Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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WHY CHILDREN HAVE ENLARGED TONSILS

From the character or type of tissue composing the tonsils (both the ordinary visible throat tonsils and the third tonsil hidden from view up behind the soft palate — commonly known as "adenoids" when enlarged) it seems that the main purpose or function of the tonsils is to guard or protect against invasion by disease germs.

Dr Brady

Nodules, collections or patches of the same type of tissue as that composing the tonsils (adenoid or lymphoid tissue—a framework or network of connective tissue containing masses of round cells identical with the small white blood corpuscles) occur in other parts of the body as well as in the tonsils—for instance in the lymph nodes or "glands," which when enlarged in any situation are commonly called "kernels"; in the spleen; in the solitary and aggregate nodules in the intestines known as Peyer's plaques or patches, characteristically ulcerated in typhoid fever; and in the red bone marrow throughout the body. There is even a ring of this same adenoid or lymphoid tissue around the base of the appendix.

Wherever such adenoid or lymphoid tissue occurs its purpose or function is to guard against infection.

It is my opinion, and merely mine, for perhaps a majority of good physicians do not share it, that enlargement of the tonsils (visible and hidden) in children is in the great majority of cases a physiological and normal state which calls for no treatment.

Recently I noticed how rarely an inquiry concerning croup comes in the mail nowadays, whereas 20 or 30 years ago a good many such inquiries came to this department. I hopefully inferred that maybe at last a little fresh air and exposure was getting to the children, but half a dozen mothers informed me that I was wrong about it, as their children and others in the neighborhood get croup at the drop of a barometer, thermometer or hat.

If I'm wrong in thinking and hoping that spasmodic or so-called "simple catarrhal" croup is much less frequent today than it was when I was a country doctor in upstate New York, then it might be well for all readers to ignore my present opinion that enlarged tonsils in children are generally normal. They're your kids, and this is a free country. If you ask me I say I believe enlarged tonsils and adenoids should be regarded as an indication that the child is reasonably capable of maintaining immunity to the cri. Provided, of course, that the enlargement does not seriously obstruct breathing. When normal breathing through the nose is impaired by enlarged tonsils or adenoids, then I say out with them.

QUESTIONS & ANSWERS

Craving for Carbohydrate

I am 32, have been feeling sixty till I started taking your Iodin Ration and vitamin supplement. I find I now want only half as much starchy food and sweets as I formerly ate, and certainly have much more pep and feel my age again. (Mrs. J. P.)

Answer—That's what I've been trying to tell readers all along. When you get an adequate daily ration of minerals and vitamins you will be satisfied with just enough carbohydrate food (starches, sweets) to maintain normal weight and efficiency. For the why, how and wherefore of it send twenty-five cents and stamped self addressed envelope for "The 7 Keys to Vite."

Sour Stomach

I have sour stomach and indigestion. I am 74 inches tall—they say a tall person usually has more trouble with indigestion than a short person. (C. B. D.)

Answer—One theory is that the long trunk contains a longer alimentary canal and so there is more mileage for "indigestion." Another theory is that a longer alimentary tract gives the tall person an advantage over the short person with shorter trunk and shorter inner tube or intestine—better chance to digest his food. You pay your money and takes your choice. Practically I doubt if there is any such distinction to be made. Anyway, what do you mean, "indigestion?" There is no such ailment. Instructions for use of calcium carbonate given in booklet "So You Have Indigestion?" as well as diet suggestions for hyperacidity and peptic ulcer. Copy mailed on request (not a clipping) if you inclose ten cents and stamped self-addressed envelope.

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Elaborate System Provides For Election of President

By Charles B. Dagges
United Press Staff Correspondent

Washington — (U.P.) — Neither Franklin D. Roosevelt nor Thomas E. Dewey will receive a single, solitary vote for the presidency on November 7, no matter how much campaign oratory they may deliver and no matter how many million Americans go to the polls on that date.

The voting on November 7 will be just one of a series of steps necessary to elect a president. The real "election" will take place on December 18, but the votes cast on that day will not be officially counted until January 6—just 14 days before the winner is inaugurated.

The basic procedure for electing a president is set down in the constitution itself, while the details of that procedure are provided for in national and state laws.

