The Healing Value of Light
- ★ Tooth Truth

- ★ Vanquishing Venereal Disease
- ★ Advantages of Food Shortages
- ★ Victory Meals Minus Meat







# Jimmie got a germ\* and hit a homer !

\* the protective wheat germ in delicious hot Ralston

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Delicious Hot Ralston is Whole  
Grain Plus Extra Amounts of  
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2 KINDS OF  
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NEEDS NO  
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COOKS IN  
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Delicious, nourishing dessert: Heat 2 tbsps. butter or margarine, 2 cups milk, 1 cup cooked Ralston. Stir this into mixture of 2 beaten eggs,  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  tsp. salt, 1 tsp. vanilla. Put into 6 greased custard cups. Set in pan of hot water. Bake in moderately slow oven (350° F.) 30 minutes or until firm. Serve warm or cold with milk or cream.



This is the breakfast

Of delicious hot Ralston

That Jimmie ate

To get the protective wheat germ

*The golden heart of wheat*

That releases new energy

That strengthens the nerves

That promotes growth

And aids digestion

A grand build-up breakfast

For all the family

Rich in protein, iron, B-vitamins

Ralston helps make up

For foods that now are rationed

It's whole wheat . . . a Basic-7 food

Thrifty and not rationed



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## COMING NEXT MONTH

THE crowning glory, how shall we care for it, and how shall we treat diseases of the scalp, should this affliction be our misfortune. . . . How old are you dentally speaking? What are the dangers of dental infection? . . . Part VI in the Care of the Baby. Baby is now traveling about on foot or via Kiddie Kar. In this article the doctor discusses baby's diet, his toilet habits, baby's speech. . . . Meat rationing has no doubt provoked the question more than once in a family, Is meat really necessary? Next month a dietitian answers this question. . . . Charlatans and quacks have preyed upon the sick, some amassing great fortunes at their expense. December LIFE AND HEALTH contains a startling story, with a moral, of medical "miracle" men. . . . To gargle or not to gargle, has been a question. What can we expect of a gargle? . . . Bronchitis, what you can do about it at home in these days of doctor shortages. . . . No fruit like a good, crunchy apple, and how it adapts itself to many a delicious dish. . . . Nutritionally balanced, meatless menus for December.

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## Mint Rennet-Custard with honey-whip topping ... a delightful dessert



## Milk Made More Delicious in rennet-custard desserts

These eggless, non-cooked custards  
tempt and thrill appetites, and are wholesome food

by *Elizabeth Harper*, Medical Dietitian

Milk, probably the most nearly perfect of human foods, contains almost every essential of a healthful diet: proteins, carbohydrates, fats, food minerals and vitamins. Tiny babies do their very first growing on milk alone, and all through our lives we need milk, no matter what other foods we may eat.

Everything that is true of the food value of milk is just as true of rennet-custards—and more! Rennet-custards are pure fresh milk, sweetened and flavored, then thickened with the rennet enzyme. No eggs, no cooking. They have the extra merit of being easier to digest than plain milk.

Rennet-custards are really a partially pre-digested form of milk. The rennet enzyme forms milk into soft, fine curds that are easier for the human stomach to deal with. And the delicate flavor.

ing and sweetening of rennet-custards makes them as attractive as any dessert can be.

Young children, and older ones too, who are sometimes unwilling to drink their full daily quota of health-giving milk, often are enthusiastic about delicious, wholesome rennet-custards, which they can eat with a spoon.

Quick and easy to make, rennet-custards are an ideal dessert for your whole family.

### Make rennet-custards with either:

"Junket" Rennet Powder—At all grocers. Already sweetened. Six flavors:

Vanilla	Chocolate	Lemon
Orange	Raspberry	Maple

"Junket" Rennet Tablets—Not sweetened. Add sugar, flavor to taste. Each rennet tablet makes 4 or 5 rennet-custard desserts, or nearly a quart of ice cream. 12 tablets in package. At grocers and druggists.

### Send for FREE Wartime Recipes

Dozens of ways to make wholesome, tasty milk desserts, ice creams and sherbets, adjusted to wartime. Write "The 'Junket' Folks," Chr. Hansen's Laboratory, Inc., Dept. 1611, Little Falls, N. Y.

"JUNKET" is the trademark of Chr. Hansen's Laboratory, Inc., for its rennet and other food products, and is registered in the United States and Canada.





► ARE there any safe sedatives? Yes, but you will not find them listed as sedatives in medical books. You have some in your own home. Page 6.

► SUNLIGHT is vital for life upon the earth. We need sunlight, but why is it so important? Page 8.

► BABY is now entering that interesting phase of life, his second six months. How shall we care for him and protect him against disease during this period? Page 10.

► FUEL-OIL rationing, how to live with it. Helpful hints on how to keep the cold out of our homes and get the maximum benefit from our heat ration. We always appreciate it when a very busy official in war-whirling Washington takes time to prepare a special article for LIFE AND HEALTH. Mr. Joel Dean, the author of this article, is director of the fuel rationing division of the Office of Price Administration. Page 11.

► WHAT about all the theories of dental health that we have heard and ardently believed all our lives? Is there foundation for them? You may find yourself militantly disagreeing with the article Tooth Truth. But don't be too hasty in condemnation. The article reflects some very impressive research. Some statements in it don't square with counsel given in dental articles in LIFE AND HEALTH—or in any other journal during the last decade. But don't throw away your toothbrush, or even your tooth paste. They still have some value. Page 12.

► VENEREAL disease presents a grave threat to our nation's health. What is being done to vanquish this enemy of health? to educate the public in matters of treatment and control? Page 14.

► FOOD shortages today offer many advantages, even though we find it difficult to balance our budget and our points at the same time. Hit-and-miss eating has gone out of many homes where meals must now be planned for a week in advance in relation to food values and points allowed. Page 17.

► MORE meatless menus for a whole month. Are your meals getting monotonous? Vary your menus. You'll find some of the recipes for the dishes listed. Pages 18, 19.

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THE

## Editor's Life &amp; Health Comments

Founded 1885

THE NATIONAL HEALTH JOURNAL

## Cereals and Soybeans—Excellent Food Sources

WAR has been responsible for many changes in diet. One of the chief reasons for this is the fact that certain foods to which many are accustomed are not now available, or at least they are so reduced in quantity as to necessitate supplementing with some other food product. The meat shortage is a good illustration of this. There were many people who, for reasons that run back into the dim centuries, felt that they simply could not live without a very large steak daily. Today, most of these people are discovering that they not only can live, but actually feel in the best of condition, without even a small steak most days.

The explanation of this heartening phenomenon is that nature has not confined to any one food some vital element essential to health. If that were the case, most of the human race would have died or been hopelessly debilitated long ago. Protein, which is the chief food element in meat, is certainly not confined to meat. The protein found in cereals has very much to commend it.

Strictly speaking, protein is not one, but many. The proteins of one food supplement those of another. On this very point of supplementing proteins of cereals, Prof. Henry C. Sherman, than whom there is no greater authority in the field of nutrition, observes: "If bread be made with milk instead of water, or if breakfast cereal or even corn-meal mush be eaten with cream or milk, the protein of the combination may have fully as high a value in nutrition as the average protein of ordinary mixed diet." "In supplementing the grains and breadstuffs in an all-round way, milk is much superior to eggs, and eggs are much superior to meat."—"Food Products," pp. 316, 238.

Professor Sherman also states that "the digestibility of the grain proteins, when fed free, is probably not inferior to that of animal protein."—Page 317. There is a certain variation in digestibility due to the way in which the cereal is prepared and whether it is part of a mixed diet. But for all practical purposes the coefficient of digestibility for cereals and breadstuffs as compared with meat is very nearly the same. This applies to the three important factors—protein, fat, and carbohydrates. (See table in Sherman's "Chemistry of Food and Nutrition," p. 114.)

Cereals are very economical as a source of calories, that is, of food energy. There is excellent scientific support for the view that a substantial part of the diet can be cereals, which includes bread. It is merely habit that makes us think of cereals simply as foods for breakfast. Our stomachs don't have eyes to greet the rising sun!

Then, too, there is the soybean as a source, not only of protein, but of other important food elements. It has been quite accurately described as one of the most complete foodstuffs known. Its rise to prominence is recent and almost phenomenal. We can recall that only a few years ago some readers of this journal thought we were unwarranted in singing the praises of the soybean and the products that could be made of it. But what was a solo here and there a while ago has swelled to a great chorus now.

The war has had a part in focusing the thinking of men on the primary value of such plentiful and inexpensive foodstuffs as cereals and soybeans. It's an ill wind that doesn't blow some good!

## We Welcome Two More Advertisers

IN this issue is found the first of several advertisements of the Ralston Purina Company, a reliable, long-established producer of breakfast foods and other products. In this issue, also, is found the first of a series of advertisements of the Chr. Hansen's Laboratory, "The 'JUNKET' Folks," makers of rennet powder and other products. We welcome to our growing list of advertisers these two very reputable national food accounts.

Advertising is published in LIFE AND HEALTH as an aid to housewives in buying foods in terms of nutritional value. Because of the rigid medical standards of this journal, the very fact that an advertisement appears in these pages is in itself the highest seal of approval we could give. This is true of every advertisement. We invite your patronage of our advertisers. The revenue received from them goes back into LIFE AND HEALTH to make it a still more effective journal.



## NEWS

### IN SMALL DOSES

► MASHED potatoes are probably a favorite dish in most American homes, but if you would get the maximum vitamin C content of these potatoes, eat them immediately after cooking, for experiment has shown that nine tenths of the vitamin C content was lost when the potatoes were kept hot for thirty minutes.

► VITAMIN C will be lost if berries are hulled, crushed, or juiced some time before serving. The housewife should wait until she is ready to serve them if she would save this vitamin.

► THE bacillus botulinus which is responsible for many deaths from food improperly canned at home, is a tiny germ which grows in the soil and comes to the kitchen via the vegetables grown in the soil. The germ is doubly dangerous because its spores can resist heat of 212° F. and it can thrive without oxygen. *Newsweek* tells of a simple, though time-taking, method by which this danger can be largely reduced. The process is known as intermittent sterilization, but even with this method a final precaution should be taken—that of boiling the contents of the jar rapidly for at least ten minutes after opening the jar. The germ does not flourish in acid foods, but in the non-acid, such as beets, corn, beans, etc.

► HERE'S one use for lipstick. An instructor in first aid in cases of dangerous bleeding found that there was no chart showing the location of the various blood vessels, so a private was ordered to strip, and with some lipstick the human arterial system was traced on the private. The life-sized chart proved to be a great success.

► KNOW what a "wobbie" is? A vegetable that is a cross between a carrot and a beet. It is being planted extensively abroad. The vegetable is carrot shaped, but beet colored, and is reported to have four times the vitamin content of either beets or carrots.

► WE often wonder just what the doctor hears through the stethoscope; but according to *Scientific American*, the doctor is going to hear even more through a new acoustic stethoscope. The instrument has been developed by the RCA laboratories.

► THE world's most expensive vitamin, biotin, which in its natural state costs \$4,000,000 an ounce, is now produced synthetically by a chemical concern in New Jersey. The company expects to find many new uses for this powerful vitamin.

► SALVAGING sewage by modern techniques of purifying gives several by-products such as fertilizer, gas, grease, and processing water, says *Scientific American*.

► AN important cause of slowdowns in war production is uncorrected visual defects, according to M. J. Julian, president of the Better Vision Institute. Eyes that do not see well and that tire easily, he says, slow down work, lead to mistakes and wasted materials, and frequently bring about accidents.

► DURING the first six months of 1943, milk production totaled about the same as for the corresponding period of the previous year. But to meet the goal for the last half of the year this production must be increased by 3,000,000,000 pounds.

► DR. THOMAS FRANCIS, JR., of the University School of Public Health, predicts that an influenza epidemic in 1943, similar in scope to that of 1918, is very possible because of overcrowded conditions and long working hours at top speed.

## UP POPS SOMETHING GOOD!

...from Pillsbury's Cooking Service



### Pillsbury's WHOLE WHEAT Popovers

Try this interesting, tempting way of serving nutritious whole wheat!

Makes about 12 medium popovers.

TEMPERATURE: 450° F. for 20 minutes then 350° F. for about 25 minutes.

- 1/2 cup sifted PILLSBURY'S BEST Enriched FLOUR
- 3/4 teaspoon salt
- 1/2 cup unsifted PILLSBURY'S WHOLE WHEAT or GRAHAM FLOUR
- 2 eggs, unbeaten
- 1 tablespoon shortening, melted
- 1 1/4 cups milk

In Pillsbury's Whole Wheat Flour you get all the natural vitamins and minerals of choice wheat—with particularly fine flavor and exceptional baking quality.

1. Thoroughly heat well-greased, heavy muffin pans in a hot oven.
2. Sift flour once, measure; add salt, and sift again.
3. Add whole wheat flour; mix well.
4. Fill sizzling hot pans one-third to one-half full and place in a hot oven for 20 minutes; reduce heat to moderate and finish baking.

**VARY YOUR MENUS**—keep them appetizing as well as nutritious—by baking many tasty foods with full-flavored Pillsbury's Whole Wheat Flour. Look for bread recipe and other interesting recipes on the handy, flavor-sealed 2-pound package.



## Pillsbury's WHOLE WHEAT Flour

... the flavor flour

Pillsbury's Whole Wheat Flour requires no ration points!





TODAY there are so many things to jar one's nerves. It may be worthless, jangling, irritating jazz that floats in through your windows over the air, or the startling announcements in the newspaper, or business reverses, or perhaps that boy or girl of yours in service. Be what they may, all these things take their toll of your nerve energy. These are the problems we must face. They raise the question: Are there safe sedatives—sedatives that will carry us through all nervous troubles? To simply say yes or no would not safely answer so broad a question as this.

First, let us briefly consider a few of the sedatives. How do they act? What effect do they have on the system? Are they body builders, or do they destroy? Are they a tonic, or do they throw a further burden upon the body?

To make the discussion more convenient, we will classify these drugs into five general groups: (1) the opiates, (2) the barbiturates, (3) the bromides, (4) the alcohols and their derivatives, (5) the analgesics, as coal-tar derivatives with the sedatives added to them. It would seem that with such a long list as this to choose from, surely one could easily find a safe sedative. There are literally hundreds of different chemical variations of the above drugs, and each new one that comes out is supposed to be just a little superior to all the rest of them.

The large number of these drugs reminds me of a statement by one of my instructors in college. He was discussing the different operative techniques for a certain condition and said that he thought that there were about eighty different procedures discussed in literature for this one condition, and he concluded with the rather enlightening comment that the reason there are eighty operative techniques for one condition is that there is not one good one. If there were one good one, that would be enough. There would be no need for the other seventy-nine. I wonder whether that same comment might apply to our ever-increasing number of sedatives. Is it possible that this endless, feverish search for a better sedative throws some light on what these scientists think of the sedatives we already have? Are they in a vain search as was Ponce de Leon for his Fountain of Youth?

Let us examine these different sedatives and see why we are still searching.

*The opiates.* We need spend little time on these, as everyone knows something of the demoralizing and character-weakening effect they have on the addict. The habit is always worse than the disease for which they are taken. These opiates should be used with the greatest caution and only under a doctor's orders. Never should they be used merely as sedatives.

*The barbiturates.* These are also habit forming, but the addict is not so demoralized as are those who use opiates. It takes

Are There Any

# SAFE SEDATIVES?

**R.** EDWARD HOEHN, M. D.

considerably longer to form the addiction, and it is easier to break away from it. The drug is depressing and some patients develop a definite melancholia from its use.

*The bromides.* These are slightly habit forming. They are toxic (poisonous) and are also depressing. I have seen cases so badly depressed that they were thought to be insane.

*The alcohols and aldehydes* are habit forming, the habit having a demoralizing

effect upon the patient. They also are definitely toxic, damaging the liver.

*The aspirin or acetanilid derivatives.* These are used largely for pain, but some patients use them as sedatives, especially in combination with one of the above drugs. Such combinations, of course, carry all the dangers of the drug that is added, plus the toxic effect of these coal-tar derivatives. Although some of these drugs are only slightly toxic in the recommended dosages, they are *all* toxic, thereby





adding an extra burden upon the already overworked body. The body now has to battle not only with the original trouble but also with the effect of the drug. Some of these drugs never develop true addiction, but they are what might be called habit forming because they become a crutch that one learns to lean upon, and any habit—be what it may—that interferes with the normal function of the body is to be avoided.

All these drugs are definitely toxic, their effect not being produced by a wholesome building up of depleted nerves or by supplying anything the nerves require. They are not a nerve tonic in any sense of the word. These aching or jumpy nerves are the sentinels that warn us of impending danger to the delicate human mechanism. If these sentinels are put to sleep by the anesthetic action of sedatives, then a dangerous condition may be made tolerable or so quieted as to be entirely overlooked until it is too late to do anything.

With the facts thus clearly placed before us, the reason for this endless search for an ideal sedative becomes self-evident—we are looking for what has not yet been found. This is rather a disparaging picture and the reader will wonder whether or not he should ever use a sedative. In answer, I would state that a sedative should be used only when it is necessary, and *then* it must be used intelligently.

Doubtless some of you will ask, "How can one use intelligently any drug which has no body-building properties and which only puts the body sentinels to sleep?" The value of sedatives lies in the fact that the body does need rest, relaxation, and quiet to build up, and these are difficult to get when one's nerves act like a noisy alarm clock and keep one on edge all the time. It can be clearly seen that to take a sedative purely for the purpose of relaxing one's nerves or getting a night's sleep,



H. A. ROBERTS

Large Quantities of Sweet and Refined Foods Tend to Make Us Nervous and Irritable

with no definite plan to build up the body and nerve stability, is like borrowing money without any plans to pay it back. A financial scheme of that type would soon ruin one's business. In like manner, a health plan where one merely numbs one's senses, without any constructive treatment to build up, will soon wear out the delicate human machinery.

If, on the other hand, one adopts a plan of giving the body its necessary rest and relaxation and couples with that a healthful living regime, then, and only then, can he be justified in taking sedatives to help him get the required rest, sleep, and relaxation. However, this period of taking sedatives should not run into months, and certainly never into years.

Having answered that phase of the subject, I would like to repeat the question, "Are there any safe sedatives?" and answer definitely, "Yes," by approaching our subject from an entirely different angle. I shall introduce this new approach by calling attention to common medical knowledge.

I believe it is a generally recognized

fact that the behavior of laboratory animals, and especially rats, depends largely upon their diet and environment. Rats fed on highly refined foods, as unenriched white bread, polished rice, jam, jellies, sugar, soft drinks, pies, and ice cream, do not have the nerve stability of the rat on a balanced diet. These foods that are refined have lost something which has a sedative, nerve-stabilizing effect upon the experimental animals.

The same thing has been observed among people. Missionaries returning from the Orient often tell us that certain localities have definite customs and diets. In certain localities polished rice or refined foods are simply not used, while in other localities it is a disgrace to eat natural foods. Brown rice is called dog food and no one would consider eating it. We are told that the people of the two localities are as distinctly different as is their diet. The ones on the natural diet act natural; they respond as a normal human being ought to respond, whereas the ones who live in the refined-food zone are nervous, irritable, and obstinate, and are constant troublemakers.

