

AUGUST, 1949

# Life & Health

65th YEAR OF  
PUBLICATION

THE NATIONAL HEALTH JOURNAL



CAMERA CLIX

- ★ What You Can Do About Polio
- ★ Electric Shock Treatment
- ★ Getting to the Heart of the Problem

- ★ Is Your Child Safe at Camp?
- ★ "Fruit of the Wise Men"
- ★ Thumbs Down on Thumb-sucking



# Two Suggestions

## for Dining in Good Taste



### Numete Salad

1 can NUMETE, diced      ½ cup celery, diced  
½ cup pickles, cut fine      Mayonnaise  
2 hardboiled eggs, diced      1 apple, cut fine

Put all of the ingredients in a large mixing bowl, adding mayonnaise and salt to taste. Mix well and serve on lettuce.

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### Proast Loaf

1 lb. PROAST, diced      1 medium onion, grated  
2 tbsp. butter, melted      1 cup milk  
1 cup dried whole wheat bread crumbs  
¾ tsp. sage      1 bay leaf      ½ tsp. salt  
2 eggs, beaten      2 tsp. TASTEX      ¼ cup water

Mix PROAST, onion, bread crumbs, salt and sage. Simmer bay leaf in ¼ cup water for a few minutes, then remove. Dissolve TASTEX and butter in this water, and add to other ingredients. Add beaten eggs and milk, stirring thoroughly. Turn into buttered pan and bake in moderate oven. When done, slice and garnish with parsley. Serve with TASTEX gravy. (Also delicious served cold, or sliced in sandwiches.)

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### OUR COVER

One of the most beautiful mountain ranges in the United States is the Grand Tetons. The picture on our cover shows an admiring vacationer in the Teton National Park seated on a protruding rock which permits a better view of the majestic landscape.

The picture was taken from the Jackson Hole by Georgia Engelhard for Camera Clix.



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# The Editor's Comments

## WHY DON'T WE DO SOMETHING ABOUT IT?

THE American people spend billions of dollars every year for tobacco—precious money that goes up in smoke—but nobody does anything much about it. The tobacco interests invest millions of dollars every year to advertise their products, but very little is done to counteract this propaganda by means of the radio, the press, the classroom, or the platform. Tobacco is a contributor to many diseases, and it is known to be a factor in reducing the life expectancy of a large number of our people. The general attitude seems to be, Who cares? and the net result is that nothing is being done to counteract the tobacco evil. We seem to be less aware of the evil effects of nicotine than were our ancestors of three or four centuries ago.

James I of England said of tobacco: It is "a custom loathsome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs, and in the black, stinking fume thereof, nearest resembling the horrible Stygian smoke of the pit that is bottomless."

In Bible times, in fact as far back as the time of the exodus, the children of Israel were warned against the use of poisonous herbs. (Deut. 29:18, 19.) The apostle Paul in New Testament times testified against any indulgence that would weaken the body and the mind of the man. (1 Cor. 3:16, 17.)

But we seem to have taken tobacco for granted. Perhaps the following facts will make a difference in your attitude toward this vice. First of all, nicotine has the same properties as opium, morphine, and heroin. It is at first unpleasant. The body then tolerates it. Finally, the use of it becomes a vicious habit that binds its victim with chains of steel. The alkaloid nicotine is the principal poison in tobacco, added to the other toxic elements such as ammonia, aldehydes, pyridine, and carbon monoxide. Experiments have demonstrated the effect of nicotine upon the human heart. Let Dr. Carlos Vallejos report on this: "An infinitesimal amount of nicotine is injected into the nerve that regulates the heartbeat. This nerve immediately becomes paralyzed; and since there is no check, cardiac action is greatly increased.

"Normally, there are seventy-two heartbeats a minute. Under the influence of tobacco the rhythm is increased to ninety, one hundred, one hundred twenty, one hundred fifty, or even more. Such violent exercise must weaken the organ and eventually cause disease."

The effect of carbon monoxide upon the red blood cells as a result of tobacco smoking is very interesting. The distribution of oxygen throughout the body is prevented to some degree by the effect of this poison. The relation between stomach dyspepsia and nicotine has been well established. Heart trouble, bronchitis, chronic laryngitis, stomach ulcers, and cancer have been associated with the use of tobacco. The fact that large numbers of aged people smoke is no argument to defend the habit. No one knows how long these people might have lived had they not used tobacco.

It is well known that the cigarette is used because it is a psychological crutch. Our speeded up machine age has made us all nervous and keyed up. We reach for a cigarette because the muscular movement "blows off steam," as it were, and gives us something to do to release the energy occasioned by the lives we live. But what is thought at first to be a pleasant escape from nerves becomes a contributor to nervousness, and there results a habit of such awful proportions as to be almost impossible to break. Our advice to you is, Don't smoke! If you do smoke, break off the habit now; and remember, there is no substitute for throwing away that package of cigarettes in your pocket. It will take will power and courage. If you are dead in earnest about it, you can succeed. You will save money, have a clearer mind, a better appetite, and much better health if you break with cigarettes now and forever. But don't stop there. Go further! Appoint yourself a committee of one to agitate the question and to do something about tobacco. We owe it to our children and to our country to raise a solemn protest against this vice. Why don't we do something about it now? Literature on the subject may be obtained from The Anti-cigarette Alliance, 1311 G Street, N.W., Washington, D.C.

D. A. D.



## LIFE AND HEALTH

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- LIGHT destroys the riboflavin, or vitamin B<sub>2</sub>, content of bottled milk when it is left on the front porch for long periods of time.
- At the World's Fair in Paris, 60 years ago, the Eiffel Tower was unveiled. It was at that time the tallest structure ever built by man, 985 feet high.
- MIRRORS can be both decorative and functional, and can be used in almost any room in the house. Although many times the height depends on where the mirror is to be used, generally the best one is at eye level for the average person standing in front of it.
- MINERAL oil may interfere seriously with the absorption of vitamin A, vitamin D, calcium, phosphorus, and vitamin K in the body. Therefore, it should not be used for cooking or in salad dressings. If used as a laxative it should be taken two or three hours after a meal.
- THE following announcement will be of great interest to our many vegetarian readers. The First American Vegetarian Convention will be held at beautiful Ayres Estate, on Lake Geneva, Wisconsin, for the week of August 21 to 27. Cost for the full week's accommodations, including board and lodging, is from \$18.50 to \$30.00 a week per person. Write for full information, and send your registration fee of \$3 to Mr. Howard Bishop, Treasurer, First American Vegetarian Convention, Room Cost, Summit, New Jersey. Make immediate plans to attend.

# HOME TREATMENTS

By Stella C. Peterson, R.N., B.S.N.E.



## MESSAGE TO THE BACK

EVERYONE who has cared for a member of the family at home in illness knows how much a good back rub can help to make the patient more comfortable.

Massage to the back can take away the tired feeling and help the patient to sleep better. Particular attention should be given to pressure areas to aid circulation in the tissues. Massage of the neck and of the lower part of the back are especially comforting. A stronger stroke should be used upward than in the downward motions. It is important to have the patient in as comfortable a position as possible. Place a small pillow under the abdomen if the patient can turn over face down. Otherwise turn the patient on his side with a pillow to the front to support the upper arm and chest. Bend the upper knee slightly to rest on the bed to be sure the whole body is given support. Working with both hands, apply a small amount of lubricant with the first movement.

1. Place both hands at the lower part of the back and push them up each side of the spine to the base of the neck. Continue out over the shoulders making a circle back to the spine, and repeat circles down each side of the back. Using the right hand on the base of the spine, make several firm rotary movements as if rolling the muscles. The left hand may be placed over the right to give added pressure. Repeat this movement three times.

2. Place both hands at the end of the spine. Using a pushing motion, stroke up the back a short distance (one hand on each side of spine), and return hands to starting point. Carry each successive stroke farther up the back until the neck is reached; then with the last stroke push out over the shoulders and return to starting point.

3. Using both hands (one hand on each side), begin below the buttocks and stroke up over the buttocks muscles toward the small of the back in three motions as numbered in illustration, Figure 1. The wide span between the thumb and the fingers enables the operator to mold the hand to the contour of the patient's body.

4. Next use both hands at each side of the lower back, stroke out and above the hip and up to the armpit on each side. Do this in three motions, as in illustration.

5. Then give the stroking to the upper back and shoulder muscles. This may be done to both shoulders at once or to one at a time. The first stroke is from the neck behind the ear out over the point of the shoulder. The second stroke begins at the



Figure 1.

spine at the top of the shoulder blade and is again directed out over the point of the shoulder. The third stroke begins at the spine between the shoulder blades out over the point of the shoulder. Note illustration.

6. Give two-hand kneading to the muscles from neck to shoulder and back three times (like kneading a loaf of bread). Follow with strokes as in number five.

7. Give two-hand kneading to the muscles of the whole back, beginning at the buttocks on the right side, working up to the shoulder and back down to the buttocks, as shown in illustration 2. Then do left side in the same way. Follow with

(Turn to page 35)



In Cancer, Time Is the Element of Supreme Importance. If You Wait Until Surgery Is Necessary, It May Be Too Late



# ANCER

- Don't

SOBELMAN

**I**F ONE could be happy about any kind of cancer, it would be cancer of the skin. This form of malignant growth is now 95 per cent curable if recognized early. And it is right out on the surface of the body, where it certainly ought to be recognized in time. Cancers of the internal organs require diagnostic methods which include chemistry and X-rays and electrically lighted instruments for peering into obscure corners of the body. But a cancer of the skin is right there in plain view for the patient to notice and the doctor to see. There is no longer any excuse for failing to get such a cancer under medical care. And there are many ways in which such cancers can be treated with success.

In the educational effort to overcome cancer with the weapons we already have, and without waiting for a fabulous "cure," a series of warning signs has been publicized, expressed sometimes in five groups, sometimes seven. I like the five-grouping best; it is easiest to remember. Here are the five danger signals:

1. A sore that fails to heal, or heals and tends to recur in the same locality.
2. A wart or mole that changes color or character, shows signs of soreness, bleeds, or tends to grow.

3. A lump that appears where no lump belongs, especially a single painless lump in the breast.

4. Bleeding or abnormal discharge from any of the normal body openings, especially bleeding in women after the change of life.

5. Changes in digestion or elimination appearing in middle age without apparent cause and tending to persist.

Any of the changes enumerated should call for an immediate visit to the doctor, and that means today or tomorrow, not next week or next month or "when you have time." You do not have time not to have time! Often these signs mean only some minor derangement. They do not always mean cancer, so there is no occasion for panic. But they do mean cancer often enough to underscore the necessity for seeing a physician at once to find out what they do mean in your case. Then you can take steps. And in cancer, time is the element of supreme importance. You have to catch that cancer, if it is a cancer, while it is still local.

For our purposes here we shall be concerned with the first two of the warning symptoms, and to a small extent with the third. The others do not pertain to cancer of the skin.



Everyone has sores on the skin from time to time. Mostly they disappear once and for all. Occasionally there is one that persists, or heals and comes back again. When this happens the cause should be sought. Insofar as we know, chronic irritation is at least a precipitating if not a fundamental cause of cancer. Injury due to a single blow tends to heal, except where bone injury is involved. But at the site of chronic irritation a sore or ulcer is likely to develop. Chronic inflammation is one form of irritation.

There are classical forms of skin cancer which illustrate the role of irritation. In certain parts of the Orient warmth is provided in cold weather by carrying under the clothing a small brazier containing live charcoal. Burns are not infrequent, and there is constant irritation of the skin even when actual burning does not occur. Cancers are often seen in the locality of the chest or upper abdomen where these braziers are carried. An example from modern industry is that of workers in paraffin oils, whose clothing is often soaked with the oil. Where the clothing makes contact with the skin and rubs against it, irritation appears which in time becomes cancerous. In England chimney sweeps have long suffered from skin cancers due to irritation from constant exposure to

Aging alone may cause senile changes in skin structure. Everyone has seen the unsightly brown or blackish patches which appear on the skins of older persons. These are called senile keratosis, which means hardenings. They may be forerunners of skin cancer.

A second common cause of cancer of the skin is degeneration of a mole or wart. This is cancer danger sign number two. There are many kinds of warts, as we shall see in the article appearing next month devoted primarily to warts. Most of them, especially the large unsightly kind that deforms the hands of young people, are harmless if not beautiful. But some are dangerous. Black or brown warts particularly require watching. If one of these should begin to change in any way, you cannot get to the doctor too fast.

Some moles are smooth and hairless; others have hairs growing out of them. Both kinds may be dangerous, but those with hairs offer a greater temptation to have the hair removed, perhaps by electrolysis. Do not do it. Either let it alone or have a surgeon remove the mole, taking wide safety-margin cuts of healthy tissue all around. Irritation may cause cancerous changes in moles, and these are among the few skin cancers which grow and spread rapidly and offer a real danger.

# Wait Till It's Too Late

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

Director, Bureau of Health Education,  
American Medical Association

soot. Whether this irritation is chemical or purely mechanical is beside the point.

Practically, then, it is smart to avoid continued irritation of the skin at any point from tight clothing, rough substances, or repeated pressure. Cancers have been reported at the site where power tools, such as electric drills or air hammers, were held habitually against the chest in the same spot.

One of the irritations which many seek instead of avoiding is sunburn, alone or in combination with windburn. There can be no denying the attractiveness of a well-bronzed smooth skin, but neither can it be denied that too much sunburn or windburn tends to favor the development of skin cancers. Of course, you are not going to have a cancer of the skin as a result of one or two sunburns, even if excessive; but persistent year-after-year burning of the skin by sun or wind causes changes which may eventuate in malignant degeneration. The tough, dry, and furrowed skin of the professional sailor, farmer, or other outdoor worker is an example.

The changes which take place in the skin during sunburn are due to the ultraviolet rays of the sun, and are of the same nature as those which afflicted the pioneers in X-ray, who had to learn by hard and painful experience that human skin and other tissue is susceptible to injury from these rays.

Cancer danger signal number three has to do with lumps which appear where they do not belong. There are many harmless varieties of lumps which appear in the skin. Most common are those of ordinary acne, which are usually sore and unsightly. Also of frequent occurrence are the growing lumps called wens, which are due to plugging of one of the oil glands and the accumulation of the product. These have nothing to do with cancer. Occasionally there are fatty tumors under the skin, appearing in fairly large crops over the entire body. Scars make lumps; they need give no concern unless they start to grow. For the most part, lumps in or under the skin, unless they ulcerate, are probably noncancerous. But you should not make that decision. Let your doctor decide. It is one way to add years to your life.

Cancer of the skin is visible, and often annoying because of its disfiguring nature; therefore, it is easy to recognize. It should be easy to treat, and usually is, if presented to the doctor in time. Unfortunately too many people still think they can make their own diagnosis and undertake their own treatment. They observe a small and innocent-looking lesion on the skin, and they decide that they do not like the way it looks. They remember then that Aunt Susanna used to have some stuff she bought at the drugstore to burn warts off. And they get some. Or they take the dry ice out of a package of ice cream, and use that for a caustic. Or they get some of the well-known lunar caustic, silver nitrate, and apply that. Or they answer an advertisement!

For a time all seems to go well. The sore crusts over after being "treated," and appears to heal. But it does not stay healed. So they try

(Turn to page 21)





H. M. LAMBERT

Chances for Complete Recovery Are Better for This Wistful Miss Than They Were Several Years Ago

**I**T JUST can't be polio," said the mother anxiously as she and the doctor went into the next room after finding on examination that Jimmy had not been feeling well for several days, and now was complaining of a very stiff neck and back, and a very sore leg.

"Yes, Mrs. Stewart, I'm afraid it's infantile paralysis. We must take him over to the hospital immediately, so we can make further tests, and most of all in order that we may apply Kenny packs to those sore muscles at once."

"So you're absolutely sure that it is polio, doctor?" inquired the anxious mother.

"Oh, yes, there is little doubt of it, but a spinal fluid examination will make us pretty certain of the fact. Besides you are not equipped to take care of him at home——" But Mrs. Stewart stopped his sentence short.

"Well, I want him to have the best there is in treatment. This is such a nightmare! I've been afraid something like this was coming ever since Robby, his playmate down in the next block, was sent to the children's hospital with this terrible thing."

