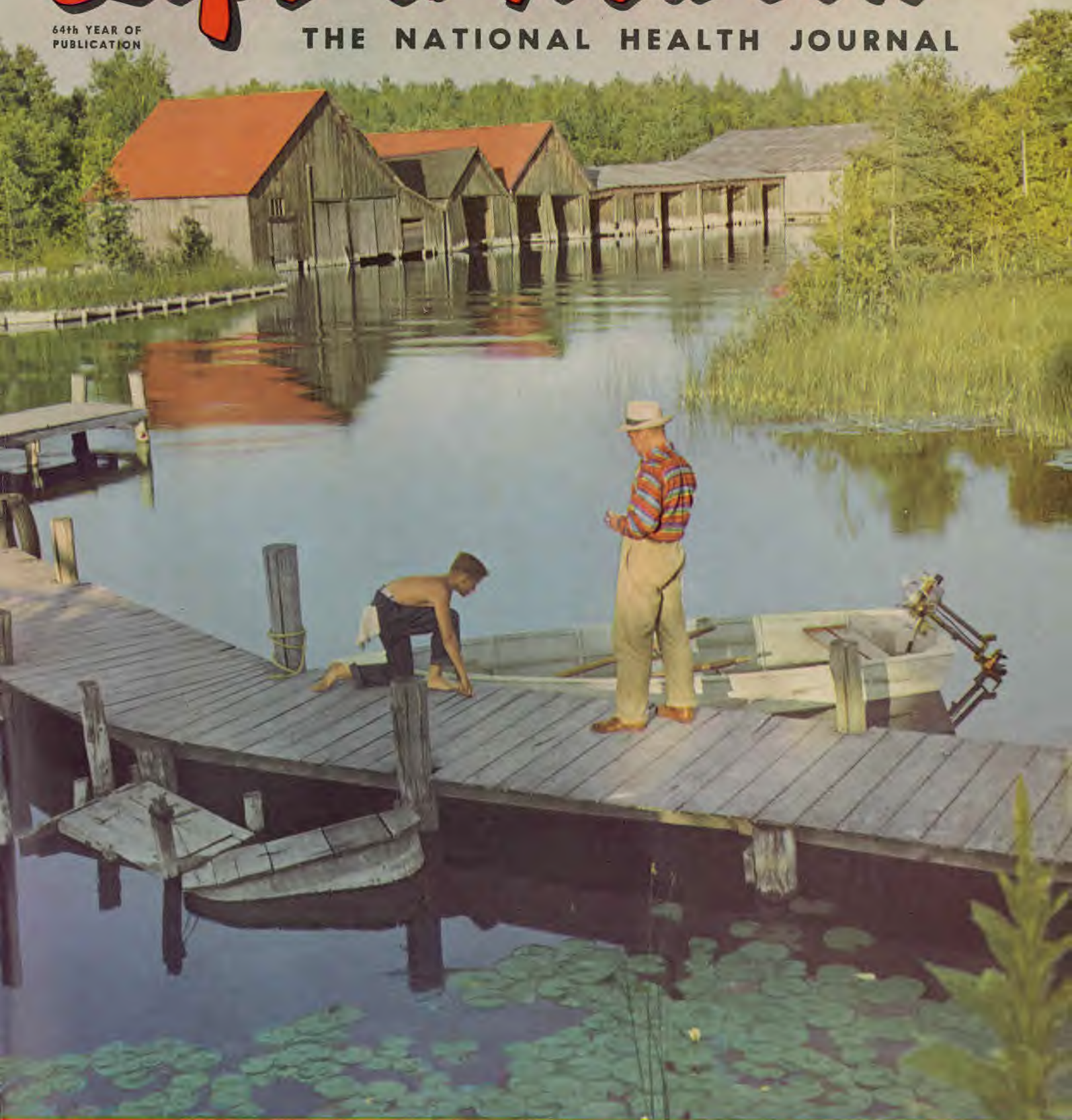


JULY, 1948

# Life & Health

64th YEAR OF  
PUBLICATION

THE NATIONAL HEALTH JOURNAL



THE LUMMA

- ★ Let's Eat It Outdoors
- ★ A New Outlook for the Disabled
- ★ How to Have a Vacation the Year Round
- ★ Cancer Can Be Conquered
- ★ A Cast-Iron Stomach That Rusted Out
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- 1 can CHOPLETS, diced
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- 1 small onion chopped
- ½ tsp. ground thyme

- For White Sauce:
- 2 tbsp. butter
- 2 tbsp. flour
- 1 cup milk
- ¼ tsp. salt

To make white sauce: melt butter in skillet. Stir flour in slowly. Add milk and salt, stirring constantly until sauce comes to a boil.

Using separate pan, cook Choplets, celery, pepper and onions, seasoned with thyme, in one cup water, until vegetables are tender. Add white sauce, cook slowly fifteen minutes. Serve in patty shells; garnish with paprika and sprig of parsley.







# Life & Health

THE NATIONAL HEALTH JOURNAL

FOUNDED IN 1885

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## The Editor's Comments

### X-Rays

MANY of the world's great medical discoveries have been ridiculed and criticized when first they were announced. X-ray was one which received its share of abuse. Shortly after Prof. Wilhelm Roentgen discovered X-rays in 1895, the London Pall Mall *Gazette* carried an editorial which stated, "We are sick of roentgen rays. It is now said, we hope untruly, that Mr. Edison has discovered a substance, tungstate of calcium is its repulsive name, which is potential, whatever that means, to the said rays. The consequence appears to be that you can see other people's bones with the naked eye, and also see through eight inches of solid wood. On the resulting indecency there is no need to dwell."

The editors of the *Gazette* went so far as to suggest that the books and discoverers of X-rays be destroyed. Furthermore, they advised that the tungstate be dumped into the middle of the ocean. The article concluded, "Let the fishes contemplate each other's bones if they like, but not us."

We are fortunate, indeed, that the discovery of X-ray did not share the fate wished upon it by its enemies. Today it stands as one of our most valuable aids in diagnosing and treating disease.

### Sun Bathing

OF COURSE, you're going to get a sun tan on that vacation, but not all in one day. Most of us have learned, either by sad personal experience or by watching some member of the family go through the tortures of being parboiled, peeled, and withal very sick, that this is no way to get healthfulness from Old Sol. It is well to remember that skysshine, reflection from the beach and the water can sunburn one just as easily as the sun when one lies out in the back yard. Don't be fooled by thinking you're safe because there is a haze at the beach, and the air doesn't feel hot. The clouds prevent the long infrared waves of the sun, which produce heat, from getting through, but the short waves of ultraviolet may be very plentiful as the result of diffused radiation from the sky (skysshine); consequently you can get a severe burn.

Some interesting changes occur when one receives a good sun tan. The pigmentation of the skin is the most obvious, but other chemical changes are also taking place that help explain why one's general resistance is built up when taking sun baths.

During the tanning process certain types of fatty substances in the skin become much more potent in their ability to destroy germs. Research workers have taken these fatty substances from the skin of an untanned individual, and placed them in a test tube along with organisms. They then observed how long it took for the germs to be destroyed, and compared this with the killing power of the fats taken from a tanned skin. In a remarkably short time the germs in the test tube containing the fats from the tanned skin were destroyed.

Resistance to disease is also boosted by the increase in white and red blood cells. Furthermore, the sunlight helps in the production of that very essential vitamin, vitamin D, which helps us to use calcium and phosphorus in the building of strong bones and teeth. One's appetite and sense of well-being are greatly improved when taking sun baths. Just how this effect is produced is not known, but it has been observed for many years.

A good general rule to help you obtain the benefits of sunshine without receiving any of the harmful effects, is to expose the front of the body ten minutes and the back ten minutes the first day, increasing this time by one to five minutes each following day, depending on whether you are fair- or dark-complexioned. To be sure, some of you will try to obtain your benefits from sunshine all in one dose, and will suffer the consequences. From now on you have no one to blame but yourselves. We told you so.





## NEWS IN Small Doses

• YOUR chances of being killed by lightning are about 1 in 375,000.

• THE First International Poliomyelitis Conference will be held in New York City July 12-17.

• THE first accepted medical school in this country was the University of Pennsylvania, founded in 1765.

• ADEQUATE medical care in polio cases is said to be beyond the financial resources of nine out of every ten American families.

• IF you want the meringue on your pie to be skid-proof, be sure and anchor it onto the pastry—this, of course, after the pie has cooled.

• THERE are now more than 185 cancer-detection centers in the United States, whereas three years ago there were less than a dozen.

• IT is estimated that the cost to the American people of the common cold, all factors considered, is well over a billion dollars a year.

• IT is better not to put lime and manure on your garden at the same time, according to a report by the National Garden Institute. The lime releases the ammonia in the manure, and it disappears in the form of gas. Thus the value of the manure is lessened. And nitrogen is the most valuable plant food element.

• THE high heels which women wear greatly increase their toe ailments and deformities, says Dr. Dudley J. Morton, of New York, writing in *Hygeia*, and magnify the disorder in direct proportion to their height. He further states that fashion's decree of higher heels for women is "based on an artificially promoted concept of beauty which is fundamentally unreal."

• ONIONS have long been thought of as a remedy for colds in the head. Food Chemist Edward F. Kohman found that the active chemical agent in onions is a thioaldehyde, produced chemically when the onion is cut. Cooking them, therefore, would eliminate this germ-killing thioaldehyde altogether; but a raw onion might be used to good advantage. *Time* hints that chewing a raw onion might help prevent the spread of colds in more ways than one.

### OUR COVER

The sunny warm days of July, the month for vacations, bring to one the feeling of relaxation, a desire for a change from the daily routine, a restlessness to get away to some quiet spot and actually relax. Then, what could be better and more inviting than a boat along a quiet stream or inlet? It just seems to fit the mood.

Our cover picture for this month has captured this mood. It was taken by Eva Luoma, near Kalkaska, Michigan.

JULY, 1948

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**PART TWO  
OF "WILL YOU DIE OF  
CANCER?"**



**JOSEPH I. MOSSBERGER,  
M.D.**



HIRZFOTO ASSOCIATES, F. LEWIS



*Can Be Conquered!*

**R**ECENTLY in cancer-detection centers approximately 1.5 per cent of individuals who were examined were seemingly normal, had no complaints, and yet were found to have cancerous growths. This emphasizes how in many cases the presence of cancer is not apparent. Very often the symptoms of cancer appear long after the disease has passed the stage of amenability to treatment. All too frequently the vague ailments produced by a hidden cancer are not investigated by the physician whom the patient consults. Consequently, the unskilled, untrained, or indifferent medical practitioner loses a golden opportunity for scientific sleuthing, wastes precious time in expectant waiting and useless treatment, and fails in his sacred duty. This sort of conduct, if prolonged, can only prove fatal to a patient. Failures such as this are uncalled for now, when, with appropriate application of X-ray, biopsy, chemistry, and other available scientific methods, cancer can

be spotted and treated early in any affected organ or tissue.

The solution to cancer detection, therefore, lies in the co-operation of the patient and the skill and ethics of his doctor. One is no more important than the other. It profits nothing if a conscientious patient consults an inadequately trained medical examiner. Likewise it nought avails if a patient seeks too late the service of a skilled physician. For the early recognition of cancer, therefore, it is necessary for two rules to apply—one for the patient, one for the physician:

1. The *patient* will obtain annually a complete examination of every body system and will immediately consult his doctor concerning any change or abnormality he notices about himself.

2. The *doctor* will give documentary evidence of his skill by fulfilling the minimum requirements of the various organizations set up to maintain the standards of medical practice, and will, with all means at his command, investigate



every organ and trace down every symptom that a patient presents until certain of an exact conclusion.

#### How Is Cancer Treated?

*This disease can be treated successfully only in its early stage.*

Consequently, the all-important part of treatment is *early recognition*. After that two things can be done—and only two! The cancer can be surgically removed from the body, or it can be destroyed within the body. Destruction thus far has been accomplished only by radiation from X-ray tubes and from radium. Anyone who offers treatment on any other basis is a charlatan.

#### What Is the Program for Cancer Control?

*The present campaign for cancer control is engendering a few erroneous ideas in the minds of the ill-informed.*

Some believe that by pooling much money, the best equipment, and the sharpest medical brains we can solve the riddle of cancer as surely as we developed the atomic bomb. Such is farthest from the minds of the campaign organizers and of scientist-physicians who know most about cancer. It is readily granted that such a pooling of resources would immeasurably aid in our study of the problem; yet there can be no implication that discovery of the cause, cure, and prevention of cancer is thereby assured. No one presumes to claim that such a concentrated effort would result in discovery of the cause of life. Yet, as far as we know now, that individual who solves the problem of cancer will have within his reach many of the answers to the riddle of life.

Because the people of our nation desire something more, are entitled to something more, and are demanding something more than the present unco-ordinated attack on cancer, it becomes necessary to make known the practicable methods of cancer control. Full united effort of every citizen would stamp out much of the disease in a short time. Most victims can be rid of the disease, if it is still local, by present available methods. The over-all program therefore includes three major fronts:

1. Establishment throughout the nation of cancer-detection centers where every citizen may go annually for complete physical examination by skilled physicians who can detect early cancer and will immediately institute adequate treatment.
2. Intensified research for *new* methods of cancer prevention, diagnosis, and treatment.
3. Adequately financed and well-equipped organizations devoted to the search for the cause and cure of cancer.

Prophetic note: The last question provokes a departure from the general trend of this discussion. As long as it is possible to control cancer with present available methods, it may be argued that *all* efforts should be concentrated on this first front. Two important characteristics of human beings make this unfeasible and impossible. The first is the unwillingness of the average American to accept facilities already available for the insurance of his health. He seldom thinks about the comfortable functioning of his body until something goes wrong with it. Then he will wail bitterly about the woeful inefficiency of the whole medical setup. Witness the agencies established for the prevention and control of tuberculosis and of dental disease in children. Yet multitudes, without considering the aid that has been offered them, still insist on dying of consumption and still allow their children to die of brain abscesses or other dire complications of infected teeth.

The second characteristic has to do (Turn to page 27)

## ★ ★ PHILOSOPHY OF LIFE ★ ★

# Release From Fear

By D. A. DELAFIELD

In a commencement address delivered at Harvard University, President Conant referred to "the devastating effects of fear," and urged "the necessity of evolving a solid philosophy of life which will enable you, as educated men, to face the future unafraid." "Devastating" is an apt word and rightly describes the effects of fear upon the mind and body and heart of man. Fear is an emotional cancer, and, like that malignant growth, must be removed before its devastating work has gone too far.

Fear of people, fear of illness, fear of exposure, fear of the past and the future to say nothing of the present, fear of punishment, fear of loneliness, fear of secret sins, fear of the unknown, fear of life, and fear of death are labels over the pigeonholes into which we file our fears.

To be sure, there is a wise and provident fear called by Edmund Burke "the mother of safety." This voicelike warning rings in our soul like a bell, to announce the approach of danger, and, like a good conscience directs our feet away from evil. We do not seek release from this type of fear but from the unwise destructive emotion often so groundless, always so painful, that plagues the souls of men.

Fear cannot be weighed on a scale or isolated in a laboratory, but we can take it out and look at it closely. The first record of its earthly existence is found in the Bible. Adam, the first man, "was afraid," the record reads, because he was naked, and he hid himself. (Genesis 3:10.) The guilt of disobedience had robbed him of his robe of purity, and he was afraid of the consequences, so he hid himself from God. There is no better record anywhere of the genesis of fear. First there is guilt, then fear, then the flight from God.

