

To Your Good Health

Four Hints May Solve Bed-Wetting

By DR. JOSEPH G. MOLNER

Dear Dr. Molner: My 4½-year-old son is still in diapers at night. He has been trained, so far as daytime goes, since he was 2½, and occasionally will stay dry all night, sometimes several nights at a time, but this condition never lasts.

These "dry nights" usually occur when I have given him a strong incentive, either a bribe or a threat, usually the former.

He wants to "be a big boy," but it doesn't seem to bother him that his younger brother, 2½, is dry all night — MRS. A.B.

Here are four suggestions.

1—I know of an instance in which the youngster was told that the diaper service was being stopped: "Say goodbye to the man. This is his last trip." The boy didn't need diapers after that, but as long as they were available, he used them.

2—Restrict fluids after 4 p.m.

3—If still no success, go the other way. Urge fluids after 4 p.m., in an effort to develop bladder control. You'll have to get him up, say about 11 p.m. or midnight. Measure the volume of urine to show the increase in amount as he gets better control. He should achieve 10 to 14 ounces. When he gains the ability to go part of the night with a lot of fluid, it should not be difficult for him to get through the whole night when you go back, for a time, to restricted fluids in the afternoon.

4—Make sure, by having a urine examination, that there is no kidney infection or other defect.

Dear Dr. Molner: I enjoy using one of these new coated frying pans but have been told there can be ill effects. Any comments, please?—MRS. M.R.

There's no harm in ordinary use of such pans. Overheat them and you will disturb the coating which will make the food taste so bad you can't eat it anyway. So use your pan with confidence and care.

Dear Dr. Molner: What are the symptoms men go through in the change of life? I say men go through the change and my friend says they don't.—MRS. B.M.

Neither of you is entirely right or wrong. All women who reach middle age go through the change, usually between age 45 and 50. Not all men do.

Why this difference? In women, the ovaries cease functioning, which prevents further child-bearing. This also disturbs the supply of hormones which for years have been provided by the ovaries, and it takes a moderate time for the body to readjust to this difference in hormone supply.

Men don't have ovaries. Neither has nature found it wise to establish any particular time of life at which parenthood should cease for the male.



That's Nature

By PRINCE HELFRICH
Northwest Conservationist

Unsocial Fisherman

A lonely kingfisher winged his erratic way up the stream. This was his domain — his territory to fish and to guard from other fish-eating birds. His unsocial attitude allowed only members of his own family to fish in his chosen waters.

Every so often he would stop at one of his established perches. These vantage points afforded him a watching place for small fish in the shallow water below. From this perch he would suddenly drop to the surface of the water with a great splash. Usually he came up with a small fish clasped in his long spear-like beak.

Unlike some of the other fish-eating birds which catch their fish in their claws, the kingfisher possesses the accuracy to grab a fish in his beak. The unusual characteristic of his beak having barbs helps him to hold a slippery fish. Bringing it back up to his perch, he will hit it a few times against a branch then swallow it head first.

The belted kingfisher is one of our common fish-eating birds of lakes and streams. The belt of slate blue to brown across his breast gives him his name. He is about the size of a red shafted flicker and has tiny feet placed far back under his torpedo-shaped body. These small feet are only for perching on a branch—the rest of the time they are folded up in his feathers. His entire shape is for diving.

He builds his nest several feet back in a sand or earth bank. Each year the nesting pair dig a new hole. At the end of hole a cavity is made and very little material is used to make it soft. Perhaps a few leaves or small sticks. The eggs are pure white and the young will number from four to seven. They are probably the ugliest of all bird youngsters. Picture the long-beaked, scraggly birds perched on a branch waiting the return of a parent bringing a dainty morsel of fish, frog or insect.

His shrill, rattling warning cry comes as a surprise to an interloper. The cry is not unlike rattling small balls in a wooden box. If necessary the kingfisher can back up his warning with a veritable dive bombing. His sharp bill can act as a spear.