You can observe the same in our own country. Families who use large quantities of sweets or refined foods complain of more nervousness, sleeplessness, tenseness, and irritability than do their neighbors who live more naturally.

Yes, there are safe sedatives, though they are not called sedatives in medical books. Some of these sedatives are found in our drugstores under the names of vitamins and minerals; but in your Victory garden, orchard, or farm you have an abundant, inexpensive supply. There is nothing that gives such nerve stability as proper living, with plenty of sleep and natural, unadulterated, wholesome food.

Our nerves are not as badly shocked by the newspaper headlines and radio reports as they are by unbalanced menus.

H. M. LAMBERT

Plenty of Rest and Relaxation—and We Rise in the Morning Refreshed and Ready for a Good Day's Work





# The Healing Value of Light

Discussing Sunlight  
and Artificial Light

 CLARENCE W. DAIL, M. D.

SOBELMAN, N. Y.

Light Rays Are Very Common but Very Important. Sunlight Should Be Especially Prized and Its Benefits Claimed by Everyone

SUNLIGHT has been valued throughout the ages as being vital. This is evidenced by the fact that the sun has many times been made the object of worship. Light was important to the work of creation, since we read from the Bible that it was made on the first day of creation.

If it were not for the sun, the earth would cease to support life in a short time. The earth would soon become so cold that everything would freeze. Rain would cease. Food would be gone.

The influence of the sun's rays upon the temperature of the earth is shown by what happens when great volcanic eruptions occur. During the past two centuries there have been many cold summers, owing to the presence of fine volcanic dust in the high atmosphere. This dust may stop a fair proportion of the sun's rays from reaching the earth's surface. The most remarkable example of this was the world-wide effect of the explosion and eruption of the volcano Tambora, felt during the summer of 1815. This year became known as the "poverty year," "the year without a summer." In the New England States there was snow during every month of the year.

The amount of energy that reaches the earth is astonishingly great. It has been estimated that each square yard of the earth's surface with the sun directly overhead receives enough energy to drive a one-horsepower motor. On this basis an acre absorbs about 5,000 horsepower of energy; one square mile, 3,000,000 horsepower.

It is plainly evident to all that plants must have light. For illustration one may simply place a board on the lawn and leave it there for several weeks. A weekly check under the board shows disappearance of the green color from the leaves; soon the grass will die.

Animals also need sunlight. This fact is well attested to by those who raise livestock. With the chicken special care must be taken that it receives ample sunlight. Chicken houses are built with sun porches or they may be covered with transparent material that lets the vital rays of the sun through but protects the fowl from cold. Chickens that do not receive the proper amount of sunlight energy, either directly or through their food, do not grow well and they become sickly.

These facts are also true about human beings. Children who are reared in the

dark city streets and apartments are prone to develop rickets and tuberculosis. Their color looks much like that of the grass that has been covered for some time. You may ask, "What about the Eskimos, who, every year, do not see the sun for months? They do not die off because of rickets." This is a question which will be answered later.

You may ask further, "What is light? What are ultraviolet light and infrared light?" Light is a form of energy which is thrown off into space by any object that is warm or hot. Modern science reveals that light consists of very small particles. Experiments indicate that it comes in small bundles that can be measured. On the other hand, other experiments show that light also moves in waves which can be accurately measured. These are so short that it takes about 50,000 of the ones that we see to make an inch.

Another feature of light is the fact that these waves may be of different lengths. It is because of this that light may be colored and that white light may be broken into many colors by the rainbow or a prism. Violet light has a shorter wave than red. Blue, green, yellow, and orange are between. The rainbow produces all these



colors by the prismlike action of each rain-drop as white sunlight passes through it.

If our eyes were sensitive to a greater range of wave lengths than from violet to red, we would also be able to see in the rainbow light some color beyond the red and the violet. These invisible bands of light are called ultraviolet and infrared. Strictly speaking, however, only the rays or the radiations that are seen by the eye are called light. There are certain sources of radiation that produce rays that are shorter than those from the sun. These may be called short ultraviolet. X rays and cosmic rays are still shorter than these. Radio waves are longer than the infrared. The accompanying illustration shows these bands, together with their common sources and their chief action on the body. It also shows the light bands which pass through window glass. Note that vital ultraviolet does pass through glass.

The vital ultraviolet rays are responsible for the production of vitamin D. When the skin is exposed to these rays, certain fatty substances that are present are changed to this vitamin. This new product is absorbed by the blood stream which flows through vessels that are in the deeper layers of the skin. It is then distributed throughout the body. Vitamin

is necessary for the production of sufficient of this vitamin in the skin during the winter months. The present mode of life quite largely keeps the sunshine off the body even during the summer months. Because of this it is necessary to depend mainly on food as the source of vitamin D. In the case of the rapidly growing child this is of special importance. Every opportunity should be given him to obtain it by the use of milk and fish oils, as well as sun baths.

Inadequate absorption and use of calcium and phosphorus are likely to result in the development of rickets. Children who have rickets do not develop well. They become restless and show signs of languor. The bones do not grow properly and deformities result. Mild rickets is much more common than is usually recognized. Another disease that is associated with a lack of sunshine and vitamin D is tuberculosis. This may involve the lungs, the bones, or other parts of the body. Of course, in tuberculosis, infection, overwork, and other factors play important roles.

Not only can rickets and tuberculosis be prevented, but they can also be treated, by the judicious use of sunshine. The use of sun baths is of special value in the treatment of tuberculosis which does not involve the lungs. These treatments in tuberculosis, however, may do great harm if not taken under the direction of a physician who is skilled in their use. Many doctors do not consider it safe to permit the patient with tuberculosis of the lungs to receive any sun baths because of their danger.

When sun baths are used for tuberculosis of the bones it is observed that there is not only great improvement in the condition of the bones, but improvement also in the well-being of the body as a whole. The skin becomes healthier. It does not readily develop infection. The muscles appear to fill out even though the

patient remains quite inactive. The spirits are higher. Such improvement is to be expected in individuals suffering from other conditions.

From the illustration it will be seen that ultraviolet has a destructive action on bacteria. Bacteria may be killed by the direct action of the rays upon them or upon the tissues of the body, especially the skin, the resistance of which to infection has been increased by ultraviolet. The direct destruction of germs floating in the air by special ultraviolet lamps has been found to be of value in operating rooms and in hospital wards. Sunlight is also an effective germ-killing agent, although more time is required to kill the bacteria.

Sun baths should be given to babies unless there is definite reason for not doing so. These may be begun for infants who are six weeks of age. For the first treatment the time should not be longer than one-half minute exposure on each side of the body. The length of successive exposures which are given every day should be increased slowly so that in two weeks the time is about three minutes front and back. They should be given when the weather permits. The air should be warm. During cool weather a protected sunny spot, as a southeast corner, should be chosen. Overheating must be avoided, however. One should not attempt to give the bath through glass, as this absorbs the vital ultraviolet band of sunlight. This is illustrated in the diagram.

For children older than a year as well as for adults the bath may be gradually increased to about thirty minutes. Sun baths should never be taken during sickness unless with the approval of a qualified physician. If unwisely used they may do harm, as the sun is a potent agent.

There may be purchased prescription ultraviolet lamps that are not too expensive and that give enough light to be of value. Baths taken with special lamps are substitutes for sunlight, although they are

less desirable. A warning should be sounded here, however, as some lamps advertised as ultraviolet are so weak in the vital rays as to be useless.

Infrared radiation is frequently a very convenient source of heat. It is useful in many muscle and joint pains. Arthritis is one of the most common indications. Joint and muscle pains should be treated by other means also. As heat, may  
(Continued on p. 29)



Patient Receiving Ultraviolet Ray Treatment. These Rays Are Responsible for the Production of Vitamin D

D is necessary for the proper absorption of calcium and phosphorus from the intestines as well as for their use by bones and other tissues.

When similar fatty substances that are present in plants are exposed to the vital ultraviolet rays, vitamin D is formed. Certain fish oils are rich in this vitamin because the fish obtain it from other marine creatures and finally from plant life which is exposed to the rays of the sun. Since Eskimos eat largely of dried fish in the winter, they do not suffer from the lack of sunlight.

Even in our own climate the vital rays of the sun are inade-

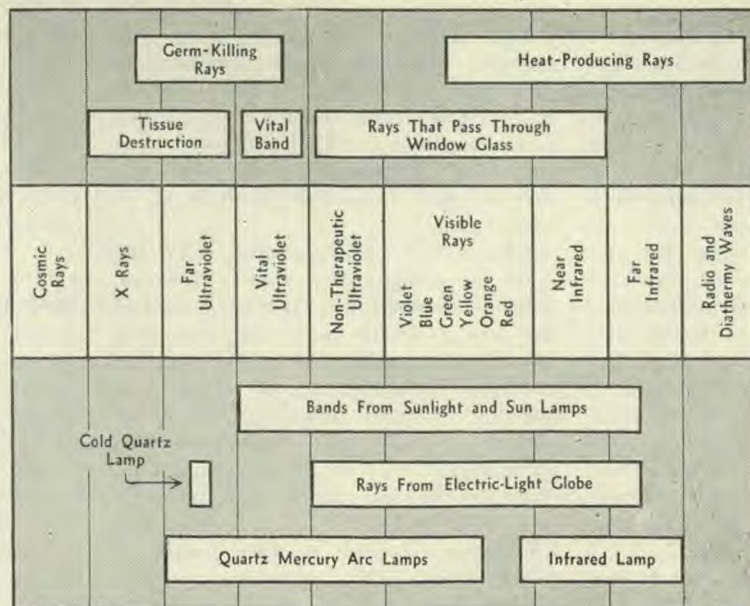


Diagram Showing the Different Light Rays and Their Functions



# The BABY'S *Second Six Months*

**R** BERTHA L. SELMON, M. D.

**D**URING the first five months of the infant's life it has learned to recognize faces, to coo or crow, to hold its bottle, to reach and grasp toys, to express likes and dislikes, to pat-a-cake and do other little imitations. If parents have been wise, they have not taken the infant to many public places where it would be exposed to germs of colds and other contagious diseases. On the other hand it should not have been so isolated as to have developed fear of strangers. Much, too, has depended upon the attitude of the guest callers. In approaching a baby sudden movements and much ado are likely to frighten him. Give the little one time to look you over before showering your attentions upon him.

Now, at five or six months, the second stage of the infant's education begins. At this surprisingly early period, which we may call its "second semester," the foundations of health education are laid. Up to this time nourishment, breast or bottle, has provided only one flavor, except for the cod-liver oil and orange juice which are to continue on through the year.

Now the baby begins to notice that older members of the family are eating food which looks interesting, and he thinks it is time for the introduction of variety to his own menu. In the matter of nourishment our 1943 baby has a decided advantage over babies of an earlier period. They were compelled to wait until at nine or ten months they were given a bite of mashed potato or a crust of white bread. Even if those bites were allowed earlier, other foods were not added until baby was almost a year old.

In the last few years manufacturers have considered infant needs and mother convenience. Precooked, scientifically balanced cereals and finely strained vegetables and fruits are the result. With such a variety of foods available, the second phase of baby education accustoms it to many food combinations. It thus avoids the narrow food prejudices which, formed in infancy, often contribute to the lifelong impairment of individual health.

Strained foods are intended to fit the baby needs during the period when teeth

are not ready for chewing, but as the teeth come through they should not be taught idleness. So it is well to give the baby some food to bite on and which can be held in the hand. Hard toasted whole-wheat bread or graham crackers can be used in this way.

Prepared baby foods should be served in as many appetizing ways as possible, not simply spooned out of the tin. Green vegetable pulp is much more palatable if diluted with a little precooked cereal or mashed potato with cream or butter and a little salt. Cereal may also be mixed with fruit pulp in equal parts or it may be served with milk. A soft-poached egg should be included in the baby menu at this time and it may be mixed with prepared cereal, a little salt added. When bread or cracker is first given, the baby should be watched lest it choke on small pieces.

Whether from breast or bottle the process of weaning usually should be completed between the ninth and twelfth months. Baby has learned gradually to drink milk from a cup. At first the bottle or breast is discontinued except for one or two feedings and finally forgotten altogether. It is easier to wean thus early than to wait until the infant is in its second year.

Sometimes a toy is substituted for the bottle at going-to-sleep time. However, it is best to avoid this. If a toy is used in this way it should not be the same one day after day. This will prevent the little one from becoming foolishly attached to one toy. Usually playthings should be washable. Woolly rabbits and Teddy bears are attractive, but are dust catchers. One often sees the little one dragging around a once white, but now absolutely filthy, toy. We may not be able to trace disease resulting from such a plaything, but the baby hugging and caressing it is not an



H. A. ROBERTS

A Great Moment in Baby's Life, and in Mother's and Father's, Too—When Baby Takes His First Step

attractive sight. If cloth toys are kept in the clean baby pen and discarded as soon as soiled they may serve a useful purpose, because the infant cannot hurt himself with them.

Little Johnny or Mary soon learns to throw toys over the fence or out of the baby buggy, demanding by squealing or crying that someone pick them up for him. A bit of string is the best answer in this case, tying the toy to the inside of the pen where it can be reached.

As the baby approaches nine or ten months he begins to try to pull himself up inside the pen, using the bars for support. The little legs gradually gain strength. Too much encouragement to stand should be avoided, as the bones may not be strong enough to bear weight, and so develop deformity. For this reason the type of walker in which the child stands with legs apart is not considered good. However, when the effort to stand has become fully established, the little stroller or kiddie kar in which the baby may alternately

(Continued on page 10)



# How to Live With Your FUEL OIL RATION

By JOEL DEAN\*

**T**HE fuel oil program, like all rationing programs, is set up to protect the consumer, to make sure that he gets his fair share after military demands have been supplied. Without this assurance the consumer would run the risk of not getting the fuel oil he needs for heating, cooking, lighting, and operating farm machinery. If there were no rationing of oil the short supply would soon be depleted by a few people, and the rest would get no oil.

Fuel oil is a vital weapon in modern warfare, fully as important as guns, planes, and tanks. In fact this motorized war is a war of oil. Therefore the military demands of our fighting forces must be supplied first, and these demands have increased unbelievably. For example, some of the military uses of fuel oil today are:

33,000 gallons a day—to run one army transport loaded with troops and equipment.

3,000 gallons an hour—to drive a modern destroyer at top speed.

12,000 gallons an hour—to move an aircraft carrier at high speed.

It goes without saying that these military demands must be supplied first. After the armed forces are supplied, war industry requirements must be met—and this means hundreds of thousands of barrels of oil every day—and finally the needs of the private consumer. Even with all these vast accumulated demands upon the available supply of fuel oil, there will be enough left to heat the homes, do the cooking or lighting, and operate the farm machinery if everyone co-operates.

Fuel oil rationing was begun with misgiving. No such program had been undertaken before by this or any other government. The importance and complexity of the problem required a scientific scheme of rationing; yet the urgency of the situation precluded a slow and methodical accumulation of statistical data. We therefore consulted with heating and ventilating engineers, health authorities, petroleum refiners and distributors, and fuel oil dealers, all of whom provided helpful information.

The successful operation of fuel oil rationing in its initial year represents an achievement in effective co-operation of the Government, the consuming public, and the petroleum industry with each other.

For generations Americans have lived

in a land of plenty. The standard of living has been high, and it has been our boast that the average citizen lives like a king. To impose upon such people a restriction of household comfort required the patriotic support of consumers, based upon a knowledge of the fuel oil problem. We have received excellent co-operation from the fuel oil industry in this program of public education. The industry itself had for some time been disseminating information concerning the economical use of fuel oil and the efficient maintenance of oil burning equipment. Manufacturers and distributors of various means of insulation were able to supply the material necessary to conserve fuel. Storm windows and doors, insulated walls and ceilings, sealed off rooms and attics, combined with thermostat control and burner inspection, enable the consumer to get the greatest amount of heat out of the least amount of fuel.

In the past, taste dictated the warmth of houses, and the temperature variation was great. Medical and public health experts, however, were able to reassure us that for persons in normal physical condition a temperature of 65 degrees Fahrenheit is in no way dangerous. It was the opinion of many of them that health would actually improve if people learned to live in houses kept at this lower temperature. The sudden transition, though, involved changing habits with respect to clothing worn indoors, particularly on the part of women. The cotton house dress that would afford comfort in a temperature of 70 to 75 degrees would not prevent chilliness when the temperature was reduced to 65 degrees. This idea that the temperature could be reduced to 65 degrees seemed revolutionary to many people, and the cries of alarm arose on all sides. Careful investigation of every reported case brought us to the conclusion



that nobody had actually died or been made seriously ill as a result of fuel oil rationing.

The housewife, by her ingenuity and resourcefulness, has been an important contributor to the success of the program. The housewife normally spends more time in the home than any other member of the household. Whether she herself tends the furnace or only supervises it, her determination of the necessary temperature will govern in most cases. If she is willing to wear heavier clothing when she is not engaged in highly active work and will economize, not only in the use of fuel, but also in the space to be heated, she can reduce materially the fuel oil requirements of her home. She it is who knows the crevices and crannies through which cold air seeps into the home. Her resourcefulness will enable her to reduce the temperature normally maintained in sleeping quarters. Insulation of beds with paper and warming the sheets with hot water bottles make a reasonably comfortable sleeping room out of a practically heatless bedroom in even a severe climate, as our pioneer ancestors well knew.

All this involves a sudden and drastic change in our habits of living. From time immemorial the guardians of such customs have been the wives and mothers of the nation. It is their co-operation above all that must be sought for successful operation of fuel rationing.

A few simple rules may be given which, if generally followed, will enable us to live healthfully and without serious discomfort despite restrictions on our use of fuel.

1. Have your heating plant checked by a competent service man.
2. Make your house heat-tight to keep heat in and cold air out.
3. Keep the temperature down to wartime levels.
4. Close off rooms you don't absolutely need.
5. Dress warmly.
6. Don't throw bedroom windows wide open at night.

Put your heating equipment in good condition. Your chimney may be sucking out half of the heat from the oil fed into your furnace. Out of each one hundred gallons of oil, thirty to sixty gallons may be lost through faulty equipment. Thorough overhauling of your heating plant is the only remedy. Here is what you can do before next winter with the help of a service man:

Clean the flue passages at least at the start of the season, oftener if possible; make a complete combustion check-up; make certain of the proper adjustment of the draft regulator with a gauge, and seal all air leaks; clean and adjust the oil burner.

Keep the heat inside the house. A great deal of heat can be saved by proper insulation. No matter whether you live in

(Continued on page 28)

\* Director, Fuel Rationing Division, Office of Price Administration, Washington, D. C.



OF all the health advice which has been offered to the American people, none has been more confusing than the advice about how to keep our first and second teeth and thus avoid investing in the third. We have all been told to visit the dentist twice a day and use the right kind of dentifrice twice a year—or something! To say nothing of eating vegetables, drinking milk, avoiding candy and sweets, and otherwise conducting ourselves in a highly estimable and extremely boring fashion.