"It is terrible, Mrs. Stewart, but not so terrible as once it was." The doctor spoke reassuringly. "We know much more



# What

## YOU Can Do About Polio

**R** ROBERT MURRAY, M.D.

about the care and treatment of polio now than we did just a few short years ago."

"That's a big relief, doctor, but do tell me just how serious Jimmy's condition is. I want to know the truth. And then what about the two smaller children?"

"First of all about Jimmy." The kindly doctor paused a moment. "I would say that if he becomes no sicker than he is now, he has an excellent chance of coming out of this as good as new. Then I'll leave you some suggestions and material about this whole thing put out by the National Foundation for Infantile Paralysis. It will let you know what to do for the other children. Right now let's get this young man over to the hospital."

That evening Mrs. Stewart sat down to read the little brochure on polio. Suppose we look over her shoulder and get some of those pointers too.

"Here is a list of precautionary measures to be observed by those in charge of children during the epidemic danger period which usually runs from May through October, and reaches its peak during the hot, midsummer months. These five easy-to-follow health rules for children are:

"1. Avoid crowds and places where close contact with other persons is likely.

"2. Avoid overfatigue caused by too active play or exercise, or irregular hours.

"3. Avoid swimming in polluted water. Use only beaches or public pools declared safe by local health authorities.

"4. Avoid sudden chilling. Remove wet shoes and clothing at once, and keep extra blankets and heavier clothing handy for sudden weather changes.

"5. Observe the golden rule of personal cleanliness. Keep food tightly covered and safe from flies or other insects. Garbage should be tightly covered and, if other disposal facilities are lacking, it should be buried or burned.

"The National Foundation also lists the following symptoms of infantile paralysis: headache, nausea or upset stomach, muscle soreness or stiffness, and unexplained fever. Should polio strike in your family, call a doctor immediately. Early diagnosis and prompt treatment by qualified medical personnel often prevent serious crippling.

"Fear and anxiety should be held to a minimum. A calm, confident attitude is conducive to health and recovery.

"Remember, parents, that of all those stricken, 50 per cent or more recover completely, while another 25 per cent are left with only slight aftereffects.

"If polio is actually diagnosed, contact the chapter of the National Foundation for Infantile Paralysis serving your community. The chapter will pay that part of the cost of care and treatment which the patient or the family cannot meet."

Early Diagnosis and Prompt Treatment by Qualified Medical Personnel Often Prevent Serious Crippling From Polio

A. DEANEY





# Mental Depression Yields TO ELECTRIC SHOCK TREATMENT

 LAURENCE A. SENSEMAN, M.D.

**S**HOCK therapy today is recognized by most psychiatrists as being of great value in the treatment of nervous and mental illnesses. This form of treatment known as electric convulsive therapy, or electric shock therapy, is an outgrowth of the early insulin shock treatment which was introduced to this country in the early 1930's as a result of the work of Dr. Manfred Sakel in Vienna. It was very popular during the late 30's, and was especially valuable in the treatment of schizophrenia or dementia praecox, which is a form of mental illness that occurs in the young adult. It is used today as a form of treatment and probably is the best available treatment for this illness. After insulin therapy, metrazol, a heart stimulant, was used as an intravenous injection producing a convulsive seizure. Dr. Meduna, of the University of Illinois, introduced this form of therapy about 1934, and it became rather specific for the depressed type of patient. Metrazol, however, had certain disadvantages that have been overcome by the use of electric shock therapy, which was introduced by Cerletti and Bini, two Italian workers. These men found that they could produce a convulsion in laboratory animals by passing an electric current through their brain. This was tried on the human brain; and with a measured amount of current for a given length of time, it was proved possible to produce a convulsive seizure in the human being without doing any damage to the brain. Because this was first introduced in 1938, many thousands of patients have been successfully treated, and there is a large volume of medical literature on the subject of shock therapy, all pointing to its value in the treatment of the mentally ill, and especially for the individuals who become depressed.

By depression we mean loss of the joy of living, inability to make decisions for oneself, the feeling that one is a failure in life and has no means of escape except by self-destruction. Of course, not all patients are so severely depressed as this, and sometimes there are very mild depressions which have hampered their efficiency for a number of years. Usually they have gone from doctor to doctor without any real relief, because their depression was not recognized as such, and no specific treatment was attempted. Shock therapy then seems to be particularly specific for the depressed type of patient, especially those women who are in the change of life. It is beneficial in 80 to 90 per cent of these cases.

This treatment has also been used in depressions that occur in later life, that is, when they are past sixty or seventy. In a recently reported series patients past eighty years received the treatment without any ill effects.

Today electric shock therapy machines are being made which produce a very small amount of current resulting in a very smooth convulsion. In three or four minutes the patient is awake, and seems to be perfectly normal, not recalling the period of time during which he had the seizure.

This type of treatment has now been perfected so that an individual can receive treatment before breakfast, and within



EWING GALLOWAY

Shock Therapy Is Especially Valuable in the Treatment of the Mentally Ill, and Particularly of the Depressed Patient



an hour can return to his home. This has proved of real benefit from a financial standpoint, both to the patient and to the community. It also allows many a person to remain at home to care for the children and family needs while he is under treatment. It has also reduced the number of patients who have to be committed to state or private institutions for the care of the mentally ill.

The number of treatments for a patient varies largely with the individual person. Usually a series of four to ten treatments for the average depression seems to be sufficient. However, it does not do any harm to continue with the treatment if there is definite improvement shown in the individual. It has been reported in literature that one patient received more than four hundred treatments without any brain damage. This proved by psychological testing that no brain damage or impairment occurred. It has been reported that minor accidents occur from this treatment, such as compressed fractures of the vertebrae, occasional dislocation of a jaw or a shoulder or hip joint; but these are the rare exceptions, and are not contraindications for further treatment. A patient who recently sustained a fractured humerus and who made a complete recovery after four treatments, when asked which he would rather have—the depression, or the fracture—stated that he much preferred the fractured arm to the depression which was so incapacitating and distressing to him. Another patient made the remark that she would rather have pneumonia all her life than a depression for one hour. This will give you some idea of the seriousness of this distressing mental disturbance.

Can a person take a shock treatment and not be classified as an insane person? The answer to this question is yes! In fact, most of the treatments given where the individual can stay at home are to those who would not be classified as insane. It does not mean that a person has any form of insanity just because shock therapy is being given. It is, however, given to patients under this classification, but it should not be a stigma to be abhorred.

Is this treatment safe? When given properly to a person who is physically able to take the treatment—and there are very few contraindications, one of which is active tuberculosis—it is an entirely safe procedure in the hands of a competent therapist.

Is shock therapy the only treatment for nervous illnesses and depressions? No; it is but one of the treatments used by the modern psychiatrist. When used properly in the mental illnesses in which it is indicated, plus psychotherapy—that is, talks with the psychiatrists—plus appropriate medication, such as sedation when needed and vitamins for associated deficiency diseases, and a good healthful-living program, it proves valuable in the rehabilitation of these sick individuals.

Is there a danger in making the patient worse if the treatment is given? This question is frequently asked, but in our experience it does not aggravate the illness. However, there is frequently associated fear of the treatment in about one third to one half of the patients. This fear is sometimes so severe that a patient will not continue his treatment, but this has gradually been overcome by the use of certain medicines either before or after the treatment has been given, thus producing an amnesia for the treatment.

Is it best to give this treatment early in the disease, or wait until everything else has been tried? The answer to this question is the same as with most illnesses. It is more effective when given early in the course of the illness, and the results are more gratifying, and much time for the patient and doctor is saved by giving the treatment early.

Is it beneficial to those who have (Turn to page 21)



S. M. HARLAN

**Have  
FAITH  
in  
GOD!**

By D. A. DELAFIELD

Much is being done by the churches to inspire active faith in God. Miracles are being wrought by creating a nearer-God consciousness in the hearts of men and women who are wandering in the dark shadows of self-love and self-service. At this time the call of God to the lost is sounding, "Look unto Me, and be ye saved, all the ends of the earth: for I am God, and there is none else." Isa. 45:22. There is a voice from heaven ringing in our ears and bidding us look up and have faith in God.

The editors of *Life and Health* have the strong conviction that there can be no abundant life without this faith. Neither can there be optimum health so long as the mind, the body, and the spirit of man are enslaved by sin. True religion offers deliverance to the captives and peace to all who will exercise simple faith in God.

A Christian institution sharing these same convictions and occupied exclusively with proclaiming the good news of salvation should be known and appreciated by our readers. We take this opportunity of introducing to our numerous friends the worldwide religious broadcast known as the Voice of Prophecy. This stirring program is aired over more than six hundred radio stations every Sunday, including the Mutual network and other outlets.

The messages of the speaker, H. M. S. Richards, and the King's Heralds radio quartet have built faith into the soul fabric of millions who have listened to their thrilling messages in sermon and song. No better worship habit could be established than that of joining the radio audience each Sunday and listening to the heart-warming sermons and faith-building songs of the radio personnel.

Please tune in and invite your friends to do the same. You will find your faith expanding and reaching up into the unseen world and laying hold of the reality of God. As never before, your personal experience in religious faith will broaden into new vistas of victorious living. You will agree that the Voice of Prophecy—itsself a miracle of faith—has become one of God's great faith builders.

And faith must be built. It is a life-size structure as real as you are. The joyful experience of walking with Christ every day is both possessive and progressive. He is to be received into the life by faith, and then He is to be our constant companion along life's way. Read the Bible for yourself, and see that the first essential in life's philosophy is to know God by faith. We know of no better way to build faith than to become a regular listener to the Voice of Prophecy.





ERIC WAHLEEN

# Thumbs Down on Thumb-sucking

Many Times Thumb-sucking Will Produce Deformities and Personality Reactions Which May Affect the Later Life of the Individual

**PA HARVEY M. SPEARS, D.D.S., M.D., Sc., and ERNESTINE MORRIS, R.N.**

**J**OHN, aged twelve, was a constant thumb sucker in his early childhood. A severe deformity in the form of an open bite resulted from this habit. As he progressed in school he attempted to compensate for his defect with a superior, egotistical attitude. Consequently, he had few friends, and was unable to adjust satisfactorily to his environment. After treatment and correction of the deformity he lost his objectionable traits and became "one of the gang."

There are many schools of thought about the causes of thumb-sucking. Though a conclusive solution has never been proved, some deformities and personality reactions can be traced to habitual thumb-sucking. The most common malocclusion is that in which the upper teeth protrude and the lower teeth recede, giving an Andy Gump appearance. Many victims are unable to bite their foods efficiently, depending on the degree of involvement, although the actual action of chewing is not disturbed. The inefficiency of the biting mechanism, accompanied by the facial disfigurement of jaw alignment, often causes great embarrassment to the patient.

Susan, aged ten, was a good example of this. She had been a constant thumb sucker in her preschool years. As she was advanced in school she became increasingly antagonistic and

threatened to refuse to go any more. Her classmates teased her unmercifully about her appearance with taunts and gibes, such as "Tusky" or "Eaglebeak." After treatment she was enthusiastic about school, became very popular, and made excellent grades.

Characteristically, a thumb sucker usually follows a similar pattern of behavior. This is the child that is the so-called good child, never being normally inquisitive or "getting into things." He may resort to sucking whenever he feels thwarted or unhappy or lonesome, for he gets actual physical satisfaction from this act. A large blood vessel, called the maxillary artery, lies close to the surface of the roof of the mouth. When the pressure from the thumb is released the child feels a warm sensation in the roof of his mouth, which is pleasant as well as satisfying. Extreme cases may even develop a moronic expression and a glassy appearance in the eyes, demonstrating complete withdrawal from the environment.

Marie illustrates this pattern very well. She had sucked one thumb since babyhood, and was thought by her relatives to be a model child. However, by the time she was three she would sit quietly, apparently unaware of her surroundings, sucking her thumb for periods of an hour or longer. Even-

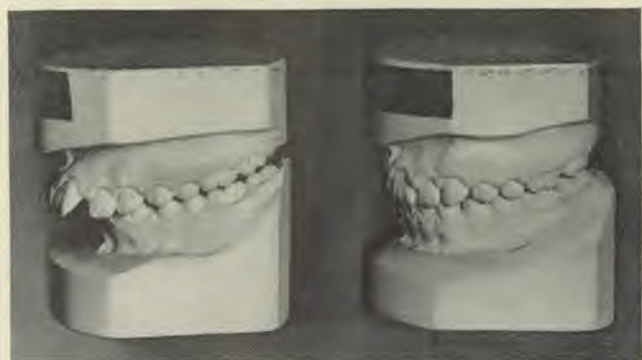


tually her father became concerned about her lassitude, and consulted an orthodontist, dental specialist. Within a short time, after a simple treatment to discourage this practice, Marie was participating in activities on an average activity age level and was normally inquisitive about her environment.

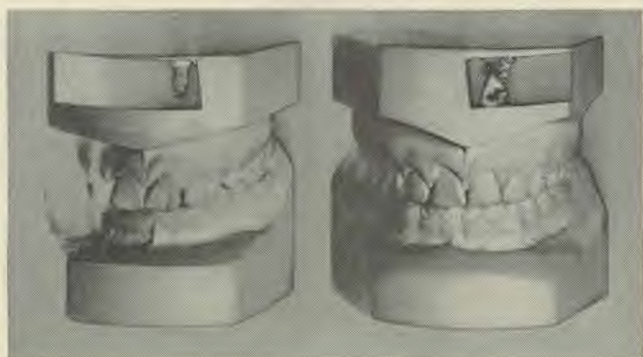
Not every thumb sucker is so easily broken as Marie, although treatment for a baby or toddler is generally a matter of just breaking the habit. The upper lip has a tendency to pull the upper jaw back into place. Of course, in older children braces or even oral surgery may be indicated for correction of the malocclusion. This may seem expensive, but it is not, in proportion to what it will mean to the child.

There is reason to believe that a breast-fed baby has less tendency to suck his thumb than a bottle-fed infant. Two reasons account for this: First, the breast-fed child has more proper nourishment. Second, he usually gets enough sucking experience at breast, for many times the holes of the artificial nipple are too large to make the baby exercise his jaw muscles or to allow for sufficient sucking experience. This aforementioned malnutrition is sometimes manifested in other ways in the artificially fed child, such as failure to gain weight and allergic conditions.

The habit of thumb-sucking should be discouraged as soon as it begins. A young infant will discover his fingers between four and five months of age. Sometimes he accidentally contacts his mouth with his thumb or finger; and because this area is sensitive, he will suck for the sheer pleasure of it. His attention span is very short at this age, and the mother can divert him by giving him a toy to grasp or one to watch, thereby directing his attention away from his thumb. When a baby is older he can be interested in similar ways, but his (Turn to page 29)



Both Illustrations at the Left Show the Actual Degree of Deformity Resulting From Thumb-sucking, and Those at the Right Show the Improvement After Treatment



## Why I Stopped SMOKING

By COLONEL JOHN R. HOLT, U.S. Army, Retired

It was July 10, 1933, a real hot day in Washington, D.C., and my health was considered excellent. On that day I had consumed a package and a half of cigarettes, smoked three cigars and a number of full pipes of tobacco. This was a normal day's supply, and I had been smoking continuously for nearly thirty years. About 9:30 P.M. on that day I was stricken with acute pains in my abdomen; and because they continued without interruption, the doctor finally decided to rush me to the nearest Army hospital. There an attempt was made to secure X-rays. The pain continued, and early the next morning I was placed on the operating table for an emergency operation. It was then found that adhesions had created a stoppage, and with their removal the body again started functioning in a normal manner. I was destined, however, to remain in that hospital for nearly three months before my discharge.

About six weeks after the operation, and while I was still in bed, my physician (a young captain) came in one morning smoking a cigarette—an Army doctor who was destined later in life to rise to be the assistant surgeon general of the Army. After asking the usual questions of how I had spent the night, he asked, "Do you smoke?"

I answered, "Yes, I did."

"Well," he said, "I think you can start in again now."

He was dumfounded when I told him, "Doctor, I don't think I will ever smoke again."

He said, "Will you please tell me how you arrived at that conclusion?" and this was the explanation.

