

Life and

HEALTH

THE NATIONAL HEALTH JOURNAL

THE OXYGEN COCKTAIL

Nervous Tension Relief

MALE MENOPAUSE

OCTOBER 1952



Something **NEW!**

SKINLESS VEGETARIAN FRANKFURTERS

**With a Natural
HICKORY SMOKE FLAVOR**

**TASTE TESTED
AND APPROVED**

FOR PICNICS

Veja-Links are convenient to handle and simple to use—ideal for camping or picnics. Fry them, toast them, or eat them just as they come from the container. Any way you use them they add zest to your meals. The next time you plan a trip to the mountains, a lake, or that favorite spot along some river, be sure to take along a can or two of Worthington Veja-Links.



FOR DINNERS

Veja-Links may be served with baked beans, sauerkraut, macaroni, or in combination with other foods. The whole family will enjoy the tangy smoke flavor which Veja-Links add to the menu. If you are looking for something new and different to whet summer appetites, try Veja-Links. They are delicious, nutritious, and economical. Keep an extra can on the shelf for unexpected company or a quick meal any time.



FOR LUNCHES

The quick and easy way in which Veja-Links can be prepared makes them perfectly suited for lunches or party snacks. They may be served just as they come from the container. Or you can mash them and mix with mayonnaise, chopped pickles and olives, onions, etc., for sandwiches and canapes. Or, if you want something hot, just fry Veja-Links and serve them in buns with the usual trimmings.



FOR GOOD EATING ANY TIME

Whether served alone or with other foods, Veja-Links make a delicious main course for many occasions. Their tangy smoke flavor will add zest and interest to any meal any time. And you will always appreciate their economy and convenience as well as their flavor and nutrition. Twelve Veja-Links in each can. No messy casings to contend with—no refrigeration required for unopened cans. Save time, save money, serve Veja-Links!



**TO KNOW
EACH OTHER BETTER**

The road to understanding is the road to agreement. If our friends overseas could follow our way of thinking—if we could follow theirs—our disagreements just wouldn't happen. Is that harmony impossible to reach? Not at all!

You yourself could help—and a million you's could help tremendously, and make a telling impression on a million friends overseas (who would tell *their* friends)! How can you do it? Send your copy of LIFE AND HEALTH, after you have read it, every month to someone overseas. Or if you don't know the name and address of anyone in another country, send your LIFE AND HEALTH to a United States Information Center, and it will be placed in the hands you want to have it.

LIFE AND HEALTH can reach the heart of the world, for the whole world is sick.

Simply roll up your LIFE AND HEALTH in a square of brown paper, leaving the ends open, and mark it "PRINTED MATTER." It will cost you only 1½c for each 2 ounces.

ADDRESS YOUR *Life and Health* TO THE UNITED STATES INFORMATION CENTER IN THE COUNTRY YOU'D LIKE IT TO GO TO—

In care of the American Embassy in—

- Ankara, Turkey
- Athens, Greece
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In care of the American Legation in—

- Bern, Switzerland
- Budapest, Hungary

In care of the American Consulate General in—

- Batavia, Java (Indonesia)
- Sydney, Australia

Readers' Pulse

(Continued from page 3)

"THE SHIP WITH A HEART"

Accolade

DEAR EDITOR:

I am doubly grateful to you. First, for your kind letter concerning your recent visit to Pacific Command Headquarters and your cruise in U.S.S. *Repose*, and second, for your excellent by-lined piece in the July LIFE & HEALTH. Your article was a fine presentation—prepared for an interested professional readership.

I have passed one copy of the magazine along to our public information office for inclusion in the U.S.S. *Repose* historical file for future reference.

ADMIRAL ARTHUR W. RADFORD
Commander in Chief
Pacific Fleet

San Francisco, California

DEAR EDITOR:

Just a note to compliment you on the excellent article titled "The Ship With a Heart." I read it with great interest, as I was the first senior medical officer to take the U.S.S. *Tranquillity* out, which was the first of this class ship to be commissioned.

I enjoyed not only reading this article but several other articles in the magazine, and wish to tell you that you are publishing an excellent periodical in the field of life and health.

CAPTAIN B. W. (BART) HOGAN, M.C.
U.S.N., Commanding

U.S. Naval Medical Center
Bethesda, Maryland

DEAR EDITOR:

Thank you very much for sending us the article on the U.S.S. *Repose*. It is excellent reading material, and we certainly do consider it a fine tribute to the Navy.

ADMIRAL TOM B. HILL
Chief of Staff
United States Pacific Fleet

DEAR EDITOR:

The Navy certainly owes you a vote of thanks for your excellent story titled "The Ship With a Heart" in which you described your voyage aboard the hospital ship U.S.S. *Repose*.

You aptly portrayed the spirit of the Navy doctors, nurses, and corpsmen who spend so many hours "above and beyond the call of duty" in giving our wounded men every care possible—many times within an hour or two after they have been wounded. In reading your story of the *Repose* one gains the impression that the ship itself seems aware of the importance of her work.

As one engaged in telling the Navy's story in the Pacific, my only regret is that your article could not be syndicated and placed in the hands of every mother with a son in the armed forces.

LCDR T. E. QUILLMAN, JR.
Public Information Officer
United States Pacific Fleet

Bastinado

DEAR EDITOR:

I have read the feature article "The Ship With a Heart" in the July, 1952, issue of LIFE & HEALTH, in which no mention was made of the dental service aboard. Exception is taken in this omission since the dental service in the *Repose* lent most valuable assistance in casualty care. Further exception is taken in the broad classification of "doctors," as differentiated from "dentists." The implication here is that dentists are not considered doctors. Perhaps the term would be less offensive if "30 physicians and 3 dentists" were used. I believe you will agree that even the chaplain aboard might be a Doctor of Divinity and take exception to being lumped off as a spiritual adviser. At least he could be sure that he was not classed as one of the "30 doctors" and ignored as a chaplain.

CAPTAIN C. W. SCHANTZ, D.C., U.S.N.
Pacific Fleet Dental Officer
San Francisco, California

★ We bow our head in humble shame, for the dental corps certainly contributed much to the comfort of men aboard the "Repose." We should have long since learned that the accepted handling of the terms "doctors of medicine" and "doctors of dentistry" is "physicians" and "dentists." Please accept our apologies, Reader Schantz.—ED.

CIVILIZED READERS

DEAR EDITOR:

I appreciate LIFE & HEALTH every month. It is a wonderful magazine containing useful articles that every civilized man and woman should read.

K. KANAGARATNAM
Department of Agriculture
Malaya

SOFT SOAP

DEAR EDITOR:

I don't mean it as soft soaping the editor, but all of us . . . really appreciate your rejuvenation of LIFE & HEALTH. It is absolutely tops now. I am sure you will keep it that way.

SYDNEY ALLEN
Provo, Utah

"THE SKIN GROWS OLD"

DEAR EDITOR:

I enjoy all the issues of LIFE & HEALTH. The May issue was especially good. The article in earlier issues on "The Skin Grows Old" saved me a trip to the doctor's office.

ZELLA B. SACKETT
Greybull, Wyoming

LOVES TO READ

DEAR EDITOR:

I love to read your lovely magazine called LIFE & HEALTH. Your articles are very interesting. . . . I am 14 years old.

DOROTHY NEARON
Bermuda

PROFILES of Our Contributors



Elisabeth Ferguson von Hesse ("The Oxygen Cocktail," page 8) is one of the world's foremost teachers of speech.

Born in Linville, Iowa, Mrs. von Hesse attended Cornell College, Mount Vernon, Iowa; the American Conservatory and the College of Music in Chicago and Northwestern universities.

Internationally known as a teacher of effective speech and human relations, Mrs. von Hesse has numbered among her famous students Mrs. Eleanor Roosevelt, Dale Carnegie, and Lowell Thomas.

At present she and her daughter, Maxeda von Hesse, associate director and teacher of speech, maintain The von Hesse Studios in New York City.

A writer as well as a speaker, Mrs. von Hesse is author of *So to Speak*, now in its 15th edition, which is used as a textbook by university and college speech departments and in salesman training courses.

When asked, "Why are you a speech teacher?" Mrs. von Hesse explains, "Many years ago I discovered that most people have much more ability than they are using. . . . A poor speaking voice is often their greatest handicap.

"As you free your voice, your voice frees you. With speech training comes confidence, less fear. Gradually you are ready to assume more responsibility, bigger tasks, because your voice no longer handicaps your ability. To help free people into their power as a teacher of speech is a worth-while task," adds Mrs. von Hesse.

She is a good cook and an avid reader (she takes 14 magazines and two daily papers). Mrs. von Hesse inherited a green thumb from her farmer grandmother, and devours spring seed catalogs as soon as they arrive. The Buick is her favorite car. She prefers plain clothes and says, "No extremes of fashions for me." She wears little jewelry, if any, and never wears a hat regardless of the fashion, for, she says, "I can't think clearly with a hat on, and it definitely handicaps me when I pray. I wear nothing new when I speak in public. My clothes must have become a forgettable part of me before I appear on the platform."

The world has become voice-conscious, according to Mrs. von Hesse. She insists that we are living in a listening world,

and much of what we hear is inadequately expressed. We need new, trained leadership, so "remember—the best speech is yet to be given—the best voice is yet to be heard. Perhaps the world is waiting for you," concluded Mrs. von Hesse.

"The Oxygen Cocktail" was written at the request of the *LIFE & HEALTH* editor, who as a member of her class was impressed with her unique approach to better breathing. To pass along this good breathing habit we present the article on page 8.



Harold Shryock, M.D. ("Need Health Be the Price?" page 16), is well known to *LIFE & HEALTH* readers for his lucid articles on mental hygiene. A former professor of neuroanatomy, Dr. Shryock is now dean of the College of Medical Evangelists School of Medicine, at Loma Linda, California.

A traveling man, he makes annual trips to various undergraduate colleges to interview premedical students. His biggest problem: shuffling the many applicants each year, deciding which student will be a doctor and which will be destined for another profession.



Thomas W. Huntington is a Washington, D.C., bibliophile who is convinced that man, subject to nervous tension, needs a dynamic plan for effective living in these hectic times. His "Relief From Nervous Tension," page 10, points up a three-part program long advocated by the editors of *LIFE & HEALTH*.

A graduate of the University of California, Mr. Huntington took three years of medical studies before engaging in business and later moving to Italy, where he and his wife lived in a villa on the Isle of Capri. Professionally, Mr. Hunting-

ton is a bibliographer, now in Federal service in Washington. But his work is really an adventure and a hobby, for he enjoys it so much.

A resident of Arlington, Virginia, Mr. Huntington is a member of the Cosmos Club in Washington, the Harvard Faculty Club, the American Bibliographical Society, and the American Society of International Law.



Elizabeth Daws Sturns ("Little Busybody," page 22) is a Denver housewife and poet.

Born in Memphis, Tennessee, and at the age of 2 moved to Denver, Mrs. Sturns has been a secretary, housewife, and of recent years a writer. Her first poem appeared in the *Denver Post* when she was 10 years of age.

When her first baby was born and came near death from a severe RH factor condition, he became especially precious to the family after his miraculous saving through an exchange transfusion.

So dear did her child become after this near-tragedy that she has since frequently written short poetry about him. And here is not only a picture of Mrs. Sturns but of the object of her poetry also.

Raymond, now 5, has several poems written about him that appeared in *Better Homes and Gardens* and the *Denver Post*.



Raymond Sturns, subject of "Little Busybody."

G.O.P.'s *Vigorous* VEEP

▲ J. De WITT FOX, M.D.



A modern statesman who sidesteps the effects of life's strain leads the way for Americans in healthful living.

TIME was when the Vice-Presidency of the United States was considered a political graveyard. Actually it promotes good health and long life, to wit, two-term Veep John Nance Garner, now 77, and spry 74-year-old Alben W. Barkley.

But come November 4, and if Senator Richard M. Nixon becomes Vice-President, his youthful vigor and virility will make the "graveyard" expression obsolete. Never in the nation's history has the Vice-Presidency had a more youthful and healthy candidate than buoyant, smiling 39-year-old Senator Nixon.

From the moment he opens his eyes of a morning until he "drops dead" on his pillow at night, Nixon has a life of intense activity, whirl, and whisk. But through all his hard-hitting, hall-pacing, and haranguing days in the Senate he remains cool, calm, and col-

lected. The well-staffed Nixon office, overlooking Washington's Union Station from wide, spacious windows, is the setting daily for what one legislative assistant, Jack Irwin, called a state of "eternal emergency." One important piece of investigation or legislation after another is pressed into an already crammed calendar. But all the while Nixon keeps cool under the collar.

The morning of our visit to his office he was deluged with mail, wires, telephone calls, well-wishers in the halls, and a half-dozen television cameras set up in his office. He waded through the welter of work with ease, finally sat down to give his TV messages as calmly and coolly as the proverbial cucumber. But all the while, his staff, headed by William A. Arnold, was whirling like a Midwestern cyclone trying to get his agenda in order before his take-off a few days later for a much-needed vacation on a southern California beach.

It's a constant whirl, said one secretary, for us to get him where he should be—on a plane for California, to a committee meeting here, or to a speech there.

The Senator values his health, though at times you'd never think it, to see him sailing from appointment to appointment without a letup. However, his uncanny and rare ability to relax almost instantly between periods of stress and strain accounts for his alert and decisive good judgment. Not infrequently he will be found stretched out on a big black leather couch in his private office while visitors wait outside. Here he "drops dead" for a few moments, to awaken refreshed and ready for another round of constituents. This bit of relaxation is like adding an hour to his day.

If the Senator cannot be located at all, his staff usually know what that means. He's in the basement of the Senate office building having a swim.



