

DECEMBER 1964

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Life and **HEALTH**

THE NATIONAL HEALTH JOURNAL



RELIGION FOR YOUR HEALTH

By J. DEWITT FOX, M.D.

TAKE YOUR CHILD TO THE DENTIST

By BETH BROWN



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DECEMBER • 1964 • VOL. LXXIX, No. 12

80th Year of Publication



THE NATIONAL HEALTH JOURNAL

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A FAMILY MAGAZINE FEATURING RELIGIOUS HEALTH INFORMATION. The official journal of the Home Health Education Service. Published monthly by the Review and Herald Publishing Association, Washington, D.C. 20012. Second-class postage paid at Washington, D.C.

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SAUNA QUERIES

DEAR EDITOR:

I read your article "A Soothing Sauna" in the July issue of LIFE AND HEALTH. Being Finnish and quite accustomed to the weekly or biweekly sauna, I was very much interested in reading of its medical benefits. I have one question—Why the dry heat?

I noticed that you say the secret of the sauna is low humidity. I've never taken a dry-heat sauna, and I'm curious to know where this type of sauna originated. We always throw water on hot rocks and really steam it up. It's gay fun, and diving

into the snow or a cool lake is an after-sauna must.

I enjoy each and every one of your articles in LIFE AND HEALTH, but I must say I'm quite distressed at the untrue picture of the sauna. I'm sure you're factual insofar as this American version goes, but I think it should be brought out that the Finns use steam.

What is the advantage of the dry heat? You say many a hearty Finn lives to 90, and now you're going and drying out the heat on them. I would appreciate a little more knowledge on the advantage of dry heat over steam.

MARTHA W. BALLER

Poway, California

* The sauna commercially available in the United States differs from the Finnish original in respect to the heater, which does not lend itself to the use of water because it contains an electric motor for the fan. Moisture in the room is achieved by a shower between two sessions of 8 to 10 minutes in the sauna. The advantage of dry heat is that it is not so tiring and debilitating as steam over the same length of time. Steam, however, is valuable to the person having sinusitis, bronchitis, or other respiratory ailments.—*The Editor.*

OUR DECEMBER COVER



Color Transparency by Esther Henderson,
From Louise Price Bell

December is here. The long warm days of summer and the melancholy days of autumn have blended into the short, frostbitten days of winter.

In many a childish heart this last month of the year has special significance. For weeks the spirit of Christmas has brooded over the land. The very atmosphere is surcharged with interest as this day of all days approaches. The shops are aglow with gay decorations and are bulging with every imaginable toy and device to attract the liberal purchaser.

It is the night before Christmas. Too often the spiritual significance of this day is smothered by commercial and social activity. But outside problems are of no concern to our delightful little cover girl, a symbol of millions the world around as she sits in her bed anticipating the glorious tomorrow, Christmas. ▲

REQUEST FROM CANADA

DEAR EDITOR:

For about ten years I have been a subscriber and find many interesting and helpful articles in LIFE AND HEALTH. I was especially pleased with Bessie Crane Anderson's article and recipes in your August issue. Some time ago I discarded eggs and dairy products from my diet, and am always delighted to see simple eggless protein dishes and desserts low in sugar to add to my recipe file.

My nearest neighbor, who has been acquainted with LIFE AND HEALTH for more than forty years (and a subscriber for most of that time), thinks as I do. We often try out the recipes and compare results. We hope to see many more recipes that do not require eggs or cheese.

MARGARET DONALDSON

Oshawa, Ontario, Canada

FOR MOTHER AND FATHER

DEAR EDITOR:

First of all, I want to congratulate you on such a fine magazine. Hold your standards high, and God bless you continually.

I am enclosing a check for a one-year subscription to LIFE AND HEALTH and asking you to send it to my mother and father.

MRS. WILLIAM KYLE ▲

Great Falls, Montana



PROFILES

of Our Contributors



Arthur C. Miller, M.D. ("Chest Surgery," page 8), is a specialist in chest surgery and an assistant professor of surgery at his alma mater, Loma Linda University, Loma Linda, California. He is currently a surgeon at the Veterans' Administration Hospital, Roseburg, Oregon.

He was born in Maryland, reared in the West. He is a veteran of World War II. His wife is a graduate nurse. He and his family, which includes two daughters and two sons, enjoy living at Riverview Ranch, situated on the Umpqua River. They raise cattle and registered quarter horses. At present he is limiting his professional activities to spend time on the farm with his children.

As a private pilot Dr. Miller has used air travel to enable him to assist at medical clinics in various areas of Mexico.

This article on chest surgery was written while he was fulfilling a surgical assignment in North Africa. He has written numerous articles for scientific journals and is coauthor of two books dealing with chest surgery.



Robert F. Chinnock, M.D. (director of Your Child's Health, page 22), was born in Sebastopol, California. He received his premedical education at Pacific Union College and his medical degree from Loma Linda University School of Medicine, Loma Linda, California. He took graduate training in pediatrics at White Memorial Hospital, Los Angeles, California, and the State University of Iowa Hospital.

Dr. Chinnock is married and the father of five children—one girl and four boys, ages 21, 18, 16, 11, and 7. He lives in Downey, California.

As medical hobbies he gives special attention to treatment of juvenile diabetes, newborn babies, and premature infants.

He enjoys color photography and raising finches and parakeets.

He is professor and chairman of the department of pediatrics, Loma Linda University School of Medicine, and chief of pediatric service at White Memorial Hospital and at Los Angeles County General Hospital.



Myrle Tabler, R.N. ("Carrots—Yum-m-m-m-!" page 16), was born near Yutan, Nebraska, and grew up on a 640-acre ranch in that State. She learned to love the land and the wildlife that flourished on it. She believes that "we who were born in country places have a heritage no man can take."



After studying at Nebraska State Normal College, Mrs. Tabler taught school for several years. She enjoyed teaching, but gave it up for marriage and a family. She liked to cook and experiment with new recipes. "My family used to laugh at 'Mom's mixtures,'" she says, "but they ate them and asked for second helpings."

When her husband died in 1945 she decided to enter the nursing profession, and took her training at Madison College, Tennessee. Later she moved to Washington, D.C., and studied at Columbia Union College, earning a B.S. degree. Both of these colleges chose her to represent them in *Who's Who in American Colleges and Universities*.

Mrs. Tabler has five children and fifteen grandchildren—"Enough to make (To page 28)

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SMOKING PLEASURE?
By RICHARD LAKE

The pleasure the smoker imagines he has comes at a high cost, and he could fulfill his needs without such a dangerous hazard.

BODY CONDITIONING
By CHARLES K. BUSH

Modern living supplies so many labor-saving devices that people have to plan carefully to make sure they do not neglect exercise.

STOP TETANUS
By M. S. STRICKLAND, M.D.

Tetanus is no respecter of age, station in life, wealth, or health. It is better avoided than battled.

REGULAR FEATURES
READERS' PULSE
FAMILY PHYSICIAN
GOLDEN AGE



Religion for YOUR Health

SEVERAL years ago while walking through the corridors of the United States Capitol I chanced by the office of the then Vice-President Alben W. Barkley. He was just coming from his office with the ambassador to Mexico, William O. Dwyer, of New York. As I was introduced to the Vice-President I noticed that his warm handclasp, the twinkle in his eye, and his relaxed bearing were unusual in the hustle and bustle of the Capitol building, where everyone was keyed up to urgency and speed.

I engaged the Vice-President, who had the abbreviated title "Veep," of his own making, in conversation. He was then well past seventy and still had a ruddy complexion, although slightly overweight, had a full crop of hair and his own teeth. In short, he was in excellent health for a man of his age.

"How do you keep so healthy and happy?" I asked.

"I keep a clear conscience and sleep well every night," was his prompt reply.

Obviously a man free from worry, he added, "I hate no man, and though I have political differences I try always to understand the other fellow's point of view."

But behind his smile and the twinkle of his eye was something more profound in the life of Alben W. Barkley, for he was a deeply religious man, who did not worry and accepted his life by faith each morning when he arose.

The reward for this relaxed religious outlook on life—in which a clear conscience, freedom from worry,

and love for everyone constituted his basic philosophy—was seen in the spring in his step, the warmth of his handshake, and the sincerity of his smile. And he said, "I've never had a headache in my life."

"You mean you never have to take aspirin or other pills for headache or indigestion?" I asked.



HARRIS & EWING

Alben W. Barkley

"No, never," he said emphatically.

Herein lies the secret of avoiding headache, feelings of inner tension and turmoil. Follow the advice of this former Vice-President of the United States and keep a clear conscience and have an abiding faith in God.

The sad fact is that many an American today does not have this inner peace and comfort, for one out of every 12 Americans this moment is suffering from a headache, and we

daily consume 21 tons of aspirin for our headaches, aches, and pains. In March of 1964 the one hundred billionth aspirin tablet was produced by the largest maker of aspirin, the Bayer Company. When you add to this figure the number of other headache remedies you can appreciate the fantastic degree of ill health that Americans suffer simply because they remain under stress and strain, from which religion might relieve them.

Have you ever heard someone say, "She gets under my skin"? If so, the person saying it may well have had a skin rash, suffered a skin itch, or had some other skin malady. Dermatologists well appreciate the fact that the emotions have much to do with the skin. Obviously, the person who says his neighbor gets under his skin does not have love in his heart for his neighbor. Although the dermatologist may prescribe various skin lotions for relief of his skin ailment, the true cure may lie deep within his own heart. Only lotions of love, generously sprinkled, can correct problems of intolerance, indifference, or outright hate.

Hundreds of Americans are finding their way to the psychoanalytical couch, where psychiatrists try to teach them how to love and how to rid themselves of guilt feelings for not loving their wives or husbands, neighbors, and friends.

Actually, religion offers the best avenue of finding love, for "God is love." If we accept God and His love and then become channels through which that love may be transmitted to others, many of the stresses and strains

of modern life recede and disappear.

This fact is well illustrated in the life of John D. Rockefeller, Sr., whose rapid rise to the point of being the world's richest man, the first billionaire by the time he was 53, resulted in loss of his health. He looked like a mummy—a wizened old man at 53, unable to eat more than crackers and milk, his digestion was so poor. He was despised by the men of the oil fields in Pennsylvania where he made his fortune, and had to have a body-guard at all times.

One night Rockefeller began to ponder just how many of those shiny dimes he was going to take with him out of this world. Although a billionaire at the time, he suddenly realized that he would go out of this world penniless. So he quickly resolved to shift his philosophy of life from grabbing to giving.

The next day he set about founding the Rockefeller Foundation for aiding universities, giving money for other nations, and immunization against diphtheria, smallpox, and tetanus. He helped rid some nations of malaria and its scourge. It was his money that developed the famed antibiotic penicillin, and every time you have an injection that helps prevent pneumonia or another infection you can thank John D. Rockefeller and his renewed religious outlook of love for his fellow man.

Best of all, the change of heart of Rockefeller to loving his fellow man caused a miraculous transformation in his own health. His digestion improved so that he could eat almost any food, he gained weight, and he enjoyed a happy and full life until the golden age of ninety-eight.

Once a person gets the love approach to life, it reflects in his radiant smile and good health. All of us should get the Rockefeller philosophy that we came into life with nothing and it is certain we are not going to take any of our worldly wealth out with us. It behooves each of us to give of our lives for the benefit of others and exhibit our love and devotion to our family, friends, and community in every way possible. By letting go of our tight clutch on the dollar and on life itself, we find we have renewed wealth in a more buoyant spirit.

People who have cold hands and feet find that they warm up as good circulation comes into their body, and

they are no longer inwardly fearful, tense, and self-conscious.