How many trusting readers, tumbling into bed too sleepy and tired to clean their teeth, have suffered pangs of conscience which soon brought them out from under the warm covers and into the cold bathroom to perform the necessary scrubbing? Who has not eaten her sweets with inward resolve that upon the next temptation she would be strong? Honestly, now, have you never come away from a session with the dentist vowing that never again would you forget any of the things you must do in order to have strong, clean, beautiful teeth which will last forever and never hurt?

For the dentally unregenerate there is comfort in a recent booklet by Dr. Vern D. Irwin and Netta W. Wilson, Division of Dental Health, Minnesota Department of Health. Doctor Irwin and Mrs. Wilson, under the title, "An Evaluation of Dental Health Literature," have blithely massacred the health educators who have been telling you and me what to do about our teeth.

Their study was based upon 274 pamphlets, leaflets, books, and articles in periodicals, published by State and provincial health departments in the United States and Canada, by the American Dental Association, the United States Children's Bureau, and the United States Public Health Service.

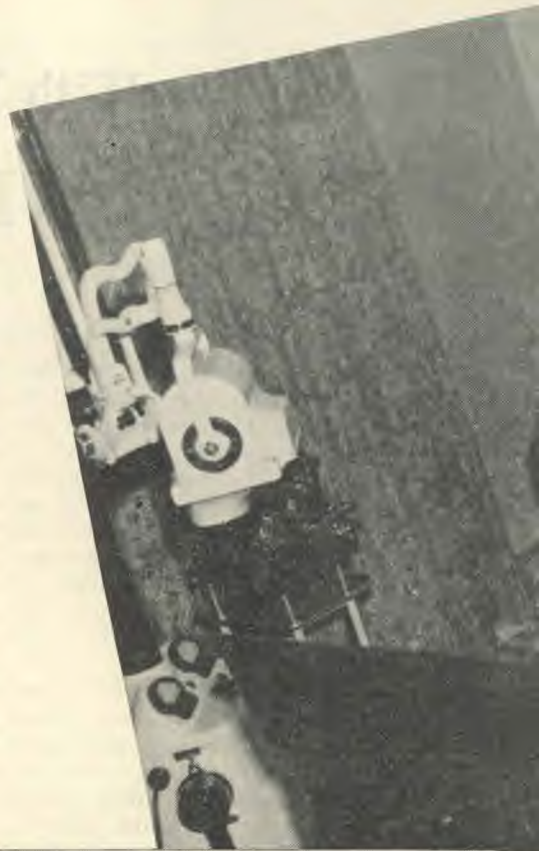
Out of these publications they have gathered a large number of statements relating to health of the teeth and how to preserve it. From literature published before July 1, 1940, 235 typical statements on important phases of dental hygienic practices were analyzed, of which 74 were classed as facts, 54 as fallacies, and 104 as controversially. Only about 1 out of 3 qualified as a fact. From another group of publications, appearing since July 1, 1940, 145 similar statements were analyzed, of which 67 qualified as facts, only 8 were downright fallacies, and 70 were controversial. Advice now available about teeth seems definitely improving, but even so a little less than half the statements which would come to the attention of the average reader were held by these students to be facts about which there is essential agreement among responsible members of the dental profession.

The bibliography of the book includes

\* Director, Bureau of Health Education, American Medical Association.


76 State and provincial health department bulletins, 24 pamphlets by the American Dental Association, 5 bulletins from miscellaneous sources, 6 periodicals read by adults, and 12 textbooks written for use in schools. The study represents an indictment of what the American people have been told about teeth, not by commercial promoters, but in the serious and often solemn literature produced by persons whose sincere desire is to teach about dental health and how to preserve it.

Some of the fallacies to which Doctor Irwin and Mrs. Wilson address themselves are commonly held by persons other than physicians and dentists. So much emphasis has been placed upon the claim that modern man's jaw has deteriorated because he does not chew tough, hard foods any more that everyone accepts it as a fact. Doctor Irwin and Mrs. Wilson say that the situation is quite the reverse: man's jaw has deteriorated and therefore he can no longer chew tough, hard foods. Teeth are commonly referred to as a form of bone. This is inaccurate, since none of



# TOOTH TRUTH

You May Find  
Your Favorite  
Theory Exploded

 W. W. BAUER, M. D.\*

the tissues of which teeth are composed are bone. The crown of the tooth has been described as hard, dead matter. It is hard enough but not dead unless the pulp is devitalized. Losing baby teeth early or keeping them too long has been said to result invariably in poor development of the jaws and crooked, unsightly permanent teeth. This is a commonly accepted belief, but the fact is that premature loss of the first "baby" molar seldom results in crowding of the permanent teeth.

Do you believe that tooth decay indicates dietary deficiency? Doctor Irwin and Mrs. Wilson say this has not been proved, nor do they agree that increased dental decay is necessarily to be expected during pregnancy. They also deny that illness breaking down bodily health is certain to injure the teeth. They point out that many severe systemic diseases occur without tooth deterioration.

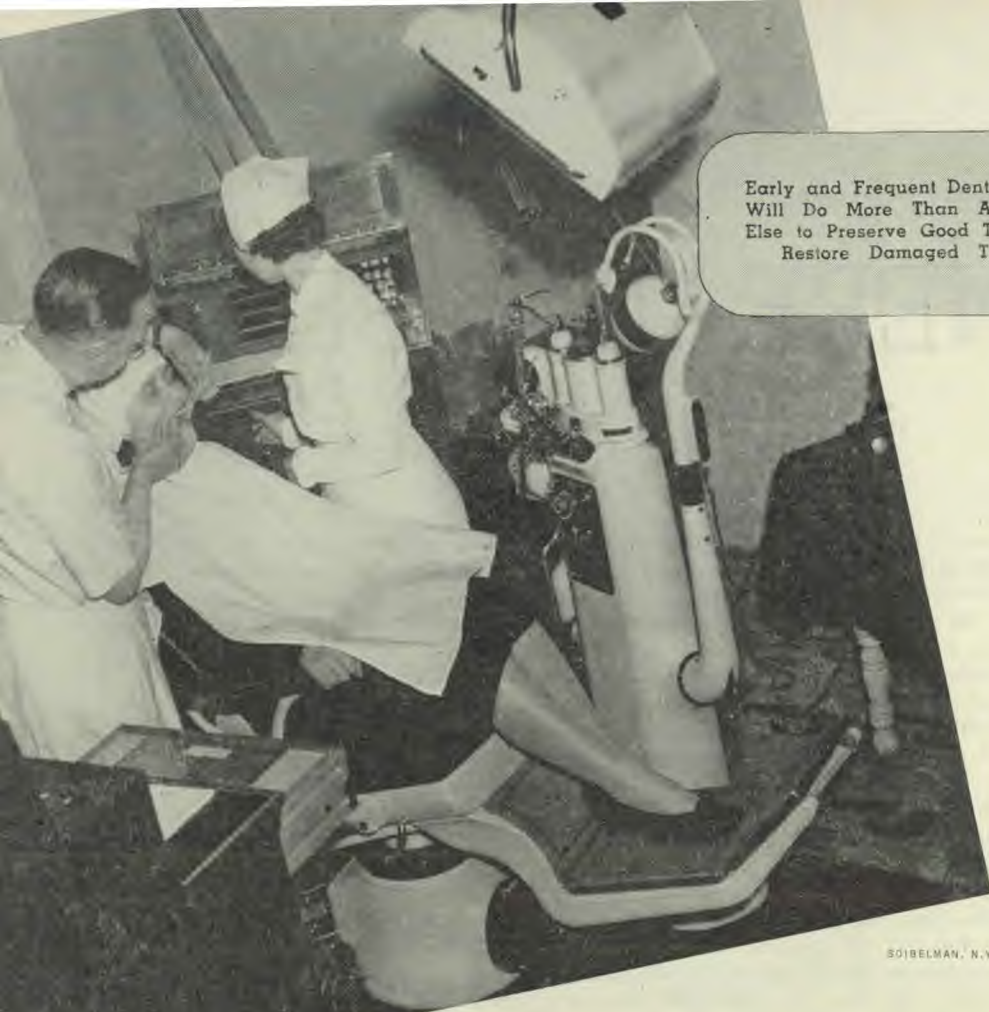
One of the most widely accepted statements and one which has been encouraged

through commercial advertising is that the soft food characteristic of man's civilized diet is largely responsible for tooth decay. Doctor Irwin and Mrs. Wilson dispose of this belief in two words, "Not proved."

Are you convinced that when a toothache occurs it is too late to preserve the tooth? This is not always so. Do you still believe that a clean tooth never decays? Again, not true.

As far as children's teeth are concerned, the authors say that evidence in support of the benefits of cod-liver oil, orange juice, and tomato juice is controversial. Neither do they admit that school children whose teeth are in good condition necessarily suffer fewer failures in their scholastic work or fewer epidemic diseases. They do not believe that breast feeding is a guaranty for good teeth. They regard as unsafe the advice given to parents that deformities caused by thumb sucking tend to correct themselves unless the habit persists while permanent teeth are coming through.





Early and Frequent Dental Care  
Will Do More Than Anything  
Else to Preserve Good Teeth or  
Restore Damaged Teeth

SOBELMAN, N.Y.

The authors caution against advice that crooked teeth in children sometimes correct their position. This may sometimes be true, but the most important advice is that children with irregular teeth should be taken to a dentist early. Crooked teeth are not always a health hazard if the irregularities are slight, but the decision should be made by the dentist, not the parents.

The authors also assert that there is no basis for the common belief that criminals and other so-called "enemies of society" tend to have irregular teeth.

As to dental care, they object to the advice that a dentist should be consulted only when a cavity is noticed in baby teeth. It is advisable that a child be taken to a dentist regularly, beginning at two years of age, without waiting for cavities to appear. They deny that tartar deposits on the teeth are a common cause of bad breath. They do not recognize evidence that any diet will "keep your teeth hard and strong." Therefore, they do not admit that food alone can either make or keep teeth or body healthy.

Naturally, it does not necessarily follow that teeth will be good if diet is correct, though admittedly the right diet is probably one factor in preserving the health of the teeth. Although they deny that refined, civilized foods are primarily respon-

sible for tooth decay, they are not willing to admit that these may be used without harm even when the so-called protective foods (milk, fruits, vegetables) are present in the diet in adequate amounts. They do not confirm the view that chewing gum is beneficial to the teeth. They object violently (and properly) to promises made to children that eating certain foods will make the child's teeth grow straight.

As far as brushing the teeth is concerned, the authors reject much of the common advice on the ground that it is impractical; as, for example, advising that the teeth be brushed upon arising, after each meal, and before going to bed. They do not encourage the use of toothpicks or of dental floss by children. They deny that stains and dirt are directly related to teeth that hurt, or that brushing will necessarily prevent stains or the formation of tartar on the teeth. To the claim that clean teeth and a healthy mouth will result from a few good brushings a day they retort, "Obviously not true." They say that a mouthwash is not a hygienic necessity.

As for general health rules, they believe that few of them have anything directly to do with dental health. Toothbrushing will not even make your breath sweet, if bad breath is caused by decayed teeth or internal trouble.

The difficulty with telling the lay public what to do about their teeth is that scientists themselves are not in accord. An example of scientific disagreement is

the controversy over sugar in chewing gum which some observers believe will harm the teeth, while others advise chewing gum for the sake of the exercise it supposedly gives the jaws and teeth. Cereals (presumably whole-grain cereals) are recommended by some writers among foods good for the teeth, while others advise against them. Some observers believe that nutrition affects the teeth after they are fully formed, while others do not.

There is no agreement as to when brushing of a child's teeth should be begun. Some advise toothbrushes with well-spaced tufts of equal length; others recommend bristles of unequal length; still others say that the shape of the brush is not important, and others emphasize the importance of brushes of certain shape.

Even care of the toothbrush seems to be a source of controversy. Advice is given to hang the toothbrush in the sun to dry, but on the other hand appears advice that the toothbrush should be protected from dust. The comment of the authors is that the advice is impractical, since if brushes hang in the open air they will gather dust and if they are protected by glass they are not exposed to enough sunshine to kill many germs.

At the risk of appearing in an unfavorable light in a subsequent evaluation of dental health literature, this writer gathers from the interesting and valuable study by Doctor Irwin and Mrs. Wilson that there is no positive assurance that anything we do will assuredly guarantee good teeth.

We must not rely solely upon diet for tooth health; yet it is a good thing to eat the kind of diet advised by nutritionists. We cannot depend upon cleanliness alone for mouth health and sound teeth; yet there is virtue in keeping the teeth clean and the mouth reasonably sweet. We can accomplish this without the aid of a mouthwash. The authors do not venture far into the highly controversial field of what dentifrices are safe, or which, if any, are essential.

The one idea which stands unchallenged is that early and frequent dental care will do more than anything else to preserve good teeth or restore damaged teeth. This at least is one positive bit of advice which comes out of their evaluation. Until something new and non-controversial develops out of continuing dental research, that is about all the tooth truth that we can really get our teeth into.



# Vanquishing

## VENEREAL DISEASE

A Frank Discussion of a  
Grave Threat to Health

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

VENEREAL disease has recently taken the center of the stage. The hush-hush attitude of past generations has undergone such a complete change that gonorrhea and syphilis have become as much a topic of general conversation as influenza and infantile paralysis. The moral implications so long associated with venereal disease in the public mind are no longer considered a valid reason for ignoring its dangers or for neglecting to educate the public in means of treatment and control. And this is as it should be, for to quote Grover Cleveland, "we are dealing with a condition and not a theory."

Within the past few years the United States Public Health Service and various State and municipal health departments have carried on a vigorous campaign of public enlightenment concerning venereal disease with special emphasis on gonorrhea and syphilis. In our armed forces definite instruction is being given recruits for their protection, and results of a striking nature are being obtained. The goal is to wipe out venereal disease altogether, and in the light of present accomplishments this goal is by no means as remote as it once was.

Let us consider first the problem of gonorrhea. The infecting organism called gonococcus is a microscopic germ readily recognized by its size and shape. In a variable interval of from one to five days after coming in contact with the mucous membrane of the urethra of the male or the vagina of the female, it produces an intense inflammation with a copious discharge of thick, creamy pus. Diagnosis depends upon the finding of the organism in the pus with the aid of the microscope.

Gonorrhea has always been looked upon as a difficult disease to treat. Many and severe were its complications, especially among the neglected cases. The tendency for it to spread to the testicles of male patients or to the uterine tubes of female patients not only brought about much suffering but produced much sterility. This disease has thus accounted for many childless marriages. It must not be as-

sumed from this that all sterility is due to gonorrhea, however. There are many other causes.

In certain cases gonorrhea invades the joints and sets up a very severe form of arthritis. The heart valves are occasionally attacked where the disease is uncontrolled. These are rare complications but of extreme gravity when present.

The extent of gonorrheal infection in this country is hard to estimate. It varies greatly with locality and with the intellectual and cultural level of population groups. There is no satisfactory specific blood test for gonorrhea like the Wassermann test for syphilis. However, some conclusions can be drawn from the facts at hand. Of the first 1,000,000 men examined for Army service in the present emergency, 60,000 were rejected for syphilis and gonorrhea, an incidence of 6 per cent. Syphilis is relatively rare—probably less than one per cent for this group; hence, gonorrhea in active form was undoubtedly present to the extent of over 5 per cent. In older groups the incidence of those at some time having had the disease would be much higher. The disease is curable, but one attack does not confer immunity to subsequent attacks. In other words, one may contract the disease many times.

Among professional prostitutes gonorrhea is practically universal. Many have been cured and have contracted it again and again. It is difficult, especially in a woman, to determine when a complete cure has been effected. The germs may become "latent" (inactive) and produce no symptoms in the host, but remain dangerous to her sexual partner. They are especially prone to become active during the menstrual period. In the latent stage the germs, gonococci, are especially difficult to find. There may be no pus or inflammation. This fact shows the fallacy of depending on the medical inspection of prostitutes for the control of gonorrhea.

For generations the time-honored treatment of gonorrhea has been the use of antiseptic solutions, such as potassium permanganate and argyrol or other silver salts, locally applied as irrigations, douches, and instillations. Heat has also been found very beneficial. The time for effecting a cure by such methods was a

matter of weeks or months. The disability and loss of time was enormous. And the final results were unsatisfactory to doctor and patient because one could never be absolutely certain if and when a cure had been obtained.

In recent years all this has been revolutionized by the discovery of the sulfonamide group of chemicals, which for the treatment of gonorrhea in particular have been the answer to a doctor's prayer. Now as soon as a fresh case has been discovered and properly diagnosed, the procedure in naval hospitals is to put the patient to bed, start the medicine, and watch the results. In three or four days the discharge has completely disappeared and the patient is apparently cured. A five-day period of observation is usually added, during which time various tests are made, and the drug is continued in smaller dosage. In about nine or ten days he is discharged to duty. Recurrences with this procedure are remarkably rare. And thus another great triumph in medicine has been achieved.

The military services, however, are not content merely to cure venereal disease. Their primary aim is to prevent it. The methods employed are very realistic. A prophylactic treatment is given as soon after exposure as possible. Failure to report an exposure is punishable though the exposure itself is not, unless venereal disease is contracted. Venereal disease is considered to be the result of misconduct and is duly penalized by loss of pay while incapacity exists.

Not only is personal prophylaxis employed after exposure, but the source of infection is also investigated. The individual—prostitute or "pickup"—responsible is reported to the local health authorities and comes in for her share of treatment if and when located. The commanding officer of a military outfit may also declare a plague spot "out-of-bounds."

Venereal disease has been the plague of military forces in every time of war in every age. In the first World War 7,000,000 days of service were lost to the United States Army alone as a result of venereal infections, according to the Public Affairs Pamphlet No. 65 by P. S. Broughton. A total of 338,746 men received treatment. The prospects are that because of greater

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



enlightenment, the previous work of public health agencies, and improved methods of treatment, the record in World War II will be much better.

More exact figures are obtainable concerning the incidence of syphilis than of gonorrhea because of the discovery of blood tests for its detection. Three tests are currently employed: the Wassermann, the Kahn, and the Kline. In the last two the technique is greatly simplified over the original Wassermann. For this reason the costs have been greatly diminished, making them as widely available as a urinalysis.

On the basis of blood tests, history of infection, and physical examination, it is found that the incidence of syphilis varies greatly in different localities. The national average of syphilis infection of those examined for Army service was found to be

45.2 per thousand, or 4.52 per cent for the first million selectees. The State with the highest average was Florida with 170 per 1,000, or 17 per cent, and the lowest was New Hampshire with 5.8 per 1,000, or 0.58 per cent. In general there was a higher rate in all the Southern States, owing undoubtedly to the high incidence among the colored people. In certain local areas the rate among Negroes is said to be as high as 50 per cent, while for the country as a whole the ratio of the disease among Negroes as compared to whites was 13 to 1.

Despite much "fear propaganda" on "the syphilization of civilization" in our country there is much cause for encouragement. Among the enlightened members of our middle-class population the incidence is amazingly low. Actual serological premarital tests in New York City have

yielded a rate of only 1.6 per cent, while in Pennsylvania only 1.3 per cent were positive over a six-month period in 1940. Selective Service examinations of over 119,000 registrants to June, 1941, gave only 1.65 per cent positive.