But the original experience perpetuates itself in human history. Men today are still afraid because of moral nakedness, and they are trying to get away from God. True religion has the answer to this problem of fear. Its function is to lead men back to God—to assure the human race that God is love, and that while evil is offensive to Him, men who sin are fully accepted if they come confessing, believing, and forsaking their wrongdoing. No man who has ever done this sincerely has been disappointed. Millions will testify that there is release from fear in coming to God. The best psychiatrists, the keenest psychologists, and the wisest philosophers recognize this cure for the cancer of fear. It is therefore a sound philosophy of life to accept the principle that fear is born of guilt and that peace is the fruit of trust and confession, and rightdoing. Perhaps this is what President Conant meant when he spoke of "a solid philosophy of life which" would enable men "to face the future unafraid."





*How to Have*

# A VACATION

*the Year Round*

**By M. F. ASHLEY MONTAGU, Ph.D.**

**M**OST children know, and all children are only too willing to demonstrate, the old proverb: "All work and no play makes Jack a dull boy." Although there has always existed in human society an element that seemingly has dedicated itself to the profession of unrelieved gloom and monotony, it is perfectly obvious that the instinct for play, when exercised, gives to life a wholesomeness that it would otherwise lack. Encouragingly enough, the road leading to this goal is no tortuous footpath, but rather a broad highway. The proper adjustment of your working day with your leisure hours and those which you spend in sleep is an aspect of the whole story which requires only to be mentioned to be appreciated. These three aspects of your life are inseparable and interdependent; the one influences the other all the time. You must work well, play well, and sleep well in order to live well.

A noted writer once remarked of work, "It is when a man is able to do what he likes that his worst difficulties begin." And the same may be said of leisure or play. The proper use of leisure will help to improve the quality not only of your work but also of your life. It is during the hours of leisure that you can take the greatest joy in life and lay in a store of rich and pleasurable experiences which then, and whenever recollected, will serve to increase your happiness.

And it is, of course, during your leisure hours that you can best relax.

Now, it is quite obvious that your daily life is not so organized as to allow you a full eight hours of leisure at a stretch. You have an hour or two in the morning, but this is almost wholly occupied in preparing to go to work, and for lunch you may have an hour. If you arrive home about six o'clock in the evening, there remain a few hours, including the time spent at dinner, during which you may relax at your leisure. During the week end you have a day or a day and a half at your disposal. The total number of leisure hours, excluding mealtimes, adds up to about two days. Actually it is much better that those two days of leisure hours do not run continuously but that they are split up as they are.

How best may these leisure hours be utilized? In the first place you must make up your mind that your leisure hours are to be used for relaxation. Whatever you do, it must be different from the work you have been employed upon during the day. You must have a daily change from your ordinary work. That does not mean necessarily that you are not to do any work during your leisure hours, but it does mean that you are not to continue doing, except in extraordinary circumstances, whatever kind of work you were doing during your hours of employment. Forget about your job,



and play. Don't talk shop. Relax! If you get a great deal of pleasure out of merely loafing, why then, loaf to your heart's content. If you like seeing your friends, see them. There are scores of things to be done about the house—fun to be had puttering around repairing and improving things. Gardening can be balm to the soul, and romping with children can be great sport.

Few things give greater relaxation than a hobby. It is a continuing and progressive interest which never lets you down, and to which you can turn at all times of need. Whether your choice be photography or stamp collecting, painting or modelmaking, be sure that it is something out of which you can get a great deal of satisfaction.

Although it is sometimes sheer delight to be able to do absolutely nothing, doing nothing is not a regimen upon which a healthy person can long thrive. Coming home from the day's work, washing up, dining, and then falling into the deepest lounge chair with a newspaper or magazine can be a most unsatisfactory and unrefreshing way to spend an evening. If you find this to be the case, the indications are that you need something more active to hold your interest. When you have found and enjoyed such an activity you will discover that your subsequent occasional session in the lounge chair with magazine or book becomes a vastly more satisfying experience.

The delights of physical and intellectual accomplishment are as much a part of the anatomy of leisure as they are of the work by which we make a living. These accomplishments need not be of a high order. In fact, the pleasures derived from them are usually out of all proportion to their actual artistic or intellectual merit. For example, have you ever tried making things with your hands? Those who are employed in office work during the day should be able to get considerable pleasure from such an activity as woodworking. Making things to be used in the house, such as shelves, tables, cabinets, and chests, represents a complete change of pace from the administrative duties of the day and gives, in addition, a most exhilarating sense of having fashioned a useful and perhaps beautiful object.

The unsurpassed potential of music to relax and delight is so well recognized that it is strange more of us have not taken advantage of this rich source of enjoyment. Whether you prefer to listen to the music of others or to make your own, the opportunities in each case exist in abundance. Recordings of the world's great music performed by top-flight artists are available at reasonable prices. Year-round concert series are conducted in many of the nation's larger com-

munities. They are all yours to enjoy to whatever degree you may choose. For those of you who prefer more active participation, your own home and your own piano accompaniment provide the ideal setting.

Gardening has had its virtues sung for ages, and not without good reason, for there are few activities which are more capable of pervading the spirit with a conscious enchantment in the nature of things than this. In the garden you can take pleasure in the creations of nature and become a creator yourself. You can make existing things more beautiful and create new ones. Crossing different varieties of flowers is an entrancing activity. But you can get the greatest delight from your garden simply by keeping it as beautiful and well ordered as possible. Learn to arrange your flowers in patterns of color, both in the garden and in the house. Since our moods are determined to a considerable extent by our environment, it is plain that our ability to relax will be determined largely by the impression of attractive and restful charm that prevails in our own homes. There is nothing more brightening to a room or more cheering to those who live in it than well-arranged flowers, and you will find that the most beautiful flowers are those that you have grown yourself.

In addition, you can make your garden contribute to your material comfort by developing part of it as a vegetable patch. Start in on this as soon as you can. You'll find the digging and the sowing most diverting, and when the products of your labor begin to come up, you'll reap even greater pleasures from seeing them, sharing them, and consuming them!

Well, so far much of our "play" seems to be directed toward doing something useful. What of play just for fun? Why, of course, you'll find that just plain healthy play for fun can be useful too! Anything that does you good is patently useful.

Visiting your friends and having friends in to see you are forms of relaxation which have much to be said for them, but they must not be overdone. Call your life your own, and discourage even your friends from dropping in too often. There is nothing like a green hedge to keep friendship green! Remember, a very substantial part of the problem of your leisure is how to keep other people from using it.

You should make it a rule to visit (Turn to page 29)

**Scores of Projects That Afford Continuous and Progressive Interest Can Be Engaged In, Some Indoors and Some Outdoors, to Provide Relaxation in One's Leisure Hours**



R. K. RUDD

H. A. ROBERTS, PHOTOS





SCIENCE SERVICE

# A NEW OUTLOOK for the DISABLED

By **MORTON A. SEIDENFELD, Ph.D.**

Director of Psychological Services, The National Foundation for Infantile Paralysis\*



EWING GALLOWAY

**T**HIS is an age of paradoxes. It is an age when medical science has succeeded in allowing Americans to attain very nearly their Biblical allotment of "threescore and ten" years but at the same time has done very little to make the added decades worth possessing. It is an age when, on the one hand, we have helped children to survive the perils of infancy only to have many of them succumb to the onslaught of the inadequate home, which often culminates in juvenile delinquency. It is an age in which disease has either been conquered or reduced to a degree that ensures the sufferer of an opportunity to live a normal life; yet at the same time little has been accomplished in the direction of making that life socially, economically, or psychologically secure. This is especially true of those who are saved from disease or accident only to emerge, physically disabled, into a society that is by no means prepared to give them a chance to carry on, to attain the independence of thought and action that should be their heritage.

This article cannot hope to encompass, in its brevity, a discussion of each of these paradoxes. What it hopes to do is to point out some of the important elements that are now being used in the care of the sick, and especially of those who suffer a disability, to the end that our efforts in the psychological aspect of medical care may be allowed the same opportunity for growth that has been true of the great advances in physical care.

Today, more than ever, we are giving attention to methods of caring for those who became limited in their capacities to carry on life activities as a result of accident or disease. A decade or two ago many so afflicted were lost. Today modern medicine has been able not only to save thousands who formerly would have died but also to reduce their physical disabilities markedly and to minimize physical deformity.

Such conservation of man is of fundamental importance to our community. Human life is precious, and we cannot waste it. However, we must emphasize

\* Read in part at the New England Health Institute, University of New Hampshire, Durham, New Hampshire.



that it is important not only to save the body but, in addition, to preserve within that body a mind capable of directing its owner in the intelligent use of his abilities. The social and economic drainage upon the community of the noneffective individual is great. So our efforts must, therefore, be focused not alone upon physical restoration but upon mental and social restoration, so that the recovered individual may assume his position in society with his head held high.

Although attention to this matter has increased recently, especially during and after World War II, there is still little more than a token demonstration of the actual recognition of its importance. We are still too frequently disturbed emotionally when one of our loved ones loses his sight or hearing, or is unable to use his arms or legs efficiently. Generally we still view them as "crippled" and in need of medical care that will restore these functions, or else the way ahead must be filled with "special considerations" or "custodial care."

Such a point of view is not limited to those with visible deficiencies alone. Essentially similar ideas are held by parents, wives, husbands, and friends of those with tuberculosis, cancer, heart disease, and many other diseases.

Truly, such ideas are erroneous. Most men, women, and children who develop a chronic illness or an acute disease which may or may not produce a physical limitation, are capable of being made able to carry on an adequate and satisfying life. Medicine today offers them an opportunity for excellent physical recovery, and if this can be combined with adequate attention to the psychological needs of the patient, the result will be his return to home and family prepared to play his part in daily living.

When the patient is faced with the loss, actual or potential, of one or more of his senses, or with loss of ability to move about in the manner to which he is accustomed, he suffers a profound feeling of deprivation, a sense of being robbed of a little-thought-of but highly prized possession.

Following upon the heels of this mental shock there is the inevitable question, "How am I ever going to manage to get along without the use of my eyes, my ears, my legs, or my arms?" The same sort of question arises in the mind of the individual with a failing heart, with tuberculosis, with heart or kidney disease; in fact, it arises whenever the patient is confronted with the unavoidable reality that his life can no longer move along exactly as it did before his illness.

Such an individual is not interested in such generalizations as "don't worry, son; everything is going to be okay," or, "You are a great guy; you will manage somehow," or even such enlightening information as "Time is a great healer; everything will work out fine." To the man, woman, or child, talk of that nature is neither helpful nor cheering, because down deep in his heart he does not believe a word of it. Why should he? He has been impressed less by the men and women who have succeeded in overcoming their physical limitations (because for the most part he has not recognized them, except in a few rare instances) than he is by the man at the sidewalk's edge selling pencils because he has no legs, or the blind woman who makes her way by running a small newsstand. He does not see anything good in these adjustments, because his ambitions generally are far above them—at least they were before he became ill.

So far as that patient's early reactions are concerned, he is more likely to think of himself as a hopeless and helpless person who will never be able to look his neighbor in the eye and say, "I am as good as you are, because I am able to make my way on my own."

To him, everything about his illness is strange and disturbing. He is filled with the insecurities of a strong feeling

of personal loss, complete lack of knowledge regarding the future, and the impression that because he is "out of kilter" he must become a permanent and isolated square peg who must always be fitted into round holes. He cannot and should not be expected to accept this gracefully, so he begins to fret and fume, to "stew in his own juice," unless something is done to stop it.

That is a very real and grave problem. How can these patients be prevented from getting into such deplorable mental states or, better, how can they be kept from such experiences?

The solution of this trying and

(Turn to page 28)

#### Modern Care of the Handicapped Enables Them to Live Full Lives While Physical Recovery Is Going Forward

AUTHENTICATED NEWS

BLACK STAR





Irritating Foods and Beverages,  
Together With a Haphazard  
Routine of Life Which  
Dissipates the Body Reserves,  
Will Finally Bring Even the  
Mightiest Man of Suc-  
cess to His Doctor's Office



# Coffee and Stomach Ulcers

**J. DeWITT FOX, M.D.**

**J**OE ROCKWELL, a prominent young attorney, sat across the consultation desk from his family doctor. His doctor listened knowingly to a familiar story. Joe had been under pressure again. He drove himself beyond his endurance to attain a place of prominence in the community. Now it was telling on his stomach.

"Doc, I awaken at night with burning pain in my stomach. A gnawing, as though I were hungry, comes on an hour or two after meals. The pain subsides if I drink some milk or take a shot of soda. But of late the attacks have become more frequent. My stomach burns most of the time."

"Have your clients been pushing you, Joe?" asked his doctor.

"Yes, I've had to burn the midnight oil, with the coffee pot by my side to keep me going until I can prepare the next day's court case or draw up a contract for the corporations which depend upon my services."

"How many cups of coffee do you average each day?"

"About six," Joe stated.

"And how many cigarettes do you smoke a day?"

"About a pack."

"And your eating habits are very irregular, aren't they?" Joe nodded.

Joe's story is typical of thousands of ambitious, energetic persons who daily transgress the laws of health in their upward climb to success. Stomach disorders such as peptic ulcers, nervous indigestion, and dyspepsia appear in those who lead an impetuous, high-tension life. These diseases are incident to our speeding life of hustle and bustle, machines and noise, competition and pressure. They come as by-products of a modern competitive civilization.

While the busy person feverishly battles time, he is seized with a pain or uneasiness in the pit of his stomach. This pain is a warning signal to slow down the human dynamo. It says, "Take it easier. Loaf a little. Relax." It is evidence of a stomach rebelling against irregular hours of eating and sleeping. Irritating foods and beverages, together with a haphazard routine of life which dissipates the body reserves, will finally bring even the mightiest man of success to his doctor's office.

The duodenal, or peptic, ulcer has almost become an earmark of the successful individual in business. Dr. Charles W. Mayo, of the Mayo Clinic, declared, "If you want to hire a



man who is going to produce, the easiest way to make sure of that is to get one who has a duodenal ulcer." He's apt to be on his toes, he explained. However, ulcers have become more than a businessman's occupational hazard; housewives, students, artists, are not immune to this disease these tense days. Peptic ulcer now ranks tenth on the list of fatal chronic diseases.

The cause of peptic ulcer, though not specifically established, seems to bear close relation to the patient's mental state. The nerve-racking life we live, to which is added the daily impact of stimulants such as coffee and irritating foods, contributes to stomach distress.

For years specialists in stomach diseases have advised against the use of all stimulants in patients distressed with indigestion. This included coffee, tobacco, alcoholic beverages, and irritating condiments, such as pepper, mustard, catsup, spices. These were known to be injurious to the patient, but it was not until recently that actual scientific proof of coffee's detrimental effects was discovered.

One of the most diligent workers on the problem of the peptic ulcer is one of the top physiologists of the nation, Dr. Andrew C. Ivy, professor of physiology at the University of

because of its content of aromatic substances, which stimulate the lining of the stomach.

Dr. Ivy's comment following this research was that caffeine-containing beverages should be restricted to a minimum in ulcer-susceptible patients in view of the magnitude and duration of the acid response. These beverages do not provide a buffering (neutralizing) of the acid in the stomach, but provoke prolonged secretion of acid in ulcer patients. They also produce changes in the stomach cells which apparently render the stomach lining susceptible to erosion, and therefore should be avoided by the ulcer patient.

