

CENTRAL POINT STAR

VOLUME THREE

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NUMBER 4



ACCIDENTS

The most dangerous occupation, according to an industrial survey of New York, is window-cleaning. The chance of accident to a window-cleaner is nearly nine times as great as that which the artisan making fine machinery and instruments runs, the latter being the least hazardous occupation.

Everybody who has ever watched the window-cleaners at work on the outside of a skyscraper has shuddered at the thought of what would happen if the worker's safety-belt broke while he was cleaning the thirtieth-story windows. The belts do break, occasionally, or the cleaner's foot slips and he falls to his death.

Window-sash made with a pivoted interior frame which can be rotated so that both sides of the glass can be cleaned from inside are used in a very few buildings. They cost a little more than the ordinary kind, but in a completely civilized world their use will be compulsory.

FINGERPRINTS

Every reader of detective stories knows that two individuals never leave the same sort of fingerprints, and that the latent prints discovered in Africa (originally discovered by the world's most precious metal, gold).

The world's most precious metal, gold, is found in all sorts and conditions of men.

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THE FEDERATED CHURCHES

J. M. Johnson, Pastor

One of the most beautiful stories of the scriptures has been given us for study this week. The story of Jonathan and David, given in First Sam. 18:1-4; 19:1-7; 20, 2nd Sam 1:17-27, is so full of interest that all should know it. Love, self-sacrifice, determination, all for the sake of right, just fill these pages. Come to the recitation.

Join in the study of the Tabernacle, with its types and its examples, all meant to foreshadow better things to come. The young people invite you. Seven o'clock is the time.

The third sermon on outstanding old Testament scripture passages will be given in the morning service. The richness of the word of God is seen in these beautiful chapters which the pastor has selected for the edification of the church. Bring some friend.

Enjoys Waffle Party

Miss Mae Eicher invited a group of friends to her home for a waffle supper, Monday evening. A treasure hunt furnished fun for the guests, Marion Custer being the lucky one to find the treasure. Those present were Ellen Virtue, Loomis Davidson, Edna Wolff, Dorothy ones, Howard Snyder, Harry Snyder, Marion Custer, Fred Virtue, Max Bray of Medford and Mae Eicher.



Willie Percival-Monger, of NER, is an Englishman by birth. Consequently among his frequent visitors are many fellow Londoners. Recently, a visiting Briton was so impressed with American broadcasting that he admitted that he at most liked it.

"You know," he said "those Negro comedians who sell the tooth wash—you know, Angus and Andrew—I find quite amusing."

A question of royal etiquette arose when Prince Alfonso, cousin of the King of Spain and a passenger on the Graf Zeppelin's recent transatlantic voyage, was about to be introduced over the CBS during a visit to Washington, D. C.

Don Alejandro Padilla, the Spanish Ambassador, was scheduled to introduce the prince to the radio audience, but at the very last minute he protested that such a procedure was highly improper because one cannot "introduce" a member of the royal family to anybody—the reverse always being the rule. A resourceful announcer at WMAL, Columbia's Washington, saved the day when he suggested that the ambassador simply "present His Royal Highness Prince Alfonso."

President Hoover has never been late for a radio broadcast, although he probably makes more speeches over nation wide hookups than any other man who is not a professional radio artist. Several times he has been ahead of time but in these instances he has graciously consented to wait until the network was ready. If the White House states the President to talk ten minutes, broadcasters know they can be assured this will be the length of his talk, only lengthened or shortened by fifteen seconds.

Except for the words, "Ladies and Gentlemen, the President of the United States," no other introduction is usually given when President Hoover speaks.

In a letter to Georgia Backus, continuity writer for the CBS, her father said that he and Mrs. Backus and the town folk gather in the local firehouse every Monday evening to listen to Georgia in the Georgia and Henry hour. Mr. Backus asked for a copy of the previous week's script, explaining that the party in the firehouse was broken up by a fire at the other end of town.

Bread Claimed Best of Any One Single Food

But U. S. Public Health Service Explains That Man Can Not Live by Bread Alone

By Caleb Johnson

That "bread is the staff of life," is an old saying familiar to everybody.

It was a wise man, whose name I have been unable to find, who added, "but bread and butter is a gold-headed cane."

For the experiments in diet conducted by the United States Public Health Service, while they indicate that the nearest approach to a perfect food is whole wheat bread, fully bear out the truth which is set forth in the Bible, in both the Old Testament and the New, that "man cannot live by bread alone."