These figures are quite in line with some large-scale observations made a few years ago at the Life Extension Institute in New York. In a series of 15,970 nonselected examinees on whom blood examinations for syphilis were made over a period of ten years, positive results varied from 1 per cent in one group to 2.28 per cent in another, with a general average of 1.77 per cent. The results were somewhat higher for the New York City area than for the other sections of this country and Canada.

Everyone should have a test for syphilis at least once in a lifetime and preferably at intervals of from one to five years. Good conduct does not necessarily ensure freedom from disease. Extragenital syphilis is rare but it does occur. The organisms which cause the disease are microscopic spirals which resemble corkscrews in appearance. They are mobile and are able to penetrate mucous membranes or to enter the system through abrasions. They are readily killed by drying, but in a warm, moist place may remain alive and active for many hours. Their presence on a drinking glass might under certain circumstances be a means of infection.

At one time syphilis was a scourge to great portions of the world's population. It decimated large areas and was known as the great pox. Today its ravages are by no means as widespread, but it is still a killer. Thousands of our population yearly lose health, mind, and even life through its consequences.

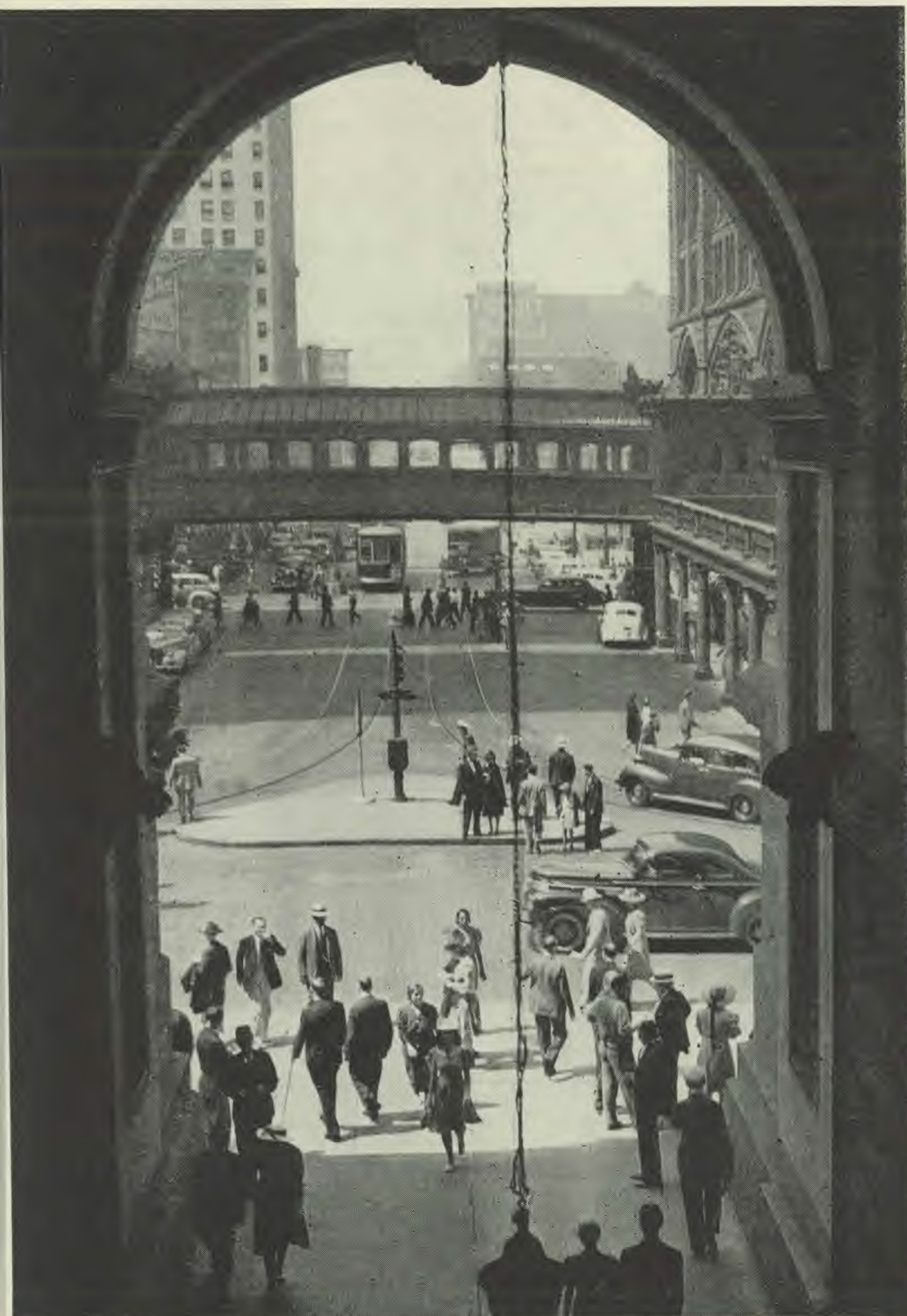
The great menace of syphilis is its insidiousness. A person may have it for years and not know it. There may be little or nothing in the nature of symptoms to cause him to seek medical advice. Suddenly or gradually he becomes sick. Heart symptoms, mental deterioration, outright insanity, abdominal pains, or a host of other symptoms may be the first warning. These are usually late manifestations and much damage is probably already done. However, it is never too late to start treatment, and the disease can usually be arrested if not actually cured.

In its earlier stages syphilis is more readily cured; therefore, the earlier it is discovered the better. And since it is often a "silent sickness," this means co-operation from you, the public. Have the blood checked. It will probably be normal, but if not, it is better to know and to do something about it. Doctors also must assume

*(Continued on page 28)*

H. M. LAMBERT

**Federal, State, and Municipal Health Departments  
Are Carrying on Vigorous Campaigns to Vanquish  
Venereal Disease**





# 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.

## Meat Vitamins

*"I would like to know which foods have as near as possible the vitamins found in meat. I have been sick and was told there is very little that takes the place of meat."*

As meat is ordinarily eaten, for instance as chops, steaks, and roasts, the only vitamins present in significant amounts are certain members of what we group as the vitamin-B complex. These vitamins are found in abundance in yeast, wheat germ, rice polishings, and whole-grain cereals. It is true that liver and kidneys contain other vitamins: A in liver and C in kidneys. Almost anyone would rather supply vitamin A by eating parsley, kale, turnip greens, sweet potatoes, and other green-colored or orange-colored foods. Vitamin C is found in exceedingly rich amounts in green peppers, watercress, the citrus fruits, including lemons, grapefruit, oranges, and tangerines, and tomatoes, as well as very common foods, such as the baked Irish potato. As far as minerals are concerned it has been demonstrated that the iron of beans, molasses, and whole wheat is more efficiently used for blood building than the iron of meat. There are also phosphorus, copper, and traces of other minerals in meat, but they are all generously supplied by vegetables and whole-grain cereals. The animals obtain the vitamins and minerals in their bodies from food which they eat, and so it is not surprising that the original foods from the vegetable kingdom are more valuable sources of the vitamins and minerals. The protein found in meat is replaced by foods such as cottage cheese, eggs, soybeans, nuts, and specially prepared meat substitutes. The appetizing, meatlike flavorings made from yeast and vegetable substances, such as Vegex, Savorex, Tastex, and Bakon-Yeast, add to vegetable dishes large amounts of the vitamins found in meat.

## Breakfast Combination

*"Is it all right to eat nothing except two raw prunes and two raw apricots, with a cup of coffee, for breakfast?"*

No. Such a breakfast is very inadequate. It would be an excellent plan to change at once to a generous, well-balanced meal. In the morning the vitality is greatest and the body is in the best condition to make use of food, and so it is the best time for the largest meal of the day.

A fine breakfast for a man would be a pint of milk for cereal and drink, a whole-grain or enriched cereal, or whole-grain or enriched toast, poached egg, and fruit. The fruit may be sliced bananas on the cereal, dried prunes, apricots, or a favorite fresh fruit. Dried fruits are very valuable indeed and it is fine that you enjoy them. A man can often eat six or eight dried prunes for a serving. Coffee supplies no food essentials. It is an economic loss to you and it has detrimental properties, including a stimulating drug, caffeine, and tannin, a substance that injures the stomach lining. By gradually increasing your breakfast you will notice no discomfort and should enjoy a great increase of endurance and complete freedom from midmorning fatigue.

## Soybeans

*"I have been asked to give a talk on 'Why I Promise to Eat Soybean Products.' Where can I obtain reliable data?"*

Dr. John Harvey Kellogg has written extensively on soybeans. You may obtain a free reprint of one of his informative articles by addressing your request to the Battle Creek Food Company, Battle Creek, Michigan. You will find many soybean products at your health-food store. It is fun to supplement a lecture on soybeans with a display of soybean milk, soy butter, soy cheese, soybeans as a vegetable, as a meat entree, as nuts, well roasted, in the form of sandwich spread resembling peanut butter. Soybean flour may be featured as bread, cookies, doughnuts, or spaghetti. There are many other soybean foods. The oil makes excellent salad dressing.

## Wheat and Starches

*"Can whole wheat and concentrated starches be cut out of the diet safely? Is it all right to get one's energy from the less-starchy vegetables and fruits?"*

It is true that those on reducing or diabetic diets often greatly reduce the starch intake, especially concentrated starches, and this seems to work satisfactorily and is even advisable for them. The average individual should have whole-grain or enriched cereal to supply vitamin-B complex and essential minerals in rich amounts and also most economically. Some digestive tracts rebel at too much

roughage, that is, fibrous, raw vegetables and fruits. Some need more easily digested, well-cooked starchy foods as the basis of their diets. Before making a drastic change in your food habits you should consult your physician.

## Precedence of Foods

*"Does it make any difference as far as digestion is concerned which food is eaten first? What can I do for good digestion?"*

Dr. Henry C. Sherman, in "Essentials of Nutrition," mentions that there is sound physiologic reason for having some watery soup or fruit the first thing at a meal. These foods seem to stimulate the flow of digestive juices and thus prepare the digestive organs for the heavier foods to follow. Many have the idea that food mixes and churns around in the stomach as it is eaten, and also immediately after eating. This is not strictly true. Experiments have shown that as food is eaten it is deposited in layers around the walls of the stomach. Just at the lower portion of the stomach, where the food passes on into the small intestine, does mixing with digestive juice and churning occur. It is best to take only a few varieties at a meal, as this makes for ease of digestion. For prompt digestion, when doing heavy mental work requiring a clear head, try avoiding fats. Fats slow up digestion more than anything else. If one eats slowly and chews thoroughly, digestion in the stomach is improved and also throughout the digestive tract. Chewing, especially of pleasurable food, stimulates the flow of digestive juices. It makes it possible for the juices to act rapidly by coming into more intimate contact with the food particles. Thorough chewing also helps the stomach juice to thoroughly disinfect the food eaten. Some try chewing each mouthful a certain number of times, or until the food is practically liquid. Food should never be taken when one is emotionally upset, as strong emotion brings about abnormal conditions in the digestive tract. If the appetite is small, milk is best taken toward the close of the meal so it will not take up the room needed, for example, by potatoes, other vegetables, and bread. To end the meal with a bit of fruit or celery gives a clean feeling to the mouth and leaves it in the best condition.





H. M. LAMBERT

Your Family May Be Benefited by Present Limitations in the Selection of Food

## The Advantages of

# Food Shortages Today

By VELMA DAVIS-COOPER, Medical Dietitian

OUR men in the service must have all the very best food that they need in order to keep up their strength and morale. Gladly we give up some of those foods that we enjoy that these men who are risking their lives need know nothing of food shortage. Then, too, food that we can spare may mean the difference between life and the long, slow death from starvation for many innocent people in other lands.

But there never is a time when the adequate nutrition of our own civilian population is of such great importance as in time of war. Can this nutrition be maintained on our present diet restricted by rationing? Did it ever occur to you housewives who are struggling to balance no longer the budget alone, but the ration points as well, that your family may be benefited by present limitations in the selection of food?

In the first place, you must spend more time in planning your meals and in marketing, so that you will have a variety of foods to eat throughout the entire month. Many who formerly planned meals a day

at a time on a hit-and-miss fashion will now be planning for at least a week at a time. Even though we have fewer foods from which to choose, this latter method tends to prevent duplication and monotony in the diet and may be an aid in keeping it well balanced.

A challenge always arouses effort. So the present food situation has prompted to a definite study of the nutritive value of foods a large number of people who heretofore gave primary concern to pleasing the appetite.

Because of the decrease in available canned and processed foods we must turn to the fresh fruit and vegetable counters and to our Victory gardens for more of our foods. We shall be serving our families vegetables that we did not notice or bother to prepare before. There will be an increase in the amount of raw vegetables which will appear on our tables as well as more fresh cooked vegetables—cooked quickly, without stirring, in a covered kettle containing only a small amount of water.

This increase in the use of fresh veg-

etables will increase the mineral, vitamin, and roughage content of the diet. Because food is precious we are not going to continue our wasteful habits of discarding edible skins and leaves. This economy will further increase the minerals and vitamins in our diet.

For the average American, who has been consuming about 105 pounds of sugar a year, the rationing of sugar, resulting in a per capita consumption of about eighty-five pounds a year, or fifteen per cent of the average adult diet, has obvious benefits. Because we must prepare fewer rich desserts, more healthful fruits and natural sweets will be used.

Refined cane and beet sugar and corn sugar are devitalized foods containing only carbohydrate and none of the other nutritive essentials. The larger the amount of our diet secured from devitalized foods the more likely are we to suffer from a diet lacking in the health-giving elements—minerals and vitamins. The demand for honey, which has formerly been used annually in the amount of about one and one-half pounds per capita, is increasing. Since honey is a source of vitamins and has laxative properties as well, its use is more healthful than is that of refined sugar.

With less sugar available we find a decrease in the amount of candy on the market. This will eliminate much eating between meals. Concentrated sugar taken on an empty stomach causes irritation which may even cause the stomach to function poorly. Candy taken between meals tends to dull the appetite, especially of children, for simple wholesome food at mealtime. Most of the candy eaten, which may be as high as sixteen pounds per capita a year, is eaten by children and adolescents, who are at the age when a highly nutritious diet is of extreme importance. Twelve per cent of the total use of sugar goes into soft drinks, the sale of which now averages three bottles a week for every inhabitant.

Because of so much discussion of meat rationing, we have come to place a false emphasis upon the importance of meat in the human dietary. The estimated meat production of the entire world gives an average of about one-half pound a week for each inhabitant. In this country alone there are probably millions of flesh abstainers. The Gallup poll revealed that of all persons interrogated twelve per cent stated that they ate no meat, poultry, or fish.

When meat was plentiful there were those who ate heavily of it. Their diet included more than the necessary protein for growth and repair, the excess of which undergoes intestinal putrefaction, throwing into the system poisonous substances which tend to promote high blood pressure and hardening of the arteries. The kidneys may become damaged because of ex-

(Continued on page 30)



# MANPOWER MEALS



**November 1** 🇺🇸 🇺🇸

## BREAKFAST

Orange juice  
Stewed prunes  
Shirred eggs  
Whole-wheat toast—butter  
Postum—canned milk

## DINNER

Vegetarian loaf—brown  
gravy  
Scalloped potatoes  
Spinach—lemon  
Baked banana squash  
Bread—butter  
Ice-box cookies  
Cereal beverage—cream

## SUPPER

Cream of pea soup  
Toasted nut-butter sand-  
wich  
Apple, celery, and raisin  
salad  
Bread pudding  
Milk

**November 2** 🇺🇸 🇺🇸

## BREAKFAST

Sliced oranges  
Kix—top milk  
Date muffins  
Breakfast Cup—canned  
milk

## DINNER

Soy-cheese patties  
Mashed potatoes—gravy  
Creamed cabbage  
Grated-carrot salad  
Bread—butter  
Pineapple Agargel—  
whipped cream  
Milk

## SUPPER

Cheese soufflé  
Stewed tomatoes  
Bread—butter  
Butterscotch cream  
tapioca  
Kaffir tea—cream

**November 3** 🇺🇸 🇺🇸

## BREAKFAST

Applesauce  
Poached egg on cream  
toast  
Hot malted milk

## DINNER

Vegetable-alphabet soup—  
whole-wheat sticks  
Baked beans—molasses  
Baked potatoes—gravy  
Buttered beets  
Lettuce—Thousand Island  
dressing  
Pumpkin pie  
Cereal beverage—cream

## SUPPER

Cream of carrot soup  
Lazy-daisy salad  
Whole-wheat toast—butter  
Oatmeal cookies  
Tomato juice

**November 4** 🇺🇸 🇺🇸

## BREAKFAST

Sliced bananas  
Shredded wheat—top milk  
Whole-wheat toast—butter  
Zoy-Koff

## DINNER

Proast and rice patties  
Steamed yams—butter  
Creamed peas  
Cabbage slaw  
Bread—butter  
Orange Bavarian cream  
Kaffir tea—cream

## SUPPER

Cream of tomato soup  
Whole-wheat sticks  
Pear and cheese salad  
Rice-raisin pudding

**November 5** 🇺🇸 🇺🇸

## BREAKFAST

Tomato juice  
Baked apple  
Bran muffins—honey  
Hot malted milk

## DINNER

Eggplant loaf—parsley  
sauce  
Creamed potatoes  
Harvard beets  
Celery and olives  
Buns—butter  
Custard pie  
Kaffir tea—cream

## SUPPER

Cream of potato soup  
Sunset sandwich  
Melba peaches  
Graham crackers  
Milk

**November 6** 🇺🇸 🇺🇸

## BREAKFAST

Vegetable juice  
Scrambled eggs  
Whole-wheat toast—butter  
Zoy Koff—canned milk

## DINNER

Lentil head cheese  
Creamed corn  
Spinach à la goldenrod  
Combination vegetable  
salad  
Bread—butter  
Lemon rennet custard—  
whipped cream  
Buttermilk

## SUPPER

Creamed hominy  
Stewed tomatoes  
Soybean toast—butter  
Oatmeal raisin cookies  
Milk

**November 7** 🇺🇸 🇺🇸

## BREAKFAST

Grapefruit halves  
Enriched Farina with  
dates—top milk  
Whole-wheat toast—butter  
Postum made with milk

## DINNER

Vegetarian cutlets  
Baked potatoes, butter  
Creamed string beans  
Carrot and celery salad  
Hard rolls—butter  
Apple cobbler  
Cereal beverage—cream

## SUPPER

Potato cakes  
Poached eggs  
Bread—butter  
Raspberry blanchmange  
Ovaltine

**November 8** 🇺🇸 🇺🇸

## BREAKFAST

Raw apples  
Fluffy omelet  
Graham buns—grape jelly  
Postum—canned milk

## DINNER

Pecan loaf—mushroom  
gravy  
Stuffed potatoes with  
Bakon Yeast  
Beets with lemon  
Creamed peas  
Lemon cream pudding  
Bread—butter  
Breakfast Cup—cream

## SUPPER

Essence of vegetable soup  
Olive and cottage cheese  
sandwich  
Celery branches  
Orange and banana salad  
Milk