"I have been on my back in this hospital for many weeks; I have twenty-four hours each day to think. All the nicotine that has accumulated in my system for over a quarter of a century has been eliminated. The fingers on my right hand are no longer stained. The corrosion of nicotine in my throat, lungs, and the pit of my stomach no longer exists. Finally, the hacking smoker's cough and the raising of slimy sputum have definitely disappeared. Wouldn't I be a fool to start in smoking again?"

The captain looked at me and seemed much impressed. He acknowledged that everything I said was true; yet he said, "I personally get a great deal of comfort from smoking."

I then told him my personal experience in World War I, when I smoked as many as fifteen to twenty cigars a day, and had reached the conclusion that such smoking cleared the cobwebs (Turn to page 29)



# Is Your Child Safe AT CAMP?

By RUTH BOYER SCOTT, R.N., B.S.

**A**S AN enthusiast for summer camps for children and a camp nurse, I was shocked to find campers using cracked dishes, and lukewarm water for dish washing. "We know the law forbids cracked dishes," the camp director said, "but the camp committee voted to postpone till next year buying new dishes."

Curious to know how many camps could violate health standards, I wrote every State Department of Health. Many replied that their laws forbid cracked dishes and establish the United States Public Health Service standard of sanitizing dishes, which is to follow thorough scraping and washing with a detergent by bactericidal treatment. Approved bac-

tericidal treatments include immersing washed dishes in hot water, at least 170° F. for two minutes. As hands can only stand 120° F., this means using a perforated basket with a handle, and a thermometer. A second choice for bactericidal treatment, after washing and rinsing, is soaking for at least two minutes in a chlorine solution with a minimum strength of fifty parts per million. Other chemicals may prove safe. Dish-washing machines using very hot water may give safe dish washing.

Standards for safe drinking water are widely on the books, but safety of swimming water is often forgotten. Florida and Wisconsin require a swimming supervisor certified by Red Cross tests, but many States have no rule requiring swimming guards at camp.

As camp nurse I persuaded one camp to change to pasteurized milk, for protection from undulant fever, Q fever, and other diseases spread by raw milk. Wisconsin and Michigan report compulsory pasteurization of milk; Ohio requires United States Public Health Service standards for pasteurized milk; New Hampshire and New York require it where obtainable. Many boards "urge" use, and some counties require pasteurization where their States do not.

Camp diet is a much-overlooked item officially. Nurses told of an expensive private camp which did not serve meals adequate in fresh fruits, vegetables, and good quality protein. Colorado and Michigan call for proper diets, and New Hampshire threatens that "any evidence of camp managements failing" to include the proper elements in diet "will be deemed ground for denial of a license another season."

Precamp examinations by a physician are required in Wisconsin, and North Carolina also requires recent smallpox and typhoid fever vaccination. Many, but not all camps, require precamp doctor's examination. Not a single State reported compulsory chest X-ray of counselors, although they are in the high-incidence age for tuberculosis. Now that free X-rays are available from the Tuberculosis Association, X-ray of entire-summer staffs is as important as of schoolteachers with whom the winter is spent.

Maine, North Carolina, and Washington require screening of sleeping quarters against flies and mosquitoes, and Illinois offers screening "for consideration." Yet many States in the malaria regions do not mention camp screening. Adequate rest is discussed by Colorado and Wisconsin. But fatigue continues to be a major hazard in camps if lax discipline permits noise till one and two in the morning. Most States have some laws about sanitation and availability of toilets. But I have seen camps without hand-washing facilities in or close to toilets, which threatens spread of polio, typhoid fever, pinworms, and other diseases.

Rules are rare regarding the availability of a camp nurse or physician, although most camp directors insist upon having a graduate nurse. Washington requires a resident nurse or physician. Ohio, Wisconsin, and Colorado are among the few States requiring fire-prevention and fire-fighting equipment and instruction in children's camps. Only Colorado reported rules for safe horseback riding. Inspection while

(Turn to page 23)



H. L. PHILLIPS



Before Sending Your Youngster Off to Camp,  
Be Sure to Check Into the Health Regulations of  
the Camp and the Standards Met



THE fruit of the wise men"—that is how the ancients in the days of Alexander the Great spoke of bananas.

These people must have known by some instinct that bananas are a good food. Today scientists have proved how good they are. Yes, they may be considered as one of nature's rich gifts to us, because they contain so many food essentials.

A thoroughly ripe banana is one of the first solid foods that may be given to the baby. It should be mashed, strained, and whipped into milk, or fed with a spoon. With the growing child it also is a favorite. A sweet, ripe banana in John's or Mary's lunch box is much better than a piece of cake or some candy. Bananas need not be classed entirely in the category of children's food. They can be made to fit into almost any type of menu, for young or old. Doctors regard them as one of the most digestible fruits, and recommend them for the sick as well as for the healthy.

In order to be easily digested, bananas must be fully ripe. Even in the tropics they are picked green as grass and allowed to ripen naturally at moderate temperature. This is the only way in which they will develop that delicate and palatable flavor.

When you buy bananas take into consideration how you plan to use them in your menu. You will find them on the market still tipped with green. These are suitable for baking. When the green has entirely disappeared from the tip and the peel is golden yellow, bananas are ready to be used in pies, puddings, breads, and other cooked forms. When flecked with brown they are ready to be used in salads, or plain. In these ways you may buy bananas when slightly green and use them over a longer period of time.

Keep bananas out of the refrigerator or cooler, for bananas ripen best at room temperature. Buy them by the hand, and place them at room temperature in a bowl, rounded side down, to prevent bruising.

Today, as you plan your daily or weekly menu, include several nutritious and calling-for-more dishes with that "fruit of the wise men," the banana. You will believe with Benjamin Disraeli that "the most delicious thing in the world is a banana."

#### Banana Sandwich Filling

- $\frac{1}{2}$  banana
- 1 teaspoon lemon juice
- 1 package cream cheese

Mash bananas, mix well with cheese and lemon juice, and spread on bread.

#### Baked Bananas With Orange Sauce

- 6 firm bananas
- $\frac{1}{2}$  cup sugar
- 1 tablespoon cornstarch
- Salt, pinch
- Dash cinnamon
- $\frac{3}{4}$  cup boiling water
- 2 tablespoons butter
- $\frac{1}{4}$  cup orange juice
- 1 teaspoon grated orange rind
- 1 teaspoon lemon juice

Mix sugar, cornstarch, salt, and cinnamon. Add water gradually. Bring to a boil and cook about five minutes until thick, stirring constantly. Add butter, orange juice, orange rind, and lemon

juice. Mix well. Makes one cup sauce. Peel bananas. Place in a well-buttered baking pan. Pour orange sauce over and bake in moderate oven (375° F.) 15-18 minutes, or until tender. Serve as a hot, evening dessert.

#### Banana Oatmeal Cookies

- $1\frac{1}{2}$  cups flour
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon nutmeg
- $\frac{1}{4}$  teaspoon cinnamon
- $\frac{1}{2}$  cup white sugar
- $\frac{1}{2}$  cup brown sugar
- 1 egg
- 1 cup mashed bananas (about 2 or 3)
- $\frac{3}{4}$  cup shortening
- $1\frac{1}{4}$  cup rolled oats
- $\frac{1}{2}$  cup chopped nuts

Sift flour, salt, and spices together. Beat shortening until creamy. Add sugar gradually and beat until light and fluffy. Add well-beaten egg and beat well. Add bananas, rolled oats, and nut meats, and mix thoroughly. Add flour mixture and blend. Drop by teaspoonful onto greased

cookie pans about  $1\frac{1}{2}$  inches apart. Bake in moderately hot oven (400° F.) about 15 minutes, or until done. Remove baked cookies from pan at once. Makes about  $3\frac{1}{2}$  dozen.

#### Summer Fruit

- 1 cup melon balls
- 1 cup halved white grapes
- 1 cup sliced strawberries
- 6 whole strawberries
- 1 cup sliced peaches
- 1 cup sliced bananas
- 8 cut marshmallows

Combine all ingredients except whole strawberries, and chill until ready to serve. Add one-half cupful of golden dressing, toss the mixture lightly, and pile it on crisp lettuce leaves. Top each serving with a tablespoonful of whipped cream and a whole strawberry. Yields 6 servings.

#### Golden Dressing

- 2 eggs
- $\frac{1}{4}$  cup lemon juice
- $\frac{1}{2}$  cup sugar

(Turn to page 32)



A Demand for Better Bread Has Helped  
Produce This Fine Golden Triple Rich Loaf

By  
**JEANETTE B. McCAY,**  
Ph. D.

Former Nutrition Specialist,  
New York State College of  
Home Economics,  
Cornell University

## Part II

# A NEW

A. DEVANEY

**I**T IS time to do something about bread! Does this thought ever push into your mind as you wonder which to select of the big waxed-paper packages of spongy stuff that covers the bread shelves of our modern grocery stores? You try one brand and then another and another, but most all are equally disappointing. Soft, flavorless, and unnourishing—what a contrast to the crusty, firm-textured, tasty loaves that came from our mother's ovens. Yet foolishly we continue to feed this cottony material to our families, not liking it and suspicious that its hidden values are practically extinct.

In our town of Ithaca, New York, a few of us got up a little steam and decided to do something about getting good bread available.

Fortune was with us. First, we were members of a consumers' co-op food store. As we talked among the customers we found many others also eager for a homemade type of loaf with truly nourishing qualities. Indeed, these members would be glad to buy "good" bread.

Next we had the advantage of Cornell University and its nutrition professors, who had already been experimenting on what good bread might be. Governor Dewey had assigned these scientists the problem of improving the quality of food in New York State's mental hospitals, where the budget allowed but fifty cents a day for each patient. What better way to improve the total diet of the patients than to improve their

bread? Bread was served at every meal; everybody liked it; everybody could eat it no matter what the state of their minds or their dentures was.

A formula for improved bread was gradually worked out. White flour was chosen because it was the most acceptable to the most people (later whole-wheat breads will be developed). Because meat was expensive, the scientists agreed that the bread should be high in protein and of good quality protein too. One could still have adequate protein to keep his body tissues in repair as long as he ate liberally of this wholesome and nutritious bread.

Like protein, calcium is another expensive nutrient. As people grow older, it is especially essential because they tend to lose calcium from their bodies, and the bones grow fragile and break easily. So, for its protein and its calcium dry skim milk was selected as a chief ingredient of the bread. For every one hundred pounds of flour, eight pounds of the dry milk solids would be included. Soy flour, as another protein booster, was selected to make good the amino acid combination of the wheat proteins—six pounds to every one hundred pounds of flour. The full fat soy flour was chosen for its good baking qualities and additional fat.

To work out the techniques of getting these three chief ingredients of flour, dry milk, and soy transformed into tasty loaves of bread, help came from the American Dry Milk Institute. Their expert baker worked out the right balance of the other ingredients in his own laboratory, then went into the bakeries of the hospitals and taught the bakers how to turn out golden loaves as nutritious as they were beautiful.



These ventures of the Cornell professors gave us the formula we wanted. Our third stroke of luck was to find an excellent local baker.

The Cookie Crock, a neighborhood bakery, was already making a popular home-style loaf. Yes, the proprietors were willing to cooperate with us in baking the new formula for the co-op food store. What's more, instead of using the ordinary bleached white flour, they were willing to go the mental hospitals one better. British and American studies had shown that agene, a commonly used chemical to improve flour, made the flour poisonous to dogs, giving them epilepticlike fits. Our bread would be made of unbleached white flour. With encouragement from the university we were able to persuade G.L.F., a farmers' cooperative, to get us the unbleached flour and to include in it 2 per cent of wheat germ further to improve its protein and flavor.

Our bread has been on the market now since March of 1948. From nothing at all sales are around a thousand loaves a week. From being a "special" bread it was soon christened

the three extra cents that the customers pay. It is easy to see that the milk in this bread is a bargain. The baker can buy it dried at eighteen cents a pound, while the homemaker in Ithaca must pay at least five times that much for an equal amount of protein and calcium in fresh milk. Or if she bought the dry milk herself, it would be twice the bakers' wholesale price.

"What delicious toast!" is usually one of the comments made by new users. The soy makes the surface of the slice brown quickly, yet the center is moist and full of flavor. "Best bread I've tasted for years," is another common remark. The creamy color is more attractive than would be expected, since the public supposedly demands white bread.

While the bread itself is winning friends it is also winning friends for our store. New customers are coming several times a week just to get the bread. Visitors from other cities take home samples. School lunch managers are eager to get such bread for growing children, and also homes for aged people. Since the high protein holds moisture, (Turn to page 32)

# Bread

## THAT RIVALS MEAT IN PROTEIN

with the name of Golden Triple Rich, to capitalize on its creamy crumb and three distinctive ingredients, soy flour, dry milk, and unbleached white flour with wheat germ, thus increasing its protein, vitamins, and minerals.

Of course, these ingredients did make the bread cost more than the ordinary loaf. But we have not had complaints about

Rats in the Cornell Nutrition Laboratory Prove That Golden Triple Rich Bread Is "Good"



### UTILIZATION OF FOOD RESOURCES

DIRECT USE AS AGRICULTURAL CROPS COMPARED WITH INDIRECT USE AS ANIMAL PRODUCTS

WHICH  
?



The figures indicate the much greater efficiency of the direct use of agricultural crops as compared with their use via animal products. A consideration of these two methods becomes important when large populations are fed. From the same amount of land and labor three persons can be fed on animal products, versus ten persons on crops.

Crops consumed via animal products represent a loss of 85 per cent





A. DEVANEY

The American Heart Association Is Carrying on an Intensive Program of Research and Education Concerning Heart Disease

*This Is Number One of a Series of Articles on Heart Disease—  
You'll Not Want to Miss an Article*

**D**URING the last few years the general public has gradually become aware of the fact that heart disease is the number one health and medical problem of the present day. It is conservatively estimated that there are today more than four million persons in the United States who are suffering from heart disease, and besides there are another four million who think they have it and an equal number or more who fear that they are about to acquire it.

There are a number of reasons why this interest in heart disease has developed, besides the fact that the public press has of late emphasized that of the annual deaths in the United States one out of every three is due to some form of heart disease.

Because it will help us to better understand the whole subject, we will list a few of these reasons:

1. *The Work of the American Heart Association.*—This association was founded in 1922 by a group of America's foremost heart specialists, but is now operating as a national voluntary health agency with affiliated societies located in all the major areas of the United States, its membership being composed of laymen and scientists, as well as physicians.

The object of this association is threefold: (a) to sponsor and finance a continuous and productive research program in the heart diseases; (b) to carry on such an educational program that the existing knowledge and any new discoveries

in the heart disease field will be brought to the attention of the medical profession and the general public; and (c) to carry the fight against heart disease to the individual in every community through local heart associations affiliated with the national association.

2. *Our Lengthening Life Line.*—When the United States was established 173 years ago the average length of life in our land was about thirty years; today it is approximately sixty-six years, or more than twice the former figure. This change has quite largely come about because of better living conditions, health education, and marked advancement in the methods of prevention and care of the sick. Infant deaths and deaths due to infectious diseases have been greatly reduced, therefore more persons reach the age when the so-called degenerative diseases hold forth, the leading one of these of course being heart disease. Even though our life line is lengthening, it is sad to note that these degenerative diseases, the diseases of old age, are on the increase; and the life expectancy today for the man or woman who has reached sixty is less than it was years ago.

3. *Better Diagnostic Procedures.*—The physicians today are much more carefully and thoroughly trained than formerly in the matter of the examination of the patient and the meaning of the objective findings and subjective symptoms present. The X-ray and electrical heart tracings, or electrocardiograms, have added greatly to our knowledge of



TO THE

# Heart

OF THE PROBLEM —

FOR YOUR HEART'S SAKE

**▲ LYLE C. SHEPARD, M.D.**

the heart and its diseases. Also methods have been devised for measuring quite accurately the heart's endurance and reserve, and the circulating time of the blood when necessary. Lately it has become possible for doctors to obtain first-hand information on the pressure inside the heart, the composition of its blood, and the path of its circulation by passing specially designed tubes through the blood vessels in the arm directly into the heart.