There is no single perfect food, though there are so-called "diets" and food experts who claim that all bodily needs can be satisfied by a single substance. If that were so, and we could find that substance, what a care-free world this would be! No more worry about choosing our meals, only one thing to grow to feed everybody—it would be marvelous. But that isn't the way Nature works, the men at Washington say whose business it is to keep their finger on the Nation's pulse.

There are only a few substances which contain the proportions of protein and the fuel foods necessary for human needs.

If, for instance, you eat enough beef to satisfy the protein needs of the body and eat nothing else, you will have an insufficient supply of fuel. If you eat enough beef to supply the fuel needs of the body you will take in too much protein. On the other hand, if you try to live on fruit you will have to eat about the equivalent of 35 pounds of apples to supply the necessary protein where as 9 pounds would supply sufficient energy to but there would be a shortage of protein. Baked potatoes, onions, corn, almonds, and bread approach a balanced diet, but even these fall far short. Potatoes and corn alone would have to be consumed in large quantities to meet the needs.

Taken by itself, good bread, made of whole grain, comes the nearest, perhaps of all food articles to furnishing a balanced food diet of satisfactory bulk. With bread is included a variety of flour preparations such as macaroni, biscuits, Vienna rolls, and crackers, but to try to live on these alone would be manifestly absurd.

If we cannot live on bread alone certainly we shall not be able to find any other one substance that will meet the dietary requirements of the day. It is necessary to combine high protein foods with low protein foods in such proportions as will furnish bulk, the proper nutritive ratio, and will, at the same time, suit the taste. Protein foods, are, as you know, mostly of animal origin and foods low in protein value are mostly of vegetable origin. A balanced ratio,

selected to meet all three requirements, bulk, protein, ration and taste, is likely, therefore, to contain materials of both animal and vegetable origin. At any rate it is only by means of a mixed diet that we are able to maintain satisfactory ration. For infants milk is, of course, a complete food, especially mother's milk—but as the child develops this, even does not suffice.

A large part of the malnutrition in children is due to the lack of a balanced diet. People who are unacquainted with the importance of a balanced diet often purchase food entirely on the basis of appetite or the Temptations of market. Also there are those who are so poor as to be unable to buy anything but the cheapest articles to be obtained, and such persons often suffer from malnutrition.

In the case of school children the indulgence of the appetite in an excessive amount of sweets and the consequent throwing of the diet out of balance has been found to be one of the most frequent causes of malnutrition. The resort to cheap foods may lead to malnutrition through an excessive amount of starches. Starchy foods are usually the cheapest foods that can be purchased, and while good foods, should not be used to excess.

There are two serious objections to the excessive use of meat. The first objection is concerned with the chemical side. There are substances produced in the digestion of meat which may prove injurious to the cells of the body, particularly if too much is eaten. Some individuals are able to throw off these substances more easily and as a result do not suffer. Other people, however, accumulate these products in the body until they result in injury.

With the excessive use of meat a person is likely to accumulate an excess of protein. This is a danger which should not be minimized because any excess of proteins, unless burned up by physical exercise, must be thrown off from the body by the action of the liver and kidneys because the body has no way of storing up a surplus of proteins. If we take too much fat or carbohydrates we are usually able to convert some carbohydrates into fat. This is deposited in cells under the skin, and likewise should be gotten rid of by proper habits of exercise.

Most of us of sedentary habits could probably get along with much less meat than we use and most of us would probably benefit by reducing the amount of meat in our daily diet. Some people depend more upon meat than do others and in favor of meat it may be said that the proteins which are contained in meats are apparently more easily digested and more easily absorbed than are proteins contained in vegetables.

There is an old superstition that has gained much general credence. You probably have heard it said that "every part feeds a part," that is, that certain foods should be eaten for the benefit of special parts of the body. Some people believe that beef should be eaten to develop the muscles, fat should be eaten to preserve the hair, fish should be eaten for brain food, and celery for nerve food. If you stop to consider that in the process of digestion all carbohydrates are changed to simple sugars, all fats to simple soaps and glycerines, and all proteins to simple nitrogenous compounds you will see how absurd it is to claim a special value for one kind of food in connection with the building up of any special part or tissue.

(Continued on last page)

BEAUTY COMMANDMENTS

By Venus of Hollywood

By special arrangements with "Venus of Hollywood," this newspaper will run a series of articles dealing with beauty culture. These articles have been prepared by one of Hollywood's most prominent cosmetologists, and we believe will prove to be most popular with our readers.

