Your Health and Its Care

BY DR. WILLIAM BRADY M. D.

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WHO LACKS CALCIUM AND WHY

The ordinary mixed diet of American and Europeans, at least among dwellers in cities and towns, is probably more deficient in calcium than in any other chemical element. So says Sherman, in the fifth edition of his textbook "Chemistry of Food and Nutrition" (Macmillan, '37).

Dr. Brady

Kugelmass, author of one of the foremost modern textbooks on diseases of children, finds that in most cases of children with low calcium intake the need is to increase the absorption or assimilation or utilization of calcium rather than just to increase the total calcium intake.

It is true that nearly 99 per cent of the three pounds of calcium, 70 to 80 per cent of the 1½ pounds of phosphorus and 70 per cent of the 1½ ounces of magnesium in the body of a healthy adult are contained in the bones and the teeth. But we should not lose sight of the fact that calcium is just as essential for strong blood, nerves, glands and secretions as it is for strong bones and teeth.

A British authority, Mrs. May Mellanby concluded from her researches and laboratory and clinical studies that the amount of calcium (and phosphorus) necessary for perfect calcification, development and preservation of the teeth may be comparatively low, if the individual gets an abundance of vitamin D; on the other hand even a large supply of calcium in the food will not be utilized unless the individual gets enough vitamin D.

Keeping in mind the fact that calcium is as essential for sound blood, glands and nerves as it is for sound bones and teeth, consider next the universal practice of physicians today—prescribing regular rations of vitamin D in one form or another to supplement the diet of every infant and young child.

Prof. E. V. McCollum, one of the discoverers of vitamin A (which was formerly confused with vitamin D) has been quoted as saying: "Deficiency of vitamin D may be the most important dietetic deficiency in the world today." (Country Gentleman, Feb. '35).

The reason why competent physicians universally prescribe vitamin D for infants and young children is, of course, the fact that it is practically impossible to get enough vitamin D from foods suitable for infants or young children. Indeed, it is practically impossible, in my opinion, for growing children, youths, young adults or mature adults to get enough vitamin D from their diet. And so—but who am I to horn in on this symposium of nutrition authorities?

To get back to calcium—we'll deal with the vitamin D aspect of the question later—the best food sources of calcium are milk, cheese, greens or leafy vegetables preferably raw but even cooked (cooking dissolves out considerable of the calcium—which is still excellent food if the cooking water is used for soup, gravy, etc.), eggs, peanuts, nuts, and vegetables that are good to eat raw, such as turnips, carrots, celery.

QUESTIONS AND ANSWERS

Plug of Ear Wax

Every few years ear wax requires removal. Each general practitioner, gave me half an hour of discomfort squirting and scraping. The last time a specialist had me put warm olive oil in ear canal and keep it plugged with cotton over night, to soften the wax. Next day he syringed it and the plug came away without any discomfort, all in a few seconds. (C. M.)

Answer—Thank you. I believe I forgot to mention the preliminary softening of the plug in that way before the syringing, when I discussed the trouble here recently. Strong solution of saleratus (baking soda, sodium bicarbonate) in a spoonful of glycerin and water may be dropped in ear frequently the day before syringing to remove plub of ear wax.

Communicable Disease

We are a family of 7, the children ranging in age from 18 months to 12 years. It seems we have one cold after another all winter. (Mrs. F. M. C.)

Answer—Perhaps you fail to take proper precautions against the spread of such infection from one to another member of the household. Perhaps in your zeal to avoid exposure to harmless conditions such as cold, drafts, dampness, sudden changes, you keep the kids cooped indoors where they can pass whatever one of them brings home to the others. You may learn something to the advantage of your family's health by studying the booklet "Call it Cri"—for which send 25 cents and stamped self-addressed envelope.

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Olive Barber's Observations

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Mail bag: An elderly woman has little sympathy for me and my sleepless nights with their imaginary forbodings of ills to come. She says why not think of the funny things which have happened instead of the sad things which have not and may never happen. She was lying awake one night and got to thinking of an incident in her childhood and laughed until the tears came. It seems it was a cold night and a lot of the kith and kin had come to stay for a few days You know how it used to be—people didn't pay calls; they came a-visiting; said visits often lasting several days or even a week. Short of bed covering, her father had suggested to mother that they use the window curtains on their bed; he meant it. I think maybe the suggestion was followed, or the memory of it would not have proved so highly entertaining to my reader friend.

This woman thinks troubles should just be taken in one's stride and tells of a friend of hers who has "had some of the hardest knocks of any one I've ever known. Yet she meets these with the spirit of a gladiator. I'm not sure what a gladiator is but I think it takes grit and guts to be it, whatever it is. She was always laughing about something.

"Once, she said, her husband gave their already fat pig a tonic, thinking to make it fatter and the tonic killed the pig deader than a mackerel. I do not know a thing about a mackerel, either dead or alive but I heard that expression and took to it at once; somehow "as dead as a mackerel" sounds so very dead. My friend's husband hitched the stallion to the dead pig by tying a rope around the pig, then to the stallion's tail. Then he mounted the horse and away they went. When they got to a ditch, the stallion jumped the ditch all right, but the hog and most of the horse's tail remained on the other side."