**November 9** 🇺🇸 🇺🇸

## BREAKFAST

Sliced bananas  
Eggs baked in tomato  
Whole-wheat toast—butter  
Postum—canned milk

## DINNER

Tomato bisque croutons  
Macaroni au gratin  
Buttered baby Lima beans  
Asparagus-tip salad  
Soybean bread—butter  
Macaroons  
Milk

## SUPPER

Corn chowder—crackers  
Date and nut sandwich  
Red-apple and celery  
salad  
Kaffir tea—cream

**November 10** 🇺🇸 🇺🇸

## BREAKFAST

Dried apricots  
Instant Ralston—top milk  
Toasted nut bread—butter  
Hot malted milk

## DINNER

Cottage cheese  
Savory potatoes  
Creamed carrots  
Swiss chard, lemon  
Olives  
Celery  
Rolls—butter  
Baked fruit tapioca  
Cereal beverage—cream

## SUPPER

Cream of vegetable soup  
Toasted nutmeat and  
tomato sandwich  
Floating island  
Pineapple juice

**November 11** 🇺🇸 🇺🇸

## BREAKFAST

Stewed prunes  
Corn-meal mush—top milk  
Whole-wheat toast—butter  
Hot malted-nuts beverage

## DINNER

Garbanzos—dumplings  
Mashed potatoes—gravy  
Buttered string beans  
Cabbage and pimiento  
salad  
Bread—butter  
Orange sponge, custard  
sauce  
Milk

## SUPPER

Stewed tomatoes  
Creamed hominy  
Scrambled eggs  
Toast—butter  
Norwegian prune pudding

**November 12** 🇺🇸 🇺🇸

## BREAKFAST

Applesauce  
Creamed eggs  
Whole-wheat toast—butter  
Malted milk

## DINNER

Nuteena cutlets—cran-  
berry sauce  
Browned parsnips  
Creamed peas  
Mixed vegetable salad  
Bread—butter  
Date and nut cake  
Cereal beverage—cream

## SUPPER

Navy bean broth  
Pineapple, orange, and  
banana salad  
Rye toast—butter  
Chocolate Soyolac

**November 13** 🇺🇸 🇺🇸

## BREAKFAST

Cut oranges  
Shredded Ralston—top  
milk  
Corn bread—honey  
Postum made with milk

## DINNER

Lima-bean loaf—tomato  
gravy  
Baked potatoes  
Cauliflower au gratin  
Cardinal salad  
Hard rolls—butter  
Pumpkin custard  
Cereal beverage—canned  
milk

## SUPPER

Shepherd's pie  
Buttered string beans  
Soybean bread—butter  
Pineapple Bavarian cream  
Milk

**November 14** 🇺🇸 🇺🇸

## BREAKFAST

Canned pears  
Rolled omelet—parsley  
Whole-wheat toast—butter  
Zoy Koff—canned milk

## DINNER

Split-pea broth—melba  
toast  
Rice and nut croquettes  
Parsley buttered potatoes  
Zucchini with tomato  
Lettuce—mayonnaise  
Butterscotch pie  
Milk

## SUPPER

Natural rice—butter or  
cream  
Apple and raisin salad  
Soybean toast—butter  
Malted milk

**November 15** 🇺🇸 🇺🇸

## BREAKFAST

Sliced oranges  
Soft-boiled eggs  
Wheaties—cream  
Postum—canned milk

## DINNER

Browned Vigorost, cran-  
berry jelly  
Roasted potatoes  
Mashed yellow squash  
Hearty toss salad  
Graham buns—butter  
Cream tapioca pudding  
Milk

## SUPPER

Tomato noodle soup  
Toasted Savorex and  
cream-cheese sand-  
wiches  
Lettuce—lemon  
Raspberry rennet—cream  
Milk

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MEATLES

RUTH  
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Supporting the Government's Nutrition Program, LIFE AND HEALTH recommends whole-wheat or enriched bread and whole-grain or enriched breakfast cereals in the daily menu.

## November 16

### BREAKFAST

Tangerines  
Ruskets—top milk  
Raisin toast—butter  
Postum made with milk

### DINNER

Chow mein  
Natural rice  
Carrot and cabbage salad  
Hard rolls—butter  
Honey bran cookies  
Kaffir tea—cream

### SUPPER

Cream of barley soup  
Minced-olive sandwiches  
Baked apple with cream  
Milk

## November 17

### BREAKFAST

Pineapple juice  
Dried apricots  
Bran muffins—butter  
Malted milk

### DINNER

Numete à la king  
Whipped potatoes—gravy  
Buttered rutabagas  
Carrot, cabbage, celery salad  
Whole-wheat toast—butter  
Ice cream with frozen peaches  
Cereal beverage—cream

### SUPPER

Lentil broth—croutons  
Celery sandwiches  
Grapefruit and apple cup  
Milk

## November 18

### BREAKFAST

Grapefruit halves  
Ralston cereal with dates—top milk  
Soybean toast—butter  
Hot malted milk

### DINNER

Stuffed green peppers  
Scalloped dried corn  
New Zealand spinach—lemon  
Molded beet and egg salad  
Poppy-seed rolls—comb honey  
Bavarian cream  
Cereal beverage—canned milk

### SUPPER

Irish stew  
Whole-wheat bread—butter  
Creamy rice pudding  
Buttermilk

## November 19

### BREAKFAST

Raw apples  
Scalloped eggs  
Popovers—honey  
Beta Broth

### DINNER

Vegetarian cutlets—gravy  
Potatoes in jackets  
Creamed Brussels sprouts  
Vitamin ABC salad (sliced tomatoes, green peas, and sliced hard-boiled egg on lettuce leaf)  
Bread—butter  
Sweet-potato pie  
Buttermilk

### SUPPER

Fruit soup  
Cream cheese  
Rye toast—butter  
Kaffir tea—cream  
Orange rennet—custard

## November 20

### BREAKFAST

Pineapple juice  
Dried peaches  
Crumb griddle cakes—maple sirup  
Hot malted-nuts beverage

### DINNER

Tomato and barley soup—toast triangles  
Dutch cheese  
Baked potatoes—butter  
Broccoli—hollandaise sauce  
Steamed fruit pudding—lemon sauce  
Bread—butter  
Milk

### SUPPER

Baked rice  
Fruit cocktail  
Whole-wheat toast—butter  
Hot malted milk

## November 21

### BREAKFAST

Grapefruit  
Enriched Farina and raisins—top milk  
Whole-wheat toast—butter  
Malted milk

### DINNER

Proteena potpie  
Baked sweet potatoes  
Buttered peas  
Shredded lettuce with sour-cream dressing  
Upside-down cake  
Rolls—butter  
Kaffir tea—cream

### SUPPER

Potato dumpling soup  
Apple, date, and orange salad  
Peanut-butter sandwiches  
Caramel pudding  
Milk

## November 22

### BREAKFAST

Orange juice  
Applesauce  
Waffles—honey  
Zoy-Koff made with milk

### DINNER

Cream of green-pea soup—crackers  
Browned potatoes  
Stuffed Not-Meat  
Hot sauerkraut  
Carrot and string-bean salad  
Crusty rolls—butter, comb honey  
Cereal beverage—cream

### SUPPER

Scalloped tomatoes  
Cottage cheese with parsley  
Whole-wheat bread—butter  
Floating island  
Soy-a-Malt

## November 23

### BREAKFAST

Pineapple juice  
Spanish eggs  
Whole-wheat toast—butter  
Hot malted milk

### DINNER

Macaroni and tomato  
Cottage cheese  
Creamed baby Lima beans  
Brussels sprouts  
Bread—butter  
Lemon chiffon pie  
Milk

### SUPPER

Oriental cream soup  
Whole-wheat bread—butter  
Applesauce  
Honey bran cookies  
Pink lemonade

## November 24

### BREAKFAST

Stewed raisins  
Wheaties—top milk  
Soybean toast—butter  
Ovaltine

### DINNER

Essence of vegetable soup—croutons  
Proast loaf—cranberry sauce  
Lyonnaise potatoes  
Creamed celery  
Crusty caraway rolls—butter  
Cottage pudding  
Cereal beverage—cream

### SUPPER

Split-pea broth  
Toasted buns—butter, marmalade  
Combination vegetable salad  
Grapes  
Milk

## November 25

### BREAKFAST

Sliced oranges  
Poached egg on cream toast  
Postum—canned milk

### DINNER

Soybeans with tomato  
Baked potatoes—butter  
Creamed broccoli  
Beets pickled with lemon  
Whole-wheat bread—butter  
Rice and raisin pudding  
Kaffir tea—cream

### SUPPER

Baked corn  
Celery curls  
Bread—butter—Soya Spread  
Canned raspberries  
Buttermilk

## November 26

### BREAKFAST

Grape juice  
Scrambled egg  
Whole-wheat toast—butter  
Postum—canned milk

### DINNER

Clear consommé—salty wafers  
Walnut roast—cranberry mold  
Whipped potatoes—gravy  
Buttered green peas  
Shredded-carrot and green-pepper salad  
Assorted nuts  
Celery hearts  
Parker House rolls—butter  
Pumpkin pie—whipped cream  
Cereal beverage—cream

### SUPPER

Cream of tomato soup  
Whole-wheat toast—butter  
Royal Ann cherries (canned)

## November 27

### BREAKFAST

Grapefruit halves  
Shredded wheat—top milk  
Corn-meal muffins—butter  
Hot malted nuts

### DINNER

Glutenburger  
Glazed sweet potatoes  
Spinach—lemon  
Old-fashioned potato salad  
Whole-wheat bread—butter  
Baked pears  
Buttermilk

### SUPPER

Creamed potatoes with Baked Yeast  
French omelet  
Fruit cup  
Macaroons  
Cereal beverage—cream

## November 28

### BREAKFAST

Baked apples  
Choplets—Tastex gravy  
Browned potatoes  
Whole-wheat toast—butter  
Postum—canned milk

### DINNER

Gluten steaks—cranberry sauce  
Creamed potatoes  
Baked banana squash  
Lettuce and egg salad  
Hard rolls—butter  
Orange ice  
Milk

### SUPPER

Baked beans with tomato  
Bread—butter  
Orange and grapefruit cup  
Milk

## November 29

### BREAKFAST

Orange juice  
Grape toast—whipped cream  
Enriched Farina—top milk  
Hot malted milk

### DINNER

Cream of vegetable soup—whole-wheat sticks  
Soya loaf  
Scalloped potatoes  
Eggplant and tomato  
Cheese cake  
Kaffir tea—cream

### SUPPER

Cream of okra soup  
Apple, celery, and raisin salad  
Toasted egg sandwich  
Bread pudding  
Lemonade

## November 30

### BREAKFAST

Vegetable juice  
Dried peaches  
Cheerioats  
Postum made with milk

### DINNER

Creamed peas and mushrooms on toast  
Mashed potatoes  
Buttered carrots  
Cabbage and bell-pepper salad  
Bread—butter  
Nut and date bars  
Cereal beverage—cream

### SUPPER

Potato cakes en surprise  
Steamed eggs  
Lettuce—mayonnaise  
Bread—butter  
Norwegian prune pudding  
Milk

(Recipes for certain of these dishes are found on page 31.)



# THE HOUSEWIFE'S CORNER

CONDUCTED BY  
CAROLINE EELLS KEELER

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

## Potatoes

WE felt as if we had lost an old friend, a very dependable friend, last spring when the good old potato vanished from the markets almost overnight. How we welcomed even the little peanuts of potatoes again. We are told that potatoes will be plentiful this fall and winter, and here is a challenge to every American housewife to serve this vegetable often and use her ingenuity in varying the manner of preparing.

## Mashed Potatoes

Probably mashed potatoes is the most popular of all the potato dishes, and the housewife who can set before her family a platter of swirling mounds of fluffy, snowy potatoes, is an artist. Choose mealy potatoes for mashing; some types of potatoes are more waxy. A medium-sized potato is best, I think. If you have to use big potatoes, they can be cut into halves or quarters, but the more cuts the more vitamin loss. You can pare the potatoes thinly, or better still pare but a thin strip about the middle of each potato. You save more of the valuable minerals this way. Whatever you do when preparing potatoes for cooking, don't leave them to soak in cold water for a long time; just to wash them as you get them ready is enough. Put in boiling water. Some believe that if you omit salt in cooking the potatoes they will be more mealy and easily mashed. As soon as the potatoes are done, drain them (and you can save this cooking water for gravies if you scrubbed your potatoes thoroughly). I like to put the pan back on the stove for a minute or two and shake the potatoes over the fire. This makes them drier. Now remove the jackets quickly and mash with a wooden or metal masher, and use your electric mixer for the beating process. If you don't have an electric mixer (I don't), there's the good old arm power. Add salt as you mash the potatoes, and the milk. The milk should be hot and creamy. As soon as you are through, heap the potatoes on a platter, dot with butter, and serve immediately. Some chopped onion or parsley or chives or basil adds a touch that is pleasant to the eyes and to the taste. If you have a child who doesn't like plain cooked carrots, or even if you don't, sometime try cooking a carrot or a rutabaga with your potatoes and mash together.

Across the street from our office is a five-and-ten-cent store, and I have seen there a book on—I believe it's two hundred—ways of cooking and serving potatoes.

I am not sure that mashed potatoes are my favorites. To me there's nothing I like better than a good mealy baked potato. And when I am baking potatoes, I like to make the most of the gas used in baking; so I slip in a carrot soufflé and some popovers or bran bread.

## Baked Potatoes

When baking potatoes, don't be tempted to choose the largest ones you can find, but whatever the size, the potatoes should all be about the same size so they will be baked in the same time. I remember my surprise when a child at seeing a man who was eating supper with us eat the skins of the baked potatoes. But now I know that I was missing something. Scrub the potatoes well and grease the skins, before baking, with a little vegetable oil or vegetable shortening. It takes but a little and the skins are softer. Place these greased potatoes on a baking sheet. If you like the skins crisper, and I do, the potatoes can be placed in your oven on the baking rack without being greased. How long they must bake depends, of course, upon how hot your oven is. When they are done, they can be pierced easily with a fork.

Serve baked potatoes as soon as they are done. If you must wait, prick them to let the steam escape, or your potatoes will be soggy. Baked potatoes may be eaten with a good cream gravy, a Tastex or Savorex gravy, egg gravy, just butter and salt, or cream and salt, with some chopped onion sprinkled over. I like some basil sprinkled on baked potato, or a parsley butter sauce. Cold baked potatoes are excellent warmed up in a brown gravy, or with gravy and some of the vegetarian meats.

## Potato Soup and Moldashes

Potato soup is so elegant that even poems have been written about it, and yet it is the homiest kind of soup. For something new and delightfully different try serving moldashes in your potato soup. Frances Dittes, dietitian at Madison College, gives this recipe in her excellent cookbook, "Food for Life." Make your soup stock of a little potato, celery, onion, etc.; run through a sieve when done. When this soup stock boils, drop these rolls, or

moldashes, into the hot broth. Cook from twenty to thirty minutes. Serve with broth from a large serving bowl. Now here's how to make moldashes. Stew chopped onions in as little water as possible. When done, add butter, salt, a few bread crumbs, and two eggs to two cups chopped onions. Roll out noodle dough very thin and cut in three-inch squares. On one square place a spoonful of the onion mixture, place another square over the top, and press down the edges with a fork.

Miss Dittes' dumplings will also be good in potato soup. Boil together one-half cup water and two tablespoons butter; with this scald one-half cup flour. Cool. Add two eggs, one at a time, stir well, and drop by spoonfuls into boiling stew. Cover kettle, boil for ten minutes, and serve at once.

For a meaty flavor in potato soup, add some Savorex or Tastex, or some Beta Broth, and just before taking the soup from the stove, add diced vegetarian meats, such as Proast, Proteena, Vigorost, or Soya Loaf.

## Potato Puff

Potato Puff is made by adding egg whites to mashed potato in the proportions of two egg whites to five or six medium-sized potatoes. Heap lightly into a greased baking dish, and then bake until it puffs up and browns. The oven should be hot.

## Surprise Potato Dish

Line a buttered baking dish with mashed potato, an inch or two thick, fill center with gluten stew, cover with a topping of mashed potatoes, dot with butter, and bake until butter melts and top browns lightly.

## Hot Potato Sandwich

Place slices of cold mashed potato in baking dish, spread with Soy Cheese, place another slice of potato on top, cover all with white sauce, and bake in oven. Some other center than Soy Cheese may be used, such as sliced hard-cooked egg or some of the vegetarian meats.

## New Recipes

Note the recipes in the various advertisements of this issue. Note—and try!



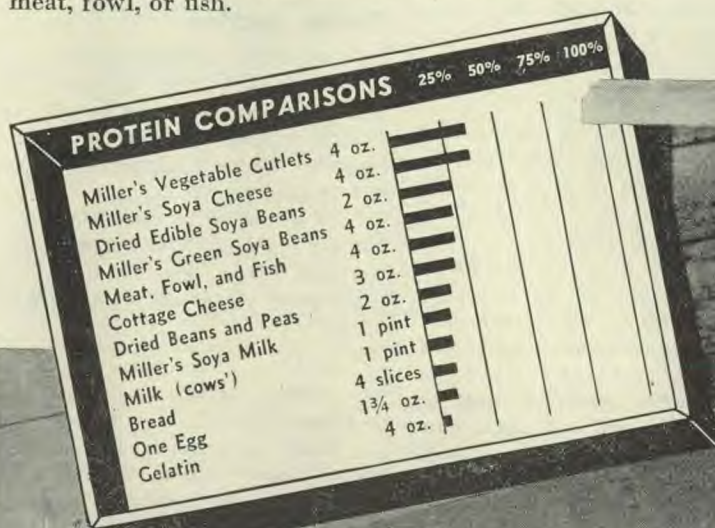
# Meet PAT PROTEIN

## The Carpenter

No, we're not talking about the ordinary kind of carpenter with his saw and hammer. Pat Protein builds and repairs body tissues. This body process goes on night and day; cells wear out and must be replaced. This is Pat's job. That's why he's so essential to our well-being, and to the well-being of our nation.

Now this body repair man doesn't get all his tools or supplies from Biddy and Bossy. He's not wholly dependent on milk and eggs. Not by any means. Grains and legumes, especially the soya bean, furnish exceptionally fine tools.

That's where Miller's International Nutrition Laboratory comes into the picture. Miller's produces protein foods of the highest quality from grains and soya beans. The table below shows how they compare with meat and fish. Note that four ounces of Miller's Cutlets or Soya Cheese, and just half that amount of dried soyas, supply more protein than the same amount of meat, fowl, or fish.



Miller's International Nutrition Laboratory anticipated the world's nutrition problem of obtaining sufficient protein, and that this supply must come largely from the vegetable kingdom. Vegetation takes the nitrogen from the air and stores it in chemical combination to provide proteins essential to normal life, growth, well-being, and maintenance.

In addition to Miller's Processed protein foods, the International Nutrition Laboratory grows the edible soybeans which are used for home cooking. Also makes soya flour from these tasty soybeans to use in baking. Both have a high protein yield.

