

Life & Health

THE NATIONAL HEALTH JOURNAL



JANUARY
1945

60th YEAR OF
PUBLICATION

- ★ Protect Your Teeth
- ★ The Common Cold Catches Us
- ★ A Mental Health Program for 1945
- ★ Your Child's Health
- ★ Menus for January
- ★ How to Lose Weight





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COMING NEXT MONTH

We live in an age of air conditioning. Man modifies his natural surroundings to make living both possible and efficient. . . . Structure of the ear, exterior and interior. Different types of deafness, and how the handicapped can readjust themselves. . . . The expectant mother can ensure good teeth for her baby by proper prenatal care. . . . Factors to consider in appetite appeal. Attractive meals for February. . . . Colitis. How co-operating with one's intestinal allies aids proper functioning of the colon. . . . High nutritional value of the peanut. Proper way to cook it. . . . Second in a series on child health. Handicaps of early childhood, such as worms, constipation, bed wetting, anemia, skin infections, allergy. . . . A chart on the control of communicable diseases which you will want to clip and preserve. . . . The cure and prevention of malaria—a major postwar problem.

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The PULSE OF LIFE & HEALTH

► SINCE no two minds operate in exactly the same way, whose I.Q. shall be the standard for a mental health checkup? How can one establish a norm for mental health? Page 6.

► THE common cold probably accounts for more absenteeism than any other one condition. It is our patriotic duty to fight this enemy on the home front. Page 8.

► MORE fuel is needed to keep the body warm in winter; hence one should eat larger amounts of certain foods. One week's suggestive menus are given on page 10.

► THE person who has a normal, healthy mouth is indeed fortunate. However, decayed teeth and diseased gums are no longer necessary evils. Page 11.

► MANY people try to lose weight simply by reducing the quantity of food eaten. It is the quality of food eaten that counts in a reducing diet. Page 12.

► YOUR child is, of course, the "one and only," and there is nothing too good for him. Sometimes parents are not fully aware of what is really good for a child. Page 14.

► THERE are many kinds of sugar on the market. Which ones are best? Page 16.

► PROTEIN is so essential to one's health because it is the builder of all body tissue and the repairer of worn-out tissue. What everyone should know about proteins is given on page 17.

► CAN an inexperienced, ambitious person be sure he has made a wise choice in selecting his lifework? Procedures to follow in making this decision, so you will not be one of those "undecided persons." Page 18.

► How to get a good start in the new year. Page 20.

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THE Editor's Life & Health Comments

Founded 1885

THE NATIONAL HEALTH JOURNAL

A Happy New Year to Each of You

THIS is to wish for each of you in the ever-increasing family of LIFE AND HEALTH readers, a Happy New Year. You belong to a unique family, bound together, not by the ties of blood, but by a mutual interest in keeping well. Eminently sensible, indeed, to have such an interest. There is no more sure way to make 1945 a happy and worth-while year than to take care that your health is at maximum.

It is because we are really serious about wishing you a happy new year that we take time to remind you that the way to capitalize on the health instruction that comes to you each month in this journal is by following out consistently that instruction. That may sound like trite counsel. But it is not. The trouble with hosts of people is that they read but don't act. They agree that the counsel is good; they are sure that it is correct; but they fail to translate it into a program of living.

Now this is the weak link in the whole program of health guidance. The doctors and other specialists take their busy time to prepare articles. Artists and others serve up the material in attractive form. You pay out your money for the journal, you spend your time to read it. But do you always reshape your plan of living by what you willingly admit is excellent counsel? If you don't, you are the loser and there is nothing that we can do about it. Which is another way of saying that you are the most important factor in your own health.

Why not make a good resolution for the new year, a resolution to readjust your program of life to the formula of healthful living that you find in LIFE AND HEALTH? You enjoy the journal, we know you do because many of you write and tell us so. We're happy about that. But what really brings us lasting satisfaction, a feeling that we are doing some little good in the world, is to have a subscriber tell us he is definitely proceeding to square his regimen of living by the standards presented in this journal. After all, LIFE AND HEALTH is not published simply as one more publication in the world, and with a view to making profits for a group of stockholders. There are no stockholders, and the publication is brought out today, as it has been for sixty years, not to make profit for anyone, but to promote the health education ideas of an organization that enthusiastically believes in good health.

Again, we say, a Happy New Year to you, and don't forget the resolution we have suggested.

Coming in 1945

THANKS to the resourcefulness and ability of our wide circle of contributors, the 1945 volume of this journal will contain some of the finest material that we have ever published. For example, beginning in this issue is a new series by Dr. Bertha L. Selmon on the health program of the child. Our readers will remember her earlier articles on the baby. Every mother of growing children will find in this new series the very kind of help that she is wanting.

We are certain that the series by Dr. Harold Shryock, "Psychic Handicaps to Success," has been read with keenest interest. Who of us but has at least one queer quirk that needs to be straightened out! We are glad to tell you that early in 1945 we shall begin a new series from his pen on other problems of personality.

In this issue we begin the first of a number of articles that deal with every phase of tooth care from infancy onward. If you still have even a few of your own teeth, you will find helpful instruction here.

There will be a number of special articles on the preparation of food in a tasty, nutritious way. Every housewife will profit by reading them.

These are only samples of the good things that will come to you in 1945. We haven't space here to tell you more.

NEWS

IN SMALL DOSES

► A MIXTURE of underripe and ripe fruit usually makes the best juice for jelly, the former providing the most acid and pectin, the latter the rich color and flavor.

► DR. RAY F. DAWSON, of Princeton University, has demonstrated that nicotine is formed in the roots of the tobacco plant, and not, as botanists have thought, in the leaves.

► IN seven years the total number of frozen-food locker plants has more than quadrupled, there now being over five thousand in the United States. Iowa has the most, with Minnesota and Washington next in line.

► THE U. S. Naval Observatory announces the development of a new plastic binocular, resistant to fungus growths as well as to the corrosive effects of salt water and air, and which will remain stable under both tropical and arctic conditions.

► AMERICANS contributed \$10,973,491 to the 1944 Fund-Raising Appeal of The National Foundation for Infantile Paralysis, which is practically double the amount given in 1943. These funds will permit the National Foundation to extend its aid to those now stricken, as well as to open up new avenues of research.

► ACCORDING to a recent Government study it is learned that in communities under 2,500 population, less than twenty-five per cent of the milk is pasteurized. A yearly economic loss from milk-borne-disease outbreaks, chiefly due to the use of raw milk, of nearly \$3,000,000 is reported.

► MANY hospitals now depend on ultraviolet installations to prevent cross infection from ward to ward or through doorways and corridors. That infectious germs in air currents may be destroyed by selected ultraviolet rays has been shown by carefully controlled experiments.

► PREDICTIONS are that soon after the war no place on earth will be more than sixty hours away; luxury airliners will fly across the United States in less than ten hours; long-distance postwar airliners will accommodate as many as sixty passengers; and giant cargo planes will provide regular service between all major points.

► *Science News Letter* reports the invention of a pontoon stretcher for use in deep water, invented by A. N. Spanel, of Princeton, New Jersey. Under each end is a collapsible, cylindrical float constructed of airtight fabric, which enables medical corpsmen to move wounded men over deep water.

► AFTER a fifteen-year breeding program horticulturists at the New Jersey Agricultural Experiment Station announce twenty-three strains of low-acid peach developed especially for ulcer patients and others denied acid fruits. *Science News Letter* says the peach breeders are hard at work on the "regular" varieties, and have a total of fifty-three practically ready for general introduction.

► CHILDREN up to eight years of age using water containing fluorine in excess of 1.5 to 2.0 parts per million (or 13 to 17 pounds per million gallons) are found to have teeth with deformed (or mottled) enamel. One part per million, or 8.3 pounds per million gallons, is thought to be the optimum amount of fluorides in a water supply. Dental decay is on the decline where fluorine is present in drinking water.

HOT ZOYBURGERS



2 tbs. tomato puree or thick canned tomato soup
1 14-oz. can Zoyburger ground in food chopper
1 tsp. of soy sauce
1/4 cup minced parsley
1 med. onion, ground fine
Salt and sage
2 eggs
Cracker crumbs

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

HOT Zoyburgers are easy to make—and are they good? One trial will convince you of their delightful flavor when used in the place of meat. Rich in body-building complete protein and yet not concentrated, Zoyburgers offer flavor, economy, ease of preparation, and variety of preparation, found in few foods. Hermetically sealed in sanitary tins with no waste and a guaranteed uniformity of quality, this food is being used in the place of meat by many who enjoy its delicious flavor. Try it for—Flavor—Food Value—Economy—on Meatless Days.



ZOYBURGER CLUB SANDWICH

Slice Zoyburger 1/4 in. thick. Brown in well-oiled pan. Place between hot bun (preferably toasted), add sliced tomato, lettuce, mayonnaise. Serve hot.

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A MENTAL HEALTH PROGRAM for 1945

▲ HARRY MOYLE TIPPETT

THE story has come down to us of a Spanish monarch who in time long past conceived the idea that if he could make all his subjects think alike, the problems of his kingdom would be solved. He is reported to have given it up as impracticable of accomplishment when in retirement to a cloister he found he could not even make two clocks keep time alike. Yet the world runs its business on what is called standard time, and we boast with pride of a watch that keeps perfect time. Apparently there is a time norm by which the reliability of clocks and watches may be determined. By international agreement the timepieces of the world are set in accordance with solar observation in Greenwich, England, where the mean time is established for measurements in any longitude.

One does not need to retire to a cloister to determine the obvious fact that no two people think exactly alike. It is a matter of scientific demonstration that no two leaves of a tree, no two snowflake crystals, no two thumbprints, are precisely alike.

Numerous psychological experiments also reveal that no two minds will respond in exactly the same way to a given stimulus. In view of this evidence drawn from common experience and from the laboratory, what is the basis of judgment in establishing a norm for mental health? If no two minds operate in exactly the same way, whose intelligence quotient shall be the standard for a mental health checkup?

That this matter of mental efficiency and hygiene is of tremendous interest to the public at the present time is to be seen by even a casual glance at the voluminous stream of books and periodicals devoted to discussion of some phase of these subjects. That the world is growing steadily worse with mental ills is indicated by the alarming increase in suicides, violent breaches of social conduct, and commitments to private and State hospitals. Since ponderous tomes are already available in public and college libraries dealing with every aspect of abnormal psychology,

it is not within the province of this discussion to distinguish between the various types of mental aberration or the physiological and social causes underlying them.

At the beginning of this new year it seems appropriate to review some of the fundamental considerations necessary for the maintenance of that mental health that underwrites a normal adjustment between our own happiness and our service to society. The primary factor, sound physical health, cannot, of course, be ignored; but since the principles of rational living for the maintenance

Faith and Confidence in the Word of God
Bring Peace of Mind to This Family

H. M. LAMBERT





WIDE WORLD PHOTO

Refugees Made Homeless in War-torn Areas. Many Persons Seek the Astrologist or the Palmist in an Attempt to Obtain Release From Fear and Worry



H. M. LAMBERT

nance of healthy body functions are so consistently stressed in the pages of this magazine, we may dismiss them for the moment by commending them. Perhaps the newest angle of health education is the growing stress upon nutritional imbalance in our national dietary as the partial source of nervous and neurotic disorders that result in irrational behavior. Along with this emphasis must continue the age-old warnings against the increasing consumption of liquor and tobacco, especially among women.

To read some current literature and listen to pollyanna "laugh doctors" on the radio, one would suppose that this matter of sanity and happy adjustment to life is only one of self-hypnosis. The popular formula seems to be that if one continually wears a chautauqua smile and grins his way through every problem and predicament, ringing the changes upon some inane repetitive phrase, he is certain to wind up on the plains of peace or on the sunlit hills of achievement, according to his ambitions and objectives. There is no intent to discount the value of maintaining cheerfulness, for indeed, as Montaigne said, "there is no greater sign of wisdom than the manifestation of continued cheerfulness." But those who administer the smile as a sure-fire catalyzer of

emotional conflicts and social adjustments have apparently not read Solomon's wisdom that points out there is a time to weep as well as a time to laugh, a time to acknowledge life's disciplines as well as a time to scatter sunshine.

The idea seems to obtain that to stimulate happiness is to evoke it in reality, but as a matter of fact, happiness in itself is not necessarily a sign of mental health, for there are many victims of hallucinations who apparently are happy within the narrow limits of their comprehension. Nor is mere contentment a true indication of sanity in its truest sense, for there are millions of people measurably contented amid scenes of abject squalor. Presumably the sound mind should be master and not slave of its environment. Disorderliness in one's surroundings is often the sign of an unorganized mind, and a perpetual, unbuttoned smile is hardly the remedy for it.

Where, then, shall wisdom be found, in this matter of discovering a mental norm that makes life endurable in the feverish abnormalities of wartime? How can we

maintain equanimity and serenity and a progressive outlook, which are surely the lowest common denominators in mental efficiency, in a time of social upheaval such as the present distress seems to promise for the future? From what vantage point may we see life steadily and see it whole? Certainly not from the fog of race hatreds nor from the Siegfried line of entrenched religious prejudice. It was such social and ecclesiastical arrogance that put Jesus Christ on the cross. It is that same disintegrating influence among the nations of the world that is fulfilling the prophecy of Luke 21:26: "Men's hearts failing them for fear, and for looking after those things which are coming on the earth."

In an era such as ours, when mental
(Continued on page 23)



G. ANDERSON FROM EWING GALLOWAY

"I'm catching a cold!" Who is there among us who has not announced this unwelcome condition? The fact is, it is the cold that "catches" us. We would like to escape from the clutches of this unwelcome visitor, but unfortunately it comes, again and again, and too many of us resign ourselves indifferently to its discomforts and dangers. Possibly we deliberately risk a cold rather than attempt to change to habits of living that would give us more protection. Probably we are a bit too presumptuous, hoping to escape in spite of faulty health habits. Or we may be fatalistic, thinking that we will get colds anyhow, no matter what we do, so what's the use? It is probably true that not all colds can be prevented all the time, for some colds, being infectious, are

frequently contracted in our association with others, and we just cannot isolate ourselves entirely from our fellow men. But much more can be done to prevent colds than is being done at present. Thousands of people testify to the efficacy of a sensible individual preventive program, for most colds are preventable.

Colds outnumber all other diseases in America; in fact, the common cold is the most widespread of any disease that afflicts Americans. It seems to be ever present and found among all classes at all times of the year, although epidemics are more prevalent during the fall and winter months. It has been estimated that it costs the American people nearly half a billion dollars a year, and nearly a hundred million days of work are lost

annually by wage earners because of colds. Probably this one disease accounts for more absenteeism than any other one condition. An enemy that exacts such a toll of a nation should be fought more valiantly than we are doing at present. It is certainly our patriotic duty to fight this enemy in our own homeland.

The preventive program is largely an individual one. Public health leaders can educate, but they cannot prevent, for there is no vaccine known to science at the present time that will effectively immunize one against the common cold.

