

Your Health and Its Care

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EXPOSURE AND ENLARGED TONSILS

Children with enlarged tonsils and/or adenoids who do not require conservative surgical treatment (X-ray treatment, electro-coagulation or tonsillectomy) as described in preceding talks, may still benefit from good hygiene.

Some time ago I told here about the observation made by Dr. Barrow of Addison Sims of Seattle (N. Y.), who, examining school children late in fall or in the winter found nearly every child with large tonsils, but hesitated to recommend operation for so many, then later in the spring or early summer re-examined the same children, found only a few still had an enlarged tonsil. The first examination had been made at the end of a period of rainy weather. The second examination was made after a period of bright sunny weather.

Of course various factors may have had something to do with the enlargement of the tonsils and the spontaneous diminution in size. But it is my opinion that the degree of exposure to the ultraviolet light of the sun, which absorbs from sunshine or skyshine determines whether the child's tonsils and adenoids will be enlarged or not—the most exposure the less enlargement of T and A.

It is a familiar everyday observation that children who are most protected against exposure, coddled with excessive clothing, kept indoors when they would naturally want to play outdoors, compelled to wear hats, stockings, overcoats, mufflers, chest protectors and other superfluous, burdensome and uncomfortable contrivances of furs, budgets, grannies and quacks when they would naturally want to throw off such restraints and enjoy a little exposure, more

frequently have enlarged tonsils and adenoids than do children who are, as the Grannies say, neglected and thus permitted to enjoy everyday exposure without artificial restriction.

Now, I do not contend that it does any one good to suffer from cold or even from wet or dampness if that can be conceived to cause any suffering. I urge the healthfulness of ordinary everyday exposure, for child or adult, primarily because that is the natural way to get sunshine vitamin D, a certain daily ration of which is essential for health.

The less bright or direct sunshine or skyshine available, the more cloud, smoke, fog, the shorter the hours of daylight, the more the body is coddled or covered, the greater the individual's need for supplementary vitamin D by mouth—and this applies especially to the child with enlarged tonsils and adenoids.

QUESTIONS AND ANSWERS
Once removed. You said that as long as both parties are healthy in mind and body a marriage of first cousins will not give defective offspring. Would that apply to the marriage of second cousins once removed? (M. L.)
Answer—Now, let's keep this discussion on a sane level. I said there is no objection to the marriage of cousins if there is no hereditary defect or taint in the family. This is as true of the union of any other relatives no matter how nearly or how distantly related. I don't know what "once removed" means and when you get beyond first cousins I'm just confused.

Grating the Teeth
My husband grates his teeth in his sleep. I remember you mentioned it some time ago in an article about tetany. (Mrs. W.)
Answer—Grating or gnashing the teeth in sleep is a common manifestation of tetany not to be confused with tetanus, lockjaw. Tetany is more commonly recognized when it occurs in infants or young children. Adult tetany usually goes unrecognized, even if the patient comes under medical observation, because the signs or manifestations are not so well pronounced. The therapeutic test of giving relief or improvement from taking the remedy for the condition has given ample support to the belief that tetany is a disease of the nerves, especially in the night, in adults of mature age, are another common manifestation. Send me a stamped envelope bearing your address and ask for (do not use a clipping) the pamphlet "Adult Tetany and Growing Pains." (Copyright, 1944, John F. Dille Co.)

Does Compass Needle Point True North?

By J. Hugh Pruett
Astronomer, General Extension Division, University of Oregon

"What's wrong with the small compass in the handle of a knife I recently bought? I called the salesman's attention to the fact that it pointed 20 degrees east of what seemed to be north. He replied, 'It points north all right. This building isn't set due north and south.'"

There is a general impression that the compass needle, a delicately pivoted and magnetized splinter of steel, indicates true north—at least as accurately as does our reliable north star. However, worries a-plenty await the householder who takes his compass readings literally, for he will surely find his dwelling badly askew.

At few places, taking the earth as a whole, does the blackened end of the needle, or "north-seeking pole," indicate true north. To Columbus' sailors the world seemed so absolutely out of plumb, due to the apparent misbehavior of their trusted compass, that they threatened mutiny. In North America the needle points north only along a line running through western Hudson bay, Ontario, Michigan and on down through South Carolina. East of this line it points west of north; west of the line, east of north. Maps are available, usually from governmental agencies, which enable one to determine for his locality this error from true north.

The compass points east of north at Sioux Falls by about 9 1/2 degrees; at Klamath Falls, 20 degrees; Medford, 20 degrees; Eugene, 21 1/2 degrees; Portland, 22 degrees. To find directions in a locality where, for example, the error from due north is known to be 15 degrees to the east, turn the body of the compass until the needle is over the 15-degree mark east of the north arrow. The arrow will then indicate north.

The earth itself is undoubtedly a great magnet, else the tiny magnet of the compass would not set itself in any certain direction. The earth's north magnetic pole is in northern Canada, 1,200 miles from the geographical north pole.