If Miller's products are not obtainable at your grocer's, send for a price list of these protein foods to

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



# 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.

## The Five-Year-Old Who Is Never Hungry

*"My five-year-old son is a nonhungry child who never expresses a desire to eat. He has been to three doctors, but I get nowhere. He is several pounds underweight, so I am worried."*

With every child who does not eat, the biggest problem is the psychological one. The anxiety of the parents affects the child emotionally so that he does not have the normal emotion of hunger. Then, too, he becomes nervous and undernourished with less and less relish for food.

We have found that the best plan is to let the child alone to follow his own impulse for eating. You may require him to sit at the table and make the meal hour interesting with stories and happy conversation; but when food is passed, let him take it or not, as he desires.

A helpful treatment is a combination of vitamin B complex to the amount, say, of 1,000 units of B<sub>1</sub> daily, and the contents of a panteric capsule or two at every mealtime, whether he eats or not. He will finally eat.

## Co-operation With Six-Year-Old Girl

*"I have a daughter six years old. We've been having such a time getting her to mind us and do her little duties around the house. She starts them, and in a little while I go to see how she is doing, and she hasn't done anything. Then when I correct her she gets angry and thinks I'm mean to her."*

*"She does not seem to remember things very well and just ignores half of what we say to her. We have tried punishments of different kinds but they don't work. I do not think she is sick, because she sleeps and eats well and is healthy. When she is around the house she is always moody and hateful."*

*"If you could give us some advice we would surely appreciate it, as we've nearly come to an end. We have always tried to be good parents to her and have given her things as we saw fit, but everything we do for her seems wrong."*

I believe you are expecting too much of your little girl, and are missing a wonderful opportunity to be friends with her as a jolly companion.

There are few children six years old

who will stick to a job if left to themselves. So I would work with her. Get her to be your helper. Don't leave her alone. Give her small tasks to do, and be sure to praise her for the little she does accomplish. Say to her, "Let's do this," etc. There are always certain things that little folk want to do. Try to find the thing that she enjoys, whether it is helping dust, or straightening the covers on one side of the bed, or helping to do some baking. She may like to use the egg beater or stir the batter, but whatever it is, let it be "fun" working with mother.

Always be happy and gay around her, and play games with her, as well as work. For example, cut out for scrapbooks or make paper dolls. Gradually she can be depended on to do bigger things.

## Diet for One-Year-Old

*"My little boy is twelve and a half months old. He seems to be healthy; he plays happily. He has six teeth, is about thirty-two inches tall, and weighs about twenty-one and a half pounds."*

*"When shall I start him on the three-meal-a-day program? Now he gets milk at six in the morning; cereal, milk, and sometimes fruit at ten; vegetables and milk at two; cereal and milk at six in the evening. He drinks nearly a quart of milk (as much as he will take) in a day. I use canned milk—seven ounces of milk to about nine ounces of water and two teaspoons of Karo."*

*"I do not coax him to eat. If he refuses food a time or two, I take it away, and he gets no more until his next mealtime, except sometimes a piece of toast to chew on when a mealtime is nearing."*

Your little boy should be placed on a three-meal-a-day schedule at once. This is often a good plan even at nine or ten months.

### His breakfast:

Fruit, unsweetened  
Cereal, whole grain  
Milk, if canned, half canned milk and half water.  
No Karo. If fresh milk, preferably boiled.

### His noon meal:

Potato, baked or boiled in jacket  
Vegetable, pureed or tender  
Egg yolk or cottage cheese  
Boiled milk to drink, or canned milk, half milk and half water

An extra sweet if he needs it, in the form of a little honey from a spoon or on bread, or two or three dates.

### His supper:

About the same as breakfast. Maybe as simple as raw apple or banana, whole-wheat or enriched bread (rather stale and eaten dry), and boiled or canned milk to drink. Or just old-fashioned bread and milk or milk toast. Again he may have a natural sweet, such as honey or dates, if he needs extra calories. You can determine this by his bowel action, his appetite, and his gain in weight.

## Tongue Sucking

*"I am writing you in regard to my little niece, who sucks her tongue. She was weaned when five months old and we started feeding her with a spoon. She sucks her tongue while eating or when she is busy playing."*

*"She is now three years old. We scold her for sucking her tongue and have whipped her a few times, but neither seems to do any good. Please tell us what to do."*

Your letter in regard to the little niece was received. I believe the best thing to do is not to make too much of an issue of it. When you notice her sucking her tongue, you might remark, "Oh, I wouldn't do that, dear. It doesn't look pretty," and thus try to attract her attention away from it. I believe to make a serious, antagonizing situation out of the matter may have the effect of fixing the habit more firmly.

It has by this time become a subconscious habit and, of course, difficult for her to overcome. If you reprimand her severely she will develop, in addition to the habit itself, a sense of guilt and possibly a combative spirit, which will make it more difficult for her to overcome the habit. I think your notice of it should be in a cheery, happy way, so as not to make her feel she is doing a terrible thing. I believe as time goes on she will tend gradually to outgrow it if it is treated in this manner. It may be partly the result of nerves, and if there is an unhappy atmosphere in connection with it, this will only increase her nervousness. It is important

(Continued on page 29)



A NEW FLAVOR-FRESH PACKAGE

Restful Sleep with ZOY-KOFF'S

Zestful Flavor



- ZOY-KOFF may be used morning, noon, or night by any member of the family, from little Johnny to Grandpa, with the full assurance that it contains not even a trace of the drug caffeine. It will not affect the nerves nor produce insomnia caused from caffeine. Its zestful flavor is winning favor everywhere. Prepare Zoy-Koff as you would coffee (using one tablespoon for each cup in percolator, dripolator, silex, or coffeepot).



2 GRINDS  
Regular—Fine

Available at health-food stores and specialty groceries. If Zoy-Koff is not obtainable locally, write us for address of nearest dealer.

**MADISON FOODS**

MADISON COLLEGE,  
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*Free*  
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**DEVOTED TO THE PROTECTION OF YOUR HEALTH**



# 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.

## Leaking Heart

*"Can a leaking heart be cured?"*

There are leaking conditions in the heart of varying degree. Leakage in some of the valves is of rather minor significance, whereas in others it is more serious. The majority of injured valves are permanently damaged so that the so-called leak, or murmur, remains. However, under some rundown and weakened conditions there may appear murmurs in the heart which are temporary. The list of heart murmurs is so involved that it would be impossible to cover it in one short communication, as our letter must be. If you have a problem of this type we suggest that you take it up with your local physician. The injured valve cannot be cured, but by intelligent care you may have a well-functioning heart.

## Goiter and Iodine

*"I have a goiter. How many drops of liquid iodine should one take?"*

The amount of iodine to be taken in treating goiter varies according to the symptoms and according to the individual. You are elderly and light in weight, and probably do not need as much as a person who is younger. The common dose of Lugol's solution, which is an iodine solution, varies from three to about twenty drops per day. We do not recommend self-treatment of thyroid conditions. Medication often serves only a temporary purpose. Surgery is the treatment of choice in dealing with an active toxic goiter condition. The details of medical or surgical treatment, however, should be worked out by the physician under whose care you are.

## Soap, Hand Lotion, etc.

*"In an article in your journal certain soaps and creams were suggested for the care of the skin, but no specific names were given. I'd like very much to get the name of a reliable soap, hand lotion, and face powder."*

Except for standard articles that may be manufactured by various houses, it is the practice of this journal to name classes of material and medicines rather than to indicate the product of any particular manufacturer. Should we name soap, for example, it would look very much as if we might be using this journal as a means of promoting the interest of one

manufacturer to the neglect or hurt of another.

In respect to soap we can say that Castile soaps, as a group, are very soothing to the skin and do not contain the irritating substances found in some other soaps. You may find a dry skin, in addition to being the result of external applications, is sometimes associated with disturbances of glandular activity. A low, or underactive, thyroid gland is commonly accompanied by a dry, harsh skin. A suitable grease to apply to the skin is lanolin, or sheep's wool fat. If this is procured in the hydrous form, it can be applied easily and rubbed on as a cream.

## Boils

*"I have been troubled with boils for nearly three years, and cannot find a cure for them. We have a large turkey farm. Do you think turkeys may be the cause of them? What would you suggest?"*

Boils are commonly due to infection of the skin, and their propagation is brought about by germs from one boil being transmitted to another area on the skin, infecting sweat pores or hair follicles. One's general health should be built up by using a well-balanced diet with plenty of minerals and vitamins. We are sending you a suggestive dietary outline for an average normal diet. Any boil that appears should be treated with the utmost care to prevent the spreading of infection from one point to the other. The area about the boil should be painted several times a day with alcohol or a similar skin disinfectant.

If the boil breaks or is opened, the pus should be expressed carefully and wiped off and the skin area again wiped with alcohol. It would be wise when bathing to follow the bath by a general alcohol rub. In many instances this has proved beneficial in checking the spread of boils. We do not think turkeys in and of themselves could be considered a cause of boils.

## Erythema

*"A friend of mine is troubled with erythema. Please suggest something she can do to get relief."*

True erythema is a local inflammation appearing in the skin and about the nerve filaments. It usually appears in rundown conditions of health or in association with active infection elsewhere in the

body, in such locations as tonsils, teeth, or other organs and spaces. Usually the lesions are balanced, appearing in similar areas on opposite sides of the body. Local applications that will allay the distress and burning may be used. One should rest during the period of treatment. Usually a rest of several weeks or perhaps two months is needed in order for one to recover from an attack.

If these attacks follow the use of certain foods, it is doubtful whether they should be classified as erythema. They probably are an allergic manifestation, and one of the first steps in curing the condition is to abstain from the food that causes the lesions. Beyond this search could be made for other foods that possibly produce like lesions. Every effort should be made to improve the digestive ability. Frequently this will enable one to avoid these reactions altogether. The use of extracts of the pancreas or of pepsin from the stomach may aid digestion to such a degree as to give relief. If the skin is broken in any of these lesions, be careful not to scratch it or allow any soiled article to come in contact with it. The broken skin should be treated daily with some suitable skin disinfectant.

## Bright's Disease

*"Please tell me what are the symptoms of Bright's disease. Is the passing of a large amount of urine indicative of it?"*

Bright's disease as originally described by Doctor Bright is a disease of the kidneys in which hardening of the arteries plays a definite part. It is primarily a disease of mature life. The passing of a large amount of urine may be observed if the urine has a low specific gravity and pale color. A large amount of urine may be found in a number of other ailments. An acute attack may appear after one has had the disease some years ago and has experienced relief from it in the intervening period. If the large amount of urine is the outstanding symptom at the present time, we would recommend that you have a specimen, preferably a twenty-four-hour specimen, carefully studied by your physician, and let him advise you about the present condition of your health. Any irregularity of kidney function should be closely watched and treated as promptly as possible.



## Baby's Second Six Months

(Continued from page 10)

stand or sit and which is pushed around the room by the infant's feet can be introduced to advantage. The little adventurer now adds locomotion to his accomplishments. Even yet the infant soon wearies of any one effort or position. He should be frequently changed from pen to jumper or stroller and then at naptime to the crib, which should, if possible, be in a quiet corner where he may rest undisturbed. Daily, if weather permits, he may go for an outing in baby cab or stroller.

The last half of the infant's first year is the best time for immunizations. The Public Health Service advises whooping cough vaccine at six months, diphtheria toxoid at nine months, and smallpox vaccination at one year. One reason why this is the best time for inoculations is that in infancy there is no fear of the needle and the slight discomfort is quickly forgotten. Reactions are very mild, but a year or two later the child may be frightened by the same procedure and the memory of that experience sets up a lasting fear of the doctor. Then the child in its second year must have many more contacts than it had in the first year and is certain to meet infectious diseases.

Whooping cough, which is often prevalent, is a hazard at any time. Whooping cough is often severe in the young infant. It may leave a tendency to lung troubles and it is now known that it often produces brain injury which leads to mental disturbance later in life.

Measles and scarlet fever are two diseases which have not been conquered. Both often leave serious aftereffects and the only protection in infancy is to avoid taking the little one out if these diseases are known to be in the neighborhood.

We have assumed that the infant has been so well cared for that it has been in good health always, and we have not considered emergencies arising from illness. The mother should be prepared for those situations which occur unexpectedly in spite of her vigilance. In any appearance of illness it is safe to call the family physician. Minor symptoms may be the onset of serious conditions and only the physician is prepared to recognize this. However, "until the doctor comes" she must do only the right things.

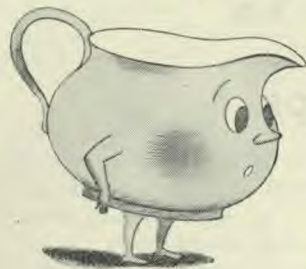
Suppose the baby suddenly fails to have a bowel movement and rejects its food. Often the mother's first impulse is to give the baby a laxative. This may do much harm, as the baby may have a buckling or folding-in of some part of the bowel, or even appendicitis. She may give a small enema, and if there is a simple constipation, this will be relieved.

If, on the other hand, the baby develops diarrhea and cries with pain, the mother may apply a warm water bag to its ab-

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## You wouldn't fool me, would you?

SAID THE CREAM IN THE PITCHER  
TO THE POSTUM IN THE CUP



**POSTUM:** Hey, who said anything about fooling? I've never tried to fool anyone yet, and I never intend to!

**CREAM:** Come, come, now! Don't give me that! I suppose you're going to say you're *not* masquerading around like a hot cup of coffee! And I don't like to mix with coffee substitutes!

**POSTUM:** Well, of all the nerve—calling me a coffee substitute! Haven't you been around enough dinner tables to know better than that?

**CREAM:** To be honest, no. I'm fresh from the dairy and I was judging entirely by your looks.

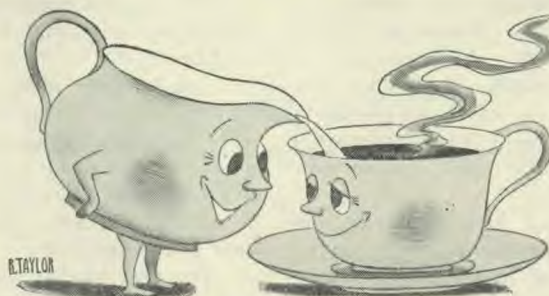
**POSTUM:** And that's where you're wrong. I may *look* like coffee. But I don't *taste* any more like it than coffee tastes like tea! I've a very distinctive flavor all my

own. That's why I've become One of America's *Great Mealtime Drinks* . . . enjoyed regularly by millions of Americans! Why, I'm a favorite with the whole family—even the children—because there's not a bit of harmfulness in me.

**CREAM:** Yep, guess you've got something there . . . sounds pretty logical!

**POSTUM:** *Right!* And I cost less than ½¢ a cup—whether I'm bought as Postum, the kind you boil, drip, or percolate; or *Instant* Postum, made right in the cup by simply adding boiling water. Little enough for a great hot drink, eh?

**CREAM:** You bet! Okay, my friend—you've got me sold on your merits. Guess I'll join you after all!



POSTUM—One of America's Great Mealtime Drinks





By Veda S. Marsh, R. N.

## The Preps

MOTHER, you try to guess what we call our physiology club this year." "Just try one guess," suggested Joan merrily.

"Well, the Perfect Health Club," said Mother Monroe. "How will that do?"

The Little Jays burst out laughing. "You aren't even warm," said John.

Joan thought she ought to help mother a little.

"We had a discussion about a name in a special club meeting we had today. We wanted something different this year. So the initials would spell a word. You see there as so many groups today with special names. There are the SPARS and the WACS and the WAVES."

"Don't forget the WITS," said John.

"What are the WITS?" asked mother.

"They are the Women in Teaching Service," they both answered.

"I give up," said mother. "All the things I can think of do not spell sensible words."

"Shall we tell her?" asked John.

"Yes, we better do that," said Joan.

"We call ourselves the PREPS!"

"The PREPS? What does that stand for?"

"It means the Pupils Reaching Excellent Physiology Standards—PREPS. You see we really need to do that to be good citizens and ready for victory. P. V.—Preps for Victory. Take the forefinger of the left hand for the straight part of the (P) and the thumb and forefinger on the right hand for the curved part; see how easy it is to make. Now to make a (V) for victory sign. Those two signs are our passwords."

"I like the name PREPS," said John, "for it sounds as if you were really preparing for something. There are schools called prep schools, which prepare students for special fields. A club like ours for pupils reaching excellent physiology standards should really help to prepare us for a useful and successful life, and especially for victory."

"The first thing in our preparedness program was to get weighed and measured. We are all trying to be in the normal weight zone for our age and height. We studied the digestive system today."

"About mealtime, if you even see a pretty picture of food you like, you say your mouth waters. That means the salivary glands in the mouth are already

getting ready for the food, even when you know it is just a picture and you cannot eat it. Even thinking about food can make your mouth water.

"At the same time the juices are beginning to flow into the stomach. The juices flow into the stomach even before the food reaches it, and they continue flowing for two or three hours after a meal.

"There are tiny substances called hormones in this juice flowing into the stomach. Some of them are absorbed into the blood and some of them travel to the glands and cause them to secrete their juices. It is wonderful the way the juices get all ready for the food beforehand. They believe in preparedness.

"The members of the PREPS decided on a set of suggestions for those who are underweight, and then we decided they would be good for each of us to follow, so we can keep up to weight.

1. Early to bed to get ten to twelve hours of sleep each night.

2. At least twenty minutes' rest period at noon.

3. Not too strenuous play. That means not playing until nearly exhausted.

"Rae's daddy is a doctor and he says that some people are built like race horses. If they exercise too much they are likely to stay underweight.

4. Regular meals. That means three good meals a day, with a hot or cold cereal breakfast each morning if possible.

5. If hungry between meals, so you cannot wait until the next meal, drink a glass of orange juice. This should be at least four hours after the previous meal and at least one-half hour before the next meal. Orange juice has helped many to gain.

6. Eat a good variety of vegetables and plenty of substantial foods like potatoes and bread.

7. At least one glass of milk each meal.

"Mother, each one of us has a large chart on which to put our weight week by week. At the top it says 'I Am Growing.' We really should gain about half a pound a week in the fall. That is one of the best gaining periods.

"The very hardest thing comes next.

8. Eating nothing between meals.

"Many in the room eat candy in the afternoon. Some eat candy, bread and jelly, or something else when they reach home in the afternoon. We voted to agree to try to take nothing between meals ex-

cept fruit juices or tomato or vegetable juices. Milk is called a solid food, because it becomes somewhat like cottage cheese as soon as it reaches the stomach. A glass of milk would count as 'eating between meals.'"

"I believe it is bedtime for the PREPS," said mother, "if you wish to have eleven hours' sleep tonight."

"We do want to belong to the PREPS," said John.

"Will you come and tuck us in bed?" asked Joan. "We always sleep much better when you do."

Mother was so happy that the Little Jays still liked to be "tucked in bed."

"Last one in bed

Must stand on his head," sang John as they rushed up the stairs to bed, making the sign P. V.—Preps for Victory—to mother as they left.

## Suggestions for Teachers

1. Weigh and measure all children, allowing from 7 to 10 per cent under amount specified on a normal weight chart to 10 per cent above this weight, arrange "normal zone" for each child.