It has been said that the duration of a cold is approximately two weeks. During this entire period, while one is not entirely incapacitated, yet the sufferer is handicapped and incapable of performing his duties at maximum efficiency. What a tremendous loss is experienced by industry, by business, and by our nation when we consider the decreased efficiency of the larger masses of individuals who attempt to continue their work while thus afflicted! For

The Common Cold

who can do his best work, mentally or physically, with stuffiness of the head, with

bleary eyes and running nose, with sneezes and coughs, with burning sensations in throat and nose, and their resultant debilitation?

And there is even a more serious aspect to the common cold. While most colds result in apparently complete recovery, there is always a real danger that the consequences of the attack may become more serious, for colds often are the forerunners of such conditions as acute or chronic sinus infections, middle-ear infection, mastoiditis, bronchitis, laryngitis, and pneumonia. There is a direct opening between the nose and throat with the middle ear by way of the Eustachian tube, and also openings from the middle ear into the mastoid cells. Infection easily spreads to these parts from the nose and throat, espe-

cially if the body is run down and its protective mechanisms are not functioning properly.

Should such complications arise following colds, long illness, with much pain and suffering, may result; surgery may be necessary, and some cases may terminate in death—all due to the common cold which we too often regard as inconsequential! It is especially important also that parents remember that the onset of many of the serious contagious diseases, such as measles, scarlet fever, and diphtheria, simulate colds, and at first are scarcely distinguishable. Therefore, it is important that every time a child develops cold symptoms special precautions be taken.

The sane, sensible course for all is to discover the causes of this disease, how to prevent it, and how to reduce its effects to a minimum.

There is no specific germ known to science at the present time that causes colds. There is evidence that a virus is the causative agent in some epidemics and localities. Secondary infections due to resident bacterial opportunists, activated by the cold, contribute to the unfavorable symptoms of a cold. Anything which lowers body resistance—fatigue, loss of sleep, overwork, worry, overeating, alcoholic indulgence—and local irritants, such as dust and even polluted water in swimming pools, tend to invite an attack. Dietary errors, such as excess of starchy foods, overindulgence of sweets, deficiency of

vitamins (especially A and C), may be the causative factors. Chilling of the body, wet and cold feet, improper clothing, especially of the feet and legs, are agents of the disease. I often note with regret the requirements of fashion which decree that our children and girls should go out in cold weather with their lower limbs so unnecessarily unprotected from the cold. Overheated buildings tend to increase the incidence of colds, owing to their debilitating effect on the body. We often pass from these buildings to outside lower temperatures without proper clothing, and consequently become chilled. Failure to toughen the body to resist disease by the use of exercise in the open air or cold baths contributes to the frequent occurrence of colds. All these lower body resistance, and anything that lowers the efficiency of the protective mechanisms of the body opens the way for the infectious cold.

The maintenance of general good health is the best preventive measure known. Body defenses are at their peak efficiency when robust health is enjoyed. The mucous membrane of the nose and throat, where the cold symptoms localize, is equipped with defensive mechanisms which protect the body from bacterial invasion. The secretions of the nose, the saliva, and even the tears have been found by investigators to contain a substance which dissolves bacteria. The white blood cells found in the blood vessels of the

membrane lining the mouth and nose also assist in the protection of the body from bacterial invasion. The proper functioning of these local defenses, however, is dependent upon the maintenance of good health of the body as a whole; hence, our primary concern should be centered on maintaining good bodily vigor. And as we attempt to fortify our bodies from an attack of the cold, we at the same time are protecting ourselves not only from this one disease but from all disease!

A summary of some of the precautionary measures is given below:


1. During epidemics, avoid crowds. As far as possible keep away from those who have colds. You may get caught.
2. Guard your hours of sleep. Fatigue invites disease. For children ten to eleven hours of sleep is important; for adults seven to eight hours.
3. Eat well-balanced meals, with no overeating. Use sweets scantily. Exercise some self-control with that box of candy or other confection. See that your diet contains fruits and vegetables in abundance, in order that your supply of vitamins and minerals may be sufficient. In some cases it may be necessary to supplement the diet with concentrated vitamins. Drink six to eight glasses of liquid daily.
4. Avoid overheated houses. With proper ventilation, there is physical safety

(Continued on page 32)

Rest in Bed Is the Best Way to Ward Off the Common Cold

Catches Us

WAYS TO MAKE IT LESS COMMON

 JOHN F. BROWNSBERGER, M. D.

S. M. HARLAN





Planning for January

By MARTHA MILLER, Dietitian

THE day's food supply is usually best taken in three meals five to six hours apart. Plan the menu for the entire day. Make the breakfast simple, using largely fruit, cereals, and milk. The noon meal should be the heavy meal of the day, and the evening meal should be very light.

In planning menus one should take into consideration the seasons of the year as well as the daily needs. The body is able to handle heavier foods in the winter, because more fuel is needed for keeping the body warm. In the summer the body needs a smaller supply of fuel and the appetite craves cool, crisp foods and plenty of fluids. At that time of year the labor of preparing meals should be reduced to a minimum.

In order to help the housewife plan menus for January, the following are suggestions for one week:

Sunday

Breakfast

Grapefruit juice
Baked eggs Stewed raisins
*Wheat-germ muffins—butter
Hot milk

Dinner

Cauliflower and spinach salad
*Cottage cheese patties
Creamed potatoes Butter kernel corn
Postum—cream Pumpkin pie

Supper

Cream of corn soup
Stuffed dates Butter
Whole-wheat zwieback Canned peaches

Monday

Breakfast

Tomato juice Prunes
Oatmeal—top milk
Whole-wheat toast—butter
Soya cocoa

Dinner

Split-pea soup Celery sticks
Baked potato—butter
Buttered carrots Swiss chard—lemon
Buttermilk
*Whole-wheat crackers

Supper

*Savory egg sandwich
Canned pears Hot ovaltine
Oatmeal cookies

Tuesday

Breakfast

Half a grapefruit
Stewed dried apricots
Soybean muffins—butter
Steamed natural rice—cream
Malting milk

Dinner

*Vitamin salad
Mashed potato—gravy Creamed cauliflower
Baked winter squash
Milk Lemon cups

Supper

Pineapple and cottage cheese salad
Cream-of-olive soup
Whole-wheat crackers Steamed figs
Kaffir tea with lemon

Wednesday

Breakfast

Sliced orange Stewed raisins
Poached egg on toast
Breakfast Cup—cream

Dinner

Golden bouillon
Baked soybeans Buttered cabbage
*Harvard beets Stuffed potato
Olives and carrot sticks
Whole-wheat bread—butter
Milk

Supper

Stewed tomatoes Creamed asparagus
Corn bread—butter
Stewed prunes
Milk

Thursday

Breakfast

Canned peaches
Hashed browned potato
Scrambled egg
Graham toast—butter
Postum—cream

Dinner

Lettuce hearts—mayonnaise
*Nut-loaf balls
Baked sweet potato—butter
Creamed onions Buttermilk
Raisin-nut bread—butter

Supper

Hot fruit soup Rusk—butter
Milk
Canned apricots

Friday

Breakfast

Orange juice Applesauce
Whole-wheat toast—butter
Hot milk

Dinner

Vegetable soup
Baked macaroni with cottage cheese
Buttered string beans
Mashed banana squash
Tomato aspic salad
Whole-wheat rolls—butter

Supper

Berry toast Canned apricots
Milk
Parsley omelet

Saturday

Breakfast

Sliced orange
Shredded wheat—top milk
Sliced banana
Hot malted milk

Dinner

Coleslaw *Lentil patties
Baked potato—butter
Buttered spinach Creamed carrots
Milk
Nuts and raisins

Supper

Cream-of-tomato soup
Cottage cheese
Fruit salad
Zoy-Koff—cream

* Indicates recipe in this article.

(Continued on page 33)



S. M. HARLAN

Protect Your Teeth

And Avoid Many Ills

ARTHUR B. CRANE, D.D.S.

MOST of the diseases from which mankind suffers are caused by the entrance of disease germs into the tissues. Fortunately for us, the skin and mucous membrane, which cover all the surfaces of the body exposed to the air, are highly resistant to infection. But bacteria are microscopic in size and can pass through an extremely small break in the surface tissues. Once these germs get into the underlying tissues, they find less resistance. They multiply and live at the expense of the tissues, and they produce disease.

For more than fifty years there has been a concentrated effort on the part of the medical profession to prolong life by shutting out infection, thus preventing disease. But it is only within the last two decades that those who study disease have generally recognized that because of the many breaks in its surface tissues, the mouth presents more channels for the entrance of disease germs into the underlying tissues than exist in other parts of the body. Decayed teeth and inflamed gums are open doorways inviting the hosts of germs to enter.

At all times your mouth contains numberless germs capable of producing disease. You are indeed fortunate if you have a normal, healthy mouth, for germs are then practically harmless, because of the resistance or immunity of the surface tissues to infection. However, if your teeth are decayed or the gums spongy through the irritation of tartar deposits, these germs may quickly get into the underlying tissues and be a menace to your health.

Diseases of the teeth and gums are more prevalent than any other ailment known to mankind. From the earliest times down to the present this has been true. It was not until about one hundred years ago, however, that the serious nature of

mouth diseases became so well recognized that dentistry became a distinct profession through the organization of the first dental school and the first dental society, as well as the publication of the first dental magazine.

Since that day dentistry has gone forward with amazing rapidity until now not only are the causes of mouth diseases thoroughly understood and efficient treatments available, but methods of prevention have been developed, so that decayed teeth and diseased gums are no longer necessary evils.

It is also recognized that many serious general diseases, such as heart disease, kidney disease, malnutrition, rheumatism, neuritis, eye troubles, and even some forms of insanity may be caused by an unhealthy mouth. Even where the teeth and gums are not the direct cause, they are often contributing factors.

The question is often asked, "Why do we have such poor teeth?" The answer is that because of a general lack of knowledge we have been satisfied with poor teeth. When the people as a whole become alive to the ill effects of poor teeth on their general health, they will realize that it is rarely necessary that an indi-

vidual should have poor teeth. The good results of preventive measures will be felt in our own generation, but the greatest benefit will accrue to those who are babies and to future generations. If young mothers will follow the suggestions which modern dentistry has to give, their babies may grow up with healthy mouths full of sound teeth. This is the age of prevention in dentistry, and while corrective measures must necessarily be used where prevention has been neglected, the instruction being given to the children of today will result in the elimination of much dental disease.

The maintenance of health in the tissues of the mouth depends upon the diligent application of various simple rules of mouth hygiene and preventive dentistry.

Not only is the care of the mouth and teeth an individual health problem, but in many respects it is an important economic measure.

When you consider that careful statistics show that more than eighty per cent of the school children of the country are the victims of dental defects, most of them in an advanced stage of dental disease, you

(Continued on page 34)



EWING GALLOWAY

This Girl Begins Early to Strive for a Healthy Mouth Full of Sound Teeth

HOW TO LOSE WEIGHT

A. Truman McGuffin, M. D.
DeVere W. McGuffin, M. D.

The Second of Two Articles on Reducing



J. C. ALLEN

SINCE the principle cause of obesity is overeating, a proper diet is of first importance. The food eaten should be such as to include the elements necessary to maintain good health and yet produce a loss in weight. Protein, carbohydrates, fats, minerals, and vitamins are the elements of food with which we are concerned. The basis for a reducing diet consists in increasing the protein foods, maintaining minerals and vitamins, and reducing to a minimum the calories obtained ordinarily from fats and carbohydrates (starches).

Protein repairs body tissue. It is necessary to partake of it every day, as it is not stored in the body. According to the lowest scientifically determined requirements, as described by Chittenden, the average person should have one gram of protein daily per kilogram of body weight. In order to simplify this we say that if the weight in pounds is divided by two, it will give the approximate number of grams of protein needed in the daily diet. Thus a person weighing 150 pounds requires 75 grams of protein daily.

Many people endeavor to lose weight by reducing the quantity of food eaten without regard to the quality of food eaten. It is readily seen, however, from the above, that "starvation diets" are disappointing. The body gradually reduces the fires which burn up the food;

the thyroid gland goes to sleep, as it were, causing a lowering of the basal metabolic rate. In this way very little weight is usually lost on such a program.

When protein intake is exceptionally low, swelling of the tissue results. For this reason you can readily understand how necessary it is to be on a scientific

program outlined and supervised by a competent physician. When a proper program is followed, strength and health are maintained. The patient suffers very little from being hungry, although the diet may seem to be somewhat monotonous. The accompanying protein list and carbohydrate percentage list should be studied in connection with the following reducing menus. The values appearing in these tables should not be regarded as absolute. Foods raised in different localities, as well as varieties, may vary considerably.

PROTEIN FOODS

Food	Amount	Grams of Protein	Units of Vitamin A	Calories
American cheese	1 piece 1" sq.	6	700	87
Philadelphia cream cheese	$\frac{1}{2}$ roll	5	960	87
Cottage cheese	4 tablespoons	13	66	69
Milk, skimmed	8 oz.	7	50	86
Milk, whole	8 oz.	7	575	149
Milk, soy	8 oz.	7	200-500	149
Buttermilk	8 oz.	7		86
Eggs	1	6	1000-3300	78
Almonds	30 nuts	6	Not obtainable	210
Peanuts	35 nuts	8	Not obtainable	168
Walnuts	7 nuts	6	Not obtainable	211
Pecans	12 nuts	3	67-90	221
Gluten steaks	2 small steaks	9		53
Proteena	$\frac{1}{2}$ slice $\frac{1}{4}$ " thick	8		89
Nuteena	$\frac{1}{2}$ slice $\frac{1}{4}$ " thick	5		113
Soybeans	$3\frac{1}{2}$ oz.	9	200-500	100
Lima beans (fresh)	$\frac{1}{2}$ cup	7		116
Cooked navy beans	$\frac{1}{2}$ cup	7	75	100
Fresh peas, cooked	$\frac{1}{2}$ cup	7	500-3000	96
Canned peas	$\frac{1}{2}$ cup	4		56
Savory lentils	$3\frac{1}{2}$ oz.	5		77
Bread, white or whole-wheat	1 slice 3x3x $\frac{1}{2}$ "	3	0-15	80

To obtain the daily requirement of protein for an adult, divide the weight by two, and that will give the amount in grams. For a child, fifteen per cent of the caloric intake should be protein.

Daily requirement of vitamin A is from 6,000 to 10,000 units.