The high-pressure salesman or business executive suffering from a peptic ulcer can find relief of his ailment by pouring lotions of love over his life. If he changes from grabbing to giving, he finds that renewed business success also is his, for it is well known by physicians that it is not what goes into a man's stomach that gives him an ulcer but rather what goes into his brain. Never was an illness so



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HARRY ANDERSON, ARTIST

clearly defined as mind over matter as the stomach disorder of indigestion, peptic ulcer, colitis. These maladies respond almost as if the abdominal organs were the mirror of the mind. These organs can relax and produce normal flow of digestive juices when the mind is at ease. But the person who is in a constant state of worry, tension, fear, anger, or other self-destructing emotions can tie up his gastrointestinal tract literally in knots. This is why a religious outlook can do much for your health.

Christ—the Answer. Many a would-be Christian looks at a fellow church-goer and says, "I don't want to be like him." Or, "I don't see Jones giving any breaks in his business dealings, yet he goes to church every week."

This is one of the great fallacies of modern religion—that we look at members within the church rather than to the great example of Christ Himself.

To be a good Christian is actually quite simple, and love is the keystone of it all, for Christ said: "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself." Once we look to Christ as the great example and let His love shine through our lives into the lives of others, many of our aches and pains, ulcers, headaches, rheumatic twinges, and worries of everyday life disappear.

We have no fears for the morrow, for we know that only Christ can carry us through to the end. Nor have we fears for the hereafter, for we know that heaven can be ours only by accepting Christ and His forgiveness for our sins and mistakes in this life.

Best of all, by giving of our hearts, our love, our money, and our devotion to those about us, we reap the richest reward of all—inner happiness. It is the glow that comes when we do something nice for someone and he does not know who did it; the deep satisfaction that comes when we forgive a friend for wronging us; the joy that fills our heart when a little child smiles up in complete acceptance of us as his parents; and the inner warmth that comes when we feel a youngster's arms about our neck as we give him a good-night kiss and bow beside his bed and breathe a good-night prayer.

Yes, this is what gives life true meaning and direction and can erase many of the ills of modern man. Certainly religion plays a great role in good health. Whatever the faith in which you choose to channel your religious love, Christ must be the perfect example, for without Him there can be no true religion.

Yours for healing love,

J. Hewitt Fox, M.D.



Chest Surgery

YEARS ago, surgeons could not safely open the chest because immediately the lung on the open side would collapse. With modern techniques of anesthesia, the lung may be expanded with complete and safe control. It requires less anesthetic for a major chest operation than it does for an abdominal operation of the same duration. Improved anesthesia is only one of the factors that has brought chest surgery (frequently called thoracic surgery) into the low-risk classification.

The functions of the organs within the chest are much different from the functions of the organs within the abdomen.

If I should ask you what organs are located within your chest, you probably would say, "My heart and lungs, of course." That answer is correct, but there are other important structures in the chest. The largest blood vessels in the body and the esophagus are also in the chest. Between the right and the left lung is the mediastinum, a partition within which lie the heart, large blood vessels, certain breathing passages, the esophagus, the thymus gland, and other structures.

One of the reasons why much chest surgery involves work within the mediastinum is that the heart is there. During the past decade there has been tremendous advancement in the development and perfection of heart surgery.

Heart surgery is not the only type of work done within the mediastinum. Certain nerve tumors, or growths, are especially likely to develop toward the back of this area. Cysts, which are fluid- or debris-filled tissue sacs, are quite frequently found in the mediastinum. Occasionally a goiter will extend from the neck downward into the mediastinum.

The chest organs are separated from the abdominal organs by a muscular partition called the diaphragm. A hiccup is produced by irritation or sudden contraction of the diaphragm. There are several normal openings in the diaphragm for the passage of important structures, such as the esophagus and large blood vessels.

In some people, an abdominal organ, usually the stomach, may partially protrude through one of these normal openings or at times through an abnormal opening. An abnormal opening in the diaphragm of an infant usually is caused by abnormality of development and of an adult by an injury. This condition is called diaphragmatic hernia. Nearly all diaphragmatic



A. DEVANEY

X-rays give doctors a clear picture of a disorder in most body parts.

hernias should be treated surgically. Surgery offers the best cure. The operation is done through the chest often, but at times is done through the abdomen.

Oddly enough the lungs have no pain nerves. There are pain-carrying nerves from the large breathing tubes (bronchi) and the lining of the chest cavity (pleura), but no pain is produced in the lungs themselves. Many growths and diseases can begin in the lungs and progress for quite a time without producing discomfort. The lungs can be considered treacherous.

Symptoms of Chest Disease. Any person who complains of a prolonged cough should see his doctor. Likewise for shortness of breath, coughing or spitting up blood, difficulty in swallowing, and persistent chest discomfort. Anyone having any one of these symptoms deserves a careful examination.

Chest X-ray. The X-ray is an important tool in chest work and diagnosis. In the average case, a single X-ray picture of the chest is of much more value than a picture of the abdomen. This is because in X-ray vision the air-filled lungs provide an excellent contrast to the heavier parts, such as heart and ribs. Dis-

ARTHUR C. MILLER, M.D.

A chronic cough, shortness of breath, and bloody sputum may point to a lung condition requiring surgery. Today's skilled chest surgeons save many lives each year.



H. A. ROBERTS

eases such as pneumonia, tuberculosis, and cancer of the lung can be seen readily in a chest X-ray.

Sputum Examination. The doctor may wish to make a sputum examination. This test is helpful in making a positive diagnosis of tuberculosis, fungus disease, and at times cancer of the lung.

Bronchoscope. The chest surgeon may think that a bronchoscopic examination is indicated to get a look at a lung lesion or take a piece of tissue for microscopic study. It consists of passing an instrument through the mouth and larynx into the breathing tubes. The instrument is hollow and open at both ends, and there is no obstruction to breathing. A bright light on it allows the surgeon a good look inside the largest bronchus. A similar instrument can be passed down the esophagus to see the condition of its lining,

whether a growth is present or to remove foreign objects, such as chicken bones, safety pins, and coins.

Bronchogram. There are times when it is advisable to take an X-ray picture. The doctor trickles a special liquid into the bronchial passages and immediately pictures what is seen. This liquid, a dye, shows a clear picture of the bronchial tree. The picture is referred to as a bronchogram (a normal bronchogram looks very much like the trunk and branches of a tree in wintertime).

Exploratory Operation. After the diagnostic tests and examinations have been completed, it is sometimes still impossible to be completely certain of the exact nature of the patient's difficulty. If any kind of growth or cancer is suspected, it is usually well to explore the chest by an operation. I sometimes tell my patients, "You have a weed growing in there that needs to come out, even though I can't tell you exactly what kind of weed it is."

Once it is decided that a patient needs chest surgery, certain other tests are made in order to measure the patient's ability to withstand the procedure. Blood tests are made and the condition of the heart is carefully evaluated. Several different types of breathing tests may be given.

Where will the incision be made? For most chest operations the incision, or opening, is made in the back and side of the chest below the scapula (the "wing bone" of the shoulder). Sometimes the incision extends between the ribs, or a fairly long segment of rib may be removed, its covering (periosteum) carefully left in place. When the rib covering is left in place a new rib will grow back.

How does a chest operation differ from abdominal surgery? Fortunately, chest surgery patients are usually free from nausea or vomiting after the operation. They can take water

and food shortly after surgery. Gas pains are milder. Ordinarily, few intravenous feedings are necessary during the recovery period. Because there is a generous nerve supply to the chest wall, the most distressing complaint after the operation is discomfort. Patients ordinarily are urged to move about soon, and in a day or two often are out of bed for short periods. Most patients can leave the hospital in eight to twelve days.

After an operation on his chest a patient feels so well soon that he may enjoy the remaining days of his stay as if it were a short vacation.

In all types of surgery the risk for the patient has lessened as progress has continued. Progress has been rapid in chest surgery, and the risk now is very low. Complete recovery and return to health can be expected in a high percentage of cases. ▲

I Raise My Children by the Mile

By EVELYN WITTER

WALTER and I decided against buying that wooded acreage," Laura Kersten sighed. "Why?" I asked, my mind racing ahead to find the answer before she could reply. I could not understand it. As long as I had known the Kerstens they had talked about building their dream house on a large acreage out of town. A wooded hill nine miles from the city limits was what they had been yearning to own, yet they decided against it.

"Why?" I asked again.

"Too much transportation," Laura explained in a tone that had the minor note of a condolence call. "We would have to transport the children everywhere. Not even a school bus comes near. Walter says it would take too much time and money."

"You get value received for every minute and every penny you spend," I answered with the promptness and surety that long experience had given me.

"What do you mean?" New hope livened her attention.

"I mean," I said, "that I raise my children by the mile. Living out the way we do we put more than twelve thousand miles a year on our car, not counting

vacation trips. The children are with us on most of those miles. That is the advantage of living out."

"I still don't see," she frowned.

"Well, Laura, when we're at home, I can't seem to nail the children down for more than a few minutes at a time, especially each one alone. They're busy with hobbies and homework, and the telephone is a big juvenile time taker.

"In the car they have no place to go and nothing much to do. That's when they open up and talk. That's when I find out what's on their minds. That's when understanding, comradeship, and know-what-you're-working-with parental guidance is promoted."

"Got a 'for instance'?" Laura smiled.

"Surely, several of them. Yesterday when I was driving our eleven-year-old Louise to her Girl Scout meeting, the subject of popularity came up. In the seclusion of the car my shy and quiet daughter felt brave enough to admit out loud that she wanted to be popular.

"How can I be more popular, Mom?" she asked. "Do I have to have more clothes than anybody else or be funny or talk a lot?"

"I was glad for this opening. I had felt the need of a talk about friends and popularity for a long time, but at home there was never the right time.

"Fifteen miles later Louise and I had had our talk about the 'way to have a friend is to be one'; kindness and consideration are always appreciated; the ability to work happily with other people, and how a pleasant countenance and trustworthiness draw people to us.

"I wish I could put on canvas the look of I-have-new-confidence-in-myself that was on Louise's face when we finished. I'm sure that picture would be as much a treasure in an art gallery as it is in my heart."

Laura nodded. After a short pause she asked, "What about Jim? Do you think" (To page 28)

A. DEVANEY

Happy children are a blessing in every home. Father and mother need to have a pleasant personal relationship with each boy and girl.

LIFE & HEALTH



A. DEVANEY

THE BIBLE is God's great lesson book, His great educator. The foundation of all true science is contained in the Bible. Every branch of knowledge may be found by searching the word of God. And above all else it contains the science of all sciences, the science of salvation. The Bible is the mine of the unsearchable riches of Christ.

The true higher education is gained by studying and obeying the word of God. But when God's word is laid aside for books that do not lead to God and the kingdom of heaven, the education acquired is a perversion of the name.