2. Make weight charts, and see whether children are steadily gaining week by week. If a child stays the same weight two or three months at a time, investigate the cause.

3. With the children work out a plan of suggestions for the ones who need to gain, and also for the normal ones.

4. Study well-balanced diets. If there is a cafeteria, make a plan with the children for checking satisfactory lunches.

5. Make a list of health suggestions for the PREPS.

6. With models, charts, and pictures study the digestive system.

7. Put one piece of egg albumen in hydrochloric acid and pepsin; put another in water, and note the changes if any, hour by hour.

8. Chew cracker thoroughly, then put it in a dish and put a drop of iodine on it. Compare with results when iodine is put on cracker before it is chewed.

9. Chew a crust of bread thoroughly. How different does it taste? What has happened?

10. Make a list of eating suggestions, giving reasons for each.

## 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.



## "Doctor Jones" Says—

**D**O you ever see the Mental Hygiene Bulletin? Well, it's a little publication put out once a month by the State Department of Mental Hygiene, up there at Albany. There's a lot of good material in it, especially for anybody who has children—stories about cases and so on. I imagine they'd put anybody who's interested on the mailing list if they'd drop 'em a line. Anyway, it wouldn't cost 'em anything—except a postage stamp—to try.

But what I was thinking—there's an article (I've got it here somewhere)—"Clothes Make the Child" is the title of it. It quotes something Doctor Wile said about children's clothes and the effect they have on their personalities. He's a psychiatrist, Doctor Wile is—you've probably heard of him—interested in child psychology and so on.

Children, he says, are "cruelly intolerant" of any deviation from what they consider normal for their group. He says: "An Eton collar will call out a barrage of classroom wit that will send some unhappy little boy away from the group, turn him in on himself, and start him off on the road to becoming a maladjusted introvert." Children, he says, are "hypersensitive to public opinion." Dress 'em so that what they wear won't excite comment, and so their "childish figure faults" won't stand out; that's about the gist of what he says.

Yes, sir, I can remember, when I was a kid, wearing some of those kilts, I guess they call 'em. They were fancy all right. My mother used to send down to New York after 'em. But I can remember I used to envy the kids that came to school with overalls and a dirty shirt. I've got some old photographs (I must've had my picture taken every time I got a new outfit)—those pictures, when I look at 'em now, they're funny. But, believe me, it was a serious matter then.

My younger brother (he's a minister now) used to wear those tam-o-shanter hats. The last one he had he chucked in the back of a farmer's wagon. Then he went home and told a story about its blowing away or something. In fact it was our rebelling against that kind of thing, I guess, that saved us, more or less, from being "maladjusted introverts."

When I was about thirteen, I got myself a derby hat. The first time I wore it to school I got a hole kicked in it, but I liked it better with the hole in it than I ever did any of the tam-o-shanter things.

They say, "Clothes don't make the man," but the clothes a small boy wears can pretty nearly unmake a man. Girls' clothes? Well, now, that's something I don't claim to be an authority on.—  
*Adapted from Paul B. Brooks, M. D., in Health News, New York State Department of Health.*



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By Franke Cobban, R. N.

**T**HE mother with small children is frequently called upon to render first aid. She should be prepared with a simple first-aid kit to meet these emergencies.

Many young children have a tendency to put foreign objects in the nose, mouth, or ears. The object in the nose may be dislodged if the child can co-operate by closing the mouth and breathing out through the nose. If this does not prove successful, consult a doctor. If the child gets an object in the windpipe, hold him up by the feet and give him a brisk slap between the shoulders. If this does not bring relief, take the patient to a doctor at once. If the object has been swallowed, do not give a laxative, but ask the doctor for directions. If a bean or pea has been put into the nose or ear, it is especially dangerous to try to remove it by syringing it out with water, as this is likely to make the object swell, and the removal will be much more difficult. Until a doctor can care for it a few drops of mineral or olive oil may be used to allay irritation.

Insects may crawl or fly into the ear, and only those who have experienced this know the distress which an otherwise harmless insect can cause by crawling or fluttering near the eardrum. A bright light placed close to the ear may bring it out. If not, pour a few

drops of warm oil into the ear, then gently syringe it out with warm soapy water.

If cinders or dust get into the eye, keep the child from rubbing it and, holding the upper lid down over the under one, have him wink. This will often wash the object out. If it cannot be seen now, look under the lids; if found, remove with an applicator or the corner of a handkerchief moistened in boric solution or water. If the object is embedded in the ball, drop a little oil—olive, mineral, or castor oil—into the eye and cover gently with a sterile dressing until a doctor can be reached.

In the case of nosebleed, keep the child quiet and sitting up. Put cold compresses to the face and carefully compress the sides of the nose. If this does not check the bleeding, pack the nostril with a small pledget of cotton, pressing it back rather than up. Have the child avoid blowing the nose for several hours so that the clot will not be dislodged.

Fracture of a bone of an arm or leg is indicated by pain, tenderness, inability to use, and deformity of the part. Only a physician can set the bone, but while awaiting him or going to his office the most important thing is to immobilize the limb to avoid further injury. No effort should be made to correct the deformity. The arm or leg should be placed on a well-padded splint and secured with a bandage. The splint should be as wide as and longer than the limb. The bandage should be snug enough to keep it from slipping but not tight enough to cut off the circulation. A too-tight bandage will be shown by blueness of the part beyond the bandage. The splint may be a piece of board, a stiff magazine, or several folded newspapers. It must be rigid enough not to bend lengthwise.

The articles necessary for meeting all these emergencies are bandages, cotton, sterile dressings, applicators, oil, medicine dropper, and an ear syringe.

vents heat loss to the outside, keeps the heat in the room. (It's easy to make a good reflector by painting a piece of cardboard or wallboard with gloss or metallic paint.) Also, unless trapped air in steam and hot-water radiators is released, only part of the radiators will get hot. It is a simple matter to "bleed" a steam or hot-water radiator to get this trapped air out, through the valves provided for this purpose.

Last of all, but very important, dress warmly. Heavier clothing for you and the children makes cooler room temperatures more comfortable. In the days of our ancestors, they, like the Indians, relied on open fires for all their heat. Many a bomb-blasted house in countries of our Allies lacks even the comfort of an open fireplace. This thought may not make you warmer next winter, but we in America are a lot better off than any of our Allies.

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## Vanquishing Venereal Diseases

(Continued from page 15)

their share of responsibility for early discovery. A routine blood test every year or so is good policy.

Treatment of syphilis, like that of gonorrhea, is chemical. Salvarsan, an arsenic preparation known as Ehrlich's "606," is still considered good medicine. Neosalvarsan, or "914," is more widely used, however, because it is less toxic. The numbers originally attached to these preparations represent the number of experiments Ehrlich performed to discover the valuable compounds. Other arsenicals are also used, but probably neosalvarsan is still the most popular.

In addition to the arsenic compounds bismuth is widely used. It is usually alternated with arsenic. Mercury also is a time-honored remedy, but has been largely replaced by bismuth. Taken together these remedies effect immediate improvement, render a patient noninfectious to others, and in time effect a cure. Two or three years of treatment are usually considered necessary before one can be certain of cure, which is a long time. The possible alternative consequences, however, make the inconvenience seem trivial by comparison.

## How to Live With Your Fuel Oil Ration

(Continued from page 11)

a one, two, or three story house, here are things to do now to conserve heat in winter. Many of these things pay the added dividend of insulating your house against heat in summer—making it cooler in summer, warmer in winter.

**Insulation.**—Materials available for home insulation include loose fill, blanket, batt type, and insulating board.

**Storm windows and doors.**—So many people have bought storm windows in recent months that they are becoming difficult to obtain. But they can prevent a lot of heat loss. If you can't get as many as you want, use the ones you have on the exposed windy side of the house, usually the north side. Many people are taping on a pane of glass over the window frame on the inside of the house.

**Weather stripping and caulking.**—Cold air leaking in around windows and doors can be prevented by weather stripping and caulking. Hardware stores near by will supply materials and full instructions at modest cost.

Here is a simple table to show real yearly oil savings possible by only two of the many conservation methods:

ANNUAL FUEL-OIL SAVINGS

Localities	Insulating the Ceiling of an Average 6-Room House (Gallons of Fuel Oil)	Storm Windows for an Average 6-Room House (Gallons of Fuel Oil)
Portland, Maine	110 to 180	110
Boston, Mass.	90 to 150	90
New York, N. Y.	80 to 130	80
Washington, D. C.	70 to 120	70

Save more heat in these ways: Close off rooms not needed for living space. Don't try to heat bedrooms. Use the bathroom as a dressing room in cold weather. Be sure to drain radiators in closed rooms during severe weather to prevent them from freezing. Heating sun porches and garages is a luxury we can't afford in wartime. Close bedroom doors at night. Cold air leaking under bedroom doors may cool off the downstairs rooms unless you put a rug or towel against the bottom of the door. If your fireplace has a damper, keep it closed when the fireplace is not in use; otherwise the heat from the house will go up the chimney. Blocking the flue with paper will do in the absence of a damper.

You can improve radiator efficiency by painting over gold or silver paint with oil paint of a light color, to match walls or woodwork. Placing a reflector behind each radiator next to outside walls pre-



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## The Healing Value of Light

(Continued from page 9)

cause injury in some cases, medical attention should be sought before using it, except in the most obviously simple conditions.

Infrared is found in sunlight. It is mixed with ultraviolet, however. On account of this, prolonged treatment is not possible because of the production of sunburn. It is rather difficult to heat a part of the body to the desired degree without overheating the body as a whole. Infrared treatments to small portions of the body are more easily given by means of heat lamps. The ordinary electric-light globe is an excellent source of infrared rays. Such a lamp can be easily constructed by anyone with mechanical ability. There should be an adjustable holder for the light and some type of reflector. The lamp should be held at such a distance from the part treated as to produce a moderate feeling of warmth. Usually the duration of the treatment should not be less than thirty minutes.

Infrared lamps that are made especially for treatment may be purchased. They are conveniently supported by special adjustable stands. Such lamps may give off considerable white or red light in addition to infrared, or the radiation may be entirely invisible like that coming from a hot flatiron. There is practically no difference between the effects of the two types of lamps.

Although light rays are very common, they are of great importance. The visible band is needed for vision. The infrared band is essential for the maintenance of the proper temperature of the earth's surface; the vital ultraviolet band for life itself. If properly used the ultraviolet and infrared bands become invaluable healing agents. Sunlight should be especially prized and its benefits claimed by everyone.

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## Mother's Counselor

(Continued from page 22)

that her surroundings should be bright and joyous at all times and that nothing be done that would tend to increase the nervous tension that she may have subconsciously.

She should be on the right program as far as her nutritional and vitamin intake is concerned, and if there is any sign of nervousness some pancreas extract, such as Parke, Davis Panteric Capsules, should be given her in her food. About one capsule three times a day at her meals would be of benefit. She should have some vitamin B every day. You can discuss this situation with your druggist or local doctor and in this way work out the best program for her.



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By William G. Wirth, Ph. D.

IT is like bringing gasoline to Southern California to think we can emphasize too much in these days of intensified death how precious and valuable human life is. While it is ours to use and enjoy, the pertinent questions press in upon us, How can we get the most out of it? how can we make it truly successful? It is easy to become philosophical when we deal with a subject such as this, not at all difficult to soar to the upper realms of idealism and become sublimely theoretical in our approach. But we are all plain, simple, down-to-earth folk, and so we are going to face life in a practical fashion.

Here is the word of one of our country's most practical men, John D. Rockefeller, Jr.: "The real purpose of our existence is not to make a living but to make a life." With profound insight Mr. Rockefeller recognizes that for each one of us life is divided into two factors, the *means* by which we live, "to make a living" as he puts it, and the *ends* for which we live, or "to make a life." And inasmuch as the ends are always greater than the means, it is only as we successfully attain them that life is made worth while.

The trouble with our mechanical and scientific civilization is that we have become long on the means to the detriment of the ends. Operating so many machines and gadgets as we do to accomplish the making and production of things, tragically we have come to reflect that in our own living. We have come to view our bodies, brains, and souls as simply instruments, agents for the

turning out of so much labor or thought day by day, with scant regard to the character and value of the life that these are supposed to serve.

We have become satisfied with the low-standard definition of life that Thoreau saw exemplified in his fellows as being that of merely "improved means to an unimproved end." It is, therefore, small wonder that to many life is nothing more than a problem, something to be wrestled with the best way you can, leaving an unsure answer, when it should be in its finer aspects an art. Think a moment of this word "art" and what it connotes. Essentially, it is the doing of a thing for the joy of doing it, for the producing of a vision, an ideal, which only the means are employed to portray or create.

Van Beethoven was an artist in music not because of the mechanical means which he employed in notes and scales and harmonies. These were only the agents, the material, to produce the sublime beauty of the "Fifth Symphony," the artistic end of his musical genius. Leonardo da Vinci was not concerned much about the pigments and brushes which he used in giving us the "Last Supper." It was the end of his imaginative skill that he portrayed.

So we need artists of life. We have too many of its mechanics running around, loving it basely and carnally, perhaps, as did Falstaff, for what the indulgences and passions of life give them in gross living; or hating it, as did Hamlet, because it does not satisfy the philosophical questionings of our thought; or accepting it in dull, humdrum fashion because there is nothing else to do, living on, as Israel Zangwill expressed it, "because they are too cowardly to die." There have been men who have not been content to live that way. Life meant vastly more to them than daily mechanics, perfunctory means to survive as best you can. Such a One was Jesus of Nazareth. Of means He had none, not so much as where to lay His head; but what an end of living He attained, what a true artist He was of the materials life gave Him.

## The Advantages of Food Shortages Today

(Continued from page 17)

tra work in throwing off toxins and waste products.

Certainly it is better for us to get our protein from sources which do not contain the toxins which we take into our system when eating meat. We should learn to use other available sources of protein to supplement or replace the meat, such as the unrationed soft cheeses, legumes, nuts, and nut foods. We must not overlook the importance of milk and eggs in supplying protein. The soybean in its various forms is gaining in popularity as a palatable protein food. It is good to know that whole grains and green vegetables contain a small amount of protein of high biological value.

Today when we are living and working on a high tension, our bodies are likely enough to be driven beyond their endurance without our whipping them on with the stimulant caffeine contained in coffee. The shortage of coffee will have had lasting benefits if it helps to break the coffee-drinking habit, which throws extra work on the kidneys and is detrimental to the nervous system.

The greatest benefit from coffee rationing, now lifted, has been in the removal of the supply of coffee from children, many of whom, particularly in the lower-income brackets, have been using it freely. The younger the child the more harmful are the effects of coffee. Perhaps, since the shortage is over, many parents will have been brought to a realization of this fact and will continue to keep coffee from their children.

Because the standard of living has been so high in the United States, we have used many foods rich in fat. The excessive use of fat is especially harmful if there is an affection of the liver. A fairly heavy deposition of fats in the liver is caused by the use of butter.

Since the use of fats is now restricted, there should be a more general use of the nutritious olive, which is high in fat, calcium, potassium, iron, and vitamin A.

Need I mention that a decrease in the fat content of our diet may help us to avoid the average gain of seven pounds each ten years for men and women between the ages of thirty and sixty?

Many of us eat too much and then regret that it must be revealed by our figures. We should remember that those from five to fifteen per cent below the average weight enjoy the best health and longest life.

The death rate from heart, blood vessel, and kidney disease is twice as high for overweight as for underweight people. There are four times as many people who suffer from diabetes in the overweight as in the underweight groups. It is also true that of the people who die from acci-

## Baby's Second Six Months

(Continued from page 25)

domen and withhold its usual feeding, giving only warm, boiled water until it is seen by the doctor.

Convulsions seldom occur except in high fever or in an infant which has been sick several days and has not been taking its food. The baby may be placed in a warm bath until the doctor comes or until the convulsion subsides. The infant should always be kept quiet and in bed if it has fever. Colds, earache, and croup should always have the attention of a physician as early as possible.

If the infant should, by chance, choke on some small object, it should be immediately stood on its head and a little clap on the back will often dislodge the offending object. If a foreign body is swallowed it may do no damage. If it is a metal object

its course may be checked by the X ray. Every precaution should be taken to keep such small objects, as well as poisons, entirely out of reach.

With the use of a baby pen there is little chance for burn accidents in the first part of the year, but when the infant begins to creep around he should be shut away from any place where hot water is being used for cooking or for washing. Often a little gate may be used to keep the baby from such dangers.

The "ounce of prevention is worth the pound of cure." Even with all the precautions that mother can take, the small investigator will find many ways of getting himself into difficulty and there will be numerous occasions when mother will have to come to his rescue. She will do well to minimize his hurts and bumps so that he will not take these too seriously, and thus she will help him to develop the courage that he will need throughout his future life.

+ + +

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dents the number of thin people is smaller than the number of those who are overweight.

Since there is a constant rise in death rate from all causes as obesity increases, the limitations in the quantity of food available today may serve to increase the health and lengthen the life of many.

The second World War has shown us again that while our nation was well fed in quantity it was not so well fed nutritively as we had hoped.

Dr. Henry C. Sherman, who has spent a lifetime in nutritional research, has given definite proof that the "right combination of nutritive factors in the right quantities can lengthen the life span, postpone the common impairments of old age, and give increased vigor and well-being throughout life."

Perhaps through our increased study of nutrition made necessary by wartime limitations we may learn how to bring these benefits to ourselves and our families.



## Recipes for Certain Dishes Listed in Menus

### Soy-Cheese Patties

- 1 can (1 lb. 14 oz.) soy cheese
- $\frac{1}{2}$  cup braised onions
- $\frac{1}{2}$  cup braised celery
- 4 eggs
- $1\frac{1}{2}$  cups crumbs
- 1. Teaspoon Savorex or Tastex dissolved in  $\frac{1}{2}$  cup hot water
- 1 teaspoon thyme

Break up soy cheese. Add eggs, one at a time. Mix well, and add onions and celery. Combine with remaining ingredients. Form into patties. Brown on slightly oiled pan.

### Lazy-Daisy Salad

Allow one large or medium orange for each serving. Peel and segment fruit. Arrange segments in flower-petal pattern on lettuce leaf. Center with three or four dates stuffed with nuts or cream cheese.

### Orange Bavarian Cream

- 1 cup orange juice
- $\frac{1}{2}$  cup sugar
- 1 cup whipped cream
- 2 level teaspoons agar (powdered)
- 1 cup water

Cook the agar in one cup water in double boiler until dissolved. Add to orange juice and sugar. When mixture is cool, fold in whipped cream. Pour into molds. Chill.

### Chow Mein

- 3 cups chopped celery
- 2 cups bean sprouts
- 1 onion
- $\frac{1}{2}$  cup water chestnuts
- $\frac{1}{2}$  cup bamboo shoots
- 1 cup mushrooms
- 1 chopped hard-boiled egg
- 1 tablespoon parsley
- 1 tablespoon soya sauce
- $\frac{1}{2}$  cup Proteena, diced and browned

Sauté celery, onions, chestnuts, bamboo shoots, mushrooms. When done, add bean sprouts, nut loaf, eggs, parsley, soya sauce, and salt. Heat and serve with rice or noodles.

