

*Life and*

# HEALTH

THE NATIONAL HEALTH JOURNAL

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DECEMBER 1953





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Braille Edition, *Life & Health*: C. W. DEGERING, MANAGING EDITOR

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## LETTERS TO THE EDITOR

### WORTH-WHILE PRESENT

DEAR EDITOR:

I pass *LIFE & HEALTH* on when I am through with it, and it occurred to me that it would be a worth-while present to give a year's subscription to some of my friends now and then. I get so much good out of it myself.

FRANK KRIZO

Port Angeles, Washington

### BOUQUET

DEAR EDITOR:

I am a subscriber of *LIFE & HEALTH*, and I enjoy every article that's published. Thank you!

MRS. DAVID PFEIFER

Cherryville, North Carolina

### THE WHOLE WORLD!

DEAR EDITOR:

I shall take this opportunity to add a few lines to tell you how much my family and I enjoy reading the *LIFE & HEALTH* magazine.

We've found it very helpful in many ways. I enjoy *Philosophy of Life*—it always brings me so much comfort.

It's indeed a magazine I wish the whole  
(Turn to page 4)

## THE DECEMBER COVER



Color Photo by Camera Clix

Our cover pictures a Christmas tree smothered with decorations, and a beautiful sleeping babe lying under its gift-laden branches. How significant is this scene!

It was to commemorate the birth of a Babe nearly two thousand years ago that Christmas Day was inaugurated. With multitudes today a highly commercialized Christmas fills their homes with a tree, presents, and heavily laden tables. On the holiday they have a good time, whereas the One for whom all this is commemorative is forgotten and their minds are asleep in regard to Him.



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## Readers' Pulse

(Continued from page 3)

world could read. It certainly would make it a better place to live if the people would take the advice and knowledge given.

I hope I'll always find a way to afford to subscribe for the *LIFE & HEALTH* magazine.

MRS. THOMAS HUNT

Alton, Illinois

## LOVE AND SECURITY

DEAR EDITOR:

Just a personal note congratulating you on excellent work in *March LIFE & HEALTH*. From cover to cover it's tops! The picture on the front naturally made us homesick. We'll personally vouch for every statement in Dr. Larsen's article "Rx for Happy Living."

Dr. Palma's "Love and Security" is exactly what I've been hoping and waiting for someone to write. It's great! I hope it serves its purpose as eye opener to our modern American mothers (doesn't that sound just like a hard-boiled nurse?).

Once again, congratulations on this issue. Your article on anemia was very beneficial even to me. I'm a faithful reader of all your articles.

ARLENE SHULTZ, R.N.

Arlington, California

## CLOTHESPIN TIP

DEAR EDITOR:

We want to send wishes for holiday happiness and lots of health so that you can continue your fine publication.

Homemaker Hints, by Caroline Bells Keeler, is a most interesting and helpful page. It reminded me that it is helpful during these icy cold days to heat wooden clothespins in the oven before going outdoors to hang up wet clothing on wash-days. You might like to pass this idea on to other readers.

EVALYN RUTH BELSER

Mount Alton, Pennsylvania

## THANKS TO THE DOCTOR

DEAR EDITOR:

In the *March LIFE & HEALTH* the article "Are You Anemic?" by J. DeWitt Fox, M.D., is fine. Dr. Fox tells many things that I've not read in other magazines.

I am a doctor's daughter. I am an anemic. Daddy advises me and helps me in getting rid of anemia. But I neglect his advices. . . . Now that I've learned about anemia and its treatment, I'll follow them.

Thanks to the doctor for writing such an article.

LULU ORTIZ

Philippine Islands

## HEALTHY OCTOGENARIANS

DEAR EDITOR:

Your *LIFE & HEALTH* has been a god-send to us, and we would like very much to know who the very kind friend is

(Turn to page 44)

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# March of Medicine



## Pop Can't Cause Polio

By the Editor

SINCE the appearance of the editorial "Pop and Polio" in the August, 1953, *LIFE & HEALTH* we have received considerable mail from some of our readers who have misinterpreted or read into our editorial some things that were not there. To help clarify this idea and make sure our readers do not get any wrong concepts, we feel compelled to write this little item.

The one idea that seemed to occur tacitly to some readers was that pop could cause polio. Although pop and other sweets do reduce a child's appetite, and on a poor diet his resistance to polio and all other diseases is lowered, pop or other sweets cannot directly cause polio. This is what we said: "Now, these are only figures [citing the parallel of increased consumption of soft drinks as compared with the increase in polio], and cannot be interpreted to mean that pop causes polio in any sense of the word." "Polio, as doctors know, is a virus disease."

As Roland H. Berg, director of scientific information for the National Foundation for Infantile Paralysis, has stated: "There is no scientific justification to relate either incidence of polio or the severity of the paralytic disease to the consumption of any foods or carbonated beverages."

With this we agree, for it would be foolish to believe that any particular food or beverage could cause a specific disease of a virus nature such as polio.

### Erratum

*LIFE & HEALTH* erred typographically in giving the caffeine content of certain cola beverages in the "Pop and Polio" editorial. We are always happy and anxious to correct our errors. We have been fortunate in being relatively free from errors for the past four years, under its present editor, but we always appreciate hearing from our readers, and their careful scrutiny helps us to keep the public well informed on matters of health and medicine. *LIFE & HEALTH* would never knowingly convey a wrong impression or give misinformation, and the figure "1," which seems small and insignificant to the average printer, may give a distorted picture when it comes to dealing with such drugs as caffeine.

We stated that cola drinks "contain caffeine (1½ grains to each 6 ounces), about as much as a strong cup of coffee." According to experiments performed by Dr. Andrew C. Ivy and published in the *Journal of the American Medical Association*, this should have been ½ grain to each 6 ounces.

According to *Pageant* magazine and their article by Michael Bakalar "Hard Facts About Soft Drinks," "another nutritional bone of contention is the caffeine in cola drinks. According to company officials, a bottle of Coca-Cola has about ½ the amount of caffeine in a cup of coffee, and Pepsi-Cola has 4 milligrams of caffeine per ounce, or about 48 milligrams in the usual bottle. A cup of coffee, according to the Pan

(Turn to page 31)

### Exercise for Your Heart

The old warning to slow down at 40 and quit exercise for fear of having a heart attack is now being changed to exercise moderately if you would avoid a heart attack. This is what Dr. Paul D. White, of Boston, prominent heart expert, recently told the American Medical Association.

To support this view, heart experts find that half of all heart attacks come during sleep. Only 2 per cent come during severe exertion. They get the publicity and lead people to blame sports for causing heart attacks. According to Dr. Theodore G. Klumpp, of New York, taking it easy is not the answer to avoid heart attacks. He feels that if pressure and tension so easily kill a man, then Presi-



dent Eisenhower and Adlai Stevenson wouldn't have survived their election campaigns.

His contention is that overeating and not enough exercise contribute heavily to heart attacks.

"The atrophy of disuse," says Dr. Klumpp, "both mental and physical, is the most insidious disease known to man."

"We don't wear out—we rust out."

Dr. Ernest de Jokl, a European heart specialist, states that regular exercise done for fun and in moderation can "probably make you feel, look, and act 20 years younger when you're 60."

He urges starting in early at sports you can maintain throughout life, whether they be table tennis, golf, or walking. Although walking is good, you must put your head and your heart into it as well as your feet, says Dr. Jokl.

Dr. White says: "A good program of regular exercise with the reduction of overweight and the avoidance of over-nutrition and a return in part at least to the more rugged positive virtues of our ancestors—the cultivation not only of courage, patience, and optimism, but also of good hard work—may do more for our

future health and happiness than all the new medicines or new operations in the world."



### Do Drunks Die?

What happens to alcoholics is a question that Dr. Frederick Lemere attempted to answer in the *American Journal of Psychiatry*. Wondering how many alcoholics die from drinking, how many quit, how effective religion is in helping the alcoholic, and what doctors can do, Dr. Lemere made a study of 500 life histories of alcoholics.

In this survey he uncovered the following statistics:

Nearly 28 per cent of alcoholics will drink themselves to death, 7 per cent will regain partial control of their drinking, 3 per cent will be able to drink moderately, and 29 per cent will continue to have a drinking problem throughout life.

Most alcoholics who quit do so on their own, without outside help (7 per cent of this series of 500 cases). Spiritual conversion is a big help (3 per cent of this series). Medical help is not such a help (only 1 per cent).

The average life of this series of 500 alcoholics was 52 years. Many quit drinking for prolonged periods, only to relapse later.



### A Mile of Reading

It is estimated that the average book contains a mile of reading matter. Lots of people do little or no book reading these days since the advent of television, but they usually make up for it by working with records, inventories, or sewing.

The average American adult is said to read the equivalent of eighteen books—or eighteen miles of printed matter—each year.



## Hidden Hunger

**DO** YOU get hungry between meals? You eat big meals, but somehow you don't feel satisfied? If so, you are typical of millions of Americans who suffer from "hidden hunger."

We live in a land of abundance. The best food is found in our markets. Our tables groan under lavish dinners. Yet, paradoxical as it may seem, many an American is a hungry glutton—overweight from eating too much, yet hungry.

Hidden hunger is the thing that makes teen-agers voracious eaters. Watch a high school youngster eat at the lunch counter across the street, and you'll marvel that he could ever be hungry again. He can wolf three hamburgers, an order of French fries, a double malted, a candy bar, wash them down with a couple of colas, and maybe top it all off with a banana split. Yet school is no sooner out than he's hungry again. He heads with the gang to the nearest shop for another indulgence of his sweet tooth—he's a victim of hidden hunger.

He too is depriving his growing body of the vitamins and minerals it needs, and surfeiting himself with

sweets and fats, which he could well do without. Consequently he feels lazy from a vitamin B complex deficiency. His skin develops pimples, and the acne gives him an inferiority complex. Yet it could be corrected by satisfying his hidden hunger.

Some stout little housewives pride themselves on being good bakers and pastry cooks. Turn your back, and the little woman is in the kitchen whipping up a cake or a pie for you.

On the other hand, they too often loathe washing, preparing, and cooking the more healthful dishes such as good old garden-fresh vegetables, or they think there is no feeling of accomplishment in turning out a fancy fruit salad. If it doesn't come from the oven, it's no prize, they feel.

Consequently mother, dad, and the kiddies—the entire family—suffer from hidden hunger. Their menus contain plenty of white bread, hamburgers, hot dogs, French fries, macaroni and cheese, spaghetti, puddings, pie, cake, cookies, doughnuts and coffee, ice cream, potato chips, and other pale white foods with plenty of calories but few if any vitamins and minerals.

Needed to satisfy hidden hunger are

old-fashioned farmer-style foods, the kind of "stick-to-the-ribs" foods that made grandpa strong and rugged, foods that satisfied his ravenous hunger and kept him working in the fields from sunup till dark.

Americans need more breakfasts consisting of orange juice, eggs, 100 per cent whole-wheat toast, cereal with raisins, milk, and fruit rather than of coffee and doughnuts. They need fewer luncheons that are little more than slapped-together drugstore sandwiches and a soft drink. Rather, they need a luncheon menu of crisp tossed green salad, two green vegetables, a protein dish, baked potato in its jacket, milk, 100 per cent whole-wheat bread, and light fruit dessert.

Suppers might better be light: cottage cheese topping a luscious fruit salad sprinkled generously with almonds, and served with piping hot toast (100 per cent whole-wheat) with peanut butter and honey. Milk and a few celery sticks could top off this light evening meal.

The explanation of hidden hunger is not simple. But there is a definite reason why a person can eat until he's ready to pop and still be hungry. It is usually because he has failed to eat the foods his body needs.

The body needs certain vitamins and minerals in order to function properly. The most commonly omitted foods today are those containing vitamin B complex, iron, and proteins. The foods that take their places are usually high in calories, which make for overweight. The overweight person is frequently a victim of hidden hunger. It may be due to blood-sugar fluctuations. You see, when you eat sugar, your pancreas pours insulin into your blood stream to utilize the sugar. This drops the blood sugar level, frequently to below normal. And a low blood sugar makes for hunger. So the plump one says, "I'm so hungry and weak. I must have a candy bar or a piece of pie." Another 400 calories is added, another rise and fall of blood sugar occurs, to make more hidden hunger.

He is drawing from his reserves, and is courting hidden hunger from vitamin deficiency, as well as low blood sugar.

The satisfying of hidden hunger will not only make you feel better but may help you lose weight as well.

Yours for better health,

*J. A. Hewitt Fox, M. D.*



IN SPITE of a harmful habit of eating often, we may suffer hidden hunger.



# **PROFILES** of Our Contributors



**Harold J. Hoxie, M.D.** ("Nerves and Weight," page 20), is a specialist in internal medicine at the Glendale Medical Center, Glendale, California.

Born in Vienna, New York, Dr. Hoxie studied in Washington, D.C., and received his M.D. from the College of Medical Evangelists School of Medicine, in California.

Work is his hobby, so he has little trouble sleeping. But he finds time for gardening and photography with Mrs. Hoxie; their son, Russell, aged 18; and their daughter, Patricia, aged 15.

Dr. Hoxie is a specialist in thyroid diseases. A brilliant diagnostician, he astounds his colleagues and medical students by regularly diagnosing difficult cases in clinicopathological conferences at the Los Angeles County General Hospital. He once diagnosed, from history alone, a case in which a patient had three different diseases, all accounting for his death. Without ever seeing the patient, Dr. Hoxie evaluated the symptoms, and arrived at the correct diagnosis.



**Arthur C. Miller, M.D.** ("Tuberculosis Today," page 8), is senior resident thoracic surgeon at Herman Kiefer Hospital, Detroit, and a specialist certified by the American Board of Surgery.

Born in Maryland, Dr. Miller took his undergraduate studies at Walla Walla College, Washington; his M.D. is from the College of Medical Evangelists School of Medicine. He is a veteran of World War II.

Dr. Miller is the proud father of two daughters, ages nine and six, and he lists as his hobbies, photography and private aviation. He's the holder of a private pilot's license, and he flies, using air travel, in his professional work.



**Belle Wood Comstock, M.D.** (Mother's Counselor, page 30), is a practicing physician in Los Angeles, California. Born and reared in Michigan, she began at 16 to teach in a "little red schoolhouse." After years of schoolwork she enrolled in the American Medical Missionary College, Battle Creek, Michigan; and later graduated from the University of Southern California School of Medicine.

For several years she and her husband, the late Dr. D. D. Comstock, were staff physicians at the Glendale Sanitarium, Glendale, California. She now specializes in nutrition and endocrinology, after special courses at a New York postgraduate school and the Lying-in Hospital, New York City.

Active in health education, Dr. Comstock has written several books, including *Home Dietitian*, *The Human Body and How to Keep It*, *All About the Baby*, and *Is Love Enough?*



**Jay Gould** is farm-service director of one of the nation's largest radio stations, 50,000-watt Westinghouse WOWO, in Fort Wayne, Indiana. He is coordinator of the station's excellent project "Health From the Soil Up." Arising at 4 A.M. six days a week, he broadcasts "The Little Red Barn" over WOWO from 6 to 7, also 11:45 to 12 noon, 12:45 to 1 P.M., and Friday evening at 7:30. Between times he visits people in all walks of life from morning till night, lecturing about positive health, the soil, and food, and has been doing this on the average of three times weekly for fifteen years. Where he finds the time to write rhymes, we'll never know. But his excellent poem "Metamorphosis," on



page 30, shows that he is a poet along with his many other accomplishments.

Born on a farm in Kalamazoo County, Michigan, Jay Gould worked as a lumberjack, iron miner, farmer, university teacher, concert singer, and even as a public school teacher and superintendent.

He has been writing most of his life, and has turned out plays, stories for children, short stories, articles, and three books of poetry, besides a score of songs.

In 1934 he began broadcasting to children under the name of "The Old Songsmith." His place as a teacher, natural scientist, and philosopher was recognized with his coast-to-coast broadcast of the "Little Dr. Hickory" series.

His training at four universities and his close touch with farmers, agricultural agents, soil conservationists, and university specialists keep him in daily touch with changes and progress in the field of food, from which he insists nations, men, and minds grow.

His unique public service radio project entitled "Health From the Soil Up" has created nationwide interest and approval. In cooperation with Purdue University, he promoted a new 4-H Club health conservation project, which is now being given a trial run in 14 Indiana counties.

Gould is married, has two children—Kathryn, who's married, and Bob, 15, who helps with the home farming.



**Miriam Gilbert** ("Toys Help Johnny Grow," page 18) is a New York freelance writer and literary agent, who enjoys writing for and about children.

Before establishing her own literary agency—authors and publishers' service—Mrs. Gilbert worked for several book publishers in New York, serving as secretary and executive managing editor.

Her stories have appeared in publications ranging from *Woman's Life* to the *Wall Street Journal*. She is the author of several books of juvenile verse.


A native New Yorker who loves New York, she believes children and flowers grow better where there is plenty of space and sunshine.

She lives with her nine-month-old daughter Karen and her husband in a private home in Jackson Heights, twenty minutes from Times Square. Her favorite hobby is helping new and struggling authors on the way up.



# TUBERCULOSIS

## Today

 ARTHUR C. MILLER, M.D.

With all the advances in modern treatment of tuberculosis, your doctor does not discard the old common-sense health stand-bys.



ROBERT KOCH, a German bacteriologist who lived from 1843 to 1910, discovered the tubercle bacillus, the germ that causes tuberculosis. The world salutes its men of science!

**I**S THERE a pill that will cure tuberculosis, doctor?" This is an everyday question patients are asking their physicians. Too, it is a question that physicians have been asking themselves and one another for a number of years.

Only seventy years ago Robert Koch, in Germany, discovered the germ that causes tuberculosis. This tubercle bacillus, as the germ is called, has been the target of medical gunners ever since.

Most of us remember the horror and fear that was aroused at the mention of a relative or friend who

was ill with tuberculosis, or consumption, as it was frequently called. The term *white plague* used to be a common name for tuberculosis.

Tuberculosis is still a serious disease, and if left untreated, it is just as deadly as formerly.

Now, is there anything new in the treatment of this disease? The answer is most emphatically Yes. Treatment has undergone revolutionary changes. Most of these changes have taken place so recently as to be included within the past decade.

Toward the end of World War II it had become apparent for the first time in history that most common infections caused by germs could be conquered by new medicines. The notable exception to this was tuberculosis. Not long after the advent of penicillin there came another new medicine—streptomycin. It is now well known that streptomycin has a definite action against the tubercle bacillus. However, after using streptomycin for a time, doctors saw a very disappointing turn of events. The tubercle bacilli in many patients developed a resistance to streptomycin after the patients had been receiving the new treatment for a few days or weeks. Thus in these cases the good effects were stopped before even a near cure was accomplished.