1,000-CALORIE DIET
(80 Grams Protein)

Breakfast

Small order of 10 per cent fruit or one-half glass of 10 per cent fruit juice
1 egg
 $\frac{1}{2}$ slice toast, about 3" x 1 $\frac{1}{2}$ " x $\frac{1}{4}$ "
 $\frac{1}{2}$ square butter $\frac{1}{4}$ " thick
1 glass skimmed milk, or buttermilk, strained

Midmorning

Three-fourths glass skimmed milk

Dinner

Clear vegetable broth, no fat
3 heaping tablespoons cottage cheese or 3 ounces of gluten steaks
3 heaping tablespoons 3 per cent vegetable and 3 heaping tablespoons 6 per cent vegetable or 3 heaping tablespoons 9 per cent vegetable
 $\frac{1}{2}$ square butter
1 slice bread or 1 medium-baked potato or 3 tablespoons 15 per cent vegetable
Salad of 3 per cent vegetables with mineral oil mayonnaise if desired
1 glass skimmed milk, or buttermilk, strained
3 tablespoons 10 per cent fruit or Jello

Midafternoon

Three-fourths glass skimmed milk

Supper or lunch

3 tablespoons cottage cheese or 3 ounces of gluten steaks
3 tablespoons 6 per cent vegetable
Salad of 9 per cent vegetables or 10 per cent fruits with mineral oil dressing
3 tablespoons 10 per cent fruit
1 glass of skimmed milk or buttermilk
 $\frac{1}{2}$ slice of bread or 2 Rye-Krisps
 $\frac{1}{2}$ pat of butter $\frac{1}{4}$ inch thick

(Continued on page 31)

Per Cent of Carbohydrates in Foods

3 PER CENT VEGETABLES

Asparagus
Beet greens
Brussels sprouts
Cauliflower stalk
Celery
Chioté
Cream squash

Crookneck squash
Cucumbers
Greens
Lettuce
Mushrooms
Italian squash

Rhubarb
Sauerkraut
Spinach
Summer squash
Swiss chard
Tomatoes

6 PER CENT VEGETABLES

Artichokes
Banana squash
Cabbage
Cauliflower

Eggplant
Green peppers
Okra
Pumpkin

Radishes
String beans
Turnips
Water cress

9 PER CENT VEGETABLES

Beets
Carrots
Celery root

Hubbard squash
Kohlrabi
Onions

Oyster plant
Rutabagas
Canned peas

15 PER CENT VEGETABLES

New Peas
Parsnips

New Lima beans
Canned Lima beans

10 PER CENT FRUITS

Blackberries
Cranberries
Casaba
Grapefruit
Muskmelon or Cantaloupe

Honeydew melon
Lemons
Loganberries
Oranges
Guavas

Pineapples
Raspberries
Strawberries
Watermelon
Peaches

15 PER CENT FRUITS

Apples
Apricots

Blueberries
Nectarines

Pears

A Strict Control Over the Appetite Is a Primary Essential if One Is to Lose Weight

MONKMEYER



First of a Series on the Health Care of Children

WE smile around the corner sometimes as mother, or perhaps father, employs various devices to let the world know how wonderful a son or daughter is this "their own" particular child—"never sick," "full of life." They do not say in words, "See how smart he is," but actions speak louder than words.

The child may be beautiful, neatly and appropriately dressed, as well as pink-checked and well nourished, or he may be a homely tyke with face not too clean, clothing smeary, showing to the physician or health nurse evidence of failure to apply even the traditional principles of child care, not to speak of the newer knowledge available. There is, in each case, nothing too good for that child in the parents' estimation, but too often a parent does not realize what is really good for his child.

The necessary requirements of any human body are simple when reduced to their lowest terms. Needless to say, the application must be adapted to each age group and to living, under or in, varying geographic and climatic conditions with seasonal changes. The essentials are:

Food: adequate for good nutrition.

Warmth and shelter; protection from extremes of heat or cold.

Protection from disease germs and other predators (cleanliness involved here).

Environment conducive to contentment and development of mind, body, and personality.

The food requirements of the human body are much better understood today than at any other time in human history. This is the result of medical progress made possible by modern experimental research.

There were vitamins one hundred years ago, but they were not known as such. People ate unrefined cereals and often fresh vegetables from their own gardens in season. They often suffered for lack of fresh foods in winter, but when spring came they set out in search of "greens" and "sassafras" for tea, to meet a craving which they did not understand. They knew that people aboard ship for weeks on a diet of salted meat and biscuits developed scurvy, but no one knew why. In old China dropsical beriberi sufferers continued to eat polished rice until they failed and died without knowing that the unpolished rice and coarse, unrefined foods, such as those consumed by their own country's peasants, would have cured their disease, because such foods contain vitamins. Babies the world over developed rickets, and one treatment in ancient

YOUR CHILD'S

Health

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



times consisted in placing the infant in the crotch of a tree daily. They did not know that it was the sun and not the tree which cured the rickets.

Today only a few babies fail to receive orange juice and cod-liver oil during the first year of life, and they begin to take purées of vitamin-rich vegetables as early as the fifth or sixth month. In spite of this and of the widely publicized dissertations on dietetics, nutrition, and cookery, certain family prejudices frequently operate to produce defects in individual family eating habits. This in part is due to the results of certain defects which are sometimes difficult to trace. The family may be quite convinced that their eating habits have little to do with any symptoms which arise. They point to Uncle Will,



H. A. ROBERTS

Daily Outdoor Exercise Is Essential to a Child's Growth and Happiness



To Be Healthy, a Baby Must Be Kept Clean and Have a Well-planned Diet

who lived to be eighty years of age. He ate meat and potatoes, and drank coffee, but did not like spinach or greens of any kind. Dad, twenty years younger, with his entire family, eats much the same. "Young Will" and the other children seem, superficially, to be in average health. They have eggs, white bread, meat, fried potatoes, and coffee (which sounds grown-up). Although mother always puts extra milk in their coffee, the coffee habit means less and less milk in the future. Except for a fruit pie occasionally, there is very little fruit of any kind, and raw foods are seldom served.

Now if it were possible for us to go back and observe Uncle Will in his childhood and youth, we would probably find that between meals he was an addict of the apple orchard. His parents lived in the country where potatoes were often baked and skins also were eaten, and, as a small boy, he ate raw potatoes and

chewed sorrel and raw wheat. There were fresh roasting ears in season and nuts in autumn. Raw fruits, nuts, vegetables, and milk are important sources of vitamins in the adult diet, but are much more so in that of growing children. "Uncle Will" lived to an age made possible by the cellar full of apples and other things. There were also dried fruits and vegetables which "Young Will" and the family do not have. It is safe to predict that this family will pay a price for its defective food habits.

"Young Will," age eleven, is the "baby" of the family and, in line with the present generation of youngsters, consumes much more candy than did his predecessors. When made from cane sugar "sweets" contain no vitamins or minerals, yet they satisfy a craving which would otherwise be met by wholesome fruit. Early decay of the teeth is one evident result of the overconsumption of demineralized and de-vitaminized sugar products. One quart of milk a day per child would furnish the calcium needed, but the "I-don't-like-milk" habit has frequently established itself in the child's experience.

In dealing with the eating habits or desires of the child, avoid creating dislike by urging any food on him. Give small portions of each new or unaccepted food, and not too large portions of any food. Make desired dessert serving contingent upon a clean up of the first food on the plate. Second servings of any food may

be had when asked for it, and when, the plate is clean. In early years the child should remain in the high chair as a matter of course until the meal is finished.

The bulk furnished by vegetables and fruit in the child's menu is a natural regulator of bowels, and regular habits play a part in the maintenance of a normal appetite. Adequate fluids (water or fruit-juice drinks) between meals also promote healthy function of stomach and bowels, which helps the child in making use of food and in creating hunger for food. Thus they contribute to good nutrition.

As to warmth and shelter, at first thought one would say that most parents would certainly provide such elemental care for their children. But the physician knows how difficult it is for many parents to strike a happy "middle-of-the-road" program in judging just how much clothing or bedding is needed at a given time and place. There is the fussy, oversolicitous mother who begins by overdressing the infant and heaping twice as many covers over him in the crib as he really needs to keep him comfortably warm. The result is sweating and "prickly heat." Then the child becomes more sensitive to changes of temperature than he would be normally. Later she insists upon overshoes and extra wraps to such an extent that Johnny takes every opportunity to escape, and takes off these things when out of sight, or wades in puddles with his shoes on. The result is "croup" or pneumonia.

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the DIETITIAN SAYS

CONDUCTED BY
LUCILLE J. GOTHAM, DIETITIAN

This department serves as an aid to our readers in their dietetic problems. For information regarding some particular food or diet, address: The Dietitian, LIFE AND HEALTH, Takoma Park, Washington 12, D. C. Enclose stamped, addressed envelope for reply. This service is available only to subscribers.

A Discussion of Sugar

"There are so many kinds of sugar on the market. I would like to know more about them. Which are the best?"

Sugars are called carbon foods because they contain much carbon. You have no doubt seen the curious black sticks the lamplighter used to put in the corner street lamp. They were practically pure carbon and burned beautifully to give light. Coal is another form of quite pure carbon, and it burns to give us heat. Sugary foods are more like coal, as they burn in the body machine to give us heat to keep us warm, and power for body activities, and motion, also electrical power. It is said the body contains electricity and that the light of the flash of the eye is equal to the light of the smallest electric bulb. Sugar, you see, is a very vital food.

Every grown-up person uses about a pound of sugar a day for all purposes. You may say, "That is not true of me, for I use only a few teaspoonfuls of sugar a day, never a pound, even at Christmas time." The reason why this statement is true is that all the starch of the bread, potatoes, and breakfast cereals you eat is changed by the body during digestion to a very sweet sugar called glucose, or dextrose.

Besides being the chief sugar of the body, dextrose, or glucose, is manufactured from starches in factories and is on the market today as sirups and as a lovely white crystallized sugar having a characteristic cool, menthol-like effect on the tongue. Dextrose sugar has been available for years under the names of brewers' sugar, 80 per cent sugar, and Acme. It has only rather recently been made generally popular.

The chief sugar of fruits and flowers, also found in honey, is almost exactly the same as dextrose and is called fructose, or levulose. You have probably sucked levulose solution from the little pockets at the end of red clover blossoms and nasturtium flowers. None of these sugars require digestion, as they are ready for immediate absorption and assimilation. They are chemically the simplest of all sugars and are the most easily handled.

The only way dextrose and levulose can be distinguished is to shine prism light through them. If it is dextrose the light goes to the right; if levulose, to the left.

Dextrin in another unusual sugar on the market, chiefly for infant feeding or for invalids. You have eaten it, as it is found in the golden crust of bread, and it gives the sweetness to toast. Many years ago dextrin was found to be the only sugar except milk sugar which has the special effect of maintaining a healthy condition of the bacteria in the bowel. Very slow and thorough chewing of starchy food results in the production of dextrin, and so thorough mastication is to be encouraged.

By continued chewing, bread may become very sweet in the mouth. This is due to the production of maltose, which is a sugar natural to the body. It is non-irritating and easily digested. Maltose is on the market as malt sirups and as a powder. It is excellent for children and invalids, as it is rich in iron and calcium.

Milk sugar, called lactose, is on the market as a white powder. There are two kinds, the ordinary commercial, requiring cooking, as it is often contaminated with a great number of bacteria, and the special pure, sweeter, and more soluble beta lactose. Sherman writes of lactose in his *Chemistry of Food and Nutrition*. He says that research has shown milk sugar less likely to ferment than cane sugar and less likely to irritate, and that milk sugar contains galactose, which fact may be of significance, for the brain and nerve tissues contain galactosides. He also mentions that, for many, milk sugar helps to maintain good intestinal conditions. Because milk sugar is known to help the body use calcium, it is the sugar that might be said to contribute to youthfulness and long life.

The sugar of commerce is cane sugar, which is chemically the same as beet sugar. This same sugar is found in maple sirup and in tiny amounts in some fruits, especially green fruits and dates. It has been made for centuries by the Orientals from sorghum and by American Indians from maple, hickory, birch, and water-melons.

Great nutritionists, especially McCollum and Sherman, rather deplore the heavy use of cane sugar in our country. Until rationing it was about one hundred pounds per capita a year. Only Denmark, Australia, and England exceeded us. Bulgaria, Rumania, and Italy use less than twenty-five pounds a year per capita. The chief fault of cane sugar is what it lacks. It has no minerals and no vitamins.

Molasses, brown sugar, raw sugar, maple sugar, and dates are cane sugar foods but contain minerals and so are far superior.

In the seventeenth century the Arabs drove spikes in the date palms to prevent iron deficiency, according to Logan and Putnam in their fascinating book *Science in the Garden*. It is interesting to know that the acids in canned fruit over a period of time digest the cane sugar used in canning and so several months after canning your cherries they may contain the simple sugar, glucose, which the body tolerates quite well.

There are two sugar stories well worth repeating. Dr. Victor Heiser, in his book *Toughen Up America*, tells of two boys reared by a university, who were never given cane sugar. They had no tooth decay at twenty-one and were very superior in every way. Frankly, of course they had everything science can provide. The other story is briefly covered in *The Newer Knowledge of Nutrition*, by McCollum. The research workers Hoehne and Bunting made a nutrition study of 169 orphanage children and found they had remarkably well-preserved teeth. From seventy to eighty per cent had no new cavities for several years. The diet was average, except that the children had no sugar on the table and fresh apples were the dessert for dinner and supper, with a cookie once a week and fruit gelatin on Sunday. If candy was sent to the orphanage it was never given to the children. The research workers took fifty-one of the children and gave them three pounds of candy a week. In five months forty per cent had serious dental decay. Three months after they stopped giving the children candy there were no newly decayed teeth.

There has been research work to show that hard candies which are slowly dissolved in the mouth or sucked are more injurious to the teeth than soft candies.

We should be wise and always choose the best sugars and sweets for our children and ourselves. Even the most wholesome sweets should be taken in moderation.

+ + +

DISEASE germs are not isolationists. They move about more freely now with the development of highways and airplanes.—Nelson A. Rockefeller.

The Facts about PROTEINS

By PEARL M. JENKINS, M. S., Dietitian

HAVE you enlisted in our national campaign against dietary deficiencies, those saboteurs and hidden enemies of physical and mental efficiency? Now is the time to do so if you wish to have part in maintaining and developing the stamina and morale necessary for the strenuous days ahead of us. "Strong and alert nations are built of strong and alert people, and strong and alert people by abundant and well-balanced diets."

One of the essential materials in a balanced diet is protein. It has been said that "if there is any one 'secret of life,' protein might be considered to be at the heart of it, since protein is the essential stuff of which all living tissue is made."

I. Why is protein so essential to health?

1. It is the builder of all body tissue and the repairer of worn-out tissues broken down by body processes. It is in demand by every living cell of the body; A definite amount for each individual is needed every day.
 2. It provides the necessary material for the construction of those powerful little chemical substances, the hormones and enzymes of the body, on whose normal activity depends the orderly function of body processes.
- ## II. What happens when the diet does not contain sufficient protein?
1. In the child there is stunted growth, for the body can build only with what materials the diet supplies.
 2. There is decreased efficiency and stamina; easy fatigue and weak-

Milk Is One of the
High-Quality
Protein Foods



J. C. ALLEN

ness; and need for rest before the morning's tasks are completed.

3. The nerves become jumpy, reflecting their failure to obtain replacements for worn-out parts.
4. In pregnancy there is an extra protein need for the growing fetus, which if not supplied will cause breakdown of the mother's tissues, with possible edema.
5. During lactation the milk flow can be decreased or completely suppressed by too little protein.
6. Evidences of senility and breakdown develop earlier when the tissues are not supplied with needed repairs.

III. What are the effects of too much protein for body needs?

1. A strain may be placed on the liver and kidneys, for they are concerned with breakdown and elimination of excess protein. In pregnancy this may be the cause of high blood pressure.
2. Metabolism is overstimulated. This is a disadvantage in growth and in hot climates.
3. The general health and vigor are lessened.