For a long time it has been my ambition to advise American women regarding their beauty problems. Too often, a beautiful skin has been ruined by neglect or lack of knowledge insofar as the care of it is concerned. I have made a life long study of this most important item in a woman's life and am at last privileged to pass on this information to my less fortunate sisters.

In each issue of this newspaper there will appear an article dealing with some phase of beauty culture. Each article will completely cover some important item of this nature. I would suggest that these items be clipped and bound together so that at all times you will have available a complete series of instructions on the care of the hands, the skin, the hair and any other needs for beauty culture.

It has been my experience that merely going to a beauty shop occasionally is not enough to keep the bloom of youth on the average woman, but I have found that a few moments work at home each day will go far in bringing forth and preserving the natural beauty with which nature has endowed every woman.

Support Your Home Paper.

County Health Department

ACTIVITIES
By Dr. B. C. Wilson

NEWS
Health Officer

ALL ABOUT MILK

(Continued)

There is no baby food that equals mother's milk. A baby raised on mother's milk has a much better start in life than one raised on the bottle. It has just six times the chance of keeping well and vigorous.

Breast milk is fresh, clean and pure because it is taken at its source. Nature provides that the milk shall reach the nursing with out being exposed to the air, and her plan keeps out dirt, germs, flies and fingers.

Breast feeding is cheapest, simplest, easiest and safest, and usually calls for no training. Bottle feeding is not so safe. The modification of the milk to suit the individual baby requires skill and practice; the washing and sterilization of the bottles take time.

The nursing mother should be careful with her own diet, for the things she eats or drinks affect her milk. Certain medicines, such as mercury (calomel), head, ache powders, opium, purgative salts, rhubarb, arsenic, bromides, when taken through the mouth have afterward been found in the mother's milk. If mother's milk is not available, babies should have the best and freshest cow's milk that can be obtained. Whether such milk is to be pasteurized is a question for the doctor to decide in the individual case. Unless very sure of the supply, the doctor usually will take no chances; he will advise pasteurized milk for the baby, especially in summer time.

Cow's milk is the best substitute for mother's milk. But, while the cow is a good foster mother, she is a foster mother only. Cow's milk was intended by nature as food for calves. It has everything in it that the calf needs, but not everything that the baby needs; and its elements are not in the right proportions for the baby. By diluting cow's milk, and adding sugar, we can make a mixture that is some thing like mother's milk, but it still lacks important substances. The milk for the baby should be modified by adding water and sugar as directed by the doctor. There is a temptation to add sugar generously for the reason that sugar is fattening; but abundant fat is not necessarily a mark of health. Milk should not contain more than 7 per cent of sugar which is the amount provided by nature in mother's milk. Too much sugar may cause gas and colic and lead to serious trouble. Your only safe plan is to place the baby under the regular care of your doctor or a baby clinic physician and decide alone should be trusted to decide how the milk shall be modified. Do not let the advice of your neighbors direct the feeding of your baby.

Leas To Be Present At Harbor Meet

Word has been received by President C. E. Gates of the Northern California-Southern Oregon Development Association that Congressman Clarence F. Lea will in all probability attend the banquet being held in Crescent City on September 17th. The telegram from the Congressman follows:

"Tot sure but expect to be present September 17th. Regards." Acceptances have been received from Senator Charles L. McNary and Governor A. W. Norblad and in addition to Congressman Lea's probable attendance, it is hoped that Senator Frederick Steiwer and Congressman W. C. Hawley will be present.

Receives Invitation

Mrs. Enima Gleason president of the Women's Relief Corps received an invitation for the corps from Mrs. Lulu Howard at Ashland to attend the Soldier's and Sailor's picnic at Lithia Park on Thursday, August 29. All members who can are requested to attend.

Missionary Circle Meets

The Missionary Circle of the Christian church met Friday afternoon at the home of Mrs. Viola Lampman. After the business meeting a social time followed. Dainty refreshments were served by the hostess. Those present were Mesdames: Hedgepeth, Clara Vincent, Young, Hemphill and Lampman.

SAMBO'S PHILOSOPHY



"Prenchah ax me while ago, is Ah workin' reglah fo' de Mahstah. Sho—Hits Old Miss dat keep dis po' niggab sweatin'!"



"TALK ABOUT THESE ENDURANCE CONTESTS, THERE'S FOLKS IN THIS TOWN THAT AIN'T PAID BILLS FOR FIVE YEARS."