In 1947 another new medicine, nicknamed PAS, was introduced for use in the treatment of tuberculosis. PAS has two important actions that give it value. First, when it is given to the patient along with streptomycin, it helps prevent the tubercle bacilli from becoming resistant to the streptomycin. In addition to this, PAS has a direct effect against the germ itself. The combination of streptomycin and PAS has saved untold hundreds of lives.

In the spring of 1952 an even newer medicine became available for controlled use. No doubt you read reports of this in such periodicals as *Life* and *Time*. This medicine is a close relative of vitamin B. We



will refer to it with the abbreviation INAH. The first news releases regarding this preparation made it appear that a truly sensational medicine was ready to conquer tuberculosis. Further use of INAH has modified the sensationalism, but has also established the fact that it is another useful weapon in the fight against tuberculosis. The United States Public Health Service has made controlled studies to determine the best dosages and combinations of these new medicines.

Wonderful as these new medicines are, they should be considered only companion weapons to such time-honored and proved measures as strict bed rest, adequate diet, pure air, and good accommodations. Besides all these procedures, it is frequently necessary for the attending physician to arrange for minor and sometimes major operations.

Until recently, all surgery for tuberculosis, called collapse measures, was rest to the diseased lung. The lung was partially collapsed either for a certain period or permanently, depending on the patient's requirements. More recently, however, in many patients the infected areas in the lung have responded so well to modern medical treatment that collapse treatment has not been used. Instead, when the diseased portion of the lung had been reduced to as small an area as possible, it is removed surgically. Doctors reason that

with this infected spot removed the patient is less likely to have further difficulty.

To me it has always been quite depressing to see a person with advanced tuberculosis admitted to a hospital. But to see the same patient later leave the hospital after proper treatment, feeling and looking well, is a great satisfaction. This is more the rule than the exception in the treatment of tuberculosis today. This change in the patient's condition has been accomplished through the use of yesterday's basic treatment as modified and advanced with today's newer helps.

As with all diseases, the earlier tuberculosis is discovered and treatment is started, the sooner and more certain is recovery. You no doubt have seen mobile X-ray units that advertise free chest X-rays for one and all. X-ray is the easiest way for you to learn whether you have any major lung diseases.

Some of the symptoms frequently noticed with tuberculosis are easy fatigue, weight loss, persistent cough, and night sweating. Should you notice any of these warning signals, see your doctor. He probably will order a chest X-ray for you.

You no longer need to think of tuberculosis as an incurable disease. The letters *TB* may represent "To Bed," but they do not need to mean "Too Bad."



## THIS IS TUBERCULOSIS

An unnecessary disease.

TB can be prevented. It can be cured. It could even be eradicated.

Yet tuberculosis is responsible for more deaths in the United States than all other infectious diseases combined. About 30,000 die in one year, one every 17 minutes.

In a single year TB kills approximately 20,000 persons 45 years of age or over, 1,600 children under 15. It leads all diseases as a cause of death in the age group of 15 to 35.

TB deaths cost the nation about 1,000,000 working years each year, cut off an estimated 1,500,000 years of life annually.

In 1904, when the National Tuberculosis Association was founded, TB was the major health problem, the first cause of death in this country. Since that time the death rate has been forced down 90 per cent. TB is now the sixth cause of death, fifth if accidents are excluded.

Great progress is being made in preventing deaths from TB.

Less progress is being made in preventing people from getting the disease and in preventing the physical, emotional, social, and economic problems that TB brings with it.

TB is caused by a germ, the tubercle bacillus. It is spread by people with active TB who cough up these germs.


TB can attack any place, any time. The germ knows no barriers of age, race, nationality, or economic condition.

Among every 1,000 adults 3 or 4 persons have active tuberculosis—approximately 400,000 Americans. Because of the advances in medical knowledge, many of them will not die of TB, but they will have to live with the disease and with the inevitable changes it brings into their lives.





# The Fountain of YOUTH

 CLIFFORD R. ANDERSON, M.D.

The key to remaining youthful is closer than you think. But are you willing to pay the price?

**M**ANY years ago a group of famous explorers set out on a strange quest. They said they were looking for the fountain of youth. They searched far and wide, discovering several unknown countries and finding many interesting things. But that elusive fountain whose magic waters were thought to have the power to prevent old age and death was always beyond their reach.

Yet that search for the fountain of youth was productive in helping to open new avenues of knowledge and broadening horizons for the people of that day. Thus it has been. Wise and progressive people are always searching for ways to make their lives more beautiful and harmonious. In looking for new ideas and better ways of living they have sometimes been fortunate enough to stumble onto some of the truly great secrets of nature.

Men and women everywhere today are looking for the fountain of youth in one way or another. Scientists are busy searching for better ways of living. Many wonderful discoveries are continually being made in various parts of the world. The secrets of nature are steadily being unfolded. And still the wonderful search goes on, for there is no quest men and women are so vitally interested in as this search for joyous, youthful, vibrant living. Every one of us would like to find some magic fountain or some way to keep himself young, healthy, and free from pain and anxiety.

Some people seem to think that the secret of youthful living is found in the right combination of minerals and vitamins. They diligently swallow all kinds of pills, but at the same time they fail to change their irregular ways of living. The result is that many of them are still sick after spending many a dollar at the drugstore. Vitamins and minerals are important, but they are not the only important factors in health.

Others try out various kinds of medicines, includ-

ing the so-called wonder drugs. These drugs are powerful in fighting infection, but the secret of youth is not in them. Again, some have suggested that the endocrine glands may hold the secret of youthful vitality. As a result, they try all kinds of injections. Sometimes the effect of these injections is good, but it may be disappointing.

Some years ago Sir William Osler, one of the greatest medical scientists of all time, stated that a man is as old as his arteries. This is absolutely true. But how can we keep these arteries of ours young and healthy? If we can find the answer to this question, we will be a long way in our search for health and happiness.

Some say the colon has much to do with the lengthening or shortening of a man's life. There may be some truth in this as well. But again the question is, How can we keep the colon in perfect condition? An enormous amount of money is spent on laxatives, many of which may be quite harmful. The laxative habit is not the way to health. It is more likely to lead to the hospital.

Finally, some modern doctors have suggested that a man is as old as his imagination! This also is true to some extent. Modern scientific observers are well aware of the great influence the mind exerts over the body.

There is no question but that each of these factors plays some part in determining how long and comfortably we shall live. All of them are concerned with good nutrition. If we give our bodies the proper care and the right kind of food, we will be able longer to keep the endocrine glands balanced and active, the walls of the arteries young and elastic, and the whole digestive tract in tone and able to carry on its work normally. As a result, the other organs will function at their best.



Nor is this all. The proper care of the body will help keep the mind fresh, the imagination active and full of life. Living is really fun when we enjoy full vigor as a result of choosing our foods wisely and living in harmony with the laws of health. One observer states it well when he says, "Good nutrition will not only add years to our lives but add life to our years."

But what do we mean by good nutrition? Are we to go out and stock up on expensive foods? Certainly not! Many expensive items are not worth buying so far as food value is concerned. Good nutrition means the selection and preparation of simple, wholesome, natural foods. Some of the most expensive and highly advertised articles of diet may be poor in real food value, and they are often hard to digest.

Your body needs simple, natural foods to build and maintain itself at the highest peak of efficiency. Many modern articles of diet are not capable of doing this. In spite of their popularity, they are wasteful and extravagant. They not only fail to build up the body but sometimes help to break it down and destroy it. The concentrated sugars used freely today are actually enemies of the human body.

It is not hard for us to understand why this is true. We must remember that our bodies are built and maintained from the foods we eat. Every meal we eat helps either to build up the body or to break it down. It all depends on the kind of food we choose and how we prepare it.

Not that we always feel the effects of a bad choice immediately. Sometimes we do not become aware of the harm until long afterward. Often we are deluded into thinking that these poor "foods" are actually doing us good, only to wake up after years of malnutrition to find ourselves wearing out too soon. Even then we can still do much to help ourselves, for this wonderful body of ours will usually make a fairly good recovery if we only give it a chance.

It is not, then, so much a question of how many years we may have lived as how well we have lived, and whether we have taken the proper care of ourselves. Vibrant, youthful living is not a matter of years. It is not measured by the calendar. To remain young and healthy, we must give the body the right foods. We must also keep the mind young and fresh. How important it is, then, that we learn what foods to choose and what to avoid!

Youthful living depends on both good physiology and good psychology. By good physiology we mean a smoothly working body perfectly balanced in all its various parts and all working harmoniously together. And by good psychology we mean an equally well-balanced mind, able to maintain its vitality regardless of the number of calendar years we have lived.

Have you noticed that some people are old and worn out long before they are forty years of age, whereas others are still young and active at eighty? Someone has said that we must choose the right ancestors if we want to live a long, healthy life. Perhaps that helps, but we must also choose the right kind of food—both mental and physical, for both are important to our well-being.

Whether we are eighteen or (Turn to page 40)



## HOT APPLICATIONS

By OLIVIA T. PETERSON, R.N.

Former Director of Home Nursing  
The American National Red Cross

THE doctor may recommend that the home nurse apply heat to certain parts of a patient's body. Heat may be used to relieve pain, increase the blood supply to an affected part of the body, give comfort, and promote healing.

Extra precautions should be taken when applying heat to ill persons, particularly the very young and very old, since their skin is more sensitive and can easily be burned.

The most familiar method of applying dry heat is the hot-water bag. To fill a hot-water bag properly, mix the water in a container and test. It should be momentarily bearable to a clenched fist thrust into the hot water. Fill the bag one third to one half full. To make the bag pliable, expel the air by placing the bag on a flat surface and pressing until the water appears in the neck, then screw in the stopper. Dry the bag, and test for leakage by holding upside down. Cover the bag with flannel or toweling, and place it so that the patient does not lie directly on the hard neck of the bag. After use, drain dry, check to see that it is thoroughly dry and the sides do not stick to each other, and replace stopper. (Turn to page 29)



AMERICAN RED CROSS

FOR hot applications the cloth wrung out of boiling water must be as dry as possible. The technic illustrated will help make it so.



# The Care of



## YOUR EYES



By GENEVIA I. COLE

How much are your eyes worth to you? Your work depends on them, your happiness is bound up with them—is any possession more precious?

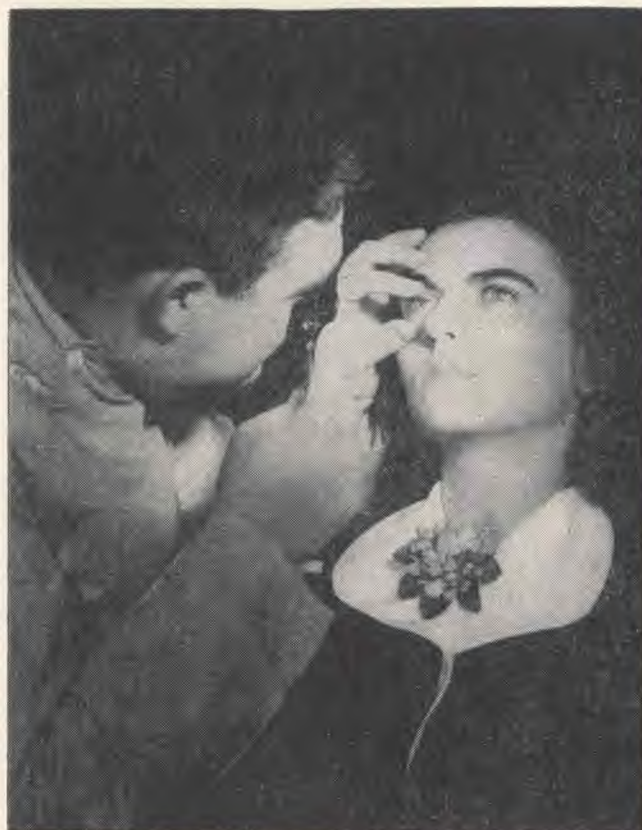
**T**AKE care of your eyes! Think about their worth to you. They're one of your most precious possessions. Guard them carefully every day, but more than that, do the things that will help you keep healthy eyes.

There is a saying that you are what you eat and drink. How true this is! What you eat and drink today will help in the way your eyes function and in the health your eyes have tomorrow. Just as any other part of the body, the eyes suffer when you do not have the proper minerals and vitamins in your diet. Keep in mind that you must feed your eyes with the right things to make them work properly. The proper foods and fluids daily help keep your eyes "on the ball," so to speak.

If your eyes are going to do their job properly now and in the years to come, you must give them enough rest. You can't expect to overuse or misuse your eyes and still have them work properly. Of course they need to be closed in sleep six to eight hours out of the twenty-four.

But your eyes need more rest than while you are sleeping. You must learn to consider your eyes, and you must learn to do it now. Don't expect them to work hard for you every waking minute, because they can't, and they won't take it! You'll be sorry if you do. If you use your eyes strenuously during the day on your job, don't expect to go home and do minute embroidery or read far into the night. Instead, cultivate a hobby that doesn't tax your eyes too much.

Be sure to have proper lighting in the rooms you use for reading and in all places you use for work or recreation that requires close use of the eyes. Do not allow one or two spotlights in dark corners, and



PHOTO, COURTESY OF BAUSCH AND LOMB

**YOUR EYES** must be physically sound, just as your whole body must be, for top performance and efficiency. They deserve the best care possible.

don't illuminate a room by a few bright lights. The constant readjustment to the light is hard on the eyes.

Diffused lighting is best, and it should fill the entire room.

Diffused glareless illumination can be assured in various ways. The most common is by the reflector type of lamp, or indirect unit, which throws the light upward. The light is then reflected down into the room, duplicating to some extent light diffused from the daylight sky.



There are some patented types of lamps on the market that give a good diffused light. Some have gratings that break up the straight penetrating light rays. Others disperse the light at the source by means of bulbs with built-in diffusing substances.

It's better for your eyes if the source of light is out of the field of vision. Place lamps above eye level, so that light will fall on objects from overhead and not shoot directly into your eyes from below.

The best type of indirect illumination lights up most of the ceiling and upper walls.

The color of the walls and the ceiling has much to do with the lighting of the room. Light walls reflect four to eight times more than dark walls.

Physicians agree that the quality of the light is as important as the quantity. And it is not possible to say the exact amount always necessary, because people refuse to be typed. The same pair of eyes in the same person do not always react the same.

However, it has been proved that a good normal for the average eye is twelve-foot candle power. This is about as much direct light as given by the ordinary white-frosted forty-watt electric bulb with a good reflector at a distance of twenty-four inches. It's not enough to have light; it must be near enough for you to profit by it. There is nine times as much light one foot from the light source as three feet from it.

Light must be diffuse and glareless for maximum comfort. Glare can be harmful to your eyes, and you should see that they are protected from it. Glare makes the pupil of the eye shrink, and may reduce the seeing ability as much as 80 per cent. Always be sure that your lamp bulbs are shaded to prevent glare. Glare may be reflected from glasses, books, furniture, or other shiny surfaces. Arrange all objects in relation to your eyes so that they won't reflect glare. Don't invite trouble; try to stay away from it.

Often the stronger the light, the greater the discomfort, because of increased glare. Working in the direct rays of an unprotected light bulb is an invitation to eyestrain and fatigue.

For reading, efficient chairs, desks, and lamps are important. Desk lamps should be of proper size, with flared shades to throw a wide circle of light.

It doesn't matter whether the light comes over the right or the left shoulder, so long as it will throw no shadows on the reading or working area and not shine in the eyes. Since most of us are right-handed, proper lighting is best attained from the left and from behind. Just be sure that the eye is comfortable.

Wear sunglasses when you are in a glare for an extended period.

Ground and polished sunglasses need not be too expensive. They can be bought for two dollars or less. But they should cost about that much. Cheap sunglasses are a false economy. They contain imperfections that can permanently harm your eyes. Don't wear them.

If you are one of the persons who have acquired the habit of using an eyewash, take heed. Be sure that you do not use your eyewash to make your eyes feel better, and fail to see your doctor when there is something wrong with your eyes. Go to a physician pronto and have him check your trouble.

You need not buy an eyewash from your drugstore. Here is one suggested by a doctor that you can make yourself: a teaspoonful each of table salt, soda bicarbonate, and borax, plus a tablespoonful of pure glycerin, dissolved in a quart of boiled water.

When you get a cinder in your eyes (it may be a particle of glass, wood, metal, cement, or any other hard substance) do not rub the eye, since the cinder may do it great harm. You'll probably get rid of it by natural blinking. If not, wash the eye out with some warm water. If this doesn't work, have the cinder removed. If it lodges on the inside of the lid, upper or lower, it can be easily removed with a moist cotton swab on a toothpick by anyone who can turn a lid.

But if the cinder becomes stuck in the surface of the cornea or is so small that it cannot be seen by the naked eye, *rush* to an eye specialist.

A black eye is much better off during the first twenty-four hours if you apply compresses of cold water every three hours for about twenty minutes to a half hour each time. This treatment will limit the swelling and discoloration. Later, hot compresses applied regularly will tend to absorb the markings more quickly.

If your eyes are physically sound, it is possible that your seeing ability may be improved by eye exercise. First have your eyes examined by an eye specialist, and ask his advice.

The sharpness with which you see things can be improved by eye exercise. Apparently the brain takes over a lion's share of the work, and somehow helps to pluck the fuzz from fuzzy images.

Give attention to all phases of bodily hygiene and healthful living. No organ of your body can do its best work without plenty of fresh air, water, and sunshine. And what muscle can work smoothly and efficiently when literally tied up in knots? Learn how to relax all over to make sure your delicate eye muscles, both voluntary and involuntary, are relaxed and able to work rhythmically. How much fine work could your good right hand do if doubled up into a tight fist? None at all. Your hand must be relaxed and ready to adapt to any turn, twist, or push necessary to do a given job. Just so with your eyes. Their muscles cannot help you to see well if they are tense and taut.

Watch your eyes so that they can watch for you throughout your lifetime. Give them proper food, rest, light, exercise, fresh air, water, sunshine, and relaxation. Go to an eye specialist when necessary.





# Food FLAVORINGS

By **GEORGE E. CORNFORTH**

**Give your Christmas menu a lift, and all your menus for the new year. Herb flavorings will do the trick excitingly.**

**I**F YOU don't use condiments—those unique food flavorings that are hot when the food is cold—look to the flavor of your food. When for health reasons you omit the “hot” condiments such as black pepper, mustard, and the like, you may use herbs to good advantage in flavoring foods. Put taste appeal in your Christmas dinner with the flavor of delicate herbs.