IV. What is the right amount to include in the diet?

1. For normal children 1-2 grams per pound of body weight (the higher figure for a very young child) is needed to supply building material.
2. For the adult .5 gram per pound of normal weight (what one ought to weigh) is necessary to make up the losses of wear and tear of body tissues. This will furnish about 75 grams for a 150-pound man and 60 grams for a 120-pound woman.

V. What foods are the best sources of protein?

1. There are high-quality protein foods, other than meat, containing all the necessary factors for growth and repair.
 - a. Milk.
 - b. Cheese.
 - c. Eggs.
 - d. Soybeans.
 - e. Most nuts.
2. There are quality protein foods lacking in some essential factors but desirable when supplemented with milk and eggs.
 - a. Cereal grains.
 - b. Peas, beans, lentils.
 - c. Fruits and vegetables.

(Continued on page 26)


THE thought of being able to plan one's own career is very exhilarating. The young person, standing on the threshold of the productive period of his life, may choose whichever line of endeavor presents the greatest appeal. He does not have to be a businessman simply because his father is in business. Even if he chooses business, it lies within his power to choose a different business from his father's. If he prefers one of the trades, the choice is still his. Or he may be attracted to one of the professions and again, depending on his own choice, he can study to be a lawyer, a preacher, or a doctor.

This life is relatively short, and it seems shorter the older a person becomes. A youth looking forward to the productive period of his career sometimes assumes that there is no reason for haste in choosing the manner in which he is going to spend his energies. But if he is content to coast along without a definite choice he may suddenly become aware that some of the most valuable years of his life have slipped between his fingers and as yet he has hardly made a start toward success.

Life is so short that the average person cannot expect to succeed in more than one line of endeavor. Even the apostle Paul said, "This one thing I do." There is not enough time for the young person to try out the various possibilities that appeal to him. If he spends a few years working at a trade and a few years studying law, and then tries a business venture or two, he will by that time have reached

Are You One of Those UNDECIDED P

Part VII—Psychic Barriers to Success

 HAROLD SHRYOCK, M.D.

To Succeed One Should Early Choose His Lifework and Bend His Energies in That Direction. He Is a Better Physician or Teacher or Mechanic if He Enjoys His Work

EWING GALLOWAY

his late thirties and will find that his chances for outstanding success in any line are curtailed because of his not having time enough left to acquire the necessary background of training and experience. This is more true in some spheres of activity than others. For instance, in the field of aviation it is unusual for a man who begins his training after the age of twenty-five to become a skillful pilot. In the professions, it is much more difficult for a man of thirty to adapt himself to the necessary routine of study than it is for a person of less than twenty-five.

In order to succeed in his lifework, the individual must early choose the field in which he is going to spend his energies, and ever afterward bend his energies in the direction of his choice.

Fortunately, the choice of a lifework does not have to be a blind choice. It is not like thrusting one's hand into a hat to select a ticket by chance. However, once the choice has been made it is seldom advantageous to go back to the starting point of a different line of endeavor.

There are various responses that the young man may make to the necessity of choosing a lifework. Some young people flip a coin, as it were, and accept the first possibility that presents itself. They may be so unwise as to do this in spite of their own preferences and adaptabilities. Others rely on someone else

PERSONS?



indecision is not only unpleasant but unhealthy.

When it comes to important decisions, like the choice of a lifework or the choice of a life partner, flipping the coin is obviously a very crude method to employ. A certain teacher, after having taught for several years, applied for admission to a medical college. He had by then spent several years in teaching and, because this had made him correspondingly older, he was a poorer prospect for the study of medicine than if he had attempted its study at the time he began his training for teaching. But even at this late date he insisted on being permitted to take the medical course. When he was younger he had flipped the coin and on this basis decided in favor of teaching. In the light of his subsequent experience, how much better it would have been if he had taken careful stock of his preferences and adaptabilities, and made a happy choice at the outset rather than after spending several years in a profession that eventually lost its appeal!

Then there was the young man who entered medical college because of his parents' desire that he should be a doctor. By his own preference he was inclined to music, but out of deference to his father, who regretted that he himself had not taken the medical course when he was younger, the young man relinquished his desire to be a musician and enrolled as a medical student. It soon became appar-

chapel, giving vent to his emotional tension by playing the piano. He possessed considerable musical talent and could play extremely well. It was readily seen, therefore, that he was deriving his satisfaction not from pursuing his medical studies but from his occasional opportunities to play the piano. So it was not surprising that after a few months his poor scholarship forced him to discontinue the study of medicine. However, he is now doing very well as an instructor in music.

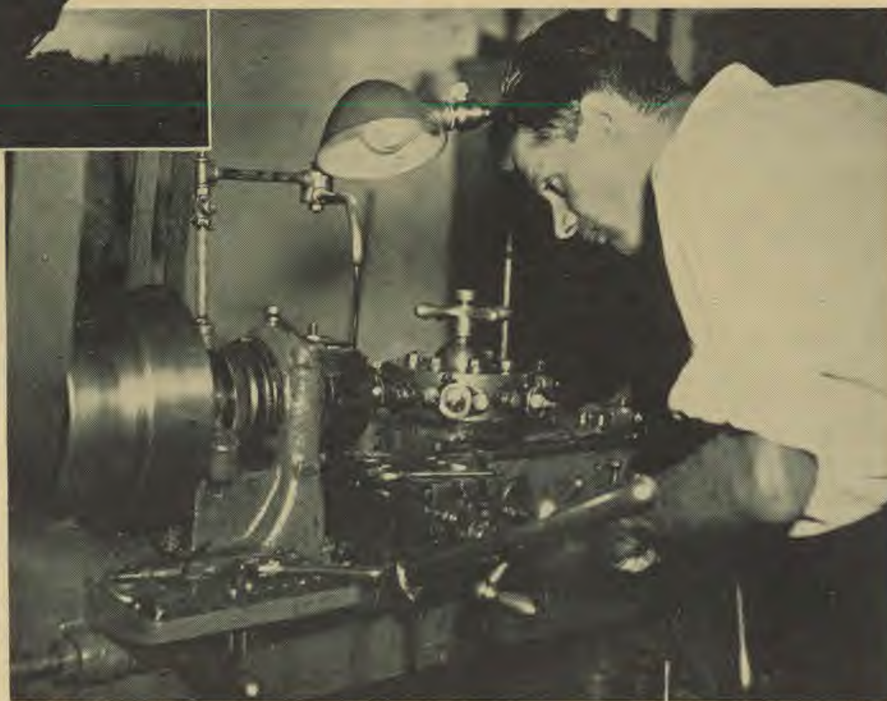
The person who continues to hesitate in making an important decision may make an even worse mistake than if he flipped a coin and made a wrong decision. It is better to make an unfortunate choice of a lifework and yet accomplish something in a second-rate field than to postpone all choices and accomplish nothing in any field. Indecision becomes a pernicious habit and when deeply rooted weakens the character to such an extent as to constitute a definite barrier to success. George Eliot remarked of such a person, "He will run into any mold, but he won't keep shape."

Success is dependent, among other things, upon the fortunate choice of a lifework, the choice being made as early as possible in the career of the individual. But how can an inexperienced young person, ambitious though he be, be sure he is making a wise choice—a choice that he will not have occasion to regret in later years?

The first step in making any decision is to clarify the issue at stake. The young woman who is debating between the offer of a position in a doctor's office and the position of clerk in a dry-goods store needs to investigate the circumstances surrounding each of these offers. She should become aware of the possible requirements that will be made of her in each of these positions. She should understand that some patients who come to the doctor's office are feeling so poorly as to be in a bad humor and are therefore hard to please. But she should also realize that some customers in a dry-goods store are not

easily satisfied. She should compare the salaries of the two positions and the possibilities for advancement. She should give due consideration to the hours and to the class of people among whom she will form her friendships. After having

(Continued on page 27)



H. M. LAMBERT

to guide them into a lifework. And still others, realizing the gravity of making a decision which will follow them through life, shy at the responsibility and postpone the moment of decision until the best opportunities have passed.

Trivial matters may properly be decided by flipping a coin. That is, if the question centers around the choice between chocolate or strawberry ice cream, the consequences of the decision are insignificant—either flavor will serve the same purpose. If there is a preference, let it determine the choice. If there is no preference, then it is better to flip the coin and have the decision over. The state of

ent to his classmates and professors that he had made an unfortunate choice—that is, the choice his parents had made for him was unfortunate. After a heavy examination or whenever he encountered hard going, he could be found in the parlor of his dormitory or in the college

the HOUSEWIFE'S CORNER

CONDUCTED BY
CAROLINE EELLS KEELER

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

Off to a Good Start

We all want to make it a good new year. "It must be a good new year," we say fervently. New years are made up of 365 new days, and each day can be a time for resolutions and determinations. Each new minute can be, for that matter. If we have failed this minute, this hour, this day, the very next minute or hour or day that we are privileged to live can correct that failure.

That Might Include a Good Breakfast

We have resolved, no doubt, to begin the day with a few moments of communion with God, a few moments in which to obtain strength for the day's duties and opportunities. We can resolve, too, to keep our bodies fit for the tasks that come our way. This most definitely includes a good breakfast. We hear it over the radio every day, "Eat a better breakfast, do a better job." So we will break the fast of the night with a good meal, not a bird-size breakfast, as these same radio announcers inform us. We cannot work efficiently, without fatigue, if we do not provide our bodies with this adequate nourishment. Breakfast habits vary in different parts of our country. The people in Maine will eat a different breakfast from the people in Louisiana or California. But right in our own little section of the country let us vary our breakfasts. Breakfast can be a monotonous meal if the housewife has no initiative, no vision. Here is your opportunity to show how clever you are.

Eye Appeal

APPETITES are whetted by eye appeal. That includes a pretty picture-book breakfast table. If you are rushed and must get this meal in a hurry, set the table the night before. Have the toaster out, or the waffle iron, ingredients for the different dishes measured, if possible. Have colorful tablecloths for your breakfast table, colorful dishes, flowers in a low bowl, or fruit, or even some artistic vegetable arrangement.

Planning Ahead

TAKING time to plan a week's breakfasts in advance will help you. Then you can repeat this same schedule another time. You know what you can obtain in your local stores, or from the shelves of your own cupboard. You should have received

some excellent breakfast ideas from the many menus that have been published in LIFE AND HEALTH.

Cereals

EVERY breakfast will include some form of cereal. It may be toast, muffins, hot cakes, popovers, cold cereals, or hot cereals. There are many grains from which to choose—corn, wheat, oats, rice, etc. Creamed mushrooms on toast, cream sauce on shredded-wheat biscuit, plus an egg. Luscious servings of golden corn bread with creamy milk.

Cooked Cereals

A BOWL of good hot cereal is often tempting on a cold winter day. Now, how you cook the cereal makes all the difference in the world in the way your family greets it. A thick, messy-looking cooked cereal looks like so much glue and has no appetite appeal for anyone. If such are the results, you have used too little water or too much cereal. Simply pouring the cereal out of the package into the hot water may take a little less time, but the results are most certainly uncertain! A too-thin cereal makes you think you must be an invalid and are being served gruel.

It's no complicated trick to cook a breakfast cereal so it's just right. You don't have to experiment; the manufacturer has done that, and gives you the directions right on the package—everything in exactly the right proportions. Even if you are in a hurry, don't dump a lot of cereal hurriedly into the boiling water. Dumping means lumping, and you'll get lumpy, half-cooked cereal. Use a double boiler, if possible, for cooking the cereal. Start water to boil, measure boiling water and put in top section, add correct amount of salt. Place top of double boiler on stove until water is boiling again, then pour *measured* cereal *slowly* into the *boiling* water, stirring all the while. When the cereal is all stirred into the boiling water and it has come to the boiling stage, put it over the hot water, cook slowly, and stir occasionally. Cook raisins with the cereal sometimes, or dates (if you can afford them). Added flavor and enjoyment will be yours.

Fruit

FRUIT should take its place in every breakfast menu. Pineapple juice, orange juice, grapefruit juice, tomato juice, and

other fruit juices—or the whole fruit. Baked apple, applesauce, apples diced raw and served with diced bananas and cream, are delicious. Ripe, golden persimmons tempt me greatly. Then there is all that canned fruit you put up—peaches, berries, pears, etc.

A Hot Drink

ANOTHER favorite item on the breakfast menu is a hot drink, and there are good noncaffeine drinks from which we can choose—Breakfast Cup, Postum, Zoy-Koff, Minute Brew, and others. They are good for the lunch, too, if you have a thermos bottle.

Celery Seed Again

YOU'LL all think I am a celery-seed enthusiast, and perhaps I am. But have you tried buttering thick slices of bread, sprinkling lightly with celery seed, and toasting in the oven? Have you?

Then eggplant. We want to use different vegetables, but how can we serve eggplant some new tasty way? Well, I tried something last fall that my husband and I both enjoyed. Johnny doesn't like cooked onions; so the dish didn't please him. I put a little vegetable shortening with chopped onion in a two-part frying pan, then put in thinly sliced eggplant (pared), sprinkled the slices with salt, then added top milk, used the other half of the frying pan as the cover, and let eggplant cook slowly. When slices were soft, I sprinkled on celery seed—not too many for that would spoil the dish. It was quite delectable.

Chore Boy

MENTIONING Chore Boys makes me think of the handy little articles we used to find in the stores to help us clean our sticky pans. A friend from Texas wrote me recently that she had found one in a store down there. I found something in a grocery store recently that I like almost as well as the Chore Boys. It is called the Golden Fleece, and is a piece of material about four inches square, finished with a sandpaperlike material, that really goes to work. I hope you can find one.

Sharpen Your Scissors

Is every pair of scissors in your house dull? Sandpaper will come to your aid. Just cut a piece of sandpaper several times with each pair of scissors, and you will have a good cutting edge on them again.



cereal foods

ARE "KEY" FOODS IN THE "BETTER BREAKFAST" PROGRAM

● Authorities are pretty well agreed that breakfast is the meal most often neglected. They are likewise agreed that, in many respects, it is the most important meal of the day. For, of course, breakfast means, literally, "breaking the fast"—the 12 hour fast since dinner the night before. And, when breakfast is slighted, mental and physical energy cannot easily be maintained, during the morning hours.

What constitutes an adequate breakfast? In the recent Roper nation-wide breakfast survey, medical and nutritional authorities agreed that breakfast should supply from $\frac{1}{4}$ to $\frac{1}{3}$ of the day's total nourishment. And more than 80% of them specifically included breakfast cereals among their recommendations for an ideal breakfast.

Obviously, unless breakfast furnishes its share of the day's requirements of proteins, vitamins and minerals, as well as calories, a heavy burden is thrown upon the other two meals of the day. It is for this reason that cereal foods are of particular value at the morning meal.

Cereal foods have always been important as a source of calories and cereal proteins. In their whole grain—or modern enriched and restored—forms, they are a valuable source of three essential B-vitamins and iron. Actually, cereal foods (flour, breakfast cereals, etc.) contribute almost $\frac{1}{3}$ of the calories and almost $\frac{1}{3}$ of the proteins in the average American diet, and if these cereal foods are whole grain, enriched or restored types, they would contribute to the average



American diet more than $\frac{1}{3}$ of the recommended daily allowances for thiamine, niacin, riboflavin and iron.*

Also, cereal foods are excellent "carriers" of other basic foods such as milk, cream, fruit and (in the case of bread) butter. Since they are available in so many appetizing forms, they have the important extra value of stimulating the desire to eat a good breakfast.