Votes Go for "Electors"

Here, step by step, is the way Roosevelt or Dewey will be elected this year:

1. The nation's voters, qualified by state law, troop to the polls on November 7 ostensibly to "vote for Roosevelt" or to "vote for Dewey." Actually, however, they'll be voting for the "electors" on the Democratic or Republican ticket. The date is set by congress which, by law, provided that the general election day be "the first Tuesday after the first Monday in November," while the constitution fixes the number of electors in each state as "equal to the whole number of senators and representatives" each has in congress.

2. The state executives, "as soon as practical" after election day, will prepare an official certificate of the state's electors named in the general election This certificate will be sent "by registered mail" to Secretary of State Cordell Hull. Six duplicates of the certificate will be sent to the state's electors.

3. The electors chosen on November 7 will meet in their respective states on December 18 in accordance with a national law which convenes them on "the first Monday after the second Wednesday in December next following their appointment." Each state's electors will meet at a place determined by the state legislature, generally the state capital, and cast thir votes for either Roosevelt or Dewey for president, and, in a separate ballot, for Harry S. Truman or John W. Bricker, for vice-president.

Follow National Law

As soon as the electors cast their ballots, they will prepare six certificates of their votes, each certificate containing two "distinct lists," one of the votes for president and one of the votes for vice-president. To each certificate, the electors will attach one of the official lists of electors furnished to them by their state executives. The certificates and lists then will be sealed in envelopes and disposed of, in accordance with national law, as follows:

One copy to the president of the senate, Vice-President Henry A. Wallace.

Two copies to the state secretary of state who shall keep one pending further instructions from Wallace, and preserve the other for one year as part of the public record. The "record" copy is required by law to be "open to public inspection."

Two copies to Secretary of State Cordell Hull who shall hold one for further instructions from Wallace and preserve one for one year as part of the public record, "open to public inspection."

One copy—the sixth and final—goes to the judge of the district in which the electors met.

Tellers Read the Votes

The law demanding the precise disposition of the certificate copies explains itself by providing what to do if for any reason official copies fail to reach Washington. If either Hull or Wallace fail to receive an electors' certificate by December 27—"the fourth Wednesday in December after the meeting of the electors"—Hull shall request, "by the most expeditious method available," the state secretary of state whose certificate is missing to transmit immediately the extra copy filed with him to Wallace, as president of the senate. If for any reason, that copy is not received in Washington, then Wallace will have to send a special messenger to the district judge to get the sixth and final copy of the certificate.

4. A joint session of congress will be held next January 6, presided over by the president of the senate, for the purpose of counting the electors' votes. Each house shall appoint two tellers. Wallace will open the electors' certificate envelopes beginning with Alabama and continuing alphabetically, through the list, handing each certificate to the tellers to be read aloud.

Winner Officially Named

As each state's votes is read, Wallace will ask if there are any objections, and if there are, they must be presented in writing. If an objection is filed, the senate and house will separate and each will consider the protest. After acting on the objection, the two houses will again meet in joint sesion, and Wallace will announce the decision. The law allows the senate and house five days in which to complete counting the electoral votes during a one-day recess while an objection is being considered, but after that period, it provides that congress shall stay in continuous session until the count is completed.

Announcement of the official count of electors' votes constitutes formal notification to the whole country that Roosevelt or Dewey has won the election.

On the Radio Chains

STATIONS:

Chain affiliation and where they are on the dial:

KALE (MBS) 1330, Portland KEX (NBC-Blue) 1190, Portland KOA (NBC-Blue & Mbs) 1510 Spokane; KGO (NBC-Blue) 810 San Francisco; KGW (NBC-Red) 620, Portland; KJR (NBC-Blue) 1000, Seattle; KNX (CBS) 1070 Los Angeles; KOA (NBC-Red) 850 Denver; KOIN (CBS) 970, Portland; KOMO (NBC-Red) 950 Seattle; KPO (NBC-Red) 680 San Francisco; KSL (CBS) 1160 Salt Lake Cit,