The cause of the earth's magnetism is not definitely known, but has been assigned to action from the stars, an electric current below the surface flowing around parallel to the equator, or electrical particles of the atmosphere moving because of the earth's rotation and to huge masses of magnetized iron-nickel alloys in the earth's center.

PHOENIX SCHOOL CARNIVAL NOV. 17
Phoenix, Nov. 13—Phoenix high school carnival will be held November 17 at 7:30 p. m. in the high school gymnasium. Main event will be coronation of the carnival queen who will be chosen by the sale of votes in each class. Candidates are: Freshman class, Irene Hanscom; sophomore, Peggy Glover; Junior Betty Epperson; senior, Aurule Johnson.

To provide entertainment for young and old there will be a wide variety of games including bingo, hoop game, baseball throw, spill-the-milk, telegrams, make-up booth, dart board and many others including some for the kiddies. A food stand will also be in full swing.

SWEDE HEP-CATS EYED ASKANCE BY OLDER PEOPLE

Boogie Beat Brought By American Flyers—Craze Spreads—Criticism Loud

By Hubert Uxkull
Stockholm, Nov. 11—(U.P.)—The American-born jitterbugging epidemic had spread to Sweden, where critics already fear that youthful Swedish hep-cats are now in the proper moral groove, even when they dance in the city's zoo.

The boogie-beat infection first struck Sweden at Falun, a small town in Dalekarlia province. It was contracted from about 200 American flyers who, during their interment, taught the Swedes how to be "solid senders."

Craze Spreads
The flyers left for quieter country to the south, but their jitterbug converts remained faithful. Now the craze has spread to Stockholm and Gottenburg. It has become a spectator sport, which brings out many spectators to the public dance floors. One dance hall proprietor upped his admission price and paid youthful jitterbugs handsome premiums for their performances.

The first public jitterbugging display was held at Skansen, the Stockholm zoo. The joint soon was jumping, which led elders to remark that the zoo was the proper place for such shameful exhibitions.

One onlooker, witnessing the solid senders for the first time, remarked: "I assume they get married afterward."

Swedish newspapers have been reporting for weeks on the progress of their newest controversial football. Dorothy Norrier, the American fiancee of the world champion distance runner, Gunder Haug, told the United Press that "jitterbugging is all right if it is not overdone."

Critics Severe
Other critics have been more severe, declaring that any jitterbugging is overdone and several doctors have characterized it a dangerous pastime, pointing to two hospital cases—a broken ankle and a fractured skull—resulting from the jive sessions.

The priesthood, with few exceptions, has judged the craze as a sinful activity, while anonymous author, writing in the newspaper Ariel, remarked: "We were well on our way to recovering from the destructive and depraving tendencies of jazz. The world fever was sinking. But now the curve has jumped up again. This time it is not jazz, but swing, and its excess is the much-discussed jitterbug."

This kind of criticism the hep-cats ignore. Their big problem is how to say "in the groove" in Swedish.

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RADAR TRAINING OFFERED BY NAVY

The navy's need for men to be trained in radar has become so great that the recruiting service has been ordered to put the program at the head of its list, according to Specialist 1/c H. W. Crain of the Medford navy recruiting station, who covers this area.

STRANGE AS IT SEEMS

By ERNEST HIX



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Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

BARNEY GOOGLE and SNUFFY SMITH

HEY, HAWKY-TAWKY!! THAT BODACIOUS BLAST BLOWED OFF EVER' LAST STITCH O' MY CLOTHES

MEXICAN LABOR CAMP CLOSED IN JOSEPHINE

Grants Pass, Nov. 13—The WFA camp on the Lower River road, where Mexican nationals have been housed for several months, has discontinued operation. C. W. Thornberry, farm labor assistant, said Friday. Most of the Mexicans are leaving this community, some to work in California, and some to return to Mexico.

RESCUE TRY FATAL

Sacramento, Cal., Nov. 13—(U.P.)—John Williams, a 44-year-old Negro, was stabbed to death here Saturday when he attempted to save an unidentified white man from being robbed, police reported.

BLONDIE

YES WAIT JUST A MOMENT!
COULD YOU SPARE A POOR MAN A CUP OF COFFEE?

L'L ABNER

CHUCKLE MAH'LL GIVE L'L ABNER A FEW MINUTES OF FREEDOM, BEFY AN POUNCES ON HIM??

THE NEBBS

SO THEY CALL YOU 'PUGGIE'... TELL ME WHY AREN'T YOU IN SCHOOL?
SCHOOL IS FOR KIDS

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CHILDREN'S COLDS' COUGHING

Penetro

BLONDIE

DO YOU TAKE ONE LUMP OF SUGAR, OR TWO?

L'L ABNER

DAISY'S RIGHT BEHIND ME ?? IN A FEW MINUTES SHE'LL POUNCE ON ME ?? AN' KAT MA' AM WILL HAVE OUTFITTED TH' MONSTER !!

THE NEBBS

OH, JOAN L. SULLIVAN !! PLEASE HAVE MERCY ON MAN BELIEVE ME TOO !! I GOTTA OK PUGGIE !!

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