*Based on 2800 calorie pre-war diet. Data adjusted for losses in cooking.

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prepared by the Products Control and Nutrition departments of General Mills, Inc. is just off the press and is available without charge. It is the fascinating story of cereal grains and their part in human nutrition from earliest times to the present, with 39 fine illustrations, and should be of particular interest to teachers. To obtain a copy, simply mail us the coupon, at right. Sorry, only one copy to a person.



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Tetany

"I have tetany and spasms of the muscles which tire me very much. Could you suggest something I can do to get relief? I had a goiter operation about seven years ago. I am sixty-four years old."

If the tetany you experience is the result of the parathyroid glands' being removed with the thyroid, you should use the extract of these glands, or synthetic preparations of equivalent value. This should be governed by your family physician, so that the proper dosage may be given. Some form of calcium is helpful. There are other causes of tetany which could be determined by a physician knowing exactly your state of health.

Diverticulitis

"What is diverticulitis? Is there any relief, cure, or beneficial treatment you would advise; and what is the cause of it?"

Diverticulitis is a condition that occurs usually in the colon of persons about middle life or beyond. It is due to the spreading or thinning of certain muscular fibers and the formation of little outward pockets. These pockets become filled with residue material, and local irritation occurs. In this way the condition often simulates appendicitis, and occasionally in acute attacks it has been found necessary to operate, as in appendicitis. Usually the irritation is more chronic, however, and does not call for radical treatment.

A very simple procedure that gives relief to many persons suffering from this ailment is the taking of two ounces of barium sulfate in about four ounces of milk, two or three times a week. This acts like the barium used when an X-ray picture is taken, and fills these little pockets, so that they do not become irritated readily. We have seen many persons treated in this way with gratifying results, frequently accompanied by an actual decrease in the size of the diverticuli. When beginning treatment it is sometimes better to use the barium sulfate daily. When this is done, some attention to the bowels may be necessary to prevent constipation. A small amount of mineral oil or other mild lubricant will be found effective. Hot packs to the abdomen for a few minutes following each meal are a useful form of physical therapy, often lessening the discomfort attending this condition.

Boils

"Will you please give me any information on preventive treatment for boils? My husband has been having them for about a year now."

Boils commonly are due to surface or skin infection. They are spread from one person to another or from one portion of the body to another portion, because the utmost care is not used in treating the boils that are actually present. Allowing any of the pus or exudate from the boils to touch the body elsewhere may result in a contamination and a breaking out in a new area. Of course, back of this there may be tendencies in one's health that favor the development of boils, such as lack of resistance against bacteria, inability to metabolize starches and sugars properly (diabetes mellitus), or a general rundown condition. Any person who has recurring boils should have a careful medical examination to determine whether there is some disturbance in health that perpetuates them. When dressing a boil use great care so as not to spread infection to any other site.

Bladder and Prostate Trouble

"I have been bothered with bladder and prostate trouble for some time, and can't seem to get much relief. It is aggravated by seminal losses during sleep, and I am forced to arise several times to urinate. The urine has been tested and found slightly diabetic, but the last test proved to be normal."

It is common to have prostate trouble in the more mature years of life. The prostate gland becomes more fibrous and the cut-off muscular action about the urethra is not so efficient. These conditions sometimes cause a retention of urine in the bladder, with a degree of irritation and hypersensitiveness. You mention the urine being found slightly diabetic. Even though there may be no sugar in some single tests, we would advise that this matter be looked into very carefully, because you may find the sugar appearing at intervals during the day and not appearing at other times. If the metabolism of sugar is disturbed, this may have a lot to do with discomfort in the bladder and some of the disturbances assigned to the prostate. See your physician and have a thorough examination.

Tonsillitis

"Please tell me what is best to do when a person is bothered with tonsillitis every now and then."

If you are troubled with recurrent tonsillitis, it would be our opinion that the surgical removal of the tonsils should be planned. If you have some condition of health that prevents surgery, then medical treatments should be carefully planned and applied. Tonsillar tissue that has been actively infected several times very rarely becomes normal again, but is likely to harbor some of the infection in a chronic form. So far as we know there is no injurious result following the skillful removal of the tonsils. Surgery should be undertaken when the tonsils are not acutely inflamed.

Varicose Veins

"My mother has varicose veins, and we would like to know something about the results of operating on varicose veins and of the injection method."

Varicose veins apparently are the result of structural tendencies in the vein walls. They commonly become aggravated in women following childbirth because of the pressure upon the large veins in the pelvis. In and of itself the condition is not dangerous. Naturally it is accompanied by a rather slow or sluggish circulation in the extremities and leaves the leg more susceptible to injury. If your mother is not suffering directly from the veins, nor having any of them bleed, the manner of treatment or control that is being practiced (bandaging) is satisfactory. However, where one feels a definite discomfort from bandages, some form of surgical treatment may be advisable.

Injection has been practiced for a number of years with very good results. It is not without complications. In fact, at the present time many are choosing to return to the older method of actually cutting out a portion of the distended veins, or tying off some surface and communicating branches. When a section of a vein is removed the circulation must go through connecting channels. In a person who is susceptible to varicose veins this often results in a distention of the side channels which may be similarly uncomfortable. Injections and surgery both give permanent results, but the development of new varicose areas is a possibility.

A Mental Health Program for 1945

(Continued from page 7)

brilliance and all the symbols accepted as a sign of the possession of "brains" are almost worshiped by the self-acknowledged intelligentsia, it is not to be wondered at that intellectual attainments should be mistaken for mental health. One may find in university seminar rooms highly educated professors in the arts and sciences nervously fingering the cigarettes that undermine their physical health while they lecture on bizarre philosophies of life that undermine the spiritual health of their students. Intellectual brilliance did not save them from spiritual and physical maladjustment. A specific case in point is that of the Wisconsin professor who died recently after a lifetime of nursing the peculiar phobia that kept him in peace of mind only when within half a mile of his place of residence, in agony if he ventured farther.

When trouble is pandemic, as mental imbalance most surely is, there are sure to be all sorts of enterprising individuals and organizations peddling panaceas and specifics for whatever trouble afflicts the mind. Their remedies run from lessons on relaxation to vitamins for functional disturbance, and from autosuggestion to the latest wrinkle in Hindu philosophy. Hundreds of thousands of people spend unbelievable sums of money visiting astrologers, palmists, character analysts, and spiritualistic mediums every year, hoping for someone other than themselves to bring them release from the thralldom of fear and mental impotence. Few are willing to take the heroic measures which Christ told His disciples were necessary to rid the mind of a certain kind of demon possession. "This kind," He declared, "goeth not out but by prayer and fasting." Matt. 17:21.

But to look at only the negative aspects of mental health would be depressing. Returning to the original illustration of this discussion, we find that the principle of uniformity in variety is discoverable in every aspect of natural phenomena. Likewise the great creative Spirit of God has established a norm whereby we may measure the varying spiritual and intellectual developments of men in regard to their mental health. The standard is the "mind of Christ" (1 Cor. 2:16), and the formula was given by the Saviour Himself one day at the temple gate: "Ye shall know the truth, and the truth shall make you free." John 8:32.

No man was more free in mind than was Christ in His day—free from inordinate and unholy desires, free from the tyranny of His environment, free from the traditions of men in every manner of living. He was not elated by applause nor cast down by any momentary defeat. All His energy was directed to worthy ends. There was no power dissipated in

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self-seeking or self-serving. He knew the truth, because He was the truth lived out in human form. This freedom is possible today—freedom for frustrated lives, freedom from infantile tempers and tantrums, freedom from intolerance of everything except the sinister forms of sin in private and public life.

The modern psychologist uses all sorts of interesting gadgets to measure mental phenomena. Duke University has been experimenting with a device to measure human happiness. It is called a euphorimeter, and each student in the test group charts himself from day to day and notes his fluctuations in happiness. The only value as yet discovered from the tests

seems to be that there are three types of people in the world as far as human happiness can be measured: the blissful, the worried, and the roller coaster—the latter being a fluctuating group. Panaceas for mental depression and charts to measure human happiness, however, do not solve the hurt of the world's mind. Only the Christian dynamic can do it.

In a popular health journal some time ago appeared an article purporting to discuss this problem of mental health in a practical way. Many excellent suggestions were made by way of a constructive program. It spoke of proper emotional balance but did not show how to attain

(Continued on page 34)

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.

Teaching Truthfulness

"Just how is a parent to go about correcting deceitfulness and lying in a child, especially when older associates in the family are guilty of both? Can the mother, or anyone, teach truthfulness to a child having such an example?"

"Please explain the best method to use in educating babies to eat food they don't like. I know sometimes food is forced into babies' mouths and they are made to eat it even if they don't like it. Does this help them to like it? I once witnessed a child trying to eat something he didn't like, and each time it was swallowed, up it came, until finally the child succeeded in keeping it down. Does food eaten that way make for good digestion and happiness?"

"We are told that mealtime should be a happy time. How can it be when children are scolded and found fault with, and then cry because their sensitive feelings have been hurt? Please outline a happy meal program."

"At what age should little brothers and sisters stop bathing together in the bathtub and going to the toilet together?"

"Please outline a good plan to start baby off on good toilet habits. I have heard that if a child is scolded when nothing is accomplished at the time, and is kept on the chair for long periods of time, the child becomes emotionally upset, which causes his nerves to become tense, so that bowel movements stop and eventually constipation results. Is this true?"

"What effect does whipping have on a child who lies when he knows his word is nearly always doubted?"

There are two reasons why children are deceitful: (1) fear, (2) example.

A child who is afraid of punishment will often tell an untruth to avoid the consequences. A child should never be required to confess a wrong and then receive a severe punishment for that wrong act. A wise parent will determine the exact state of affairs without demanding confession. There are usually ways of finding out without asking a child to incriminate himself. If a child frankly confesses a wrong deed, and it is forgiven, that should settle it. If a boy or girl is asked a straight question regarding a misdemeanor, his word should be accepted without question. The parents' evident confidence will do more to build up a

self-respect and sense of honor than the humiliating method of "catching him in a lie." Appear to believe the child even if you are sure he has not told you the truth, and then use careful supervision to prevent a recurrence. Heart-to-heart talks and stories on the moral worth of truthfulness will lay a foundation for integrity.

The power of example is very great, and the child should see exemplified before him in the lives of his elders the qualities of uprightness, honor, and truth. Father's and mother's word should always be dependable. Their promises should always be kept. Children who see their parents deceiving each other cannot be expected to be frank and honest themselves. A mother who says one thing to her neighbors and the opposite in her home about her neighbors is not setting an example of uprightness before her children. A father who brags about a deal in which he got the best of someone else is laying a foundation of deceit in his children. A child is a product of the home in which he is reared, and if the qualities of honesty are built into the very "framework" of his home, he will tend to become an individual whose "word is as good as his bond."

Babies usually like all foods unless their food is made too sweet in their early formulas, or in the food that is given them as they begin to eat at the table. They then tend to dislike plain, simple food. Too much sweet not only makes the child's diet too concentrated but also tends to cloy his appetite, so that the normal urge for food is lessened. Most babies at the age of one year will eat bread with nothing on it, cereal and milk without sugar, and vegetables seasoned only with salt; but the extra "trimming" added to food tends to increase the caloric value of the food so that the child's appetite is satisfied before he has had enough to eat. Thus, paradoxically, mere calories can satisfy a child's hunger but fail to give him the important growing foods, such as minerals and body-building proteins. In this way children may be undernourished while at the same time getting too much to eat.

After the age of six months a normal baby should be given no sweet of any kind in his formula. His cereals should be served with milk only, his vegetables with only a little salt. A baby or young

child who does not seem to have the appetite to eat things plain and simple should be put, for a time, on skimmed milk. This program will make the body call for extra food and will give him a keen appetite. After the age of one year food should still be plain, served without sugar, vegetables without fat, and bread ideally without "spreads."

When an older child does not eat well, eating should not be insisted upon. Plain food should be given, and the child should have the privilege of taking it or leaving it without discussion or argument. He should get nothing between meals, and his appetite will soon demand food. Mealtime should, indeed, be a happy time, so busy with delightful conversation that eating becomes almost a reflex act, enjoyable, but not necessarily first place.

The age at which brothers and sisters should bathe together depends on the attitude of the home and the parents. There should never be any self-consciousness promoted by too much stress being laid upon the necessity for their being separated for all of these activities. The mother can naturally arrange for them to do their bathing separately when she feels that the right time has come. There might be a difference of opinion. With our own children it was at about the age of six or seven that they naturally developed a sense of reserve with such personal matters.

As to toilet habits for babies, a baby on the right diet program will tend to have a bowel movement at the same time every day, but there are exceptions to the rule. It is a good idea to put a baby on the toilet chair after every feeding, that is, after it has reached the age of six or eight months, perhaps sooner. Or if it is found that a child has a bowel movement the first thing in the morning, then plan to get the baby on its little chair just ahead of this particular time. With very tiny babies, the child may be laid on a diaper at a regular time and a little massage given to the abdomen, or a very small soap suppository inserted for a moment. This suppository method may help to start a regular habit, but should not be continued indefinitely. The matter of having a bowel movement at a regular time should not be made too great an issue, or the unhappy atmosphere might help to encourage constipation rather than normal regularity.

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for convenient storage without refrigeration, and they require no ration points.

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Use CHOPLETS just as they come from the can. Place in a well-buttered skillet. Brown on both sides over a rather strong flame. Then reduce the flame and add the broth from the CHOPLETS container. With the skillet covered, allow the CHOPLETS to simmer slowly for 3 or 4 minutes. Add salt if desired. Serve sizzling hot!



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By Veda S. Marsh, R. N.

Who Is Your Boss?

IT was a cold, snowy night in January. Tommy and the Little Jays were on the floor in front of the fireplace, enjoying some popcorn with Daddy and Mother. The children were looking at a magazine.

"Mother, see this picture of a brain," said Joan. All three children began to study the picture as Mother explained it to them.

"The brain is a very interesting organ. It is well protected inside the bony skull. It is shut away inside a dark box, and everything it knows comes to it by nerve impulses from the outside. Everything we have ever seen has been carried to the brain over the tiny nerves from the eye. Everything we have ever heard has been carried to the brain over nerves from the ear. In like manner impulses of taste, touch, pressure, and temperature are carried to the brain.

"We say the brain is divided into two 'hemispheres,' for there is a crease running lengthwise dividing it into two equal parts.

"The outside of the brain is gray and the inside is white. The white part is made of nerve fibers having a white fatty covering. This covering is similar to the covering over an electric-light wire, which prevents the electricity from jumping from one wire to another and causing a short circuit. The nerve impulses are electrical, and this white covering insulates the nerves so that impulses do not get mixed up, or 'short-circuited.'

"The front part of the brain is where we do our thinking. That is located behind the forehead. The more hard thinking we do the more creases we find in the gray matter of the brain. It really is not the size of the brain that means a person is very wise or brainy, but it is the number of creases found there that really counts.