International News Photo

MRS. RICHARD M. NIXON holds forth in the kitchen with two little hopefuls—Patricia, 6, left, and Julie, 4—as Patty stirs up a savory soup especially for daddy.



RICHARD M. NIXON, Republican nominee for U.S. Vice-President



A good swimmer, he ducks out of the office for a bit of muscle stretching to break the chains of tension that a busy schedule is bound to bring. He has long since learned the important law of good health—that to relax a muscle, you must stretch it.

To stretch his legs in the open and get more fresh air, the Senator recently took up golf. The relaxation of walking on the soft putting greens, looking down the fairway, and enjoying the green beauty of the restful course is a perfect change from the mountain of mail, papers to read, bills to work on. So when not on Capitol Hill or in the office, he may be putting a little white pill into a cup at the Kenwood or the Columbia Country Club. To improve his game, he pounds out a bucket of balls at a nearby driving range in the evening.

A sports enthusiast, Senator Nixon can completely lose himself at a football game, for he played second string on his home town (Whittier, California) college team. But that's the only thing he was ever second string in, according to his coach, and in it only because he was too light to play first. While a Congressman, he would take time out of a busy day to relax in the House of Representatives gymnasium. After a good workout and shower he'd go back to his office for more work.

If he arrives home a bit late in the evening, and is wound up pretty tight from a rough day of debate, he will untangle the tight and tense muscles of his legs and back by a brisk sprint around the block several times. Even if the *(Turn to page 25)*

Richard ("Dick") M. Nixon is the Republican nominee for Vice-President of the United States. Born in Yorba Linda, California, he grew up in Whittier, just 15 miles from Los Angeles. He worked in his father's gas station and delivered groceries. As a boy of 9, while reading the newspaper one day about the Teapot Dome scandals he told his mother, "When I get big I'm going to be a lawyer they can't bribe." He received an A.B. from Whittier College, then took his law course at Duke University. Before starting his law practice he had several interviews in New York City, but being interested in politics he remembered his old law professor's advice: "Son, if you want to go into politics, settle in your own home town," so he returned to Whittier to set up his law practice.

During World War II he served as a lieutenant, rising to the rank of lieutenant commander in the Navy. In 1946 a citizens' committee in California's 12th district ran a newspaper advertisement seeking a young man willing to run against the New Deal Congressman Jerry Voorhis. After a friend submitted Nixon's name, and he won over three other applicants, he beat Voorhis, was re-elected to Congress in 1948; and in 1950 he was elected to the Senate after a bitter campaign against New Dealer Helen Gahagan Douglas.

Nixon's selection for the G.O.P. Vice-President spot was like a bolt of lightning that struck the Nixon family and office and all but swept him off his youthful feet, but he is now busily campaigning for what may be the most important event in his life.

As his old high school coach said, "He'll be okay as Vice-President."

The Oxygen Cocktail



By ELISABETH FERGUSON von HESSE

Clear the cobwebs out of your brain every morning with an oxygen cocktail!

WHEN first out of bed in the morning, before you dress, stand before an open window. Take each nostril in thumb and forefinger and pull the nostrils wide. Keeping the thumbs out of the way, inhale a deep, wide breath through the nostrils.

Imagine the breath channel shaped as a question mark, beginning with the nostrils, continuing up over the head and down along the spine, until it reaches below the waistline. This is merely a mental conception to make the intake of breath more complete.

Inhale on one long audible sniff, through the nose, with mouth closed, then add two or three little sniffs

just for good measure. When the air has reached its terminal—the base of the spine to all intents and purposes—stretch open the lowest cells of the lungs at the end of the question mark. Hold them so for a split second before starting to exhale. This will pry open these lazy lower cells, which probably have been inactive for years. To open these lower cells and thus use the entire breathing machinery is the purpose of *the oxygen cocktail*.

When your lungs are full to bursting, slowly start hissing the breath out through the mouth, listening to the sound and controlling it. Keep this up *endlessly* without taking another breath, long after you *know* there is not one particle of breath left in your body. Hiss out a little more—more—more yet, until it is impossible to make any more sound. *Feel empty—flat—*as though your belt buckle, if you were dressed, were pasted to your spine.

The most important part of this exercise is the last thirty seconds, when you are expelling the last bit of breath that you *know you don't have*. Listen to this last bit of air coming out. Remember, emptying is more important than filling, in this exercise. You are cleansing all the breath tubes of your lungs and refilling them with wonderful clean, clear, fresh air. No better way to start your day.

Repeat this exercise five times. Before beginning, read the instructions aloud, thereby fixing in your mind the exact manner in which it should be done. It must be done drastically to get the desired results.

Wrap your body in a warm, woolly robe or blanket before going to the open window when the outside air is cold or even chilly. You will never take cold from this exercise if your body is warm while doing it, even though it is zero outside.

This *oxygen cocktail* has been the first exercise on the daily program for students in The von Hess Training for more than thirty years. It has proved its value. We are no longer experimenting.

Not a week goes by but some student praises this exercise and tells what it has done and is doing for



A. Devancy

"THE OXYGEN COCKTAIL is priceless to me. I am no longer groggy in the morning. I start the day with top physical and mental pep."

All rights reserved.



Charles Carey

BUSINESS GIRLS who have morning headaches, mental dullness, and lack of pep will find the oxygen cocktail truly helpful. It perks up the body and brain.

him. Recently the vice-president of a large industry said, "Mrs. von Hesse, your *oxygen cocktail* is priceless. After that exercise, followed by the wide-breathing exercises at the open window in the morning, I feel like a fightin' cock. I can take on my toughest customer at nine o'clock and know my mind will work at top speed. I am no longer groggy in the morning."

Another man, a dentist, told me his wife said he really was a good companion at breakfast now, and it was the first time since their honeymoon eight years ago. "Well," said he, "I feel awake by breakfast time. I enjoy talking, for I don't have to wade through that morning fog. If I take the *oxygen cocktail* I'm not half-dead when I come to the table."

An insurance man remarked at his last lesson, "It used to take five cups of black coffee in the morning to get me ready to talk business, and then I didn't want any interviews until after eleven o'clock in the forenoon. But now I'm through my *oxygen cocktail* by seven-thirty, and I'm ready for anything."

A physician says the von Hesse methods of breathing have reduced his daily fatigue one third. Why shouldn't they? He has learned to use all his lung cells now instead of only two thirds of them, as formerly. This gives him practically one third more oxygen with every breath. This refreshes his blood stream, and one fifth of that oxygen supplies his brain,



reducing both physical and mental fatigue. It sounds like just plain common sense, doesn't it?

The *oxygen cocktail* the first thing in the morning cleanses the body of many of the poisons accumulated during sleep, instead of your having to get rid of them gradually during the day through the other organs of elimination.

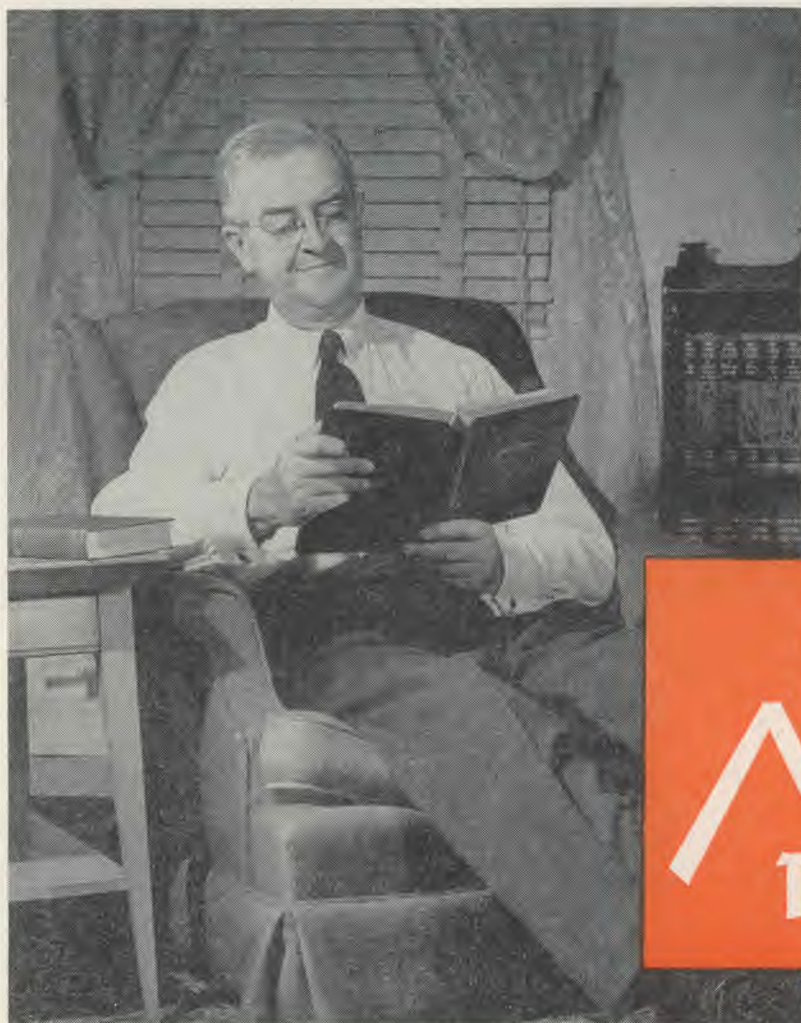
As yet scientists cannot tell us just what sleep is. We know we go into a semicoma, during which time the body is inactive and we are breathing shallowly. Because of this poisons accumulate. We often get up in the morning feeling worse than when we went to bed. Look at the animated, smiling faces in the diner on the train at dinnertime. Look at those same faces the next morning at breakfast. Pasty, unsmiling, dull-looking folks, aren't they? No sparkle, no seeming interest in life. If they could have had an *oxygen cocktail* before break-

fast, they would have looked even more attractive and alive than they did the evening before. But a Pullman is not the ideal setting for an *oxygen cocktail*.

Another reason why clear thinking and an alert mind are the immediate results of these breathing exercises is that 20 per cent of the oxygen in the air taken into the lungs supplies the brain. This is a late discovery, the result of an extensive medical research. This interesting fact has been proved only during the last two years. It explains why correct breathing reduces mental fatigue at once.

Using your entire breathing mechanism gives you your full quota of oxygen—the only life element in the world.

Just after the last world war an air pilot came to our studios. He had been flying constantly for fourteen months, working long hours with no vacation. He had been doing many unusual stunts in the air, which required a firm, strong hand on the controls. This had developed what I called his pilot muscle, a heavy ridge running from shoulder to shoulder above his shoulder blades. Although a young man in his twenties, his shoulders were stooped, and his chest looked as if he were wearing it wrong side out. His voice had the worst husk I had ever heard: thick, coarse, rough sounding. (Turn to page 21)



A. Devaney

MILLIONS long for relief from nervous tension. There is a way to live relaxed!



Relief From

NERVOUS TENSION

By THOMAS W. HUNTINGTON

Here's how one man learned to keep free from the tensions our high-pressure living forces on most of us.

PAUL ROLLINGS, keen businessman in the prime of life, on his first visit to the sanitarium found his inn of rest.* His quiet room became a sanctuary apart from the pressure and rush of modern life. But he found more than this.

In times past Rollings and his brother had known that mode of life which is marked by give and take, thwarted effort, doubt and uncertainty. In one form or another up to the time of his brother's death both men somehow had brought conscience down to the place where they could create alibis for their way of living. Abnormal fears brought on conditions of excessive nervous tension and consequent chronic fatigue.

Then after a good rest his return home marked the start of a new program—less fear, more courage to release himself from the tether of tradition. Gradually he perceived that his life was not what it ought to be,

that his "freedom" resembled some small part of a big machine broken loose from its connections and simply rattling around. By degrees he found something more vital, more dynamic, in his life, and became devoted to the larger loyalties that save life from becoming clogged and energies from becoming dissipated.

In the two years since his first visit to the sanitarium he overcame most of the strife brought on by the vicious cycle of the "Four Horsemen of the Twentieth Century"—anxiety, progressively more fearful expectancies, mounting tension, and fatigue. But during these years he never forgot that at the sanitarium he had found an unusual physician who could talk about the spiritual life as well as the physical well-being of his patients—one of those men whose influence brings

* See "Retreat for Rest," by Thomas W. Huntington, *Life and Health*, October, 1950.

a normal but tired man to realize that God can do for him what he cannot do for himself.

He learned how to take the hardest medicine of all, how to *rest*. And so great had been the benefit of his first visit that today he sought again this sanctuary. "Here his mind could tune itself to the Source of renewing strength, and dwell for a time on the mystery of life and its unfathomable wonders." Here he gained renewed will power and spiritual insight.

On the third day of Rollings' rest Dr. Morton came into his room on his daily round, drew up a chair, and seated himself by the bed. "We find you to be in excellent condition, my good friend."

"I am glad. I owe much gratitude to you people, for I learned some enduring lessons here two years ago. Since then I have followed a progressive program, and have returned, as I promised to do. In fact I found I was approaching the amber-light zone of overstrain, and needed to return here, where the laws of nature are understood and the rules of healthful living bring quietness and comfort."

"Rollings," said Dr. Morton, "it is not the Creator's purpose that man should be weighted down with a burden of pain, that his activities should be curtailed by ill health, that his strength should wane and his life be cut short by illness. It is good if you have made some of the deeper discoveries of life."

"Yes, a change within has changed things around me too."

"Our instruments tell us that physically you are in good condition," said Dr. Morton. "We don't need to worry about that. But a good many men have had all the world can bring them except peace of mind. You are very fortunate."