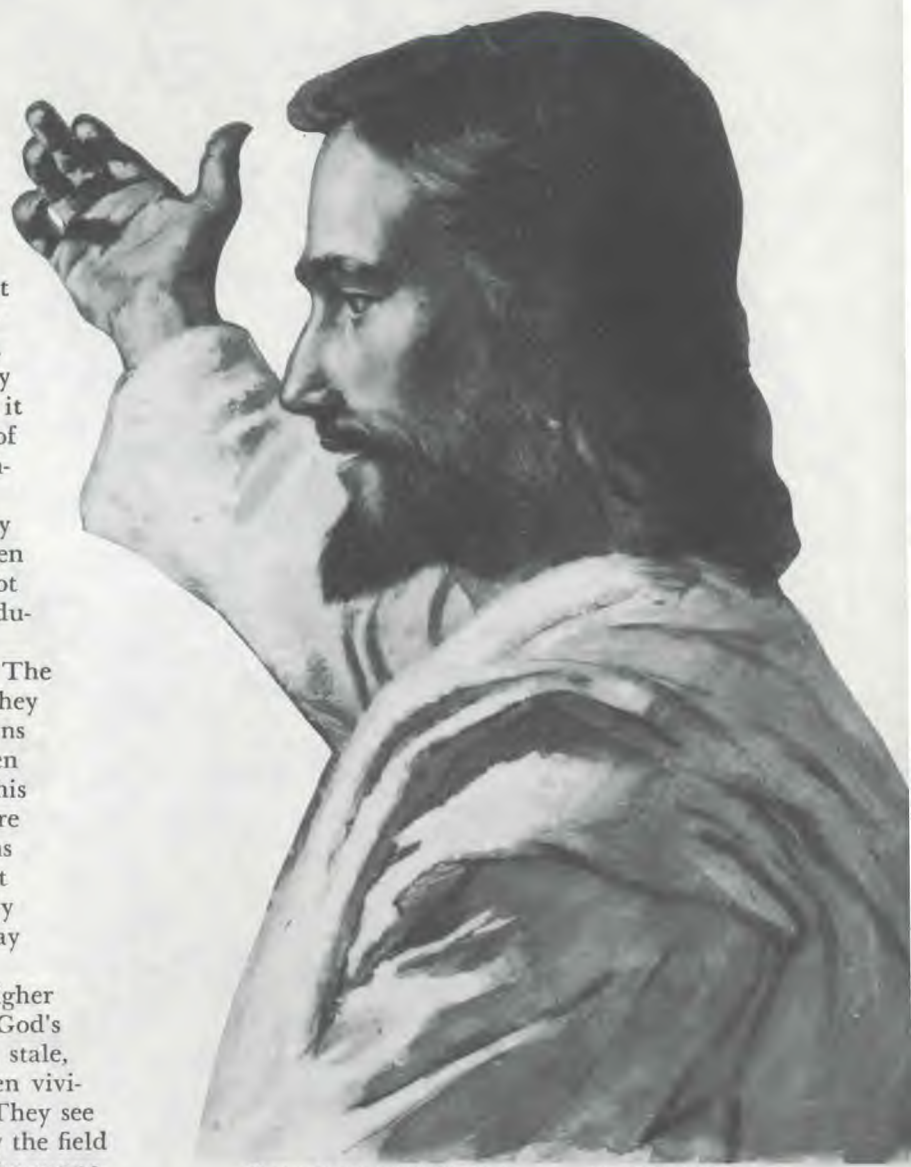
There are wonderful truths in nature. The earth, the sea, and the sky are full of truth. They are our teachers. Nature utters her voice in lessons of heavenly wisdom and eternal truth. But fallen man will not understand. Sin has obscured his vision, and he cannot of himself interpret nature without placing it above God. Correct lessons cannot impress the minds of those who reject the word of God. The teaching of nature is by them so perverted that it turns the mind away from the Creator.

By many, man's wisdom is thought to be higher than the wisdom of the divine Teacher, and God's lesson book is looked upon as old-fashioned, stale, and uninteresting. But by those who have been vivified by the Holy Spirit it is not so regarded. They see the priceless treasure, and would sell all to buy the field that contains it. Instead of books containing the suppositions of reputedly great authors, they choose the word of Him who is the greatest author and the greatest teacher the world has ever known, who gave His life for us, that through Him we might have everlasting life.

Satan works on human minds, leading them to think that there is wonderful knowledge to be gained apart from God. By deceptive reasoning he led Adam and Eve to doubt God's word, and to supply its place with a theory that led to disobedience. And his sophistry is doing today what it did in Eden. Teachers who mingle the sentiments of infidel authors with the education they are giving, plant in the minds of youth thoughts that will lead to distrust of God and transgression of His law. Little do they know what they are doing. Little do they realize what will be the result of their work.

A student may go through all the grades of the schools and colleges of today. He may devote all his powers to acquiring knowledge. But unless he has a knowledge of God, unless he obeys the laws that govern his being, he will destroy himself. By wrong habits he loses his power of self-appreciation. He loses self-control. He cannot reason correctly about matters that concern him most closely. He is reckless and irrational in his treatment of mind and body. By wrong habits he makes of himself a wreck. Happiness he cannot have; for his neglect to cultivate pure, healthful principles places him under the control of habits that ruin his peace. His years of taxing study are lost, for he has destroyed himself.

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MEL CRAIR, ARTIST

CHRIST, the Matchless Teacher

By **ELLEN G. WHITE**



A. DEVANEY

Nausea and Vomiting-1

R WILLIAM T. GIBB, M.D.

WHEN I was a medical student, the members of my class were encouraged to do some original research in their spare time. One of my classmates was much interested in the amount of acid and other digestive juices formed in the stomach, and wondered whether he could show that the diet of a laboratory animal had something to do with the amount or the concentration of its stomach juices.

His plan was to get a number of animals with varied dietary habits and perform an operation by which a small pouch could be made to connect part of the stomach with the outside so that he could study the stomach juices. For animals eating the worst kind of diet he chose the buzzard and the hyena, both of which eat carrion.

One afternoon he and one of the surgeons on the staff performed this operation on three buzzards. All went well, the wounds were dressed, and the men tied the birds' beaks shut in order to prevent their picking off the dressings during the night. Next morning all three birds were dead.

These amateur scientists had forgotten that one characteristic of the buzzard is that it regurgitates



(throws up) any indigestible parts of the material it has gobbled down. This had happened, and because the material could not get out of the birds' beaks it had gone into their lungs and suffocated them. If these two men had lived in a part of the country where buzzards are common they would have known about this characteristic, for it is not safe to walk under a buzzard's roost.

Among wild animals in the natural state the act of regurgitating is common, particularly with furtive animals that are not particular about what they eat. They snatch what they can and swallow it quickly. They have powerful stomach juices that quickly digest what is digestible, and they rid themselves of the remainder (bones, hair, and such).

Most animals do not study and taste what they plan to eat. There is so much competition from other animals who will take their kill that they dare not relax. The owner of the food must eat rapidly and keep his eyes peeled at the same time. Emptying the stomach through the mouth is fundamentally a normal mechanism.

Let us define certain words that may be confusing. Vomiting is ejecting material forcibly from the

stomach through the mouth. Nausea is a sensation associated with vomiting. Regurgitation is the natural ejection of small amounts of stomach contents without preceding nausea or the use of force. Rumination describes what a cow does when she chews her cud—she brings food from the stomach, rechews it, and swallows it again.

The word *regurgitation* is often used instead of *vomit* because it sounds more genteel, but the two words do not have the same meaning.

The mechanism of vomiting involves actions that most people do not think of. The general concept of the act is that it is the reverse of swallowing, that peristalsis (wavelike contractions of the food canal that propel the contents) simply goes in the opposite direction. It is a complex series of movements controlled by an integrated nervous mechanism.

Except under unusual circumstances nausea precedes vomiting. It usually is accompanied by a feeling of faintness, dizziness, and a tendency to cold sweat. It is thought by some observers to be caused by waves of reverse peristalsis over the small intestine.

Some people get nauseated much more easily than others. These people are markedly sensitive, and the odors and sights that make them feel queasy probably recall a previous experience.

With nausea comes salivation—that is, saliva forms more quickly than usual in the mouth. Probably there is an outpouring of juices in the stomach at the same time.

When vomiting starts, the pressure inside the abdominal cavity is increased. Breathing stops, and both diaphragms are fixed in the contracted position. All muscles used in ejection are contracted, including those between the ribs and of the shoulders. The epiglottis (the little trap door that closes off the windpipe when swallowing takes place) closes firmly. It effectively seals off escape of air from the lungs so that they do not collapse with the force of the ejecting muscles. At the same time the abdominal muscles contract and hold the organs inside the abdomen in a fixed position. The diaphragms and the ejecting muscles exert powerful pressure on the contents of the stomach, which are held firmly in place. The inside pressure has to go up, not only in the abdomen but also in the chest cavity.

With the increase in intra-abdominal pressure the upper part of the stomach becomes limp, the cardiac sphincter (the cut-off valve between the esophagus and the stomach) relaxes, and the esophagus dilates.

What happens is somewhat like emptying a plastic squeeze bottle. The contents of the stomach go up the esophagus and out of the mouth rapidly and forcefully. Their passage through the esophagus is helped by reverse peristalsis and by increased pressure within the chest cavity. The closed epiglottis keeps the contents from going down the windpipe and into the lungs. The back of the nasal passage is closed off by the soft palate and contraction of the throat muscles in front of the tonsils. This mechanism keeps the contents from going out through the nose.

The pressure under which the contents are ejected may at times be great. In certain types of brain tumor, one of the positive signs is projectile vomiting—vomitus expelled from the mouth

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By HARRY M. TIPPETT, M.A., Litt.D.

PEACE Through Understanding



THE words "Peace Through Understanding," chosen to express the mood and motto of the 1964 New York World's Fair, offer an appropriate thought for this Christmastide. There in Flushing Meadows a sprinkling of peace-desiring nations have set up representative exhibits of their industry and culture. It is regrettable yet understandable that the displays of many other nations are conspicuously absent. Political intolerance is the enemy of understanding, and aggressive ideologies that would regiment human rights, scrap free enterprise, and set up bureaucentric dictatorships are not motivated by the altruistic principles of the Prince of Peace.

It is sad to contemplate the failure of heroic measures and plans that have been launched to bring amity and concord between nations. We are concluding sixty-five years of international peace formulas designed to foster global tranquillity, beginning with the first World Peace Conference at The Hague in 1899. There followed a similar confederation eight years later, with twice as many nations subscribing. But these efforts, along with the Carnegie Endowment for International Peace, failed to halt the march toward the world conflict of 1914 to 1918.

Armistice brought new hope. Determined to "study war no more," group organizations devised all sorts of plans to banish war and strife from the earth. But world courts, international treaties, conclaves, and conferences failed to abort World War II. Nearly 20 million men made the costly sacrifice of life for the ever-elusive ideal of international understanding.

All movements for peace are commendable, for man's desire for peace is as universal as his instinct to worship. But peace cannot be legislated any more than worship can be induced by police action. The only real basis for understanding between peoples is that love commended by the Saviour of the world and expressed in the golden rule.

Obedience to the moral precept that outlines love for God and duty to man is the only workable formula for peace. The formula has not failed—it simply has never been applied in international relations, and, sad to contemplate, is not likely to be. The peace of Bethlehem was promised only to men of good will. Where are they among those who mold the destinies of nations? ▲

YOU have a Cinderella in your cupboard. Although it seems a Plain Jane product it can blossom out into a glamour girl of wonderful help for you. This versatile product is baking soda. Everything soda touches turns to sweetness and cleanliness by simple chemical action.

When soda is in the kitchen it is as if she had her fairy godmother by her side, for pots and pans, casseroles, and stove and refrigerator interiors (the equipment that cannot escape food stains) come clean by washing with a solution of three teaspoons baking soda to a quart of water.

Here are some of the ways Cinderella Soda and her fairy godmother Dame Cleanliness give that magic sparkle to the kitchen:

Casseroles and Baking Dishes. Clean your burned cooking and baking utensils and remove the baked-on food or grease with soda: Pour enough water into the utensil to cover the burned or baked area, add a handful of baking soda, soak until loosened. Rinse and dry.

Refrigerators. Clean your refrigerator inside and out with a baking-soda solution or a damp cloth sprinkled with baking soda. Keep ice cubes free from stale flavors by cleaning ice trays each week with soda solution.

Home freezers need soda attention if they are to stay clean as an arctic day. Bread boxes, lunch boxes, cake covers, plastic bags, bowl covers, and all places where crumbs and food collect can be protected against mold by washing in soda solution. Never put fresh bread or cookies into a stale container.

Chocolate Pots and Mixing Bowls. Dried-on chocolate needs a little coaxing for removal. Sprinkle with baking soda, fill dishes with warm water, and let soak until their turn comes in washing.