"Around the ear is the hearing, or auditory, region. That is where the sound impulses are interpreted. You hear sounds and say, 'I hear a band,' or, 'I hear a violin,' or, 'I hear a drum.' That part of the brain is necessary in hearing. I know of a man who had a brain tumor in that part of the brain. He could not hear, even though his ear itself was in perfect condition, because the nerves in the hearing part of his brain were injured.

"The back part of the head is where the visual, or seeing, center of the brain is

located. That is where impulses of what we see are interpreted. If we fall backward and hit that part of the head a hard blow, we often say we saw stars. What really happened was that the seeing center was stimulated and we saw a flash of light.

"Some doctors tell us that if they could sew the nerve from the ear to the nerve going to this seeing center, and if they could sew the nerve from the eye to the hearing center, we could see thunder and hear lightning.

"The lower rounded part of the brain below the cerebrum is the cerebellum. This part of the brain tells us whether we are standing up straight or sitting down or lying down. You can shut your eyes and still tell whether your head is up straight or bent forward or backward or to the right side or the left side. If this part of your brain were destroyed, you could not tell with your eyes closed what position your head or body was in. You would not be able to move gracefully or walk as you can now. It is a very important part of the brain.

"One other part is so important it is hidden up inside the skull. It is located immediately above the spinal column in a well-protected place. It is the medulla oblongata. This part conducts impulses to and from the brain to other parts of the body. It is like a central switchboard. Besides that it contains several centers, such as the respiratory, or breathing, center. That center keeps us breathing normally even when we are asleep. Another center located here is the heart center. It controls the heart day and night. We could not live long if this part of the brain were severely injured.

"We, each one of us, have control of ourselves through our brain. What we do and say and think is controlled by us. It is really very important to think good thoughts, to say kind things, and to do the right things at all times.

"You have seen the three little monkeys pictured by the Chinese. One monkey has his paws over his eyes; one has his paws over his ears; and the third one has his paws over his mouth, holding it shut.

"The slogan is: 'See No Evil; Hear No Evil; Speak No Evil.' That is a good slogan to have. We are given this brain so that we can control ourselves and say and hear and do whatever we choose. I hope my children will always choose wisely."

"If you want to be a good boss to your brain," said Daddy, "I suggest that you give yourself plenty of good sleep. It is bedtime for three brains I know of."

With a laugh they climbed on Daddy's lap for the good-night kiss.

"Thanks, Mother," called Joan as they started up the stairs.

Suggestions to Teachers

1. Show a diagram of the brain, locating the hemispheres and divisions of the brain.
2. If possible show pupils a brain, as of a calf or smaller animal. Show hemispheres and divisions.
3. To demonstrate the power of the cerebellum to co-ordinate movements and equilibrium, have the pupils do the following motions with eyes closed.
 - a. Bend head forward.
 - b. Bend head to right side.
 - c. Bend head to left side.
 - d. Bend head backward.
 - e. With arms extended straight out from the side of the body at shoulder height, touch nose quickly with tip of first finger on right hand, then with tip of first finger on left hand.
 - f. In same position try touching two tips of first fingers together quickly, with eyes closed.
4. Have each pupil select a project to demonstrate control of himself by his brain, as:
 - a. Not whispering for a day.
 - b. Breaking the habit of using some slang expression.
 - c. Controlling noise and boisterousness.
 - d. Controlling the temper under provocation, etc.

+ + +

The Facts About Proteins

(Continued from page 17)

3. For children about three fourths of the protein should be taken from high-quality proteins. For adults about one-half from this source.
- VI. How can I secure my daily requirement?
 1. Sufficient protein of the right quality will be supplied the adult if the following foods are used daily, together with fresh fruits, vegetables, and whole-grain cereals in liberal amounts. Two or three glasses of milk, one egg, one serving of cottage cheese or legumes (Lima beans, soy or navy beans, lentils, garbanzos) or meat substitutes.
 2. For growing children a quart of milk a day is needed, with fairly liberal use of eggs, cottage cheese, and plenty of cereals and vegetables.

VII. What is the protein value per serving of some common foods?

		Grams
1. Cottage cheese	$\frac{1}{2}$ cup	23.0
2. Gluten steaks (2 steaks)	2 oz.	18-20
3. Soybeans, dried, cooked	$\frac{1}{2}$ cup	10.5
4. Nutmeat, protose ($\frac{1}{2}$ slice $\frac{1}{4}$ " thick)	2 oz.	10.0
5. Buttermilk	1 cup	8.0
6. Cheese, American	1 oz.	8.0
7. Milk	1 cup	7.5
8. Peas, fresh	$\frac{1}{2}$ cup	7.0
9. Navy beans	$\frac{1}{2}$ cup	6.5
10. Lima beans, dried, cooked	$\frac{1}{2}$ cup	6.0
11. Egg	1	6.0
12. Peanut butter	1 tbsp.	4.0
13. Almonds	12-15 halves	3.0
14. Walnuts	9-12 halves	3.0

Check your diet daily to see that it is supplied with adequate protein. Your body is made up of what you eat. Furnish it with the needed materials for growth and repair, and it will repay you in increased strength and resistance to disease.



Undecided Persons

(Continued from page 19)

thus clarified the issue, it may be that one of the possibilities will appear much more desirable than the other and a permanent decision can be readily reached.

But it may be that after a young person clarifies the issues of his decision the advantages and disadvantages still seem to balance, and he finds it difficult to evaluate the opportunities. Under these circumstances, after gathering all the available facts, he should take recourse to his imagination and try to picture himself in the future, first, as though he had accepted one of the possibilities that confront him and, second, as though he had accepted the other. For example, consider the case of the young man just finishing high school who is undecided as to whether he

should take a position as clerk in a hardware store or prepare to become a missionary. If he becomes a clerk in the hardware store he may gradually be promoted until he is drawing sufficient salary to enable him to purchase a car and make the down payment on a home. If he is wise in managing his personal affairs he might eventually be able to arrange for a partnership in the store or by the time he has become experienced in the hardware business he might find it possible to establish a store of his own or to accept employment in a larger firm where there might be greater opportunities for promotion. In any event, he should realize that his success in this field will depend upon his ability to deal fairly and courteously with his customers and to exercise good judgment in business matters.

Still using his imagination to blend the available facts into a composite picture of the future, he should next consider himself in the role of a missionary. As a missionary, he will have to spend a large portion of his life away from his native land and his relatives. He will have to forgo most of the luxuries and many of the conveniences to which he has already become accustomed. The missionary's salary is meager compared with the average income of a businessman. His time is not his own. He works hard, and many of the people to whom he ministers are unappreciative. But offsetting all these disadvantages is the inner satisfaction that always accompanies unselfish effort for others.

Now with these two mental pictures in mind the young man is in a position to stand off, as it were, and compare them. In each case he will see himself occupying the center of the picture, and he can take a good look to see which surroundings present the greater appeal. It is, of course, true that he has no assurance that his future will materialize in exact harmony with the mental pictures that he has painted. However, this process should give him a fair basis for judging the factors that have attracted him to each of the two possibilities. He should thus be able to decide whether some of his motives are selfish, whether he has been unduly influenced by the wishes of parents and associates, or whether he has been led to prefer the course of least resistance. He should project the contrasting pictures as far into the future as the information in hand permits.

With these mental pictures still in mind he should consider the effects of each possible decision on the various other individuals that may be concerned. He should consider the possibility of helping his parents if necessary when they arrive at old age; he should consider the opportunities of providing an education for his own children, if and when such becomes necessary, and he should compare his opportunities for rendering service to humanity.

The Christian young person has still

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By EDYTH T. JAMES, R. N., M. S.

YOUR chest may heave up and down several times a minute, but what is it doing for you? If you can answer correctly all questions, your knowledge is exceptional; seven to nine, you are superior; five questions, you are average. Place a check mark beside the answer you think is correct; then turn to page 33.

1. The respiratory center of the brain adjusts breathing through—
 - a. being influenced by the alkalinity of the blood. ()
 - b. such activities as coughing, sneezing, crying, and laughing. ()
 - c. producing yawning and hic-coughing. ()
 - d. raising the blood pressure. ()
2. To protect the lungs—
 - a. strain out dust and bacteria from air. ()
 - b. remove automobile fumes from the air. ()
 - c. breathe through the mouth. ()
 - d. allow only pure, warm, moist air to contact alveoli. ()
3. The nasal passages air-condition by—
 - a. closing against impure air. ()
 - b. protecting the lining with a layer of mucus. ()
 - c. secreting mucus to destroy bacteria. ()
 - d. moistening the air and warming it. ()
4. The body changes foodstuffs into energy by the process of—
 - a. electrolysis. ()
 - b. breathing. ()

- c. oxidation. ()
- d. circulation. ()
- e. respiration. ()

5. Most important in determining the amount of oxygen the tissues receive is—
 - a. the vital capacity of the lungs. ()
 - b. the activity of the skin. ()
 - c. the work of the internal secretions. ()
 - d. the efficiency of the heart in pumping blood. ()
 - e. the purity of the atmosphere. ()
6. The amount of air breathed is regulated by—
 - a. the demand for oxygen. ()
 - b. the amount of carbon dioxide produced by the tissues. ()
 - c. the alkalinity of the diet. ()
 - d. the number of red blood cells. ()
7. The vital capacity of the lungs is—
 - a. the amount of air moved in one breath. ()
 - b. the amount of air forced out following the deepest possible inspiration. ()
 - c. the greatest capacity of the lungs. ()
 - d. the greatest amount of air that can be drawn into the lungs. ()
8. Coryza, or acute catarrhal rhinitis, is in common usage known as—
 - a. bronchitis. ()
 - b. pleurisy. ()
 - c. head cold. ()
 - d. sinus infection. ()
 - e. pneumonia. ()
9. A cold is due to—
 - a. inflammation of the nasal passages. ()
 - b. irritation by dust, fumes, or smoke. ()
 - c. sore throat from smoking. ()
 - d. infection by a filtrable virus. ()
10. Head colds are dangerous because—
 - a. respiratory infections cause a third of all deaths. ()
 - b. the inflammation may spread to the ears, bronchi, and lungs. ()
 - c. they cause much discomfort. ()
 - d. there is no immunity to them. ()

Your Child's Health

(Continued from page 15)

On the other extreme is the careless mother whose child is out in sun suit and bare feet while the spring days are still young. Sudden changes in the weather come along, and then she tries to get Johnny over his cough by "smearing" him.

Rooms are frequently overheated in the daytime or early evening. The child is too warm with the amount of covers put over him at bedtime. In the night, while parents sleep, he kicks out and is chilled by the falling temperature. The answer to this is the cool sleeping room, warm gown in winter, with sleeping sack when it is needed.



Ready-made sleeping bags for very young babies have been condemned by some authorities, because the baby has been known to squirm into the covers and smother there. Such a sleeping bag usually makes no provision for the hands to be free. A homemade one serves the purpose better when it is found necessary for a given child. For the larger child an ordinary cotton blanket folded (or two crib blankets may be used for the small child) is basted as shown in the drawing.

The lower end is left open for convenience, so that the child may be taken up to the toilet or to change diaper. The

another source of help in making important decisions and this is the guidance that comes from trust in a Divine Providence. Confidence in such a Providence not only gives the individual a helpful assurance but helps him to eliminate whatever selfish motives may tempt him to make an improper decision.

After a decision has been made and acted upon and a certain amount of time has passed, the individual sometimes begins to wonder whether the original decision was for the best. The young woman who decided to forgo her opportunity to take the nurse's course in order to accept a proposal of marriage may sometimes wonder how it would seem to be wearing a spotless uniform and caring for patients in some large city hospital. Now that she finds herself the mother of several children and handicapped because of limited finances, even though she has been happily married, she sometimes wonders whether the choice she made was for the best. She is almost tempted to wish that she might roll back her own history to the place where she could again choose between a family and a career. Such a

person is treading on dangerous ground. To spend time and effort in regretting something that it is not possible to change is only reducing one's chances for success in whatever sphere he finds himself.

Regrets in themselves have never helped a person toward success. Those who have succeeded have done so not because they have never made mistakes or have never had occasion for regret but because they have refused to be hindered by their mistakes. When a person's present situation is unsatisfactory, the proper approach is to take steps to correct the present situation, not to waste time in regretting a previous decision.

So once a decision has been made, abide by the decision. Make the best of circumstances as you find them. If you are unhappy about your present state, the trouble is probably with you and you would also have been unhappy had you chosen that other possibility that seems now to be so much more desirable. Your ability to remain happy and thus to succeed depends very largely upon a favorable reaction to your present circumstances.

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upper corners permit the hands to be out, yet with arms and shoulders covered. Safety pins fasten the one open shoulder so that the head cannot slip inside. Another method is to purchase a cotton-flannel bathrobe several sizes too large for the child. Sleeves are turned back to leave the hands free, but feet are covered by the extra length, arms and shoulders always remaining protected. The extra covers as needed are placed over the sack, or long robe, and are not easily thrown off. Kicking out is thus prevented without restricting the movements of the child.

Heating of living rooms in cool or cold weather should provide as near even heat as possible, and some evaporating system should give enough moisture to the air to avoid drying of mucous membranes of nose and throat. Attention to details of clothing and hearing, with adequate ventilation and suitable excursions to the outside air in all seasons, will do much to prevent respiratory infections in those children whose nutrition and body vigor have been well developed. Respiratory infections, colds, sore throat, etc., will later appear as the child has contacts with the same in its own family and in the neighborhood or school, but such illness will be shortened in the case of those children whose parents have had good judgment in controlling the shelter environment of their family.

The middle of the road is a good way to travel also in matters of child habits of behavior, order, and cleanliness. Making life unhappy by constant nagging in any of these matters is an extreme to be avoided. Expect the right course of action and require it from the first. When reminders are necessary, a firm but pleasant voice rather than a scolding one is effective without creating antagonism.

The child who early learns that clean clothing and body are desirable and is yet aware that in out-of-doors play or work, in suitable clothing, he may become temporarily "soiled" without being condemned, is a fortunate one. He will learn to discriminate in the matter of dirt and will have his opportunity to experiment with the garden. If he or she lives in the country and arrives at an age to participate in 4-H activities, this will not prevent the appreciation of cleanliness when work is done. In the matter of order this child will early have formed a habit of putting toys and clothing in their proper places and so have laid the foundations of system and neatness essential to a degree of success in any occupation.

An elaborate home and furniture are not necessary in the establishment of system and order in a home. Even a humble one, with furniture made from dry-goods boxes, may offer "a place for everything" and the opportunity to put "everything in its place."

Actually in homes we find the picture varied between two extremes, as individuals try to do the daily essential things and at the same time keep dust and disorder from sneaking into the corners. On the one hand is the type of home in which tables and chairs are piled high with a varied assortment of everything and the corners are feathery with dust. On the other extreme is the perfectionist home which is too polished to be comfortable and in which the children, starched and ironed, are constantly doing the wrong thing and continually unhappy. Somewhere in between is the normal in which happiness, comfort, and convenience ride together.

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By Merwin R. Thurber

ACROSS the street from our house lives a neighbor with whom I had not been especially well acquainted. In fact, I had not known him at all, except on sight. His house is set behind trees which shade it from the afternoon sun—and also from the inspection of passers-by and the neighbors across the street. His screening trees have always been a delight to me, for they provide a bit of natural scenery in the view from our front porch. One specimen in particular, a redbud, is colorful in spring and continues to be interesting during the whole summer because of its leaves.