4. *Heart Surgery.*—The heart is the last important organ of the body to have its realm invaded by surgery. Some fine work has been done in freeing adhesions and scar tissue, which wraps itself around the heart in certain diseases. Very spectacular results have been obtained in certain types of birth defects found in the heart; actual cures have been effected. Encouraging work is being carried on in an endeavor to increase the circulation in the coronary arteries. These are the blood vessels carrying blood to the heart itself. When circulation is reduced in them we have coronary disease. It is now possible to enlarge the valves which have been narrowed in rheumatic heart disease. Much heart surgery is still in the experimental stage, but the future holds out great promise.

5. *New Medicines and Methods of Treatment.*—With the advent of new medicines, such as penicillin and penicillinlike preparations, subacute bacterial endocarditis has lost much of its horrors, for whereas formerly nine out of ten died, now nine out of ten are cured. The administration of substances that will keep the blood from clotting too rapidly have greatly reduced the incidence of certain serious complications of coronary disease, and increased the percentage of satisfactory convalescence. Other examples could be mentioned.

The vital statistics for the year 1946 show that in the United States there were 1,395,617 deaths from all causes. Of this number diseases of the heart accounted for 429,230, and if we add to this figure the deaths caused by diseases of the blood vessels, we have a grand total of more than 590,000. The next five leading causes of death in their order are cancer 182,005, accidents 98,033, nephritis 81,701, pneumonia and influenza 62,324, and tuberculosis 50,911.

Even though heart disease stands well out in front as the great killer of the human family, the general public has heard much more about the dread disease of cancer; and it is a worthy contender standing in second place. Still more has been said about polio chiefly perhaps because of its crippling effects and because our children are the main victims, but as a cause of death it stands way down the list with a total of 1,845; and though not a word too much has been stated regarding the two diseases mentioned above, it is indeed high time that proper emphasis should be put on heart disease.

It is also well to remember that even though heart disease is frequently referred to as the final disease of the aged, practically a third of those that die of heart disease fall between forty-five and sixty-five years of age, (Turn to page 30)



H. A. ROBERTS

Heart Disease Is Well Out in Front as the Killer of the Human Family, Usually Striking Persons Between 45 and 65 Years of Age





# The Family Physician

## ANSWERS QUESTIONS



We do not diagnose or treat disease by mail. Enclose stamped, addressed reply envelope. Replies made only to letters from bona fide subscribers. Address Family Physician, LIFE AND HEALTH, Takoma Park, Washington 12, D.C.

### Rheumatic Fever

*A year ago my daughter, aged six, started running a temperature varying from 99.2° to 99.8°. Our doctor suspected rheumatic fever. The sedimentation-rate test was normal, and he said she could return to school in May. In July she had an attack of chorea, and she has been in bed until the first of this year.*

*She has heart murmurs and some damage to the heart valves. Is it possible to have chorea without having rheumatic fever? What is the difference between rheumatic heart disease and rheumatic fever?*

It is possible to have rheumatic fever without experiencing resulting rheumatic heart disease. However, in the majority of instances there is some involvement of the heart in rheumatic fever. We look upon it in childhood and youth as a disease specifically involving the heart.

As a result of the modern care of the disease there are a number of children who bear no permanent defects or injury. The number is much higher than it used to be thirty or forty years ago.

Chorea can be experienced without having rheumatic fever. It is due to some other well-identified infection, however, when this is true. In view of your daughter's symptoms, we would advise caution and conservativeness in putting her back into school and active physical exercise at too early a date. Your doctor, we think, diagnosed her symptoms correctly.

### Bursitis

*I would like some information on bursitis—its cause, prevention, and cure. If once attacked by this sickness, what should one do to prevent the recurrence of it? Do you think that some kind of vitamin would help? Is this some sort of arthritis?*

Bursitis is an irritation of the lining of the bursae, or sacs, that are built around joints and muscle insertions. Where the muscles attach to the bones at an acute angle, very commonly nature has provided a little sac which prevents binding or tightening of the muscle in its movements. This little sac normally contains a small amount of fluid. In irritated conditions this fluid may absorb, so that the sac is dry, and thus may become very painful. Or there may be an infection in the lining

of the sac. This causes pain also. These little sacs are found frequently around the joints, where they serve a similar purpose, and symptoms of a similar nature occur when they are injured.

When there is pain in the joint it is sometimes very difficult to identify it as bursitis or arthritis. Arthritis is an irritation of the cartilage or bony surfaces of the joint.

In the treatment of bursitis rest is important. Sometimes when it occurs about the shoulders or arms, the carrying of the injured member in a sling for a time may be helpful. The application of heat frequently aggravates bursitis, so that cold packs or ice bags over the painful area give a great degree of relief. The use of sodium salicylate, or similar compounds, frequently lessens the pain for the time being. We doubt if they could be regarded as curative. In some instances X-ray over the injured bursa has given a marked degree of relief.

### Removal of Adenoids

*Is it advisable to have the adenoids of a three-year-old shrunk by radiology or X-ray treatment, or would it be better to have them removed?*

The question you raise is one that has been debated back and forth in some medical circles. It is our opinion that practice favors very much the surgical removal of adenoids and tonsils.

The use of X-ray or attempts at desiccation by the electrical current have proved disappointing, and in the long run have often complicated rather than bettered a patient's condition.

If the infection of the adenoids is not acute, we would favor waiting a year or two before undertaking surgery; but if the condition is acute, often it is advisable to operate even at this age.

### Cramps in the Legs

*Often I get cramps in my legs. When the cramp comes between the knee and foot I jump out of bed and stand firmly or shake my leg. But when it comes between the hip and knee I am in misery. Standing doesn't help. I just rub it hard, and in about five minutes it is gone, although sometimes it starts all over again. What causes these cramps, and how can I treat them?*

The cramps you refer to are likely those observed in elderly persons where a degree of arterial sclerosis, or hardening and narrowing, has developed and the circulation in the limbs is poor. These cramps most commonly come below the knee, but frequently they are in the thighs.

Rubbing, standing on the floor, walking, applying heat, are all favorable treatments for immediate relief. Applying heat before retiring often lessens the tendency to have cramps during the night. It is important that one sleeps warm.

### Granulated Eyelids

*Will you kindly tell me some remedy for granulated eyelids. My son has them.*

Granulated eyelids are due to infection of the canals of the glands along the eyelids. The condition is often very stubborn and requires careful treatment. Frequently the application of medicine immediately to the little canals is necessary. This should be done by an oculist or by one who is an expert in this type of treatment. Bathing the eyes in boric acid or applying boric acid compresses over the eyes is often a favorable form of treatment to assist the other kinds of medication that may be advised by your physician.

### Human Need of Water

*Can you tell me how long a person can live without drinking any water? Does drinking one glass for every twenty pounds of weight, as recommended by some for the purpose of maintaining the water balance in the human body, meet the human requirement?*

One glass of water for every twenty pounds of body weight as a daily intake is a good rough plan to be followed.

In respect to the time that a person can live without drinking any water, a great deal will depend upon the age of the individual, the general nature of his health, the condition of his kidneys and skin at such a time, the season of the year, and also whether he is accustomed to the climate in which he is living. It has been casually remarked that a person cannot live longer than a week without water, but there are instances of longer survival. Its absence leads to delirium, and sooner or later to death, varying in individual instances.



## Mental Depression Yields to Electric Shock Treatment

(Continued from page 11)

been sick a long time? Frequently it is noted that patients ill for a long time can respond quickly, but it usually takes more treatment to sustain the gains made.

Electric convulsive therapy is a present-day treatment for mental illness, and it has taken psychiatry a long way up the road toward a specific therapy, especially in the depressed type of patient and to some degree in other mental illnesses. It is a type of treatment which can and will be improved upon in the future, but which has greatly enhanced the therapeutic ability of the modern psychiatrist.

## Cancer—Don't Wait Till It's Too Late

(Continued from page 7)

something else, maybe with the helpful advice of the neighbors. That works for a while, too. But the sore comes back. Do they remember what they read during the cancer drive about danger signals of cancer? They do not. They keep trying, often until it is so late that successful treatment, even if it should be possible, is needlessly difficult, painful, and disfiguring.

There are only three tested and proved ways to treat cancer. These are surgery, X-ray, or radium, or these three in combination. If anybody suggests any other way, it is a fallacy at best, a fake at worst. There is no serum. There are no drugs. Anyone who offers any treatment other than the three mentioned is either tragically deceived or is a conscienceless liar, and it makes no difference to the patient which.

Your doctor may choose to remove a skin cancer by cutting it out. That will depend on its location and extent, and the amount of healthy tissue he has in the vicinity to replace what he takes away so as to make a good "cosmetic" result. Many a patient whose life has been saved, far from being grateful, has roundly condemned the surgeon because he did not like the appearance of the finished job. Looks are particularly important if the cancer is on the face, and since the action of light on the skin is now regarded as probably the principal cause of skin cancer, we are not surprised that the face, the most exposed skin of the body, suffers so frequently.

There are times when the doctor will choose radiation in place of surgery. Then he may use the X-ray, varying the distance from the skin and the amount of shielding with X-ray-opaque materials, according to how deeply he wishes the rays to penetrate the tissues. Or he may apply radium or radon seeds. Radium is used in its actual form or in the radiations caught in little gold capsules known as seeds—the

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## For TEEN AGERS Only

By DEAN W. B. CLARK



*I am nineteen years old and am doing secretarial work in an office. I enjoy my work, and my boss is especially good to me, but I am sometimes a little worried about his attention. He brings me little gifts frequently, and has suggested he'd like to take me out sometime. Would it be all right to go out with him?*

Why should a married man, even though he is your boss, want to take you out? He may not have stopped to answer that question himself. In my opinion you need to exercise care that you do not permit a circumstance that both you and your employer will later regret.

The very fact that you raise a question is sufficient evidence that you yourself recognize something irregular about his attention and suggestion. I am sure you have no thought of becoming the object of his affection, and if that is the case, why take the first step in that direction? More than one young woman who permitted her employer seemingly innocent privileges has awakened to the fact that there has developed almost unconsciously an affection which in the end spelled disaster.

I would suggest in your relationship with your employer that you remember two things. I think they will help you decide what your attitude must be.

1. Someday you will find the young man who will be "just the one." Your happiness with him must not be marred by some indiscretion on your part with any man, and especially a married man.

2. Remember this man has a wife. How would you like some attractive young secretary to receive the attention of your husband after you have been married several years?

I think your question has been answered. Exercise care not to interpret courtesy and consideration which every employer should show to all his employees as improper attention, but be sure you hold your ladylike reserve unflinchingly. He'll respect you in the end.

*I don't understand why the girls don't seem to care for me. I have a nice car and spend quite freely. I am accomplished along musical lines and am above average in intelligence. I may not be handsome, but am not homely, and I dress well. Why don't I rate with the girls?*

I can't imagine. With all your assets it seems you should be booked up solid! I just wonder whether your awareness of your assets may not be your greatest liability. It may do you good to remember that all these things you mention are good to have, but none of them is essential. In fact, I've known some who could lay no claim to any of these advantages who had friends aplenty.

Ponder this thought: We are loved for what we are and not for what we have. Character, sincerity, a genuine interest in others' welfare would be a profitable "swap" for your current assets.

Seek the counsel of some older person in whom you have confidence. There may be certain habits and mannerisms of which you are not aware that repel your friends. If weaknesses are pointed out, be big enough to recognize them and set about to correct them.

*My mother and father are divorced, and father is married again. I spend my time between them, and it is miserable. Each talks to me about the other one. Sometimes I wish I were old enough to be independent and didn't have to live with either one. What can I do?*

The thing that bothers me is that you have so much company. Scores of unfortunate young people are in just your predicament.

I suppose the purpose in your parents' filling your ears is to convince you the other one is in the wrong. If you were to decide, it wouldn't help the situation one bit as far as I can see. Would there be wisdom in pointing this out to them, and then kindly requesting that each refrain from talking to you about the

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# 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.



● **August Already!** August 1 is a day remembered all year by Patricia Keeler; it's her birthday, and she is sure that it ought to come again around Christmas time, and again in the spring. It comes slowly to her, but to me the summer hurries by all too quickly. August already! I hurry to fill more jars before winter. Though it would be lovely to sing and play all summer like the fabled grasshopper, I remember his fate, so I strive to emulate the energetic ant.

● **A Plastic Pool.** We have a fine beach here at Branchport, on the west branch of Keuka, but it is not always possible for me to go down there—we are on a hill a bit over a mile from the beach—or to take Patsy, so sometimes she plays in the washtub. It's also quite a little walk back to our own little brook in the glen. I'd like to have one of those plastic pools manufactured by Bilnor Corporation. The whole family can cool off in a back-yard pool of brilliant marine blue Vinylite plastic. There is a 40-inch and a 54-inch pool introduced last year for small waders. These proved so popular that the manufacturers now have one that measures 72 inches across and holds 170 gallons of water. Deep enough for youngsters to float as well as wade, the new pool offers the safety features of inflated sides with no wood or metal to bruise or scratch, and the whole thing folds into a compact package when not in use. Both pools are emptied by pressing in the walls and permitting the water to flow out. Look in department, toy, and sporting goods stores. The larger pool retails for \$25; the 40-inch pool, for \$10; and the 54-inch pool, for \$12.50.

● **Clothes Dryer.** Someday when I get an extra \$250 or so I'm going to have a clothes dryer. And I won't need a new washing machine either, for it can be used with any kind of washer. On our hill, where our balmy summer breezes change to cold blasts in the winter a dryer would be wonderful. There would be no more toting heavy baskets of clothes to the line, no bothering with clothespins, no hanging out wet clothes with numb fingers, no taking down clothes stiff as boards, no worrying about whether it is raining or not, no wiping of soot from the line, no hanging of damp clothes in the house to dodge

under and slap you in the face, no rushing out to take down clothes because a shower is coming up. Think what this would do for Mrs. Housewife.

And dryers are either gas or electric. In a dryer a fan blows hot air through the perforations in the drum in which you put your wet clothes; the moisture evaporates and escapes as steam through the exhaust. For different loads or kinds of clothes you set a timing device, and the steam escapes a few minutes before the time is up and you must open the door.

Bath towels come out of the dryer so beautiful and fluffy. You can dry your rayons while the dryer is warming up. It will hold an average washer load. But be sure that you are not the type that overloads your washing machine. It takes a little less than an hour to dry sheets and dish towels completely. Dresses can be damp dried, ready for ironing, and thus eliminate sprinkling. Chenille spreads and bath mats come out of the dryer soft and fluffy too. Nylons and woolens should not be dried in the dryer. Nylons melt and woolens shrink.

In your dryer is a trap for the lint that is blown off in the tumbling process that dries the clothes. This is easily cleaned with a stiff brush, but need not be done every week. The fortunate possessors of them tell us that the gas and electric bills are not noticeably higher because they installed a dryer. Treat yourself to a dryer if at all possible.

● **Cereals.** Cereals are Mother's helper in summer menu making. Combined with milk and fruit, they offer a nourishing luncheon dish. Housewives now are mixing several varieties of ready-to-eat cereals in a single bowl. There are at least a dozen different kinds to choose from—rice cereals, puffed wheats, bran flakes, corn flakes, wheat shreds, and raisin bran flakes. Why not try a merry mix-up bowl?

Mix together any combination of these ready-to-eat cereals in a large serving bowl. Arrange an assortment of fruit in circular design on top—a mound of berries in the center, a ring of diced melon around berries, perhaps then a ring of chopped prunes and nuts, or bananas and peaches. Place individual cereal bowls on table for family or guests to help themselves.

● **Household Deodorant.** Have you seen the deodorant Good-air in drug, department, hardware, variety, or grocery stores? This product eliminates offensive odors in approximately thirty seconds, and at a cost of only about one cent. To cancel odors which come from cooking (cabbage, garlic, onions, etc.), medications, bathrooms, smoke-filled rooms, pets, and most other unpleasant things, it is necessary only to press the thumb on the noncorrosive, Bakelite, polyethylene nozzle for about the same length of time that is required to ring a doorbell. Safe to use near food, it will not stain or spot walls, rugs, or furniture. Methods are being developed for the use of Good-air in public places. It is manufactured by Bridgeport Brass Company, Bridgeport 2, Connecticut. The 3½-inch size retails at 98 cents. Inquire in local stores.