Odors. Odors from dishes in which onions are cooked are quickly dispersed by the Cinderella Soda wand by sprinkling baking soda in the dish and wiping thoroughly with a paper towel, washing in hot soapy water, rinsing with hot water, and drying.

Narrow-Necked Containers. Cinderella Soda works well with such impossible rascals as flower vases, vacuum bottles, decanters, and other narrow-necked glass containers that do not permit interior cleaning by hand. By pouring soda into such containers, adding a little warm water, shaking until cleansed, rinsing with fresh water, and allowing to drain you make them come as clear as crystal imports in a jeweler's window.

Floors and Walls. Soda will not harm tile or any surface resembling tile. Tile floors and walls become luxury shiny if you clean them by sprinkling soda on a damp cloth, rubbing briskly, rinsing, and drying. Linoleum and congoium love soda. Mop them with a solution of soda water and rinse them in clear water to make them respond. They come clean in a wink.

Cinderella Soda is so trustworthy you can entrust her with your most precious possessions. Take decorative objects such as fine china and pottery. To keep them at their luxurious best, remove the dust film that collects on them with a soft cloth wrung out of warm soda water.

Cinderella Soda can bring comfort and ease if you burn your hand while cooking. Immediately apply baking soda and enough water to make a paste

to any superficial burn or scald. Keep the paste moist by applying wet cloths until the pain leaves—an hour if necessary. You will have no blistering or soreness afterward.

Although few people realize it, soda should have a place of honor in every bathroom. Bathtubs glisten if you sprinkle them with baking soda and rub them with a damp cloth. Baking soda is immediately soluble and will not clog drains.

Frequent rinsing of hairbrushes in soda solution keeps them in immaculate condition for their job of stimulating the scalp, freeing the hair of dust, and polishing the hair. Soda solution keeps combs, bathbrushes, toothbrushes, and complexion sponges ready and at their best to do their grooming jobs.

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Soda Is Super

By **EVELYN WITTER**



Don't Get Trapped

By LOUISE PRICE BELL

OTURNED on the hot-water faucet for a shower. The water came out lukewarm. I gave it another—and much too vigorous—turn, and scalding-hot water descended on me with such force that I jumped back. I tried to reach the faucet and shut it off, but the steaming water was far too hot for me to get to it.

I backed to the opposite end of the tub, clutching at the glass shower door in an attempt to open it and get out. At the same time I must have been trying to climb up the sloping porcelain at that end. I slipped, fell, and cracked the second lumbar vertebra, chipping a piece off the bone.

Just as I fell my cries were heard by my husband, who after he had reached under the cascade of water and shut it off managed to get me out of the tub, with little help from me because of my extreme pain.

While he called an ambulance and an orthopedic surgeon I sat huddled on the edge of a chair, not daring to move because of the agony every movement caused. The trip to the hospital was torture.

X-rays showed what had happened, a few stitches took care of the elbow cut made by the metal track on which doors run, and a hypodermic helped deaden the pain.

I spent eleven painful days in the hospital, where I was put in a brace for two daily trips to the physical-medicine department. Only heavy sedation permitted any sleep. I was still in the brace after two and one-half months, and far from comfortable most of the time.

Friends, sympathizing with my inactivity and pain,

Bathroom accidents can be prevented by using proper equipment and some caution.

have said many times that I should have known that the bathroom is the one spot in the home where the most accidents occur. I always tell them they are wrong. According to the National Safety Council, despite the fact that 79 per cent of home accidental deaths occur inside the home, only 5 per cent happen in the bathroom, making it a relatively safe room in comparison with bedroom and kitchen. As safe as that may sound, it is important that bathtub and shower users watch their step if they want to be sure to escape such agony as I endured.

Most of us know the basic rules to follow when taking a shower or a bath. The rules issued by the American National Red Cross are:

1. Check the water temperature before stepping into tub or shower (something I did not do).

2. Balance the body when getting in or out by grasping the side of the tub or the grab bar, never the water faucet.

Modern home builders are installing long grab bars, and they are a fine safety measure, are easily reached at all heights, and are practically foolproof because they are set in firmly.

3. Have water in the tub before stepping in.

4. Have a rubber mat. This is important at all times, with all ages. Be sure to get a large one with strong suction cups. There are many kinds of mats, but in purchasing one you should consider the amount of suction rather than the appearance, for the most beautiful mat cannot prevent an accident if it does not have strong suction power.

Soon after my shower mishap our bathroom boasted a new mat with 510 suction cups to hold it to the porcelain. It cannot skid when someone is bathing, and it is larger than the usual bathroom mat.

5. Keep away from electricity when you are in the bath water. Water and electricity are far from compatible. This fact should be

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CARROTS - Yum-m-m-m!

MY VISITING friend nine-year-old Dianne revealed no interest in the garden that I was showing her, that is, until we came to the rows of carrots. "Carrots—yum-m-m-m!" She swooped down and wrenched at a ferny top. A tug of war ensued with the resistant soil. Presently she stood up triumphantly with a large orange root in her hand. She rubbed off the sand on the sleeve of her blue jacket and munched the vegetable with gusto. She pulled another, discarded it as unworthy, and attacked a third. I took no part in this activity, not sure how my mother would consider this violation of her neat vegetable rows. I was very sure how she would react to the sleeve treatment of the earthy root.

That day years ago was my introduction to raw carrots as food for people. In my family we had always cooked our carrots or fed them raw to the cows. Since then I have eaten them uncooked in many places, including foreign countries. I think the largest, most intensely orange ones I have ever seen were displayed in an open-air market in Guatemala.

The carrot (*Daucus carota*), a member of the parsley family, grows all over the world. It has been cultivated for more than two thousand years. Said to be a native of Holland, it was brought to England during the reign of Queen Elizabeth I, where it was used mainly for flavoring. Some of the enterprising ladies evidently thought it was too bad to waste the feathery leaves, and they wove them into their head-dress. The yellow root came to America from Europe, where the American Colonists bought most of their seeds.

If the highways in August appear bordered with exquisite crocheted lace, the view probably is enhanced by *Daucus carota's* country cousin, Queen Anne's lace. Most farmers consider it a troublesome weed, but many people appreciate its beauty and want to con-

tinue enjoying one of America's loveliest field flowers.

In early America there were no published cook-books, and each housewife kept a file of recipes in her own handwriting, carrot recipes among them. This vegetable may have been an ingredient of "pocket soup," a jellied broth cooked down and dried. No roadside cafés appeared along the way of the Colonial traveler, but he could find a running stream in whose pure water he could dissolve some of the broth. By carrying soup in one pocket and bread in another, he never lacked a nourishing meal.

Back in the nineteenth century, farm wives were perplexed by pale butter from their churns. It was unappetizing, and did not sell readily. *Daucus carota* provided the answer. A little of the yellow coloring from carrots worked in with the salt made the butter tastier as well as more attractive. Carotin, the yellow coloring matter, is still used by dairy and margarine plants.

When children must wait overlong for a meal, give them some crisp carrot sticks instead of candy or ice-cream cones. They will be satisfied, and their teeth and general health will be protected. Health-minded parents might get together and form a carrot club, as one group of parents did.

Carrots are an excellent source of vitamin A, which is essential to formation and maintenance of tooth enamel, body growth, and health of the membranes that line body organs. It helps prevent night blindness, a condition in which the eyes are unable to adjust to darkness, especially after facing a bright light. Automobile accidents may happen as a result of this disease. Lack of vitamin A stunts growth and some investigators believe may cause nerve lesions and a tendency to kidney and bladder stones.

One large raw carrot contains approximately 12,000 International Units of vitamin A. Adults need

By MYRLE TABLER, R.N.

5,000 International Units a day. Children and pregnant women need more than that. Vitamin A is fat soluble, quite stable to heat, and not largely lost in cooking.

Carrots are a good source of vitamins B₁, B₂, and niacin. They contain some vitamin C, calcium, and other minerals that may be lost in cooking.

Diabetics should be wary of this vegetable because of the 10 per cent sugar content.

Select carrots for color, sweetness, texture, and minimum core. The depth of the yellow color is an index to vitamin-A content. Brush rather than peel carrots, for much of the vitamin and mineral content is concentrated in the outer layer.

You may like carrots raw or cooked and buttered. I hope you enjoy these recipes:

Carrot Pudding

- 1 cup raw carrots, sliced
- 1 cup milk
- ½ cup brown sugar
- ½ teaspoon salt
- 2 eggs
- 2½ cups Rusket flakes (may use corn flakes)
- ½ cup chopped pecans or ½ cup flaked coconut
- ½ teaspoon vanilla
- 1 tablespoon warm water
- 2 tablespoons white sugar

Whiz the raw carrots and milk in the blender until smooth, add the brown sugar, salt, egg yolks, flakes, pecans or coconut, and vanilla. Mix well. Beat the egg whites with the water until stiff. Beat in the white sugar to form a meringue. Fold the meringue gently but thoroughly into the first mixture. Bake in a buttered baking dish at 350° F. about 30 minutes or until firm and a light brown color. Serve warm or cold with pudding sauce or thin cream. Serves 3 or 4.

Carrot Rolls

- 1 package dry yeast
- 1¼ cups warm water
- 4 tablespoons sugar
- 4 tablespoons cooking oil
- 1 teaspoon salt
- 1 cup carrots—cooked, blended or sieved
- 1 egg, beaten
- Flour

Sprinkle yeast in ¼ cup of the water and set aside. In a large mixing bowl put 1 cup of the water, the sugar, oil, salt, carrots, and egg. Mix well. Stir the yeast and add to the mixture. Mix in enough flour to make a soft dough. Turn out on a floured mixing board and knead well. Let rise in an oiled bowl 20 minutes. Turn out on a floured board and work out the bubbles by folding over and over. Replace in bowl and let rise until double in bulk. Form into rolls, place in a greased pan, and let rise until very

Homemakers desiring to prepare something different for their families often overlook this attractive orange vegetable. Why not give it a try?

light. Bake at 400° F. for 20 minutes or until a golden brown. Yield: about 2 dozen rolls.

Carrot Soup

- 1 cup sliced carrots
- ⅓ cup chopped celery
- 2 cups water
- 1 tablespoon McKay's Chicken-style Seasoning
- 2 tablespoons flour
- 1 cup milk
- 1 tablespoon margarine

Simmer the carrots and celery in the water until tender. Place in blender, add seasoning, flour, and milk. Blend well. Return to low flame and cook until thickened as desired. Add margarine last. Serve hot. Serves 3 or 4.

Carrots en Casserole

- 2 large carrots cut into strips
- 1 cup diced Soyameat, chicken style
- 1 tablespoon minced onion
- 2 tablespoons flour
- 1 teaspoon brewers' yeast (optional)
- 1 cup water
- 1½ teaspoons McKay's Chicken-style Seasoning
- ½ teaspoon Ac'cent
- 2 tablespoons chopped parsley

Place carrots in a buttered casserole, spread the Soyameat over them, and sprinkle with the onion. Blend flour, yeast, water, and seasonings and pour over the top. Sprinkle with parsley. Bake covered at 375° F. or until carrots are tender. Serves 3 or 4.

Carrot Patties

- 1½ cups carrots, cooked and mashed
- 3 tablespoons melted margarine
- 3 cups soft bread crumbs
- 1 egg, beaten
- 1 tablespoon minced onion
- 1 teaspoon celery salt
- ¾ teaspoon salt
- ¼ teaspoon thyme
- Fine dry bread crumbs

Mix carrots, margarine, soft crumbs, egg, onion, and seasonings. Form into patties and roll in the dry bread crumbs. Bake in oven 350° F. about 30 minutes or until a golden brown. Serve with white sauce or any desired gravy. Serves 4 or 5.

Garden Salad

- 1 package lime vegetable gelatine
- 1 cup raw carrots, grated
- 1 cup shredded cabbage
- ½ cup sliced red radishes
- 1 teaspoon celery salt
- ½ teaspoon salt
- 1 tablespoon lemon juice
- Golden salad dressing (recipe page 23) (To page 23)

Children who have wise parents and modern dentists no longer fear dental checkups.