One day last fall I saw a dog on our corner apparently undecided as to its course of action—following different people and narrowly missing the passing cars. It looked so much like the dog of my neighbor—which I had never seen loose on the street before—that I took occasion to run across to inquire whether his dog was properly at home. A glow of genuine neighborliness spread across his face when I explained my errand—above the barking of his dog, by the way, which was very much at home.

We chatted a moment about things of obvious mutual interest. He was doing some remodeling on his house, and I had been fitting and hanging storm sash in full view of the community. Just as I was mentally drawing my visit to a close, he remarked, "I don't believe you have ever seen my garden. Wouldn't you like to step around for a look?"

Garden? Do these encircling trees hide a garden? Some of my neighbors have gardens, all right, but they are more or less visible. I hoped my amazement was not written too plainly on my face as we strolled by a side path to the rear of the house, accompanied by dog and son.

When we reached the garden plot I really was amazed, and didn't care whether he did notice it. Here is what I found.

Enclosed in Old World fashion—he told me later that he was born in the Old World, though it was unnecessary to tell me—was the most efficiently managed little garden I have seen in many a day. Along the side boundaries were high fences, covered with ivy, if I remember correctly. The back wall was of concrete, seven feet high at least, and was pierced by a picturesque but substantial gate or door. The coziness of the effect is hard to describe. Open to the sky—for there were no large trees in the back yard—the little garden was literally packed with growing things. Vegetables, fruit, flowers, shrubbery, grapevines, fishponds (three of them) with water lilies—memory fails me to tell all that I saw, to say nothing of what my eyes failed to record on memory's page.

The proportions of space allotted to various products showed wise and careful planning, and the tremendous use of the soil and cubic capacity of the air above it showed an Old World diligence and understanding of growing things apparently never even conceived of by the average native-born American.

My neighbor remarked, "We have not bought any vegetables from the stores since last April. My wife has canned eighty quarts of tomatoes out of this garden." And he still had plenty more of everything to pick, it seemed to my astonished eyes. The lady of the house had just picked a mess of ever-bearing strawberries a day or two before. There was a pear tree in espalier form—a tree grown in one plane, you know. He was training it on the same wires that supported his grapevine. "It had some pears on it this year for the first time," he told me with a touch of more than pardonable pride.

I talked to him about mulching and composting. Oh, yes, he knew all about that. Every bit of their garbage had gone back into the soil, he told me. I promised to bring him some garden literature.

And so we parted, friends now instead of just neighbors, both of us richer for a few minutes spent over a garden. At least I hope he gained something from those few words we interchanged, for I felt myself better for having been there.

Probably the greatest known stimulus to garden enthusiasm is the knowledge of what others are doing with their gardens. If you haven't made any exploratory trips among your fellow townsmen lately, make a garden tour of your home neighborhood. You may make some marvelous discoveries as close to home as just across the street, and you may make some new friends in the bargain.

mended by the health department—usually whooping-cough inoculation at six months, diphtheria toxoid at nine months, smallpox vaccination at one year of age. Thus the doors may be effectually closed against these diseases.

The parent position in relation to the young child is that of a beloved dictator. Child loyalty quite naturally recognizes the parent will as the rule of life; that is, if the parents are in harmony with each other and their course is consistent. A child should not be confused by day-to-day variation in parent requirements. Sometimes mother says No, and then Johnny teases and is indulged. Such a course encourages the child in teasing. Well he knows that he will ultimately get his way. Mother should not have said No in the first place if the request could reasonably have been granted. A habit of loving obedience without argument could easily have been established from the first and would have prevented unhappiness in the home.

As the normal child develops reasoning powers, the parent's authority begins gradually to shift the choice of action to the child. Reasons are discussed, a democratic pattern is introduced in the home, and the lad or lassie day by day learns to discriminate, getting ready for the day of grown-up responsibility. Maintaining a happy home, with wise guidance for children through the stage of character development, is not easy for parents. We find them in all walks of life trying to cope with the problem of "steering" their children through the formative years while teaching them to think for themselves. Some of the young are "turned loose" to "sink or swim" in "life's currents," because parents do not take the time or have the patience to "stand by."

Superior parents make use of those helps available to prepare themselves to do their job of homemaking well. They try to understand and apply the principles of child training. Faultfinding will be avoided as much as possible and encouragement for desirable behavior will be substituted.

Habits are built from actions repeated (without exceptions). Character is largely composed of habits and character determines destiny. Happiness, which is composed of contentment and satisfaction, may be woven from these selfsame habits of desirable and unselfish behavior plus deserved commendation. The atmosphere of a home, such a home, constitutes the mold from which useful, desirable citizens will come, and amid their future dreams and experiences there will be enshrined in their hearts the strains, "Mid pleasures and palaces though we may roam, be it ever so humble, there's no place like home," and mother and father, back in "the old home town," will have good reason to continue being proud of Johnny or Mary.

Protection against germs and parasite causes of disease is well under way when habits of cleanliness are established. Disease germs and sometimes intestinal parasites find their way to the child in the filth of the street which, even in cities having adequate facilities, may contain expectorated material and stools of animals. This same filth is carried on the shoes of the family as they come and go. The baby pen, and later an especially clean linoleum surface, if children play on the floor, is the answer.

Flies frequent filthy places and carry disease to the table or even to the hands and face of the child. Suitable house screening or, in case this cannot be afforded, netting over the child's bed and screening of food or dining room at least may be accomplished. Screens also keep out mosquitoes, which are carriers of malaria parasites. The bites of mosquitoes, as well as bites of fleas, bed bugs, lice, chiggers, etc., with the scratching afterward, are often the cause of skin infections, impetigo, or boils. Such infections are bound to affect the health of the child. The bites of malaria-infected mosquitoes spread malaria fever. The gates of a normal home should shut out such disease-bearing insects. If pets are allowed they should be treated for worms and dusted with flea powder when necessary.

At the proper age each child should have such immunizations as are recom-

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How to Lose Weight

(Continued from page 13)

Vitamins should be added to the ordinary reducing program, inasmuch as the daily requirement may not be met on a limited reducing diet. These substances are in reality not medicines but rather a portion of the food requirements. In any reducing program vitamins A and D should be taken in adequate amounts. Vitamin A helps to prevent infections, such as colds, while vitamin D is necessary in the assimilation of calcium in the body.

Added minerals, such as calcium and iron, are not a necessity on the program, we have outlined. If taken they will not be injurious as the body will not absorb more than it can use.

Some physicians prescribe thyroid extract to increase the metabolic rate. Dr. Julius Bauer, an international authority on endocrinology, believes that thyroxine is best taken in large doses and then stopped a few days, after which it is begun again. In this way the patient's own thyroid gland continues its activity without becoming sluggish. Thyroxine should be taken only under supervision of a physician, as it is capable of producing great harm in certain conditions.

It is a real mistake for an untrained person to treat himself. The principles of reducing are herein explained in order that the obese individual may better cooperate with his physician.

Benzedrine sulphate is a drug which usually dulls the appetite. It may disturb sleep and cause nervousness at times. If taken over a long period of time it tends to habit formation. However, under supervision it can be helpful in curbing the desire to "nibble," which, if indulged in, thwarts any and all attempts to lose weight.

Pituitary and ovarian gland injections are sometimes beneficial, especially where there is insufficient secretion in the body. A physical examination will usually reveal the presence of this condition.

It has been said that the best exercise for the obese is the shaking of the head from side to side when offered a second helping of food. Seriously, though, exercise is valuable, since it develops the muscles, burns up fat, and causes perspiration. It must be remembered, however, that exercise tends to increase thirst and hunger. If the patient eats more food, there will, of course, be no loss in weight.

A heavy massage is valuable when given by an experienced operator. It is possible to reduce certain areas more than others, and the heart is protected. Vibrator machines are also helpful in this same way.

Sweating treatments produce weight loss by inducing copious perspiration. The weight loss can be maintained if additional fluids are not taken. Fomentations, Russian baths, and electric-light baths are illustrations of this type of temporary reducing treatment. Such procedures should be used only after a physician has

NUTRITION NEWS



by
ALICE G. MARSH, Dietitian

★ WHEN all types of food are available, the foods that are most often eaten in inadequate amounts are all vegetables, milk, most fruits, and whole-grain products. Fats, sweets, and meats are usually eaten in the greatest quantities.

★ GREEN walnuts have recently been found to be an excellent source of vitamin C. Unusual sources of this vitamin are not vital when citrus fruits and tomatoes are obtainable at moderate cost, but in many places on the globe, extracts from green walnuts, black currants, rose hips, and fruit of the wild emblic tree of India and South China will save thousands from the ravages of scurvy. The juice of the emblic tree's fruit is approximately ten times as potent in vitamin C as lemon juice.

★ BECAUSE the body is able to adapt to under-nutrition, the human race has survived many a famine, war, and pestilence. It is true that the body adapts by "saving on upkeep" through loss of body weight and voluntarily restricting muscular activity due to muscular weakness. A few nutritionists give much credit to the body's ability to adapt to a very low level of nutrition and to exist well and without harm on a suboptimal diet. They suggest that an optimal diet such as that recommended by our Government food authorities may be unnecessarily high and wasteful of food. The reasoning of this school of thought reminds one of the driver who prides himself on how close he can drive to the edge of the cliff without going over. If the car does stay on its four wheels, the driver is just as much alive as the careful person who drives with a wide margin, but there would be a great difference in the percentage of accidents between the two types of drivers. The peoples who survive food shortages have a higher death rate due to malnutrition and its effects, and do not enjoy the positive health of the well-fed. If our present national food standards are higher in some respects than is absolutely necessary, we can be happy that the error is on the side of adequacy, and we may well hope that those of the school of optimal nutrition will always

given consent. He alone will know how to direct these treatments in relation to the blood pressure and heart findings. The treatments should be administered by a person particularly trained in this work, as undesirable reactions are possible. In certain cases a "water push" is sometimes beneficial. Seven to eight glasses of water are taken within twenty minutes on an empty stomach; no breakfast is eaten and no water is given during the rest of the day. The four hours following the ingestion of this fluid are spent in bed. Such a procedure frequently results in the elimination of considerable quantities of stored water.

In conclusion, remember the following don'ts in a reducing program:

1. Don't drink large amounts of coffee.

control the recommended nutritional allowances and that they will help to shape the eating habits of the nation.

★ EATING the foods that give an optimum of nutrients is not to be confused with gluttony, or even slight overeating; neither is it to be interpreted in terms of indiscriminate use of "drugstore vitamins and minerals." Evidence is increasing that points to the probable fact that constant overdosing of a synthetic or even purified nutrient may throw the nutrition of the entire body off balance. Striking experiments have shown even more recently that the mature person may have better health if the general vitamin nutrition is kept at a moderate level and one lower than at the time the body is growing. Wise selection of natural foods and moderate eating is old advice with the increasing sanction of modern research.

★ AIR transportation of fresh foods comes in for a share in postwar planning. Food transportation that would require a minimum of three days by rail express could be delivered in seven or eight hours by air shipment. The principal advantage gained through faster transportation, namely, improved quality of the product as it reaches the consumer, also ensures better nutritional quality.

★ NIACIN, unlike several of the other vitamins, is not easily destroyed by ordinary cooking processes. But this pellagra preventive factor of the B complex, like all the other members, is water soluble and can easily be lost down the drain unless all cooking waters and juices are saved and used.

★ MEDICAL and nutritional groups are sounding a warning against the continued use of mineral oil. The oil, perhaps quite harmless in itself, interferes with the absorption of vitamins A and D and also of the minerals calcium and phosphorus. Mineral oil has a useful function when properly used under medical supervision, but its continued use over long periods of time, especially if it is taken as "food" or with food, may lead to serious nutritional disorders. Since the rationing of many food fats and oils, mineral oil has come into wider use in food preparation, such as in salad dressings, nuts, doughnuts, and potato chips, because it is plentiful, cheap, and does not become rancid.

★ UNLIKE most legumes, fresh green peas contain a protein that is more valuable in the raw state. The high growth-promoting value of this food is not lowered greatly, however, if the shortest possible cooking time is given the frozen or fresh peas.

2. Don't attempt to reduce by smoking instead of eating.
3. Don't go on a starvation program.
4. Don't try to lose more than ten pounds without seeing your physician.
5. Don't break your routine until the program is complete.
6. Don't take strong laxatives and cathartics.
7. Don't get discouraged when following a rigid program. Weight loss is often



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By William G. Wirth, Ph. D.

THERE is an old and inspired statement that as a man thinketh in his heart, so is he. The truth of this is evident and leads to the unflattering conclusion that we must be doing some pretty poor and shallow thinking these days in view of the wretched condition our world and civilization are in. The contrast is made more poignant and tragic when we compare our "things" with our "thinks." Certainly, so far as our doing is concerned we have attained great heights. When we think of our many and varied products, accomplishing the most intricate, ingenious, and uncanny tasks in ways that seem bafflingly human, our mechanical inventions and devices that perform so efficiently and quickly, in the realm of matter we have arrived.

But the fearful backward drag is evinced in the realm of the mind! It is nothing short of pathetic and well-nigh weird and mystifying. Were these two steeds, matter and mind, harnessed together for co-operative and even pulling, what a different world we would be living in. But while the former plunges ahead, the latter holds back stubbornly and mulishly, with the result that the charioteer of human idealism and right progress snaps his lash over their heads in vain. He cannot make the goal, and the race is being lost.

Going a bit deeper in our meditations, we are in the position where our very materialistic advance serves as a hindrance to true human progress and betterment. Life, as we are living it today, is a conspiracy to keep us from thinking. The movies to millions of

people are a delightful and comforting substitute for thinking. Why think when the silver screen does it for you? We make bold to say that to our mind this is one of the chief dangers of movies in our civilization. They serve as mental anesthetics, as opiates, to keep us away from the realities of life. They keep us satisfied with the surface of life, so that we never ponder on the depths of life's significance and purpose. They tend to make us trivial and light instead of profound and serious.

But I can imagine right now that some reader scoffingly answers me back with the challenge of the many books and magazines, weeklies and dailies, that are issued, all of which are surely evidence that we are living in a time of great thought production. Never was there more extensive reading than now. Why, we seem to be flooded with thought. Yes, so flooded with the thought and thinking of others that all this reading becomes to many of us like water that flows so full and strong that it cannot go down the pipe. It checks its own passage and makes its own bottleneck. There is nothing that reveals in clearer fashion the deep wisdom of the preacher in the Old Testament book of Ecclesiastes than his observation, "Furthermore, my son, be admonished: of making many books there is no end; and much study is a weariness of the flesh." Eccl. 12:12, R.V.

If this article seems strangely stupid and backward in its ideas, bear with the writer. No, he is not against reading, for he is guilty of much of it himself. But the challenge remains to all of us, and the warning. Are we thinking deeply or only reflectively? Do we confine our mental arena to the surface stretches of life, the material, the sensate, the superficial, or do we plunge deep into life's meaning, its significance, its purposes? It may be if we do this we shall arrive—yea, we will arrive—at the preacher's immediate conclusion: "This is the end of the matter; all hath been heard: fear God, and keep His commandments; for this is the whole duty of man." Eccl. 12:13, R.V.