● **Fruit Stains.** Fruit stains will be appearing now. They can be removed by stretching material that is white or a fast color over a bowl, and then from a height of about three feet you may pour boiling water through the stained material.

● **Plastic Coat.** Another product manufactured by Bilnor Corporation is Plastic Coat. Maintenance work is greatly reduced through the use of this product—the clear, glossy, flexible finish that is applied by spraying—to protect and enhance metal, wood, leather, paper, and a wide variety of other surfaces. By merely pressing the noncorrosive, Bakelite, polyethylene nozzle on top of the container, it is possible to make a seemingly countless number of items resistant to water, alcohol, oil and grease, alkalies, and other corrosive and tarnishing elements. Plastic Coat dries in about two minutes, and is particularly useful in preventing tarnish and protecting the polish of brass, bronze, and chrome in the home as well as in public places. It is an aid to housekeepers, auto and boat owners, jewelers, electricians, craftsmen, artists, and draftsmen. It provides a durable and protective coating for drawings, tracings, blueprints, maps, and photographs. The spray can also be used outdoors for everything from lawn furniture to garden tools. It is on sale in department, drug, hardware, and variety stores. Retail price is \$2.95 for a 12-ounce container.



## Book Review

*Understanding Yourself* by William C. Menninger, M.D., Science Research Associates, 228 South Wabash Avenue, Chicago, 1948, 52 pages.

The title of this booklet is sufficient to captivate one's interest. Dr. Menninger's authority in dealing with psychiatric problems is accepted without question. He is at present the general secretary of the famous Menninger Foundation, president of the American Psychiatric Association, and holds responsible offices and positions in other organizations in this field. During the war he was the chief consultant in neuropsychiatry to the surgeon general of the Army.

This booklet has been written with the purpose to help young people, especially in the solution of their personality problems. Technical terms have been reduced to the understanding of the layman, and the entire subject is presented in a readable and fascinating style. His suggestions are of the down-to-earth, practical variety which will help one to gain insight into

his own personality problems. Regardless of age, the practical treatment of the subject will prove helpful and interesting. It is especially recommended to those who are engaged in counseling work with young people.

## Is Your Child Safe at Camp?

(Continued from page 14)

camp is in session is a requirement of a few of the several States which license camps.

Your best move at present is to see that your child has a careful precamp physician's examination and dental care, with recent smallpox and typhoid vaccination, and vaccination in tick areas against Rocky Mountain Spotted Fever if your doctor so advises; and **INSIST THAT YOUR HEALTH DEPARTMENT INSPECT CAMP WHILE IT IS IN SESSION**, for the most enlightened laws are worthless without enforcement. Then drop your cares, and expect your child to profit from the privilege of camping experience.

## Cancer—Don't Wait Till It's Too Late

(Continued from page 21)

radiation from radium is called radon. Both radium and radon are injurious to living tissues, but they affect cancerous cells more than they do normal cells. It is this differential in effect which makes radiation useful in cancer treatment. Doctors have acquired much experience in the fine technique of taking advantage of destructive effects on cancer cells by radiation, with no injury to normal tissues, or only such slight injury as will allow ready recovery.

The story of skin cancer is really quite simple. All you need to do is keep watch for lumps, sores that fail to heal and stay healed, or changes in moles or warts. When you observe any of these things, get in touch with the doctor. Follow his advice as to treatment, and follow it at once. Turn a deaf ear to all advice from any source other than your doctor. Skin cancer is now 95 per cent curable. Do not be in the 5 per cent!

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# 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.

## Food for Hot Days

*What should a person eat when it is sweltering outside?*

The choice of food on a record-breaking hot day in summer depends on the humidity. If it is dry and hot, you can take a hot drink or soup and actually feel cooler, because there will be increased perspiration and evaporation. However, if it is moist, sticky weather due to the high humidity, you will surely want cool drinks for comfort. A prolonged period of hot weather calls for special planning.

Many find it best to eat a nourishing breakfast in the cool of the morning. (This is the time to do the baking and the preparing of food for the rest of the day.) A cool drink or a lovely fresh fruit may be all that is eaten at lunchtime. Dinner is enjoyed after the sun has lowered. Body tone is lower in hot weather, and for health it is best to eat plain, easily digested foods. Fortunately such food is most plentiful just when we need it.

Large colorful salads of endless variety as to combinations not only are tempting to lagging appetites but are full of vitamins and minerals. Salty olives may be added to the salad or else extra table salt. You have no doubt heard that on very hot days a little additional salt benefits. Too much icy cold liquid may be too much of a shock for the nerves of the stomach and heart, so sip cold drinks slowly. They do, of course, cool the body. Be good to your stomach and heart by taking it easy after meals. Regard the rule, "No strenuous exercise like swimming or golf for two hours after eating or closer than a half hour before mealtime." Relax, and take everything, including eating, slow and easy and you will like the hot weather.

## Wonderful Choline

*I read in the paper that choline may help some heart cases. What is choline, and how can I get it?*

Choline is a most interesting and valuable vitamin. Right now an investigation is being carried on as to its value in two important research fields, cancer and heart disease, the two major killers in our country today. The medical research being financed by the American Medical Association and a Los Angeles hospital seems to show that choline has possibilities for com-

bating hardening of the arteries (arteriosclerosis). Choline tends to defat the arteries and make them young again. It also helps defat a fatty liver and benefits the kidneys.

Arteries plugged with fat cause heart attacks if they are the arteries near the heart. If it is cerebral arteries that are hardened, then a stroke results. There is an old medical saying, "You are as old as your arteries." This being to some extent true, it looks as if we have a lifesaver and life extender in choline. It may be one of our greatest assets.

Even the Bible says, "Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's." Ps. 103:5. It surely looks as if medical research will help fulfill this ancient promise. Now you are doubtless anxious to know more about choline itself. It has an easy-to-remember chemical formula, because it is a simple chemical, available commercially. It, like other vitamins, is destroyed by alkali; so soda, baking powder, alkaline stomach medicines, and cold tablets may destroy it. It is found in worth-while amounts in certain foods, especially in yeast, fruits, rice, other grains, milk, nuts, roots such as carrots and particularly in rutabagas. Green, leafy vegetables are also a good source of choline.

## Potato Skins

*Must potatoes be cooked in their skins to be healthful?*

Potatoes should be boiled and baked in their jackets, because this saves much more of the vitamin C than peeling does. Tests at the important Bureau of Human Nutrition and Home Economics of the Department of Agriculture have shown this to be true. Carrots may be scraped or skinned. They have just as much vitamin C with the skins taken off before cooking.

Now that we know that sweet potatoes are several times richer in vitamin C than Irish potatoes we should be particular to cook both Irish and sweet potatoes in their skins. If we do not have enough vitamin C, we may be tired and irritable, and our teeth and gums will surely suffer. Vitamin C is needed by every cell in the body. Vitamin C fights bad germs of some kinds. It also is said to help maintain the youthful contour of the face. Other sources of vita-

min C that are easily available are citrus fruits, such as lemons, oranges, and grapefruit, and tomatoes and garden fresh vegetables.

## Nutrition News Covering Cancer

*Does diet ever have anything to do with the relief or prevention of cancer?*

Recent research at the University of Southern California has produced some evidence that, as they say, "long standing dietary insufficiency is an important predisposing cause of cancer of the mouth." It was found that one group of patients had lacked vitamin B complex, probably for years, and had not eaten enough protein. The diet treatment consisted of giving them a diet high in protein, low in carbohydrate, with moderate amounts of fats. Vitamin concentrates were added to be sure there was no lack of any known vitamin.

The diet was used along with the customary medical treatment of course. Best quality protein foods are milk, eggs, cottage cheese, brewers' yeast, and soy foods. Good protein is also provided by wheat germ, gluten foods, legumes, nuts, and whole grains. The B complex is found in large amounts in the brewers' yeast and in the wheat germ. One of the research centers devoted exclusively to research on cancer has found that omitting sugar when cancer is first detected is important. Another discovery is that rats can be given cancer by a certain procedure; but if they have enough riboflavin and choline vitamins in their diet, they will not take the disease. This piece of research would make it seem very important for all of us to watch the riboflavin and choline content of our diets. Best sources of riboflavin are green leaves and growing tips, broccoli, kale, whole grains, yeast, cheese, collards, cream, milk, eggs, legumes, nuts, asparagus, cauliflower, lettuce, onions, peppers, raisins, tomatoes, dried prunes, spinach, strawberries, turnip greens, and bran. Choline is present in the green leafy vegetables, in rice, and in rutabagas in large amounts. Baking powder and soda destroy riboflavin, as do also light and sunshine in some cases. Milk left on the doorstep will lose 50 per cent of its riboflavin content by being there an hour. There is no cancer diet yet, but the leads given by animal research work are truly encouraging.



# 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.

## Formula for Baby

*My baby ten months old is on the following formula, and I was wondering if she should have less dextrimaltose: 6 tablespoons of dextrimaltose, 11 ounces of Pet milk, and 19 ounces of boiled water. She has been troubled with a diaper rash, and I thought it possible that her formula is too rich.*

If your baby is ten months old, she should not be on a formula. Since the age of six months she should have been on fresh, boiled milk. She should be having three meals a day: *Breakfast:* fruit, cereal with milk, no sweetening. Milk to drink. *Midday:* a vegetable—perhaps cottage cheese or an egg. Milk to drink. *Supper:* about the same as breakfast. Between meals she can have three or four ounces of orange juice. I am sure you will find this simple plan satisfactory.

## Early Evening Meal for Hungry Child

*My son has just the kind of breakfast and school lunch that you suggest, he has a drink of orange juice at three o'clock, and yet from four-thirty on he is usually whining around for something to eat. Would you please suggest something I can do about this?*

Very well, feed him. "But surely," you say, "to feed him now would be to let him eat between meals." No, not necessarily. Give him his meal at this time—his dinner. If, in spite of a fruit drink or fruit lunch at two-thirty or three your son persists in getting hungry at four or four-thirty, then four-thirty or soon after should be his dinnertime. With an early bedtime your child should certainly eat not later than five-thirty. So let us plan for this meal sometime between four-thirty and five-thirty.

A little planning will make it possible to have the vegetables cooked early—some being kept warm for daddy's and mother's dinner at a later hour. If necessary, two or three baked potatoes can be stuffed and left in the oven and enjoyed well enough by the grownups. Soup is easily reheated, extra salads made a little later, or even if made early they will keep another hour.

Then, too, if father insists on having pie or cake or dessert, when perhaps we don't want the child to have it, it is out of sight and does not tempt him. Your

son's supper over, his dishes and the cooking dishes can be washed, and the few things left after father's and mother's meal can wait till morning. What a long evening this gives everyone, and how easy to get the child to bed early!

Dinner at six-thirty or seven means bedtime before the evening has fairly begun, and no time left for bedtime stories or anything nice; but dinner at five o'clock gives the time in the evening that is so valuable in any home. In some homes the whole family can eat early, which is so much the better. I am enclosing a few sample meals which might help you.

1. Cream tomato-bean soup with crisp toast  
Baked potato with milk gravy

Lettuce with lemon and honey dressing

Dates stuffed with almonds or cottage cheese

Milk to drink

2. Creamed potatoes  
Spinach with egg  
Rice and milk—raisins
3. Baked sweet potatoes  
Creamed cabbage  
Nut and carrot salad  
Macaroni cooked with milk or tomato  
Milk to drink—dates
4. Baked potato  
Cabbage salad  
Bread and milk  
Nuts and raisins

## SOME POINTERS FROM A MOTHER

### DON'T LET YOUR CHILD BE *Finicky*

By LOUISE PRICE BELL



Everyone knows how very annoying it is to have as a guest in the home a person who doesn't like certain foods, in other words, a finicky individual! There are, of course, some people who are allergic to certain foods, and by all means they should not eat those foods; nor does any hostess want them to do so. But it is the person who "just doesn't like" squash, or fruit, or endive that is so provoking; because it is just a matter of adjustment. And the trouble is, this distaste for certain foods was probably allowed to form when the person was a child.

Every mother should see that her children eat all foods set before them, unless they are allergic to some one or more of them. If a child refuses to eat a certain food, then all other food should be taken from him until he gets over the notion that he doesn't like that particular one. For it is a notion, and nothing else, and one that if allowed to stay active will develop into a real dislike, and become an established feeling. We all have food preferences, that is true; but we can all eat all foods if we make up our minds to it. And if youngsters are reared with the knowledge that all foods served should be eaten, they will have no trouble as adults in eating whatever is served.

So when you start to make small Bobby a peanut butter or grated carrot sandwich, make it plain to him that if he whines that he "doesn't like that kind," he can go without any for the time being. It is simple to do when children are small, and it makes for better health and more balanced tastes later in life.



# Just for Younger Boys and Girls

VEDA SUE MARSH, R.N.

LIFE and HEALTH LEAGUE

Be a HABITEER,  
CONQUEROR,  
and  
LEAGUER



## FRUIT JUICE FOUNTAIN

IT WAS a very, very warm afternoon in August. The Little Jays and Tommy had been reading and coloring, but it was too hot to color and draw, and it was too hot to read. They wanted to play hide-and-seek, but Mother knew that would make them so hot they might get sick. She tried to think what she might suggest. "Mommy, I'm hot and thirsty," said Tommy.

That gave Mother an idea. "How would you like to play you were at Fruit Juice Fountain, the name we will call our soda fountain, and I will be the one to take your orders and bring you what you would like to drink."

"Remember, this is a fountain for Mr. and Miss Healthy. We are very careful what we serve here. If you will help me put a cloth on the table, we will put this little vase of flowers in the center. Then with four chairs, we shall be all ready for service. It will take me a little while to prepare the menu card. I'll do that while you fix the table and chairs. We shall need napkins."

Mother took a long narrow card. At the top she pasted a colored picture of a glass of lemonade. Beneath she printed very neatly:

Canned Sunshine  
Fruit of the Vine  
Fruity Spring  
Mineral Mine  
Liquid Iron

Mother returned with the attractive menu and handed it to John, with a pencil and paper on which to write the order.

Mother said, "It is customary for the man of the party to write out the order, after consulting each member to know what each one desires."

John read the menu. Three puzzled faces turned toward Mother; then she heard three hearty peals of laughter. They liked to play surprise games like this.

Joan wrinkled her brow as she said, "I would like to try Canned Sunshine.

Couldn't we order one of each of them? I want some of each."

"Only one order allowed now," said Mother. "Perhaps you can return tomorrow if you like our drinks."

"I want a coke," said Tommy manfully.

"Why, Tommy Munroe, where did you ever hear of cokes?"

"Sammy drinks it."

"Mother would not want her little boy to drink it. It contains the drug caffeine, the same one that is in coffee and tea. This drug acts like a whip to your heart and body, and it forms a habit that is very hard to break. A person who is used to drinking it gets a headache and feels very tired if he cannot drink some frequently. I hope you will never taste it, Tommy. One glass has as much drug effect on a five-year-old as four glasses would have on an adult. Mother never drinks it, and we do not serve it at this Fruit Juice Fountain."

John read the menu aloud again.

"I'll take Fruity Spring," said Tommy.

"I suppose I should take Liquid Iron, so I'll be big and strong," said John.

"It will be just a few minutes before I can bring your order," said Mother. "Let me see; do I have it correct? Canned Sunshine, Fruity Spring, Liquid Iron, and I shall try Mineral Mine."

In a few minutes Mother Munroe returned with a tray on which were four glasses. Can you guess what was in them? Canned Sunshine was orange juice; Fruity Spring was grape, orange, and lemon juice made into a punch; Liquid Iron was tomato juice; and Mineral Mine was vegetable juice.

As they sat at the table sipping their juices through bright-colored straws, John said, "I wish we could have some ice cream on a hot afternoon like this."

"These juices will really keep you cooler than ice cream would," said Mother. "Ice cream feels cool as you eat it, but it is really fuel that the body burns to keep you warm. Sugars like that between meals are like putting a shovel of coal on a fire. It soon makes you warmer than ever, besides interfering with digestion."