"Doctor, I have learned in the past year to tap reservoirs of helpful strength that I never before knew I could reach."

"Haven't you found, Rollings, that practical problems can be solved more easily as you learn to share your knowledge of the teachings of Christ?"

"Exactly, Dr. Morton. As I look back I realize that it was the first period of quiet and calm in this environment two years ago that enabled me to unlock some of the inner vaults of my mind."

"Rollings, do you know those words of Alexis Carrel that say our deepest source of power and perfection has been left miserably undeveloped? Prayer, the basic exercise of the spirit, must be actively practiced in our lives."

"But why is it, Doctor, that surrounded as we are by so many churches and church leaders our spiritual life so often does not develop?"

"Perhaps it is that we have not found the right connection. Man needs some kind of retreat, some means whereby he can perceive the essence of the teachings of Christ. The connection is established by music, by prayer, by meditation. Unfortunately, many a man in spite of religious environment from his youth up has never found himself spiritually, never learned to be receptive, never established himself on the receiving end of this connection." Dr. Morton paused, deep in thought.

"Then something happens (Turn to page 31)

DO YOU NEED HELP?



If you too are distraught mentally and troubled with physical symptoms, here is a list of institutions where Christian doctors combine spiritual and physical treatment. They treat the mind and the body, but above all, the soul. This in essence is modern psychosomatic medicine practiced at its best. You will no doubt find one of these institutions near your home:

CALIFORNIA

Azusa Valley Sanitarium, 16244 East Gladstone Ave., Azusa.
Glendale Sanitarium and Hospital, 1509 E. Wilson Avenue, Glendale 6.
Loma Linda Sanitarium and Hospital, Loma Linda.
Paradise Valley Sanitarium and Hospital, National City.
St. Helena Sanitarium and Hospital, Sanitarium, Napa County.
White Memorial Hospital, 312 North Boyle Avenue, Los Angeles 33.

COLORADO

Boulder-Colorado Sanitarium, Boulder.
Porter Sanitarium and Hospital, 2525 South Downing St., Denver.

DISTRICT OF COLUMBIA

Washington Sanitarium and Hospital, Takoma Park, Washington 12, D.C.

FLORIDA

Florida Sanitarium and Hospital, 601 E. Rollins Ave., Orlando.
Forsyth Memorial Sanitarium and Hospital, 805 N. Gadsden St., Tallahassee.
Walker Memorial Sanitarium and Hospital, Avon Park.

ILLINOIS

Hinsdale Sanitarium and Hospital, Hinsdale.

MASSACHUSETTS

New England Sanitarium and Hospital, Melrose.

NORTH CAROLINA

Mount Pisgah Sanitarium, Candler.

OREGON

Portland Sanitarium and Hospital, 932 SE. 60th Avenue, Portland 15.

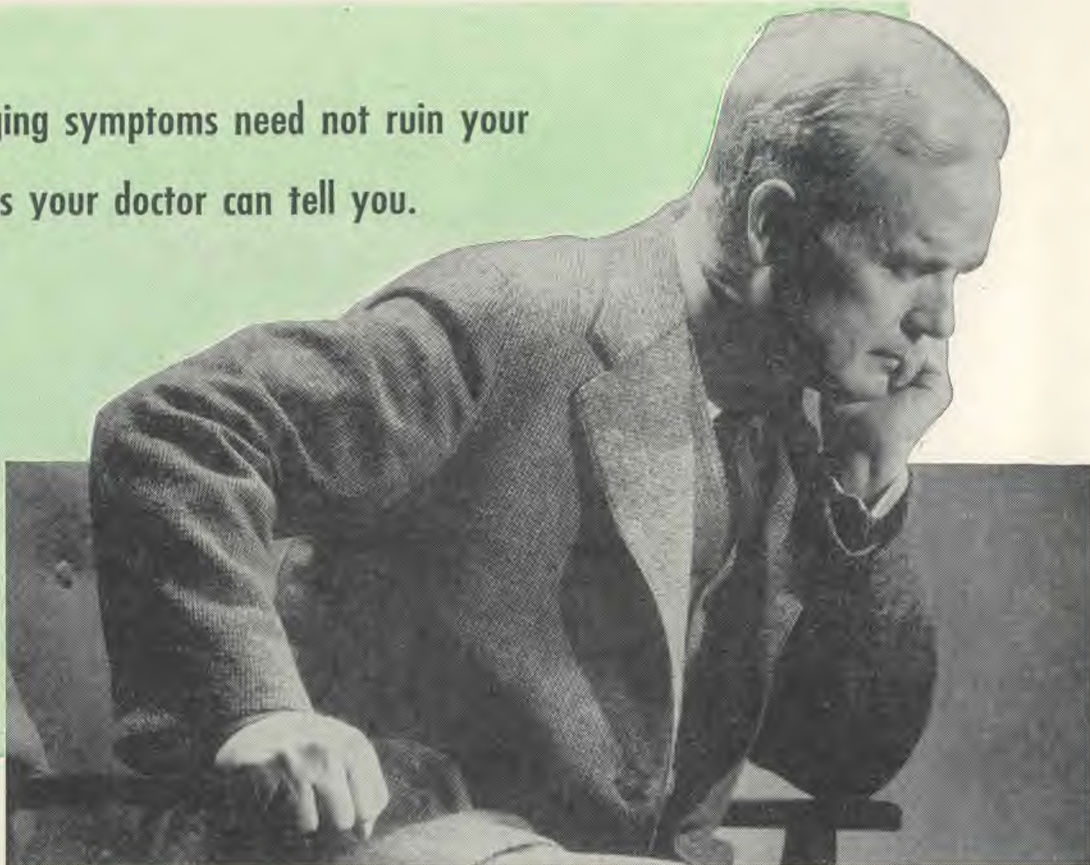
TENNESSEE

Fountain Head Sanitarium, Fountain Head.
Madison Rural Sanitarium, Madison College.
Riverside Sanitarium and Hospital (Colored), 800 Youngs Lane, Nashville.

WASHINGTON

Walla Walla General Hospital, 933 Bonsella St., Walla Walla.

Discouraging symptoms need not ruin your
life, as your doctor can tell you.



Keystone

IF WE WATCH for the male menopause in ourselves, we can be aware of it before it incapacitates us for work.

MALE MENOPAUSE

R. JACKSON A. SAXON, M.D.

MALE menopause! Bill, do you mean to tell me that men go through the change of life much as women do?"

"That is what my doctor tells me, Jim."

"But, Bill, you surely don't believe it's true, do you?"

This is part of a conversation I overheard between two middle-aged men as I waited to cross the street one day. What do you think? Would it surprise you to learn that Bill's doctor is right?

Many are greatly surprised to learn that men do pass through a change of life just as women do during the menopause. We are using the two expressions "the change of life" and "male menopause" to refer to the time in life when there is a decline in the production of sex hormone (estrogen and testosterone).

A number of studies have been done on the production of sex hormones in man, and it has been found that there is a definite decrease in sex hormone production as a man approaches middle life. It is also

well established that marked changes may take place in the functions of the body and mind when the decrease in the production of the sex hormone testosterone takes place.

This decline in the hormone may be either a gradual process that allows you to become adjusted to the change or a rapid one that makes adjustment difficult. It is during this period of adjustment that you develop the symptoms of male menopause.

The lowering of the hormone level is usually much slower in men than in women, and as a result is not noticed so soon. The stopping of the menstrual cycle in women gives us a clue as to when the change begins, but there is no such sign to herald the beginning of the male menopause. Thus it is often ignored. Nevertheless, it must be looked for, accepted, and treated in many if they are to carry on activity as before.

Because the decrease in activity of the sex glands in some individuals does not exceed their ability to adjust to the change, they do not have any symptoms.

In others the decline in activity is so rapid that they have many symptoms, with a lowering of efficiency that makes it difficult to do good work. Often there may be marked personality changes.

As men and women have the same hormones, differing only in quantity (men having more testosterone and women more estrogen), we would expect their symptoms to be somewhat the same. This we find to be true, with the symptoms varying only in degree of severity.

The male menopause usually begins when a man is about forty and progresses slowly till he is sixty. It may, however, start as early as thirty and continue until seventy.

If we watch for the male menopause in ourselves, we can be aware of its beginning, and seek help before there is any great personality change or before it incapacitates us in our work.

We often see strong and vigorous men who when they reach forty lose interest in their work and social life, and in the next few years rapidly go downhill mentally and physically. These men are often victims of the male menopause.

It is important to know the most common symptoms if we are to recognize the condition in its early stages and begin treatment immediately. Here is a summary of the most prominent symptoms and the frequency with which they are seen in male menopause.

- | | |
|--|------|
| 1. Nervousness | 100% |
| 2. Poor memory and concentration | 85% |
| 3. Loss of ability to make quick decisions | 70% |
| 4. Excessive irritability and excitability | 51% |
| 5. Tension headache involving the neck muscles | 50% |

Other symptoms that may be present to some degree are rapid heartbeat, mental depression, lowered resistance to disease, hot flashes (also seen in women during the menopause), tingling and numbness of the extremities, and early morning insomnia.

As a rule no one person will have all these symptoms, but only two or three may be enough to indicate the underlying cause.

The factors that influence the male menopause are many. The professional man feels his deficiency more than the laboring man does. Inasmuch as many of the symptoms affect the mental capacities, it is quite natural for the analytical businessman to notice his condition sooner.

The right mental attitude toward the condition is important in recovery. It is necessary to adjust yourself to the change, and the correct mental attitude makes this adjustment much more rapid.

The wrong mental attitude delays results in treatment and prevents proper psychic adjustment, which is vital for recovery. Many men feel ashamed and consider it a weakness of character to admit that they are going through the male menopause.

They resent the idea of having to undertake hormone therapy. In reality, it is a weakness for the person to know that he needs treatment and not obtain it. By accepting the male menopause and receiving proper treatment, you can continue your work at your usual level of efficiency.

There are many things you can do to help yourself. Worry as little as possible. Conserve your nervous energy. It may be wise to curb your social activities during the period of adjustment. Plenty of outdoor exercise and sleep are essential. A hobby is a good thing to help forget the business of the day and give new zest to the daily program.

Although you can do much to help yourself, it is also necessary to have special treatment under a doctor's care to completely control the symptoms of male menopause. With proper hormone therapy (which consists of replacing the loss of testosterone in the body with testosterone by injection or by mouth) all the symptoms of male menopause can be made to disappear.

You may think that once you have started treatment you will not be able to stop without the symptoms returning in full force, but this is not the case. When testosterone is given over a short period of time and then gradually stopped, you are able to go along a few months without it. If the (Turn to page 23)



H. M. Lambert

WHEN STRONG and vigorous men lose interest in their work and social life, and rapidly go down hill, they frequently are victims of the male menopause.

WHAT IF YOUR CHILD IS DIABETIC?

By RUTH WEISS

Even though your child is diabetic, he can still have a lot of fun in life. As a parent, learn how he may enjoy himself.



EVEN in rearing a so-called normal child it is a rare parent indeed who can go to bed each night feeling she has "done right" by her offspring that day. Despite the storehouse of physical and psychological knowledge the modern mother has at her disposal, she still has to cope with individual differences. Each child is a unique entity. At best, parenthood is still a challenge, with mother and father always on the alert.

When a child starts to display abnormal symptoms all the parents' powers are brought to the test. Should these symptoms take the form of constant thirst and hunger, loss of strength and weight, and sometimes bed-wetting, the parents naturally set off for the doctor's office. After a careful examination that includes a urine and blood-sugar test the doctor may say, "Your child has diabetes." The parents are amazed, for they have never thought of diabetes as a childhood malady. Their fears are allayed when the doctor explains that with proper care the child can live a normal life with normal activities. Thanks to the discovery of insulin, in 1922, diabetes is no longer fatal to children.

Nevertheless, here begins a critical period for both parents and child.

A group of physicians, members of the New York Diabetic Association, recognized the need of help for parents and diabetic children. In 1935 they determined to do something about it.

With the financial aid of public-spirited citizens, they founded Camp Nyda, a special camp for diabetic children, the first of its kind. Because of limited finances and the fact that it was an experimental project, Camp Nyda began on a small scale. It first provided thirty-six children with a two-week vacation period. As the experiment proved worth while, year by year the camp and its facilities expanded. Last year the camp accommodated 160 children aged six to sixteen for a four-week vacation period for each child.

The campsite is now in Burlingham, New York, in a picturesque wooded area with a lake.

There are many special features about this unique camp. One of its most admirable points is that there is no charge for any child who cannot afford to pay.



Photos Courtesy of New York Diabetic Association

CAMP NYDA, a special camp for diabetic children founded by members of the New York Diabetic Association, boasts a lake and many trees.



THE CHILDREN at Camp Nyda relax, soak in the sunshine, and breathe plenty of fresh air as they happily enjoy the recreation provided.

Therefore the children who can benefit most are not deprived of any of its help. Then too there are no restrictions as to race, color, or creed. It is a truly democratic undertaking still supported entirely by voluntary contributions from interested friends everywhere.

How does Camp Nyda take care of all the special needs of diabetic children? Actually in no spectacular manner but with the proper accent on the right things. The emphasis is on the things they *can* do. And practically nothing is left out! The recreational facilities include swimming, boating, basketball, baseball, arts, and crafts, to mention but a few.

Every possible area of the child's physical and psychological development is touched upon. The specially trained counselors try to get both the shy and the aggressive to join in group participation.

However, they never directly lead the children into an activity unless the children are anxious for it. Usually the director says something like this: "I say, fellows, what do you feel like doing?" If he is met by an apathetic silence, he will cheerfully start throwing a ball up in the air (or whatever activity he had intended, he will start by himself). Soon one boy will join him, then another, and soon the whole group is actively participating in an exciting game of baseball—the planned project.