Time Shown is PWT

Wednesday

5:00 p. m.—Fletcher Wiley, CBS. Terry and Pirates, BN; OK for Release, NBC.
5:15 p. m.—Superman MBS Dick Tracy, BN; Relax in Rhythm, MBC.
5:30 p. m.—Jack Armstrong, BN; Harry Flannery, news CBS Adventures of Tom Mix, MBS
5:45 p. m.—Elmer Peterson, NBC; Night News Wire, MBS; Capt Midnight, BN; News, CBS
6:00 p. m.—Mr. District Attorney; Gabriel Heatter, MBS, Carlson and News, BN; Frank Sinatra, CBS; Eddie Cantor, NBC.
6:15 p. m.—News BN; Screen Test MBS
6:30 p. m.—Jack Carson, CBS; Gov. Dewey, MBS; Spotlight Bands, BN; Mr. District Attorney, NBC.
7:00 p. m.—Kay Kyser's Kollege, NBC; Great Moments in Music, CBS.
7:15 p. m.—Lowell Thomas MBS The Colonel, CBS; Sammy Welles, MBS.
7:30 p. m.—Scramby Amby, BN; Nelson Eddie, CBS.
8:00 p. m.—Mercer's Music Shop NBC; News, BN. I Love a Mystery CBS; Main Liner, MBS
8:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner BN Passing Parade CBS
8:30 p. m.—Carton of Cheer, NBC; My Best Girls BN, Dr Christian CBS Bulldog Drummond MBS
9:00 p. m.—Mr and Mrs North NBC; Allan Jones with Woody Herman's Orch. CBS; News MBS; Dunninger BN
9:30 p. m.—Fulton Lewis Jr., MBS
10:00 p. m.—News, NBC.
10:30 p. m.—Sonny Dunham Orch. CBS; Symphonette, NBC.
11:00 p. m.—News, CBS.

Thursday

6:00 p. m.—Terry and Pirates, BN; Fletcher Wiley CBS OK for Release NBC; Rhythm, MBC.
5:15 p. m.—Dick Tracy, BN; Superman, MBS.
5:30 p. m.—Jack Armstrong BN Harry Flannery, News, CBS; Tom Mix, MBS.
5:45 p. m.—Captain Midnight, BN; Night News Wire, MBS; News, CBS
6:00 p. m.—Music Hall, NBC, Major Bowes CBS Gabriel Heatter, MBS Carlson and News BN
6:15 p. m.—Screen Test MBS; Lou Holtz BN
6:30 p. m. — Bob Burns, NBC; Spotlight Bands BN, Corliss Archer CBS, Starlight Serenade, MBS
7:00 p. m.—Abbott and Costello, NBC; Raymond Gram Swing, BN First Line, CBS.
7:15 p. m.—Lowell Thomas, MBS
7:30 p. m.—March of Time, BN; Red Ryder, MBS; Rudy Vallee, NBC.
8:00 p. m.—Music Shop, NBC; I Love a Mystery, CBS; Sammy Kaye, MBS.
8:15 p. m.—Night Editor, NBC; Lum and Abner, BN.
8:30 p. m.—Coffee Time, NBC; Death Valley Sheriff CBS; Fred Waring Show BN
9:00 p. m.—News, MBS; America's Town Meeting of the Air, BN; Dinah Shore, NBC.
9:15 p. m.—Rex Miller, MBS.
9:30 p. m.—Ellery Queen Mysteries, NBC; Fulton Lewis, Jr., MBS; Woody Herman Orch., CBS.
10:00 p. m.—News Reporter, NBC.
11:00 p. m.—News, CBS.

FLORDA LOSES LARGE PER CENT OF GRAPEFRUIT

Washington, Nov. 1—(U.P.)—The agriculture department estimated today that the hurricane which struck southeastern states on October 19 destroyed 43 per cent of the Florida grapefruit crop, 19 per cent of the orange crop, and six per cent of the tangerine crop.

In the first official estimate of damage, the department said that the storm loss will result in a 15,500,000-box reduction from the October 1 estimate of 36,000,000 boxes of Florida grapefruit. Salvage of blown-off grapefruit will probably amount to only 600,000 boxes since most of this fruit will not pass inspection, the report said. Quality of fruit remaining on trees was reduced by the storm and a higher percentage of the crop than usual will be lower grades.

The bureau of agriculture economics reported that orange production, estimated at 52,000,000 boxes on October 1, will show a loss of 10,000,000 boxes because of the hurricane. Only a "very small percentage" of the fallen oranges will be salvaged, it said.