MY DAUGHTER BETTY is six years old. The other day she was holding my hand, skipping beside me, and singing with a light heart. We were on our way to the dentist. To her it was a joyous occasion.

Then I went back in memory to an unfortunate visit to the dentist. My mother was pulling at my hand. My face was swollen with weeping, my legs were heavy as lead. I was shouting deprecations at the dentist, my mother was shouting back at me. I felt a sharp slap on my mouth. I could almost feel it even now, and the red flush of shame at the lashing I got in public.

What a contrast! In a single generation a giant step has been taken in the handling of a juvenile patient.

In the old days as a child I had good reason to be afraid. How could I trust the dentist? The sign in his office window carrying the slogan Painless Dentist was not true. The dreary waiting room was heavily draped with invisible curtains of fear. The people who waited were stiff with fear.

My turn for execution finally came. I was placed in the chair and bound to keep me from squirming. The dentist's big face came toward me dark and frowning. I felt his heavy hands. I cringed at the stab of the needle. My throat went dry at the sight of my blood. I knew what it meant to die.

To my surprise, I found myself alive, walking home beside my mother, my cheeks swollen, my spirit chastened. With all due respect to a good woman, my visits to the dentist were such an ordeal to both of us that mother finally resigned me to my fate. Today, my mouth is eloquent of the care it should have had in the manner my Betty is fortunate enough to get.

Brief and dynamic, here is the new technique:

TELL

SHOW

DO

The dentist tells the child what he is going to do. He shows him what he is going to do. Then he does it. There is no mystery about any of the operations. The patient and the dentist share an adventure.

When Betty slides into the dentist's chair, it is a cooperative job. The dentist hands her his mirror. She looks into her mouth, she can see the cavity for herself, she can watch him work his magic drill, she can even hold the hourglass.

The dentist tells her, "When all the sand goes out of the upper part down to the lower part, I'll take out the cotton pads, the filling will be nice and hard, and your tooth will be ready for use."

In this clever way he focuses her attention not so much on the tooth as on the fascinating hourglass. The new psychology includes and diverts the child instead of shutting him out.

Children are no longer treated as inferior people;



Take Your Child to the DENTIST

By **BETH BROWN**

they are no longer babied. They love to be self-sufficient, given responsibilities, and have a chance to try their wings. Your trust in their ability to manage on their own gives them a sense of importance.

How well I remember my childhood. My mother did not allow me out of her sight. I was never permitted in the kitchen for fear I might break a dish.

My Betty scrambles her own morning eggs. Ever since she was two she has had her own little stool to stand on in the bathroom, her own private mirror hung at eye level.

Her own small toothbrush, with its two rows of bristles, stood in place in her own little cup. These tools were ready and waiting so that she could attend to cleaning her teeth immediately after each meal. It became natural for her to assume the responsibility of the everyday care of her mouth. This is the best way to implant a good habit that should be continued through life.

By caring for his teeth, a child is prepared gradually to take over the responsibility of his own dental health. On occasion, Betty has even walked alone to pay the dentist a visit. Needless to say, initiative and resourcefulness in this one area moves into other phases of a child's life.

Many parents have a tendency to neglect baby's first teeth.

You say to yourself, "Oh, those are only baby teeth! What if they are loose, crooked, and full of cavities? They're coming out anyway. Why throw my money away by taking Johnny to the dentist to repair baby teeth?"

Baby teeth are very important. If you do not take care of them, you are courting future trouble. Your child will have to pay all his life for your neglect.

Your child has twenty baby teeth. In most cases, these are all visible by the end of the third year. At three to four years of age, whether or not your child

requires any dental work, take him to the dentist. There is work to be done not only on his mouth but on his spirit.

"Where are you going?" he wants to know.

You tell him it will be an adventure. The unknown holds no fear, for he trusts you. Besides, you are going together. Such a beginning will avoid great grief later on.

It is wise to begin your child's dental program at a very early age. If you wait, his thoughts of the dentist will be colored by toothache and unnecessary pain. Have checkups for him every six months. Cavities and other irregularities are easily detected by X-ray and cared for before too much damage is done.

If Johnny complains of a toothache, give it immediate attention. Do not let abatement of the pain give you the feeling that all is well and that nature will take over. Do not pat yourself on the back because you were spared a visit to the dentist and the fee it would have involved. Remember the story of the nail and the horseshoe. Carelessness and false economy lost a battle. If you neglect Johnny's teeth you will lose an important battle.

The old adage about children being all ears contains a great truth.

Long before Johnny goes to the dentist for the first time, you can be sure that he knows much about him. He knows that you have been there. He has heard you talk to your friends and your relatives, and in his own wise way he has been turning your comments over in his mind.

What have you been saying? Have you been negative? Have you ever made any of the following complaints, so familiar to us all?

"I have an appointment at the dentist's, and I hate the idea. He's pulling a back tooth."

"Am I miserable! I ate a piece of toast and broke a jacket crown. It means a big bill at the dentist's."

"Yes, it's an impacted wisdom tooth, and the dentist told me that I'll need dental surgery. I'm terrified, simply terrified!"

"I hate that dentist's needle. When he gives me a jab it goes right through my head!"

"I can't stand that trip to the dentist's. It makes me nervous."

If you dread the dentist, the child is sure to know it. If you express it openly, you deserve all the trouble you have created. Do not discuss your experiences in the dental chair when your child is present. Do not threaten a trip to the dentist's as a form of punishment. That is how my mother punished me, and that is why I hated the dentist.

The dentist can be a saint or a sinner. The role he plays is of your choosing.

Instead of being negative, be positive. Let your child hear you say: (To page 21)



ELIZABETH HARRIS

Sound teeth are the reward for boys and girls who visit the dentist regularly, eat wisely, and brush their teeth every morning and night.

The Family Physician



We do not diagnose nor treat disease by mail, but answer only general health questions. Address: Family Physician, LIFE & HEALTH, Washington, D.C., 20012. Enclose stamped, addressed envelope.

Pernicious Anemia

How serious is pernicious anemia? What can I eat and how can I recover? The doctor tells me I should eat liver, but I have used a meatless diet all my life and find this hard to do. I have always had trouble with digestion, especially since I had hepatitis.

We cannot give a diet for pernicious anemia. There are factors besides diet that are very important in the active treatment of this disease.

The use of liver can be a help, but it ought to be used in a guided way—either liver itself to a limited degree or extracts that can be given by injection or taken as a prepared medicine.

The stomach tests your doctor ordered are certainly pertinent to anything that may be in this category, and they should be made.

Your having hepatitis several years ago may bear a relation to pernicious anemia now. The two should be studied together. A single rule cannot be given on which to base the diagnosis.

We would suggest that you see a competent physician of internal medicine, called an internist, and have him study your case thoroughly.



Low Blood Sugar

What causes low blood sugar? What are the symptoms? Does it affect the nerves? Is hospitalization necessary for proper diagnosis?

Low blood sugar may come from inadequate food intake or from hyperactivity of the pancreas resulting in more secretion than needed by the body in normally controlling its sugar level. It is a condition that comes to diabetic patients when they take an overdose of insulin.

To determine whether sugar is low it

is necessary to have a laboratory test to discover the level at which blood sugar stands when the most active symptoms are present.

The symptoms usually are extreme nervousness with uneasiness from not being able to understand one's own feelings. Often there is perspiration and sometimes uncontrolled movements of the body.

If the symptoms occur frequently, hospitalization may be necessary to study their onset and manner of developing. Usually the condition is detected by the doctor who sees you, when he orders a blood-sugar test at the appropriate time and compares the findings with your symptoms.



A Christmas Meditation

By MARIAN MAGNUSON

In thoughts we travel back again
To fields where simple shepherds lay
And watched their flocks that fateful night
And saw the sky grow bright as day.

"Peace on the earth, good will to men,"
We hear the angels say,
And in a humble stable see
The Christ child sleeping on the hay.

With joy we think of that dear Child
Who willingly came down to earth
To show us how to live in peace
And give believers a new birth.

Hiatus Hernia

I have a hiatus hernia. Is this condition dangerous? My doctor tells me it will cause little or no trouble, but since I found out I have it I am worried, and feel pain and distress in my stomach.

We think you, like many others, are inclined to worry unduly about this condition.

A hernia of this kind forms at the entry of the esophagus through the diaphragm into the stomach. The esophagus may be somewhat dilated above normal dimensions at this point. It may be enlarged or it may be contracted, so that the passage of food is affected.

So long as there is no ulceration or abnormal condition, we do not think you should be alarmed about the condition. If you are set on having it taken care of, it may be operated on, but this procedure is not without danger. In a great many cases patients simply avoid using coarse, rough food, and nature takes care of the situation without any acute results.



Ulcer Treatment

What is your opinion on the new freezing technique for ulcers? Is it safe? Are there any aftereffects? Is there a chance of tissue damage?

You ask respecting the freezing method of treating sick stomachs. We have observed a number of such cases that have been treated, and would state that it should not be looked upon as a method of treatment which is generally applicable, but under the supervision of a trained physician in this type of work, it may be very helpful in some cases.

Many ulcer cases have been benefited by the freezing method. Proper preparation must be made by seeing that the stomach is in a good condition for treatment of this kind. Then the treatment

may be applied and supervised with wonderful results in some instances.

There are those who have been almost miraculously healed by a single treatment. Again, there are others who have had to resort to a repetition of the treatment.

We feel at the present time that treatment by freezing has a place, but that it should be under the supervision of a man especially trained in this type of work. In this way all that is done may be carefully and exactly planned for the interest of the patient. ▲



CHILD TO DENTIST

(From page 19)

"I am glad I went to the dentist's today. My toothache is gone, and I feel fine!"

"The dentist filled my cavity. Now I can enjoy my lunch!"

"Know what? I like my dentist. He's a good friend to me. Look at my shiny teeth. He cleaned them today. Don't they look beautiful?"

How often have you seen a mother fussing and fuming when it is time to go to the dentist. She should take it in stride.



That is the helpful approach. Everyone goes to the dentist. It's a matter of course in everyone's life.

Do not lie to Johnny about the dentist's work. Do not tell him it will not hurt. It may hurt somewhat. What is more, Johnny will be visiting the dentist again sometime. Do not make any promises impossible to keep. You want to be trusted, don't you? I blamed my mother for that "painless" sign. She read it to me as though it were true.

Take your child with you on your next visit to the dentist. Have them meet each other long before treatment is necessary for him. He will see the dentist in the role of a kind friend with no intention of hurting anyone.

Your dentist needs your help. He can tell from your actions what to expect from your child.

Do not drag Johnny into the waiting room. Do not raise your voice. Do not punish him by making him go to the dentist. Such actions are barometers of an

immature parent, pointing to lack of common sense.

A Few Friendly Tips

1. Set the dental date and keep it.
2. Be on time.
3. Praise your child for his cooperation.
4. Get your dentist to cooperate in arranging appointments that call for a minimum of waiting.
5. Stay in the waiting room while your child is being treated unless you are invited into the inner sanctum. You will be welcome if your presence adds to the child's sense of security.
6. Choose a dentist as you would a house—with the greatest of care. Some dentists are known to be good with children.
7. Does the dentist take routine X-rays before and after his work on your child? It is of importance that he do this at intervals and when he finds it wise.

Diet for Building Good Teeth

1. Very few concentrated sweets, the fewer the better. Use dried fruits, fresh fruits, or fruit juices to satisfy the desire for sweets.

2. Teach the child to eat leafy greens, drink milk, eat fresh fruits and vegetables—to enjoy a wholesome, well-balanced daily diet.