Camp Nyda too must maintain special facilities for dietary control, insulin injections, and urinalyses. Every child has his own individual diet, regulated according to age and diabetic condition. The dietitian's task is complex. The staff is comprised of resident doctors, day and night nurses, laboratory technicians, and counselors.

Despite the fact that Camp Nyda has all the facilities of a sanitarium, greatly to its credit it still maintains the spirit of a camp. In fact, so strong is this camp spirit that in 1946 the campers themselves organized and published a little newspaper in order to maintain close touch with one another throughout the year.

(Turn to page 27)



AT CAMP NYDA the accent is on what the children do. Trained counselors kindly encourage them all to join the group activities.

FAITH LIVES TODAY



The New CAESAR of the PARLOR

By D. A. DELAFIELD

Television has seized control of the American living room, or parlor, as we affectionately called it when we were children. Mothers, fathers, husbands, wives, grandparents, and baby sitters have taken a back seat. Video is the new living room supervisor, the ruling Caesar on the family social front.

Heads of families deplore this usurpation of authority, but do very little about it. They joke about Frankie's attachment to a favorite murder mystery show and little Patricia's addiction to a choice puppet show, but they don't control TV and guide their children in selecting programs. Instead, they themselves stay up until midnight watching TV, after the little folks have gone to bed.

Mind you, there is nothing basically wrong with television. It's very much like nuclear fission. Control it, and it will serve you. But let it get out of control, and you go to pieces. If we had a moral world, we would never have atomic war. If we had the moral courage to flip the knob on the TV set, we would have peace. It is a question of controlling this new parlor Caesar or being controlled by it. Who's going to be boss?

Think of the issues at stake. If you have children, you owe it to them to take over the set. Long hours and indiscriminate viewing at the television screen mean loss of sleep, eyestrain, and emotional upset. Most little people take on an unnatural view of life as a result of watching TV over a long period of time.

In San Jose County, California, a survey revealed that more than half the boys and girls attending elementary schools spend more time per week in front of television sets than they do in school—an average of twenty to thirty hours, and up to fifty hours in some cases. Many of the pupils watch TV while eating their evening meal. A few spent "all Saturday" and "all Sunday" watching programs. No one is to blame for this but parents.

A cartoon in a New York newspaper depicted a house in flames and the family escaping. The parents had their arms full of personal valuables. The children were lugging the television set out the front door. The little folks love the new Caesar of the parlor. He has captured their hearts.

It will be a job to re-educate ourselves—and the family—but we ought to search out the better programs—the kind that build faith in God, stimulate the mind to explore scientific truth, and entertain with wholesome effects. Most newspapers publish a daily guide to such programs. Let's start looking for them, and reinstate ourselves as Caesar of the family parlor. We can preserve health and a good conscience if we regain control of ourselves and not let TV run away with things.

Need Health Be the Price?

R. HAROLD SHRYOCK, M.D.

Don't endanger your health for an ambitious career!

A THIRTY-EIGHT-YEAR-OLD lawyer had just returned home late in the evening. He was telling his wife of the great honor bestowed on him by certain of his friends, who had met with him earlier in the evening to urge him to become a candidate for mayor of their small city. They had pledged their hearty support. They had argued the need of a new administration in their city and encouraged him by their conviction that he was the man who could bring about the needed changes. They admitted there would be many opposing influences, but pledged him their loyalty and urged him to accept the candidacy as an obligation to his friends and the community.

As the lawyer discussed the matter with his wife, it was apparent that he felt the exhilaration of the high honor shown him. It was also evident to her, however, that he was minimizing the hardships of the political campaign that lay ahead. Also he was hopefully assuming that should he be elected to the office of mayor his enemies would become his friends. It was

as if he believed that some magic influence would be his to brush aside the petty jealousies that harass a man in public office.

Being of a more conservative nature than her husband, the lawyer's wife was not easily persuaded of the wisdom of his aspiring to the office of mayor. As any good wife would do, she warned him of the strenuous program he would have to follow. She mentioned the possibility of disappointments coming to him by way of contrary political influences. She mentioned the many evenings he would have to spend away from home, concluding her appeal to him by saying, "George, if you were to become mayor of this city, it would shorten your life at least ten years."

The lawyer was thinking in terms of the advantages that would come to him in prestige and honor. His wife, with genuine love for her husband, was thinking of the price he would have to pay for his prestige and honor. And she was measuring the price not in dollars and cents but in terms of the possible shortening of his life by way of premature loss of health.

And so it is that many persons pay the price of health for their cherished accomplishments. The newspaper headlines tell of a Congressman who dies suddenly of apoplexy. An energetic, hard-driving businessman is stricken down by a coronary attack at the age of forty-eight.



Ewing Galloway

A CONGRESSMAN living right can be as healthy as if he had chosen a fisherman's robust vocation.



A successful college professor, a recognized specialist in his field of research, develops a stomach ulcer, and finally has to give up his faculty appointment and retire to a small farm.

Each of these men has paid too high a price for his accomplishment. Each one has lived so strenuously that he has deprived himself of the common pleasures of life. Each has been thrilled by the exhilaration of pending success. Each was looking vaguely forward to some future time when he would be able to lay aside his strenuous endeavors and reap the rewards of life's efforts. But of the three, only the college professor will be able to enjoy at his own leisure memories of a task well done. Even he must recognize the disappointment of a lifework cut short by illness. Also, his tendency to stomach ulcer still hangs over him as a threat, limiting his activities and curtailing his pleasures.

Although many persons devote themselves so unreservedly to their lifework that they have to pay the price of poor health, it does not necessarily follow that all worth-while pursuits require such a price. Nor does a person in order to be successful have to ruin his health. Success in life and good health are still compatible. In fact, it is even doubtful whether a person should be considered a success if his way of life has deprived him of good health or shortened his life.

It may be properly assumed that one's occupation does not have so great a bearing on his state of health as his way of life in following this occupation. That is, it is possible for a Congressman to observe the principles of healthful living so successfully that he will live as long and as happily as if he had chosen to be a fisherman. A businessman, with due attention to the principles of health, may succeed in business and at the same time experience such radiant health that he is able to enjoy life to the full. And the college professor can find it possible not only to enjoy good health but also to reap the benefits of efficiency—if only he gives attention to the precautions and safeguards by which good health is maintained.

Recent research gives an insight into the mechanism by which carelessness in manner of living endangers health. Previously, there were many skeptics who, to excuse their own carelessness, claimed that the way of life has little to do with health. Such skeptics assumed that the individual quality of health is an inherent characteristic, over which there is very little control.

The researches carried on by Dr. Hans Selye, of Montreal, have proved the existence of what is called adaptation energy. Adaptation energy becomes available whenever extraordinary circumstances are met. Adaptation energy makes it possible for a person under an emergency situation to continue activity in spite of fatigue. Adaptation energy provides the reserve by which resistance is offered against an infectious disease. Adaptation allows a person to carry on in a more or less normal manner in spite of the added strain imposed by emotional tension. It is adaptation energy that enables a person to resist the effects of exposure to cold or the effects of mechanical injury.

Were it not that the human organism possesses a supply of adaptation energy, (Turn to page 23)

IN CASE OF

Emergency



ORAL POISONS

Rx ROY LYMAN SEXTON, M.D.

Washington Safety Services Committee
American National Red Cross

VICTIMS of poisoning by mouth require immediate attention. If the poison can be removed from the stomach, or at least weakened before it is absorbed in the linings of the stomach, the victim's life may be saved. In case of poisoning, begin first-aid care immediately and have someone call a doctor.

Important points to remember in first aid for poisoning are:

1. *Dilute* by giving a large amount of fluid such as tap water, soapy water, milk, or water containing a teaspoonful or more of baking soda per glass.
2. *Wash out* by inducing vomiting. Large amounts of ordinary baking soda in water are often nauseating. Tickling the back of the throat with the fingers may cause the patient to vomit. Give an antidote after the stomach is well washed out.

First aid for acid or alkali poisoning is to neutralize—for acids by giving magnesia or baking soda, followed by milk, olive oil, or egg whites; for alkali by giving lemon juice or vinegar, followed by milk.

In all cases of poisoning, treat for shock. If breathing stops, apply artificial respiration.

This is the twelfth and last in a series of tips on first aid prepared especially for LIFE AND HEALTH by the American National Red Cross.



Charles Carey

NATURE gave children a great capacity for curiosity. Keep poisons out of their reach!



School and JOHNNY'S HEALTH

**▲ LEWIS J. BURCH, M.D.,
and ISABELLA C. MILLER**

**There is much more to getting your
child ready for school than a new outfit.**

ALL parents want their children to start to school eagerly and happily and to have school life pleasant and interesting. If school is to be the natural and exciting adventure it ought to be, everything possible should be done to make the break from home easy for the child.

School cannot be a fine and stimulating experience if a child is not physically fit or if he is handicapped by poor behavior patterns or lack of ordinary skills.



Charles Carey

MANY SCHOOLS conduct a physical examination clinic when school opens in the autumn. But what if your Johnny has a condition that will take six months to remedy?

From the moment your child was born you have given thought and care to his physical well-being. Yet sometimes you may overlook some conditions as time goes on, if they are not too obvious, or perhaps just because you are with your children every day. At least six months before you plan to enter your youngster in school, it's a good idea to go with him to your doctor and have a special physical examination, with extra attention focused on those things that will affect his school life—his eyes, ears, teeth, and basic body soundness.

Your family physician will be glad to help. He will look for infected tonsils and adenoids, nose and ear infections, and abnormalities. He will listen to his heart and lungs and test his reflexes and muscle tone. He will make a check on his height and weight—not as it fits a chart, but in relationship to your child's particular growth pattern. He will make inquiries about diet and rest habits. It's a good idea to think about some of these things before you have your appointment, so that you will be ready to answer your doctor's questions.

Sometimes the physician discovers an unsuspected anemic condition. Home life may not have revealed it, what with naps and close supervision of activities. But rest periods often end when school starts, unless your child is entering nursery school, and then he will tire easily and thereby be affected in his school progress. A blood count or hemoglobin test will spot anemia at once.

This preschool period will be a good time to have booster shots for whooping cough, diphtheria, and tetanus, if your doctor believes it necessary. A Schick test will reveal the degree of immunity your child has to diphtheria, and a tuberculin test will help complete the picture. Don't neglect to take along a urine sample.

Many States require a vaccination certificate upon entrance to school, so call a school authority and find out the requirements in your State. Even if a law does not demand vaccination, don't put it off, for the risk is too great. Don't wait until a week before school starts, either, for if the reaction isn't satisfactory, the vaccination must be repeated.

There is another advantage in having a checkup early. Though health problems may not be serious, it sometimes takes time to correct what difficulties the child does have. Infected tonsils may have to be treated or removed. The underweight child will need a special diet and plenty of rest to bring him up to par. An anemic child also needs care. Six months' leeway is none too much to bring about the desired physical improvements.

Though eye tests are given in school, at least in the first grade, it often happens that this service is not provided every year. Sometimes the school test shows up only the more severe defects and misses minor visual difficulties. Your (Turn to page 33)

THE country schoolhouse that usually slumbered in peace during the hot summer months suddenly was aroused to activity. The health department was holding a summer roundup. Corridors were filled with parents who had brought their preschool youngsters for a medical examination, to determine their fitness for school in the fall.

There was Mrs. Hancock with five-year-old Helen, who timidly clung to her mother as she entered the examining room. I shall never forget the mother's first remarks:

"Doctor, I have Helen all ready for school. I bought her six new dresses, and she got her first permanent wave last week."

Poor, frail, nervous, emotionally immature Helen—all ready for school with pretty dresses and a permanent wave!

And then there was Mrs. Jones with her offspring, Peter—aggressive, inquisitive, and unable to sit still two minutes. I first realized he was in mischief when his mother shouted, "Peter, put down that medicine case! I'll bet when you go to school you won't act like that and get by with it. You rascal! You just wait until you get a schoolteacher!"

When the physical examination was completed and Peter was dismissed from the room, I addressed his mother confidentially:

"If you want Peter to like school, teach him to look forward to his school days with pleasure. Before school starts show him his classroom and what it has to offer him. It is important that he have the right attitude about school. If he doesn't like school, he'll never do well even though he be smart as a whip."

As the clinic progressed I was impressed with the fact that too many children start to school before they are mature enough to make a successful adjustment to the classroom situation. The repeated failure the immature child meets during his first few weeks in school, whether that failure be social or scholastic,



School and **JOHNNY'S HAPPINESS**

R WINEA J. SIMPSON, M.D.

**Make it easy for your child to step out
into the glorious new world of school.**

conditions him against school and may influence his entire educational career.

Little Bobbie Barnes was headed for such trouble. He sobbed all through the examination. His fear of strangers, his baby talk, and his inability to undress and dress himself gave further proof of his immaturity. He needed an extra year of growth before going to school. He needed to be among older and more mature children to be successful and (Turn to page 34)



Charles Carey Photos

POSTPONING FORMAL EDUCATION until the child is ready speeds, not retards, his development.



THE WELL-ADJUSTED CHILD is placed in school ready for the experience of being educated. He is a joy to his teacher, his classmates—and himself.



H. A. Roberts

The Family Physician

We do not diagnose or treat disease by mail, but answer general health questions. Enclose stamped, addressed envelope. Address: Family Physician, LIFE & HEALTH, Washington 12, D.C.

Healthy Hair

What promotes the growth of a healthy head of hair?