The term *herb* in its broadest sense includes all vegetables. In a restricted sense *herbs* refers to plants used as flavorings or medicines. Such vegetables as carrots, lettuce, celery, and cabbage were known as herbs before 1800. At that time tomatoes were considered poisonous and a possible cause of cancer.

Too many people today think of vegetables as herbs, as flavorings only, and do not include enough of them in their diet. Some folks do not even know the names of the vegetables found in their favorite market.

In grandmother's day the family garden produced a variety of flavoring herbs. But in these modern times only the directors of fashionable hotel cuisines are acquainted with the nuances of herb flavorings. Some of our best health-food restaurants and sanitarium kitchens fail to put enough flavoring in their food.

The more appetizing and flavorful, the more food is enjoyed. Flavor sparks appetite, and food eaten with real zest is better digested, as all doctors know. But avoid using too much of any flavoring. Your family and guests will prefer the delicate touch when it comes to herbs.

Some herbs are valuable for their vitamin content, and some may even have value as remedies. Paprika, the mild Hungarian sweet pepper, and the ordinary sweet pepper are among the richest sources of vitamin C. Paprika has no “bite,” and may be used generously to impart flavor to food or to make food more attractive in appearance. It will give a rosy tint to French dressing, salads, vegetables such as corn and cauli-

flower, and milk soups. It can give your Christmas table a proper seasonal hue. For a colorful dish, try dipping a wedge of lemon in paprika, then setting it beside a salad or serving it with a green vegetable such as spinach. This combination will give you an array of color on your plate—green in the spinach, yellow in the lemon, and red in the paprika.

*Paprika* also contains vitamin P, which keeps your blood vessels in tone. It prevents the slight hemorrhages from weakened blood vessels and the purple spots that sometimes form beneath the skin when blood leaks from the tiny capillaries.

*Tarragon* was an old-fashioned medicine used to relieve intestinal gas. It stimulates the appetite and benefits digestion. Dried tarragon may be powdered and used to flavor salad dressings.

*Thyme* (which rhymes with dime) is a tasty food flavoring that resembles pepper without the nip. It may be used to flavor dishes for patients on even a bland diet. Thyme is an excellent flavoring for bread dressing or various substitutes for meat. Why not let it add sparkle to your holiday dinner? It gives a new flavor to a vegetable-juice cocktail. It combines nicely with tarragon in salad dressings. Vegetable stews, soups, and gravies are also improved by a touch of thyme.

*Sage*, one of the most common of herbs, is universal flavoring for bread dressing and nutmeat patties.

Sage tea has been used to prevent and relieve coughs and sore throats. But the extra fluids taken



THE delicate touch, please, when adding herbs! A whiff of savory, sage, and spearmint, and your dinner aroma will tempt and tantalize.



with the tea are probably the things that do the good, not necessarily the sage.

*Summer savory* makes a pleasant flavoring for vegetable soups, dressings, gravies, and salads.

*Sweet marjoram* has been used as a tea remedy for indigestion. It has a tonic effect attributed to it. Be that as it may, as a seasoning for vegetable stews, soups, bread dressing, and nutmeat patties or lentil patties, you are in for a new taste treat.

In our grandmothers' day sage, summer savory, and marjoram grew right outside the kitchen door for easy access when a flavor was needed for a he-man vegetable stew.

If you like macaroni, next time you serve it try flavoring your tomato sauce with Greek thyme. It has an entirely different flavor from ordinary thyme, and is excellent with tomato sauce and tomato soup.

*Parsley* is richest of all foods in vitamin A, which is present in the vegetable form called carotene. It may help you if you find your eyes growing dim at sunset as you drive your car. Vitamin A also keeps mucous membranes in good condition. A teaspoonful of chopped parsley furnishes your day's full requirement of vitamin A. One sad mistake of ours is to discard lettuce and parsley when they are used as garnishes. They should be eaten, for they are too valuable to throw away. Chopped parsley is a valuable flavoring for lyonnaise potatoes, vegetable soups, and vegetable salads. For something different, dip a wedge of lemon in chopped parsley, and use it for garnishing. Cottage cheese can be made more attractive with chopped parsley sprinkled over it or mixed with it.

*Water cress* makes enjoyable cream soup, used as celery in celery soup. It is also a valuable ingredient in and a garnish for vegetable salads. Rich in vitamin C, it rivals even orange juice.

*Sweet basil*, which belongs to the mint family, is excellent for salads and entrees.

*Spearmint* is refreshingly interesting in fruit salads or as a garnish. But remember, always eat the garnish. These fresh, crisp green leaves are not there simply to be looked at but are also to be eaten.

*Chives*, a member of the onion family, are about the size of steel knitting needles. With a flavor more delicate than onions, they are excellent for flavoring omelets, cottage cheese, and vegetable salads.

*Caraway seed* appears to have some value in relieving intestinal gas in some patients, and it is a pleasant flavoring for cookies, rolls, bread pudding, rice pudding, and soup.

*Anise seed* makes a good flavoring for bread, rolls, cookies, and puddings.

*Poppy seed* is used on bread and rolls and for cakes and noodle dishes.

If you are not accustomed to using herbs in your kitchen, experiment a bit. You will surprise yourself at the wonderful new flavors you bring to your dinner table, and the comments of your family will undoubtedly be complimentary. Every wife and homemaker is eager to improve her talents in the kitchen and add new zest to her meals. The herb way is a healthful way, for these flavorings will bring added enjoyment to your menus, and you will cease being just a cook and begin to be an artist

(Turn to page 38)



## CHRISTMAS AT HOME

By D. A. DELAFIELD

If you can spend Christmas at home this year, stop a while and thank God for the privilege. Then breathe a brotherly prayer for our servicemen in Korea, Japan, Turkey, and a score of other places, who will suffer real pain longing for Christmas at home—and knowing they can't make it.

No one really wants to be alone on Christmas Day. Christ was companionable, and His spirit should be the spirit of Christmas. It is natural that we should want to share life's best times with those we love.

And so the busses and cars, the trains and planes, will be packed with holiday pilgrims homeward bound. It will be like a nationwide caravan on its way to a holy city, but fanning out to thousands of different destinations. There will be little homes and big homes in New York, Kalamazoo, Carson City, and Jonesboro ready to welcome the travelers.

Christmas time has great gathering power, for it sets human hearts to hungering for those near and dear. Observation of the day may be a matter of habit and custom, but it should have a religious flavor. The thought that God's Son came down to dwell with us as a brother man stirs up our best feelings. The pity is that we try to crowd so much of goodness into one day. Said David Grayson: "I sometimes think we expect too much of Christmas Day. We try to crowd into it the long arrears of kindness and humanity of the whole year." Mary Ellen Chase once said that "Christmas is not a date, it is a state of mind." Its lesson is that we should give as God gave His Son.

Peace and good will are the language of Christmas. So if you can be home at Christmas time, be sure to arrive on time to be with the little family. Christmas has about it a wizardry of sentiment that entwines itself about the happy hours we spend with loved ones. The glad greetings, the fond embraces, the colorful Christmas tree loaded with gifts, the overflowing food basket offered to some poor family, the abundance of good things to eat, and most of all the prayer of thanks as the family sits down at the festive table—these are all a part of the day's sweet enchantment.

"Out of the heart are 'the issues of life;' and the heart of the community, of the church, and of the nation, is the household. The well-being of society, the success of the church, the prosperity of the nation, depend upon home influences." And home is never so pleasant a place, never so heavenly, as when Christmas Day brings the family together for a glad reunion.





EWING GALLOWAY

**LITTLE BOYS** and big boys are molded by their home atmosphere. Life for them will be a reflection of the attitudes taken in their home.

# NAGGING

**R. HAROLD SHRYOCK, M.D.**

Mutual understanding smooths the way for husband and wife. And they should never forget the value of love, consideration, and kindness.

She often questioned John closely about the grades he earned in school. Day by day she asked whether his recitations had been acceptable to his teachers. She helped him select his friends, always trying to make sure that they came from socially prominent and well-respected families. Thus throughout his childhood and youth he was under the pressure of his mother's urging that he extract a little more and a little more from life.

When John reached his late teens he began to resent the way his mother dominated his life. Most teen-agers crave emancipation from their parents. But his craving was intensified because of the reaction he had developed to his mother's oversolicitude. He looked forward to the time when he could be his own boss. He wanted a home of his own, and he promised himself, "In my home the husband is going to be the head of the house."

He was twenty-one when he began going steady with Barbara. She was a charming girl, and came from a fine home. Her father was successful in business, and Barbara was accustomed to nice things.

As the friendship developed, Barbara's parents seemed a little disappointed. However, John's mother was well pleased with the match. She used to tell John that she considered Barbara just the girl for him.

John and Barbara were fundamentally happy as bride and groom. But as the honeymoon faded into the reality of ordinary living, certain tensions began to form that finally led to the critical situation John described to his minister.

His previous determination to be the head of his own house placed him on guard against Barbara's suggestions and comments. Her remarks were intended to be only kind, but his former craving for emancipation led him to interpret her remarks as attempts to control his life—hence his accusation of nagging. He responded as if his mother's influence had followed him in the person of his wife.

**S**HE nags me to death. She tells me when to go to bed, she tells me when to get a haircut, she pries into my business at the office, she tells me what I should do and criticizes me for the things I have already done—she treats me like a little boy." This is what John Atkins said about his wife when he went to his minister in search of a solution to his family problem.

The minister knew human nature well enough to recognize that these accusations of nagging were symptoms and not causes of John's difficulties. John's wife was no more to blame than he. But in his immediate frame of mind he was not ready to accept any personal blame. The minister diverted his attention from the acute problem by asking about his childhood and the circumstances in his life leading up to his marriage.

John Atkins' childhood home was humble. His father was a workingman. His mother was an energetic woman who never did become satisfied with her husband's station in life. She was not openly critical of her husband, but she used to tell her son that she hoped he would accomplish more in life than his father accomplished throughout his lifetime.



But nature played a trick on Barbara too. She did not realize why she reacted as she did. She married John because she loved him. She knew that her parents and certain of her friends considered him not good enough for her. But she chose to cast her lot with him in spite of these objections. She had full faith that he would make his mark in the world and thus disprove the fears of those who had predicted his failure. So she became oversolicitous.

Her awareness of her parents' misgivings made her unusually sensitive to John's shortcomings. In her desire for him to succeed she tried to coach him step by step. When he neglected to get a haircut, she became anxious lest he look poorly groomed. The affairs at the office meant even more to her than to the average wife because she hopefully awaited every evidence of his progress. It was not that she distrusted him, but only that she had become overanxious. This is why it seemed to him that she was exercising maternal watch care.

The minister told John that his situation was not hopeless. However, he did have some positive recommendations. In the first place, he asked for an opportunity to talk to John and Barbara together. He wanted them to understand the background of his contention that the fault was neither his nor hers, but that their difficulty was the logical result of a combination of circumstances.

He further wanted them to understand that Barbara's simple determination to stop nagging would not be enough guarantee that their problem would be solved. Similarly he wanted to point out that even though John resolved sincerely that he would no longer let Barbara's nagging get him down, such a resolution would not be enough.

Because the problem resulted from a combination of circumstances, they must therefore take circumstances into their own hands so as to remove the basic causes of their trouble.

John and Barbara's meeting with the minister was arranged. He advised that they move away from their home town so that John could be freed from the close observation of Barbara's parents and close friends. Thus she would not have to scrutinize his every move in order to protect them both from criticism.

He further counseled that John and Barbara develop a specific arrangement by which each would know what to expect of the other. This plan would need to be worked out as carefully and precisely as the agreement between two partners in business. It was to be with full recognition that neither was to dominate the other. It was to be understood that Barbara would not dominate John in the conduct of his business. It would be agreed, however, that he keep her fully informed of his successes and failures, so that she could enjoy with him the evidences of progress or share the regrets of disappointments.

They were to recognize that Barbara's responsibilities would center in the home. Here she would be in charge of paying the bills and routine activities. Major decisions would necessarily be made by both of them together.

To their credit, John and Barbara accepted the advice given them by their minister. They moved to a new location, where they became happier than they had ever been before. John's business prospered beyond their expectations. When, at a subsequent meeting, the minister asked John in confidence, "Are you still troubled by Barbara's nagging?" John laughed out loud and replied, "Something has happened. We have learned to accept each other at face value. Barbara no longer worries for fear I will be a failure, and I am no longer concerned for fear she will force me to succeed!"

The golden rule—do unto others as you would have them do unto you—is not out of date. It is as bright and shining today as it ever was. How do you measure up to it? Use it in your marriage. Use it in your dealings with your son and his wife. Use it as you discipline your children. It will solve a good many knotty problems in your life so far as relationships with other people are concerned. You will wonder why you forgot such an important thing in life and let it lie unused on the shelf. Go ahead; start trying it now!



EWING GALLOWAY

**COUNT** the cost of your treatment of others. You get out of life only what you put into it. Loving, kind actions will hold families together in bonds unbreakable.





EVA LUOMA

# Toys Help Johnny Grow

By MIRIAM GILBERT

**Toys will do more for your child than give him an afternoon's entertainment and you a few peaceful hours. They are an important part of his growth.**

**D**O YOU think of toys strictly as entertainment devices manufactured to divert your child so that you can have a few hours' peace? If so, you are missing an ideal opportunity to help your child develop mentally, physically, and socially through the medium of toys. If you realize that playtime is a serious time for your child, you will come to regard the purchase of toys as an everyday affair, and not a chore reserved only for the busy holiday season.

Don't let the color and variety of the toy counter dazzle you. Let your child, not the clerk, be your guide.

Here are some suggestions that will help you in selecting toys appropriate for your child, pleasing to him, and right for building up his abilities to accomplish.

Up to one year, playthings should be attention attracting. Your baby loves bright colors. Tie gay ribbons securely on his crib where he can reach and pull at them. Give him rubber animals in harmless, vivid colors, on which he can exercise his chewing inclination. Buy him plastic beads or blocks that jingle and

will delight him by appealing to his sense of hearing. Give him large rattles with handles, which will help him learn to grasp things.

Select washable toys small enough for little hands and large enough to stay out of a certain wide-open mouth. Test all toys for loose or movable buttons and trimmings that can easily be pulled off. You would not want your child to swallow them or injure himself in any other way with these small, hard objects.

Between the ages of two and three, the child becomes interested in the world around him. Don't let his constant *why's* make you feel less wise. You may wish to study a bit to supply him with the most helpful answers possible. You will enjoy it and perhaps learn as much as he does. Encourage his curiosity and mechanical inclinations by buying toys he can take apart and put together again, using his own creative abilities.

At this stage your tiny son will also be developing his muscles. He will enjoy a wagon or other pull toys that he can move from one room to another.

Be on guard against toys too complicated for your



child at his age. There is nothing more exasperating to a youngster than a new toy he cannot handle himself. He gains a great deal of satisfaction from doing things himself, and as a result will learn much more quickly by doing than by merely watching you operate his toys.

This is a good time to begin teaching your child to share his toys with others. How can he learn unselfishness and sharing unless you teach him? Do not force him to surrender a prized possession. Build up to it by making a game out of giving balls and washable stuffed animals to other children. But later quietly return them to his toy box unless you are having him give them away "for keeps." Have him give some of them away permanently, but not his most-treasured toys, unless, of course, he wishes to give them of his own free will.

A sandbox is an ideal small-fry social center. Even though your child appears to be playing alone when another child comes by, you may be sure he is aware of the other's presence, and will eventually make friendly overtures. His sandbox will teach your little boy how to make friends readily and easily. You are here laying the foundation for a lifetime of deeper joys than would be possible without your careful guidance.

From three to four, your child will pass through the imitating stage. He will imitate you, often all too realistically, and you may be embarrassed. Put this trait to good use in his training program. Buy miniature models of household appliances and tools that will teach your child the safe and proper way to handle such equipment. When you bake a cake you may give Mary a piece of dough to bake in her small toy stove, and at the same time teach her how to keep from burning herself on your stove. When you sweep you may give Johnny a toy broom that he can use to clean his own room.

Day by day, bit by bit, you will be amazed at the skills your little one acquires. Follow this program on up through his life, and he will not have a painful period of breaking away from childhood indolence into adult work.

If your three-year-old son bangs on your low glass-topped table with a spoon, get him a toolbox like his daddy's. See that he has a hammer and a boxful of wooden pegs to pound into holes. He'll watch out for his fingers after he bangs them the first few times. He will develop self-confidence by handling tools correctly.

From four to six, your youngster will pass through what is commonly known as the dramatic and creative period. He will be thrilled with his new ability to read, write, draw, and fashion things, and will enjoy all toys and materials that foster these fascinating interests. Crayons, modeling wax and clay, colored picture books, chalk, and a blackboard are favorites at this time.

From six to eight, the child develops his manipulative and muscular ability. Scooters, ball-and-bat sets, and embroidery sets are ideal. Choose toys that are appropriate for your child's size and strength. Cumbersome playthings cause fearful accidents at worst, and tearful incidents at best. A bicycle, for instance,

that is uncomfortably large for a child will only discourage him from learning to ride. Work along with your son's interests, avoiding too difficult, unpleasant experiences, and you will enrich his life more than you can dream. As he grows older and you reap the results of your thoughtfulness, you will realize its full worth.

After eight, the child displays more individuality than ever before, and here too see that his play material follows his special preferences. If you consult your child on birthday and Christmas presents, it lessens the surprise, but it will heighten the value and use of toys.

From the pocketbook point of view and from the practical point of view, it is desirable to buy a few sturdy, well-constructed playthings rather than flood your home with a bewildering assortment of cheap toys. An expensive toy that lasts may prove to be a bargain in the long run. Protect your child against forming cheap standards by teaching him to value, respect, and care for well-made toys and equipment of all kinds.

Give your child an opportunity to grow through his toys. Their magic power can make a happy child—and parent.




PHOTO, COURTESY OF MAUREY GABER

A BICYCLE under the Christmas tree will make any little girl's eyes shine. But the exercise she gets riding it will add still more glow.



# NERVES and WEIGHT

 HAROLD J. HOXIE, M.D.

**I**'M DOWN to 136 pounds this morning," Mrs. Hale, a veteran in the up-and-down fight against overweight, announces success in today's skirmish of her "battle of the bulge." A happily married housewife in her early forties, she knows that overweight makes people look older and less attractive. And she realizes that it makes finding suitable clothes a hard task. She read in the papers that twenty-five million Americans are carrying around almost a billion pounds of excess fat, and that this obesity is one of the most serious threats to the health of citizens of the United States. Recently she heard on the radio that the penalty of overweight after the age of forty is a one-fourth to three-fourths increase in the death rate.