Experimentally caffeine produced acute and subacute ulceration of the stomach in cats tested in the laboratory. And evidence indicates that the excessive use of caffeine-containing beverages may contribute to the production of peptic ulcers in persons prone to ulcer formation. Certainly coffee and other caffeine-containing drinks will render the treatment of stomach disorders most difficult.

Coffee not only elevates stomach acidity to excessive levels but it strongly stimulates the central nervous system, speeds the heart, raises blood pressure. The "wake-up" cup of coffee, which is a must with so many, is an artificial stimulus to the nervous system, which soon calls for another. The midmorning let-down calls for a pick-me-up cup of coffee. Unfortunately, all stimulating drugs, of which caffeine as found in coffee is one, are followed by a period of depression. The let-down period calls for another cup of coffee and accounts for the powerful habit-forming properties of all caffeine-containing beverages.

Around the clock, persons who drink coffee find that they are more and more dependent upon an artificial lift to keep them going. Eventually these patients report to their physicians that they are nervous, jittery. The stomach feels as if a swarm of butterflies were flitting about inside. When asked how much coffee they are drinking, (Turn to page 31)

## HIS WAS A CAST-IRON STOMACH THAT RUSTED OUT

Chicago. A leading authority on stomach ulcers, Dr. Ivy has contributed much to the alleviation of the ulcer patient. One of his recent projects was to substantiate by definite clinical and laboratory research what stomach specialists have long held to be true: that caffeine-containing beverages—coffee, cola, soft drinks, and so forth—are detrimental to ulcer-susceptible patients.

After weeks of tedious tests, which involved the accurate measuring of stomach acid in normal persons after drinking coffee and other beverages, Dr. Ivy and his staff published their findings in the *Journal of the American Medical Association*.

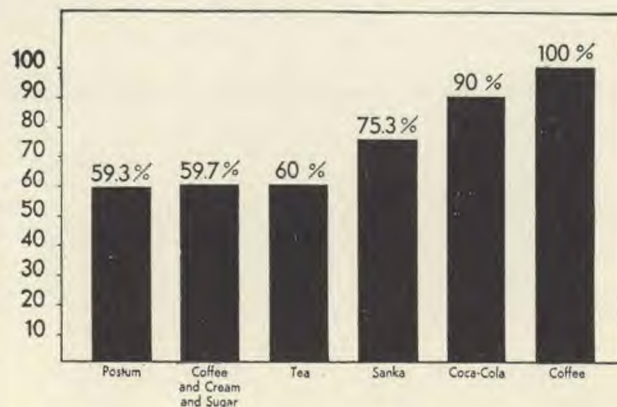
The average acid response to the various beverages is presented in the chart. (Fig. 1.) All beverages tested stimulated stomach secretion less than coffee. Comparing the total output of free acid for a period of seventy minutes, the researchers found that the averages ran: Postum, 59.3%; tea, 60%; coffee with sugar and cream, 59.7%; Sanka, 75.3%; Coca-Cola, 89.5%, of the response to coffee.

Although Sanka, decaffeinated coffee, contains relatively little caffeine, it provokes considerable stimulation of acid

### AVERAGE CAFFEINE CONTENT OF VARIOUS BEVERAGES

|            | Approximate Caffeine Content<br>Mg. per cup or bottle | Grains per cup or bottle |
|------------|---|--------------------------|
| Coffee     | 100-120   | 1½-2                     |
| Pepsi-Cola | 77  | 1 1/5                    |
| Spur       | 57  | 7/8                      |
| Coca-Cola  | 33  | ½                        |
| Tea        | 17-33   | ¼-½                      |
| Sanka      | 8-17  | 1/8-¼                    |

Figure 1.—In the graph below the average response of stomach acidity to various caffeine and noncaffeine-containing beverages is seen as compared with coffee, over a seventy-minute period in ten normal individuals.





# The Dietitian Says...

Conducted by LUCILLE J. GOTHAM, Dietitian



This department serves as an aid to our subscribers 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.

## Advantages of Pressure Cooker

*I have the new pressure cookers and cook nearly everything in them—most vegetables for only a few minutes. Do you think this is better than the old way of cooking?*

When a pressure cooker is used, vitamins A and C are conserved to a greater extent than when ordinary methods are used, but vitamin B<sub>1</sub> (thiamin) is lost to a greater extent. Research has shown that a full one third of the vitamins and minerals in vegetables such as asparagus, green beans, Lima beans, carrots, whole-kernel corn, peas, and spinach are lost if the water in which they are canned or cooked is discarded. Anything that a person can do to save one third of the mineral and vitamin content of a food is certainly worthwhile. We should be sure to use all cooking water or try to cook so there will be practically none left over.

## Diet After Removal of a Kidney

*Is there any diet that is given after the removal of a kidney?*

Everything possible should be done to safeguard the remaining kidney. There are foods to use and others to avoid for kidney health and efficiency. The kidney is a very important body organ. It is fascinating how the kidney does its work. Each kidney contains about two million tiny filters, and they work hard during a lifetime, removing body poisons so that the blood will be pure. It is said that if the small tubes that do this filtering were put together, they would be seventy-five miles long. When something happens to half the filter system, the other half does not increase in number of filters, but the two million remaining filters become a little larger and must perform more work.

It is necessary that we bear in mind the fact that our kidneys differ from those of certain animals in one important respect. Animals of the type of the dog and lion have livers that will take care of uric acid, a waste product found in large amounts in meat. Our livers will not detoxify uric acid, so our kidneys have to do it. This would seem to indicate that man was intended to eat a biological diet of foods low in uric acid as fruits, vegetables, grains, nuts, milk, and eggs.

Some foods are extremely rich in uric acid, and so to save the kidney work, one

should avoid these. Foods having the highest uric acid content are sweet breads, liver, beefsteak, pork, veal, fish, mutton, tea, and coffee. All these are exceedingly high in uric acid. Some vegetables having a little include beans, peas, and asparagus. Some foods listed as having none are milk, eggs, cabbage, cauliflower, rice, and white bread. The normal kidneys can handle considerable amounts of uric acid. If they do not, kidney stones may form a very serious and painful condition.

The following figures show the amount of uric acid in some common foods. Sweet breads probably have the most, with 70 grains in a pound. Liver has almost 20, and beefsteak about 15. The highest of the biologic diet foods is haricot beans, and they have only 4 grains per pound. Some special kidney enemies listed by the late famous Dr. J. H. Kellogg are condiments such as mustard, pepper, ginger, horseradish. It is the irritating essential oils in these that make them injurious. Tea and coffee contain drugs having a chemical formula that closely resembles uric acid. Alcohol and tobacco are also poisons that do not help the kidneys in their work, and should not be used. The excessive use of salt is also to be avoided. The life and health of the kidneys and in turn of the heart, blood vessels, and the entire body can be safeguarded to a great extent by avoiding these kidney enemies. Summing it up, the person with one kidney or weakened kidneys may profit greatly by using a diet containing a variety of fruits, fruit juices, vegetables served with a minimum of salt, whole-grain cereals, milk, unsalted nuts, cream cheese, and eggs. To save the kidneys work and irritation, do not use

meat, tea, coffee, spice, peppers, tobacco, or alcohol, and avoid the excessive use of salt.

## Can Vitamin C Destroy Vitamin B?

*I have been told that when you take vitamin C and vitamin B together vitamin C destroys vitamin B. Is this true?*

It is true that there have been reports of some conflict among the vitamins and that one vitamin may lessen the effect of another. Many, however, have reported benefit from the multiple vitamin preparations, and it seems to be quite well established that they are effective. Vitamins C and B are found together in many foods, as for example tomatoes, which are rich in three vitamins—A, B, and C. It would seem a natural thing to combine them. Bread and cereals rich in vitamin B combine well with fruits rich in vitamin C.

## Ice Cream or Candy Desserts

*Which would be better to pass as refreshments, ice cream or candy?*

Ice cream would be better for the teeth than candy. At least we would judge this to be so from some late research work at the Wisconsin Experiment Station by the eminent C. A. Elvehjem, Ph.D., and associates. They found that when they gave milk mixed with sugar to their animals, there was little or no tooth decay. The same amount of sugar given alone produced serious tooth decay. They decided it might have been because the sugar particles clung to the teeth. Some years ago it was noticed that hard candy was more destructive to the teeth than soft candy.

You could make both ice cream and candy of entirely wholesome ingredients, and then it would be all right to serve either as refreshments if served soon after the meal hour. The ice cream is of better quality when made in the home, with honey or maple sirup for sweetening. There are several delicious and healthful confections such as lovely fresh dates stuffed with nuts or peanut butter, tiny popcorn balls made by coating the corn with honey sirup after popping. Honey sirup may be poured over nuts to make what is called honey-nut brittle. It is also excellent to use on puffed cereals to make a fine sweet. The honey sirup is made simply by boiling two cupfuls of honey until it has thickened. Five minutes is the time it usually takes.

The Overseas "Food Parcel Clinic" highly recommends the new "Fresh Fruiter" parcel available for shipment to Great Britain only. The "Fresh Fruiter" contains twenty pounds of delicious fresh fruit, consisting of juicy oranges, grapefruit, apples, lemons, pears, and pineapple. It is chock full of the needed vitamins that are absolutely unobtainable abroad. All charges and unconditional guarantee of delivery are included in the price of \$7.75.

For inquiries regarding the "Fresh Fruiter" parcel, write "Food Clinic," Overseas Associates, Inc., 136 West 22nd Street, New York 11, New York.



**J**ULY FOURTH! Happy birthday, U.S.A.! We are celebrating your birthday too—a real old-fashioned picnic in the country, away from the noise and hustle and bustle of everyday life. There will be plenty of good food and conversation and laughter. Goldsmith describes it best in his "Traveller":

"Blest be those feasts with simple plenty crown'd,  
Where all the ruddy family around  
Laugh at the jests or pranks that never fail,  
Or sigh with pity at some mournful tale."

We will lock up our worries and pack up our lunch early in the morning and spend the whole day feasting on the sights and sounds of nature and the delicious lunch mother and the girls have packed. Or shall we gather up the raw food and cook it outdoors over a campfire or camp stove? Perhaps the menfolk consider outdoor cooking their job and will want to take over and show their skill.

The walk or ride to the country in the fresh air will stimulate the appetite, clear the mind, and put our bodies in better condition to go back to our jobs and our homes at the end of the day. The simple food will be eaten with relish, for "hunger is the best sauce in the world."

"What's cookin'" will depend on where you live and where you go for the day, but here are some menu items and a few recipes that are guaranteed to be all eaten up.

If you are having lunch beside that delightful little stream where the watercress grows in such abundance, take along rye bread and cream cheese sandwiches and add the fresh crisp cress on the spot.

How is your garden growing? Will it yield new potatoes and peas for an extra-special treat? Cook them at home and pack in a heavy kettle, or cook them over the campfire; either way they will be delicious. And please examine the early sweet corn patch carefully—there just might be enough for an ear or two around. If you are wondering how to cook them, remember how delicious they are cooked in the husks—real roastin' ears?

Here are a few menu suggestions and recipes for you to try. (\*) Recipe included.

- \*Rice a la Carolina
- Garden lettuce and tomato sandwiches
- Buttered whole new carrots
- \*Italian salad
- Hard-boiled egg and walnut sandwiches
- \*Golden balls
- \*Lemon cream
- Fresh cherry pie
- \*Golden nectar
- Browned whole new potatoes

#### Rice a la Carolina

- 2 cups potatoes, strips or diced
- 2 tablespoons butter
- $\frac{1}{4}$  cup grated onion
- $\frac{1}{4}$  teaspoon sage
- 2 teaspoons Vegex or Savorex or Tastex
- 10 ounces nutmeat (any brand)
- $\frac{1}{2}$  cup brown rice (or white)
- 2 tablespoons butter
- $\frac{3}{4}$  cup tomato puree (or juice)
- 2 hard-boiled egg yolks (optional)
- $\frac{1}{2}$  cup cream
- Salt to taste

Cook rice in  $2\frac{1}{2}$  cups boiling salted water. Cut potatoes into narrow strips about 2 inches long or dice them. Cook until tender, drain, and spread in the bottom of a buttered casserole or baking dish. Sprinkle grated onion, sage, and salt over the potatoes. Dot with butter. Dice the nutmeat and put over the potatoes. Drain the rice. Mix the Vegex with the tomato puree and add the rice. Spread rice mixture over the nutmeat layer. Dot with butter. Sprinkle riced egg yolks over the top and pour the cream over all. Bake in a quick oven about 20 minutes. Serves 8.

## Let's Eat It

# OUTDOORS



EWING GALLOWAY

**By BERTHA SHOLLENBURG, B.S.**

**DIETITIAN**

#### Golden Balls

- 2 dozen fresh apricots
- 6 ounces cream cheese (2 pkgs.)
- 2 tablespoons milk or cream

Wash, dry, and pit the apricots. Cut apricots only part way around to remove the pit if possible. Mix cream cheese with the milk or cream. Shape into balls and put in the apricots. The cheese will hold the halves together. Chill.

#### Lemon Cream

- 4 or 5 lemons, juice
- 1 cup sugar
- 1 quart whole milk

Pour the lemon juice over the sugar and let stand. Chill the milk and add to the lemon and sugar mixture. Freeze at once in a mechanical freezer. Serves 6 or 8.

#### Italian Salad

- 1 cup macaroni
- 4 eggs, hard-cooked
- 12 stuffed olives, chopped
- 1 tablespoon chopped pimento
- 1 cup peas, cooked
- $\frac{1}{2}$  cup shredded carrots
- 1 green onion, chopped
- $\frac{1}{2}$  cup mayonnaise (or more)
- 2 tablespoons lemon juice
- $\frac{1}{2}$  teaspoon salt (or to taste)

Boil macaroni in salt water until tender but not overcooked. Drain, wash, and chill. Mix lemon juice with mayonnaise and add to macaroni. Add other ingredients and toss together lightly. Add more mayonnaise if salad seems too dry. Serves 8.

(Turn to page 21)





H, MRS. TURNER, did you hear they were having a consultation in the case of Mrs. Milliken, who was taken to the hospital last week? She must be in a serious condition."

"Really! I did hear that she had gone to the hospital with a gall-bladder condition, and later developed pneumonia," replied Mrs. Stevenson. "She seemed to be all right yesterday when I called."

"I do hope nothing serious has happened. They had medical consultation in my case too, you know."

So often in the minds of many the idea of consultation implies that some serious situation has arisen. Indeed, in the old days such was usually the case. Then each doctor knew about as much as the other, specialization being unheard of. When a physician was at the end of his wits in dealing with a critical problem, he called in one or more of his fellows in the hope that some one of them might have encountered a similar problem with some patient and had successfully solved it.

Today an entirely different situation exists. When a general practitioner runs into a problem in diagnosis or in treatment, he usually has available a second line of defense in the persons of specialists in the various fields who can render needed assistance. This development has been the logical outcome of tremendous advances in medical science, which make it impossible for any one individual to be acquainted with the entire scope of medical practice. In fact, it now keeps a specialist active in his contact with fellow specialists in the reading of medical literature in his own field in order to keep abreast of new developments. This makes it possible for the sick and injured to be assured of the highest grade of medical care, a state of affairs of which this country may be justly proud.