The charm of a smile depends a good deal on teeth. That is what my Betty's dentist tells her each time he works on her teeth. ▲



THE MATCHLESS TEACHER

(From page 11)

In the Teacher sent from God, all true educational work finds its center. Of this work today as verily as of the work He established eighteen hundred years ago, the Saviour speaks in the words—"I am the First and the Last, and the Living One." "I am the Alpha and the Omega, the beginning and the end."

In the presence of such a Teacher, of such opportunity for divine education, what worse than folly is it to seek an education apart from Him—to seek to be wise apart from Wisdom; to be true while rejecting Truth; to seek illumination apart from the Light, and existence without the Life; to turn from the Fountain of living waters, and hew out broken cisterns, that can hold no water.

Behold, He is still inviting: "If any man thirst, let him come unto me, and drink. He that believeth on Me, as the Scripture hath said," out of him "shall flow rivers of living water." "The water that I shall give him shall become in him a well of water springing up unto eternal life." ▲

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Your Child's Health



Fathers and mothers, send your questions about your children to: The Children's Physician, LIFE & HEALTH, Washington, D.C., 20012. Enclose stamped, addressed envelope for your reply.

By ROBERT F. CHINNOCK, M.D., Professor of Pediatrics, Loma Linda University School of Medicine, Los Angeles, California

Cradle Cap

My four-month-old baby has a severe case of cradle cap. What can I do to clear up this condition?

Cradle cap is a fairly common condition in which a scaly rash develops on the scalp. If allowed to persist, it becomes yellowish in color and greasy.

Cradle cap is most frequently seen in babies whose mothers are afraid to wash the scalp vigorously to remove normal secretions from the skin. Do not be afraid to scrub baby's scalp during his bath. Thorough washing does not damage the scalp any more than the legs and arms.

It is necessary to remove cradle cap secretions to prevent spreading of the rash over the cheeks or occasionally, if severe, to the rest of the body. If it is thick, remove it slowly. It may be necessary to apply oil to loosen the crusts. Remove them as soon as possible.

At times a product such as Phisohex is of more benefit than soap in cleansing the scalp and preventing recurrence of cradle cap. Several kinds of medication are available that your physician may prescribe to help remove the scale.

Scaliness of the scalp may be part of another condition, and your physician can determine whether baby's scaliness is simple cradle cap or a more complicated problem.



Birth Deformities

I understand there are drugs that are likely to cause abnormalities in babies when given to women during pregnancy. How dangerous is this kind of drug?

Almost everyone in the United States is aware of the tragedy that happened abroad with the use of Thalidomide by mothers during the early months of pregnancy. This drug led to many severe de-

formities of the arms and legs. We are indeed fortunate that in the United States the rules governing safety of drugs are so rigid that few of these deformities have been seen.

For many years it has been known that many drugs tend to be harmful to the unborn child when given at various phases of pregnancy. I am sure that as time goes on we will have additional in-

formation as to the harmful effect of drugs. Recently it was shown that certain antibiotics may produce staining of the baby's future teeth when taken by the mother during late pregnancy.

During pregnancy every woman needs to exercise great care. Even such a common product as aspirin should be taken only in small amounts and not over long periods of time. Granted the possibility

Gifts for Christmas

By GERTRUDE DOWER WOLOHON

Beloved child, it's Christmas time again,
Once more I wrap your gifts with love and care,
And light the candles at the windowpane
As when you used to help me set them there.

The tree stands tall in its accustomed place;
I trim its boughs with shining lights and balls
Until it shimmers with a lovely grace
And weaves a rainbow pattern on the walls.

My heart still hears you down the winding street
Singing the old, old carols merrily;
Light as a snowflake kiss and angel-sweet,
The glad notes wing the frosty air to me.

But gaily ribboned packages this year
Bear scant resemblance to the dolls and skates
And other toys that yesterday were dear;
Time steals the moments while tomorrow waits.

Oh, lovely are these gifts for which you long,
Yet lovelier are those I ask for you—
The ears to hear again the angels' song,
And steadfast eyes of faith to see anew

The blessed star of hope, which shall not cease
To make your path through storm and darkness bright,
A heart to own and love the Prince of Peace—
These priceless gifts I ask for you tonight.

of harm from aspirin is remote, in experimental animals it has been found to be harmful in a small percentage of cases.

Occasions arise when medication is necessary even though danger for the unborn child is recognized. At such times an assessment must be made as to which will provide the greater danger—to give or not to give the medication. This decision can best be decided by you and your doctor. ▲



NAUSEA AND VOMITING

(From page 13)

suddenly and rapidly. It may be projected quite a distance. This condition is distressing, for it may happen so quickly that some material comes out through the nose.

The action described so far only empties the stomach. Waves of reverse peristalsis travel over the small bowel and bring with them its liquid contents back into the stomach. Normally, peristalsis is an action of the bowel consisting of waves of contraction that travel from the stomach toward the rectum for the purpose of moving the contents along in the process of digestion.

It is an established fact that there is a vomiting center at the base of the brain

Two thirds of promotion is motion.

near the breathing center and the nucleus of the vagus nerve. When this center is stimulated it can correlate the various actions that go into vomiting and send appropriate messages to the many other centers involved.

Suppose you want a certain make car with many features, such as a particular color, a certain engine, power steering, regular brakes, and a certain body type. This particular combination is not in the salesroom, and a special order is sent to the factory.

If it is done correctly, your particular car eventually comes off the line, is delivered to your agency, and eventually lands in your garage. Your order to the salesman was the afferent (going toward) impulse transmitted to the production office, which can be likened to the center. Many impulses go out from it, all correlated into producing the particular car you want and seeing that it gets to you. Delivery of the car can be compared to the act of vomiting.

Sensitivity of the vomiting center varies

in normal people. Some people can vomit at will, but others have a hard time doing it, even if they have to. In all probability this reaction depends on a number of factors such as the personality of the patient, previous experience, and subconscious association.

When we speak of the sensitivity of something, we mean ease of reaction. Increasing sensitivity is like filing down the trigger of a revolver and rendering it easy to pull, making it a hair trigger.

Increasing the sensitivity of the vomiting center is to render it into such a state that a slight stimulus sets it off. It is possible for it to become so sensitive as to set itself off without the usual necessary stimulus. Drugs having this result (called emetics) are used when the doctor considers vomiting necessary. Toxic substances from foods that have deteriorated in a harmful way (true food poisoning) can do the same thing. ▲

Don't miss the second and last part of this article, which will be published in a future issue of LIFE AND HEALTH.



CARROTS—YUM-M-M-M!

(From page 17)

Prepare the gelatine according to directions, and let it cool slightly. Mix the vegetables, celery salt, salt, and lemon juice. Before the gelatine sets, add the vegetable mixture and chill. To serve, cut into squares and top with the salad dressing. Yield: six servings.

Golden Salad Dressing

- 1 cup carrot juice
- ½ cup soy milk powder
- ½ cup crushed pineapple
- 1 cup corn oil
- 1 teaspoon salt
- 2 tablespoons lemon juice

Place the carrot juice, soy milk powder, and pineapple in blender. Using high speed, pour in the oil in a slow stream until the mixture thickens. Add salt and lemon juice. ▲



No Cigarettes

Here is a note from the *AMA News* that we think is an example of man's humanity to man:

"Smokers who try to buy cigarets in Max Eggleston's pharmacy in Waverly, Iowa, receive instead an American Cancer Society folder that details a four-year study outlining the alleged dangers of smoking [no longer alleged but proved]. Eggleston, who has removed cigarets from his shelves, explained: 'We decided that if our business is to protect the public health, then we are failing in our obligation by selling cigarets.'" ▲

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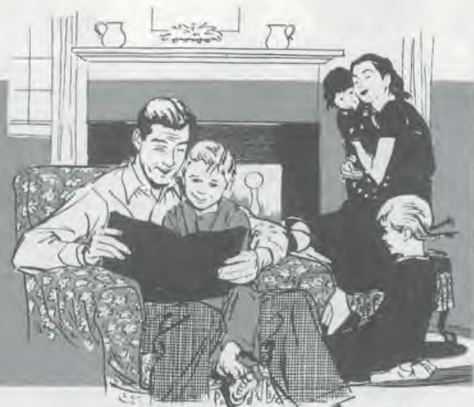


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The Family Fireside



Send your questions on family problems to: Family Fireside, LIFE & HEALTH, Washington, D.C., 20012. Enclose stamped, addressed envelope for your reply.

By HAROLD SHRYOCK, M.D.

Professor of Anatomy
Loma Linda University School of Medicine

GROWTH IN ADOLESCENCE

THE last time I saw Mike—about a year ago—he was a child, but a transformation has taken place. I hardly knew him when we met today. He is a young man. He must have grown six inches in the past year, and his shoulders have really broadened. It was hard to realize it was Mike speaking to me with that deep voice he has acquired." So spoke a friend of mine about his neighbor's son who had been away at boarding school.

Rapid growth and development about the time a child enters his teens is a normal part of human development. A child coasts along through the years of childhood with leisurely but fairly steady growth. During some years his height increases only a little. In most months he gains a little weight, but sometimes two or three months pass without any gain.

When the proper time comes, as if by magic body tissues respond to an urgent signal from the endocrine organs and act as if time were of the essence as they race toward adult status. Long bones grow longer, flat bones become heavier, muscles become stronger, the face takes on adult proportions, a boy's shoulders become broader, a girl's hips become wider, masculine or feminine characteristics become apparent, and the sex organs become active in producing the germinative cells that enable the person to become a parent.

During this time of adolescent growth spurt, some parts of the body make more rapid progress than others in their all-out effort to reach adult proportion. Many times the heart lags behind and does not increase in size and capacity for work so fast as the demands from the growing body require. Thus for a few months a child heart may be meeting the requirements of an adult body as best it can. For this reason during a child's adolescent growth spurt he should be advised to avoid excessive physical activity. Moderate exercise is good for him, and it

should be encouraged, but participation in strenuous competitive games may endanger his future stamina.

During this period of rapid growth, a child's nutritional needs reach their peak. It takes abundant food to meet the energy requirements of the active life an adolescent normally follows, and it takes specific nutritional elements to provide the essentials for tissue growth.

An adolescent's ravenous appetite ensures his getting an adequate *quantity* of food. If he is influenced too much by the popular custom of between-meal snacks, the *quality* of his food may be inferior. Abundant wholesome food taken only at mealtime is adequate. Pastry, candy bars, and soft drinks provide calories for momentary energy, but they do not ensure the balance of nutritional elements essential for building good tissues.

At this time of life girls particularly may become weight conscious. Usually a

girl of this age has no need to be anxious over her weight, but if weight consciousness is popular among her associates she may deny herself the food she should have, in spite of the good appetite normal for early teen-agers. Anemia or some other condition that results from nutritional deficiency may handicap her future health.

Another problem characteristic of the adolescent growth spurt is awkwardness. In his early years a child learns how to be relatively graceful in using his arms and legs and in walking. The ability to coordinate the movements of the body depends on complicated reflex patterns. During rapid growth there is a change in the length of arms and legs and the strength of muscles, and the reflex patterns that used to provide good coordination have become out of date.

Because arms and legs extend farther than they did formerly, the rapidly growing child tips over objects about the house, awkwardly thrusts his fingers into his food, or kicks the furniture as he passes by. These accidents are not caused by carelessness. It is only necessary that parents be patient until their child has time to make necessary changes in the nerve patterns that control his body movements.

Delayed Growth

I am almost fifteen years old and barely five feet tall. Why am I not so tall as other boys my age?

The age at which boys and girls reach their full height is not the same in every case. As you may have noticed among other people your age, some begin growing rapidly as early as age eleven. They may reach their full height at an earlier age than those whose period of rapid growth comes later. Every child experiences rapid growth about the time he changes from childhood to adulthood.