Her doctor told her that obesity has something to do with the development of heart disease, diabetes, and high blood pressure.

Bringing her weight down to 136 was a real achievement for Mrs. Hale. In spite of her desire for an attractive figure, she found that her weight crept up easily to 150 pounds, definitely too much for a woman five feet four inches tall. Remembering the effect of overweight on health, she would decide to forgo the pleasure of eating everything she wanted. When she denied herself, she had a vague restlessness and an irritability relieved only by food. She tried to take more exercise, but exercise only made her more ravenous. She tried bulky foods with few calories, but they caused digestive distress.

The only program she found effective in taking off weight was in eating less, especially less sweet and starchy foods. She could leave these foods alone if there was nothing to make her emotionally upset. But let her, her husband, or one of the children get into a new, responsible, insecure, or irritating situation, and she would develop a gnaw-

**Your uncertainty and frustration of ambition bring on anxiety, worry, and resentment. Seeking relief, you will find satisfaction in overeating.**

ing feeling in the pit of her stomach that overpowered her resolution to eat less. Her feelings of anxiety, worry, and resentment, aroused by uncertainty and frustration of ambition, were partly relieved by the satisfaction of eating.

The experience of Mrs. Hale illustrates an important aspect of eating. There is a great deal of pleasure to the physical and emotional senses in eating. During the first year of life a baby's greatest pleasure is in nursing, eating, and drinking. In a child's feelings these satisfying experiences are closely related to love, affection, and security. This relationship is the fundamental reason that eating, especially being fed by someone else, is effective in relieving nervous tension. Anxiety and resentment are the real causes of all nervous tension. Being fed is symbolic of security and affection. The comfort we get from a full stomach gives us temporary respite from the anguish caused by intellectual, economic, social, or sexual failure.

Let us return to the embattled housewife, and see whether we can learn from her history how and why her emotions are related to her gain in weight.

During the first eight years of her life her parents moved at least twelve times in an effort to better their financial condition. Then for six years they stayed in one community, and she made friends and felt fairly secure.

When she was fourteen her parents decided to make a long move.



**KEEP happy, and you will be more likely to keep slim. People overeat when they are overwrought!**



They traveled by auto, and it was three months before they were settled in a house they could call home. During this time the daughter ate everything she could get her hands on, and her weight went from 135 to 165 pounds. She held this weight for the next two years, when there were three more moves. Then she lost weight because of illness, and when she recovered she weighed only 120 pounds.

In the next three years the family made only one short move. The girl made good progress in school, finishing the four high-school grades in three years. She maintained her weight at 120 pounds.

She left home to attend a vocational school, and within a period of several weeks her weight arose to 150 pounds. She held this weight for about two years. Then she was assigned to work under an unkind, exacting, and overcritical supervisor. Within three months she became tired and discouraged, lost her appetite, and went down twenty-five pounds in weight.

By this time she knew she had to battle overweight. But since young womanhood her fluctuations of weight have been less in amount and frequency.

For a long time she thought that her tendency to gain weight was caused by glandular trouble. She took thyroid for several years without much effect. Her doctor finally examined her thoroughly and found no evidence of ductless-gland disturbance. He told her that obesity caused by glandular trouble is rare. She agreed with him that her emotions had a great deal to do with her weight gain and loss.

The most important factor in the problem of weight gain is the amount of calories taken in. If plenty of food is available to us, the amount we eat is usually determined by habit, mood, and emotion.

This fact is illustrated by the experience of a fifty-year-old woman who blames her matronly figure on the change of life. Although she needs less food than formerly, she continues to eat as when she was more active. She tells herself she has earned the right to indulge her appetite. Leisure time and freedom from responsibility are not altogether of benefit to her, because the feeling of no longer being needed by her grown children leaves her with a vague dissatisfied feeling that can be partially removed by food.

The importance of emotional factors in forming eating habits is illustrated by a seventeen-year-old six-



foot schoolboy who tips the scale at three hundred pounds. He is the only son of a self-pitying mother and an overweight father. Frustration of the mother's dreams of an acting career left her unhappy and nervous. She never wanted a child, but after her son came she made up for her lack of real love for him by a display of protectiveness and excessive concern over his food. Being unable to give him the strength of her love, she tried to make him grow strong through growing large. He has not learned to get pleasure from studying, playing, and meeting people. The results are gluttony, overweight, indolence, social aloofness, inferior feelings, and too much concern about himself.

Emotional disturbances or "nerves" may make people thin as well as fat. We have all seen the thin person who is a bundle of nerves—always busy, never relaxing. No matter how much food or vitamins he eats, he can't seem to put on weight. In overweight people, boredom, frustration, and nervous fatigue lead to overeating. But in thin people these emotional states may lead to loss of appetite, tightening of the stomach so that little food is tolerated, muscular tenseness, and overactivity that burns up calories.

Another emotional cause of thinness is depression. In a low state of mind a person has little appetite and zest for living. His depression may be brought on by failure to live up to his own expectations, failure to reach dreamed-of goals, loss of a loved one, loss of fortune or prestige, and general disgust with his life situation.

What can be done about overweight and underweight?

**1. Be convinced** that you can gain and keep normal weight.

**2. Learn** what an adequate balanced diet is for your height, age, and activity.

**3. Take this diet** in the form of meals at regular times. Take no between-meal snacks. Do not make any aftersupper refrigerator raids.

**4. Be relaxed** and unhurried during meals. Don't try to discipline the children or settle their emotional problems at mealtime. Eating while hurried or upset makes for either gulping excess amounts of food, with resulting overweight, or indigestion, with underweight.

(Turn to page 41)





# KIDNEY STONES

 **ROGER W. BARNES, M.D.**

Side and back pain may be caused by kidney stones. Pain is intended to be a warning to you, and you will always want to learn the cause.

**C**AN it be dissolved, doctor?" The inquiry was from Mary Jane Smith, a middle-aged patient. I had just told her that the pain in her side and back was caused by a stone in the kidney. I made a thorough examination including X-rays, urine tests, estimation of the function of the kidneys, and evaluation of her general health. The offending stone appeared plainly on the first X-ray film, and the second and third exposures gave triple proof that it was in the kidney, and showed its exact position.

"Why is the pain so much worse at times, and is relieved when I lie down?" Mrs. Smith asked.

"The stone acts like a ball valve. When you are on your feet or lying in certain positions it falls down into and blocks the funnel-shaped opening leading from the kidney to the bladder. The result is a back pressure of the urine that stretches the inside of the kidney. This overdistention causes the pain. The presence of a stone without obstruction to the urinary outflow does not necessarily cause pain," I said.

"I can understand that, but you did not tell me how to dissolve the stone," she replied.

"Some stones can be dissolved," I said, "but the process is complicated, prolonged, and disabling. It would be necessary to pass a small tube to the kidney through the bladder, leave it in for several months, and arrange an apparatus that would allow a liquid to flow over the stone continuously."

"Would that mean that I would have to be on my back and tied to this apparatus?" she queried.

"That is right, and then we could not be certain the stone would be dissolved," I said.

"I could never stand that. Why don't you pull it out down through the bladder? You can do so many things now with your instruments. You remember you removed my father's prostate without any operation from the outside. This stone should be easier to get out than his prostate was," she said in a challenging, hopeful tone.

"If the stone were in the bladder, where your father's prostate was, I could surely accommodate you," I explained, "but it is twelve inches above the bladder. The only access to it from below is through the ureter,



**DRINK** plenty of water! In many cases it prevents kidney stones.

a tube smaller in diameter than a lead pencil. There has been no instrument devised yet that can be passed up this ureter to crush stones in the kidney. The inside diameter of the tube is only about one fifth the size of the stone in the kidney, and the tube cannot be stretched large enough to pull the stone down through it. If the stone had been discovered when it was small, up to a quarter inch in diameter, it probably could

have been removed by instruments that would pull it down through the tube and out through the bladder."

Mrs. Smith was not enthusiastic about this information, for she dreaded an operation. "Then the only thing to do is have it cut out," she sighed as she resigned herself to the inevitable.

Arrangements were made with the hospital for the surgery, and the scheduled hour drew near. It was fortunate for Mrs. Smith that she entered a hospital where nurses were taught to rely for help on God as well as on professional skill. Many of these nurses give comfort and cheer to apprehensive patients by reminding them of God's care and by praying for them, asking that skill and wisdom be given to all who attend them. Such a nurse was assigned Mrs. Smith to care for her the night before surgery was to be done.

"You appear to be worried, Mrs. Smith," the nurse said in a very kind and sympathetic tone. "Are you afraid of having the operation tomorrow?"

"I am worried sick," said Mrs. Smith. "I don't know how I am ever going to stay here and face it. I feel like leaving right now."

The nurse took her hand and asked whether she might send a petition to God in her behalf. With bowed head she asked that strength be given to the patient in her hour of anxiety and that in the morning



the surgeon and his assistants be guided by a divine hand.

The effect of this simple prayer on Mrs. Smith was remarkable. That night she slept as well as she ever had at home, and awakened in the morning with confidence that all would be well.

As preparations were being made to give her the anesthetic, the surgeon stepped into the operating room. Coming to her side, he asked whether he might ask God for guidance for his judgment and his hands that exactly the right thing would be done. After the short prayer Mrs. Smith was completely relaxed.

She recovered from her surgery much more rapidly than she had thought possible. To her surprise the nurse helped her out of bed the day after surgery, the next day she walked a few steps, and within a week she was at home.

When she came to the office the first time after the operation, she was somewhat surprised to learn that sometimes there is recurrence of stones after surgery. It was necessary for her to follow certain instructions to prevent re-formation of stones.

"Get the habit of drinking water," I told her. "Water is the best medicine you can take to prevent stone formation. Six glasses a day, besides liquids you take at meals."

"But I don't like to drink water," she said. "It does not taste good, and I never have drunk very much."

"That is one reason why you had a kidney stone," I said. "And unless you get the habit of giving your kidneys enough water to keep the solids of the urine in solution, they may form more stones."

It is true that stones may develop even though the patient does drink water freely. This is true in patients who are chronic "stone formers." There is something in the way the minerals in food are not properly utilized by the body that makes these people continue to form stones. However, much can be done to help prevent their forming.

I gave Mrs. Smith a prescription for vitamin A, and told her to eat foods rich in it, such as leafy green and yellow vegetables, milk, milk products, and yellow fruits. Yeast and cod-liver oil are also rich in it and other essential vitamins.

When certain minerals, such as phosphates,

are absorbed excessively from the intestinal tract, medicine can be given that combines with the phosphate, and prevents its being absorbed by the blood stream.

It is important to know whether the urine is alkaline or acid, because one kind of stone forms in acid urine and another kind in alkaline urine. It is sometimes necessary to put the patient on a strict acid-ash diet if the urine tends to be alkaline. This diet changes an alkaline urine to acid, which then "works against" the formation of alkaline stones. Another diet will change an acid urine to alkaline, and it will aid the body in preventing acid stones. Your urologist will be able to determine the type of stone by complete, careful chemical analysis of it. Some kinds of stones are rare, such as cystine, which are produced in metabolic disorders of the body. Cystine stones cannot be seen by X-ray unless they are formed from calcium.

A persistent or even intermittent pain in the side or back is a danger signal to which you should take heed. It may be caused by a stone in the kidney. The smaller the stone when it is discovered, the greater the chance that it can be removed without serious surgery. Be sure to consult your doctor at the first danger signal.

Unattended stones in the kidney produce chronic irritation of urine. This may also be a causative factor in certain types of kidney cancer. Your doctor will be able to begin diagnosis and treatment at once. Place yourself in his capable hands at the first symptom.



A. DEVANEY

PEACE OF MIND before surgery goes a long way toward making it successful.





# How Your HAIR GROWS

 HERMAN GOODMAN, M.D.

The structure of hair is amazing and interesting. It is not what it appears to be, but is made up of overlapping scales.

**Y**OUR hair, like your nails, is a modified extension of the skin. It is developed in the skin and grows from it. A hair is not so smooth as it looks. It is not a solid strand. Under a microscope it looks like a cylinder covered with fish scales that overlap and point toward the end of the hair.

New hair is continually sprouting and old hair dropping out. A replaced hair is shed because a new hair is growing below it and pushing it out. Brushing removes these old hairs before they fall out. If you don't like to see loose hairs on your clothes, daily brushing is the remedy.

Do not jump to the conclusion that because your hair is falling out you are losing your hair, and rush for a bottle of some advertised tonic to stop it. You will shed hair as long as you have it. The time to worry is when that hair is not replaced, as shown by a thinning thatch.

When an old hair falls out, it is not followed at once by a new hair. Some time elapses between the loss of old hair and the appearance of new hair. The length of time depends on the vigor of the cells that control the growth of hair. If these cells are functioning properly, under normal conditions new hair will keep growing out to replace what falls out.

New hairs are not always the same color or shade as the hair previously growing from the head. A child with exceedingly light hair, the so-called towhead, has progressively darker hair. A child or young woman with lovely blond hair may have brownish hair at the age of twenty to thirty.

Old hairs do not turn gray. Gray hair is new hair. The extent of grayness depends on how thickly the hairs of original color are interspersed with the white. Why new hairs grow out white instead of the previous color nobody knows. In any event, each hair retains the color it has when it appears at the surface until it falls out. Therefore, it is impossible for a person's hair to turn gray from fright or grow white overnight.

Few people have hair of an even color over the entire scalp. Examination of hair in sunlight shows many shades of color. That is the reason dyed hair may look unnatural. Its color is too even, and lacks the variation we subconsciously associate with undyed hair. Bleached hair gives an equally unnatural appearance for the same reason.

With each hair there is supplied a pocket of oil. These oil supply depots are called sebaceous glands. The more hair, the smaller the glands. The less hair, the larger the glands. Does the thin-haired pate require more grease than the thick-haired one? or does thin hair provide more space for glands to increase in size?

Could it be that it is the other way around, and the scanty hair is due to excessive oil? If so, the more of this fatty substance removed from the scalp by frequent shampoos, the more oil the glands can bring to the surface. Their enlargement would be prevented, and further thinning of the hair stopped. At any rate, the oil gland exists as long as the hair follicle is present. When the follicle goes, the gland goes.

An abnormal oil condition of the scalp may lead to baldness, not because the scales of dry sebaceous matter cause loss of hair, but because the gland disturbance that causes too much or not enough oil to come to the surface interferes with normal growth of hair. Perhaps the cause of gland disturbance is the cause of growth disturbance as well.

Permanent loss of hair can result only when the follicle is faulty. Scaly matter on the scalp that is not a result of overactivity or underactivity of the oil glands does not cause baldness.

But scratching of the head, application of irritating "tonics," and use of improper combs and brushes to control dandruff may lead to loss of hair through infection.

To an ordinary observer there is very little difference between the scales of ordinary dandruff and the scales of infectious dandruff. But infectious dandruff can produce baldness. Therefore it will be to your



interest to make sure which is the cause if you have a scaly scalp condition.

Dandruff is caused partly by an oversupply of oil from the sebaceous glands. Some people have dandruff and do not seem to mind it. Others consider it important enough to merit medical treatment.

The cause of dandruff is not definitely known. Improper conditions of the scalp may lead to infection. Dandruff may be acquired in hairdressing establishments, in millinery shops from the trying on and exchange of hats. The use of soiled hairbrushes and scratches from badly made combs may cause it.

For an oily scalp or face use warm water and soap. The alkali of the soap is helpful in oily dandruff. Leave the suds on the skin a half hour or longer, depending on the severity of the condition. Alcohol can be used on the oily scalp to remove the oil. The oily scalp should be washed oftener than the dry scalp.

Any treatment is useless that does not reach the scalp. That is where the trouble is. The way to make sure the scalp receives the soapsuds and medicaments is to part the hair so that the scalp can be seen. Use a soft, narrow brush to apply ointments and a medicine dropper to apply liquids. Be careful that the scales from the scalp do not fall on other parts of the body. Twenty to forty minutes' time is required to cover the entire scalp with the medicament. The proper care of the scalp demands this amount of time practically every night.

Suggested prescriptions for dandruff:

#### Shampoo

|                      |           |
|----------------------|-----------|
| Soft soap            | 1½ drams  |
| Alcohol              | 3½ drams  |
| Tincture of soapbark | 15 grains |
| Ammonia water        | ½ dram    |
| Perfume              | 3 ounces  |

Mix the first three ingredients separately from the mixture of the other two. Then add to each other and mix.

#### Soapbark Lotion

|                     |           |
|---------------------|-----------|
| Tincture quillaia   | 30 grains |
| Borax               | 2½ drams  |
| Bay rum             | 5 drams   |
| Orange flower water | 3 ounces  |

Dissolve the borax in the mixture of liquids.

#### Sulfur Lotion

|                     |                  |
|---------------------|------------------|
| Precipitated sulfur | 1½ drams         |
| Glycerin            | ¼ dram           |
| Alcohol             | 3 drams          |
| Rose water          | 1 ounce, 2 drams |
| Limewater           | 3 ounces         |

Rub together the sulfur with the glycerin and rose water to form a smooth paste; add the other liquids.

#### Sulfur Scalp Lotion

|                     |          |
|---------------------|----------|
| Precipitated sulfur | 3 drams  |
| Ether               | 3 drams  |
| Alcohol             | 3 ounces |

Mix well. Shake before applying.

Before starting medical care of the scalp showing dandruff, have your physician determine whether the dandruff is due to excessive oiliness, drying of the excessive oiliness, or lack of oiliness. In other words, the appearance of dandruff is a sign, and only a sign, of the failure of the normal flow of the oil glands and retaining of the oily product. The material from the oil glands in the scalp is good feeding material for germs causing infectious dandruff. Self-medication is unwise, because the treatment for the excessive supply of oil from the glands requires a very different application from that needed by scalps with excessively dried oily material. Both of these types require still other applications than infected dry scalps.

Whatever the condition of your hair—whether dry, oily, thick, or thin—a good form of treatment is well worth while, and your appearance will be the better for it. Your hair will be more nearly normal, and much more easily managed.

Faithful daily brushing is still the surest way to a clean and shining coiffure. When you see an unusually lovely hairdo, having that extra-special look, you can be sure there is a person who spends her time giving her hair the famous one hundred strokes each night.

You are fortunate indeed if you have a beautiful, glossy, healthy mane of hair. Only you know the hours of care it requires to keep it that way, but how well those hours pay off! If you do have disease of the scalp, work with your doctor to overcome it. Not simply care, but the right care, is your motto.