The inference is that if I would think of things like that, I'd not get insomnia blues. The trouble is, I'd think of all the wasted bacon instead of how funny the horse would look with a hairless tail. I've never met this woman, but I hear from her ever so often and every letter has some incident like the above in it. Her son wants her to write a book of the stories she's told her children through the years. A book of folk tales of the common people would find a ready sale and if she writes that book, I'll buy the first copy.

AIR LINE SWAMPED IS WARNING AT SAN FRAN

San Francisco, Dec. 26—(U.P.)—Airline officials today warned civilians that attempts to leave San Francisco by air during the holidays would be "virtually impossible."

"We cannot even take care of the priority passengers," a United Airlines official said. "Servicemen from overseas who are rightfully entitled to priority have exhausted all available seats and many veterans are forced to take trains and busses."

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Time Shown Is PWT

TUESDAY

5:00 p. m.—Terry and Pirates, BN; Fletcher Wiley, CBS; OK for Release, NBC.
5:15 p. m.—Red's Gang, CBS; Dick Tracy, BN; Superman, MBS.
5:30 p. m.—Date with Judy, NBC; Jack Armstrong, BN; Harry Flannery, News, CBS, Adventures of Tom Mix, MBS.
5:45 p. m.—Capt. Midnight, BN; Night News Wire, MBS; News, CBS
6:00 p. m.—Mystery Theater, NBC; Gabriel Heatter, MBS; Burns and Allen, CBS; Army Show, BN.
6:15 p. m.—Screen Test, MBS.
6:30 p. m.—Fibber McGee and Molly NBC; Spotlight Bands, BN
7:00 p. m.—Raymond Gram Swing, BN; Bob Hope, NBC.
7:15 p. m.—Lowell Thomas, MBS; Ted Malone, BN.
7:15 p. m.—Sen. Truman, BN.
7:30 p. m.—Hildegrade, NBC; Red Rider, MBS; Manhattan Melody, CBS; Horace Heidt, BN.
8:00 p. m.—Mercer's Music Shop NBC; I Love a Mystery, CBS.
8:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music, CBS.
8:30 p. m.—Freedom of Opportunity MBS; Johnny Presents, NBC.
9:00 p. m.—Everything for Boys NBC; Big Town, CBS.
9:15 p. m.—Rex Miller, MBS.
9:30 p. m.—Million Dollar Club CBS; Fulton Lewis, Jr., MBS.
10:00 p. m.—News, NBC; Count of Monte Cristo, MBS; Five Star Final CBS.
10:30 p. m.—Edwin C. Hill, CBS.
11:00 p. m.—Talks, CBS; Concert Hour, BN.

Wednesday

5:00 p. m.—Terry and Pirates, BN; OK for Release, NBC.
5:15 p. m.—Superman, MBS; Dick Tracy, BN; Relax in Rhythm, MBS.
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.—Gabriel Heatter, MBS; Carlson and News, BN, Inner Sanctum CBS; Eddie Cantor, NBC.
6:30 p. m.—Spotlight Bands, BN; Mr District Attorney, NBC; Which Is Which, CBS.
7:00 p. m.—Kay Kyser's Kollege NBC; Great Moments in Music, CBS; Raymond Gram Swing, BN; Sumner Welles, MBS.
7:15 p. m.—Lowell Thomas, MBS The Colonel, CBS.
7:30 p. m.—Scramby Amby, BN, Nelson Eddy, CBS; Lone Ranger MBS
8:00 p. m.—Mercer's Music Shop NBC; News, BN; Jack Kirkland Show CBS; Main Line, 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; Jack Carson, CBS, News, MBS; Dunninger, BN
9:30 p. m.—Fulton Lewis, Jr., MBS
10:00 p. m.—News, NBC.
10:30 p. m.—Symphonette, NBC.
11:45 p. m.—On all night, BN

WOMAN USES AXE TO KILL HUSBAND

Tacoma, Wash., Dec. 26—(U.P.) County Prosecutor Marshall McCormick said today a sanity hearing would be given Mrs. Petra Lorensten, 39-year-old tubercular patient who confessed she killed her husband with the blunt side of an axe the day before Christmas because he was "drunk and bothering the kids."

She was held in city jail today on an open charge after her husband's body was found in the blood-spattered kitchen of the Lorentsen home Sunday by neighbors when the children told them "daddy's all still."

The woman, released from a sanitarium to spend the holidays with her family, told police her husband, Nick, came home from a pre-Christmas drinking session with pals and started abusing their three children in an upstairs bedroom.

Sobbing hysterically, she said: "I picked up the axe and hit him with the blunt side. When he ran to the kitchen shouting, I followed him and kept hitting him."