(Continued on page 32)



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By Merwin R. Thurber

ONE of the strangest developments of agricultural history has been brought into the spotlight the past year. For months we have heard rumblings of rebellion against the moldboard plow. Here and there some man attempted to raise grain or some other crop without plowing his land. But now Edward H. Faulkner of Ohio has come right out into the open and condemned the plow as one of man's worst enemies. The soil made bare by plowing has little resistance to washing, and soil erosion is the result. And soil depletion has reached such proportions that the backbone of civilization is endangered.

Mr. Faulkner's experiments in raising crops without plowing are so remarkable that the recounting of them sounds like a fairy tale. He tells the story in a book called "Plowman's Folly" (University of Oklahoma Press).

The scientific theory back of Mr. Faulkner's conclusions is that plants in their natural habitat are nourished by the decaying leaves and stems lying on the surface of the ground. This natural mulch also preserves the moisture by preventing evaporation. It also serves other purposes. For instance, when rain falls, the force of the drops is not conveyed to the soil with a packing effect, but the water trickles down through the decaying vegetable matter and seeps into the ground.

Another aspect of Mr. Faulkner's theory has to do with the seed bed. Plowing loosens up the soil and breaks the soil capillaries. Packed soil allows the moisture of the subsoil to rise to the surface

where the plant roots are. The plowing under of vegetable matter interposes a blotter between the subsoil and the surface which stops the capillary action of the soil and draws the moisture down from the surface.

In his experiments Mr. Faulkner disk harrowed his land, leaving the chopped-up rubbish on the surface. The results were phenomenal. His tomatoes, all extra quality, brought premium prices. He raised sweet potatoes in two months instead of four.

Ordinarily people with radical ideas encounter opposition, but interestingly enough, the United States Department of Agriculture has taken notice of Mr. Faulkner's work and is inclined to agree with his conclusions.

By the way, the moldboard plow is a comparatively recent invention. It has been in use only two hundred years. It would not be at all strange if we found a better way to prepare soil for crops.

Just what effect this new development will have on home gardens and the plant beds about the ordinary city dwelling, it is still too early to say. But the relation of the new system to health is easily recognized. We have said something in these columns about the effect of soil depletion on the health-giving properties of the food produced. Vegetables get their constituents from the soil quite largely (air and sunshine help), and they cannot contain what the soil does not give them. Food raised by the methods suggested by Mr. Faulkner will be more life-giving, and the result will be better health.

One more interesting effect of the new soil management system is less trouble from plant disease and insect pests. Other men than Mr. Faulkner have been tending for some time that plants growing on soil properly enriched with humus and other natural soil elements would so resist insects and disease that sprays would be unnecessary. The possibilities in the new program are intriguing. Watch for new developments.

and cook five minutes. Add sufficient water to make one quart. One-third cup condensed tomato may be substituted for the strained tomato; and two tablespoons soya sauce for the Savorex.

#### Spinach à la Goldenrod

- 3 cups cooked, drained, and seasoned spinach
- $\frac{1}{2}$  cup mayonnaise
- 2 hard-boiled eggs
- $\frac{1}{4}$  cup tomato purée

Place spinach in loaf form in pan. Mix mayonnaise and tomato purée, and spread over the spinach. Sprinkle over this first grated egg whites, then grated egg yolks.

#### Sunset Sandwich

- $\frac{1}{2}$  cup chopped onions
- 1 cup tomato purée or tomato soup
- 2 eggs
- 1 teaspoon cornstarch
- 1 teaspoon butter
- Salt to taste

Cook onion until tender in as little water as possible. Add butter and tomatoes. Moisten starch with a little water. Beat eggs, add starch. Beat until well blended, add to boiling mixture, stirring until thick. Salt to taste. Spread on whole-wheat bread.

#### Cardinal Salad

- 2 cups ground cooked beets
- $1\frac{1}{2}$  cups juice from beets
- 2 tablespoons lemon juice
- 2 tablespoons sugar
- 2 teaspoons powdered agar
- Salt to taste

Cook agar in beet juice over slow fire until dissolved, stirring constantly. Add lemon juice, sugar, salt, and ground beets. Pour into molds. When cold, serve on lettuce leaf with mayonnaise. Garnish with hard-boiled eggs.

#### Shepherd's Pie

- 1 8-oz. can mushrooms
- 1 cup thick white sauce
- 1 minced braised onion
- $\frac{1}{2}$  teaspoon Savorex or Tastex

Combine ingredients and place in baking dish. Cover with mashed seasoned potatoes. Brown in oven.

#### Hearty-Toss Salad

- 1 cup cooked green beans
- 1 cup cooked carrot strips
- 1 cup celery strips
- 1 head lettuce
- 1 cup dark nutmeat
- 2 hard-boiled eggs
- $\frac{1}{2}$  cup French dressing (lemon)
- Mayonnaise

Marinate green beans, carrot, and celery in French dressing two hours. Chop lettuce. Add lettuce, diced nutmeat, and eggs. Toss lightly. Serve on lettuce with mayonnaise.

#### Proteena Potpie

- 2 tablespoons flour
- 2 tablespoons butter
- 4 medium potatoes
- 2 stalks celery
- 1 pound Proteena
- 1 minced onion
- $\frac{1}{2}$  cup tomatoes
- 3 cups water
- Parsley
- Thyme

Combine tomatoes, water, parsley, thyme, onion, savory loaf, potatoes (cut into small cubes), and salt. Cover, and cook until potatoes are tender. Thicken with butter and flour. Place in individual dishes. Cover with crust and bake.

## Recipes

(Continued from page 31)

#### Tomato and Barley Soup

- $\frac{1}{2}$  cup pearl barley
- 1 cup strained tomato
- 1 quart water
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon celery salt
- $\frac{1}{2}$  teaspoon Savorex or Tastex
- 2 tablespoons butter
- 1 tablespoon flour
- 1 tablespoon sugar
- 1 bay leaf

Add the barley to the boiling salted water and cook with the strained tomato and bay leaf until tender. Add celery salt, sugar, and Savorex. Remove the bay leaf. Melt the butter, add the flour, and cook slightly; then stir in a small amount of the liquid, and turn back into the remainder of the ingredients

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Throughout the United States, and in many other countries, is found a distinctive chain of medical institutions known as Sanitariums. To the many thousands who have been guests in these unique health institutions, the name Sanitarium describes not merely a hospital, though the best of medical care is given; nor does it describe simply a rest home, though many come primarily for rest. Rather, it denotes a unique combination of both. The word Sanitarium also carries with it the idea of health education and disease prevention, for those who come to these health centers receive instruction in the principles of healthful living.

In addition to the Sanitariums whose announcements appear here, 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  
 Hinsdale Sanitarium, Hinsdale, Illinois  
 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

#### Oriental Cream Soup

- 1 pint diced raw potatoes
- 1 small onion
- 1½ cups cooked rice
- 1 quart milk
- ½ cup thick cream

Cook potatoes and minced onion in as little water as possible, until tender. Add salt and rich milk. Reheat. Just before serving add cream and rice.

#### Irish Stew

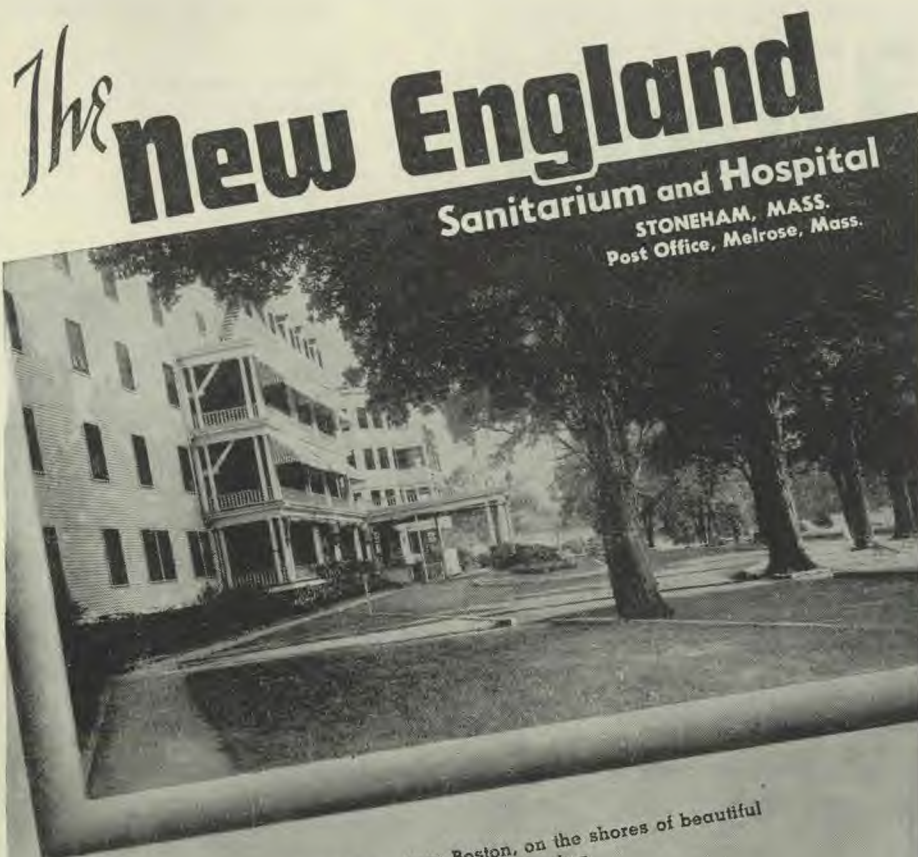
- 1 cup carrots (diced)
- 1 cup celery
- 2 cups potatoes
- 4 onions
- 2 tablespoons butter
- 2 tablespoons flour
- ½ cup diced nutmeat
- 3 cups water
- Salt to taste

Cook vegetables in salt water. Drain juice, and make gravy with butter and flour. Add the vegetables, and sprinkle with chopped parsley.

#### Tartar Sauce

- 2 cups mayonnaise
- 1 tablespoon minced bell pepper
- 1 tablespoon minced celery
- 1 tablespoon minced dill pickle
- 1 tablespoon minced pimiento
- 1 small finely chopped tomato
- ½ teaspoon grated onion
- 2 tablespoons chopped parsley

Combine all ingredients, and serve with mock fish cakes.



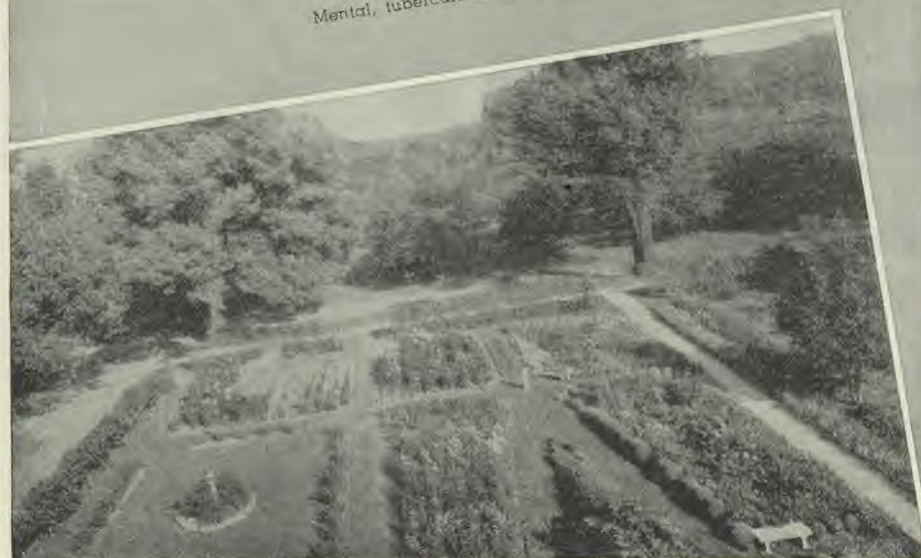
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You are invited to write for free descriptive Booklet A

Mental, tuberculous, or contagious cases are not accepted.





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TENNESSEE

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### ARE YOU MOVING?

You should notify us in advance of any change of address, as the post office will not forward your papers to you even if you leave a forwarding address. Your compliance in this matter will save delay and expense.

### Crumb Griddle Cakes

- 1 cup toast crumbs
- 1 1/2 cups milk
- 1 tablespoon sugar
- 1 teaspoon salt
- 3 eggs

Mix crumbs, milk, salt, sugar, and egg yolks. Let stand several minutes. Beat egg whites stiff, and fold into mixture. Bake as hot cakes.

### EXPLANATORY NOTES

The term "nutmeat" used in many of the menus and recipes is a general term meaning prepared meat substitutes. There are dark nutmeats and light nutmeats. The dark are more fibrous in texture, and the light are smoother. Trade names for the darker varieties are: Proast, Proteena, Vigorost; for the lighter varieties: Not-Meat, Numete, Nuteena. Some of the meat substitutes are made in the form of little steaks, and gluten is their main constituent. Trade names of these are: Choplets, Mien Jing, Gluten Steaks, Stake-lets. Trade names for yeast concentrates are: Savorex, Tastex. Cereal beverages: Breakfast Cup, Postum, Zoy-Koff. Other meat substitutes which are not quite the same in flavor as those listed above are Soya Loaf, Vegelona, Yum, Zoyburger.

If menus refer to cocoa or chocolate, we, of course, favor the health cocoa.

We recommend the use of whole-wheat bread or enriched bread.

Where butter is mentioned in the recipes, a good grade of vegetable margarine may be used instead.



## Cover Them Up!

This is an indictment against those who find it too much trouble to cover up their coughs and sneezes. Such persons are as dangerous as the most notorious gunmen. The man who sneezes without covering his mouth, who coughs into other people's faces, can spread as much tragedy as any criminal anywhere!

Health authorities can urge you and everyone else to be careful and thoughtful of others; they can post signs, have notices printed. But they cannot use physical force. They cannot station corps of inspectors in every subway train, streetcar, theater, movie house, and store, to grab offenders. Spitting in public places is punishable by law; but we have no legislative assistance to curb the man or woman who may send a spray of dangerous germs into the air with every uncovered cough and sneeze.

For some curious reason, very few individuals behave with any degree of thoughtfulness when they have colds. Not only do they cough and sneeze into the air, but they will shake hands after holding a damp and much-used handkerchief. The person with a cold has no right to shake hands with anybody. Nor has he the right to flick his much-used handkerchief in the air to straighten it out. It is this deliberately careless and thoughtless spreader of disease germs, amazingly enough, who affects great surprise when his family, his friends, and his chance acquaintances also come down with colds.

Prof. Milton J. Rosenau, one of the outstanding authorities on public health in this country today, has well said that "a campaign to prevent the spread of the common cold would have much collateral good in aiding the suppression of tuberculosis and causing a diminution of pneumonia and other infections."—*Health News Service, Inc.*

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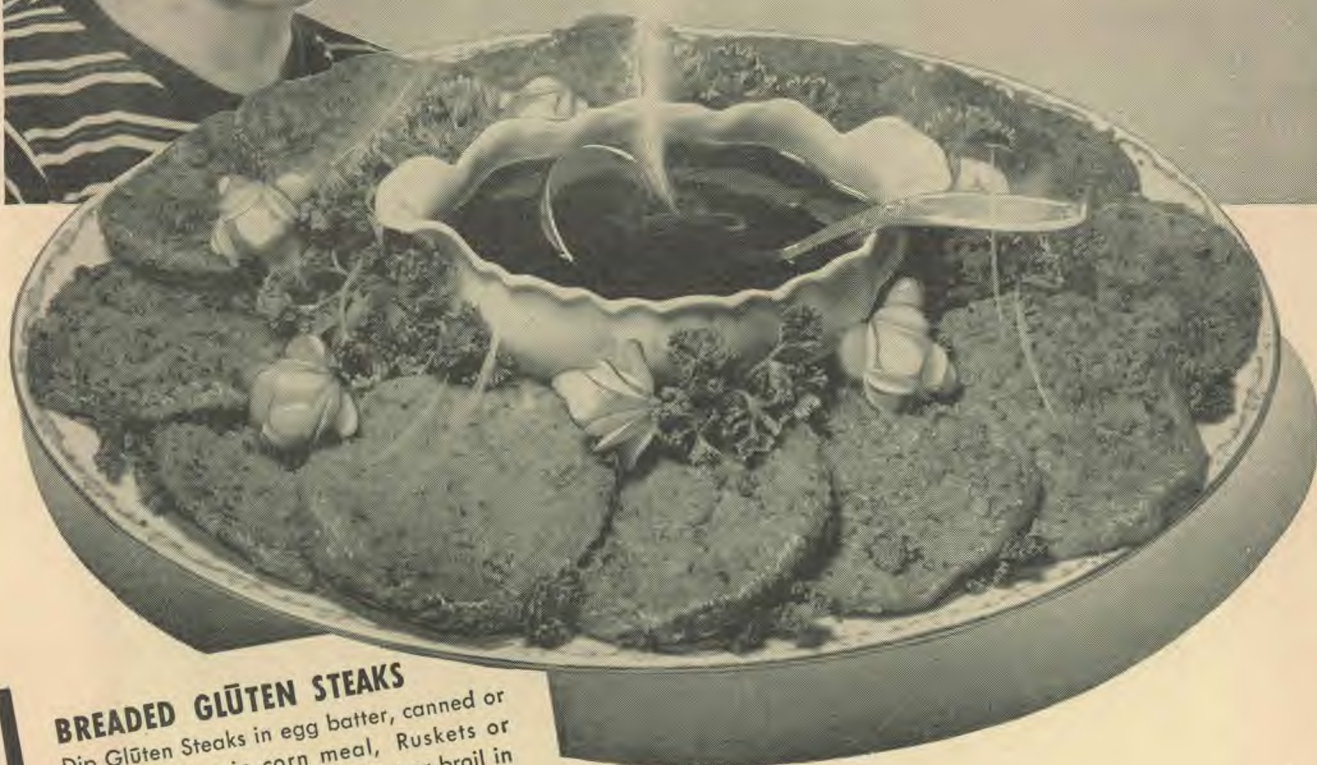
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are Plenty good!*



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Dip Glüten Steaks in egg batter, canned or Soy Milk then in corn meal, Ruskets or cracker crumbs. Brown in skillet or broil in oven on both sides and garnish with flowered radishes.

Full of good, rich food value too! The fine body-building proteins of choice quality, wholesome wheat, plus added vitamins and minerals, make Glüten Steaks **extra** nourishing. Tender and juicy, these vegemeats are easily prepared in many delicious ways. You'll find Glüten-Burger just the thing for tasty meat-like loaves and patties.

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## Let Us Give Thanks

America has much to be thankful for this November, 1943. Freedom to worship God, freedom to express our opinions, freedom from fear, freedom from want. Our homes have not been made a shambles. Our children play happily.

We can be thankful, too, for the advancements made by medical science, for new methods of healing, new ways of mending broken bodies, progress that means life and health and happiness to many a sufferer.

The Washington Sanitarium and Hospital is thankful for the privilege of rendering service to the sick and bringing happiness and help to them.

*Send for Free Illustrated Booklet "A"*

MENTAL AND CONTAGIOUS CASES NOT ACCEPTED



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