A. DEVANEY

GOOD GROOMING is closely related to good health. Cleanliness and proper care are essentials to a foundation of hair health and good looks. And they boost your morale.



# Mrs. Hobby's Hobbies

 J. De WITT FOX, M.D.

Oveta Culp Hobby, new Secretary of Health, Education, and Welfare, follows a precision-perfect program from sunup until long past dark to make your life and mine more secure and healthful.

**T**O TELL where the work of the new Secretary of Health, Education, and Welfare stops and where Mrs. Oveta Culp Hobby's private life begins is a rather difficult thing in these early days of her career as head of a brand-new Cabinet post.

If you were to ask Mrs. Hobby what her hobbies are, she'd probably give you a warm but knowing smile and reply, "Work is my hobby!" Actually this is true. For life itself is a wonderful hobby for her to ride. And Mrs. Hobby rides it for all it's worth, just as she used to ride horses down in Texas in the days when responsibility did not weigh quite so heavily on her feminine shoulders.

But to see Mrs. Hobby work, you'd appreciate what a zest for work she has. She revels in every moment of it, and can't seem to let anyone ever feel that she is so inefficient as to indulge in anything "outside the line of duty." There seems to be no limit to her energy—or her charm.

From her huge mahogany desk in her mulberry-and-gray office on the fifth floor of the vast Health, Education, and Welfare Building, this newest and history's second woman Cabinet member comes in contact with more U.S. citizens than anyone else in the Government. As supervisor of Social Security she is custodian of \$17,700,000,000 in old-age funds for 67,000,000 people. Her 37,500 Government employees regulate such huge operations as the U.S. Public Health Service, the Federal Food and Drug Administration, and Howard University, the nation's largest university for colored people.

To do all this takes planning. Mrs. Hobby lives a planned life from the moment she opens her eyes of a morning in her eight-room Connecticut Avenue apartment in Washington until she snaps out the light over her bed at night. Being a fitful sleeper, she may make midnight entries in a notebook she keeps at her bedside—to plan her day better.

By 6:30 A.M. she is usually up and ready for her day. She is an immaculate dresser, having ranked eleventh last year on the list of the world's best-dressed women, in a tie with Mrs. Mamie Eisenhower. She usually wears black to work, and has a flair for unique pillbox hats.

After a quick scanning of the Washington newspa-



U.S. DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE

SMILING AND POISED, though very busy, Mrs. Hobby gives you and me an example of how to keep healthy through a grinding schedule.

pers, she carefully and critically reads her air-mailed copy of the *Houston Post*, the newspaper owned by her husband, and of which she was editor before coming to Washington.

Then comes a review of the day's appointments. If she has some important decision to make, she gathered her data the day before, and her subordinates have written memoranda regarding it. With this in hand, during the quiet hours of the early morning she is able to do her deliberate thinking and come up with a thoughtful decision to be presented later in the day. She seldom faces big decisions without previous study and businesslike planning.

Breakfast is a quiet meal, and a meal that is never skipped or skimped on. It is usually a poached egg,



milk, fruit such as grapes, oranges, pears, or others in season, toast or bread and butter, and a hot drink.

By 9 A.M. she has stepped out of her powder-blue Government-owned Cadillac and gone into the elevator that takes her to the "Office of the Secretary."

From the moment she enters her huge office she is deluged with details—telephone messages, official mail, appointments, documentary papers, and Congressional bills to study. All the while, two secretaries and an administrative assistant try desperately to keep her on schedule for all her appointments during the day.

Her day may be interrupted by calls to Capitol Hill to appear before a Congressional Committee or have luncheon at the White House. The day of our interview she had to be a bit brief and hasty, saying, "We can't keep the President waiting now!" All the while her assistant, Jack B. Beardwood, former *Time-Life* correspondent, kept his eye on the clock and his hand ready to beckon the chauffeur.

Her weekly appointment calendar may look like a cross between a top Washington social circuit and a lyceum lecturer's appointment pad. It may include anything from an evening dinner at the Indian Embassy to a speech to the B'nai B'rith, or an important keynote address to the American Medical Association convention.

Mrs. Hobby is a deliberate speaker, clear and precise, and holds her audience well. She has a fine command of English and a gift for making good public impressions, no doubt stemming from her long years in newspaper and public relations work. At Cabinet meetings she is no spectator. On public relations matters, in which she has been well schooled, the Cabinet respects her as an authority.

Not one to watch her waistline, Mrs. Hobby eats luncheon in her office. Lunch, however, is not a fattening meal, usually consisting of fruit salad, buttermilk, cottage cheese, or yogurt, of which she is especially fond. She says, "There's just no food that I don't like or that disagrees with me." And adds, "I eat a lot of fresh fruits and green vegetables." And her youthful complexion and clear skin bear out this fact.

Her afternoons are always jam packed with more Government decisions, letters to dictate, sign, or read. Before leaving the office, she picks up her specially designed double-handled calfskin bag, which she carries everywhere. Into it go business papers, her purse, and a *Book of Common Prayer*.

Mrs. Hobby is seldom flustered, and she doesn't bustle. She is calm, col-

lected, but always busy. Management engineers might well take lessons from her, for she is a time-and-motion study.

By 7:15 P.M. she is usually back home ready for a shower and a light supper, prepared by her expert colored cook. Evenings not spent at some official social affair such as an embassy or Cabinet dinner are spent quietly at home reading or relaxing with her husband or her daughter, Jessica, who comes home weekends.

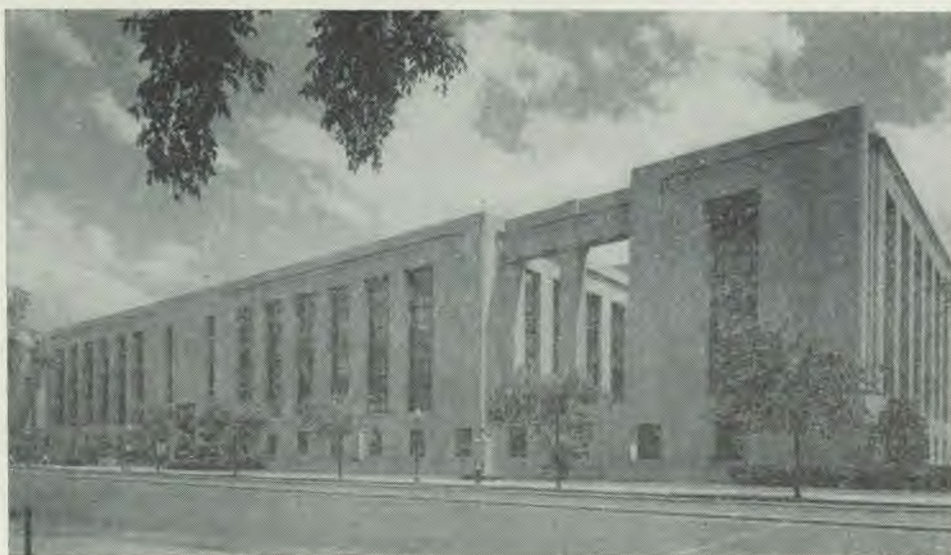
Though she works a six-day week, Mrs. Hobby takes one afternoon off each week for a hairdo at Elizabeth Arden's. She frequently has a little Danish masseuse, Annette Varmer, sent to her apartment of an evening for a relaxing massage before retiring. She has indulged in this health luxury for years, and says that after a tense and trying day it helps her relax and sleep.

Actually, Mrs. Hobby is a three-career woman. Besides running the new Cabinet post, she still keeps in close touch with the *Houston Post*, calls her husband, former governor of Texas, William Pettus Hobby, Sr., each night when he is not in Washington. Then she is mother to Jessica, seventeen, a student in Miss Hewitt's classes in Manhattan; and a son, William Pettus, Jr., twenty-one, a senior at Rice Institute, Houston, and cub reporter on the *Houston Post*.

Each year January 19 is a special day at the Hobby house, for it marks a triple birthday—Mrs. Hobby's, William Jr.'s, and Jessica's.

While in Texas her hobby was rose gardening. She cultivated Modigliani, Bartok, and various kinds of yellow roses. She was quite a horsewoman too, teaching her daughter a few tricks, and Jessica now rides in horse shows.

Mrs. Hobby's interest in politics began when she became parliamentarian in the Texas House of Representatives. She soon became an expert, and wrote *Mr. Chairman*, a textbook on parliamentary law. She enjoys reading, but has little time for fiction. She prefers such heavy reading in nonfiction (Turn to page 35)



U.S. DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE

THE U.S. Department of Health, Education, and Welfare Building is a symbol of the great work in preserving health that Mrs. Hobby directs. She keeps up to date on every phase of its activities.





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.

## Bronchitis

*My five-and-a-half-year-old daughter has been troubled with bronchial coughing, especially when she has a cold and at night. Sometimes she coughs for two or three hours, until she is completely exhausted. I will appreciate any advice you can give.*

From the description you write of your daughter's symptoms and the cough, we would be inclined to think she has chronic bronchitis, possibly bordering on bronchial asthma. You do not mention the asthmatic symp-

toms, so it is possible this condition is not present.

Any irritation of the lung is likely to start this condition again. Be very careful with her clothing and about her being exposed during the autumn, when colds are likely to appear.

She should follow habits of hygiene and health that tend to increase her ability to react favorably against cold and low temperature. In the morning a cool or cold sponge bath followed by a brisk rub has been a help to many children. The inhalation of medicated vapor made by dropping a little medi-

cated ointment or oil of wintergreen into a pan of boiling water often soothes the lung membrane.

A flannelette pack or jacket worn next to the body at night helps to keep the chest warm, giving some added resistance to ailments of this kind. You may rub the skin with a compound of oil of wintergreen before applying the pack or jacket.



## Beriberi

*Please tell me the cause and treatment of beriberi. Can a complete cure be expected?*

Beriberi is a deficiency disease in which vitamin B<sub>1</sub>, or thiamin hydrochloride, is lacking. It occurs commonly in areas where a large amount of polished rice is used. The natural vitamin of the rice is directly under the hull, and when the grain is polished this vitamin is lost. If such rice is used freely as a food, a serious condition results, revealed in a variety of symptoms. There is lassitude and itching of the skin. There may be painful nerves, generally over the body or in local areas. Frequently vomiting and diarrhea occur. There is fatigue out of proportion to the patient's activity. The heart may beat rapidly, be enlarged considerably, and the limbs be swollen. There is often tenderness and soreness of the muscles. These symptoms may not all be present in any one patient, but various combinations of them will be found.

Thiamin hydrochloride in large doses should be given several times a day. Usually the response is prompt and the recovery complete, if too much damage has not been done to bodily tissues. We are not aware of any damage resulting from taking liberal amounts of the vitamin.

## Next Month

### YOUR NOSE KNOWS

BY FRENCH K. HANSEL, M.D.

The nose can tell its own story—if only you know how to understand what it is trying to tell you.

### YOU, YOGURT, AND YOUTH

BY KATHERINE VOLK, R.N.

Whatever gives the body wholesome food and keeps the digestive tract clean is an aid to better health and youthfulness.

### DOES YOUR MIND WANDER?

BY HAROLD SHRYOCK, M.D.

A capable psychologist tells you how to keep your thoughts in line.

### EATING FOR HEALTH

BY H. O. SWARTOUT, M.D.

The more you eat for whim and not for health, the more you will pay for lack of good health finally.

### POLIO'S PROGRESS

BY HART E. VAN RIPER, M.D.

Take a look behind the scenes of polio research, and see the advances made by the work of dedicated scientists.

### REGULAR FEATURES

CHILDREN'S PAGE  
FAMILY PHYSICIAN  
MOTHER'S COUNSELOR



## Hot Applications

(Continued from page 11)

Store the bottle in a dry, cool place.

Many substitutes may be used for a hot-water bag. For example, a brick, iron, plate, or bag of sand or salt heated in the oven and carefully wrapped may be used. All should be tested against the skin of the home nurse before being applied. A connected electric iron should never be used, for it is too dangerous to the patient. If using an electric pad or a chemical bag, be sure to follow the directions for their use and care in every detail.

If a hot, moist compress is ordered by the doctor, it may be made of wool, flannel, or toweling. The hot compress must be wrung out very thoroughly from hot water (or whatever solution the doctor orders) and placed on the affected area. Because it is important

Reading is to the mind what  
exercise is to the body.

—Joseph Addison.

that the compresses be kept hot, a replacement should be available about every twenty minutes for the length of time recommended for the treatment.

A compress wringer should be used to make sure the compress is wrung very dry. This wringer can be made from a strip of strong cloth having a wide hem at each end, into which are slipped sticks such as pieces of broomstick or curtain rod. The wringer cloth must be wide enough to hold the compress and long enough to extend over the edges of the basin. In an emergency a towel may be used as a wringer.

To prepare the compress, place wringer in basin with ends over sides. Put compress between folds of wringer and pour boiling water into basin. Make sure the compress is well soaked, and then wring dry. (See illustration on page 11.) Shake out to unfold compress and expel the steam. Apply gradually to the patient's skin, cover with waxed paper and a dry woolen cloth to keep in the heat. Tie or pin a binder over the compress to hold it in place. Be sure the patient's gown and bedclothes are kept dry during and after the treatment.

You can obtain further information and practice of these skills by enrolling in a Red Cross home nursing course.

This is the sixth in a series of tips on home nursing prepared especially for *Life & Health* by the American National Red Cross.

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|-------------------------------|--------------------------|-------|
| Vitamin A                     | 25,000 USP Units         | 624%  |
| Vitamin D                     | 2,000 USP Units          | 500%  |
| Vitamin B <sub>1</sub>        | 10 Mgs                   | 1000% |
| Vitamin B <sub>2</sub>        | 10 Mgs                   | 500%  |
| Vitamin B <sub>6</sub>        | 2 Mgs                    | 100%  |
| Vitamin C                     | 300 Mgs                  | 1000% |
| Calcium                       | 100 Mgs (100 Int. Units) | 100%  |
| Phosphorus                    | 750 Mgs                  | 100%  |
| Iron                          | 10 Mgs                   | 100%  |
| Iodine                        | 0.2 Mgs                  | 200%  |
| Copper                        | 0.1 Mgs                  | 100%  |
| Manganese                     | 0.1 Mgs                  | 100%  |
| Nickel                        | 0.1 Mgs                  | 100%  |
| Chlorophyll                   | 1 Mgs                    | 100%  |
| Folic Acid                    | 1 Mgs                    | 100%  |
| Inositol                      | 15 Mgs                   | 100%  |
| Pantothenate                  | 20 Mgs                   | 100%  |
| Choline Dihydrogen<br>Citrate | 10 Mgs                   | 100%  |
| Niacinamide                   | 100 Mgs                  | 100%  |
| Vitamin E                     | 100 Mgs (100 Int. Units) | 100%  |
| Fluorine                      | 0.2 Mgs                  | 100%  |
| Cobalt                        | 0.1 Mgs                  | 100%  |
| Zinc                          | 0.1 Mgs                  | 100%  |
| Helio                         | 6 Grs.                   | 100%  |
| Rutin                         | 1 Mgs                    | 100%  |
| Para-Amino Ben-<br>zoic Acid  | 15 Mgs                   | 100%  |

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# 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.



## When Baby Cries

*Would you take up a baby to see what is wrong when he cries, or would you be afraid of spoiling him?*

A baby's program should be regular, with regular time for feeding, bathing, and all other care. It should include also a loving, cuddling time once or twice a day. If you have planned right, baby can be taken up for rocking, holding, carrying outdoors, or riding in his carriage when he is not crying.

If, regardless of a carefully planned program, he cries at times, I would find out whether he is wet, too warm, or uncomfortable in any other way—perhaps turn him over, but probably not take him up.

Proper care of baby's real needs not only gives him a sense of well-being but actually protects his health.

The age of the baby makes some difference. The older child will usually spend some time in his playpen or high chair where mother can watch him—given something to play with. But baby shouldn't be taken up just because he cries.



## Marriage for Second Cousins?

*I know a couple who would like to marry. Their mothers are first cousins. Is this relationship close enough that it need be considered?*

I don't believe there is any need to worry about the cousin relationship that is troubling the young people you write about, especially if their hereditary background is free from any problem such as epilepsy or diabetes.

I think they should feel perfectly free to go ahead and marry, forgetting their distant relationship.



## Metamorphosis

By JAY GOULD

My soul was so hungry,  
So hungry in me,  
For the sight of the mountains,  
The smell of the sea;

So hungry my soul was  
For friends that were fine,  
For a house and a garden  
That I could call mine;

For one day without worry,  
One day without haste,  
One day without torture  
Of debt to be faced;

So hungry my soul was  
To let one day pass  
Just lying and dreaming  
Alone on the grass

By the brook that skips laughing  
Down from the hill,  
And creeps on its hands  
And knees under the mill.

So I sought for a purse full  
Of gold, for they said  
That would buy me the day  
And my soul could be fed.

Year on year, dawn and dark,  
I labored for gold,  
Till my voice was metallic  
And my blood was cold.

At last the day came  
When my soul I could nurse;  
But I sought it and found  
It had turned to a—purse.



## Child Fright

*My little boy is highly nervous. When we go to town he screams all the time we are there. If I take him on an elevator or escalator, he screams and shakes all over. However, he is all right at church.*

Evidently this little boy is sensitive and nervous, inheriting probably a delicate temperament to begin with. It is fright that makes him scream when he is in strange places. I believe in every way possible you should avoid an issue with him. The more he is made to endure the fright, the more terrified he will be. Be careful not to take him too abruptly into new and strange areas. Also, remain calm yourself, keeping an air of assurance and of having full control of the situation.

If the situation could be avoided until he is older, and he could gradually become accustomed to people, I believe you could manage it without subjecting his sensitive nervous system to strain.

Perhaps it began in the first place by a sudden fright, and he has developed a special fear complex, like a person having been in an automobile wreck and forever after afraid to ride in an automobile. In some way he must be handled so as to forget about it.



## Expecting a Baby?

A beautiful little pamphlet *For the Carriage Trade* is offered expectant mothers by the American Social Hygiene Association. It contains a number of charming baby pictures—but also an important message for mothers-to-be. It costs only five cents.

You may get your copy by writing to American Social Hygiene Association, 1790 Broadway, New York 19, New York. Ask for it by name, and don't forget to enclose your nickel.



## TIRED-HUNGRY?

take a tip from a young man  
of 92



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## Pop Can't Cause Polio

(Continued from page 5)

American Coffee Bureau, has about 100 milligrams; tea about 33."