By the same token, consultations are being held constantly between practitioners and specialists, and between specialists themselves. Therefore, the assumption of Mrs. Stevenson that consultations are held only when a patient is critically ill was incorrect. As it appears, this Mrs. Milliken probably had her lung condition checked to see if she was ready for her operation, a simple precaution which is repeatedly taken in every well-organized hospital. Such institutions definitely encourage these consultations to ensure the highest grade of care for their patients. If a reasonable number of consultations

There are several reasons why this is the best solution to the problem. If the general practitioner were obliged to drop his work and go to a library to study intensively and extensively in every problem case, he would find very little time to take care of his routine work. The press of his own office practice, his home calls, and attention to hospitalized patients make it necessary for him to have a clear program to get each day's work done as it should be done. So, when problems arise which are beyond immediate solution through the means at his command, the patient concerned is sent to a specialist



## PHILIP A. CARPENTER, M.D.

are not reported by the attending physicians, questions are raised as to why such consultations are not being obtained. This is simply not good medical practice by present-day standards.

Furthermore, consultations are no longer limited to hospital cases. Every day literally hundreds of consultations are being asked for and obtained in the cases of patients who are up and about and whose illness is not at all critical. Every competent physician realizes that it is a question not only of getting the patient well but of getting him well as rapidly as possible. So, if there is anything obscure in the symptoms presented, making the exact diagnosis uncertain, or if there is any question as to the best form of treatment to be given, the patient will likely be referred to a specialist, who is in a better position to give the help needed.

of one sort or another for a further complete and impartial study.

Therefore, when your physician suggests a consultation, it does not mean that he is not a good physician, or that he is not up on his practice. To the contrary, it means that he has a definite interest in seeing you recover from your illness as soon as possible. The best of physicians is dependent upon others on many occasions for answers to various questions which arise in the cases of his patients. The request for such help is therefore not an evidence of either ignorance or inexperience but only a definite assurance of his wish to do the best for the afflicted person. When the patient accepts such a suggestion in this light, it simply means that at least one





Request by a Physician for  
a Medical Consultation  
Is Definite Assurance of  
His Best Interests for the  
Afflicted Person

EWING GALLOWAY

YOU AND  
**NO. 7**  
YOUR DOCTOR

"... and in My Case They Had

# *Medical* CONSULTATION"

more individual is adding his wisdom and skill to the solution of his problem.

In the case of hospital patients the consultation is held at the patient's bedside, and whenever it can be arranged, both the consultant and the attending physician are present to discuss the patient's condition. In these busy days this meeting of physicians is not always possible. The consultant is also obliged to follow some sort of schedule, and hospital cases are usually thrown in on top of everything else. Nevertheless, at the end of the study of the patient and the hospital records available to that moment, an opinion is written and immediately added to the hospital record for the benefit of all the patient's medical attendants. More than this, it is also customary for the consultant to send a complete report of his findings and his opinion to the doctor in charge. This report is thus made a part of the patient's record, both in the hospital and in the physician's office. Although this matter of record may not be known to the patient, it is considered a vital part of the consultation procedure.

This report to the attending physician is all the more important when the study of the patient's problem is made in the consultant's office. This is advisable when the patient is ambulatory, for the specialist usually has a considerable array of diagnostic instruments in his own quarters which he cannot conveniently carry with him to the patient's home. At the conclusion of this new investigation into the history of the patient's condition and of the special examination suited to the condition studied, the consultant may see the necessity of further laboratory or special tests which may be necessary to make a correct conclusion. This will ordinarily be explained to the patient at the time. However, the consultant may not feel free to discuss in detail all the problems involved, because some of these matters are highly technical and can be understood fully only by the physician in charge, who in turn will explain the situation in simple language to the patient or his family. If the consultant does not go into the problem intensively with the patient, it is not to be considered that the consultation is without value. This is (Turn to page 27)



**S**AM HARDWICK had been working hard all winter and spring. He had not had a really good vacation for several years. So when he saw a chance to spend a week or more on a real farm, he and his family jumped at the chance. And they had a wonderful time. It was in every sense a real American farm of the better kind. The farmer did not take paying guests, but the arrangements for Sam and his family were made through friends. So the group consisted of just the farm family and the Hardwicks. The farm people took them in as if they were part of the family. They got up with the sun, and practically retired with it. They hiked and picnicked, helped with the chores and with getting in the hay, rode the astonished farm horses as if they were show animals, acquired wonderful coats of tan, and returned to town after four weeks (they had planned only two) feeling as if they sat on top of the world. Only one thing troubled them.

"You know, Martha," Sam said to his wife in the train, "I wonder why Mary seems in such poor health. She has lived on that farm all her life—and at eighteen a girl ought to be healthy and full of life."

"It is strange," Martha answered, "especially with the wonderful meals her mother serves—and all that good milk too."

"I'll say," echoed young Bill, and little Martha nodded and smiled her assent.

"Speaking of milk," Sam gave his wife a sharp, appraising glance, "I meant to ask you what was the idea of you and the farm folks boiling the milk before you drank it—you and the children."

"Oh," said Martha with a smile, "let's call it an old German custom."

"German custom, my eye," retorted Sam. "Your German is three generations back, and since when were you a slave to custom?"

"All right, my dear," Martha replied. "You remember I told you, when you first mentioned the wonderful milk, that it was raw."

"So what? Tastes better that way."

"That's a notion. You couldn't tell the difference in a blind-fold test. And raw milk isn't safe."

"Isn't safe? Look at me." Sam flexed a hard biceps and hit his wife playfully on the shoulder with a huge fist.

A month later Sam came home from the office and complained of not feeling well. He paid little attention to the episode, because he felt fine the next day. But every few days, especially toward evening, he felt miserable, and one day his wife insisted on taking his temperature. His fever was 101° F. Sam irritably told her he would be all right. Things went from bad to worse. Sam suffered from headaches, night sweats, vague pains here and there, intermittent fever, and a deep sense of depression. Often he would inquire of no one in particular or of the world at large, what was the use anyway. His friends began to wonder why Sam was slipping. Finally he had a severe attack, which he diagnosed as flu. He was furious when his wife brought to his bedside a doctor whom she had called without consulting him.

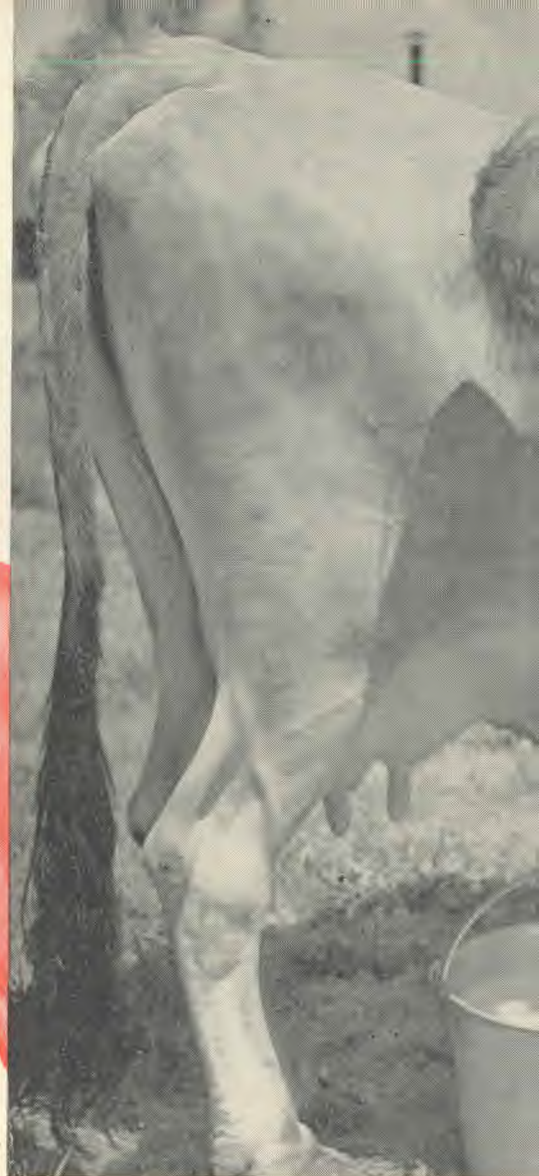
The doctor irritated his patient by asking questions which Sam thought were extremely silly and entirely unnecessary. He answered them so as to get rid of the doctor and get back to sleep. When the doctor came again he took a sample of blood. The third time he announced to Sam,

"I thought as much when I saw you, but the blood report confirms it."

Sam merely grunted.

"You have undulant fever."

Universal Pasteurization Is One of the Protections Immediately Available to Help Prevent the Further Spread of Undulant Fever



F. LEWIS

## A Hidden Menace to UNDULANT FEVER

**R. W. W.**

Director, Bureau of Health Education

"Never heard of it," Sam replied. "Where'd I get it?"

"A lot of people have never heard of it, worse luck," the doctor answered, unruffled by Sam's surly attitude. "But in July, 1947, the *Journal of the American Medical Association* stated that four thousand cases are reported annually to State boards of health, and that probably they represent only ten per cent of those actually occurring."

"So I've got lots of company, huh?" Sam observed. "And what do I do now?"

"You take a long rest, and I give you treatment."

"A long rest!" Sam moaned. "What do you think will happen to my business?"

"Your business will do about as well as it has been doing





# Unmasked- MILK-BORN INFECTANT FEVER

BAUER, M.D.

Member, American Medical Association

with you in your present condition," the doctor answered. "Of course, you can suit yourself, but if you don't treat the disease now, you may be half sick for twenty years or longer."

"You doctors are all alike," Sam growled. "Always looking at the darkest side. Doesn't anybody ever get well?"

"Of course. And you can too. But it will not be easy or quick. And the main thing is rest, good food, plenty of water, and the medication I shall give you."

"Good food!" Sam brightened a little. "Maybe I could get the folks at the farm to send me some of that good raw milk—not spoiled by pasteurizing."

"I was coming to that milk," the doctor replied. "That's where you got your infection. Your family drank it boiled,

and because of this precaution they escaped the disease."

"Old German custom," Sam muttered.

"What was that?"

"Nothing, nothing. Just talking to myself."

"You see," the doctor continued, "this disease was discovered in British troops during the Crimean War, and in garrisons on the island of Malta, and was traced to the milk of infected goats."

"I never drank goat's milk in my life."

"There are three varieties of the germ. One infects cattle, and is called *Brucella abortus*, because it causes contagious abortion in cows."

"What's that *Brucella*—did I hear you right?"

"Oh, yes, Bruce-ella, after Sir David Bruce, who did the work on the disease at Malta. He called it Malta fever," the doctor smiled, "but the good people of Malta didn't like that—they called it Mediterranean fever, and the soldiers called it S.C. fever, using the initials of the official British Army diagnosis—simple continued fever."

"Continued, all right," Sam muttered, "but not so simple."

"Well, that's what they called it, because it's so tricky to diagnose. First it looks like tuberculosis; then it seems like influenza; then it suggests typhoid; and then you wonder what it *does* act like."

"That's why you took my blood?"

"Yes. I started to tell you. There are three varieties. The one that infects goats is called *Brucella melitensis*, and that which affects hogs is called *Brucella suis*. All three can infect man. And, in fact, the hog variety can affect cattle and vice versa. In your case it appears that a *Brucella suis*—the pig variety—first infected the cattle on that farm, and then infected you through the milk."

"Have you been out to the farm?"

"No, that wasn't necessary. I called the State Department of Agriculture, and they had a record of the herd. Both *Brucella abortus*, the cattle variety, and *Brucella suis* have infected that herd. One of the family sounds suspiciously like a case of undulant fever too."

"Mary!" Sam exclaimed.

"Eighteen years old?"

Sam nodded, and the doctor went on. "That checks. Vague illness, lasts a long time, now better, now worse—hard to diagnose."

"That's right." Sam was beginning to take an interest. "But how can they be sure that this disease comes from cattle and goats and swine?"

"It's a long story, but interesting," the doctor answered. "Dr. Bruce worked out part of it at Malta, and a British Army commission dug up some more of the relationship. But a young woman bacteriologist in our own National Health Institute, a part of the United States Public Health Service, provided the experimental proof that the three organisms are different but related, and that all of them can infect man, though the goat and swine strains are most active toward man, usually reaching the victim via an infected cattle herd, through milk and its products used raw."

"What a sap I was," Sam groaned. "And so smart, too, about Martha and her boiled milk."

"You're not the only one," the doctor answered. "Millions of people have that notion. That's why we don't have universal pasteurization of milk except in our big cities. The smaller the town, the less chance you have of getting pasteurized milk."

"But the farm people," Sam inquired, "why didn't the whole family have it, instead of just Mary?"

"I inquired about that," the doctor (Turn to page 34)



# The Housewife's Corner

Conducted by CAROLINE EELLS KEELER

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

Please enclose a stamped addressed envelope when writing to this Department. Address Housewife's Corner, LIFE AND HEALTH, Takoma Park, Washington 12, D.C.



• **July.** What does July bring to us? I think of one day last summer on my brother-in-law's farm in northern Pennsylvania, when we traced a winding little brook bordered by blue forget-me-nots. I think of the breeze laden with clover perfume, and I can't forget the black bear that came out of the woods one evening and rambled along the rim of the forest on the mountain across the valley.

But back to our Keuka country. July is cherry and berry time. What fun to pick cherries in company with robins and catbirds. This is the robin's paradise. Big sweet cherries that ooze such luscious juice from a melt-in-the-mouth pie crust—that's what July brings too.

The orioles have a nest in the Baldwin apple tree, and we have discovered two song sparrow nests. In the evening we enjoy our big cool front porch from which we watch the sailboats on Keuka. We see a young Peter Rabbit taking his evening stroll—quite an adventuresome young bunny! He hops happily along at first, sniffing and sniffing, and then he enjoys a dust bath in the road. Later we turn on the porch light to see what time it is, and a big Cecropia moth sails by our heads.

I start my favorite bouquets again: little sweet-clover blooms, Queen Anne's lace, and pink sweet peas, with a few blue cornflowers.

One eventful day is when we pick the first ripe red raspberries. We put some of Queenie's cream on the berries and eat the delectable dish slowly, savoring to the full the nectar of the berries and the velvet of the cream. Busy days follow as we endeavor to preserve this summer fruit for winter's enjoyment.

• **Camping.** Going camping this summer? Better fireproof blankets and clothes. It's quite easy and inexpensive to do. In two quarts of hot water dissolve seven ounces of borax and three ounces of dry boric acid. Dip the clothes into this solution until well saturated, wring and hang in shade. Apply the solution to blankets with clean paint brush or spray gun. This fireproofing lasts only until clothes are really soaked again. Then you must repeat the process. But be sure clothes are clean—no sizing, no starch, no soil in them—if you want the solution to work!

Did you know that mosquitoes have favorite colors? They prefer black and red and blue. Entomologists in Oregon tested this out, and advise you to wear white or yellow when you are going into mosquito-infested places. They like these colors the least.

• **Silverware.** In caring for your silver you can avoid tarnishing it if you will remember not to handle silverware when your hands are perspiring. Don't let rubber come in contact with silverware. Not even a pencil with a rubber eraser should you leave in the silverware drawer; nor should you put a rubber band around your flannel-wrapped silver, or put silver on a rubber mat. Rubber and silver simply are not congenial.

And salt, though it doesn't tarnish as do the sulphur compounds, is corrosive. Keep salt shakers out of the silverware drawer.