Eggs, carrots, molasses, and cod-liver oil seem to affect the hair. The eggs are rich in sulfur, and hair naturally uses much of this element. A raw egg or two a day in the diet will tend to give luster to the hair. Carrots are rich in vitamin A and have worthwhile amounts of several earth minerals. They also make the hair shiny and soft.

Molasses is rich in a vitamin called

pantothenic acid and in copper. Both elements are known to help in retaining the color of the hair. Those who take cod-liver oil often notice that the hair improves while they are using it. You can take generous amounts of a food such as raw carrots or cod-liver oil and often notice a difference in ten days in the quality of the hair, when the previous diet has been lacking in the elements they provide.

Washing the hair in soft water is beneficial, and gentle massage of the scalp and brushing the hair are highly recommended.

Pinworms

We have tried time and again to get rid of pinworms in our children. Is there some new and more certain treatment?

It should not be difficult to clear children's digestive tracts of pinworms. The particular medicine used should be prescribed by a physician, and the results noted by him.

The greatest importance must be attached to utmost cleanliness to prevent the reinoculation of the digestive tract by any contact with material that has been expelled from the bowel. It is reinfestation that makes it appear that the control of the pinworm is so difficult. Doorknobs, playthings, and other common articles about the house must be thoroughly cleansed when a treatment program is in progress.

Handling the playthings of other children may perpetuate this condition among several families where children commonly play together. With faulty hygiene the hands are the likely agents in continuing the infestation of the digestive tract.



Are You Overweight?

If you are carrying around excess baggage, here are some interesting facts that will inspire you to reduce at the dinner table and not on the gymnasium mat.

Each pound of excess weight is reducing your life expectancy by 1 per cent. But to lose that one pound of weight would take 370 steam baths or 48 trips to the top of the Washington Monument—or simply cut your diet by 500 calories (1 piece of apple pie à la mode) for 9 days. This to most of our readers will prove the most successful way to lose an extra pound and increase their life expectancy by 1 per cent.

Next Month

NEW IDEAS ABOUT DIABETES

By W. W. BAUER, M.D.

Diabetes? Failure of the pancreatic gland to produce insulin for the body. What does it mean to you?

YOUR EYES

By R. J. SCHILLINGER, M.D.

Answers to eye questions you have always wondered about.

IT'S HIS BABY TOO

By BEULAH FRANCE, R.N.

Don't let father be the forgotten man in the nursery.

WINTERIZE YOUR FEET

By JOSEPH LELYVELD, Pod. DR.

Let your feet "breathe" in winter just as you do in summer, and you will fare better when the cold winds blow.

PAIN IS A BLESSING

By HAROLD J. HOXIE, M.D.

Want to banish pain from the world? Think twice!

REGULAR FEATURES

DIETITIAN SAYS

FAMILY PHYSICIAN

READERS' PULSE

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INTERNATIONAL YOGURT CO., Dept. LH10
8478 Melrose Place, Los Angeles 46

The Oxygen Cocktail

(Continued from page 9)

Before he entered the service he had been in radio—with a great future, he was told. He had been promised his job back as soon as he came out of the service. Now when he approached his old boss the answer was, "Impossible. Just listen to your voice." So he came to us. Here was a problem indeed!

We began with posture work to flatten his back, pick up his chest, and release his shoulders of tension. He must learn to wear his shoulders down and loose, not hunched up and tight, and must learn also to carry his rib cage high. Fortunately he was a good student.

As usual, we suggested that his daily program begin with the *oxygen cocktail*. After two weeks, with three lessons a week, he told me his experience with the *oxygen cocktail* that first week. He said the first morning he thought he would choke to death. He expectorated almost a cupful of mucus. This continued each morning during that first week, but he kept on faithfully. He knew he must get rid of this alarming condition. With so much mucus in his lungs, he realized there wasn't enough room for the necessary air.

After the first five days the amount of mucus gradually decreased, and his breathing became easier. His improved posture, too, helped to open his lung cells. His appetite improved as he rid himself of this poison.

In about six weeks his voice was noticeably better. It had lost much of its huskiness. But I was more proud of the way he walked and the way his entire body regained its youth and vitality. Definitely this was due to better posture and correct breathing exercises, of which the outstanding one was the *oxygen cocktail*.

Incidentally, he measured one full inch taller at the end of six months as a result of learning to lift his head up out of his neck, drop his shoulders, pick up his chest, and "walk like a thoroughbred."

Why not give the *oxygen cocktail* a try for two weeks? If you do it every morning as directed, you too will have better health and become a better mental engineer.



There is as much true honor in being the best shoveler on the job as there is in being the ablest advocate at the bar. Each is at the head of his class.—*Brushware*.

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Do you now have trouble understanding folks whom you used to hear clearly? Does one ear hear better than the other? Is it hard to hear the difference between fifteen and fifty—then and ten—and life and knife or other sound-alike words?

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If you must say "yes" to any of the above, you may already have a serious hearing loss. That's how deafness often comes—creeps up so gradually you may be quite deaf before you realize what is causing all your discomfort and inconvenience. Why take chances?

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Dept. L-102, Battle Creek, Michigan

Mother's Counselor

By BELLE WOOD COMSTOCK, M.D.

Questions for this department should be addressed: Mother's Counselor, LIFE & HEALTH, Washington 12, D.C. Enclose stamped, addressed envelope for reply.



Small Shoplifter

I have a boy just three years old. Whenever he goes to town he takes something off the counter while I am not looking. We always tell him it doesn't belong to him and have him put it back, but often it is something he has torn open so that we have to pay for it. We have scolded, spanked, and tried getting him some little thing when we go to town, but nothing seems to help.

This is, of course, a serious matter and should be dealt with in just the right way to overcome it at once. A child of three soon realizes that he is in control. When he has the best of

his parents he enjoys the advantage to the full.

There isn't much that can be done in the way of reasoning with a child of that age. He can understand such plain statements as, "We don't take things." "They are not ours." "We can buy things if we give the storekeeper money, but mother is the one who buys—not you." "You do not take things." Saying all that once is enough.

There are several ways of impressing this principle on the child's mind. A very simple way is to have him sit on a chair or box while you are in the store and see that he stays there. That at once solves the problem, for

he can't steal things if he is sitting still. If he does not remain seated as you have requested him to, that is an entirely different matter. Perhaps after all, it is a problem of your little boy's learning to mind. If he has to remain in one spot while you are shopping, the problem of his taking things is solved.

One of the fundamental things in a child's development is learning to obey. In this the parent has every advantage.



Nervous Mother

My third child is two and a half years old. From the time he was eight months old until recently he had diarrhea, being sensitive to many foods. However, now he is much better. But because of this condition his bowel movements have never been regular. What little toilet training I have attempted has been completely unsuccessful. He makes a great fuss every time I try to train him, and I haven't the heart to continue.

It is a great mistake to make an issue of toilet training at so early an age. In fact, it should never be made an issue. Conflict over it can do great harm to a little child's nervous system, especially a child with a nervous make-up such as your son's. The emotional tension produced could make it impossible for him to have bowel movements normally. Bowel activity is closely tied up with the nervous and emotional system.

Children learn by imitation, and when accidents happen they should be sympathetically dealt with. They should not be antagonized or made to feel a sense of guilt. Try a little different attitude, and see if it does not help. This condition always clears up in time if you don't seem anxious about it.

Little Busybody

By ELIZABETH DAWES STURNS

Little Busybody—each day so much to do—

Although he makes each second count, the moments are too few.

At dawn he's up and at 'em—who wants to stay in bed?

He's got a hundred things to do before the sun's o'erhead!

He tries to catch a butterfly, then "trikes" his morning mile,

Finds polishing his fleet of cars a job that's worth his while.

Though lunch and nap take too much time, it's there that

Mom must rule,

For busy little bodies must frequently refuel!

Little Busybody—wee son who's just turned three—

I wonder if God really knows how much you mean to me.

At bedtime when you say your prayers, your Mommie says one, too:

"Please, God, let this small body develop strong and true,

And grant me help in learning things a mother needs to know

If she's to plant in little minds the seeds Thou'dst have her sow;

I thank Thee, Lord, for Thy great gift in this small boy so sweet,

For Little Busybody has made my life complete."

Need Health Be the Price?

(Continued from page 17)

almost any insult (fatigue, bacteria invasion, emotional stress, exposure to cold, or mechanical injury) would be enough to produce illness or premature death. Adaptation energy enables the body to rise to the challenge of circumstances that would otherwise threaten health.

But there is a limit to the amount of adaptation energy available at any one time. If, for example, a person is tired, his quota of adaptation energy must necessarily be used in combating the effects of fatigue. When his adaptation energy is being used to fight fatigue, he is not in a position to withstand a second insulting circumstance.

Thus a person is more susceptible to a common cold when tired than when rested. Fatigue exhausts the available supply of adaptation energy so that the cold germs catch the person off guard, as it were. The person who lets himself live so strenuously

"Let the heart of them rejoice that seek the Lord."—The Bible.

that his adaptation energy is constantly burned up in combating fatigue lays himself liable to the development of disease.

Adaptation energy is controlled by the pituitary and adrenal glands. Hormones produced by the adrenal gland, in response to stimulation by the pituitary, circulate throughout the body to provide emergency protection against unhealthful influences. It must be emphasized, however, that this provision for the production of adaptation energy is strictly preparation for an emergency.

The person who follows a program of healthful living seldom makes demands on his supply of adaptation energy. His way of life provides for adequate sleep. It provides for enough recreation to enable him to live above the emotional tensions that would otherwise tax his supply of adaptation energy. He also possesses a philosophy of life that enables him to conquer the anxieties and fears which, if persistent, would constitute a drain on his quota of adaptation energy.

But in persons who shortsightedly live in urgent quest of life's ambition without due regard to the price they are paying, the adrenal is under constant stimulation. The demand for adaptation energy persists from week to week and from year to year. And the side effects of the constant pres-

ence within the blood stream of the emergency hormones produced by the adrenal gland lay the foundation for actual disease in the body. Thus we see why an intense way of life makes the individual susceptible to such diseases as apoplexy, coronary occlusion, and even stomach ulcer. Probably even arthritis and kidney disease belong in the list.

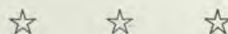
Living healthfully is not mysterious or complicated. It is simply a matter of common sense. The person who deposits each day in the bank of health more than he draws out will find that he is capable of maximum enjoyment of life. By thus conserving his adaptation energy, he will be prepared to resist disease.



Baby Juices!

To make sure orange juice will not cause a skin rash, manufacturers have produced a new juice, available in cans, which does not need straining or treatment in any way. The orange juice is nonallergic because the peel oils are removed. Pulp, fruit cells, and high vitamin C content are retained. This orange juice is approved by the Counsel on Foods and Nutrition of the AMA.

For variety and to give the baby added iron, they also offer prune juice, a mixture of orange and apricot, and a new blend of prune and orange, to give your baby a mild laxative and high vitamin C. Orange, prune, orange-apricot, and orange-prune juices are all available, immediately ready for the baby's bottle.



Male Menopause

(Continued from page 13)

symptoms return, another course of therapy is given. After a few courses of treatment you are able to get along without treatment, as complete adjustment has taken place.

When complete adjustment has occurred, the body is able to do its work properly on the new low hormone level with very little loss in efficiency. This adjustment has occurred during the time when treatment was being gradually stopped and during the rest periods between courses.

Now that you know the male menopause does exist and is a natural process, you should not let it take you by surprise. If you have any of the symptoms, why not do something about it? There can be new life ahead of you!

See your family physician now for the help you need!

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Wings of Health

By VEDA SUE MARSH, R.N.

A CLUB FOR BOYS AND GIRLS

I SEE MY CELLS

JOAN and John were up early, and soon were spick-and-span clean in readiness for the first day of the school year. How eagerly they looked forward to school again after an interesting summer. They wanted to meet the new teacher, to see their friends of last year and hear about their summer experiences. They could hardly wait until it was time to start to school.

Mother Munroe and Tommy were lonely without them. Tommy and his fox terrier, Buster, were waiting at the corner when it was time for the Little Jays to return. Soon there was a real hubbub as all tried to talk at the same time.

"Mother, we did many interesting things today. We have a new ball diamond. It is really nice," said John.

"And we are going to have a class in tumbling," added Joan.

"We have a recreation room now, where we can have classes in tumbling, have roller skating, volleyball, and badminton. We are planning wonderful activities in physical education."

"We had our physical examinations today," said Joan. "In Health Club we shall have the results reported. Our physical education program is to be adjusted to our physical condition, and also we are to follow health habits in order to be allowed to take part in the various activities."

"I suppose it is all right, but it will be hard to remember to do some of the things. I certainly do not want to be kept out of the volleyball game because I might forget to brush my teeth. But rules are rules, and if we observe them, they don't bother us. It is when we don't observe them that they can cause us trouble, and keep us from doing the things we want to do."

"If we have the habit of brushing our teeth," continued Joan, "it is not hard to remember to do it. Our problem will be to be sure all the required health rules are habits in our daily life."

"In our Health Club we are going to study about the different systems of

the body. I do like to study physiology.

"Our body is made up of many different kinds of cells. These cells are so tiny that they need to be stained and observed under a microscope. We looked at some cells today."

"Mother, the cells of fat tissue are



A Seeing Eye Dog Speaks

HARRIET DAY

My master lacks the seeing eye.
The flowers that bloom, the birds
that fly,
Are but a fragrance and a sound
Of scent and melody compound.

My master dreams his hours away
Imagining his night is day
And straining with his mind to see
How beautiful the world must be.

Though other men have seeing eyes,
They show no pleasure or surprise
At color playing on the grass,
At winsome children as they pass.

In morning bus or noonday park
They live in artificial dark.
An old man's face, the sunlit air—
They're blind, they see no magic
there.