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SUBURBAN HEIGHTS By GLUYAS WILLIAMS

CIVILIAN DEFENSE ALERTED IN FEAR OF ROBOT ATTACK

Routine Preparedness Step Taken — State Councils Get Instruction Bulletins

Washington, Dec. 26—(U.P.)—The nation's civilian defense corps has been alerted to the possibility of enemy robot or rocket bomb attacks, national civilian defense officials disclosed today.

The action, OCD emphasized, is merely one of routine preparedness and "should not be interpreted to cause any alarm."

"We want the public to become conscious of but not excited about the possibility of a robot attack," a spokesman said. "Our protection instruction bulletin is in line with the policy of being prepared for any eventuality."

Instructions Sent

The agency said it had distributed to all state councils protection bulletins covering instructions to civilians "regarding their conduct in the event of robot or rocket bomb attacks."

Meanwhile, several defense units in the eastern defense command were reported to have been re-activated to study preparations for additional defense and protection in the event of a V-bomb attack.

OCD said governors of Maryland, Pennsylvania and Virginia met recently with eastern defense command army officials and civilian defense chiefs to discuss re-activation of "certain civilian defense services."

In Newark, N. J., William Doyle, air raid precautions chief, said his 70-man rescue squad would be reinforced immediately to at least 300 workers who will receive "intensified training and rehearsal for the V-3 threat."

New Threat

"This rocket threat is something brand new," Doyle said. "We haven't had much coming out of England or France regarding the type of protection we will need. That is something the defense heads will have to study immediately. Action will follow receipt of such data."

The Massachusetts defense council also was reported to have adopted "specific regulations" to govern civilian defense units.

Instructions from the OCD bulletin advise the public to dive behind any protection available or lie face down and protect your head and face with your arms." Shelter must be sought in the event of continued bombings, the bulletin said.

THE GRANGE

Griffin Creek grange officers installed Tuesday were: Master, Harold Tolle; overseer, George Mero; Stewart, William Darby; assistant stewart, Joe Smedsrud; chaplain, Jessie Minear; treasurer, Jake Brown; secretary Loma Smedsurd; gatekeeper, George Fisk; Ceres, Mary Bierma; Pomona, Marge Mero; lady assistant stewart, Sarah Tolle; ex. committee, Roy LeVander, Clyde Sturgill and Myrtle Wilson.

Lecturer Isabelle LeVander was previously installed at the Pomona meeting at Central Point and Iva Travers, Flora, was unable to be present. Installing Officer Jessie Minear was assisted by Lula Stugun as warden, Beverly Mero regalia bearer and Muriel Tolle emblem bearer. Zeta Maddox and her daughter, Barbara, sang, with Jack Bierma at the piano.

A program of Christmas carols by all, a duet by Zeita Maddox and Jack Bierma and some readings were enjoyed followed by the Christmas exchange and treats.

Plans are being made for a New Year's party to be announced later.

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Crossword Puzzle

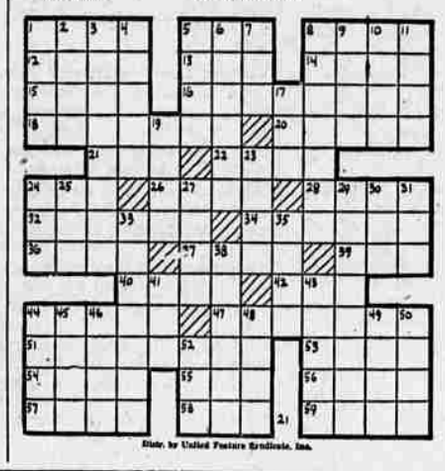
ACROSS

1—Writes
4—It killed Cleopatra
8—Roasting stick
9—Egg-shaped
13—Native of Chin Hills
14—Hebrides island
15—Prima donna
16—Soothe
18—Bondage
20—Swords
21—Pronoun
22—Bun
24—In the past
26—Late great cartoonist
28—Ages
32—Farm implement
34—Sudden influx
36—Other
37—Rodents
39—Your
40—Negative votes
42—Temple priest
44—Kilns
47—Thin plate
51—Cleric
52—Attend
54—At another time
55—Adherent of
56—To the place of
57—Rustle
58—S-shaped worm
59—Flower stalk

DOWN

1—Pea shells
2—Wicked
3—Arizona Indians
4—Bondsman
5—Winged
6—Woodland deities
7—Hole
8—Less complex
9—Bishop of Rome
10—Arrow poison
11—Sailors
17—Lamprey
19—Sea bird
23—Pert. to ear
24—Ibsen heroine
25—Jellylike liquid
27—Military force
29—Having a reddish glow
30—Tough wood
31—Modest
33—Ivory
35—The margosa
38—Small islands
41—Pool
43—Type of machine gun
44—The tent-Maker
45—Jap tribesman
46—High-hat person
48—Greek prototype of kiss
49—Mineral (comb. form)
50—Small particle
52—Bind

ANSWER TO PREVIOUS PUZZLE



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