• **Berries.** Those of you who have a deep-freeze unit should wash berries in ice-cold water and drain thoroughly. Use 1 cup of sugar to 5 or 6 cups of berries, stirring the sugar in carefully until nearly dissolved. Now fill containers to about  $\frac{3}{4}$  inch of top.

If you can berries, pack them closely as possible, being careful not to crush them, in clean, hot jars. Fill the jar about  $\frac{2}{3}$  full, and then add a thin sirup until top of fruit is reached. Finish filling the jar with fruit, partially seal, and process in water bath 18 minutes for quarts and 12 for pints.

Another method is to fill sterilized jars with berries and pour hot sirup ( $\frac{1}{3}$  cup sugar to 1 cup water or fruit juice) over berries, filling jars. Seal jars and put in bath with water almost boiling. When water in canner begins to boil, cover container tightly, remove from fire, and let jars remain in canner until water is cool. The jars should be covered by at least two inches of water.

• **Garden Peas.** Garden peas are good just boiled with butter added, but perhaps you'd like to try lightly browning chopped mushrooms and onions in margarine, adding a little flour, cream, and cooked peas, and serving in toast cups or pastry cups. If you have just a few peas left over, add them to potato salad.

• **Help for Wash Days.** Laundering, these summer days, often presents special problems. Perspiration and oil are supposed by many to be difficult to remove unless we have abundant supplies of hot water, do lots of rubbing, and resort to long soaking. The clothing specialist of the University of Illinois has these suggestions for our summer laundering problems:

"A simple trick . . . is to make good use of a spot remover—one prepared especially for grease spots. Sponge lightly the entire area of the garment affected by perspiration before washing is attempted. Since the oil on the fabric is from the body, the spot remover should be applied to the right side of the fabric. In this way the clean solvent passes through the cloth and discharges the oil without forcing it all the way through the material. Work on a soft, thick pad—a towel folded twice makes a satisfactory one. Use a soft clean cloth to apply the spot remover.

"When the garment has been thoroughly sponged with the spot remover, allow it to dry thoroughly, and it is ready to be laundered. Wash it in the usual way. No extra soaking or rubbing is necessary.

"This same trick may be used to good advantage on the much-soiled collar and cuffs, which have rubbed against neck and wrists. It not only makes the laundering easier but increases the wearability of the garment.

"Machine grease on work clothes presents another problem and one which calls for immediate attention. If the garments

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are washed without first removing the spot, a yellow stain usually remains. The sooner these spots are treated, the easier they are to remove and the less damage is done to the fabric.

"Begin the procedure by scraping off excess oil and sand which may be embedded in the heavy oil. Use a dull knife and be careful not to cut or injure the threads of the material. Rub a little lard or vaseline into the stain in order to loosen it. Rub gently between the hands and then scrape off the grease. Rub again with clean lard and repeat the process. Finally sponge with a grease solvent and repeat if the spot is not removed. Follow with regular washing procedure.

"Gardening is another job that increases laundry problems. Mud stains are not always easily removed. It is a good plan to let the mud dry, brush off as much as will come, then sponge with a grease solvent and wash as usual.

"If the mud spot is made by red soil, let it dry, brush, rinse in cool water and then treat like an iron rust stain. The old-fashioned remedy for iron rust—and one that works very well in these modern times—is lemon juice and salt plus sunshine. Sponge the spot with the juice, sprinkle or rub on the salt lightly and place in the sunshine."

## Let's Eat It Outdoors

(Continued from page 15)

### Golden Nectar

- 5 cups orange juice
- 4 cups pineapple juice
- 2 cups lemon juice
- 2 cups sugar
- 4 sprigs fresh mint
- 2 quarts ice water and ice

Mix juice and sugar together. Wash mint, chop coarsely, and add to the juice. Let stand an hour or two, strain, and add the ice and ice water. May be garnished with a leaf of fresh mint.

Eight out of twelve people I asked to tell me their favorite picnic food replied, "Potato salad." But haven't you been to picnics where one potato salad would be eaten by everyone who could get to it before it was gone and another one would be carefully avoided? Try this recipe and everyone will be sure to come back for a second helping.

### Potato Salad Excellent

- 2 pounds potatoes
- $\frac{1}{2}$  cup chopped green onions
- 5 or 6 hard-cooked eggs
- 1 dill pickle
- 2 tablespoons chopped pimento or 8 sliced radishes
- $\frac{1}{2}$  cup chopped celery or pepper
- $\frac{1}{2}$ -1 cup mayonnaise (more if needed)
- 2 tablespoons lemon juice
- Salt to taste

Boil the potatoes in the skins. Peel and cool. Dice potatoes. Mix half the mayonnaise with the lemon juice and mix with the potatoes. Let stand while the other ingredients are being chopped. Mix all together, salt to taste, and let stand an hour or more before serving, to become well seasoned. Put in enough dressing to make the salad moist but not too juicy.



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# The Family Physician

## ANSWERS QUESTIONS



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### Vitamins

*Do you think it is necessary to take vitamins, and what kind do you recommend?*

Vitamins are a very important portion of our diet. However, at the present time they seem to have attained the rating almost of a glamour medicine, and are prescribed very commonly by physicians and bought without restraint by the public.

In looking over a list of available vitamin preparations on the American market, manufactured by approved pharmaceutical companies, we recently observed about 900 different preparations offered for sale. We are heartily in favor of the use of vitamins where the need is indicated.

When one uses a generous mixed diet, the probabilities are that special preparations of vitamins are rarely necessary. If there is evidence of a deficiency, of course their use will be accompanied by a better state of health.

### Fibroid Tumor

*I am forty-six and had an operation three years ago, when my appendix was removed and the womb straightened. A specialist examined me a few months ago and told me I had a fibroid tumor and that my womb should have been removed when I had the operation. The tumor is not very large, but it is in the right side of the abdomen and bulges out and is very painful at times. Do you think I ought to have the womb removed?*

The question of whether fibroid tumors call for removal of the uterus is one that often arises. Frequently in women about your age of life we find that the tumors are only of moderate size, and then as the change of life comes, they shrink away, or become reduced in size, along with the rest of the tissue of the womb. A fibroid tumor is merely an overgrowth of certain tissue in the wall of the womb, and when this organ ceases to function, all its tissues reduce in size and activity. If the tumor is large enough to cause distressing symptoms, however, such as undue pressure upon the bladder or rectum, interfering with the function of these organs, or if it is so large in the abdomen that it is causing distress there, then the removal of the tumor with the uterus is often the course of best judgment.

### Cataract of the Eye

*I have been told that I have a cataract in my right eye. Kindly advise me what to do for this.*

A cataract is a condition that occurs in the lens of the eye in the presence of certain irritations or as age advances. Most cataracts will ultimately fog the vision so that one cannot use his affected eye successfully.

At a proper time the lens can be removed surgically and a reasonable degree of vision be retained. It is important that an oculist, who is prepared to treat the eyes, should watch the development of the cataract so as to advise when the proper time comes for surgery. In some instances a very high degree of vision can be retained.

### Cause of Excess Acid in Stomach

*Will you please print a diet for too much acid in the system? I have saliva gathering in the mouth that tastes sour, bitter, and sometimes acid. I have had an X-ray recently for gall bladder. It is normal except for being slow in emptying. I get nervous because everything I eat makes this saliva taste sour. My bowels seem inactive unless I take a laxative.*

The use of cathartics to move the bowels is a common contributory cause to so-called acid conditions of the stomach. The minerals contained in our foods which contribute to the alkaline ingredients of the body are among the last part of foods to be absorbed in the digestive process. Perhaps with normal digestive conditions your gall bladder would function better and not be classed as slow acting.

The taste experienced in the saliva is not easily explained. Sometimes seriously disturbed nervous states will produce sensations of this kind. I believe a correctly functioning digestive tract, in which food moves forward at a normal pace without regurgitation, will do a great deal to give you a normal sweet taste in the mouth.

### Possibility of Pregnancy

*If an ovary and tube have been removed, can one still have children?*

So long as one ovary and one tube remain it is possible to have normal conception and deliver living children.

### Itching and Jaundice

*I would like to know what causes intense itching of the skin in a case of jaundice? We have tried calamine lotions and starch baths, but they afford only temporary relief. What is your advice?*

Jaundice is very commonly accompanied by itching. Even a small amount of bile in the blood will cause itching in some persons. When there is enough to make the skin deep yellow, the itching often is intense. There is no adequate treatment for this condition except a correction of the fundamental fault, which may mean an operation on the gall bladder to establish a natural flow and elimination of the bile, or medication that will allay inflammation and open the bile ducts.

We do not know of any medicine that can be given to control the itching without the source of the trouble actually being removed.

### Slow Heart and High Blood Pressure

*I have high blood pressure and a slow, weak heart that beats from 45 to 50, seldom going above that. Will you please give me some advice?*

A slow heart, beating from 45 to 50 times a minute, may arise from several causes, and the treatment would have to be chosen in view of the probable cause. (If your heart is regular, and dropsy has not appeared, it may function very well and satisfactorily at the rate you mention.)

High blood pressure is a state very often observed in mature life. It is undoubtedly influenced by tense nervous states and exertion and strain, but also it may be the result of changes in the blood vessels, causing them to harden, and this will affect the functioning power of the kidneys, heart, and other vital organs. To maintain a more normal state of circulation in these organs, a higher pressure is created within the body. This higher pressure may result in blood-vessel rupture.

A diet that is rich in minerals and vitamins, or the protective foods, is suggested. The free use of highly refined foods, particularly of rich protein foods, is discouraged. Overeating should be avoided. A simple diet with natural food is the diet of choice, combined with a freedom from undue worry and anxiety.





By Ruth M. White, R.N., B.S.

Clothing does affect health. Are you dressing in the most healthful manner? These true and false questions may help you to consider this important matter. Perhaps you will know the right answers, but do you carry out the principles in your daily living? (Answers on page 34).

#### What Is Your Score?

|           | Correct |
|-----------|---------|
| Excellent | 16-18   |
| Good      | 11-15   |
| Fair      | 6-10    |
| Poor      | 1-5     |

1. A shoe with a 1½-inch heel is the best for a foot with a weak arch.
2. Wearing an arch support in the shoe strengthens the arch and cures fallen arches.
3. Indoors, where the air is artificially heated in the winter, care should be taken not to wear too much clothing.
4. Clothes are warmer when they contain a large amount of air in their meshes.
5. Dark-colored clothes are cooler because they absorb less heat.
6. Persistent wearing of high heels causes the muscles at the back of the leg to grow short.
7. Round garters are the best supports for holding up hose.
8. Wearing a hat is the cause of baldness in men.
9. The wearing of long hose by young girls during the winter promotes better circulation in the legs.
10. When the baby begins to stand he needs shoes with firm soles.
11. Patent-leather shoes are unwise for babies to wear.
12. Cotton is not so good as wool for baby's shirt.
13. It is better to have a child's clothes fit snugly than to have them a bit too large.
14. Tight corsets are needed by women over thirty years of age to help them maintain good posture.
15. Some people have skin that is sensitive to wool or dyes in cloth.
16. Rubbers and galoshes should be removed when a person is indoors.
17. As long as clothing looks clean, it is clean.
18. Poor posture may result from wearing clothing that is too tight, too heavy, or too short.

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\*See "Caffeine and Peptic Ulcer" by Drs. J. A. Roth, A. C. Ivy, and A. J. Atkinson—A. M. A. Journal.

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# 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.

## Helping Junior to Wash

*I need some help. My nine-and-one-half-year-old Johnnie is afraid of soap and water. When he washes he doesn't even do a good job of skimming over the surface. I just don't know how to keep him from playing around and wasting time when he starts getting ready for school. He can waste more time than anyone I know. Will you please give me some ideas?*

I think your Johnnie is a typical American boy. Mothers the world over seem to have much the same difficulty with boys in this age group. My secretary tells me you have exactly described her ten-year-old boy, and I must say that my three boys were much older than this before I trusted them to take their baths without my help. I wouldn't feel it is too serious a matter, but would simply give him the scrubbing that he needs and get him out of the tub in a hurry if necessary. Of course, he could wash himself thoroughly and quickly if something of interest waited him, such as a scout meeting or ball game. Unless we can arouse a child's interest in a thing we want him to do, or in a reward to follow, we will just have to supplement his dilatory efforts by our energetic helpfulness. And be amused rather than irritated by his attitudes.

## Getting a Seven-Year-Old to Mind

*I have two girls, one aged seven years and the other two and a half. I failed to do many things with my first child. Principally, I failed to be patient and calm. Every so often I would have a "tantrum" with her, and now every so often she has one for me.*

*She has always been very active and hard to control. She isn't such a bad girl but she doesn't like to obey. She wants to do whatever she wishes. She started to school at five and one-half years of age. Her teacher says she isn't dull but she just does not want to settle down. What do you suggest I do? I am so tired when evening comes I can hardly stay awake.*

The important thing when a mother has two healthy little girls is to enjoy them, to have fun with them. Something is wrong if there must be continual argument, a continual trying to get a child to do something that she does not want to do. And, of course, if in spite of all the trying, nothing is accomplished except a state of

nervous tension and antagonism, the effects have been worse than useless. You have actually done harm.

Now, in the first place, you must be relaxed and calm. I think if you would not expect too much of your children you would be less tense. Your child probably started school a little too young, and yet she enjoys school and probably is greatly benefited by her association with the other children. She shouldn't be made anxious because of a matter of reaching certain school standards. She should just enjoy her school work as she evidently does, and with bright eyes she can be encouraged to tell mother what has happened during the day, and mother is always pleased and happy to listen. Don't suggest for one minute that she is not doing so well as she should in school, and don't try to help her at home. She has had enough of it. The fact that she doesn't seem settled is probably just a normal trait.

You are tired in the evening. You will find much more rest in affectionate comradeship with your little girl, telling her

stories as she may ask for them or sitting on the floor helping her to play with her dolls or other toys, until she thinks that mother is the most charming person in the world and the best playmate. When you want her to do something say, "Let's do so and so," or "Shall you and mother do this or that?" She has disinclinations just as older people. Treat her as you would any other person who is not interested in just the same thing that you are interested in. Treat her as though she were a courteous little grownup, and you will be surprised how she will live up to such suggestions.

Remember, too, that your older girl may be jealous of her baby sister. Cease the struggle of trying to accomplish what you can't with your seven-year-old. With calm persistence carry out the program for your youngest girl that you feel she should have, and enjoy the loving times that you can have with her when such comradeship will accomplish the most in a constructive way.

## How to Correct Stuttering

*My little boy, two years old, learned to talk early, and in a short while he could carry on a complete conversation. Not long ago he developed a severe cold, which required medical attention. The doctor prescribed medicine to which my boy responded, and within two or three days he was feeling fine. But since then he has stuttered terribly. Sometimes he gives up entirely, and cries because he cannot say what he wants to say. What do you think is the cause? Will he outgrow this, or will it continue?*

The important thing in regard to your little boy's stuttering is to pay no attention to it. Do not act concerned. Help him a little in a smiling, cheerful way when he can't get the words out—just as you might help him if he were learning to walk, but do not by your attitude show any anxiety or irritation. In some way he has been made nervous, and the nervousness has caused the stuttering. The less attention paid to it, the better. Special care should be taken that the home atmosphere is serene, with every evidence of happiness and good cheer. Since there is evidence that your little boy is nervous, it might be well for you to give him some extra vitamin B complex.