My master has no eyes, they say;
His life has lost its guiding ray.
God help the undiscerning mind!
My master sees. The rest are blind!

interesting. Under the microscope they look like large holes with delicate threads of tissue around them. Fat cells are called adipose tissue."

"We saw some muscle cells," said John. "Some have bands across them, and look like old-time convicts with striped suits. They are long, narrow cells with pointed ends and are fastened together in bundles. Just feel my biceps, Mommy. It is quite hard, and see how I can make it stand up. Just wait until I have been in the physical education classes for a while, then it will really be hard. The striped muscles are the skeletal muscles. They are the ones we can control ourselves."

"We looked at some bone cells, Mother, and did you know that blood is carried to every tiny bone cell to keep it alive? The thickest, most dense bone has a blood system all its own, so tiny you have to look at it with a microscope. It has tiny puddles of blood called lakes, or lacunae, and little connecting streams called canals, or canaliculi."

"We scraped some tiny cells from the inside of our cheeks with the flat side of a toothpick. We couldn't see we had anything, but we spread out thin on a glass slide the bit of tissue on the toothpick. Then we put on a drop of methylene blue, which looked like bluing, let it dry, and looked at it under the microscope."

"The cells were beautiful," broke in Joan. "They looked like large linoleum blocks of different shapes, and in the center of each was a dark-blue circle, intricately designed. That was the nucleus of each cell. Even our skin is made up of beautiful tiny cells. Everyone kept saying, 'Oh, let me see!'"

"Our bodies are wonderfully made, and our teacher, Miss Johnson, is going to help us study about each system."

"To keep all the cells in our body working effectively and in the very best of health, we need to make all the health habits truly habits of our everyday activities."



Party Tip

Did you ever wish you knew how to have a better time at parties? If you want to be happy at the next party you are invited to, try this formula: Look around you, and see if there isn't someone else at the party who needs a little cheering up. Go right over and talk to him—or her—introduce him to some of the other boys and girls, and make it easy for him to join the games and have fun with the others. First thing you know you'll forget yourself and have the best time you ever had at a party in your life. Try it!

G.O.P.'s Vigorous Veep!

(Continued from page 7)

weather is cold, in the middle of winter, the neighbors are not surprised to see him trotting down the sidewalk at 11 P.M.

The Nixons, until recently, lived in a modest two-bedroom apartment in Park Fairfax, in Arlington, Virginia. But they have purchased a lovely new home in Washington's northwest district. Their beautiful new white house with aqua shutters, at 4801 Tilden Street, is just down the street from the Kefauvers'. Although the parents of the Kefauver and Nixon children are of different political faiths, the kiddies don't seem to mind a bit, and play together gleefully, unconcerned over political rivalry.

Life at the new Nixon home starts early of a morning. Usually by 7 A.M. the Senator is before his bathroom mirror shaving. Then a few moments later he sits down to a healthful breakfast. Breakfast is a must meal with Nixon, who says he couldn't get through his busy days without it. Breakfast is usually eggs, toast, butter, milk, and of course orange juice.

He may quickly breeze through the morning papers and the headlines, glance through the *Congressional Record*, which is delivered by special messenger to his home each morning. (The *Congressional Record* gives the complete proceedings of the previous day's Congressional speeches and business.) Then a quick drive down Massachusetts Avenue, and the shortest route to the Senate Office Building. Here he spends some time with his staff to speedily line up the work of the day, receive messages from constituents, important mail, and telegrams. Off to committee then for a morning of important Senate matters.

Lunch is usually in the Senate restaurant, either entertaining a constituent or conversing with a colleague on Senate matters. He likes the famous Senate restaurant bean soup—has to watch his waistline though, so usually lunches on a tossed green salad and lots of green vegetables, going easy on desserts.

One of the Senator's favorite foods is watermelon. And being a Westerner, he does have an occasional hankering for Spanish food, which is really hard to come by in Washington, since there are no outstanding Spanish restaurants. When in California he makes up for lost time, or even makes a few enchiladas at home.

Lunch over, he heads for the Senate floor for an afternoon of debate. Occasionally, though, if the constituent calendar or sight-seers have fa-

tigued him completely, he will take a breather by returning to his Senate desk, where he can escape all visitors but sometimes must listen to the drone of legislative oratory. If this is not anything in which he is particularly interested, at least it offers relaxing escape from the bustle of the corridors.

Supper is a meal that sometimes goes begging, especially if heavy legislative duties call for his attention. Then he has a meal sent up to his office, where he eats and then works on until seven, eight, nine o'clock, or even later. But he likes to arrive home by seven for a leisurely evening meal with his wife, Patricia—affectionately known as Pat—a small, lovely girl who was a schoolteacher before her marriage, and their two little girls—Patricia, 6, and Julie, 4.

The Senator's back yard is filled with swings and other playground

Of Truth

By ETHEL E. MANN

Let truth expel all anger, greed, and hate;
Let truth constrain our inmost hearts from ill;
Let truth prevail before it is too late
To regain brotherhood, to do Christ's will.
How dare we change the pattern that He laid
Who searches out the secrets of man's soul?
Live and proclaim the truth; be not afraid.
Lead ever onward toward a higher goal!
The torch of truth may flicker, but not die;
Dim smoldering embers keep the flame alive.
Always there is a hand to hold it high
Above the throngs where greed and error strive.
Christ in rebuking scribe and Pharisee
Said, "Know the truth, . . . the truth shall make
you free."

equipment for the kiddies, and he likes to take a stroll with them outside in the cool of evening.

In spite of the many demands made on him by a clamoring public, the Senator manages to enjoy a fairly normal family life. He spends as much time with his two little girls as possible. Evenings are enjoyed in a spacious living room, where he may sit down and play the piano for his own enjoyment and theirs. He never plays in public. Sunday is the kiddies' day. Picnicking is the order of the day, with a lunch eaten in Washington's Rock Creek Park, then a trip to the National Zoological Gardens, and popcorn and peanuts for the monkeys. If it's a hot, humid Washington day, the little family may hie themselves to daddy's air-cooled office to eat their picnic lunch in cool comfort.

Always an advocate of moderation, G.O.P.'s Senator Nixon eats in keeping with good health. He does not smoke, to which a sparkling smile attests. He has never joined the Washington cocktail circuit; he's been too busy with the serious business of his Senate duties. He realizes the need for regular breathing spells and recreation, and has always felt the importance of diversions and interests apart from daily routine duties as essential to good health.

Although his own life has been an intensively tight-knit existence of much work, he says, "I get a lot of fun out of my work." To see him you'd know he meant it. He puts his whole heart and soul into his job, getting an inner lift and exhilaration from serving his country as Senator. His rocket-like rise to national fame, culminating with the bolt of lightning at the Republican National Convention making him the nominee for the Vice-Presidency, of course is proof positive of his talents—and the result of his hard work.

Vacations have been few and far between for the Nixons. So engrossing and important have been his investigations and legislative problems that he has been forced to stick pretty close to Washington or his California constituents. What few respites he has had from the Washington whirligig have been high in the wide blue yonder. Being so far from his home State of California, he of course has to rely almost entirely on air travel. On rare occasions he would duck out of Washington for a run up to York County, Pennsylvania, where his parents—Frank and Hannah Nixon—are retired part-time farmers.

The Nixons have a deep, abiding faith in God, and the Senator is a birthright Quaker and his wife is also a Protestant. Both feel that they need a spiritual anchor in these times of tension and trial.

The Nixon home has been anything but normal since the Vice-Presidential campaign has been on. One thing can be certain: If elected, Nixon will bring to the Veep's post not only political power but vigor and good health. At thirty-nine he will be not only one of the youngest Vice-Presidents ever to hold office but one of the healthiest and hardiest. His interest in his own good health attests to his interest in the nation's good health, for his philosophy is: A nation's health is a nation's wealth. Success in government, in international peace, in domestic policies, can be won only if our leaders and our people are in good health.

Take a tip from a vigorous Veep nominee, keep healthy!

The Dietitian Says

LUCILLE J. GOTHAM

If you have a question or problem regarding food or diet, address: The Dietitian, LIFE & HEALTH, Washington 12, D.C. Enclose stamped, addressed envelope for reply.



20 Meatless Main Dishes for Fall

IT IS thrifty and healthful to feature a variety of main dishes at dinner. Some of the main dishes we give here are sure to become favorites with your family.

Nut Chops With Savory Dressing

Arrange ½-inch-thick slices of nutmeat in a greased baking pan. Cover with a savory bread dressing and finally a brown sauce, and bake for about 30 minutes in a moderate oven. Garnish with parsley and serve with a crisp egg-and-lettuce salad, baked potato, squash, and grapes for dessert.

Savory Dressing

Take ½ pint of dry bread crumbs, 2 tablespoons finely chopped onion, 2 tablespoons melted butter or margarine, 1 egg, ½ teaspoon sage, ¼ teaspoon salt, ¼ teaspoon celery salt or celery seed, water to moisten, and mix lightly.

Golden Brown Sauce or Gravy

Blend 1 tablespoon of fat, 1 tablespoon flour, and 2 teaspoons yeast extract in a small saucepan or skillet over the fire. Slowly add a cup of potato water or plain water, stirring well to prevent lumps. For variation add shredded onions or mushrooms and substitute milk for water.

Stuffed Sweet Peppers

- 4 green peppers
- 1 cup yellow corn
- ½ cup dry bread crumbs
- 1 egg
- 1 teaspoon chopped chives or onion tops
- ½ teaspoon salt
- 1 tablespoon butter

Remove seeds, and boil the peppers 2 minutes. Drain, fill with a mixture of the other ingredients, and bake for 20 minutes. Serve with sweet potatoes, sliced or broiled tomatoes, and a glass of milk.

Cottage Cheese Loaf

- 2 cups sieved cottage cheese
- ½ cup chopped walnuts
- 1 cup bread crumbs

- 1 tablespoon minced parsley or chopped celery leaves
- A pinch of herbs such as thyme or sage if desired
- 1 tablespoon chopped onion
- 1 tablespoon butter
- ½ teaspoon salt

For a colorful and attractive table, serve this loaf with browned potatoes, baked carrots, a green salad, and a fresh pear.

Baked Beans

You have your own favorite recipe for baked beans, no doubt. Do you use a bit of molasses and brown sugar? Do you put a big onion in the middle of your baking dish? It is thrifty to have baked potatoes, baked onions, carrot salad, and prune soufflé with baked beans, and the combination is excellent nutritionally.

OCTOBER FOOD BARGAINS

These foods should be at the top of your shopping list. They are mentioned by the U.S. Department of Agriculture as most plentiful, hence the most thrifty buys at this season. They represent normal seasonal availabilities.

FRUIT

- Apples
- Cranberries
- Grapes
- Winter pears

PROTEIN FOODS

- Almonds
- Dry beans
- Cottage cheese Small and Grade B eggs
- Peanut butter
- Pecans

VEGETABLES

- Snap beans
- Cabbage
- Cauliflower
- Carrots
- Canned Corn
- Lettuce
- Frozen Lima beans
- Onions
- Sweet potatoes
- Rice

OTHER FOODS

- Butter
- Cooking fats
- Honey

Soy Cheese Sliced

Soy cheese, which resembles canned salmon, may be sliced just as it comes from the can and served with lemon wedges and parsley garnish. For a quickly prepared or an outdoor meal serve it with crisp whole-grain crackers, potato salad, a whole tomato, milk, and assorted fall fruits and nuts.

Meatless Hamburgers

- 2 cups raw oats
- ½ cup chopped mushrooms or nuts
- 3 beaten eggs
- 2 tablespoons chopped onion
- 1 quart boiling water
- ½ teaspoon sage
- 2 teaspoons yeast extract
- Pinch of thyme
- 2 teaspoons salt

Mix oats, eggs, mushrooms, sage, and 1 teaspoon of the salt. Form into cakes. Brown on both sides in fat. Dissolve yeast extract in boiling water and add to it the thyme and remaining salt. Simmer 45 minutes. Add water as needed. Serve with scalloped potatoes, spinach, celery, and an apple.

Gluten Steaks With Onions and Brown Gravy

Drain a can of gluten steaks and brown in a little fat or cream with finely shredded onions over a low fire, adding the sauce from the can of steaks or brown gravy before serving. These gluten steaks are very good with mashed potatoes, extra brown gravy, green peas, combination vegetable salad, apple pie, and milk.

Mushrooms and Eggs in Crisp Toast Shells

Line muffin tins with bread. Put under the broiler to toast crisp and golden brown in color. Fill the shells just before serving with a mixture of mushrooms and hard-cooked eggs in a cream sauce. Try this dish with parsley potatoes, diced beets, cabbage salad, and an oatmeal cooky for dessert.

Green Asparagus Omelet

Just make your favorite puffy or plain omelet, and fold in tender seasoned cooked asparagus. Riced potatoes, ripe olives, and Waldorf salad would be tasty with this.

(To be concluded)

What If Your Child Is Diabetic?

(Continued from page 15)

At Camp Nyda the child gains back what he was sorely in danger of losing—his childhood. For here he is not alone, not a child marked off by differences, but part of a group. Here everybody has dietary restrictions. Here everybody gets insulin injections.

Children are taught to give themselves injections. Sometimes when a child does this for the first time he may be a little shaky, but the casual attitude of the other kiddies gives him courage to try for himself.

Children here are also taught to do their own urinalysis every morning in a special laboratory under the supervision of a nurse. This knowledge will stand them in good stead at home, not only by relieving the parents of part of the burden but in giving the children themselves greatly needed confidence in caring for themselves.