Meantime, Mr. Loring F. Overman, public relations director for the American Bottlers of Carbonated Beverages, calls our attention to the fact that "the Federal Food and Drug Administration lists the following figures relating to caffeine content: Coffee, 1.50 grains per 6 ounces; Coca-Cola, 0.35 grains per 6 ounces; Pepsi-Cola, 0.75 grains per 12 ounces."

Although we must correct our original statement on caffeine content, the fact remains that these drinks do con-



tain caffeine, and no one refutes this fact.

Our editorial "Pop and Polio" was designed not to take away all the pleasure of kiddies having an occasional ice-cream cone or even a soft drink during the summertime but rather to impress on mothers the importance of seeing that their children get the essential foods, such as milk, fruits and vegetables, and proteins, before indulging in sweets, which may cut the child's appetite for good food. If our editorial encouraged mothers to keep their children fit during the dangerous polio season last summer, we feel it was well worth the effort.

But once again we must impress the fact on all readers that pop cannot cause polio. It has no direct relationship to polio, but it may interfere with a child's appetite and lower his resistance to not only polio but all other diseases.

To any of our readers who received this idea, we offer our sincere apologies.

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# Wings of Health

By VEDA SUE MARSH, R.N.

A CLUB FOR BOYS AND GIRLS

## "DOETH GOOD LIKE A MEDICINE"

ON CHRISTMAS EVE the Little Jays went with Mommy, Daddy, and Tommy to the airport. The crowded station was bubbling with excitement, happy voices, and joyous greetings as families were reunited for the holiday season.

Aunt Sue was coming to spend Christmas with the Munroe family! The Little Jays searched the sky to see the red and green lights on the approaching plane go blinkety-blink, blinkety-blink, as if saying, "I'm coming. Are you ready? I'm coming. Are you ready? Clear the runway, here I come. Here I come."

At last Aunt Sue comes down the steps. Soon she has Tommy on her lap and the Little Jays one on each side of her as they drive gaily homeward to have an especially happy Christmas.

It is now Saturday night, and the Munroe family with Aunt Sue are sitting around the fireplace eating popcorn and apples. Let us listen in and hear what Aunt Sue is saying. Is she telling a story?

"The first Christmas in America was celebrated by Englishmen at Jamestown, Virginia, in 1607, 346 years ago. They had a big dinner, while it was snowing and raining outside.

"After the *Mayflower* arrived at Plymouth Rock in 1620 the men were kept busy building homes to live in that first long, cold winter. The men worked hard all Christmas Day, and in the evening all gathered on the *Mayflower* for a simple Christmas dinner.

"I once saw a boat at Salem, Massachusetts, that was said to be the size of the *Mayflower*. It was so small I do not see how the people endured that long, long trip across the Atlantic Ocean. It must have been a great hardship.

"The Pilgrims did not think there should be any feasting or joyous celebration on Christmas Day. They felt it should be a day of solemn worship. Christmas to them was a sacred day.

"Today, Christmas is celebrated in various ways even in the United States. Let us play we can go by jet plane from place to place. Where shall we stop first?"

"Start at old Boston," suggested Mother Munroe.

"Zoom. Here we are. It is Christmas Eve, and though there has been a

### *The Greater Triumph*

By O. BYRON COPPER

A man may conquer half the world,  
Amass a Croesus' wealth,  
But greater triumph has the man  
Who captures perfect health.

heavy snow, the walks are cleared so that we can stroll along the streets on Beacon Hill. See those interesting homes. Listen! Do you hear Christmas carols? As we turn down this street you can see it is the tradition to leave the window shades up for people outside to look in and see the Christmas decorations and happy families. How cold it is! Do I see you shivering?

"Zoom. Here we are in New Orleans for a real Southern Christmas Eve. How beautiful the mansions are, where it is the custom to have open house. Notice the friends going from one home to another, chatting, eating Christmas goodies, and enjoying the beautiful flowers and decorations.

"What do I hear? Do I have my holidays all mixed up? There it goes again. Let's go out on the balcony. Listen. I hear firecrackers! Look over there—skyrockets, Roman candles. Can those fireworks be one way of celebrating Christmas Eve? Yes, that is the way it is done in the Southland.

"Zoom. As we pause at St. Louis on our way north, we hear that the Christmas Carol Association has a membership of more than 30,000 singers. One year when I traveled by train at Christmas time, groups of carolers from different churches sang in the station at Denver, Colorado. They changed groups every half hour. While waiting for a train I found it wonderful to hear this lovely music. I hope carol singers everywhere realize how very much it is appreciated.

"Zoom. Here we are in the cold, frosty North, the land of Christmas trees. It seems a shame to have so many beautiful trees sacrificed each year, even though they do bring pleasure to many people. I like the idea of real, growing outdoor Christmas trees, which do not have to be cut down.

"See the woman on the corner with her black kettle and bell. In the bitter cold she stands hour after hour, ringing her bell and smiling. She reminds all busy shoppers to contribute to the Christmas baskets for folks in need."

"Aunt Sue," said Joan, "we filled two Christmas baskets for the Dorcas Society. They do not allow us to know the names of the families the baskets go to, for the children might feel embarrassed if we knew.

"But we did go and get a description of each family we were to help. The first family was No. 135. The parents were about thirty years old, and they had four children—Bob, ten; Jane, eight; Sally, four; and Billy, two. The father was in the hospital, and the mother was sewing to earn money.

"We mended and painted some of our toys, and Mother and I dressed two dolls. We had fun shopping for our Christmas families. I do wish we could have seen them Christmas morning when they unpacked their baskets of food, clothing, and toys.

"Aunt Sue, it really is more blessed to give than to receive. I almost forgot that I too would receive Christmas gifts I was so interested in these baskets. We asked Mother for some of the money she had planned to use for our Christmas presents so that we could get more for our families. I do wish all the boys and girls around the world could have a good Christmas dinner, proper clothing, and something to make them happy."

"Yes, how true," said Aunt Sue. "They would then all be healthier, for 'a merry [rejoicing] heart doeth good like a medicine.' And always remember Christ said, 'Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me.'"





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## Milk Treats

If you have been accustomed to only white milk, the dairy industry is about to change your ideas of milk. For, according to H. B. Hubbell of the dairy industry division of the University of California, it may not be long before your milkman may deliver to your doorstep milk in technicolor. Several new dairy products are now available in fruit flavors. Among them, milk in any of several popular fruit flavors—strawberry, raspberry, cherry, and orange. And, of course, the old stand-by chocolate milk will remain as a regular item on your milkman's wagon.

A new bottle pancake mix containing fresh-milk products is now available, ready to pour hot cakes on the skillet for breakfast.

Another dairy product becoming more popular as a pleasant change from mayonnaise is sour cream. Seasoned, it makes an excellent dressing for fruit and vegetable salads.

And less caloric, yogurt—while not new—is now packaged in half-pint containers and is widely used in reducing diets. Containing the milk solids, not fats, it has many uses indicated on the paper carton in which it comes.



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# 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.



## Opium in Lettuce

*Is there opium in lettuce?*

It is a curious fact that lettuce, Irish potatoes, and certain other foods contain very small amounts of opium. The dictionary says that opium is the juice taken from poppy seed and that it contains morphine, codeine, and other sedative substances.

There is only a trace of opium in lettuce and potatoes, not enough to have any ill effect. However, if you were to make lettuce juice by grinding the lettuce through a food chopper and squeezing the mash in a potato ricer, it could be given to a person before retiring to help produce sound sleep. Hop tea made by simmering some dry hop pods in water may be used for the same purpose. These natural drinks are far safer to use than the dangerous barbiturates.



## Protopectins

*What are protopectins?*

Protopectin is the name given to a substance in fruit that is not a vitamin, mineral, protein, or fat, nor does it furnish calories. Chemically it is a form of carbohydrate. It is, for example, found in the white part of an orange that clings to it when peeled, in the connecting tissues between the orange segments, and in the walls of each tiny juice sac. It is not found in the juice in any appreciable amount.

Recent research has shown the great value of protopectins. They keep the bowel in a sweet and healthy condition. They combat putrefaction, fermentation, and the disagreeable symptoms that these bowel disorders often tend to produce, such as coated tongue, unpleasant breath, foul gas, headache, and lassitude.

When the bowel is in first-class condition the intestinal flora is normal. Then only good bacteria predominate, and the vitamins and minerals eaten

are absorbed and used by the body. Then too there is some manufacturing of vitamins in a healthy bowel. The protopectins form a soft, gelatinous bulky material that sweeps the bowel clean, and so they tend to prevent constipation. At the same time they may check a tendency to diarrhea by ridding the bowel of dangerous germs that frequently cause it.

Protopectins are particularly valuable for the diet of the older person. Other fruits, such as apples, contain them, and also some vegetables. We shall hear more about them as the research progresses.

## DECEMBER VITAMIN CALENDAR

|  |                               |
|--|-------------------------------|
| <b>VITAMIN A</b>                           | <b>VITAMIN B<sub>1</sub></b>  |
| Carrots                                    | Beans                         |
| Winter squash                              | Prunes                        |
| Egg yolks                                  | Whole-grain bread and cereals |
| Tomatoes canned                            | Dry milk                      |
| <b>VITAMIN B<sub>2</sub></b>               | <b>VITAMIN C</b>              |
| Almonds                                    | Apples                        |
| Milk                                       | Citrus fruit                  |
| Eggs                                       |                               |
| Beans                                      |                               |
| <b>VITAMIN D</b>                           | <b>NIACIN</b>                 |
| Vitamin D milk or a concentrate            | Dried milk                    |
| Exposure to sun-lamp                       | Brown rice                    |
| Exposure to sun (shades up, curtains back) | Whole-wheat bread             |
|  | * Peanut butter               |
|  | Yeast                         |

The food products listed here are some of the leading seasonal sources of vitamins. You may use substitutes of locally grown foods, such as guavas and mangoes in place of apples in Florida.

\* Peanut butter equals fresh liver in niacin.

## A New Cookbook

A truly unique and worth-while cookbook has been published giving a few of the choicest recipes of most of the sixty nations that belong to the United Nations.

It is found at public libraries. The title is *The World's Favorite Recipes*. It was edited by the American Home Economics Association and contains an introduction written by Eleanor Roosevelt. It is published by Harper and Brothers, New York, and is priced at \$1. The yogurt salad from Egypt and the Arabian cookies called Grabis are two recipes sure to please.



## Hot Lemonade for Health

The first thing to do for a common cold, modern health advisers say, is "force fluids." At the first symptom of a cold, hot lemonade is the first thought. When you serve it you are helping in two ways—by forcing fluids and in replenishing that important vitamin C. Modern science tells us that vitamin C cannot be stored in the body, but must be replenished daily.

The latest suggestion for increasing the amount of nutrients in lemonade is to grate a little of the lemon peel right into the glass. In this way you give an even larger quantity of healthful vitamin C and include other benefits contained in the peel.



## Pores Pour Perspiration

Ever wonder where all that perspiration on your brow comes from on a hot summer day, or when you are caught in an emotional tizzy? According to Dr. Eugene S. Bereston, dermatology consultant to *Current Medical Digest*, it comes from hundreds of pores on your forehead. There are 1,300 pores per square inch.



## Mrs. Hobby's Hobbies

(Continued from page 27)

fields as *Liberties of the Mind*, by Charles Morgan; *The Spirit of Liberty*, by Judge Learned Hand; and *Lee, the Final Achievement*, speeches by Robert E. Lee while president of Washington and Lee University. For her scholarly interests she has been granted several honorary degrees in the humanities, letters, and law.

Although a Democrat, she voted for Willkie, Dewey, and her old Army friend Dwight Eisenhower, with whom she had contact while she was Col. Oveta Hobby, commander of the Women's Army Corps, during World War II. Like Eisenhower, she is a strong believer in liberty and private enterprise. She has set her goal for a welfare program without a welfare state; a broadened base for social security, but not socialized medicine. A woman with a true sense of values.

She says, "It's always better to keep folks well rather than get them well after they are down sick." She will no doubt strengthen preventive medicine measures through the U.S. Public Health Service, and support health education—anything to get folks to live more healthfully and happily.

"Everyone should strive for good health, because it is essential to success and efficiency in any endeavor," Mrs. Hobby says. "Everyone wants to feel good, bring the best they can to the job at hand, and give efficiently of themselves."

One might think that Mrs. Hobby would feel a little sensitive in the man's world that is official Washington. One Cabinet member said when asked for a definition of the President's Cabinet: "Well, it's composed of nine men with one Hobby." To this Mrs. Hobby might laughingly reply, "Yes, and it's also composed of ten Secretaries, not a one of whom can write shorthand!" But one thing is certain, Mrs. Hobby will never take dictation. While she held her first press conference one of the reporters asked whether she didn't feel a bit out of place on the Cabinet. Her reply was, "It's no different from being the only woman stockholder on the board of directors of many other corporations of which I have been a member."

Although she is a woman, Mrs. Hobby handles her department with businesslike precision. Early in her career, despite her heavy load of must chores, she began interviewing officials right down to the division and branch levels. And several of the nervous bureaucrats came from these sessions badly shaken. One said, "She knows as much about my job as I do!"



## Picture of health...

... And, of course, POSTUM is in that picture, too! For delicious INSTANT POSTUM guards the whole family's health against the harm that "coffee nerves" can cause—to adults as well as children.

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**DOCTORS AGREE:** Never give a child coffee. Serve Postum-with-milk instead. Children really love it!

Read these scientific facts about caffeine in coffee or tea! Caffeine is a drug! It is a stimulant that acts on the brain and central nervous system. Also, in susceptible persons, caffeine tends to produce harmful stomach acidity. So, while many people can drink coffee or tea without ill-effect, for others indigestion, nervous hypertension and sleepless nights result.\*

\*As reported in "Caffeine and Peptic Ulcer" by Drs. J. A. Roth, A. C. Ivy and A. J. Atkinson, in the Journal of the American Medical Association.



Mrs. Hobby handles security for the U.S. citizen from the cradle to the grave, but she doesn't want any of her employees to feel so secure that they don't have to produce. When she came in as head of Federal Security, she could hire only two or three assistants. She took the shears to the red tape immediately, had several of the top-level policy jobs removed from Civil Service so that she could have

policy-making assistants of her own.

Deeply religious, Mrs. Hobby attends St. John's Episcopal church in Washington each week. Although probably the nation's most powerful woman, she keeps her *Book of Common Prayer* dog-eared and worn, attesting to its regular usage and her desire for spiritual guidance in the country's highest position held by a woman.





# Homemaker Hints

By CAROLINE EELLS KEELER

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

**In a Manger.** "She . . . wrapped him in swaddling clothes, and laid him in a manger." A humble birthplace, that manger. But somehow I can think of worse places than a stable to be born in. In big friendly barns there is the fragrance of hay, the warmth of shelter, the devotion of creatures who await your coming and follow your bidding.

When we finish supper early and have the dishes done and put away, we often go out to the stable while dad finishes the chores. We have a pleasant, clean stable, a good place to visit. While the milking machines do their work, dad fills the mangers for the night with the fragrant grasses and clover of summer. The cows have had their grain, which they enjoy as a child does candy.

We have a new stable this winter, for our barn burned last July, the barn on which we bestowed so much labor in remodeling stables, putting in cement floors, building the milk-house with lumber from our own trees. The big maple tree near the driveway and the two apricot trees between the house and the barn were badly scorched. For days the lawn looked dry and burned.

**Giving Time.** It's Christmas time and giving time again. All the mysterious whisperings, wrappings, and hiding of parcels fill the house with magic. The countryside gets its snow flurries, and the sleds come out. And we start making the house fragrant with homemade bread again.

**A Joy Forever.** A painting once hung on the wall of a certain office. Every time I chanced to go into that office I stopped to admire it. It was a beautiful woodsy scene, colorful with delicate spring tints. But someone pointed out the defects to me, or tried to. Whoever saw the woods just that color? One tree was unnatural, and so on and so on. However, nothing could mar my admiration of this picture. It always did something for me.

"By beholding we become changed," we are told. How very true. Beholding the matchless loveliness of Christ, we become gentle and kind, and an overwhelming desire to serve surges up in our hearts. And by looking at beautiful things we desire beauty also.



When I was a little girl we enjoyed a little old-fashioned book called *Old Grumpy*, I believe it was. I can see the cover yet, white with little pink rosebuds around the edge. Old Grumpy lived in an attic room all cobwebs and smoke and dirt. She went around the neighborhood to find wood to burn in her cracked old stove. The children laughed at her, and she was cross to them.

But one little girl saw something in the old woman that she liked, and she was always doing something for her. One day she gave her a little flower, a red geranium. Old Grumpy put it in her window. Then she noticed how dirty the window was. No one could see her flower through that dirty window. And thus a transformation began, one thing leading to an-

other, until Old Grumpy's room and Old Grumpy herself were clean and shining.

**Whipping Light Cream.** Did you know that you can whip light cream? But to do so you must chill everything, even to the bowl and beater. The cream must be a day old.

Place one cup of cream in the freezing tray of your refrigerator and chill until little ice crystals form along the edge. Place this cream in a chilled bowl. Add a teaspoon of lemon juice, and beat with a chilled beater.

**Mushroom Tip.** Perhaps you peel fresh mushrooms as I did for a long time, but it is really not necessary. Washing is all you need to do to prepare them for cooking.

**Bedspreads.** You can often use an old double bedspread on a single bed by cutting out the worn middle section and hemming up the center. An old bedspread—not the chenille kind—also makes soft, absorbent towels.

**Crispy Tidbits.** Do you like garlic flavor? Then you may enjoy Crispy Tidbits, a recipe from the refrigerator magazine. To make them, melt one-quarter pound butter and blend in one mashed garlic bud. Place one cup popped corn, one cup mixed nuts, and one cup each of three of your favorite kinds of puffed breakfast food in a shallow pan. Pour over them the garlic butter, and heat thirty minutes in your oven at 250°.

**Christmas Gift!** A nice little kitchen gift is a box of different food colorings or an assembly of flavorings, such as vanilla, maple, banana, orange, black walnut, pineapple, and mint. Some butternuts. A bag of black walnuts. A basket of fruit, a loaf of whole-wheat bread. Some homemade rolls. And remember to put an orange in the Christmas stocking.

Merry Christmas to you all. And the peace of God our Father.



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## In Winter Check Home for Safety

When the chill winds blow and there is a hint, or more than a hint, of snow in the air, our comfortable homes are very inviting. But we need to be more than comfortable—we need to be safe at home, says the Iowa State Department of Health publication, *For Iowa's Health*.