**REMARKS OF DR. THOMAS PARRAN, FORMER SURGEON GENERAL, U.S. PUBLIC HEALTH SERVICE, AT THE NATIONAL GARDEN CONFERENCE, WASHINGTON, D.C.**

Mr. Toastmaster, Mr. Secretary of State, Mr. Secretary of the Treasury, ladies and gentlemen:

The Department of Agriculture, it seems to me, and the National Garden Institute are to be congratulated, and you fine citizens representing this list of outstanding national and community organizations are to be congratulated on the inspiring task which you have set for yourselves. You have heard in beautifully eloquent words how this program will help the Marshall Plan, how it will help combat inflation.

It is obvious that this will be in the interest of your health and of your family's health. . . . I don't know of any more economical and profitable use of one's leisure time than by working in the garden.

But there are more useful results it seems to me than just the physical results, in terms of nutrition and the physical exercise. I think when the father and mother, or father and his boys, or mother and her girls, are working together in the garden, helping to create something useful and productive, a great contribution is being made to family life, and family understanding. In other words, I might go so far as to say that this is a very useful way in which family tensions and frictions can be dissipated, and if that happens generally, among 20 million families in the country, I think that might be the most important contribution of all.





## Vegetables for Vitamins and Minerals

**W**E ARE often asked why we need to eat vegetables freely rather than to subsist on more concentrated foods. In answer we say there are three reasons. The human body, as well as the bodies of all animals, must have a steady supply of minerals, not only to build and keep the bones strong and in good health, but to provide necessary building materials for the other tissues. Fresh vegetables are an excellent source of these building materials.

We must have calcium and phosphorus to build good bones and teeth. Iron is required to make good red blood. Without it we would impair the production of hemoglobin in the red blood cells, so that they could not carry ample amounts of oxygen to the body cells. The green coloring matter in leaves and green stems is one of the best-known sources of iron for the blood hence, the importance of eating the leafy vegetables, the so-called greens. Nothing we can take out of a bottle is so valuable as greens to supply iron to the body.

Potassium and sodium, together with sulfur and a little iodine, are also absolutely necessary to the maintenance of a healthy body. Fresh vegetables, and especially leafy vegetables and snap beans, are the best sources of these minerals. In fact, all vegetables are rich in these elements.

Then there are the vitamins—those mysterious elements that make it possible for the body to make use of these minerals. Vegetables are excellent natural sources of vitamins, which are so necessary to our health. Perhaps we should discuss the source and the work of some of these vitamins.

Vitamin A might be called the general body regulator. It helps old and young alike to keep in good condition. It is a growth regulator, is a necessity in the maintenance of good eyesight, especially for night use, and fortifies the body against several diseases. Excellent sources of this vitamin are turnip tops, tampala, kale, collards, Brussels sprouts, leaf lettuce, carrots, sweet potatoes, yellow squash, green snap beans, okra, spinach, green peas, peppers (sweet), tomatoes, mustard greens, broccoli, parsley, beet greens, chard, and unbleached asparagus. The sooner these are cooked and eaten after they are brought from the garden, the better.

Vitamin B is really a combination of several vitamins, so it is often referred to as the B complex. It is often called the hunger vitamin, for if the supply in the ration

runs low, there is a lack of appetite. As a result of the lack of vitamin B, we become sluggish, irritable, and disinterested in things in general. If the lack continues, beriberi develops. This vitamin promotes growth, aids digestion, and combats constipation. It is also a preventive of certain nervous and heart diseases. Milk, eggs, whole wheat, and whole-oat preparations are the best sources of this vitamin. But the following garden vegetables are also excellent: peas, beans, collards, kale, turnip tops, cabbage, sweet potatoes, carrots, mustard greens, okra, tampala, beet greens, and asparagus (unbleached).

Vitamin C is the antiscorvy vitamin. Few people in this country are likely to have such an acute form of deficiency of vitamin C, but many people may not be up to par because of a low intake of this vitamin. Vitamin C is an element that must be supplied everyday, for it cannot be stored in the body. Most people think of orange juice as the one provider of vitamin C, but a double order of tomato juice is of equal value. Other excellent sources are turnips, turnip greens, cabbage, collards, spinach, cauliflower, peas, radishes, asparagus, Brussels sprouts, and parsley.

Vitamin E, the antisterility vitamin, comes in sufficient amounts in any diet which is otherwise adequate in green vegetables and whole grains.

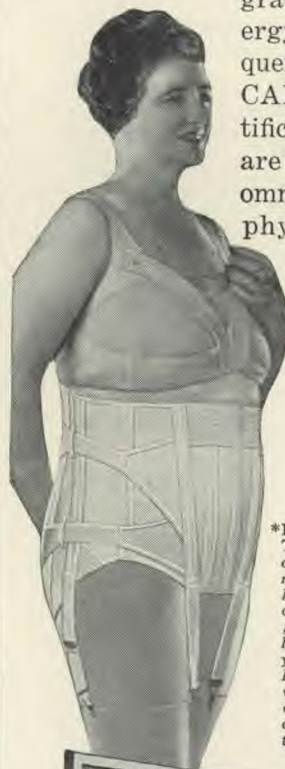
Vitamin G, famous in the study of pellagra, helps to keep us well at all ages. Excellent sources among the vegetable kingdom are turnips, kale, and beet tops. Good sources are collards, cabbage, spinach, green lettuce, carrots, beets, cauliflower, and broccoli. The color sign applies to vitamin G as well as vitamin A. The nutrition experts in the Bureau of Home Economics say that a rich, green-colored vegetable is likely to be just about twice as rich in vitamin G as the same vegetable that is bleached.

The third reason for eating vegetables regularly and freely is their effect on the bowels. The American people have become a constipated people. Pills and medicines of all kinds are taken regularly by millions, and in spite of their daily drugging a large percentage fail to get satisfactory results. The proper remedy for all such troubles is to eat freely of soft, tender vegetables every day. These vegetables furnish bulk in the bowels so that they have something to work on. The movements of the intestinal tract churn and mix food with the digestive fluids, and if there is enough bulk to the food, they slowly but surely move the bowel contents onward and downward. The digestible part of the meal is gradually liquefied and absorbed through the walls of the intestines into the blood stream. The undigested food is finally cast out of the body normally. Foods that are wholly and quickly digestible leave no residue or at best so little that this process of gradually moving the food along the intestinal tract is interfered with and constipation may be the result.

## Scientific Support Helps HEAVY FIGURES

Through a unique system of adjustment about the pelvis, CAMP Scientific Supports help hold those extra pounds in truer anatomical alignment. General muscular strain and that fatiguing pull on the back are reduced as the bony framework is gently induced to bear a more normal share of the load. Added comfort,

grace and energy are frequent results. CAMP Scientific Supports are often recommended by physicians.\*



**\*IMPORTANT TO YOU:** "Reducing" is a medical problem. If you are overweight guard your health by seeing your physician. Follow his advice as to diet, exercise, medicine and foundation garments



**LOOK FOR this Camp Authorized Service Symbol** at good stores everywhere. Expert, professionally-trained fitters are in attendance. Remember — Camp Scientific Supports are never sold by door-to-door canvassers. Camp garments are light, comfortable and easily laundered. Priced moderately.

**H. CAMP and COMPANY, Jackson, Michigan**  
World's Largest Manufacturers of Scientific Supports.



# Just for Boys and Girls

Conducted by VEDA SUE MARSH, R.N.



## CHIPSY—The Story of a Pet Squirrel

MOMMY, tell us about Chipsey," said Tommy one evening while the Munroe family were on their vacation. They were camping in a trailer near a lake, and in the evenings enjoyed telling stories around their campfire, before the children had to go to bed.

Mother Munroe began: "There were three windows in my dormitory room. The first window was near the head of my bed. Near the middle window I had my table-model radio on a stand. By the third window was a long table where I usually fed Chipsey. This window was beyond the foot of the bed.

"Chipsey was a wild little red squirrel I had tamed by putting nuts on the flower boxes outside the windows. Soon Chipsey would come inside the screen, then on the window sill, and finally on the table and on my lap. Chipsey soon knew me when I was on the campus. Often I would hear a little patter of feet and, looking behind, would see Chipsey at my heels.

"Chipsey came to be fed every morning at six-thirty, the time I had to get up that summer to teach. I did not mind during the week, but on Sabbath morning I did want to sleep in a little later. But no—I always awakened, and there was Chipsey at the window, ready to be fed. One day I was so very sleepy I decided not to get up and feed her. So I played possum. I lay very quietly, with my eyes almost closed. I just opened them the teeniest, weeniest bit so I could watch Chipsey.

"What do you suppose she did?

"She ran across the window boxes to the window near the head of my bed and peered in through the screen to see whether I was still sleeping. She was up on the screen now, hanging on with all four paws, and those bright little brown eyes were peering anxiously through the screen. Suddenly she shook that screen as hard as she could, then peered at me to see if she had awakened me.

"I lay very still and pretended not to hear.

"Shake, rattle, bang, went the screen.

"Finally I moved one finger a tiny bit. Like a flash, Chipsey jumped down and ran rapidly across the window boxes to the far window by the table, and waited to be fed. At last the secret was out! At last I knew why I always awakened so early on Sabbath morning. Chipsey was awakening me each time, but before I was wide awake,

she was at her regular window, and I had not known what she had been doing.

"One time for about three weeks Chipsey did not come to see me. I feared she had been killed, and I missed her very much. Then one morning I awakened, and as I was lying there wondering about Chipsey, the large branch on the oak tree began to bob up and down. I sprang from my bed to see if by any chance it could be Chipsey, and what do you suppose I saw?

"There was Chipsey with three baby squirrels that were about half grown. They were much redder than their mother, and had such sparkling brown eyes! Chipsey was on the porch roof beneath my window, coaxing the babies to jump off the limb onto the roof. They were afraid to do it. Finally little Spunky was brave enough to jump, and the other two followed.

"Chipsey came rushing up to me as proud as any mother could be of her fine-looking family. She was very hungry but would not allow her babies to eat peanuts yet. They were still on a milk diet. Not long afterward they came and ate peanuts with her.

"One very rainy day Chipsey came to my window. She was so muddy and wet that I could not let her into my room, but I took the bag of peanuts and went downstairs onto the porch toward the other end of the building. From the porch swing I could look up and watch Chipsey. She was sitting on the edge of the flower box. The wide eaves on the roof came out so far that the water was pouring down just beyond where she sat, somewhat protected.

"I called and called and coaxed, trying to get her to come down and eat. She would look down toward me, and then she would look up at the roof and the water pouring down, as if to say, 'You surely do not expect me to come to you in all this rain! Please come and feed me in your room. It is raining very hard. I will get so wet if I come down where you are.'

"I coaxed, and called. After a long time she finally came down and sat on the porch swing beside me and ate. She still did not seem too happy about it. She was very fond of salted peanuts, but she always removed and threw away the brown covering. She did not think that was fit for a squirrel to eat. She would not eat candy either. I tried to feed her a square of Christmas candy. She nibbled at each corner, then threw it down with a thud onto the roof. She knew what was good food for

squirrels, and she would never overeat. When she had had enough, away she would scamper, or else she would start investigating the things in my room. Sometimes she would sit up on top of my radio, especially if there was soft music playing. She also knew when it was bedtime. It is now bedtime for Tommy and my little Jay birds. Tomorrow there will be some more surprises for rested children."

Away three tired children went to bed.

DEAR BOYS AND GIRLS:

I do want to have you write to me and tell me about your pets. Please write a letter and tell me all about them. Do you have some new pets you have become acquainted with during this summer's vacation? Did you ever tame a squirrel or a bird? Do you have a bird bath and feeding place for birds? Tell me about your feathered and furry friends.

AUNT SUE.

## Junior Life & Health League

### Rules

1. I take two baths each week.
2. I brush my teeth twice daily.
3. I drink milk every day. (Preferably 1 qt. daily.)
4. I wash my hands before eating.
5. I eat daily: vegetables, fruits (fresh, canned, or dried), whole-wheat or enriched bread.
6. I play or work out of doors six days a week when weather permits.
7. I sleep 8 to 10 hours every night.
8. I try to be courteous and cheerful at all times, and do one good deed for someone each day.

### Progressive Class Requirements

HABITEER: Observe the rules for two weeks, and continue to keep them.

CONQUEROR: Be a Habiteer for six months, and continue to observe the rules.

LEAGUER: Be a Conqueror for six months, and continue to observe the rules. Enlist one new member in the League. Send in one new subscription to LIFE AND HEALTH.

The Habiteer, the Conqueror, and the Leaguer receive membership cards, and in addition the Leaguer receives a button.

### Pledge

I have read the rules of the Junior Life and Health League, and have been observing them for (two weeks \_\_\_\_), (six months \_\_\_\_), (one year \_\_\_\_). I shall continue to observe them, and will read the Boys and Girls' page each month. Please enroll me as a (Habiteer \_\_\_\_), (Conqueror \_\_\_\_), (Leaguer \_\_\_\_) of the Junior Life and Health League.

Name \_\_\_\_\_

Address \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_

### Directions

Copy the above pledge in your own handwriting, sign your name (very plainly), and give your age, and grade if in school. Then write your address and the name of your father or mother. Mail this to Aunt Sue, LIFE AND HEALTH, Takoma Park, Washington 12, D.C.



## Cancer Can Be Conquered!

(Continued from page 7)

with that vague entity called personal liberty. Any governmental mandate forcing everyone in the cancer age of thirty-five to fifty-five years to be examined annually would be vehemently denounced as one hundred per cent un-American and foreign to the ideals of a democratic nation. Regardless of our attitude about methods of control, the fact remains that cancer *is* mercilessly democratic, *is* totally nonpartisan and impersonal in its death-dealing methods, and *is* forging ahead while we loll in our lethargy and quibble over detail. Whether we like it or not, many of our most useful citizens notice something wrong with them only *after* an insidious cancer has dealt them the fatal blow. Such persons are doomed as surely as if they were irretrievably sentenced to the electric chair. You need only to watch the dumfounded expressions of horror on the faces of active, intelligent men and women when they are informed of the facts to realize that *it can easily happen to you.*

### What, Then, Can We Do to Stop This Sneaking Monster?

Only by an *educational* campaign designed both for the American people and for their doctors can the subject be brought into the open and freely discussed. Then not only would patients demand scientific investigation of their complaints, but physicians would insist upon it. More contributions would flow in to more cancer-detection-and-treatment centers and to more research laboratories as more people became aware of the fact that they need not die of cancer.

Only then can the noble little band of Aesculapians—the scientist-physician warriors—begin to chalk up victory against one of man's most vicious enemies. And only then, with reasonable assurance, can you answer the title question of this symposium, "*No, I shall not die of cancer!*"

### Medical Consultation

(Continued from page 17)

simply the understanding between the referring physician, and the consultant, and is to be expected. However, the consultant will ordinarily explain the situation sufficiently for the patient to understand how things are to be worked out.

If the condition disclosed by the various investigators is found to be too difficult to be cared for by the general practitioner, it may be necessary for the patient to be transferred to the specialist for care. Under these circumstances the necessity for this transfer is fully explained to the patient.

The charge for a consultation is usually based upon the amount of time necessary to make the study. When a relatively short time is involved, the charge is usually quite moderate, considering the high degree of technical training required for specialization. In other consultations which require

# Forget harsh laxatives!

## TRY GENTLE, HEALTHFUL LEMON IN WATER





JUICE OF ONE  
FRESH LEMON
IN A GLASS  
OF WATER
FIRST THING  
ON ARISING



**No more harsh laxatives** that irritate the digestive tract and impair nutrition! No more worrying: "Shall I take a laxative today or wait till tomorrow?"