It is said that a kingfisher eats his weight each day in fish. This could be devastating to a trout stream if the food were all small fry. But he varies his diet with many trash fish, an occasional frog or salamander, and sometimes large insects.

The fish-eating birds such as mergansers, ospreys, herons and kingfishers are nature's curb on a very prolific fish population. With man entering the picture and taking his share of fish some of the birds must be reduced. But the kingfisher is so much a part of the colorful life along a stream we hope that he is the last to go.

Ask Andy

Seas Cover ¾ of Globe

Andy sends a complete, 20-volume set of the World Book Encyclopedia to Stephen Leek, age 10, of Tucson, Ariz., for his question:

How much of the world is under water?

Mars is a dry planet, probably covered with sandy stretches of desert. Venus may or may not be covered with watery seas. We do not know because our telescopes cannot pierce the dense veils of atmosphere above our sister planet. The other planets have little or no water, even in their atmospheres.

So far as we know, our seas are the only stretches of water in the solar system. If there are intelligent beings on the other planets, they probably have named our earth the World of Water. We are used to life on the dry land and tend to forget that almost three-quarters of our big globe is covered by water—salt water and fresh water.

The total area of the earth's surface is about 197 million square miles. A little more than 54 million square miles of this area pokes above sea level and about 143 million square miles is under water. The dry land covers only about three-tenths of the earth's surface.

In area, then, the stretches of water are far larger than the area of dry land. But in bulk, the difference is even more startling. Let's compare the volume of land above sea level. The land, of course, is full of ups and downs—but let's use

an imaginary bulldozer to make it all level. Now let's take our bulldozer and level off the floors of the seas.

The flat land areas would all stand more than a mile above sea level. The flat floor of the sea would be more than five miles deep. In bulk, or volume, the earth's water is 13 times greater than the dry land above sea level. We do, indeed, live on a watery world.

Most of the water is held in the five deep ocean basins below the Atlantic, Pacific, Indian, Arctic and Antarctic Oceans. The waters of these oceans are linked together on one vast world ocean. They also connect with the Mediterranean, the Baltic and countless other small salt-water seas.

Then there is the fresh water in big and little lakes, in running rivers and lazy creeks. As we travel over the land, there seems to be a great deal of this fresh water. But compared with the vast area covered by the seas, it counts for almost nothing at all. It is not enough to change the estimate that only

three-tenths of the world is above water.

We may not be aware of our vast water supplies all the time. But nevertheless, the oceans which enfold the surface of our planet play a great role in our daily lives. Most important, they supply most of the moisture to make the rain which falls upon the dry land.

Andy sends a Hammond's Library World Atlas to Frank Blake, age 13, of Springfield, N.J., for his question:

Why is the eye of a hurricane calm?

Winds are merely currents of moving air and currents of air can move up or down as well as parallel with the earth. Rising and descending currents do not bend and blow objects on the ground and this air seems to be calm and still. The eye of a hurricane is a strong and swiftly rising current of light, warm air.

The mighty storm is a circle of winds spiraling inward parallel with the ground. At the center, these currents are swept upwards in a rising column of air—which is the calm eye of the hurricane.

No Competition

VALDOSTA, Ga. (City hall employees got free ice cream when a local vendor read that they were churning their own.

Said one of the employees, police Lt. D. W. Whaley: "I think he (the vendor) was afraid we would go into competition with him, so he closed us up."

Andy awards each day a full set of the World Book Encyclopedia for the first question he selects to answer. When a second question is answered a large world globe or atlas is awarded. Questions are accepted from teen age or less-than-teen-age readers. They should be addressed to the Register-Guard, 975 High St., Eugene. Andy prefers that questions be written on postcards, rather than in letter form.



BLONDIE



GASOLINE ALLEY



REX MORGAN



BEETLE BAILEY



STEVE ROPER



BUGS BUNNY



ALLEY OPP



SAM'S STRIP



OUT OUR WAY

MAJOR HOOPLE



BUZ SAWYER



STEVE CANYON



LIL' ABNER



SHORT RIBS