When Christmas Bells Chime

By DOROTHY F. BARTON

Where is a heart that does not sing
When Christmas bells are chiming,
While laden arms their love gifts bring?
Where is a heart that does not sing
Of shepherd, star, a baby King,
With joyous, happy rhyming?
Where is a heart that does not sing
When Christmas bells are chiming?

During this period he may grow several inches within a year. After the time of rapid growth is over, growth in height may continue at a slower pace for another two or three years.

Girls usually pass through their period of rapid growth and attain their full height about two years earlier than boys. Girls' period of rapid growth usually is between ages eleven and fourteen. Boys' period of rapid growth usually is between ages thirteen and sixteen. Girls usually reach their final height by age seventeen and boys by age nineteen.

Notice that I said that these are usually the ages for such changes. Even within the same sex, some people grow earlier and faster than others. There is no particular significance to the age at which a child grows rapidly. The person whose period of rapid growth comes later may grow to be just as tall as the one whose period of rapid growth comes earlier.

We cannot know how tall you finally will be. Probably you are just about ready to begin your period of rapid growth. Do not be in a hurry; simply wait for nature to take its course.

If it happens that you already have grown rapidly for several months and still are only five feet tall, it may be that you are going to be a short man. Even so, you may grow another two or three inches before your growth is completed, about age nineteen.

Change Height?

Is there something I can do to increase my height? I am eighteen and am only five feet, one inch tall. Is there some medicine or treatment to help me grow more even though I am already eighteen?

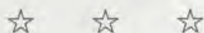
Our population is composed of some people who are tall, some people who are short, and many people who are of average height. Heredity is an important factor in determining how tall a person becomes. When both parents are tall, all or most of the children in the family also will be tall. When both parents are short, the children tend to be short, but they may be slightly taller than their parents. When one parent is tall and the other short, the tendency is for the children to be short, but there may be an occasional exception with one child or so becoming tall.

A child's pattern of growth is established early in life. The child who was short as a baby probably will remain shorter than others his own age throughout childhood and be relatively short even when he reaches adulthood. The baby who has a greater-than-average length at birth probably will be a tall child and eventually a tall man or woman.

There are some exceptions to this general rule that short children become short adults and tall children become tall

adults. When the exceptions occur, the change in the individual's pattern of growth usually takes place at the time of his adolescent growth spurt. Occasionally a tall child fails to grow as much in his early teens as other children do. On the other hand, there is an occasional child who is short until he arrives at the time of rapid growth and then grows more than children usually grow during their early teens.

Your question centers on the possibility of doing something even at your age to cause you to become taller. It is too late for your growth pattern to be changed. If it had been anticipated a few years ago that you were going to be a short man, it might have been possible through a program of treatment administered by an endocrinologist for your rate of growth to be accelerated. By now the bones of your body have just about completed their growth, and it is no longer possible for them to respond to the hormones that stimulate growth during childhood and adolescence. ▲



SODA IS SUPER

(From page 14)

Soda is an excellent dentifrice and gargle. It is one of the least expensive dentifrices you can find but is so good for the teeth and mouth that it has been approved by the Council on Dental Therapeutics of the American Dental Association.

As a paste or in solution, baking soda is often used to allay itching of hives, eczema, poison ivy, and insect bite. Baking soda baths using one-half pound of baking soda to thirty gallons of water are recommended when large areas of the skin are infected.

If you have a dog, you can keep him dog-show pretty by adding a handful of soda to the last rinse water when you bathe him. Soda leaves his fur fluffy and soft. You can keep his feeding dishes fresh and clean by washing often with a baking-soda solution.

In the laundry, soda can help you remove unpleasant perspiration odors from sweaters. Add three tablespoons baking soda to each quart of wash water. Wash and rinse as usual.

Tea towels and other soiled cottons come clean nicely if soaked for a few hours or overnight in baking-soda solution (three or four handfuls of baking soda to a tub of warm water).

Do not let your Cinderella and her magic wand of sweet cleanliness sit on your shelf unnoticed. Use baking soda often to help your home to a glamorous existence. ▲



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The Golden Age

This page is dedicated to all our Golden Age readers who are still young at heart. It is designed to improve and encourage active hobbies, good diet, and outdoor exercise.



By O. S. PARRETT, M.D.

SOMETHING FOR SURE

AS WE get older the feeling that we must be sure of things increases. We want to be certain a piece of furniture is solid before sitting on it. Perhaps we grow more cautious—less inclined to take a chance.

Our sense of security rests on faith, and it shatters and disappears when faith is gone. Our whole social structure rests on faith. Perhaps someone in whom we had confidence lets us down. This experience makes us less credulous, inclined to take everything with a grain of salt.

Mother never permitted us Parrett children to read fiction, with the exception of a few books such as *Uncle Tom's Cabin*, wherein there was some great principle of truth. As a child I had no interest in listening to a story unless I first was assured it was true. As for movies depicting crime and infidelity in family relations, I see too many real problems to relish make-believe troubles. Make-believe—in comic books, movies, novels, and television shows—has its effect.

In order for us to retain our faith it must be founded on something sure.

My Bible lies at the head of my bed. It begins, "In the beginning God." That is a

good place to start anything permanent. How reliable is the old Book on the shelf of most homes in America! How does it compare with the thousands of books in libraries on every known subject?

Lying on the table next to me is a booklet giving the rules for driving an automobile in the State of California. I am past the birthday that ended my driver's permit. Now I am required to pass a safe driver's test. I spent several evenings poring over driving laws for the State of California. I read the booklet containing them three times, and passed the written test with a perfect paper. I had a perfect test because I applied myself according to the importance of the matter in hand.

Some things in life are more important than others. It is a sign of maturity to evaluate things according to their importance. Certainly we who are three-score-and-ten should show maturity. I was told of a test driver who said that people over seventy should not be driving cars. There are some things of greater importance than driving—most of us need to walk more.

I am convinced we make a lot of trou-

ble for ourselves. Just last week a new patient called with certain complaints I thought were caused by her eating and drinking habits. When I advised her to change her program, she said that she has used foods and drinks I prohibited for years and has never had any trouble with the program. Then I asked her what she was doing in my office if her habits had not harmed her. She grinned, for she saw the point.

There are three important events in a person's life—birth, marriage, and death. We are not aware of the experiences attending our own birth until well past the event. Marriage for most of us is an event of the dim past—dim enough that I have to be reminded of my anniversary by my good wife. We still face the most important event of all. I shall postpone it as long as I can and help others to do the same.

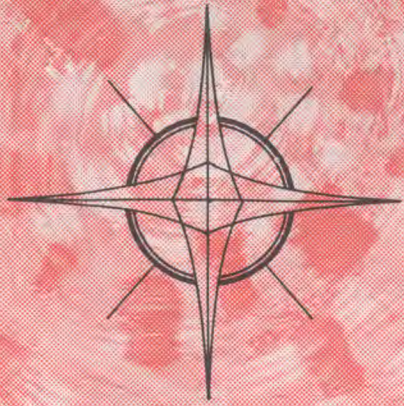
The Book still lies at the head of my bed. Its claims are fantastic. It promises to give us explicit directions for making our future secure for eternity—and *eternity* is a big word. We need only to glance around at modern man to discover that the faith of our simple-living fathers has about disappeared. The Ten Commandments are no longer taught as a rule for living. We need rules and laws to guide us in old age and in youth. How safe a guide is the Book? It claims to be inspired; it stands up when tested. Critics have been firing away at it for a long time, still in vain.

In the Bible we have something for sure. It was the sheet anchor of George Washington, the father of our country, and the solace of the greatest of Americans, Abraham Lincoln. I find myself inclined to waste less and less time on newspapers and dig deeper into the profound theme of this wonderful Book. If we study and practice what it teaches, we can safely trust it as the best and surest guide in life. It assures us, as well, of life unending. ▲

The Forest Keeper

By WEBB DYCUS

One man among the Bible's multitude
Charms me with how he earned his livelihood:
This man to whom a few scant words allude
Was Asaph, keeper of the royal wood.
To be employed nearer to the throne
As Artaxerxes' servant was, no doubt,
Preferable to managing alone
The area of woodland thereabout.
But Asaph lived with trees companionably.
His day dawned sweet with bird song, gemmed with dew.
His afternoons bore cool tranquillity;
He shared in every vagrant wind that blew.
I can't think Asaph forfeited a thing
As keeper of the forests of the king.



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RAISING MY CHILDREN

(From page 10)

you understand the un-understandable teen-agers since you've chauffeured Jim and his friends so much?"

"Yes, I do," I said, to her amazement. "I remember one trip in particular about three months ago, when I took Jim and some of his football buddies to an out-of-town game. By their conversation I learned that Jim and his group use the principles we parents have taught them as a yardstick of ethics for themselves and in judging other people."

"Do teen-agers really have concrete ethics?" Laura sighed.

"They most certainly do if the parents have always upheld standards of honesty and morality. They have some very sound ones, despite what some adults claim (probably those who aren't close enough to their teen-agers to know).

"They like the fellows who play according to the rules, those who accept decisions of the officials without comment, those who accept defeat gracefully and victory modestly, those who control their temper. They do not like to hear anyone excuse his failure or blame it on someone else. They are sorry to see a boy who shows disgust at his own poor playing, doesn't do his best after accepting a responsibility, doesn't respect the excellence of teammates and opponents alike, or who uses profanity."

"You got all that in one ride?" Laura gasped.

"Uh-huh!"

"Then you'll miss not driving Jim now that he's driver-license age, won't you?"

"That's what I thought," I laughed happily, "but the other night when Jim was due at a party-planning meeting and I handed him the car keys he said, 'Why

don't you take me, Mom? When we're in the car together it's the only time we can get things completely talked out. You're always so busy around the house."

Laura stood up with a bounce. "I've got to dash," she said, her smile radiating her face; "after I tell Walter what you've told me about raising your children by the mile, I'm sure he'll want to buy that acreage after all!" ▲



PROFILES

(From page 5)

me a notable ancestor," she laughs. She remembers each one at Christmas and on his birthday, keeping a supply of books and toys on hand.

Mrs. Tabler was a full-time nurse at Washington Sanitarium and Hospital for some years and a certified Red Cross nurse who regularly worked in the Blood Mobile. Now she is attending a university in Rochester, New York, studying Christian journalism.

Besides enjoying writing she likes to hike, go birding, and travel. She likes blue, snow, pretty clothes, historical and biographical books, and gravy-belt cooking.

"I never liked carrots," she says, "so I tried to find ways of making them palatable." The result was the article published in this issue of LIFE AND HEALTH under her name. ▲



New Soybean Cookbook

Soybeans are the newest and most important addition to the American family eating pattern. Dorothea Van Gundy Jones, daughter of a pioneer in the development of the soybean, has taken as a nucleus a cookbook originally published privately on the West Coast and brought it up to date, adding many recipes and menus. It is now available nationally under the title *The Soybean Cookbook—Adventures in Zestful Eating*, by Mildred Lager and Dorothea Van Gundy Jones, with a foreword by Ruth Stout. (Publisher: Devin-Adair Co., New York, New York 10010. Price: \$3.95.)

One of the world's five great protein foods, soybeans are also among the most versatile. As soy flour they go into a variety of baked dishes, and the green soybeans go into salads, sandwich fillings, casseroles, and vegetable combinations.

Mrs. Jones suggests a week's menus featuring such dishes as bean-sprout creole, green soy-and-cucumber salad, apple betty, soy eggplant patties, scrambled eggs and soy puffs, Melba toast, chow mein, and soy fruit ice cream. ▲



By **MAY WRIGHT**

*Feather River Sanitarium and Hospital
Paradise, California*

Here are some original recipes to try out on your family. I know they will enjoy them.