**Instead take** the juice of a lemon in a glass of water, first thing on arising. It's all that many people need to insure prompt, normal elimination.

**NOTHING MORE HEALTHFUL!** Generations of Americans have taken lemons for health—and gen-

erations of doctors have recommended them. They're among the richest sources of vitamin C; supply valuable amounts of B<sub>1</sub> and P. They help prevent colds. They alkalinize, aid digestion.

**Not too sharp or sour,** lemon in water has a refreshing tang—clears the mouth, wakes you up. It's not a purgative—simply helps your system *regulate itself*. Lemon in water is good for you every day. Try it 10 mornings.



*Keep regular the healthful way!*

**LEMON in WATER**  
—first thing on arising

several hours of time the charge is naturally somewhat more. In general, the patient can feel that it is money well spent, for it will save much in both time and expense, and may actually save him from serious complications of his illness.

To ensure the right type of consultants with adequate training and experience, there has been initiated in the past decade a movement for the registration by specialty boards of well-qualified specialists. The present requirements for most of these boards is that the specialist shall have at least three years of special training beyond his medical course and internship, and in addition two further years of actual practice in the specialty, preferably with another reputable specialist of this particular field of medicine. Then the applicant appears before the examining board, composed of the finest specialists in the country, to see whether he is fully qualified to practice this specialty. This examination is by no means merely a formality, for almost at every examination some applicants are found to have inadequate training, and further study and experience are demanded before they can appear again for examina-

tion. So by the time the average specialist is given certification by his specialty board, he will have spent from thirteen to fifteen years of study beyond his high school training. This involves a tremendous expense and long years of patient study in order to be a specialist qualified to give the best advice to patients who are referred to him for help. This fact explains in part why the American people have the finest type of medical care of any in the world and a proportionately high degree of health.

*Consultation, therefore, plays an important part in the medical care of the people of this country. Consequently it is important for the layman to understand the plan and purpose of such consultations when they are requested by his physician for him or for some member of his family. Obviously, it is evidence of a desire on the part of the physician to get the best help he can in solution of the patient's medical problem. For this reason, no request for consultation by the doctor in charge should be lightly dismissed. The additional expense is almost invariably a real saving to the patient or his family and often shortens the illness, if not actually saving life or limb.*



## A New Outlook For the Disabled

(Continued from page 11)

sometimes exasperating problem must fall upon many professional men and women. The first one who needs to be aware of it and must seek to establish preventive procedures is the physician. He makes the initial contact with the patient, knows the extent and degree of physical involvement, and has the task of deciding on how much to expect in recovery. His is the responsibility for the care and treatment of the patient.

Obviously the task is too broad and in scope too extensive for the physician to handle alone. He needs the co-operation of all members of the medical auxiliary services concerned with the treatment of the individual. Included are such regular medical auxiliary personnel as private-duty and public-health nurse and the physical therapist, plus the services of such of the following as may be present in the specific hospital, institutional, or home environment: occupational therapists, medical and psychiatric social workers, psychologists, vocational rehabilitationists, and, in many instances, the parents.

Though the physician is spoken of in the singular, it should be kept in mind that in these days of specialization the physician involved may be many specialists—particularly the orthopedist, the pediatrician, the internist, and not infrequently the specialist in physical medicine. Nor should the physician in public-health work feel that he is exempt. All of these are the physician; all are faced with the necessity for providing expert information, guidance, and care not only to that element of the body which is their specialized concern but to the total patient, all at one and at the same time.

To carry on a program aimed at the prevention of the establishment of excessive mental tensions resulting from physical illness, it is necessary that the physician explain to the patient, as soon as circumstances permit, about his illness and what he may expect in the future. The patient needs to be made aware of his assets, so that he can utilize them, because without assets he has nothing with which to begin anew. The patient is most likely focusing his attention on his liabilities, and that is the root of his inability to recognize any hope in the future. To illustrate, let us briefly examine an actual case.

Jim was seventeen when he came down with poliomyelitis. He had been the captain of his high school football team and was just getting ready to enter college after having won a competitive scholarship. With school only a month away when he became ill it is not surprising that his illness left him with little hope, many fears, and a feeling of being the forgotten boy.

But Jim had one good break. He had a doctor who had not forgotten his own boyhood and who knew what damage this illness could accomplish. So, before Jim

# Hobbies

By GRACE FIELDS

## LET'S GO CAMPING!

EVER wonder how good campers get that way? There's no secret formula. Like becoming an expert in any hobby, you learn by doing. Camping can be enjoyed the year round, but most of us, eager as we are to "rough it," are a little on the tenderfoot side, so the milder temperatures of summer are a good time to make the initial venture.

And speaking of roughing it, one woodsman made a good observation many years ago on that subject, "We do not go to the woods to rough it; we go to smooth it. We get it rough enough in town."

And that is precisely why we say, "Let's go camping."

With the inexpensive, light-weight equipment now available, it's really no trick to assemble a respectable camp outfit, which must, of course, be chosen carefully, with due thought to the manner of your camping excursion. Hike and carry your outfit; go by bicycle, wagon, pack train, auto, motorboat, yacht, canoe—however the locality, facilities, and your personal whim dictate. Assemble your tent, your sleeping equipment, and cooking equipment accordingly. One general rule that's good anywhere—hold down bulk and weight. You may not be a go-light camper to the extent that you can carry your hotel on your back in a thirty-pound pack, but think your camping excursion through well, and cut down excess baggage.

Cut out extras, but don't forget the essentials. For instance, you may be lyrically enthusiastic about the refreshment of blissful sleep in the great out-of-doors—sweet, health-restoring, invigorating sleep! But that cool, balsam-scented air will not seem so fraught with Nature's blessings if a miserable, earthy mosquito rends it with his menacing hum. A bottle of citronella or a mosquito net may mean the difference between inconvenience and adventure.

When it comes to choosing a tent, a pack sack, a canoe, an ax, or a blanket, there's no absolute "best." The choice depends on where you're going and what you're going to do when you get there. And although you can never learn out of a book how to be a camper, don't hesitate to profit by the practical wisdom that has been jotted down by the amiable experts of camp and trail.\*

It's perfectly feasible these days to go on a camping trip by auto, but never confuse a camp trip with one of those cross-country trips on which you drive hard to get places. When you're camping, you take time to rest and hike and swim and watch the sunsets. You don't see Nature at her best when you are on the run.



Camping, like every hobby, should be done the way you enjoy it most—long outings or short week-end jaunts. It's a good hobby, rewarding in health, happiness, and improved dispositions. If you've never camped before, ponder this gem from one of the veterans of the trail, Frank Cheley. Frank says, "Go forth a greenhorn camper if you must, but return a thoroughbred, having learned the art of living with nature by actual experience."

\* One such book is *The Camper's Guide*, edited by Frank H. Cheley and Philip D. Fagans, Blue Ribbon Books, Inc., 386 Fourth Avenue, New York, N.Y.

had been in the hospital long, his doctor had a talk with him. He told Jim that although he was not yet prepared to say that he could play again, he was sure he would be able to get around, and that muscle examination indicated that he would be able to go on and take his training as a chemical engineer.

That, in itself, gave Jim hope and built up his courage. But the doctor was not satisfied with that alone. He talked to the physical therapist and not only prescribed the needed treatments but also told her to listen to what Jim had to say during treat-

ments, to show him how he was improving physically, and to report any time that Jim had the blues.

Early in his hospital stay Jim was given material to study in the field in which he was interested. Furthermore, the medical social worker was invited in and spent much time working out Jim's problems. He was afraid he had lost out on his scholarship, for instance, but the attention of the medical social worker to this matter saved it for him.

Jim's parents were seen, and their role in helping him get well was explained.



# Tagalong!

Sometimes one feels an overpowering urge to spend an hour or two in peaceful relaxation on the placid waters of some neighboring lake or river. Do not repress this desire to lessen the tension of your busy life. It is not necessary to keep your boat at the resort. Just jump into your car, with a "Tagalong" fastened on behind. This is a new folding, sturdily built boat that rides on its own steel-frame trailer. Then on arriving at the shore, you will be pleased to see how easily this

unique boat can be launched. Enjoy your ride with some of your friends, for the boat will seat four persons.

If you don't mind the physical exercise involved, use a pair of oars to propel your little craft through the water; but for real enjoyment, attach a 5 h.p. motor, then just cruise to your heart's content. But this is not the end of the story, for when you get back home there's no storage problem to face you, for the floor space required is only 31" x 44".

**BOAT ALONE**—Length 12' 8", width 44". Frame, oak, glued and screwed; plywood waterproof marine; finish, Du Pont marine; weight, 190 lbs. Price \$164.50.

**TRAILER**—Frame, steel tubing; brazed joints; 14-4.50 tires; Timken tapered bearings; forged-steel hitch; weight, 60 lbs. Price \$94.50.

**BOTH TOGETHER**—\$239.00 Plus Tax, F.O.B., Rock Creek, Ohio. These prices are for a limited time only. When crating is desired, this item will be charged extra.

Manufactured by **SANBORN WIRE PRODUCTS, Rock Creek, Ohio**



They were relieved of their own fears and made into co-operative helpers in preparing the patient for his ultimate return home and his convalescence.

Many others in the hospital scene, including nurses, occupational therapists, and the visiting teacher, were able to assist in giving Jim the help he needed.

A plan was in existence from start to finish. Seven months after Jim was stricken he was able to enter college, retarded six months in his class but prepared physically and mentally to make this up during the four years ahead. Physically he emerged with a weakened left leg, but it was braced, and he would require only minimal support. He knew that in a year he would need an orthopedic operation to strengthen his ankle and thus reduce the need for support.

This is no fairy tale. This is not a theoretical scheme, but it is actually a word description of what men like Dr. Howard Rusk have done in the Army with the hard-of-hearing, the visually deficient, the blind and the amputee. It is the same work that the Veterans Administration is carrying on throughout the country.

The keynote to the whole process is that the handicapped individual is not allowed to doubt or be uncertain; he is not permitted to feel that his life is ruined by illness. The idea that he can live a full life is sustained while his physical recovery is going forward. This is medical care at its best.

## A Vacation the Year Round

(Continued from page 9)

the periodical room at your local library occasionally. You can't possibly subscribe to all the periodicals yourself, and not all the worth-while articles are abstracted in the currently popular digests. By acquainting yourself with the various periodicals and with their differing editorial policies, you will gradually acquire a deeper insight and a more accurate understanding of what is going on about you. In addition, it is an excellent idea to join your local lending library, and to wander about the open stacks, looking into books and choosing one, with your own will and judgment, to read. If you are not already a reader, it is

a habit that should be cultivated. Make it at least a book a month.

Aside from the usual books, have you ever tried relaxing with an English dictionary? You may think this a queer notion of relaxation, but give it a try and see for yourself. There are few books as interesting as a good dictionary. Learn several words from it every time you pick it up, and use those words conversationally at the very next opportunity. Do the same for the words which the dictionary recalls to your mind but which you do not usually employ. There is no more fascinating way to develop a new and larger vocabulary.

Many of the things that have been suggested in this article you probably already do. But why not give some of the others a try? There are literally hundreds of ways of relaxing that it has not been possible to mention. But if you are really interested in relaxation, you will certainly discover those forms of play that please you most.

Your hours of leisure are hours for doing all the wholesome, delightful things that your daily work does not ordinarily permit. How well and with what imagination you use those hours can determine whether you become mentally stagnant, physically bloated, and generally uninspired, or whether, by contrast, you develop those qualities of health, charm, understanding, good humor, and physical grace that can make you an interesting and thoroughly attractive human being.





## YOUR Mental Attitude

BY WILLIAM G. WIRTH, PH.D.



### Hero Worship

WILL I ever forget Frank Robinson, and my chuckles and smiles at his unfailing championship of former President Franklin D. Roosevelt? The man from Hyde Park could do no wrong so far as Robinson was concerned. He was truly the gift of the gods to a bereft world. A rather naive, stupid attitude you say? Yes; but not as naive and stupid as we may think. Was it not the Scotsman Thomas Carlyle who preached the gospel of great men, the common man's undoubted dependence upon the leadership and guidance of outstanding personalities; who, in his *Heroes and Hero Worship*, bade the men of his day to bow before the divinities of the human race? We can still feel the grip and the roar of the dynamic, electric, crashing style of this bighearted writer, who did so much to influence the thinking of his generation. He did much to persuade his fellows—and he continues still to persuade us—that it is inescapable to avoid the effect upon ourselves of leading characters.

To accept someone as our ideal, someone who measures up to what we ourselves would like to be, someone who compensates for our own lack, is the deeply ingrained hero-worshipping instinct and urge of us all. Who of us does not have hidden away in his thinking some mother, father, friend, teacher, preacher, someone, who is the paragon? We may not always admit it openly, but it is there. It is that sure, mute witness that our modern philosophical doctrine of human self-sufficiency is wrong; that Paul was quite right in affirming the natural depravity of man, with its consequent outreach for something better and satisfying beyond the individual himself. So long as we are like the veterans of the little Corsican's campaigns who forsook Louis XVIII and went back to the banner of their idolized Napoleon upon his return from Elba; so long as it is in human experience to shout as did the deluded Germans, "*Fuehrer, befiel, wir folgen*" (Leader, command; we follow!), when Hitler spoke to the gathered multitudes—so long must we reckon with that ineradicable factor in our personal life.

How bad the result of following this instinct may be if we are wrongly directed, a Napoleon and a Hitler show. How good, inspiring, and helpful it may be, is shown in the hold Jesus of Nazareth has had upon men. A wise Creator, knowing this pronounced hero-worshipping element in human experience, this setting up within each of us one who is the ideal, the paragon, of what we would want to be, sent Him as "the Desire of all nations." How true

## HOME TREATMENTS



### Wet-Sheet Pack for Fevers of Childhood

By Stella C. Peterson, R.N.

Many fevers of childhood come on quickly. The only symptoms present may be a fever, slight redness of the throat, and sometimes swollen, painful glands on either side of the neck. Symptoms of chest congestion or gastro-intestinal disturbance may not be present. The doctor may order an enema given, followed by a warm tub bath and a cold wet-sheet pack prolonged to the heating stage.

The enema is important preliminary treatment to secure good elimination. The full hot bath draws the blood to the skin, and thus lessens congestion. Immediately after the hot bath the child may be placed in the cold wet-sheet pack and wrapped quickly. The cold wet-sheet pack following the full hot tub bath is one of the most useful of treatments for fevers of early childhood. The pack prolonged to the heating stage may be continued from thirty minutes to two or three hours. The pack on removal may be nearly dried out. The child often falls asleep after the pack reaches the heating stage.

#### ARTICLES NECESSARY

1. Rubber sheet or bed protector.
2. Two blankets.
3. One sheet.
4. Pail of water 60° to 70° F.
5. Hot-water bottle.
6. Turkish towel.
7. Cold compress.