At Camp Nyda the child's physical functions become ritual—no more thought of than brushing his teeth in the morning. He learns to put his ailment in its proper place rather than to focus all his energies on it.

In health lectures given intermittently the children learn the scientific aspects of their condition. They learn the whys and wherefores of hygienic cleanliness to avoid the danger of infection and gangrene.

Parents learn much from the methods used at Camp Nyda. The most important thing for them to remember is not to treat the diabetic child as though he were sick. They must have a wholesome attitude toward taking care of his physical needs, which should quickly become routine.

Anxieties are highly communicable, and the sooner the parent gets rid of his, the freer the child will be to develop within his range of capabilities. Few people know that an emotional upset will cause the blood sugar to rise more rapidly than will an ice-cream soda. It is therefore important in childhood, before behavior patterns are set, to train toward emotional equilibrium by the proper example.

A question that frequently haunts parents is whether their child can look forward to marriage and a family. The answer here is that he can, provided sensible precautions are taken against his marrying into a diabetic family. The chances are that the prospective children will escape the disease. Diabetes appears to be a recessive trait, likely to be transmitted only when two diabetics marry.

With continuing research and science ever going forward the outlook is indeed a promising one.



Hobbies



PAINTING FOR FUN

By GRACE FIELDS

A HOBBY whose upswing is carrying along doctors, lawyers, dentists, and business men and women, political figures, and many of the rest of us is oil painting for fun. And even though celebrities are doing it, it's not a rich man's hobby. For a few dollars you can be a full-fledged "Sunday Rembrandt."

The seasoned pastime painters confidentially assure us that no exceptional ability is required and that rewarding results are in the offing for anyone who goes at painting for enjoyment—not to win a place in a museum. It's an adaptable hobby. You can do it indoors or outdoors, at home or away, in gregarious groups or splendid isolation.

Let's assume you're convinced—painting in oils is for you. You have decided to calm your nerves and lure sweet relaxation into your harried existence by searching out beauty and recording it on canvas. How do you get started? A genial array of well-wishers is at your service. The continually expanding number of art centers and art groups testifies that you will have plenty of palette playfellows. If there is such a group in your community, look them up and pick up pointers on how-to-do-it from veterans in the way.

Another, and equally satisfactory, approach is to visit an art or hobby supply store. The people who run these businesses have a remarkable way of going above and beyond the call of duty. We're still waiting to be disillusioned in them, for thus far it seems that people who sell things to help their fellows express themselves creatively give service and information out of all proportion to the monetary value of the sales they make.

Let a helpful salesperson in a reputable firm get you started with basic equipment. He'll show you which brushes will be best, and will give you tips on palettes, canvases, and the like. If you're timid at the thought of

actually trying to paint a picture, he may show you a canvas on which a picture has already been indicated. You just fill in the color. That's a good starter.

Someone has said, in a moment of oversimplification perhaps, you need only three things to paint a picture—the paint, something to apply it to, and something to apply it with. We venture a few additional pointers. Choose an uncomplicated subject. For your first attempts a simple arrangement of flowers or a bowl of fruit is preferable to your favorite niece playing with her new puppy. Study the subject before you begin. Be sure you have it in light that gives good contrast. Daylight is best.

What you put on canvas must be in your mind first. Do more with your head and less with the brush at the start. Remember, you are handling a tool for the first time. Take it slowly. Discover how your brush can reproduce the effects your eyes see.

It's a temptation, when you begin, to put in the accents first. The experts say no. Put in your masses, the intermediate tones. Then if they aren't right, you can make corrections easily. Work from the general to the particular, finally adding the sharp, well-placed accents that you see first but paint last.

Painting in oils is like swimming, in that you can tell better how you like it by dabbling in the media. Give it a try. It will unleash your creative ability, quicken your powers of observation, and, best of all, take you on a merry chase down picturesque streets, along gay streams, up majestic mountains, and where not—all in quest of things you like to look at.

Here's wishing you with the palette and brush what your distinguished fellow hobbyist Winston Churchill termed "a joy ride in a paint box."

Helpful information and supplies can be secured by mail from Arthur Brown and Brother, Inc., 2 West 46th St., New York 19, N.Y.; and F. Weber Co., 1220 Buttonwood St., Philadelphia 23, Pa.



When writing, please enclose stamped, addressed envelope for reply. Address: Home Editor, LIFE & HEALTH, Washington 12, D.C.

Homemaker Hints

By CAROLINE EELLS KEELER

Enjoy Autumn. In these busy autumn days, do take time to walk in the woods or along tree-bordered streets, rustle the leaves, breathe in the deep, rich fall odors.

And remember this too: If you are too busy to take a little time for the Book of books, you are busier than you should be.

Polish With Wax. Wax acts as a gleaming shield that brings out the natural beauty of many surfaces. The film of wax doesn't allow for wear and tear of furniture, floors, and woodwork, and makes them last much longer. A waxed surface is a cleaner surface—hard, smooth, and dry. Dirt doesn't stick to a waxed surface as it does to an oiled surface. And a little wax goes a long way.

Wax can be used on asphalt tile floors, linoleum, rubber tile, and wood. Wax furniture surfaces and such items as ornaments, lamp bases, wastebaskets, book ends, doorknobs, paneled walls, Venetian blinds, window frames and sills, radiator covers, chandeliers, built-in cabinets, and all kinds of personal belongings.

There is a completely new type of furniture polish that produces a lovely, long-lasting wax polish without rubbing. A wax finish for furniture is always more desirable than an oily polish, which leaves a smeary surface for dirt to cling to. And another thing about this new polish, you do not need to clean the surface before using it, for this polish will remove oil, grease, spilled foods, and other types of soil. It can be used on light- or dark-wood surfaces, refrigerators, stoves, appliances, metal furniture, painted metal surfaces, stainless steel, and leather-topped tables.

Shake the can of polish vigorously before applying. Use it on a pad uniformly soaked with the polish, but not dripping, and apply a medium or thin film. The film of wax must be allowed to dry, usually taking ten minutes. Cheesecloth is recommended for ap-

plying and wiping the polish, being soft and absorbent. No coarse, hard, or sized fabric should be used for this purpose. The first application of the polish will not give you so much gloss as successive treatments will. After the surface is wiped, there will be the day-by-day care, which is only dusting with a soft dry cloth. Do not use an oiled or chemically treated dustcloth.

Did you ever hear of waxing your shoes? Use a buffing-type wax for this little task. Liquid cleaning and polishing wax and cream wax will clean your shoes as well as polish them. For your white leather shoes cream wax is just the thing. It leaves a hard, glossy finish that doesn't rub off on clothing or furniture.

Wax on galoshes will keep them looking like new. Using a self-polishing wax on these, apply with a clean cloth or a paintbrush. This wax treatment is especially good for your boots before putting them away for the summer. How nice your luggage will look too—whether leather, plastic, or aluminum—if you keep it shining with one of the buffing type waxes. Use the wax on the fittings as well. Sports gear, such as tennis rackets and golf clubs, and carrying cases for musical instruments, radios, and cameras benefit from wax care.



Word to the Wise

By RICHARD F. RIDEOUT

Yes, "accidents will happen,"
You hear it every day,
But really it's not true, you know,
It only seems that way.

The accidents that "happen"
Are caused by you and me,
And why we keep on having them
Is more than I can see.

"I didn't see you coming,"
"He stood upon the table,"
"She thought it would be safe enough,"
"I didn't read the label."

Let's be a bit more careful,
It's worth the extra care
To make things safe and keep them safe
At home and everywhere.

Parsley-and-Cream Potatoes. Not only is parsley decorative, but it also adds valuable vitamins and minerals to your favorite dishes. For parsley potatoes, peel four or five potatoes, slicing them very thin. Place in a two-quart casserole and pour a cup of thin cream over the sliced potatoes. Cover and bake. When cooked, add a little salt, paprika, and chopped parsley.

Mild Scouring Powders. Rub some of the scouring powder you are using on your sink between your thumb and forefinger. If you feel any sharp particles, it's too rough for use on your porcelain sink, and will scratch.

Of course these gritty powders clean the sink quickly of grease and dirt, but they have scratched your sink, and future cleanings will be more difficult.

You can make a mild cleaning powder at home. All you need are equal parts of a detergent and whiting. The whiting is available at drug or paint stores. A detergent alone does a pretty good job of cleaning up a greasy sink.

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The Privilege of Friendship

By LOUISE M. BROWN, R.N.

We all want to gain friends and have people like us, but did it ever occur to you that in order to have a friend you must be one? The greatest exponent of friendship the world has ever known is the little animal that doesn't have to work for a living, the dog. Birds have to sing, hens have to lay eggs, and cows have to give milk; but a dog makes his living simply by giving friendliness and love.

We can make more friends in a few short months by becoming genuinely interested in other people than in years and years of merely trying to impress others and hoping to make them become interested in us. Real, sincere friends are made by personal association, personal interest. We should greet our acquaintances with enthusiasm and animation, and let them know we are personally interested in their welfare and problems.

To be genuinely friendly means to put ourselves out to do things for others, things that require time, energy, unselfishness, and thoughtfulness!

We may show others we are happy to see them by giving them a warm, friendly smile that says, "I'm glad to see you"—a real heart-warming smile from within.

For a great many people it is hard to remember the names of others, usually because they take neither time nor energy to concentrate and fix the name in their minds. A man's name is to him the sweetest and most important sound in the English language, so let's remember to call people by their names.

The ability to listen attentively is a rare trait! A good conversationalist is also a good listener. He encourages others to talk about themselves, giving exclusive attention to the one speaking. He tries to converse about the things others are interested in. He is on the royal road to a man's heart; he talks to him about the things he treasures most, making him feel important, giving him a feeling of true worth.

One of the principles deepest in human nature is the desire to be appreciated. You want the approval of those you meet. You want recognition of your true worth. You want a feeling that you are of some importance in your own little world. We can all determine to follow the golden rule, and give to others what we would have them give to us.

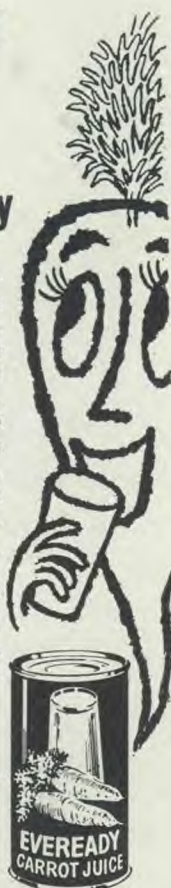
As the years pass we realize more fully the importance as well as the privilege of friendship and the satisfaction in constantly adding to our

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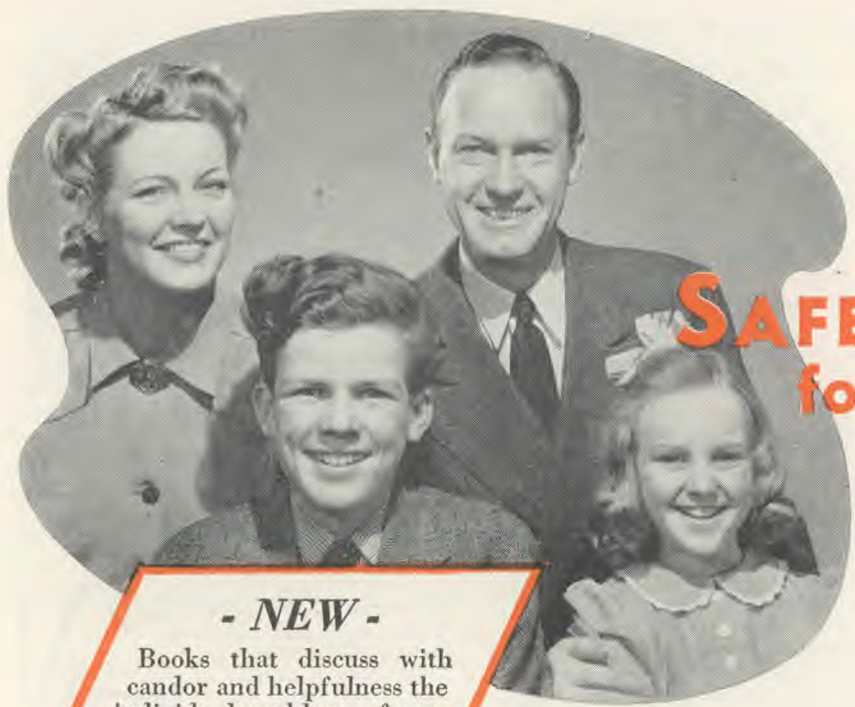
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Relief From Nervous Tension

(Continued from page 11)

by way of changing the inner life. Some people call it conversion, some call it growing in grace. What really matters is whether he connects with God."

"Is there any help for a man in resolving this menace of excessive nervous tension such as struck down my brother in the prime of life?" Mr. Rollings asked.

"Rollings, the best thinkers believe that severe nervous tension begins with some promise broken, a promise between man and himself, his fellow man, or his God. Then comes separation of man and God."

"All right, Doctor. Then how do we again get through to God, the source of all strength and life-giving energy?"

"It is a question of how we allow Him to get through to us. He never withdraws Himself from us. He is there all the time. We allow Him to build the chain that links us to Him by meditation, by being receptive, by tuning our lives, our minds, to Him, the infinite source and mystery of life itself, the spirit of infinite life and power.

"By meditation I mean silence, relaxation, and prayer, the exercise of the spirit."

There were other talks between the two men. In the quiet and calm of Rollings' first visit he began the discovery that brought into his heart deeper and deeper loyalties to the laws established by God. And now toward the close of his second visit he asked the practical question:

"Dr. Morton, can you give me a progressive plan that will help me to bring vitally into my life the things we have talked of this week, a plan that will help me to combat the excessive nervous tensions man is heir to, which killed my brother?"