A thorough checkup of your heating system and your electrical appliances is an important wintertime



safety measure. You have no doubt had your furnace cleaned, since it should be done once a year. A recheck will do no harm.

Be on the lookout for worn parts, ill-fitting pipes, improperly operated dampers, or a clogged chimney. Carbon monoxide gas can collect where there is not enough draft to cause complete combustion of fuel, especially coal.

Carbon monoxide is a killer, since it is odorless and gives no warning of its dangerous presence. Not only is a clogged chimney dangerous as an aid to carbon monoxide, but caked soot can burn fiercely. It's a good idea to check the whole length of chimneys and repair any cracks or holes.

We all have many electrical appliances. The cords should be examined for breaks. If there are frayed and worn places, have them repaired or replaced.

That electric blanket is a great comfort when the north winds blow, as are heating pads and floor heaters. But make sure that the heating elements, thermostats, and switches are all firm and that they operate as they should.

Also, don't forget to check your Christmas tree lights before putting them to use, making sure the cords and sockets are in good condition. Be sure to detach the lights at night and when leaving the house.

Yes, in the wintertime our homes are a haven from the weather. Let us make sure they are safe havens for us and our loved ones.

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## Food Flavorings

(Continued from page 15)

in flavors. But remember the light touch is preferred. For double enjoyment, grow your own herbs.

As an artist uses paints, use your food flavorings—herbs—for new food flavor, color, and charm.

### Paprika Appetizers

Spread whole-wheat wafers with butter; sprinkle generously with Hungarian paprika. Heat through in a hot oven, and serve at once.

Prepare paprika butter by mixing sieved or riced hard-cooked egg yolks with an equal amount of butter. Then add plenty of paprika. Spread on crackers or toast cut in fancy shapes.

### Paprika for Salads

Sprinkle as much as a tablespoon of paprika over an average bowl of potato salad, egg salad mix, or cucumber-and-onion salad to serve four persons. You will have a piquant flavor and pleasing color.

### Hungarian Baked Onions

- 5 average-sized yellow dry onions
- 2 tablespoons butter
- 1 cup bread crumbs
- 1 tablespoon paprika
- Other herbs as available

Peel and boil the onions until barely tender. Remove the centers with a fork. Mix bread crumbs with butter, paprika, and herbs you have on hand such as a teaspoon of minced parsley and one-eighth teaspoon of thyme. Fill the onions and place them in a buttered pan. Dot with extra butter, and bake until well browned.

### Paprika for Soups

A tablespoon of paprika will do much for a kettle of corn, rice, or onion soup, because it will add the lovely rosy-red color and pleasing flavor. You may prefer to add paprika to the individual bowlfuls of soup. It makes a pretty garnish sprinkled on the bowls of soup just before serving.

### Paprika Rice Soup

- $\frac{1}{4}$  cup natural or fortified rice
- 2 cups water
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon onion salt
- 1 tablespoon paprika
- 3 cups milk
- 1 tablespoon butter
- Other herbs as available

Boil the rice in the salted water until tender. Add the milk, butter, and herbs, such as one-eighth teaspoon of basil, marjoram, or what you have on hand. Pour into bowls, and sprinkle heavily with the paprika.

### Tarragon Salad Dressing

Simply add one-eighth teaspoon tarragon to your favorite French dressing, or try this one:

- 1 can tomato soup
- $\frac{1}{2}$  cup lemon juice

- $\frac{1}{2}$  teaspoon tarragon
- 1 teaspoon onion salt
- 1 teaspoon garlic salt
- $\frac{1}{2}$  cup oil
- $\frac{1}{4}$  cup honey
- $\frac{1}{2}$  teaspoon paprika

Shake together thoroughly before using. Fresh onion and garlic may replace the salts.

### Thyme in Vegetable Juice Cocktails

Add one-eighth teaspoon thyme to your favorite vegetable juice cocktail, or try one of these:

#### Vegetable Juice Cocktail

- 1 cup juice from cooked peas, beans, or greens such as asparagus and spinach
- 2 cups tomato juice
- 2 teaspoons lemon juice
- $\frac{1}{2}$  teaspoon celery salt
- $\frac{1}{4}$  teaspoon mixed herbs, such as thyme with tarragon or spear-mint

Mix, and let stand an hour or more before serving.



### Avocado Cocktail

Pour a teaspoon of lemon juice over a cup of peeled, diced avocado, add one-half cup diced cucumber and two tablespoonfuls finely diced celery. Make a dressing of one-half cup tomato purée with two teaspoons minced onion, one-fourth teaspoon garlic salt, one-half teaspoon honey, and one-eighth teaspoon thyme or other herb. Serve very cold over the avocado mixture.

### Thyme and Nut Stuffing

- $\frac{1}{2}$  cup chopped nuts
- 2 cups bread crumbs
- 1 tablespoon minced parsley or chives
- $\frac{1}{2}$  teaspoon thyme or sage
- 1 tablespoon minced pimento
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon garlic or onion salt
- 1 beaten egg

Mix, and use for stuffing peppers, tomato, or eggplant.

### Patties With Sage

Mix equal amounts of leftover boiled rice and nutmeat. Add an unbeaten egg to each cupful, one finely minced onion, and one-fourth teaspoon of sage. Mix thoroughly, and brown in butter or bake as a loaf in a greased pan until well set. Dot with butter for a fine crust. Serve with your favorite sauce. Parsley butter sauce is excellent with this.

### Country Gravy With Summer Savory

Heat one-fourth teaspoon summer savory, basil, or sage with a tablespoon of

butter, a tablespoon of chopped onion tops or chives, and a teaspoon of salt. Add two tablespoons of flour or potato meal and a pint of rich milk. Stir until the gravy is like thick cream.

### Lentil Patties With Marjoram

Put leftover lentils or beans through a food chopper with an onion. Add one-fourth teaspoon of sweet marjoram, basil, or sage. Put in an unbeaten egg for each cupful of mixture, and salt to taste. Form into patties, and bake until set in well-greased pan. Serve with tomato sauce if desired.

### Lyonnais Potatoes With Parsley

- 2 cups sliced cooked potatoes
- 1 chopped medium onion
- $\frac{1}{4}$  cup cooking fat or  $\frac{1}{2}$  cup cream
- 2 tablespoons minced parsley
- Salt to taste

Cook onion until tender in fat or cream, add potatoes, and continue to cook until lightly browned. Salt as needed. Add parsley, and serve with a sprinkling of paprika for added eye appeal.

### Water Cress

Water cress is delicious in cabbage salad, vegetable bouillon, whole-kernel buttered corn, and tossed vegetable salad.

### Water-Cress Relish

Put the following through a food chopper:

- 2 cups whole-kernel corn
- $\frac{1}{2}$  red sweet pepper
- $\frac{1}{2}$  green sweet pepper
- 4 stalks celery
- 1 sweet onion
- 2 pimentos

Add one-half cup French dressing, and chill several hours. When ready to serve, add a bunch of water cress coarsely cut or six stalks of parsley.

### Water-Cress Sandwich Spread

Mix one cup finely shredded carrots with one-half teaspoon salt, 1 tablespoon mayonnaise, and one-half teaspoon onion juice. Add a bunch of parsley coarsely chopped. A tasty spread for whole-wheat or rye bread.

### Water-Cress Cream Spread

Mix a cake of cream cheese with mayonnaise, or cream it sufficiently thin to spread nicely. Salt to taste. Blend in chopped water cress, and spread on toast diamonds. If preferred, use water-cress sprigs for garnish on whole-wheat crackers spread with the cheese.

### Water-Cress or Parsley Soup

- 1 quart milk
- $\frac{1}{4}$  cup celery leaves
- 2 tablespoons minced onion
- 2 tablespoons potato meal or flour
- 2 tablespoons butter
- Salt to taste
- Water cress

Heat milk, celery, and onion. Add flour, butter, and salt that have been blended. Cook until creamy, add water cress, and serve. Use a bunch of water cress or a half bunch of parsley.



### Bohemian Kolach (With Anise or Poppy Seed)

Add a well-rounded teaspoon of anise or poppy seed to a regular recipe of yeast-raised coffee cake dough. Chill the dough thoroughly. Roll out to about one-half-inch thickness. Cut into circles with a biscuit cutter. In the center of each circle place a tablespoonful of prune filling (this may be simply chopped, pitted cooked prunes or sieved prunes). Push down the center so that a ridge is formed around the edge. Let rise till light. Brush with egg white, sprinkle on extra seed if wished, and bake.

The dough may be cut in squares, filled, and pulled up into dumplings.

When making bread for a large family you may make some of the regular bread dough into these prune and seed goodies.

### Caraway or Dill Seed Salad Dressing

Crush caraway or dill seed and add to your favorite salad dressing.

### Cream Salad Dressing With Caraway or Dill Seed

- $\frac{1}{2}$  cup cream
- $\frac{1}{2}$  tablespoon flour
- $\frac{1}{2}$  teaspoon salt
- 1 tablespoon honey
- 1 tablespoon lemon juice
- $\frac{1}{2}$  teaspoon crushed caraway or dill seed

Mix all ingredients. Heat until thickened like heavy cream. Cool, and for best flavor let stand a few hours before using.

### Noodles and Poppy Seed

Cook noodles until tender in well-seasoned vegetable broth. Add butter and a teaspoon of poppy seed, and serve.

### Spearmint Tea With Bran Muffins

Here is an exotic combination—spearmint tea with bran muffins.

Steep mint leaves in water to desired strength. Sweeten with honey. Serve hot with hot bran muffins.

This is a featured luncheon in a lovely café that has white roses in black bowls on its tables and a pipe organ to beguile its guests.



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PARADISE VALLEY SANITARIUM and HOSPITAL  
National City, California

## FEET-ACHE?

GET FOOT COMFORT WITH  
**BURNS Cuboids**

Make walking a pleasure! Try these famous feather-lite, California-made Foot Balancers. They give amazing foot comfort! Worn in shoes. Recommended by doctors and nurses. Sold in shoe stores and shoe departments. For men, women, children. Demand BURNS CUBOIDS!

REG. U.S. PAT. OFF. For Name of Your Dealer Write

BURNS CUBOID CO., SANTA ANA, CALIF.



Beautifully Located in a Suburb  
of Our Nation's Capital

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

EUGENE LEELAND MEMORIAL HOSPITAL  
Riverdale, Maryland

# NOW... RELY ON New-Improved CERAPLEX

## A MOST SATISFACTORY FOOD SUPPLEMENT

Its organic base of wheat, alfalfa, parsley, water cress, rice, yeast, corn, and kelp provides, in natural form, essential food factors necessary for the maintenance of maximum nutritional health. These are blended and fortified with fractional amounts of pure vitamins to ensure full potency.

The suggested daily intake of 1 capsule and 5 tablets supplies the following amounts and proportions of the adult daily minimum requirements of the vitamins and minerals for which the need in human nutrition has been established.

|                       |      |                           |   |
|-----------------------|------|---------------------------|---|
| 12,500 I.U. Vitamin A | 312% | 15 mg. Vitamin E          | * |
| 800 I.U. Vitamin D    | 200% | 85 mg. Unsat. Fatty Acids | * |
| 2 mg. Vitamin B-1     | 200% | 2 mg. Chlorophyll         | * |
| 4 mg. Vitamin B       | 200% | 2 mcg. Vitamin B-12       | * |
| 60 mg. Vitamin C      | 200% | 30 mg. Choline            | * |
| 1 mg. Vitamin K       | 100% | 30 mg. Inositol           | * |
| 10 mg. Iron           | 65%  | 2 mg. Cal. Panthothenate  | * |
| 465 mg. Calcium       | 50%  | 2 mg. Cobalt              | * |
| 375 mg. Phosphorus    | 300% | .5 mg. Molybdenum         | * |
| .3 mg. Iodine         | **   | .1 mg. Fluorine           | * |
| 1 mg. Vitamin B-6     | **   | .25 mg. Zinc              | * |
| 20 mg. Niacinamide    | **   | 1 mg. Manganese           | * |
| 1.5 mg. Copper        | **   | 5 mg. Magnesium           | * |

\*\* M.D.R. has not been established.  
\* There is no scientific consensus as to justification for supplementation of these substances, nor has human need been established.



THE  
LIFE LINE  
TO  
BETTER NUTRITION

In 10 years of serving the public we have yet to find a dissatisfied user of Regular Ceraplex. Your assurance of exceptional merit.

2 Months' Supply - - - - \$6.85  
1 Month's Supply - - - - 3.75

at your favorite health food store  
or write:

DEPT. LH **EMENEL COMPANY, Loma Linda, California**



## The Fountain of Youth

(Continued from page 11)

eighty years old, we can stay young in mind. It is never too late to begin rebuilding our health. But we must have the will to succeed. It will enable us to enjoy better health from now on in spite of past handicaps.

Do not let anyone tell you that you must remain an invalid. Not at all! You still can have good health if you

will train yourself to live right. Don't wait. Start to get well now! Stop worrying about the past. Turn your face toward the future and begin to live. Do you really love life? Then do all in your power to preserve your life, and plan that in the future you will enjoy it to the full.

The people who get the most fun out of life are those who make a habit of always looking on the bright side. Although they may be troubled with oc-

casional pain and disability, they are thankful for the blessings that come their way. Each of us can enjoy happiness every day. Why worry about the past? We cannot change it. But the future is still ours. Let's plan to live a healthy, happy life from now on. This determination is the most effective treatment for any kind of disease.

Many centuries ago King Solomon, that wise Oriental ruler, wrote these famous words: "A merry heart doeth good like a medicine." Every doctor can testify to the truth of that statement. A cheerful, optimistic attitude is the finest medicine for any kind of disease. We have all known people so seriously ill that they were not expected to live, yet they managed to pull through their illnesses. It was their will to live that made the difference. They had faith that they would recover, and they did.

On the contrary, we have known of other people with a minor illness who have died in spite of all that modern medical science could do to save them. What was the reason? Simply that they had no will to live. When the patient himself gives up, there is often little that the doctors and nurses can do to save him. If you are ill, determine right now that you will do all you can to help yourself. This attitude will aid your doctor in helping you back to health.

Successful living depends not only on your choosing the right diet but also on your maintaining a wholesome, optimistic attitude toward life. All-round good nutrition depends as much on your choice of thoughts as on your choice of vitamins. If you want to stay young and healthy, you must choose both aright. You must learn to live with a happy heart in spite of handicaps.

More than six hundred years ago someone wrote this interesting little poem that illustrates so well what we mean:

"Give me a good digestion, Lord,  
And something to digest!  
Give me a healthy body, Lord,  
With sense to keep it at its best.

"Give me a healthy mind, good Lord,  
To keep the good and pure in sight:  
Which seeing sin is not appalled,  
But finds some way to set it right.

"Give me a mind that is not bored,  
That does not whimper, whine, or sigh.  
Don't let me worry overmuch  
About this fussy thing called 'I.'

"Give me a sense of humor, Lord,  
Give me the grace to see a joke,  
To get some happiness from life,  
And to pass it on to other folk."



## HELP YOURSELF TO BETTER HEALTH

### AMAZINGLY COMPLETE BALANCED FORMULA

# NUTRIFAX IN A NATURAL ORGANIC BASE!

Provides **18** Vitamins Plus **11** Minerals  
in One Small Tablet including

**B-12 the Blood Building Factor and Folic Acid**

### 3 TO 20 TIMES ESTABLISHED, MINIMUM DAILY VITAMIN NEEDS!

No two people are alike in their individual vitamin needs. That is why super-potent NUTRIFAX actually supplies as much as from 3 to 20 times the established minimum daily vitamin requirements. It helps make up for deficiencies and emergency requirements resulting from illnesses or unusual mental, nervous or physical activities. NUTRIFAX also helps compensate for vitamin loss caused by low calorie, weight control programs.



This small tasty NUTRIFAX Tablet helps make vitamin deficient people feel 10 years younger!

### 6 NUTRIFAX Tablets Daily Provide:

|   |                     |
|---|---------------------|
| Vitamin A                                   | 25,000 U.S.P. Units |
| Vitamin D (Irradiated Ergosterol)           | 1,000 U.S.P. Units  |
| Vitamin B-1 (Thiamin Chloride)              | 20 Milligrams       |
| Vitamin B-2 (Riboflavin)                    | 20 Milligrams       |
| Vitamin B-6 (Pyridoxin)                     | 5 Milligrams        |
| Vitamin B-12 (Ferm. Active Conc.)           | 10 Micrograms       |
| Vitamin C (Ascorbic Acid)                   | 100 Milligrams      |
| Vitamin E (Alpha-Tocopheryl Acetate)        | 10 Int'l. Units     |
| Vitamin K, Active (Menadione)               | .1 Milligram        |
| Niacinamide                                 | 80 Milligrams       |
| Calcium Pantothenate                        | 10 Milligrams       |
| Inositol                                    | 50 Milligrams       |
| Choline (Choline Bitartrate)                | 50 Milligrams       |
| Folic Acid                                  | 1 Milligram         |
| Para-Aminobenzoic Acid                      | 20 Milligrams       |
| Biotin                                      | 20 Micrograms       |
| Rutin                                       | 2 Milligrams        |
| Lemon Peel Infusion (Vitamin P Concentrate) | 30 Milligrams       |
| Chlorophyll (Water Soluble)                 | 5 Milligrams        |

### MINERALS

|                                    |                |
|------------------------------------|----------------|
| Calcium (Calcium Pyrophosphate)    | 750 Milligrams |
| Phosphorus (Calcium Pyrophosphate) | 450 Milligrams |
| Iron (Ferrous Gluconate)           | 10 Milligrams  |
| Iodine (Potassium Iodide)          | 0.4 Milligram  |
| Manganese (Manganese Sulfate)      | 7.5 Milligrams |
| Cobalt (Cobalt Sulfate)            | 0.2 Milligram  |
| Molybdenum (Sodium Molybdate)      | 0.4 Milligram  |
| Copper (Copper Sulfate)            | 0.2 Milligram  |
| Zinc (Zinc Sulfate)                | 0.5 Milligram  |
| Potassium (Potassium Sulfate)      | 4.0 Milligrams |
| Fluorine (Calcium Fluoride)        | 0.5 Milligram  |

In a natural base of alfalfa concentrate, yeast, watercress, and kelp.



**180 Tablets only \$7**

Thompson manufactures "Every Vitamin For Every Need." When you buy vitamins, look for the Thompson name on the label! Compare the potency—compare the price and you, too, will realize that when you select Thompson, you get a better buy.