#### PROCEDURE

1. Place rubber sheet on bed.
2. Place one double blanket lengthwise on bed. Have far edge of blanket hanging longer than near edge.
3. Wring sheet as dry as possible from cold water. Place sheet similarly with upper end a little below upper end of blanket.
4. Place child lying on his back on the sheet. The shoulders should be three or four inches below the upper edge of the sheet.
5. Hold arms up and wrap short side of sheet around body and around nearest leg.
6. Lower the arms and wrap other side of sheet over arms, body, and farther leg. Fold sheet over shoulders and across the neck.
7. Wrap the narrower edge of the blanket tightly around the body, and tuck in. Do the opposite edge in the same way, pulling snugly around the patient. Double the foot end under the feet.
8. Place the Turkish towel around the neck to protect the patient from the blanket and to exclude all air.
9. Lay the second blanket over the patient and tuck in.
10. Place the hot-water bottle to the feet to hasten the warming-up process.
11. Sponge the face with a cold compress at the beginning of the pack and also after the first ten minutes when reaction has begun.
12. When the pack is removed, give a cool sponge with brisk drying.
13. Take the child's temperature before and after the treatment.
14. Repeat the treatment later in the day or give daily.
15. Wrap the patient in the pack quickly. It is done best with assistance.
16. Liquid nourishment is advisable.

#### PRECAUTIONS

1. The wet sheet must come in close contact with the skin at all points.
2. The dry blanket must prevent the entrance of air, or chilling may result.
3. Warming up should occur promptly.
4. The feet must be kept warm during the entire treatment.

have been His words: "And I, if I be lifted up from the earth, will draw all men unto me." Today we can be thankful there is no waning of that drawing power. Millions over the world continue to be haunted by their belief that He alone can do for them what needs to be done. The same God that

placed within us the urge to eat, and who has graciously supplied the food to satisfy the demand, has furnished the Ideal, the Paragon, the Personality, to meet our soul's demand for moral and spiritual leadership. Shall we not accept Him for richer, fuller manhood and womanhood?



By Alice G. Marsh, M.S.

**Identical Diets and Varying Effects in Individuals.**—Many have observed that one person might show the effects of a poor diet while another like person on the same diet will apparently remain in good condition. Our more recent studies on nutritional imbalance help to explain this enigma with the observation that the adverse effects of vitamin imbalance may be demonstrated only under conditions of stress. Thus the stress of growth, slight infection, overwork, lack of sleep, and less previous storage of nutrients in the body are examples of the conditions that may precipitate the effects of poor nutrition in one person while another might "get by."

### Toxic Effects of Agene in Wheat.

A toxic effect of wheat flour and wheat gluten has been observed in certain animals. This called for intense study to discover the cause of the ill effect of this important article of diet. Studies have shown that the toxic principle is produced by the action of agene on the proteins of flour or on certain other food proteins. Agene (nitrogen trichloride) has been used extensively for more than twenty years to produce physical maturation changes in flour from certain types of wheat, so that dough stickiness and other undesirable characteristics can be avoided. Although Dr. Elvehjem, of the University of Wisconsin, could observe no symptoms of toxic effect when twelve human beings ate agenzized flour and agenzized gluten in amounts and for periods of time which would produce hysteria in dogs, the Food and Nutrition Board of the National Research Council believe there is a definite risk of injury to human beings. Because of the possibility of toxic effect to human beings, the board suggests the use of other flour treatments to replace agene as soon as the readjustment can be made.

**Factors in Mass Feeding.**—A study of the psychological factors in mass feeding by the R.A.F. reveals several points of interest. First of all, it was almost impossible to extract a complaint against the food when the men were actively engaged in operations against the enemy. At such times the feeding was, of necessity, poor. On the other hand, the most serious complaints, often unreasonable ones, were made in regions remote from actual hostilities. In one study a sincere program to inform the men that every effort was being made to give them good and satisfying food service reduced complaints from 80 per cent to 20 per cent. Then, too, offering a choice of foods had an important psychological effect for the better; and also food is appreciated much more when it is paid for by the consumer.



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### Coffee and Stomach Ulcers

(Continued from page 13)

"Oh, two or three cups a meal," they reply unconcernedly. However, this apparently small amount adds up to six to nine cups a day.

Coffee drinkers in the United States now down 94,000,000,000 cups yearly, a prodigious quantity which amounts to two cups a day per capita. And since coffee is universally condemned as a drink for children, the figure more closely analyzed represents three to four cups for each adult. It is reasonable to surmise that many are drinking many times this amount in order to average such a figure.

When one realizes that the average cup of coffee contains one and one half to two grains of caffeine, the cumulative dose which Americans are taking each day is appalling. Were it not for the tolerance which is built up to this drug, as taken in the coffee cup, jangled nerves would never be able to stand the overwhelming shocks of such doses of caffeine.

The dose of caffeine given to a patient in coma in cases of extreme emergency is seven and one half grains—equivalent to four or five cups of coffee. The shock of such a dose often arouses a patient from deep stupor to consciousness, so violent is the reaction upon his brain cells. Yet millions of Americans daily jolt their brains into extreme irritability by taking a like amount of caffeine in coffee. Some subse-



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quently complain of headaches, nervousness, indigestion, insomnia, fluttering of the heart—all effects of caffeine poisoning.

The occurrence of peptic ulcer bears a direct relationship to the mental outlook of the patient. The tense, nervous, easily worried individual is more prone to break down with ulcer symptoms than is the quiet, reposed, easygoing person. The reason for this is that under emotional stress the nerves which supply the stomach stimulate the tiny acid glands of the stomach lining to secrete acid in excess of normal needs. This acid, in volumes exceeding normal limits, is poured out over the sensitive mucous lining at times when there is no food in the stomach to neutralize it. Coffee taken between meals increases this tendency. The state of too much acid in the stomach is termed hyperacidity. It accounts for the burning sensation (heart burn) which comes two or three hours after meals or in the middle of the night. Milk food or alkali substances help neutralize the acid and prevent it from irritating the stomach.

Now, what effect does coffee have on the ulcer-susceptible person? Already a nervous, high-strung person, he winds up his clock spring even tighter when he drinks a nerve stimulant such as coffee. Coffee keys him up, makes him more tense. It runs up his blood pressure by constricting tiny blood vessels and urging the heart to beat faster and more forcefully. His stomach secretes more acid. He runs the risk of developing an ulcer of the stomach.

Coffeetime, considered by many as a relaxing rest period during a day's work, is really "flogging time." The brain and nerves are tired, and ask for a rest. But instead of lying down and taking a few minutes of rest or a cat nap, the coffee drinker flogs the nervous system by an artificial stimulus—caffeine—to work when it is fatigued. His brain and nerves are crying for a letup, but he gulps a cup of coffee, obliterates the danger signals, and drives recklessly on through red lights and cautions. Eventually the nervous system becomes so tense and taut that, like the clock which is wound too tightly, the spring snaps, and the patient has a nervous breakdown, or develops various illnesses.

It is this stimulative effect of coffee on which so many rely for late hours of study, work, or driving. It is against all the laws of health to overtax our nervous energy to the point of fatigue, then flog ourselves to the utmost by taking stimulants.

The patient with stomach disorders must abstain from stimulants and irritants if he hopes for a cure. A quiet, well-regulated life, without artificial props and stimulants such as coffee, tobacco, or alcohol, must be his. The regularity with which he sleeps should be continued into the waking hours, with a well-planned program of mealtime and hours of work. His food will of necessity have to be nonirritating, perhaps very bland during an acute episode of distress. Afterward he may be permitted more leeway in his diet. Working hours should

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never be under pressure. A nonchalant, *laissez faire* attitude should prevail, giving him a feeling of assurance, security, and mental repose. Such will ensure a normal-functioning stomach and intestinal tract.

It may sound simple for your doctor to sit across the desk from you in a starched white coat and sagely advise you to ease up, to take things slower. You may ask, "Don't you know I have to make a living, doctor? If I slow down and take things easy, I'll lose my job!" To the contrary, your doctor will point out that if you live healthfully, your efficiency will increase to the point where you will be far more valuable to yourself and your employer.

Sadly enough, the doctor who advised Joe Rockwell had to tell him all this and then add, "Cure of a peptic ulcer can never be promised, Joe. It is something for which we are always aiming, but the remissions are frequent. It all depends on how closely you follow the program outlined. If you follow it religiously, decrease worry to a minimum, abstain from stimulants, maintain regular hours of eating, sleeping, exercise, this particular chapter of trouble should be over in short order."

Like Joe, all peptic ulcer patients should be under the constant and careful observation of their physician. The symptoms of a peptic ulcer must be differentiated from those of cancer of the stomach. The diagnosis is often difficult. At the first sign of stomach distress consult your physician at once.



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to Vegemeat broth to make two cups. Mix with butter, flour, cook until smooth. Arrange cooked noodles in bottom of casserole, browned steaks in center, plus any cooked vegetable. Pour sauce over all, bake 30 minutes. Scrumptious! Get Loma Linda Vegemeat Steaks at your favorite food market or health food store.



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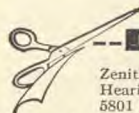
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## A Hidden Menace Unmasked

(Continued from page 19)

answered. "They have always boiled their milk; but Mary didn't like it boiled, so when she got old enough she drank it raw."

"I bet that's where Martha got the idea. I should have listened to my wife's advice!"

The doctor discreetly said nothing.

From that time, as Sam made his slow progress toward recovery, the doctor, sensing his interest in the subject, brought him pamphlets and other reading material from which he gleaned some of the little-appreciated facts about brucellosis. The probable prevalence of the disease is estimated at about ten times the annual case report rate, or 40,000 cases. The long duration of the disease allows the case load to pile up, as in tuberculosis, so that of 400,000 estimated cases occurring in ten years, an unknown but considerable percentage will remain as cumulative totals.

Huddleston has estimated the huge loss caused by brucellosis on the basis of infected cows in Michigan. If 10 per cent of Michigan cattle were infected, that would make 108,000 cows, or a loss of 223,000,000 pounds of milk, enough for 557,000 people for one year. Or figuring it another way, the loss in butter was more than 11,000,000 pounds—enough for more than 635,000 persons for one year. Hog infection is more difficult to estimate, but one farm alone lost 82 per cent of one year's expected pig crop.

Treatment of the disease is not entirely satisfactory, but it is rarely fatal, and most patients, if they have patience and perseverance in treatment, recover in the course of a year or less. Because of its puzzling resemblance to typhoid and tuberculosis, and the tendency of patient and family to consider the irritability of the patient as a possible nervous or mental symptom, the disease often remains unrecognized. Its symptoms are so many, varied, and baffling—headache, dizziness, irritability, bone abscesses, pains in various parts of the body, varying and fugitive fever (from whose ups and downs came the name "undulant fever"), bronchitis, digestive disturbances, and many others. The diagnosis requires careful study of the patient, blood examinations, skin tests, and bacterial studies. The homespun diagnosis of flu is futile and wasteful.

The patient is treated mainly by rest, good food, and attention to relief of symptoms. The sulfa drugs and penicillin are not brilliantly successful, but may be useful. Fever therapy is also used. There is no specific vaccine or serum for human use.

Prevention of brucellosis is the real challenge. By the use of a test developed by the Danish veterinarian Bang, infected cattle can be identified. They should be removed from the herd and slaughtered. A vaccine for calves has been prepared, and about thirty thousand are being vaccinated monthly to prevent the infection from taking place; this, of course, is more economi-

cal than killing infected cattle, but progress is too slow at the present rate. The one protection immediately available to prevent the further spread of brucellosis among human beings is universal pasteurization of all milk, cream, butter, ice-cream mix, and cheese. Prejudices against pasteurization should be set aside; they have never had any true basis.

Undulant fever is highly contagious. Cattle and hog handlers, farmers, meat cutters, butchers, and veterinarians commonly contract it. Laboratory research workers seldom escape if they work on it. Dr. Alice Evans, whose name is connected with the most important contribution—identification of the three animal infections with the cause of the human disease—had brucellosis and suffered a long chronic illness before it was recognized, nearly losing her life. As an occupational hazard, the disease is important to large numbers of workers.

Considering its economics, the suffering it causes, and the loss of time and disability chargeable to it, undulant fever may well rank among the leading disease problems of the day.

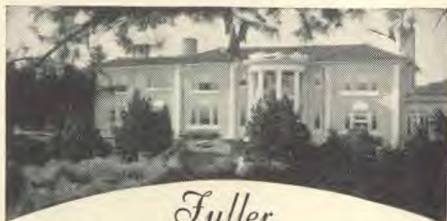
Sam Hardwick got well at last. Now he insists on pasteurized dairy products in his home, and he will not touch a drop of milk elsewhere unless he knows it is pasteurized. His principal comment is, "If I had only known sooner!"

## ARE YOU MOVING?

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

## Answers to "Are You Health Wise?" on Page 23

- |           |            |
|-----------|------------|
| 1. True.  | 10. True.  |
| 2. False  | 11. True   |
| 3. True.  | 12. False  |
| 4. True   | 13. False. |
| 5. False  | 14. False. |
| 6. True.  | 15. True.  |
| 7. False  | 16. True.  |
| 8. False. | 17. False  |
| 9. True.  | 18. True.  |



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

Boulder-Colorado Sanitarium, Boulder, Colorado  
Florida Sanitarium, Orlando, Florida  
Georgia Sanitarium, Route 4, Box 240, Atlanta, Ga.  
Glendale Sanitarium, Glendale, California  
Loma Linda Sanitarium, Loma Linda, California  
Madison Rural Sanitarium, Madison College, Tenn.  
Mountain Sanitarium, Fletcher, North Carolina  
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  
Wytheville Hospital, Wytheville, Virginia

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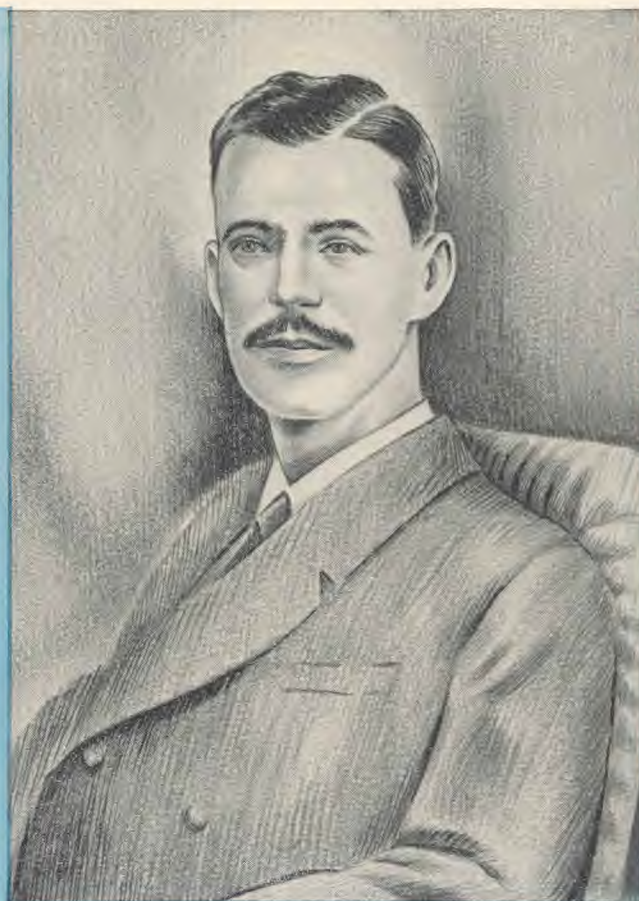


# The Father of Light Therapy



Many times you have seen your pet animal instinctively seek a sunny spot in which to nap, but did you ever give it a second thought?

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