"Fruit juice, unsweetened, and tomato juice are cooling, refreshing, and do not take away your appetite for the next meal. They are so much better for you than soda pop, which is like drinking sweetened water that does not contain minerals and vitamins that we find in natural fruits. It also takes away your appetite for wholesome foods."

"I like the taste of orange juice better than I do pop," said Joan.

"So do I," said Tommy.

"I am so glad you do," said Mother. "There are many healthful drinks we can use on hot days."

"I like your Fruit Juice Fountain," said Joan. "I would like to come and drink juices here every day."

## 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

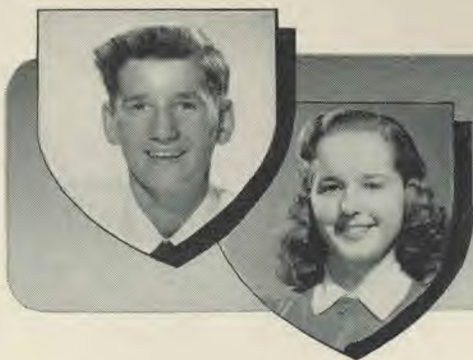
I have read the rules of the Junior Life and Health League, and have been observing them for (two weeks \_\_\_\_\_), (six months \_\_\_\_\_), (one year \_\_\_\_\_). I shall continue to observe them, and will read the Boys and Girls' page each month. Please enroll me as a (Habiteer \_\_\_\_\_), (Conqueror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





A CLUB FOR OLDER  
BOYS AND GIRLS

# Wings of Health

MADGE HAINES MORRILL, M.A.



## SNIPPER SAVES ALLEN'S HOUSE

AFTER school one evening several of the club members were playing a game of croquet on Allen's front lawn. They were busy hitting the wooden balls and pushing them through the wire wickets.

Suddenly Snipper set up a fearful barking in the back yard. "That silly dog," said Allen as the children stopped their playing, and looked up. "I suppose he sees a neighbor's cat."

The children went on with their game.

The loud barking continued. Allen stopped and listened. He said, "I think Snipper is trying to call us." He started to run to the back yard, and the other children ran after him.

"Come quick!" Allen yelled back to the others. "There is a fire!"

The others ran to where he was calling. They saw little flames licking up the dry grass that was leaning up against the back of the house. "Bring the garden hose," Allen called loudly, "and the shovel."

A boy came running with the shovel. He quickly threw a shovelful of dry dirt onto some of the little flames. Again and again he shoveled dirt onto the flames. Soon another boy came running with the garden hose and turned water onto the dying flames.

Allen said as soon as the excitement died down a little, "Our neighbor was burning some rubbish in his incinerator, and I guess the wind carried a spark over this way. This dry grass isn't very safe; I should have been cutting it down instead of playing this evening."

The others suggested, "Come on, club members, let's help Allen right now." It was surprising how quickly the dry grass was cut down and raked up and carried to Allen's incinerator.

The boys sat down to rest. Allen said, "Three cheers for Snipper; he saved our house." They began petting the dog as he ran from one to the other. "He was a good dog to bark and let us know something was wrong."

One of the boys remarked, "A fire can be very serious. And just suppose one of us had been burned today. Say, Mr. Club President," he said, turning to Allen, "why don't we talk about fires, how to prevent them, and what to do when one does come?"

"Talk right now?" asked one of the other boys.

"I think he means at our club meeting tomorrow," Allen said. "We can ask our teacher to help us find something about first aid for fires."

At school the next day the club members were busy, in their free time, reading and looking up material on fires. Their teacher helped them find several good books to look through.

Allen called the meeting to order, and then said that Miss White was going to talk. She stood up and began, "Club members, the first thing to remember in case of a fire is to *keep a cool head!* I mean

### PEN PALS

Miss Connie Alizieri  
38 Passaic Avenue  
Hawthorne, New Jersey  
Gretchen Sue Reimschuessel  
Altsheler Drive  
Sylvania, Ohio

Justina C. Adobas  
St. Joseph Jr. College  
Maasin, Leyte  
Philippine Islands

keep cool by thinking straight. Don't lose your head and do some foolish thing. If you see a fire, report it to the fire department. *Run* to a telephone, and call the fire department."

Allen asked, "Is there anything we could do before the fire department gets there?"

"Yes, indeed. Make sure to close windows and doors in the house, because fire burns more slowly if the draft is cut off. But if you don't have time, just *run* out of the house. If you are in a schoolhouse or in any building where there are many people, *keep a cool head*, march out in order, and don't push and shove.

"If you are upstairs in a public building and the stairway is cut off by fire, use the fire escape. If you should be trapped by fire in an upper story, go to the window, break it or raise it, and wait for the fireman's ladder. If the room is filled with smoke, get down and *crawl*. There is less smoke near the floor. If you have time, wrap a wet towel around your face and head. But whatever you do, when at a fire always *keep a cool head!*"

Betty held up her hand to ask a question. She said, "Miss White told us to *run* if we were in a building that was burning. I read in a book this morning, and it said that a person should *not* run if his clothes were on fire. Could you tell us something about what to do in case *we* get on fire?"

"Never run! *Never run!*" Miss White raised her voice for emphasis. "If your clothes are on fire, *never, never run!* Running would only make your clothes burn more quickly. The *first* thing to do is to lie down and wrap yourself in a rug, a coat, or a blanket—use any kind of heavy material you can reach. *Then* roll slowly and try to beat out the flames. If you can, have a cloth over your hands as you beat the fire out. *Remember*, try not to breathe the flames."

"What do we do next?" Betty wanted to know.

"Of course, if a person is burned deeply or over a large area of skin, a doctor should be called. If there is only a slight burn, you may wish to use some kind of first-aid medicine for burns that your family doctor will recommend to you. But be sure, if the burn is deep or over a large area, to get a doctor at once and do not try to use homemade medicines. These may only interfere with the doctor's treatment."

"We thank you, Miss White, for helping us," Allen said. "Ever since our experience of yesterday, when Snipper saved our house for us, we have been thinking about fire and burns. Now we will know what to do in case of a fire. We will keep a cool head. And if we should find our clothing to be on fire, we will not run. We will also try to remember to do the things you have told us."

Just then the children heard a barking outside, but it was a friendly sort of bark, not a warning bark. "Snipper is waiting out there, telling us it is time to go home. In fact, I think he may be trying to say thank you to Miss White himself," Allen remarked with a smile toward his teacher.





## For Better Pansies

**T**HE pansy is one of the most popular flowers that grow, yet most of our readers do not realize that for real success the seed should be sown early in September or, for early bloom, the last few days of August. Pansy seed should be sown in a box not more than five or six inches deep, and it should be filled with soil within an inch of the top of the box after the soil has settled. The soil should be thoroughly rich and mellow; in fact, we like it to consist of well-decayed manure, four and one half to five years old. Rub this up thoroughly fine and mix it with ordinary garden soil.

It must not be presumed that because we say that this soil should be made up of a large percentage of old, well-decayed manure that fresh manure will do just as well. If it is impossible to get this old, decayed manure, use thoroughly decayed leaf mold or some other form of humus.

The box should have plenty of holes in the bottom so as to provide good drainage. The seed should be sown and covered about a half inch deep, and the soil kept thoroughly moist, but never wet, until the seed come up. Really good pansy seeds are expensive, and for this reason it pays to take good care of them. We like to cover the box with a clean cloth and water it through the cloth. Every morning the cloth should be lifted to make sure the seeds have not broken through the soil, and it should be removed just as soon as the first seedlings appear.

Pansies grow best in the shade, or at least light shade, so do not keep the box in a sunny place. Common earthworms are very fond of young pansy plants, so in filling the box with soil be certain that no earthworms are in the soil. These worms, once they locate a pansy root, pull the plant

down into the soil, swallowing it as they pull it down. Should you some morning find plants pulled down into the soil so that only the leaves stick out, you can know that there are large angleworms in the soil, and that they are feeding on your pansy plants. They have already swallowed the roots and most of the stem.

As soon as the plants have made three or four character leaves, they should be transplanted so as to stand four or five inches apart each way. At this time they can either be set out in a cold frame or in enough boxes to hold them. This time the soil used should be equally as fertile as that used for the seed box and should always be kept moist and, of course, free from weeds. Such plants will begin to bloom in late fall or early winter, and if properly cared for, will produce really giant flowers. Pansies are very hardy to frost, so if set in a lightly shaded location or grown in a cold frame where they can be covered whenever we have snow or a heavy freeze in winter so that they will not suffer from continual freezing and thawing, they will bloom all winter.

It usually pays to transplant pansies the second time, although this is not necessary.

"Plant what you will  
Till what you plant;  
Eat what you can  
And can what you can't."

They should not be set closer than six inches apart in any direction when set in their permanent home. Grown in partial shade and kept picked so they will not make seed, pansies can be had in profusion until the middle of July, anywhere in the middle South, and they will bloom all summer in the cooler regions of the North and West. Spring-sown seed seldom produce satisfactory blooms except in cooler parts of the country, and then not until late in the season. Where they are not killed by hot, dry weather, if given reasonable care, pansies not only will bloom all summer but can be carried over the second winter. In fact, the largest and most beautiful pansy plants we have ever seen had been carried over the second spring, and we were told by the gardeners who had them that they would continue to bloom most of the second summer. We should not expect to carry our pansy plants over the second winter in the South.

If you want really giant flowers, do not buy cheap seed. The best pansy seed will cost from \$10 to \$15 an ounce, smaller amounts in proportion. For the ordinary grower, Maple Leaf Giants and Swiss Giants are two of the best varieties to buy. The very best pansy seed comes only in mixture. It is comparatively easy to get flowers three to four inches in diameter if we give them first-class care.

Many people do not know that there is a climbing pansy, or possibly trailing

would be a better word, for it must be tied to some support if we wish to use it as a climber. This pansy produces an abundance of good-sized flowers in all the colors common to pansies. We have seen specimens trained to a height of four feet, with bloom well distributed the whole length of the body. This is the best pansy to use for window gardens, or to trail over the edge of porch boxes.

Strains have been worked out that normally produce their flowers on six or eight stems. These strains, of course, are used mostly for cut flowers. They are very vigorous in growth and bloom for months if kept picked before the flowers fade; in fact, all pansies should be picked every day if we want them to continue blooming for a long time. Where they are grown for bedding purposes, pick the flowers as soon as they fade. Of course, if they are to be grown for cut flowers, they should be picked as soon as they are fully grown. The object of this continual picking is to keep the plant from making seed, and this is true of all flowers to a greater or lesser degree. From the standpoint of the plant, flowers are produced for the purpose of ripening seed. Once a plant has ripened a good crop of seed, if it is an annual, it dies; if it is a perennial, it takes a good long rest before blooming again.

Pansy seeds are usually bought in mixture, for the growers have never been able to "fix" the colors of many of the best flowers. The mixed flowers seem to have more vigor and usually produce the largest flowers, but they have been crossed for so many generations that a dozen seed grown in the same pod may produce a dozen different colors. There is no knowing what color to expect of any particular seed in a mixture until it produces its first bloom.

Pansies can be rooted from cuttings rather easily if there is reason for doing so, but this is seldom done.

## For Teen Ageds Only

(Continued from page 21)

other? I would let each know that you are making the same request of both of them.

What to me is of supreme importance is that you not become embittered over the matter and decide you'll give no opportunity for this to happen to you by deciding you'll never have a home of your own. I hasten to assure you that it need not happen to you. There are happy homes today where father and mother work together to contribute to the happiness of each other and of their children. Try to become acquainted with some such home or homes. Frequent them often and share their spirit. It will help to compensate for your loss, and give you a second-hand conception of the joy a happy home affords. Think of your problem constructively. Learn the pitfalls to avoid from your own unpleasant experience.

## END OR ALL-PURPOSE TABLE

Maple #1  
Walnut #2  
Cherry #3

#1 \$15.50  
#2 \$21.00  
#3 \$18.75



24" or 26" high. 30" long  
24" or 26" high. 33" long

Very sturdy, fine finish. Cherry finished in mahogany. Shipped K.D. Quickly assembled. Instructions included. No hardware needed to assemble. Securely packed—prepaid. Direct-mail buying benefits both buyer and seller. Add sales tax where applicable.

Washington Missionary College Mill  
Takoma Park 12, D. C.



(Continued from page 13)

Every parent should strive to form acceptable patterns of behavior in the child as he takes his place in his environment. If he forms habit patterns that are frowned upon or that prevent him from making a good adjustment to life, surely he should be assisted in any way possible to overcome his difficulties. Thumb-sucking should be stopped before it becomes a habit.

(Continued from page 13)

I have been asked many times as to whether or not I ever pine for tobacco, and

(Turn to page 32)

## READ FOR A HOBBY

"Reading is my greatest joy,  
Its pleasures never pale—  
My favorite form of literature  
Is ads of farms for sale."

But if you want a hobby that you can ride to the very ends of the earth—consider books, without the love of which the richest man is indeed poor!







## Nothing Can Hurt Us but Ourselves

TWO men were discussing their friend Wood. "There's one thing mighty fine about him," said the one to the other; "and that is, no matter how Wood is misused and mistreated, he always comes right side up. He never permits himself to become resentful and embittered toward the one who wronged him. He never nurses a grudge. He takes adversity in his stride, walking serenely and confidently along the pathway of life in good fellowship with all and at enmity with none."

"How does he do it?" his companion asked.

"He always works on the principle that no one can harm him but himself."

Here was disclosed the secret of a character that was greatly admired by those who knew him. Wood should have been chosen for a certain high position. He possessed all the qualifications for it, and it was generally expected he would get it. However, underhanded scheming and wire pulling by those jealous of his growing powers gave the office to someone else. Did Wood become "sore," though he well knew the knavery that was going on? Not a bit of it. He knew assuredly that the real harm descended upon those conspiring against him. His conscience was clean; his record was straight; and knowing nothing against himself, why should he be concerned? He had the good sense to know he was involuntarily plunged into a world in which unfortunately all too often evil carries the victory over the good, where all too frequently wickedness takes captive the helpless innocent, and that he could do nothing about it but take it. Spiritually and morally unafraid, he could afford to wait, to let time vindicate his cause, knowing with Bryant that "truth crushed to earth shall rise again."

The greatest Man that ever lived demonstrates signally the profundity of this truth that nothing can hurt a man except the man himself. As the Old Testament prophet foretold, "He is despised and rejected of men; a man of sorrows, and acquainted with grief; and we hid as it were our faces from Him; He was despised, and we esteemed Him not." He was spat upon, scourged, and shamefully crucified. It was particularly and painfully hard for Him above all men to take this abuse, suffering, and death, for He did nothing to deserve it. He "endured the cross, despising the shame," because He was at full peace with Himself and His God; and as long as a man is in friendly relations with himself and has no troubling

conscience, he need fear nothing that comes to him from without. He who could say, "Which of you convinceth Me of sin?" was the possessor of spiritual and moral forces that could resist and dismiss outer foes. Was it not Lord Tennyson who, in his *Idylls of the King*, affirmed that Sir Galahad had the strength of ten because he was pure in heart?

Useless it is to regret and bemoan our sad lot in this woeful world, profitless to sympathize with ourselves as the helpless victims of the sinful forces so rampant and strong on our planet. The woe and the sinful forces we cannot escape. Our only safety—and the more so because the need now is so much the greater because of the increasing means of wickedness—is to undergird our own souls, to reinforce our own virtues, to strengthen our own characters through communion and fellowship with the divine, so that we are not conscious of doing anything to harm these inner powers of the spirit that make us real men and women. With such inner fortification we can insulate ourselves against the outer trials and perplexities that destroy weaker characters, we can afford to be insensitive to the insults and wrong done us by those who in so acting damage their own souls. Let it be everlastingly chiseled on the tablets of our mind and heart: nothing can hurt us but ourselves.

## Getting to the Heart of the Problem

(Continued from page 19)

right when they are at their prime, and that it many times comes suddenly to the man that has spent years of preparation and training for some business or profession and is at the peak of his production and of the greatest value to his community and country.

The discussion so far has been largely with reference to hearts in general, but hearts in general are, of course, made up of hearts in particular. How about the individual heart—your own heart? The heart is a hard-working organ, continuing day and night, in sickness as well as in health, that life may be maintained. The well-being of all the structures of the body is dependent upon its doing satisfactory work.