The skin should be pink, and there should be a general feeling of well-being and exhilaration. This is the result when the proper procedure is followed. If the skin is blue and there is no reaction with a warm glow of the skin, the bath has been too strenuous and should be moderated. Such persons may find it helpful to take a warm bath first before attempting the use of cold. Most people can accustom themselves eventually to the cold bath if proper procedures are followed.

8. Sun baths can also increase resistance to colds. When climatic conditions make sun baths inadvisable or impossible, artificial ultraviolet radiation may be used. Sun baths cannot be taken through the ordinary window glass, as the effective ultraviolet rays do not penetrate ordinary glass. Sun baths must also be graduated, beginning with five-minute exposures to the front and back, increasing two to three minutes a day until the total exposure time for the body is one hour, or half an hour for the front and half an hour to the back.

9. Army and Navy physicians have recently been experimenting with the use of the new drug sulfadiazine in the prevention of acute respiratory diseases. Small daily doses of this drug were given control groups of several hundred thousand men, and the results compared with a group of men who did not receive the daily dose of the drug. The results of the test showed a marked reduction in the incidence of scarlet fever, strep throat, meningitis, rheumatic fever, and pneumonia. While the common cold also was decreased in the tested group, there is still some uncertainty that the cold reductions were due to the sulfa drugs. Colds are supposed to be caused by a virus rather than germs, and apparently the sulfa drugs do not affect the virus.

Some people think that recovery will be just as rapid if nothing is done at all. But if the duration time can be reduced, the symptoms alleviated, and dangers of complications lessened, it is very much worth while that the cold be treated as a disease. Experience has proved the value of the following methods of cure.

1. Rest in bed. Some physicians advise the sufferer to go to bed and stay there until all symptoms have passed. That is the safest course. While not all may be able to do that absolutely, yet it is vitally important that the patient go to bed until the most acute symptoms have passed. Recovery will be proportionately more rapid according to the rest taken in bed. And when the patient is in bed he is not spreading the infection.

2. Drink plenty of liquids, fruit juices especially.

3. Resort to a liquid diet if the temperature is over 100° F.; soft diet if temperature is below 100° F.

4. Keep the bowels open, not by the use of strong cathartics, but by enemas or

interspersed by days when the weight is stationary, or may actually rise.

8. After the goal is reached don't resume old habits of eating and living. You are still the same person with the same acquired and inherited tendencies.

9. Don't salt your food heavily. Excessive salt holds water in the tissues and prevents loss in weight.

10. Don't forget to weigh once a week, and start immediate action if three pounds' gain in weight is noticed.

The Common Cold Catches Us

(Continued from page 9)

in a house maintained at 68° to 70° F.

5. Avoid mental upsets or emotional strain. Cultivate a good conscience and avoid worry.

6. Some exercise in the open air daily hardens one so that he is not so susceptible to temperature changes. When possible take such exercise in the morning, follow with a cold bath, and note the resultant animation.

7. One of the most effective means of hardening the body and lessening its sensitivity to cold is the cold bath. One unaccustomed to the cold bath should begin cautiously, gradually accustoming the skin to the use of cold water. Be sure that the bath is taken in a warm room. Begin the first day with tepid water, daily reducing the temperature of the water until tap water can be used freely. Some find the cold shower most helpful; others prefer the cold-towel rub; while some heroic souls have succeeded in accustoming the body to a plunge in a full tub of cold water. The bath should always be followed by vigorous friction with a dry towel. It is vitally important that the individual respond with a feeling of warmth.

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mild laxatives, such as milk of magnesia.

5. Gargle with hot salt water, one teaspoon to a pint of water every two hours.

6. Water treatments, properly given, are most effective in combating a cold. These include hot foot baths and fomentations. Care should be taken that proper technique is followed.

7. Avoid the use of nose drops except by order of a physician. Oily nose drops may give temporary comfort, but it has been found that they interfere with some vital functions of the mucous membrane, and their use is definitely objectionable, especially with young children. The use of drops containing ephedrine may be permissible to aid in rest at night, but the use of any drops or mouth medication should be by physician's order only.

8. Inhale hot steam for ten minutes out of every hour.



Menu Planning for January

(Continued from page 10)

Wheat-Germ Muffins

- 1 cup milk
- 1 egg
- $\frac{1}{4}$ cup oil
- $\frac{3}{4}$ cup whole wheat
- $\frac{3}{4}$ cup wheat germ
- $\frac{1}{2}$ teaspoon salt

Beat white of egg. Mix milk, oil, salt, and egg yolk together. Add wheat germ, flour, etc. Fold in white. Bake in moderate oven 30 minutes.

Vitamin Salad

On bed of finely shredded lettuce arrange a small mound each of shredded carrot, beet, and turnip. Serve with French dressing.

Nut Loaf Balls

- 1 cup raw ground potato
- 1 cup ground walnuts
- Salt to taste
- Little sage
- $\frac{3}{4}$ cup toasted bread crumbs
- 2 eggs
- 1 ground onion

Mix and make into balls. Place in oiled dish. Pour one cup tomato juice over top and bake.

Whole-Wheat Crackers

- $\frac{3}{4}$ cup shortening—solid
- $1\frac{1}{2}$ cups water or milk
- 4 cups whole-wheat flour
- 1 cup wheat germ
- 2 tablespoons honey or brown sugar
- 1 level teaspoon salt

Mix all together. Knead a little. Put on board and beat with rolling pin. Roll out and cut into any desired shape. Prick with a fork. Bake in a fairly slow oven until done.

Lemon Cups

- 1 cup sugar
- 4 tablespoons flour
- Pinch salt
- 2 tablespoons butter
- 5 tablespoons lemon juice
- 1 grated lemon rind
- 3 well-beaten egg yolks
- $1\frac{1}{2}$ cups milk
- 3 stiffly beaten egg whites

Mix sugar, flour, and salt. Add butter and mix; add lemon juice, lemon rind, and egg yolks, and mix well. Add milk, stir for a few seconds, and fold in the whites. Pour in timbale cups and bake in a pan of water for 45 minutes at 350° F.



By Amy Klose, R. N.

I DON'T know the first thing to do around sick people; I'd never make a nurse. It's very nice to know how, but I'm just lost when I set my foot into a sickroom." Have you ever heard such a remark, or worse, made? If you have, you are not unique. Many people feel that while it is perfectly natural to know how to bake a cake or do a washing, nursing is a special talent, and only a few are so gifted.

Every normal woman can and should be able to care for ordinary illnesses in the home. The American Red Cross offers courses in home nursing in almost every city in the country. If you have not already taken such a course, inquire of your local Red Cross chapter when this instruction will be given in your community. Usually this instruction is free, except for the cost of your textbook. All Red Cross home nursing instructors are graduate registered nurses and must be authorized by the Red Cross.

If your patient is acutely ill and needs professional nursing, your doctor will send him to a hospital. For many cases the conscientious mother can give as satisfactory care in the home if she will carry out the doctor's orders and the following simple nursing routine:

Temperature, pulse, and respiration should be taken at least twice a day if there is any fever—before breakfast and in the late afternoon. If the patient is unable to go to the bathroom, provide a bedpan or a slop jar. A small basin purchased in the dime store will serve well for washing. Fill this about

half full with warm water. Bring towel, soap, and washcloth. After bathing hands and face, bring a tumbler of cool water, toothbrush, and paste to be used in brushing the teeth. This can be done over the bowl.

Breakfast can be brought on a tray. Since an invalid's appetite is usually poor, the tray should be as attractive as possible. Serve small portions of food that is easily digested and is liked by the patient.

Give medicines as ordered by the doctor. Those ordered every four hours are best remembered if given at 8, 12, 4, and 8. Those ordered three times a day, at 8, 1, and 6. Most sick people need lots of fluids. Give plenty of water and fruit juices as well as milk drinks.

After breakfast allow the patient to rest for at least an hour. Give morning treatments as ordered and follow by a bed bath. It is nice but not essential to change the linen daily. The mother should conserve her strength for essential care.

After dinner sick people need a period of rest. This may be followed by some form of amusement, such as reading, listening to the radio, or looking at picture books, as the strength of the patient indicates. After an early supper a short amusement period may precede the evening care. Make sure there has been adequate elimination or give mild cathartic if ordered.

For evening care the hands, face, and teeth are washed, the back rubbed with alcohol, and the patient made otherwise comfortable.

Suggestive Nursing Outline

7:30 A. M.	Temperature, pulse, respiration
8:00	Wash hands, face, teeth
8:10	Breakfast
8:30-9:00	Rest
9:30	Treatments and bath
12:00	Dinner
1:00 P. M.	Rest
3:00	Amusement
4:00	Temperature, pulse, respiration
5:30	Supper
6:30	Story or light amusement
7:30	Evening care
8:00 or 9:00	Sleep

Cottage Cheese Patties

- 1 cup dry cottage cheese
- $\frac{1}{2}$ cup chopped walnuts
- $\frac{3}{4}$ cup fine bread crumbs
- 1 tablespoon peanut butter
- 1 egg
- 2 teaspoons minced parsley
- 1 teaspoon sage
- 1 teaspoon grated onion

Beat egg and mix with peanut butter and cheese. Mix in remaining ingredients and form in patties. Roll in fine crumbs. Put into an oiled pan with a little cream on top. Brown in oven. Serve with tomato sauce.

Harvard Beets

- 3 cups cooked beets
- $\frac{1}{2}$ cup sugar
- 2 teaspoons cornstarch
- 6 tablespoons lemon juice
- $\frac{3}{4}$ cup water
- 1 teaspoon salt
- 2 or 3 cloves, if desired
- 2 teaspoons butter

Mix cornstarch, sugar, and salt thoroughly in saucepan. Measure lemon juice and fill cup with water; add to first mixture and stir over heat until thickened. Add small whole beets or beets cut in uniform pieces and let stand in warm place one hour. Add butter just before serving. Serve hot.

NOTE.—Lemon juice may be poured over cooked beets, and a sauce made of the remaining ingredients and added to the marinated beets shortly before serving. Salt will depend upon saltiness of beets.

Savory Egg Sandwich

- 3 eggs
- $1\frac{1}{2}$ tablespoons vegetable butter
- 2 tablespoons chopped onion
- $\frac{1}{2}$ cup stewed tomato

Put the butter and the onion into a small saucepan and let simmer together to soften the onion. Add the tomato and bring to a boil. Add the beaten eggs all at once and continue to stir rapidly until soft scrambled and evenly cooked. Salt to taste, let cool, and use as filling between thin slices of buttered bread.

ANSWERS TO BRAIN EXERCISES ON PAGE 28

1. (a) being influenced by the alkalinity of the blood.
2. (d) allow only pure, warm, moist air to contact aveoli.
3. (a, c, d) closing against impure air, secreting mucus to destroy bacteria, moistening the air and warming it.
4. (c) oxidation.
5. (d) the efficiency of the heart in pumping blood.
6. (b) the amount of carbon dioxide produced by the tissues.
7. (b) the amount of air forced out following the deepest possible inspiration.
8. (c) head cold.
9. (d) infection by a filtrable virus.
10. (b) the inflammation may spread to the ears, bronchi and lungs.



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Protect Your Teeth

(Continued from page 11)

may understand how serious a situation exists. If it were only that these children as individuals are suffering unnecessary pain and discomfort, it would be bad enough, but the board of education knows that as a result of unhealthy mouths the proper physical and mental development of the pupils is retarded or impaired.

An average of nine per cent of elementary school children fail to advance with their classes. In certain communities where dental clinics have been established and every pupil receives dental service and instruction, the percentage of "repeats," as they are called, has been reduced from nine to two per cent. Based upon the American school statistics, this means an annual saving of three quarters of a million dollars for every hundred thousand children passing through the grade schools.

Many large corporations and mercantile organizations have become so convinced of the economic value of a healthy mouth that they have provided clinics where their employees must receive proper preventive treatment.

It is the function of the teeth to grind and masticate the food thoroughly, while at the same time the fluids of the mouth are mixed with it previous to the act of swallowing. When the food has been

thus properly prepared for its entrance into the stomach, it slowly passes through the intestinal tract, where, in the process of digestion, its nutritive elements are taken up, carried into the blood, and distributed to every part of the body.

The mouth being the entrance through which all solid and liquid nourishment that is to repair the body and sustain life must pass, it should not be allowed to foul and poison the whole system. All the teeth should be preserved in their natural integrity, as they give not only expression, beauty, and harmony to the human face, but also comfort, satisfaction, health, and pleasure to the individual.

In behalf of the young, too much caution cannot be used. It is culpable for parents to neglect their children's teeth. Whatever they may do about their own, they should at least see that their children do not suffer.

A healthy mouth full of sound teeth should be the heritage of every human being. This requires a considerable amount of care throughout life, but is largely influenced by events that occur before birth.

An ounce of prevention is better than a pound of cure, but the care of the teeth and their supporting tissues is a life task.



A Mental Health Program for 1945

(Continued from page 23)

it. It spoke of constructive purpose but failed to point out how such a purpose is generated. It enjoined courage and optimism in wartime, but lost its opportunity to show religious faith as a basis for them. Religion as a mental health factor it dismisses as "unhealthful when it threatens and disturbs." Thus the world throws away the key to the greatest constructive force ever given to man—religious faith.

Christian idealism has often been discounted by the materialist as an impractical thing in this workaday world. "Face reality" is the slogan, but they fail to see that Christ is the only true reality. Pertinent comment on this thought is expressed



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 of 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 in this issue, the following belong to this distinctive chain of health institutions:

Boulder-Colorado Sanitarium, Boulder, Colorado
Eugene Leland Memorial Hospital, Riverdale, Md.
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

in the September issue of *The Catholic Digest* by George Johnson in the summary of his address on "Christian Realism": "If they but knew it, the realism they cherish is essentially unreal. They are presently occupied with shadows, and the substance has eluded them. They have mistaken the symbol for the symbolized, the clue for the solution. Immersed in the visible, they disdain the invisible. They refuse to have God in their knowledge, and as a consequence, have cut themselves off from the root of all reality."

In his book *Pathways to the Reality of God*, Rufus Jones points out: "Nothing is more common in our world than this fact that truth progresses in every field by this power of the mind to see the invisible. . . . More and more the mind will heighten its power to interpret the seen in terms of the unseen, and the realities that are seen with the mind will be held no less real than those that are seen with the eyes."

The truth which Christ assures us will make us free is the truth of the invisible things of God. When one lives "as seeing" the "invisible," life becomes proportionate, for love, duty, faith, secular and spiritual responsibilities, will all be in proper mental perspective. This is the best mental health program for 1945 or any other year.

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You want to be at your *best*... on top of your work... in these days when every patriotic man and woman is eager to do *more* for America. You want to feel 100 per cent... morning, noon, and night.

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action that inevitably leads to *reaction*... and, instead of helping you, brings back an aggravation of your trouble.

LD-LAX is remarkably efficacious in constipation due to nervous tension. It is no less valuable in the *atonic* type, with its characteristic loss of muscular tone in the colon.

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