"Yes, I think I can. We do not think of rest as idleness. You have learned how to take the hardest medicine of all, how to rest. Think of it as 'planned rest,' which you should arrange for as you do for any important undertaking in life. Planned rest is a threefold program. I can give it to you in three hundred words:

"1. Let go! Take time off. Detach yourself from your routine of life, physically relax, think the whole thing through, get a bird's-eye view of your environment. So plan for a change in the everyday physical and mental factors in your life that you will create situations which will help you to better coordinate body, mind, and spirit.

"If possible get completely away

from your daily round of life. Go to a place that will help you to interrupt and break up old menacing paths of thought, the conditioned reflexes, which prevent your winning through to spiritual tranquillity and peace of mind.

"2. Talk it over! Give up as much as you can of your worries to someone you trust. Talk over your problem with some trusted friend, not necessarily your physician or your minister, but some person who will help you to work over the troublesome problem and plan a helpful solution.

"Every man needs a confidant; not someone to advise him (because he can properly only advise himself), but a listener. This fact is increasingly recognized.

"3. Pray! Give up in prayer. Many people have learned to pass their bur-

"Stop excusing your present way of living, stop crushing your conscience with an alibi for your way of living. Commence constructively planning a different way of living. Put into practice a plan that will bring your way of living up to your conscience."

At length Rollings left the sanitarium, to return home and resume his work. But he went away stirred by a new progressive program, for Dr. Morton had helped him to see that when some promise is broken, some obligation is ignored, there comes a separation of man and his God, conflicts arise that stir anxiety, which in turn generates the nervous tensions and chronic fatigue man in this generation is heir to.

Gradually the progressive program bore fruit. By degrees Rollings realized that the greatest fundamental

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dens over to God through prayer. Get your life in tune with God. Remember, we all pray, each one of us, for who is not hoping for this or looking for that, desiring with all his heart that some certain thing come to pass?

"When Paul the apostle said 'Pray without ceasing' he identified prayer with the soul's sincere desire. What we want we are always praying for. And thank God for His benefits. Pray for others. We know how to pray, but more than that we need to seek humility, to recognize and admit our shortcomings, mistakes, and weaknesses, and then focus our sights upon a belief in the divine power governing the universe, in something 'than which a greater cannot be thought or conceived.'

"These are the simple elements of *planned rest*, each step planned to give you a constructive pattern to follow as the days mount into weeks and months. Try it! It works!

drive inside him was the desire to be needed. He became more receptive. He planned his life so as to help others. He gave fuller expression to human sympathy and love in his home, his business circle, and his community. And the depth of his own life came to be measured by the degree to which he more and more gave himself to meeting the needs of others completely and unselfishly.

The basic solution for Paul Rollings, as for all men, was the miracle of the new birth, a realization of the wonder and grandeur of God's plan, in which he could play his part. To him came a new understanding of the moral law and the triumph of right, through prayer, faith, and trust.

Once this triumph was sure in Paul Rollings' life the excessive nervous tensions left him, and human destiny took its high course, through the divine miracle of reunion of man and God.



The Main Entrance to the Sanitarium



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Washington SANITARIUM AND HOSPITAL
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School and Johnny's Health

(Continued from page 18)

own eye doctor has the time and equipment to catch these.

Nothing can retard a child's school progress more certainly than poor vision, so have a thorough test before your child starts to school. A youngster does not need to know the alphabet in order to be tested. Remember to have the test made yearly, for as schoolwork continues, your child's eyes are subject to more and more strain.

You may be able to observe some of the symptoms of faulty vision. If your child seems to have a habit of frowning or blinking continuously, brushing his eyes with his hands, or holding objects close to his face to examine them, the cause may be poor eyesight. If he has a strained expression when trying to look at distant objects, inflamed or watery eyes, emotional upsets, frequent headaches, or nausea, the answer may be defective vision.

There are visual defects so slight that none of these symptoms are present. Yet even slightly abnormal vision can be dangerous in terms of nervous strain.

Should your child need glasses, it will take a little time for him to become accustomed to wearing them and to learn how to take care of them. If he has his glasses a few months before school starts, he will have one less thing to distract his attention when he gets there.

David began to be a problem child when he was about three years old. He wouldn't come when called, he disregarded his mother's commands, his speech remained limited and babyish, and when scolded he would have a temper tantrum.

Then in desperation David's mother took him to the family physician. A physical examination revealed an impaired auditory nerve. David didn't obey, was emotionally upset, and his speech remained undeveloped because he simply couldn't hear clearly or understand what was said to him.

Fortunately not all cases are as serious as David's. Yet no parent would want to neglect even minor hearing defects. Many times a simple corrective treatment will restore a child's hearing to normal. At any rate, no parent would want to hear the doctor say, "If I had seen your child a year ago, I could have saved his hearing."

You can suspect a hearing difficulty if a child's vocabulary seems limited as compared to the vocabularies of other children his age, if his speech is distorted, and if he confuses similar sounds. He may constantly request

you to repeat your words, fail to respond when called, and be unable to locate the source of sounds. He may complain of dizziness and headaches or have frequent ear trouble. Such signs call for prompt investigation. Even when nothing seems wrong, a routine test is safest.

Some parents think they don't have to worry about decay of baby teeth, because they are going to be replaced anyway. This attitude is wrong. Irregular or decayed teeth can cause pain, digestive upsets, impaired vision and hearing, throat and sinus trouble, and jaw infections. If a neglected tooth has to be pulled, the other teeth have a chance to grow out of position. Then the permanent teeth won't have sufficient room when they are ready to come through. If it is remembered that a child's baby teeth are

Aquatint

By MARJORIE HUNT PETTIT

The autumn rain has come to bless
A land that yearns for its caress.
It bends the bracken, beads the vine;
It jewels alder, oak, and pine.
It veils the valley, hoods the hill,
And quickens failing pond and rill.
While eaves repeat the slow refrain
Of sweet reviving autumn rain,
The heart becomes a magic place
Washed clean and fair by heaven's grace.

not all lost until he is twelve, the importance of dental care becomes more apparent.

Good, healthy, evenly spaced teeth are a social as well as a physical asset to a child. A boy or girl with crooked, ugly teeth may become shy and self-conscious, especially if teased by other children. Irregularly developed or impaired teeth can change a pretty face into an unattractive one and thereby rob a child of assets that are rightfully his.

Dentists advise that every child be trained to clean his teeth at least three times a day as one method of preventing tooth decay. They also suggest that sweets be eaten just after meals, so that the acid-producing sugar will be cleaned away promptly. Some doctors are recommending the new sodium fluoride treatment as a means of preventing tooth decay. This treatment is about 60 per cent successful.

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cavities that are not apparent to the less-experienced eye. The time to fill cavities is when they are small and do not hurt a child much. Visits twice a year just for examination or teeth cleaning will help build up a child's confidence so that he will not be frightened when something serious must be done. It's good insurance to see that your child's teeth stay healthy.

Children are often absent a lot during the first year of school because unsuspected health difficulties have been neglected. This imposes on a child the task of catching up lost work or in these days of teacher overloading the grief of never catching up at all. A few days lost now and then may not seem like much to an adult, but to a first grader trying to make up lost time can present a mountain of words, numbers, and strange things to be learned.



"Happiness is not a station you arrive at, but a manner of traveling."

School and Johnny's Happiness

(Continued from page 19)

happy in school classrooms and surroundings.

Postponing formal education until the child is physically, mentally, and emotionally ready for it actually speeds up the child's education progress rather than retards it.

Another sad fact revealed by the medical examinations that morning was the large number of children with physical defects, especially decayed

teeth and other signs of being poorly fed. I wondered how many parents would get these defects corrected, for statisticians report that twenty million school-age children right now are in need of dental care. A startlingly large number of our children must go through life with physical handicaps, many of which could be remedied. Large numbers suffer from deficiency diseases and malnutrition. Many defects of the eyes and ears begin in the preschool period. Probably one half of the hearing defects of school life would be prevented if the children had proper supervision in the preschool period. It would be difficult indeed to calculate how many scholastic failures have their foundation in poor physical and emotional health.

It was when I was thus sadly reflecting that Johnny Thompson stood before me. His vivacious, sparkling eyes and radiant smile were contagious. He was the picture of health. His parents had given him the best possible preparation for school: a happy home. A child with a contented home life feels secure and confident enough to take his first step away from home.

Johnny's enthusiasm over the examination was expressed in such questions as "What's that for? Why do you do that?" Here was a real observer and explorer. His senses were alive, because his curiosity had not been killed by impatience with his many questions. A child gradually assumes an attitude toward learning itself that is enthusiastic, interested, casual, bored, or defiant, according to the kind of guidance he receives from his family.

"Mrs. Thompson, tell me the secret of how you made such an enthusiastic observer of Johnny," I inquired.

"When Johnny was two years old he was not interested in picture books, so I took him by the hand out of doors and let him feel the stirring leaves with his fingers, listen to the wind blow, name the colors in the flowers, and stop to smell their fragrance. I pointed out each detail many times. Nothing was too small to notice, because everything was new. Then we visited the local fire department, nursery, park, zoo, dairy, band concert, beach, and other places a little boy should know about. Johnny's interests have grown until he enjoys not only picture books but storybooks as well."

I added, "And when Johnny is an old man he still will find the sky above him and the earth at his feet and much to look at in between. For 'a mind trained to look with a fresh eye will never be bored.' Mrs. Thompson, you have given your boy a good prep-



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BUFFALO..... Eastwood's
BURLINGTON, VT..... Boynton's, Inc.
CHARLESTON, S.C..... Condon's
CHATTANOOGA..... Miller Bros. Co.
CHEYENNE..... Wasserman's
CHICAGO..... Mandel Brothers,
also Lane Bryant, Inc.
CINCINNATI..... Shillito's
CLEVELAND..... Lane Bryant
COLUMBUS, GA..... Miller-Taylor Shoes
COLUMBUS, O..... F. & R. Lazarus & Co.
CORPUS CHRISTI..... Richardson's
DALLAS..... Volk Brothers Co.
DENVER..... Fontius Shoe Co.
DES MOINES..... Younker's
EL PASO..... Popular Dry Goods Co.
FLAGSTAFF, ARIZ..... Babbitt's
FT. WORTH..... Monnig's
FRESNO, CALIF..... Rodder's Shoe Co.
GRAND RAPIDS, MICH..... East End Shoe Store
HOUSTON..... Krupp & Tuffly; Foley's; Levy's
INDIANAPOLIS..... Wasson's
INGLEWOOD, CALIF..... 327 E. Manchester
JACKSON, MISS..... Small's Shoe Store
KANSAS CITY..... Robinson Shoe Co.
KNOXVILLE..... Miller's, Inc.
LEXINGTON, KY..... Stewart's
LINCOLN, NEB..... Wells & Frost
LITTLE ROCK, ARK..... Kempner's
LONG BEACH, CAL..... 243 E. 1st Street
LONGVIEW, TEX..... Riff's Shoe Salon
LOS ANGELES..... May Co. & Robinson's
Cuboid Salon, 3415 W. 43rd Place,
also Dr. A. Reed Shoe Salon, Suite 607-11
Warner Bros. Theatre Bldg.
LOUISVILLE..... Stewart's
LUBBOCK, TEX..... Godwin's Booterie
MADISON, WIS..... Dyer's Shoe Store
MEMPHIS..... Walk-Over's & Goldsmith's
MILWAUKEE..... Boston Store & Gimbel's
MINNEAPOLIS..... C. M. Stendal
NASHVILLE, TENN..... Harvey's
NEWARK..... Walk-Over Shoe Store
NEW ORLEANS..... D. H. Holmes Co., Ltd.
NEW YORK..... McCreery's
NORTHAMPTON, MASS..... David Boot Shop
OAKLAND, CAL..... Rocsil's also Stewart's
OKLAHOMA CITY..... Nissen's
ORLANDO..... Stiefel's at Dickson-Ives
PEORIA, ILL..... Crawford Shoe Stores
PHILADELPHIA..... Gimbel's
PHOENIX..... Diamond Boston Store
PITTSBURGH, PA..... Gimbel's
PORTLAND, ORE..... Meier & Frank
POTTSVILLE, PA..... Raring's, Inc.
QUINCY, MASS..... Heffernan's Shoe Store
READING, PA..... Wetherhold and Metzger
RENO, NEV..... Sunderland's
RICHMOND, VA..... Miller & Rhoads
ROCHESTER, N. Y..... Eastwood's
ROCHESTER, N. Y..... Sibley's
SACRAMENTO..... Dr. Locke Shoe Store
SALT LAKE CITY..... Auerbach's
SAN ANGELO..... Barnes & Co.
SAN ANTONIO, TEX..... Joske's
SAN DIEGO, CAL..... Physicians' Supply Co.
SAN FRANCISCO..... Macy's
SAN FRANCISCO..... Southwick's; Stewart's
SANTA ANA..... 411 N. Main, Cuboid Salon
SCRANTON, PA..... Lewis & Reilly Inc.
SEATTLE..... Nordstrom Shoe Co.
SILVER SPRING, MD..... Hecht's
ST. LOUIS..... Famous-Barr
ST. PAUL, MINN..... The Emporium
SYRACUSE, N. Y..... Park Brannock
TUCSON, ARIZ..... Levy's
WASHINGTON, D.C..... Hecht's & Jelloff's
also Woodward & Lothrop
WEST PALM BEACH, FLA..... Anthony's
WILKES-BARRE..... Walter's Shoe Store
YORK, PA..... Newswanger's



STYLED FOR
MEN, WOMEN, CHILDREN