The adult heart beats sixty to seventy times a minute, varying greatly with existing conditions, less when one is resting and greatly increased with exercise. The output of the heart is about five quarts of blood per minute, or over seven thousand quarts per day, which is easily increased three to ten times with muscular work or exercise. The only rest the heart receives is a brief period between each beat, and is approximately a half second out of each second.

The organs of the body when in health have a large reserve that can be called upon

in time of need; for example, there are two kidneys whereas half of one kidney is sufficient to carry on the work of the kidneys under ordinary circumstances. The healthy heart has a notable reserve power. It is estimated that when one is relaxed only about 10 per cent of its working ability is used. This reserve can be called into play to supply increased blood needs in case of emergencies, in sickness, or in increased activity. The rate will increase, the blood pressure will rise, and the heart chambers will dilate, giving a greatly increased output of blood with each contraction.

The heart is indeed a wonderful creation and capable of doing very efficient work. If it has a good inheritance and is not overworked by hard labor, too strenuous exercise, overeating, or injury by infectious disease and the use of drugs including tobacco, liquor, tea, and coffee, it will give a good account of itself for many years. You be good to your heart, and it will, as a rule, be very good to you.

Here is a little advice concerning the way of life to those who wish to be good to their hearts.

1. Have an examination by your doctor at least once a year. No one can give himself a better birthday gift than a physical examination by a physician, then listen to the doctor's advice and follow it.

2. Secure adequate rest and relaxation. Life is altogether too hurried and complex these days. Few take the necessary eight hours of rest at night. If you are over forty-five years of age, a period of relaxation of one half to one hour in length in the middle of the day would be of great value.

3. Take appropriate exercise. The violent forms of exercise indulged in during the late teens or early twenties should not be continued into the late thirties and forties. Walking, and at the same time deep breathing, is the best exercise. But a six-mile hike all at once can overdo a good thing. Activities are to be kept well under the heart's tolerance or reserve.

4. Avoid as far as possible the hustle and bustle and hurried life in our cities. Statistics show that the one who lives amid country surroundings has a 50 per cent better chance of reaching old age than he who dwells in a large city.

5. Take plenty of time when you eat, have meals of well-balanced foods, and eat moderate amounts. Avoid not only overeating but also the rich, highly seasoned foods. Do not use tea, coffee, tobacco, alcohol, or harmful drugs. Steer clear of excesses in whatever form.

6. Maintain a contented spirit and dispense with worry. Strive to live a tranquil life. All things being equal, whether in sickness or in health, he who puts his trust in divine power will live a longer and happier life.

One serious error all are prone to make is to lay certain symptoms to the heart for which the heart is not responsible. There



By Alice G. Marsh, M.S.

**Cup Feeding of Infants.**—Newborn babies that have been cup fed rather than bottle fed have come out well nourished and unfrazustrated according to the results of a ten-year study at the University of Kansas School of Medicine. Some of the advantages noted are that cup feeding prevents the hunger strikes of the weaning period, the introduction of solid food at three or four months is easier, and the weight gain is as good as with breast- and bottle-fed infants. Cup-feeding technique is particularly well suited for premature infants, those with lip and palate malformations, and those suffering from upper respiratory diseases. A special advantage that is pointed out is that the baby has physical contact with the mother during feeding time similar to that of the breast-fed child, because the cup cannot be propped up on a pillow in the crib beside the baby. On the other hand, the feeding does not require a great deal of the mother's time, for the feeding time is only five to ten minutes. It was found that the baby is able to regulate the flow of milk in such a way that choking is automatically prevented.

**Vitamin B<sub>12</sub> for Pernicious Anemia.**—Research interest is now focused upon the "new" vitamin B<sub>12</sub>. It appears that this factor offers great hope as an antianemic factor which is effective in the treatment of pernicious anemia. Study will soon show whether it is effective as treatment in addition to folic acid, or whether B<sub>12</sub> has been the unknown active factor.

is a pain in the chest, shortness of breath, or dizziness, and the first thing one thinks of is the heart; or the symptoms are mentioned to the family, and they say right off, "You better watch your step, your heart's giving out." Or you remember that neighbor Jones had similar troubles, and his doctor said it was his heart. More likely than not, the heart is not to blame at all, and the symptoms result from some rather unimportant condition which can easily be rectified by a visit to your doctor.

On the other hand, perhaps your heart pounds or appears to be running irregularly or too fast or too slow, or even at times feels as though it turned a flop or stops suddenly and then starts with a jerk. That may mean heart disease, but it is very unlikely. The vast majority of the cases showing the above irregularities are due to indiscretions in everyday living. The use of tea, coffee, tobacco, and liquor; unhealthful ways of eating, such as eating too much, eating the wrong kinds of food,

**Treatment for Gastric Ulcers.**—Certain fresh foods have been found to contain an antipeptic ulcer factor tentatively called vitamin U. The juice of cabbage, celery stalks, and celery leaves are especially good sources of the factor, but its potency is quickly lost by heating. Dr. Cheney, of the Stanford University School of Medicine, fed these juices as the sole source of fresh foods to gastric and duodenal ulcer patients, and obtained definite healing of the ulcers in an average of 9 days for gastric ulcers and 10.4 days for duodenal ulcers. In the usual treatment for ulcers the same amount of healing required 42 days. The treatment should not involve "all out" vegetable-juice drinking, but rather it should be followed only under the direction and observation of a physician, with other medical and dietetic care.

**Increase of Life Span.**—Nutrition scientists appear to be on sound ground in suggesting that improved food habits alone would add at least another ten years to the life span within a generation. This hope lies mainly in the deferment and partial elimination of degenerative diseases by dietetic measures.

**Value of Cookbooks.**—Keep your favorite cookbooks handy and show them a bit of respect, for you may find no other method of getting recipes as satisfactory. A poll of homemakers taken by the Homemakers Guild of America has shown that for 77.9 per cent of those questioned, cookbooks are the main source of recipes and cooking information. Other sources, in their order of popularity, as reported by this poll, are magazine columns, family recipes, friends' recipes, newspaper woman's pages, package labels, manufacturers' pamphlets, and radio programs.

eating between-meal lunches and bedtime snacks; intemperance in work and exercise; lack of suitable rest and relaxation; nervous tension; and worry—these are the factors that need investigation. If corrected, chances are one hundred to one that your troubles will vanish.

When a person in the not-too-far-distant past was told by his physician that he had heart disease, he took it almost as a signature on his death certificate. Because of the dread—much of it unwarranted—associated with this disease, thousands who surmise that they have heart disease are today living the life of invalids. There is no reason for such a gloomy outlook at the present time, because with the increased knowledge of this disease that is now attained, and the newer methods of treatment, anyone with heart disease can be reasonably assured that if he follows a prescribed way of life, he will be able to carry on a gainful occupation and live out the average length of life.



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



#### Horizontal

1. Lack of tenseness
10. To raise upright
11. You will ——— the day you neglect your health
13. You and me
15. A gazelle
16. Prefix before *b* in word meaning blood clot
17. Prefix meaning two
18. Beverage containing caffeine
20. Blood classification for transfusion
21. Where bad teeth should be
22. What the doctor counts when he feels your pulse
24. A piece of money in India
25. Citrus fruits have this characteristic taste
28. A combining form denoting kidney
31. Abbreviation for International Council of Nations
32. Period of quiet essential to health
35. Where health-giving ultraviolet rays originate
36. Abbreviation for occupational therapy
37. A preposition
38. Fish from which a vitamin-D-rich oil is obtained
40. A verb
41. Number of glasses of milk adults need daily
43. Essential for good oral hygiene

#### Vertical

2. A suffix
3. A lower extremity
4. First letter twice; fifteenth letter once; twentieth letter once
5. Discovers early tuberculosis
6. Origin of quinine
7. A suffix
8. Two vowels
9. Good ——— for good health
12. A necessary food constituent
14. Animals living here contain much iodine
17. A kind of bread
19. A preposition
21. Where clothes should be to prevent colds
23. Overweight people do too much of this
24. Contains life-giving oxygen
26. A law
27. Abbreviation for registered nurse
29. First two letters of name of tube from mouth to stomach
30. A knob or knot
32. Attaches a tooth to its socket
33. A protective crust over a sore
34. A trip
37. Number of fruits which should be eaten daily
39. First three letters of word meaning a medicine
41. A preposition

Solution on page 35



## A New Bread That Rivals Meat in Protein

(Continued from page 17)

the bread freezes well, and many buy a dozen loaves at a time to keep on hand in their home freezers.

Dozens of people have asked for the recipe which we are always glad to give, both in family and bakery proportions. In fact, the proportions of the main ingredients of the bread are printed on the label for each loaf, so that the homemaker will know the good values that she is buying. It is not enough to print that a bread contains milk and soy; the label should say how much of each ingredient. Then gradually we homemakers may learn to cast aside our prejudices for punchiness, whiteness, tastelessness, in favor of food values. Best fortune of all, the bread has now proved itself with the scientists' white rats in the laboratory. When Golden Triple Rich bread with butter was their entire diet, white rats developed normally and grew very well indeed. In contrast, their litter mates on the ordinary bakers' white, wrapped bread or on an Italian water bread (both with butter) did very poorly. The rats in these two groups were scarcely half as big as those on the Golden Triple Rich.

The photograph shows one of the Golden Triple Rich rats on a scales next to a brother who had only ordinary bread to eat. The difference in weight can be seen very clearly. When the Triple Rich rat was given extra protein, it did not grow any more, indicating that it had been getting plenty of protein from the bread. The growth of the rats fed on the other breads did increase with extra protein, indicating again that the ordinary bread was not adequate for growth by itself.

"My boys cut the slices too thick!" is the chief criticism we have heard of our milk-soy bread. "It doesn't last long enough."

Our answer is that fewer though bigger slices take less butter. And since this bread will give children plenty of protein to grow on as well as calcium to make strong bones and teeth, let them fill up on bread. Here is the recipe:

### GOLDEN TRIPLE RICH BREAD\*

(Containing 8 per cent nonfat dry milk solids and 6 per cent soy flour)

#### Family Recipe

- $\frac{1}{2}$  cake yeast ( $\frac{1}{2}$  ounce)
- 1 cup warm water
- $2\frac{1}{2}$  cups bread flour, unbleached
- $1\frac{1}{2}$  teaspoons salt
- 2 teaspoons sugar
- 3 tablespoons soy flour (full fat)
- $3\frac{1}{2}$  tablespoons nonfat dry milk solids
- 2 teaspoons shortening

Dissolve yeast in one cup of lukewarm water, about 85° F. Combine all dry ingredients in mixing bowl. Pour in the yeast solution and start mixing. Add shortening and mix until the dough is smooth. Place the dough in a well-greased bowl, cover and allow to rise in a warm place (80 to 85° F.) for 1½ hours. Punch dough down by plunging the fist into the center of the dough. Fold over edges of dough and turn upside down. Cover and allow to rise for 15 to 20 minutes.

Shape into a loaf and place in a greased 9-by-4-by-3-inch bread pan and cover. Allow to stand in a warm place until the loaf fills the pan, about 55 to 65 minutes. Bake for about 35 minutes at 400° F.

### Medium and Small Bakery Recipe (Straight-dough Method)

	Lbs.	Oz.
Water	17	5
Yeast		8
Flour, unbleached, Northwest type	25	
Salt		8
Yeast food		1
Sugar		8
Nonfat dry milk solids	2	
Soy flour, full fat	1	8
Shortening		8

Baking time: 35 minutes for 18-ounce loaf.  
Oven temperature: 430 to 450° F.

The introduction of the nonfat dry-milk solids and soy flour is a matter that must be given attention. The milk and soy flour should not be allowed to stand in contact with the water in the mixer. This may cause lumping and result in a spotted crust and cloudy crumb.

The method to be recommended is first to dissolve the yeast thoroughly in part of the water, then run the rest of the water into the mixer. Drop half the flour on top of the water and add all dry ingredients and start mixer. Then pour in the yeast solution, mix until a smooth batter is obtained. Then add the balance of the flour and the shortening. Mix until the mixing bowl is thoroughly clean and the dough is dry and pliable.

Temperature of dough out of mixer should be from 78 to 80° F. Allow the dough to ferment until it recedes slightly if the hand is inserted and quickly withdrawn. Do not punch, but turn dough by pulling the ends and sides well in. Allow it to stand for about 30 minutes, then it is ready to be scaled. Round it up, and let round pieces rest for 12 to 15 minutes. Then make up and proof. During pan proof much moisture should not be applied for this type of bread. If too much moisture is present, the crust will be somewhat tough and have a foxy red color.

\* Courtesy of J. A. Silva, Jr., Bakery Division, American Dry Milk Institute, Inc., 221 North La Salle Street, Chicago 1, Illinois.

## Why I Stopped Smoking

(Continued from page 29)

the answer is always no. As a straight matter of fact, if those individuals addicted to tobacco would only realize the blessings accruing to a nonuser of the weed, the sales of cigarettes and cigars would take a tremendous drop. There can be no doubt that suggestive advertising, and the desire especially of young boys and girls to emulate their elders have greatly increased the sales of tobacco. As a nation we are slowly being drugged by nicotine, and it seems that very little is being done to prevent it. If the land now being used to raise tobacco were diverted for agricultural and dairy purposes, what a blessing it would be. The people engaged exclusively in raising, curing, manufacturing, and selling tobacco constitute a vast army, an army so large that, if diverted to other and more useful purposes, it could well solve many of the problems this nation has fallen heir to.

If any reader decides to break with old man nicotine and become master of his own destiny, one thing should be crystal clear: *stop smoking at once*, eliminate all types and kinds of tobacco from your vi-

cinity, and rigidly adhere to your decision, come what may. Do not try to break away on a gradual basis; if you do, you will fail. The first few days are the hardest; after a month you are a free individual, and then you will have an interesting story of why you stopped smoking, that may be the means of increasing the army of non-smokers—the men and women who have found fun and frolic without tobacco.

I have refrained from mentioning the savings one automatically makes when he ceases to be a tobacco buyer; yet the average smoker, if he took time to compute the yearly cost of his tobacco, would be astounded to find out how many "work days per year" he gives freely to the purveyors of tobacco without a grumble. Would he agree to work the same number of days a year and donate them to the government to reduce our national debt? I very much doubt it.

## "The Fruit of the Wise Men"

(Continued from page 15)

- $\frac{1}{4}$  cup pineapple or other light-colored fruit juice

Beat the eggs until they are well blended, and add the fruit juices and sugar. Cook in a double boiler, stirring constantly until it thickens. Cool it, and add an equal quantity of whipped cream when the mixture is ready to serve.

### Banana Rye Bread

- 2 cakes yeast
- $\frac{1}{4}$  cup warm water
- 1 tablespoon salt
- 2 tablespoons sugar
- 3 tablespoons melted shortening
- $2\frac{1}{2}$  cups ripe mashed bananas, about 5 or 6
- 1 cup white flour
- 4 cups rye flour, about

Dissolve yeast in water. Mix salt, sugar, shortening, and bananas. Add half the flour and beat until smooth. Beat in dissolved yeast. Add remaining flour and mix well. Turn onto a floured board. Knead about 8 minutes. Place dough into lightly greased bowl. Cover and let rise till double in bulk, about 2 hours. Turn again onto floured board and knead lightly about 2 minutes. Shape into 2 loaves. Place in greased pans. Cover and let rise till double, about 1 hour. Bake in hot oven (425° F.) about 10 minutes, then reduce temperature to 350° F. and bake 35 or 40 minutes, or until done. Yield: 2 loaves.

### Banana Berry Salad

- 1 ripe banana
- Berries
- Salad greens

Peel and cut banana lengthwise into halves. Place halves together on a plate. Slide one half off the other to form a step. Top this step with thin slices of strawberries or other fruit. Garnish with lettuce or other greens. Makes one salad. Serve with a cream dressing or mayonnaise.

### Banana Snow

- $\frac{1}{2}$  cup sago or tapioca
- 1 quart water
- 2 tablespoons lemon juice
- 1 cup sugar
- 3 egg whites
- 3 bananas

Cook the sago in the water until it is transparent. Add the lemon juice and sugar, and pour this mixture over the beaten egg white, beating it constantly. Stir in the diced bananas. Cool and serve with plain or whipped cream.