BAE also reported extension damage to truck crops in Florida and the Carolinas.

Package Machinery Co., New England war plant turning out gyro-compasses for the navy, has full-time employe who sells pick-me-up snacks to its war workers between meals.

Millions Switch To Mutton Suet Idea For Chest Colds

Quickly Relieves Children's Colds' Coughs, Loosens Phlegm

Many mothers all over America are switching to this idea of getting fast relief for these chest cold miseries. They are simply following Grandma. For years she counted on mutton suet to help carry her home medication to do its pain-easing work on nerve ends in the skin. No wonder so many moro now welcome Grandma's idea as improved by science—Penetro, with its multi-medicated formula in a base containing mutton suet—that acts both as counter-irritant and pain-reliever when you spread it on, and as a soothing aromatic when breathed in. And so today Penetro hurries along newer help in the old reliable way—help that eases painful misery, lessens coughing, loosens phlegm, soothes chest rawness—so that you can rest more comfortably and give nature a chance to restore vitality. That's why millions are switching to Penetro today—why druggists are recommending it. 25c, double supply 35c. For all your family's chest cold miseries, be sure you get white, easy-to-use Penetro.

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THE UNSEEN AUDIENCE — By GLUYAS WILLIAMS

Evangelist Shows Movies With Talk At Baptist Church

Describing curiosity as a God-given faculty, Dr. Brougher in his sermon last night at the First Baptist church, told a large audience that the devil has been continuously using curiosity to lead boys and girls and young people into sin and that it is about time that the church began using it more to attract the multitudes from the street to haer the gospel.

Scriptural backing for the message last night was the Bible story of Zachaeus, who because of his shortness of stature, climbed a tree in order to get a glimpse of Jesus as He passed through the community where Zachaeus was a tax collector.

Tonight Dr. Brougher will preach n either "What Happens When You Go to Hell" or "Girl Crazy or Long-haired Men and Bobbed-haired Women." He will show colored moving pictures of Sun Valley.

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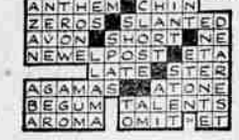
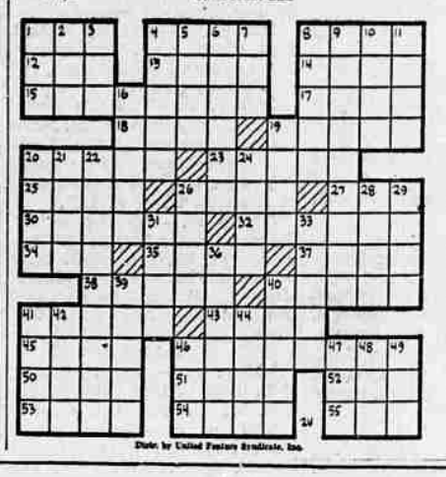
STRANGE AS IT SEEMS By ERNEST HIX

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE





ACROSS
1—Lump
4—Part of building
8—Chinese weight
12—Fall into error
13—College officer
14—Margin
15—Wanders
17—Wine cups
18—Pert. to aircraft
19—Whisper
20—Flight of steps
22—Prober
25—Opera by Verdi
26—Monster
27—Rear of ship
30—One of a flight of steps
33—Chatter
34—Sepal (abbr.)
35—Murder
37—Away from wind
38—Three spots in cards
40—Vapor
41—Observer
43—Alone
45—Drug source
48—Meditate
50—Travel
51—In center of
52—Flowed
53—Impudence (slang)
54—Party
55—Prefix: half

DOWN
1—Stone
2—Mineral earth
3—Undergarment
4—Snake
5—Match
6—Colorful garment
7—Printers' measures
8—Pester
9—Wonderful
10—Minced oath
11— — majesty
16—Nymph
19—On ocean
20—Hangs
21—Rationed article
22—Adjustments
24—Debauch
26—Sole
28—Dog's pest
32—Proline
31—German river
33—Conductor's stick
36—Take for granted
39—Tall grasses
40—Slip
41—Old jokes
42—Petition
44—Delete
46—Victor in Battle of Britain
47—Limb
48—Burmese tribe
49—Conclusion

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