**AT ALL HEALTH FOOD COUNTERS (If not available, order direct.)  
WM. T. THOMPSON CO.**

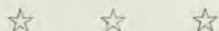
ST. LOUIS 3, MO.

DEPT. C

LOS ANGELES 27, CALIF.



What a beautiful outlook on life! There is life and health in a prayer like this. When you can actually carry out such a wonderful philosophy, you will know the true joy and satisfaction of happy living and have the real fountain of youth.



### Nerves and Weight

(Continued from page 21)

5. Consult your physician if after you try these measures your weight does not change toward normal. Ask your doctor to help you find the cause of your overweight or underweight. If he tells you your emotions or eating habits are at fault, don't quit him for someone who promises a panacea in the form of gland shots, a reducing diet, or appetite-controlling drugs.

You can attain normal weight. It may take continuous effort, but it will pay big dividends in health and happiness.



### The Christmas Seal

The only source of income to support the programs of the tuberculosis associations is the annual sale of Christmas seals, conducted by mail.

The first Christmas seal sale in the United States was conducted in Wilmington, Delaware, in 1907 under the leadership of the late Emily P. Bissell. That first seal sale brought in \$3,000. In 1952 the American people contributed \$23,238,148.12 for TB control by buying Christmas seals.

The Christmas seal has become a part of the holiday tradition. In the true spirit of Christmas generous Americans use seals to decorate their gift packages and greeting cards.

Each year there is a new Christmas seal. The design this year is the result of collaboration by two Chicagoans: the design idea by E. Willis Jones and the execution by Elmer Jacobs. It features a singing child wearing a bright red stocking cap and mittens.

Of the money raised through the sale of Christmas seals, 94 per cent is used for tuberculosis control projects within the State where it is contributed. Six per cent goes to the National Tuberculosis Association.

The forty-seventh annual Christmas seal sale opened November 16 and will continue through December.

When you respond to the appeal of the tuberculosis people for help, you will feel the bright glow of joy that always comes to a person doing a kind act. It will give you a lasting lift!

# DON'T ANYONE PASS THIS AD UP! AMAZING NEW INVENTION HELPS PREVENT MANY DISEASES

## SENSATIONAL SCIENTIFIC! GERM BACTERIA KILLING MACHINE



UNIT SOLD COMPLETE  
READY TO WORK

**MUST-WORK POLICY OR MONEY REFUNDED**

THIS UNIT CARRIES IRONCLAD MUST-WORK POLICY. I MUST AGREE THAT IT IS THE BEST COLD, ODOR, AND INSECT KILLING DEVICE KNOWN TO SCIENCE—BAR NONE. A TRULY FINISHED APPLIANCE—NOT A GADGET!

### CHECK THESE FEATURES!

- Easy to use—requires no special service
- Operates electrically for pennies a month
- Lowest-priced unit of its kind
- Decorative enough to be placed in the fussiest room
- Odorless—colorless—noiseless
- Carries 10-year defective parts guarantee

PHILADELPHIA, PA. Now, at last, after many years of vigilant research, science releases to the public an air sterilization unit. It's a known FACT that most of our communicable diseases such as—colds, measles, German measles, mumps, scarlet fever, rheumatic fever, acute tonsillitis, otitis media, chicken pox, acute sinusitis, pneumonia, and yes, even hay fever are transmitted from the infected source to the healthy individual through the AIR WE BREATHE.

The washing of our hands, body, and keeping our living quarters clean is just HALF THE FIGHT against the ugly germ problem that we are constantly confronted with. The other half, of which until now we were unable to do anything about, is the AIR WE BREATHE.

### NOW A NEW MIRACLE DRUG Triethylene Glycol Released

This new 20th Century germ killer scientifically and automatically vaporizes Triethylene Glycol—an odorless, tasteless, colorless, and harmless germ-killing agent. Recognized by physicians. This wonder chemical is being successfully used by hospitals, colleges, universities, and department stores. Laboratory certificate tests and simple operating procedures come with every unit, or will be sent to you upon request for additional data.

### ACCLAIMED A MUST IN EVERY HOME

Especially designed for hotels, restaurants, grocery stores, bakeries, public rest-rooms. Perfect for use before moving in any new home.

### EXTRA FEATURES

1. Without any extra fuss or muss, you can quickly deodorize your home of any foul or offensive odors.
2. Mysteriously kills roaches, flies, ants, moths—any insect that may lurk within your premises.

## MAIL COUPON TODAY! MONEY BACK GUARANTEE!

VOLUME SALES OUTLET (Research Dept. H)  
1209 Oregon Avenue, Philadelphia 48, Pa.

(We Are Members of the Mail Order Business Bureau)

Gentlemen: Enclosed please find \$24.95 for your 20th Century germ killer. Or, send C.O.D.—I agree to pay postage. It is my understanding that if I am not satisfied, I can return the complete unit in seven days, and receive my money back.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

COMPANY \_\_\_\_\_

CITY \_\_\_\_\_ ZONE \_\_\_\_\_ STATE \_\_\_\_\_

**FOR YOUR HEALTH'S SAKE MAIL COUPON NOW.**



# A Brand-New Holiday Treat

## With an Old-fashioned Appeal

Hot mince pie made from Worthington Foods new vegetarian pie mince.



**WORTHINGTON PIE MINCE** is a brand-new product designed especially for you and others who want a treat that is delectable and nutritious. This mince may be used in cookies or other pastries as well as in pies.

**WORTHINGTON PIE MINCE** contains those juicy, spicy flavors that remind you of grandmother's baking. This product, made from our own original kitchen-tested recipe, contains no meat. Instead, it combines nutritious cereal proteins with choice fruits and selected seasonings.

**WORTHINGTON PIE MINCE** is packed in glass jars, each containing 19 ounces of rich, tasty mince—enough to make a generous pie that will satisfy the whole family.

Ask for **WORTHINGTON PIE MINCE** at your nearby health food store or specialty grocery, and be ready for the coming holiday season. If your dealer is unable to supply your needs, write for price list.

**WORTHINGTON FOODS, INC.**  
WORTHINGTON, OHIO

### Cheerfulness for Health

Rx D. H. KRESS, M.D.

**D**R. CANNON, of Yale, some years ago conducted several most interesting experiments on animals to determine the effect mental influences exert on digestion. He gave his pet cat some barium, gently placed her on a glass platform, and with the X-ray examined the movements of her stomach.

He found that so long as he stroked the cat the right way and was friendly, she purred and her stomach functioned normally. The peristaltic waves passed over it in a normal rhythmical manner, manipulating the food and mixing in the gastric juice. When he pinched the cat's tail or irritated her by stroking her hair in the wrong direction, the peristalsis stopped. The stomach went on strike. When he again stroked her hair in the right way, she began to purr, and the peristaltic waves again were observed. Digestion began again.

There is a lesson in this for all to learn. It is this: "Never eat when mad or bad or sad, only when glad." This is an important lesson for fathers and mothers to learn. Never should anything of a depressing nature be permitted at the dinner table. The topics of conversation should always be cheerful. Every member of the family should come to the table with a smile on his face.

I have known of homes where the father would be away from home during the day. During the interval the children would perhaps get into trouble. The mother, instead of meting out the punishment as she should in a right spirit, would say, "You wait until father comes home this evening; he will see to you." When father arrived, instead of the children's running out to meet him with gladness in their hearts, giving him a welcome, he got a cool reception.

"What is the matter this evening?" he would ask. Just before sitting down to the evening meal the mother would tell him the whole affair. The father often pleaded, "I am hungry. Let us sit down and eat first. I will see to them afterward." That meal could not be digested well.

Is it any wonder that children become dyspeptics, and that even father and mother cannot do justice to the meal taken in an upset spirit? That is all wrong.

Even the prayer and formal giving of thanks at the beginning of such a meal is of no value. It is in fact a mere mockery. If it is really what it should be, it will act as a stimulus to the digestion. It will do good like a



medicine. If more of the medicine of good cheer were taken with meals, there would be less demand for medicine after meals.

Pavlov, the noted physiologist, called attention to the effect mental influences exert on the glandular secretions of the stomach. The smell of food, as we have all experienced, stimulates the flow of saliva, provided the food is nicely prepared and is appetizing. Pavlov found that not merely does the smell of food produce a copious flow of saliva but it stimulates gastric secretions as well. He also found that foods that are relished do not merely increase the quantity of gastric juice but produce a better quality of gastric juice than foods that are eaten mechanically. This emphasizes the need of preparing foods nicely and presenting them in an attractive manner. The sight of appetizing food stimulates the secretions in the same manner.



### Sunflower Seed—The Miracle Food

MILLIONS of people some months ago read an article in a monthly magazine telling about the amazing excellence of the teeth of the inhabitants of Deaf Smith County, Texas. Here is an active county without tooth cavities! Why? Because this region was found to have soil rich in calcium and phosphorus, with traces of fluorine. These nutrients get into the foods grown there, and the people eating the foods rich in these elements reap the benefit.

Now, we cannot all move to Deaf Smith County, Texas, but we can all eat foods rich in these nutrients if we know what foods contain them. In general, calcium- and phosphorus-rich foods are greens, legumes, nuts, dates, figs, raisins, and milk—with fluorine in question. But now we have attention focused on sunflower seeds, which not only are rich in calcium and phosphorus but also contain traces of fluorine. This means that sunflower seeds are an excellent food for bones and teeth at all ages of life. Especially should children in the cities have them. Indeed, it is because of their extremely high nutritional value that for centuries the peoples of the Near East have used them freely. In fact, these peoples attribute much of their vitality and long life to the benefits derived from sunflower seeds. They use them in the diet much as we use peanuts, eating them roasted and ground.

Dr. Sherman and his associates at Columbia University, in experimental work done over a period of twenty years, have conclusively shown that

Every day *Thompson's* Calorie-Free

# CALTABS<sup>plus</sup>

gives you as much  
**CALCIUM** as  
3 glasses  
of  
**milk**

as much  
**VITAMIN C** as a  
4 oz. glass  
of  
**orange juice**

**plus many extra benefits!**

The human body needs more calcium than any other mineral for healthy growth and maintenance. Children, expectant or nursing mothers or older folks who do not tolerate milk, find pleasant tasting CALTABS plus an invaluable, thrifty-priced calcium diet-aid providing a high potency of calcium metabolizing Vitamin D, phosphorus, and other vitamin-mineral nutritional benefits.

CALTABS plus tablets, pure, natural bonemeal product of the famous Wm. T. Thompson vitamin laboratories, are pleasantly flavored, easy to chew and free of "chalky" taste. They are a good way to help prevent calcium deficiency. Try them today.

#### COMPARE THE POTENCY— COMPARE THE PRICE

#### CALTABS<sup>plus</sup>

Sold at all good Health  
Counters. If not available  
locally—order direct.

100 Tablets...\$1.00

500 Tablets...\$3.75

(a 12 week supply)

Dept. C

#### only CALTABS<sup>plus</sup> provides all these benefits,

A daily ration of 6 tablets contains:

CALCIUM ..... 750 Milligrams

(as much as contained in 3 glasses of milk)

VITAMIN C ..... 60 Milligrams

(as much as contained in 4 oz. of orange juice)

PHOSPHORUS ..... 395 Milligrams

(as much as contained in 14 oz. of milk)

VITAMIN B-1 ..... 2 Milligrams—

200% Min. Daily Req.

VITAMIN D ..... 2400 U.S.P. Units—

600% Min. Daily Req.

IRON GLUCONATE ..... 60 Milligrams—

66% Min. Daily Req.

(as much as contained in ½ to ¾ lbs. of beef)

FLUORINE ..... 1 Milligram

Plus trace minerals including potassium, strontium,

barium, silicon, iron, aluminum, chromium, copper,

and manganese which are found in bone.

#### WM. T. THOMPSON CO.

"Every Vitamin for Every Need"

3028 Locust Street, St. Louis 3, Mo.

2727 Hyperion Ave., Los Angeles 27, Calif.

increased intake of calcium means more vitality, longer life, and a greater sense of well-being. Also parents whose diet is rich in calcium have healthier, larger, and more dynamic children.

Sunflower seeds are a rich source of thiamin and niacin (B vitamins), according to the U.S. Department of Agriculture. University and Government surveys of the American diet show that more than 76 per cent of the people are deficient in vitamins and minerals and that the two leading deficiencies are calcium and vitamin

B<sub>1</sub>. Not only is calcium for bones and teeth, but it is also a heart regulator, a nerve food, and a necessary constituent to clotting of the blood. B<sub>1</sub> is a nerve food par excellence and a regulator of the heartbeat. In fact, many heart cases respond better to B<sub>1</sub> than they do to digitalis. Niacin is recommended by doctors not only for pellagra, but also to maintain the tone and efficiency of the digestive tract and the health of the skin. Sunflower seeds are a fair source of riboflavin, pantothenic acid, and provitamin A, all natural.



## For Additional Information



... concerning items or products advertised in *LIFE AND HEALTH*, use this check list and return it to us.

Please send all orders for products directly to the advertiser whose name and address appears with the ad.

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**LIFE AND HEALTH, DEPT. LH-12**  
**WASHINGTON 12, D.C.**

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(Please Print)

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**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_

Read *LIFE & HEALTH* Regularly

## Readers' Pulse

(Continued from page 4)

who had it sent to us. Would you enlighten us?

We never heard of your *LIFE & HEALTH* till we had it coming to us. It certainly is wonderful, telling what every sensible person ought to know.

My wife, whom the good news *LIFE & HEALTH* was sent to, feels along with me that if we know who has been so good to us we might be able to do him a good turn. My wife and I are in our eighties, and I feel her health has been improved from what we have learned through reading your wonderful health magazine. MR. AND MRS. S. W. AUGER  
Canada

### I REGRET

DEAR EDITOR:

Congratulations for producing such a fine magazine as *LIFE & HEALTH*. I have shown it to some of my fellow students in the University of Malaya, and they all like it.

I began buying it only a couple of months ago, and I regret that I did not do so earlier.

I especially liked the article "Your Blood Chemistry" (by Helen Spicer Menkel, R.N., June, 1953) and the cover photo in the June issue.

S. NAGENTHERAN

Malaya

### WITHOUT A DOUBT

DEAR EDITOR:

I have been reading your *LIFE & HEALTH* magazine in the dentist's office while waiting for my appointments. I think it the best I've ever seen without a doubt.

If you have back numbers and it's at all possible I would like to have my subscription start with the last January issue.

LOIS SHORTEN

Hillsboro, Oregon

### WELL PLEASED

DEAR EDITOR:

Please permit me to say that I am sure you very wisely chose Dr. Fox to help make your Braille *LIFE & HEALTH* possible. This new magazine is simply splendid. I know many blind readers like me are well pleased with it.

MRS. EVA A. STITES

Millersburg, Pennsylvania

### BRILLE ENJOYED

DEAR EDITOR:

We received the *LIFE & HEALTH* Braille edition and enjoyed every article in it. We think it is wonderful.

Industrial Home for the Blind  
Chicago, Illinois

### BEST FRIENDS

DEAR EDITOR:

... I do not wish to be without *LIFE & HEALTH*, as it is one of the best friends I have calling at my door.

MRS. GLADYS STAFFORD

Altoona, Wisconsin

**LIFE & HEALTH**





The Main Entrance to the Sanitarium



The New Hospital Wing

To All, Peace --  
Good Will --  
Good Health



WASHINGTON SANITARIUM AND HOSPITAL

TAKOMA PARK, WASHINGTON 12, D.C.



*Life and*  
**HEALTH**  
*The World's Greatest  
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SUCCESS

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Gifts  
 in ONE  
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If you would give your friends a gift they will appreciate throughout the year, and one that will add years to their life and life to their years . . . here's the answer, a subscription to

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Articles of lasting interest and health benefit—written so you, the mother in the home and the man on the street, can understand them.

**\$2.75 a year**

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Mail your own subscription and your gift list today, and a beautiful Christmas card in color—personalized in your name—will announce your gift.

LIFE AND HEALTH, Washington 12, D.C.

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## The Irritable Colon

A tight, spastic colon, the most common cause of abdominal distress, says Dr. Theodore R. Van Dellen in the *Chicago Tribune*, is due to tense living habits.

Frequently the patient is overwhelmed with domestic or business problems. He may also be a laxative addict. The irritable colon is simply a sign that changes must be made in his mental attitude and living conditions. He must leave off the use of laxatives, tea, coffee, tobacco, and alcohol.

Business and home affairs must be smoothed out. More sleep, vacations, and regular exercise are frequently needed. A bland diet may be helpful, but should not be taken for too long.

Accurate diagnosis must be made by a physician, for abdominal pain may be due to an ulcer, gall-bladder disease, cancer, or kidney disease.

Just because one is tightly constipated does not mean that a drugstore laxative will unstop the clogged colon. Better let your doctor decide.



## 400,000 Americans

This 400,000 figure includes 250,000 cases of tuberculosis on the records of health departments. It also includes an estimated 150,000 unreported cases.

Many of these unknown people do not know that they have TB. In its early stages, TB may give no warning signals. The sick person may feel fine and look fine, yet his disease is steadily growing worse. By the time he feels sick he may have passed the stage when TB can be most easily and quickly cured.

Meantime, he is spreading tuberculosis germs to others around him.

The "unknowns" are not the only people spreading TB. Among the 250,000 known active cases are 40,000 living at home where it is difficult to prevent the spread of infection.

Another 75,000 whose health department records show active TB are not in hospitals, and their present condition is unknown.

From this reservoir of possible infection come the new cases of TB: in 1950, 121,228, in 1951, 118,438. Within the next 12 months, about 115,000 people who are healthy today will have tuberculosis.

Until all the cases of TB are found and placed under treatment, there is little likelihood of substantial reduction in the tuberculosis attack rate.



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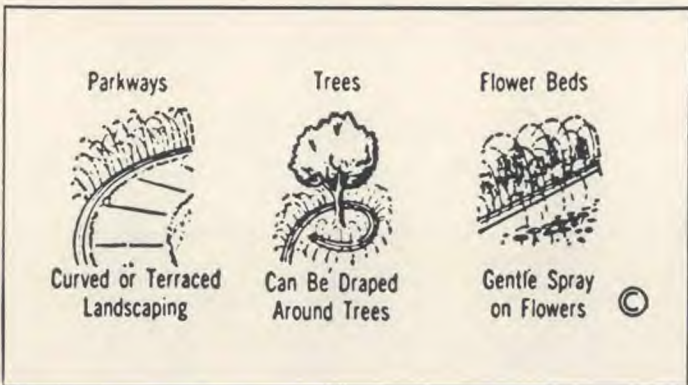
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