# Clippings

From THE MEDICAL PRESS

## Medical Care Deteriorates Under British Health System

BRITISH doctors under the National Health Service are so overworked treating trivial complaints that they do not have time to give satisfactory treatment to seriously ill patients, according to the regular London correspondent of The Journal of the American Medical Association.

In an item appearing in the current issue of The Journal, the correspondent says that "demands on doctors' time by hypochondriacs and persons with trivial complaints, who throng their offices because treatment is free, render satisfactory work in cases of real illness difficult or impossible."

Patients demand prescriptions for self-diagnosed, nonexistent complaints because this is cheaper than paying for a "cough cure" at the pharmacist's, and also pop in for a "thorough overhaul" because they have missed a train and have an hour to waste, he reports, adding:

"This is how the grand socialistic ideal of the Minister of Health, 'taking the money factor out of medical treatment,' works. All of these troubles of the National Health Service are the result of forcing such a complex thing as medical practice into the rigid framework of socialism."—News Release from the American Medical Association.

## Value of Hormone Creams Highly Controversial

THE value of hormone creams as "skin rejuvenators" is highly controversial, points out Maxine Block, in *Hygeia*, health magazine of the American Medical Association.

Mrs. Block emphasizes that although the relation of cancer to sex hormones is still a laboratory problem, tests on animals showed that there is some danger that the hormones may cause malignancy.

"The Food and Drug Administration and the Federal Trade Commission have been watching sex hormone creams carefully. It is felt that if the estrogenic substances are potent enough to have a physiologic effect they are drugs and should be sold as such, and if they do not contain sufficient estrogens to have any effect, then the Federal Trade Commission can crack down on them because of misrepresentation," she says.

Before a physician prescribes sex hormones for a woman, he makes certain there

is no predisposition to cancer, she emphasizes.

The only real praise for skin rejuvenating properties of hormone creams is that of the promoters, according to Mrs. Block.

Dr. Edward C. Pliske, of the University of North Carolina School of Medicine, Chapel Hill, warns that "too high an estrogenic content might well prove detrimental to the human reproductive system," and believes that women should wait until more information is available regarding the effects of the powerful substances.

After conducting experiments on guinea pigs with sex hormone creams to study

"The best way to kill time is to work it to death."

treatment of women's diseases, Dr. Pliske thinks that the creams may cause wrinkles to disappear, she explains.

However, he found that some of the guinea pigs treated with hormone creams lost their hair, others showed changes in thickness of skin, and most of them showed that their reproductive organs were affected.

The American Medical Association holds that "in susceptible animals the administration of estrogens has apparently produced cancer, but further observations are necessary to determine all possible effects of long-continued use in the average human being."

The A.M.A. also believes that reproductive organ changes may be caused by the use of estrogens and that cosmetics cannot be expected to cause "marked physical changes when damage has been done to the skin by dissipation, age, excessive exposure, disease, lack of care, and malnutrition."—*Journal of the American Medical Association*.

## U.S.P. Moves to New York

NEW YORK CITY is expected to become the health capital of the world. The chief reason is the centering there of the United Nations health activities. Accordingly, the Board of Trustees of the U.S.P. Convention have purchased a five-story building on Park Avenue, which is to be remodeled into a U.S.P. headquarters building. It will house the offices of the secretary to the Board of Trustees and staff and the chairman of the Revision Committee. Conference rooms for committee meetings will be available.—*Modern Pharmacy*, March, 1949.



## A Delicious Spread

Sovex is a savory vegetable product in paste form which readily adapts itself to many flavoring uses. The principle ingredient is pure dry yeast, a rich source of the essential B<sub>1</sub> and B<sub>2</sub> vitamins.

14-oz. jar Sovex \$1.00 postpaid  
West of Mississippi, \$1.15

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**SOVEX FOOD PRODUCTS**

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## VIVI-TA HEALTHFUL FOODS

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Alfalfa Tea, good source of Minerals, Chlorophyll, Vit. A, K	.39
Special Blend Tea, alkalinizing, very pleasant	.45
Bevasoy, coffee sub., roasted soybeans, fruit	.30
Peppermint Tea	.75
Sassafras Tea, try this with cream after meals!	.15
Soy Milk Powder (use liquefier for milk shakes)	lb. .35
Soy Malted Milk Powder Soyolac	lb. .84
Brewers' Yeast Powder, high potency, lb.	1.25
Brewers' Yeast Tablets, good source of Vitamin B	1.25
Meatase, brewers' yeast for broth and gravy	.75
Kelp Tablets, mineral- and iodine-rich seaweed	.65
Chlorophyll tablets, rich in minerals, 100's	1.00
Rice Polishing Tablets, rich in calcium, etc.	.50
Okra Tablets, soothing vegetable mucin, 100's	1.00
Black-Strap Molasses Powder, rich in iron, 8 oz.	.35
Lecithin Paste, good source of phosphorus, 6 oz.	.75
Lecithin Capsules, 50 for \$1.00, 100 for	1.90
Soy oil, light or dark, rich in lecithin, pt.	.75
Vegetable Salt in shaker (8 oz. refill 35c)	.40
Nut Embryos, rich in protein, amino acids, 1 lb.	.35
Soy Cracks, like grape-nuts, starch-free protein food for cereal, loaves, roasts, dressings	.25
Snitzler, Quick Veg. Shredder (3 for \$13.95)	6.95
Soy-Grass Cookies, Wheatless, Sugarless, pkg.	.35
Peanut-Oil Skin Cream, for beauty's sake, pure	1.50
Flex-Seal Pressure Cooker, best, stainless steel	22.20
Whiz-Mix Elec. Liquefier, drink your vegetables, make milk shakes, health drinks, 2 for	39.90
Gluten Cutlets, or Cutlet-Burger, 20 oz.	.54
Claire's 100% Vegetarian Jel, contains no animal fat, for instantly molded salads and desserts, sweetened with raw sugar, 8 flavors and plain	.20

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

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

Boulder-Colorado Sanitarium, Boulder, Colorado  
 Florida Sanitarium, Orlando, Florida  
 Forsyth Memorial Sanitarium, 805 N. Gadsden St., Tallahassee, Florida  
 Fuller Memorial Sanitarium, South Attleboro, Mass.  
 Georgia Sanitarium, Route 4, Box 240, Atlanta, Ga.  
 Glendale Sanitarium, Glendale, California  
 Hinsdale Sanitarium, Hinsdale, Illinois  
 Loma Linda Sanitarium, Loma Linda, California  
 Mountain Sanitarium, Fletcher, North Carolina  
 Mt. Vernon Hospital-Sanitarium, Mt. Vernon, Ohio  
 Paradise Valley Sanitarium, National City, California  
 Pisgah Sanitarium, Box 1331, Asheville, North Carolina  
 Porter Sanitarium, 2525 S. Downing Street, Denver, Colorado  
 Portland Sanitarium, 932 S.E. 60th Avenue, Portland, Oregon  
 Resthaven Sanitarium, Sidney, British Columbia, Canada  
 Walker Memorial Sanitarium, Avon Park, Florida  
 Walla Walla Sanitarium, Walla Walla, Washington  
 White Memorial Hospital, 312 N. Boyle Avenue, Los Angeles, California  
 Wytheville Hospital, Wytheville, Virginia



## Takoma HOSPITAL and SANITARIUM

**"There's Health in the Hills  
of East Tennessee"**

when you need a quiet place to regain nervous energy, here where Nature conspires in beautiful surroundings to help bring it about.

This modern Hospital offers the finest in medical and surgical care plus the new Sanitarium section with its unique features.

Special emphasis is placed on physical therapy, such as hydrotherapy and electrotherapy, and also on proper diet.

Mental and tubercular cases not accepted. Write for free Booklet "A."

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*Beautifully Located in a Suburb  
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**THIS** modern general hospital maintains therapeutic standards aimed at bringing new strength and vigor to body, mind, and spirit of each medical, surgical, and obstetrical case admitted.

**EUGENE LEland MEMORIAL HOSPITAL  
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## ST. HELENA SANITARIUM

Among the beautiful mountains clad in evergreens the year round, that's the place awaiting you at the St. Helena Sanitarium. A fully qualified medical surgical institution, which places emphasis on nutrition, and physical medicine in helping you get well.

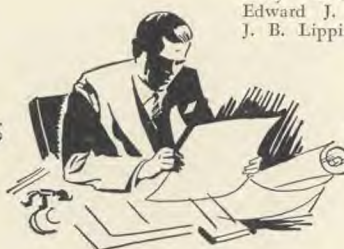
SANITARIUM, NAPA COUNTY, CALIFORNIA

# Ten Commandments

FOR PEOPLE PAST FORTY

- 1 Your health is a privilege. Don't abuse it.
- 2 Eat wisely; work wisely; play wisely. Judgment does not wear out with use.
- 3 Remain useful. Grow as you age; don't rust.
- 4 Prepare for inevitable changes in advance.
- 5 Seek inventory of your health periodically. Be at least as considerate of yourself as you are of your automobile. A stitch in time saves more than nine.
- 6 Recovery takes time. Repair following disease demands as much time as healing a broken bone. There is no substitute for time. Impatience is childish.
- 7 Stop looking for miracles; they do not happen. Be as reasonable in your hopes as in your actions.
- 8 Insist on thoroughness in medical examinations, remembering that it is often more important to prove what isn't than to prove what is.
- 9 Follow medical instructions conscientiously. The best advice is useless unless applied.
- 10 Be honest with yourself. Admit your limitations and adapt yourself to them.

Slightly adapted from *The Second Forty Years*, copyright 1946, by Dr. Edward J. Stieglitz, published by J. B. Lippincott Company.





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**HEALTH FOODS**



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## SOLUTION TO "ARE YOU HEALTH WISE?"



## Massage to the Back

(Continued from page 5)

stroking as in number three and number four.

8. One-hand kneading may be given to muscles of the buttocks one side at a time (right side with right hand and left side with left hand) three times. Follow with stroking, as in number three.



Figure 2.

9. One-hand kneading may be given to muscles from small of the back to the armpit, one side at a time (three times), and followed with stroking as in number four.

10. Friction movement is given to the ligaments and small muscles close to the vertebrae (bones of the spinal column). Friction is given in a circular motion with the pads of the fingers, as in accompanying illustration 3, working from the lower spine to the neck. Do the right side, making circles up and to the right, and to the left side making circles up and to the left.

11. Follow friction movement with stroking as in number two.

12. Now do a wringing motion to the whole back. This is done with a push-and-pull motion, placing the right hand on the right hip and the left hand on the left hip. Pull with the right hand and push with the



Figure 3.

left, crossing the whole back. Then proceed pushing with the right hand and pulling with the left again across the back. Do this up the whole back to the shoulders and back down to the hips.

13. Finish massage of the back by placing the hands on the shoulders and stroking down to the hips three times. Three strokes may be given down the spine.

14. Place the patient in a comfortable position for rest or sleep.

## INSTA'CHURT "Good Health"

Makes an Instant Lactic Milk "Works." Just add a spoonful to ANY kind of milk. Thicker than buttermilk, richer (iron containing) than yogurt—yet no fuss, no spoilage. 32-cup size \$1. Special: 1,000 Yeast Tablets \$2.25 postpaid. Write for the SPECIALS listed in Food Guide.

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## Add Zest to Your VEGETARIAN DISHES

... especially the protein dishes—which are sometimes prepared tasteless and FLAT. This also applies to salt-free foods. Such dishes can be tasty, appetizing and culinary marvels now that science has given us MONO SODIUM GLUTAMATE (M.S.G.) so highly praised in a recent Reader's Digest as the universal Taste and Flavor catalyzer. This remarkable amino acid combined with yeast and wheat derivatives is now available as ZESTONE-B.

ZESTONE-B gives food zestful flavor. It flavorizes and unlike hot, irritating seasonings, ZESTONE-B is GOOD NUTRITION—and is good for you—WHY? —Because it is from the best part of the wheat and yeast protein and is all food and no spice. A small amount of ZESTONE-B goes a long way—sprinkled like salt into dishes, or used in vegetable soups as 'stock,' gives the secret flavor of many a chef's culinary successes. . . . It's the 'stuff' that makes the difference between a flat or a zestful dish. Generous supply of ZESTONE-B only \$1 postpaid.

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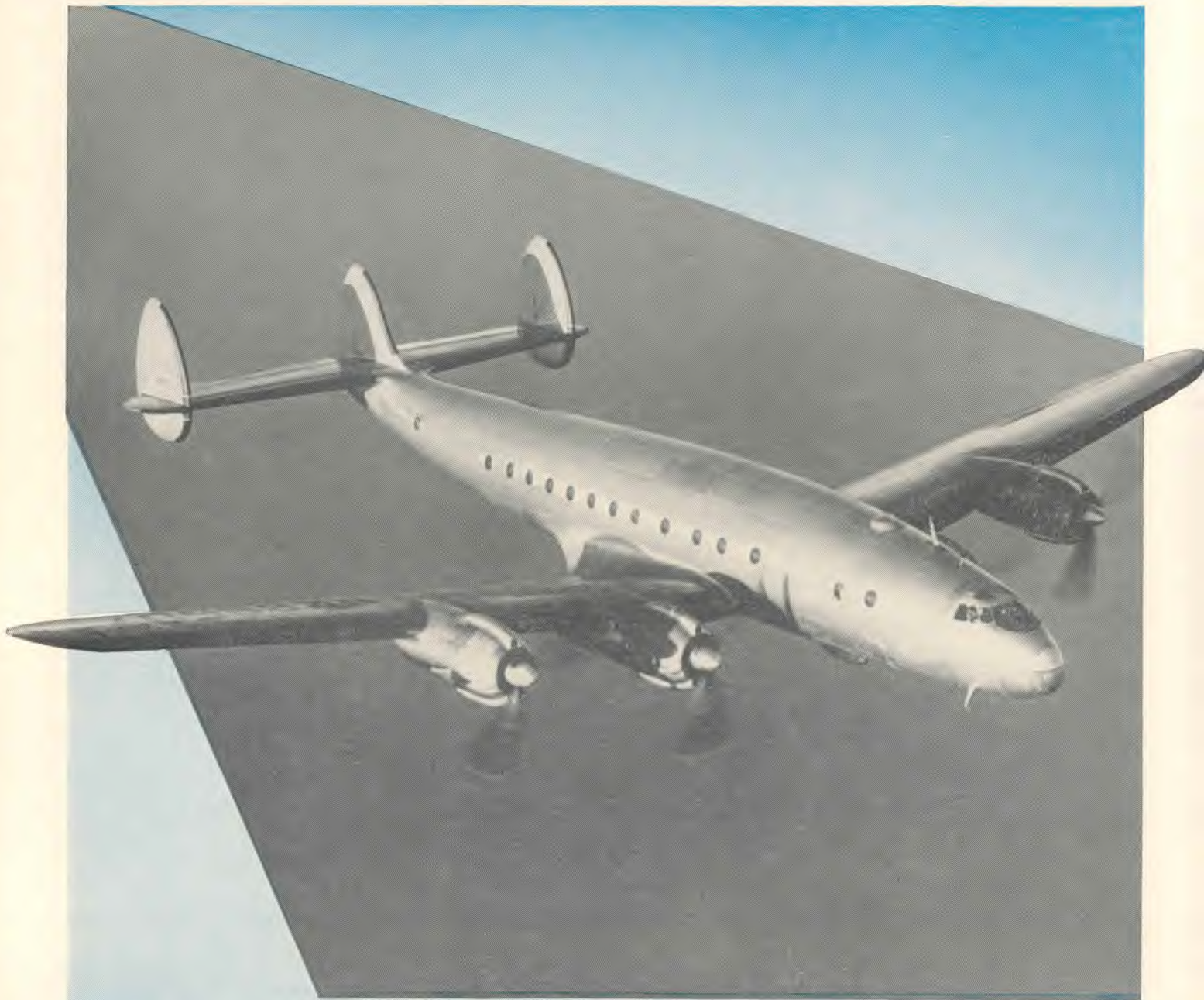
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