Vegetable Stew and Dumplings

- 3 medium-size carrots
- 3 medium-size potatoes
- 1 medium-size onion
- 1 small can beef-style soy meat, cubed (Worthington)
- 1 teaspoon cumin
- 1 quart water

Peel vegetables and cut them in bite-size pieces. Place in water, add salt, and cook slowly until tender. Add cumin and soy meat (juice and all). Thicken stew with 1 envelope Gravy Quik (Loma Linda). Take ½ cup of your favorite hotcake mix, add just enough milk to make a stiff dough, and drop by teaspoonfuls into boiling stew. Cover and let simmer for 10 minutes.

Soy Mince-meat

- 1 cup granola or grape-nuts
- 2 cups raisins
- 1 cup apple juice
- ¼ teaspoon cinnamon
- ¼ cup oil
- 4 cups chopped apples
- 1 teaspoon salt
- ¼ teaspoon cloves
- Juice of 1 lemon
- 1 cup brown sugar

- 1 cup chicken-style soy meat, ground fine (Worthington)

Mix all ingredients. Cook over medium heat 45 minutes. Stir often, for the mixture will burn easily. If it seems too thick when you are making the pie, add ½ cup more apple juice. Makes two medium pies.

Supper in a Casserole

- 1½ cups uncooked rice
- 1 can mushroom soup
- 1¾ cups water
- 1 cup frozen peas
- 2 tablespoons chopped pimento
- 2 cups chicken-style soy meat, cut into small pieces
- ½ teaspoon salt

Combine all ingredients. Place in a casserole, cover, and bake in a moderate oven about ½ hour or until rice is tender.

Sandwich Burgers

- 1 can Prime Burger (Battle Creek)
- 1 medium-size raw potato, grated
- ½ cup Torumel (brewers' yeast)
- ½ cup flour (or you may use 2 eggs)
- 1 tablespoon (or more) chopped onion
- 2 teaspoons G. Washington broth powder
- ½ cup rice polishings

Mix well, fry on hot griddle until brown. Serve on hot buns with sliced tomato, lettuce, and dill pickle. ▲

Something New for Colic

By CAROL YECKES

COLIC is an old story. The new parents stand together peering into baby's cradle, but there is no joy in their faces. The little fellow in the cradle is suffering, but he is not hungry, not wet, not being stuck by a diaper pin. Wearily, his parents think of what a wonderful baby they would have if only he did not cry so much from colic.

What is new in the treatment of colic? A group of physicians interested in public health who spent several years observing the habits of the Navaho Indians noticed that colic of infancy is practically unknown to these people. Lack of colic was shown to be related to the Navaho habit of carrying their infants in a vertical position, papoose style. The infants are bound securely across their abdomens to an upholstered board, with their arms and legs free.

The board is our equivalent of a carriage for transporting the baby and a crib for resting the baby. The Navaho baby is always lying in a vertical position.

The pain of colic is thought to be caused by swallowed air. A baby lying flat cannot expel the air. The baby held in a nearly vertical position can expel swallowed air before it causes pain.

We can approximate the vertical position by placing two or three firm pillows



beneath the crib mattress at the head end. Do not allow the resulting incline to be so steep that baby slides downward, yet have it steep enough to raise his head well above the level of his feet. The mother of a baby suffering from colic must keep his head higher than his feet for all activities, especially for feeding.

Physicians emphasize that besides this method of helping the baby expel air, the mother must spend time thoroughly burping him. The most efficient method of burping the baby is to hold him with his head up, apply gentle pressure to the lower abdomen with one hand (or shoulder), and pat him on the back with the other hand.

When the colicky baby cries, he swallows a lot of air. In order to expel the air he must be calm and composed. Repetitive actions such as rocking or walking and repetitive sounds such as a vacuum cleaner or running water may help keep him quiet.

A check on details of the baby's daily routine may be helpful in preventing colic. The mother should carefully examine the feeding-bottle nipples. Holes too large allow the infant to take his milk in greater quantity than he can properly digest. Holes too small cause him to suck extra hard and greatly increase the chance of swallowing air. For baby's sake, discard such nipples.

The mother with a colicky baby should keep in touch with a physician. The doctor may want to change foods in the infant's diet to prevent frequent hunger and crying. He may prescribe medicine to relieve the baby's stomach spasms and help him relax.

You may not want to bind your baby to a board, but do make the most of what your Navaho neighbors have known for generations. Tell your husband, your baby-sitter, or anyone who handles your baby to keep his head higher than his feet. ▲



DON'T GET TRAPPED

(From page 15)

impressed upon children early in life. Also, far too few adults keep it in mind. We often see press accounts of a death that occurred when a bather reached to disconnect a heater or a radio in the bathroom when his body was wet. Such an act is extremely dangerous and can easily be fatal. The safest plan is to avoid having any electrical appliances in the bathroom. The exception is the electric razor, which is designed and tested for safe bathroom use. Metal pull chains on over-basin lights are unsafe, and they should be changed to silk or cotton cords. The best plan is to have wall switches where they cannot be reached while a person is touching faucets, water pipes, or radiators.

6. Shower-curtain rods should be firmly installed. When a person starts to slip, he is likely to reach up and grab the rod, particularly if there is no grab bar. If the bathroom has sliding glass doors instead of a shower-curtain rod, be sure the doors open easily from both ends and the glass from which they are made is shatterproof.

While I was in the hospital after my accident, I learned of several people who had slipped, fallen against glass doors, and been badly cut. There are all types of glass shower doors—tempered, laminated, etched, sand blasted—and the safety-minded homeowner would do well to be sure of what he is installing. Plastic doors will not break, but unless they are easily opened from both ends they can trap a person as I was trapped, with hazardous results. Imagine my feeling when I crouched under scalding water



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December 13

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December 27

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The Name "Jesus Christ"

April 27, A.D. 31

and could not find a way out. Make sure the same experience does not come to you or your children.

Safety measures are not hard to follow, and every one of us should be familiar with the do's and don'ts that will safeguard him, particularly in tub and shower. ▲



What to Do for Fire

If your clothing is on fire, do not run. Running fans the flames and makes conditions worse. Smother the flames by wrapping yourself in a rug, blanket, or woolen coat and rolling on the floor. If a pail of water is handy, use it and then roll in the spilled water.

If the person is excited because of fear, it may be necessary to trip him to make him lie down. If using a fire extinguisher, be careful not to direct the stream from the extinguisher on the face.

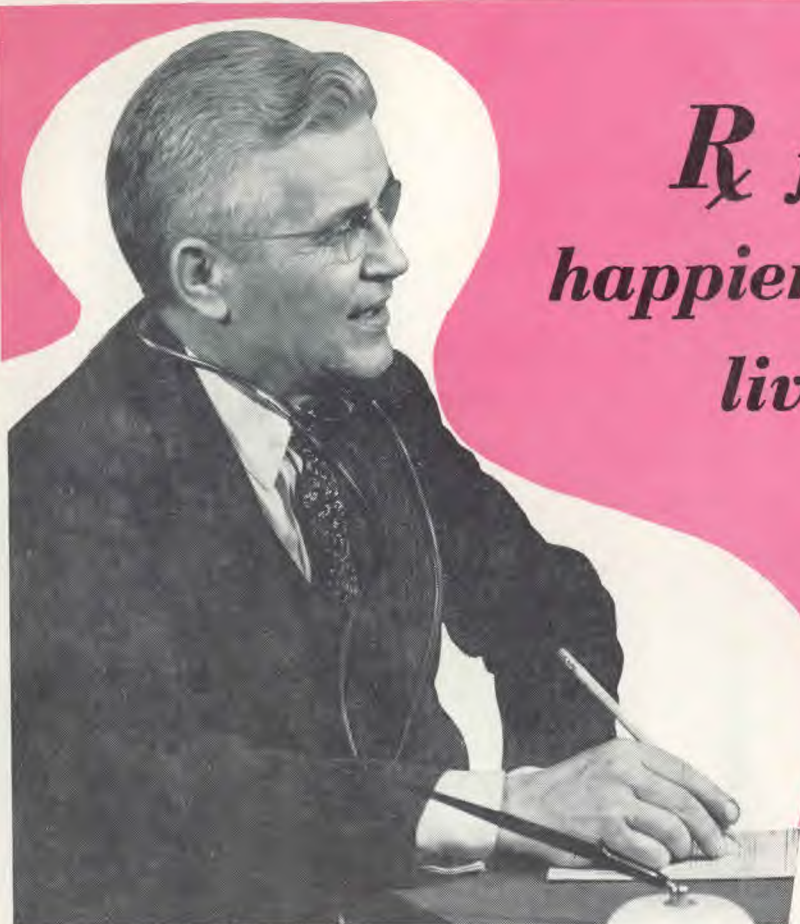
After the flaming clothing has been extinguished and drenched with water, do not remove the clothing from burned areas of the skin. Call a physician immediately, and treat for shock if necessary. ▲

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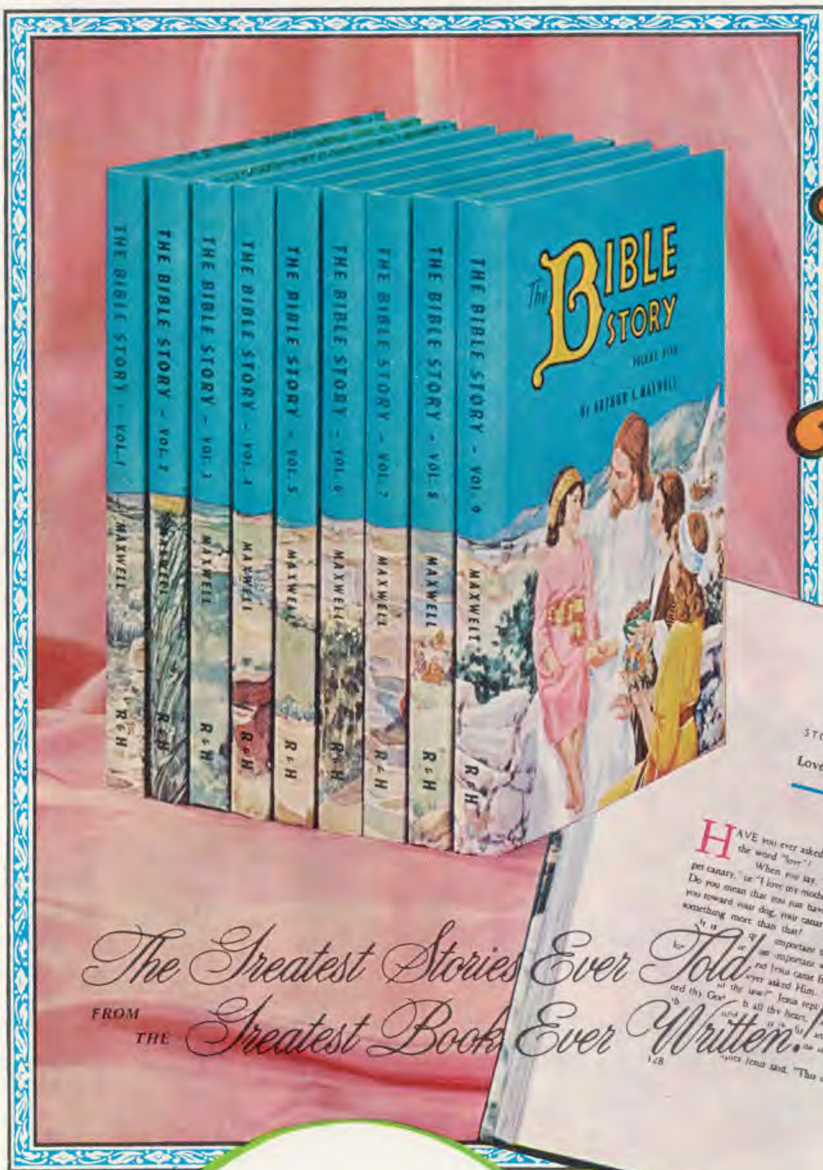
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