



CARDINAL SPELLMAN VISITS POPE—Archbishop Francis Cardinal Spellman (left), heading the Holy Year pilgrimage of more than 500 American Catholics to Vatican City, meets Pope Pius XII in private audience. Their talk is believed to have concerned the possible appointment of a new U. S. diplomatic representative to the Vatican. With them is the Cardinal's secretary, Msgr. Francis Murphy, right.

Your Health and Its Care

By DR. WILLIAM BRADY, M.D.
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GOOD CITIZENS VERSUS STINKER

When you are coming down with it or "threatened" with it, if you prefer that malarky, you may pretend it is just a bad, heavy, obstinate "cold" and get away with the deception readily enough, for your crime has the sanction of many health authorities, physicians and most of the laity. Never the less it is a crime, and particularly despicable because it brings unhappiness, misfortune, illness and too often death to innocent people.

Neither you nor the doctor, any doctor, can tell in the early stage, the stage when the illness is likely to be most communi-

cable, whether it will prove to be infantile paralysis, virus pneumonia or measles, perhaps; or whether it will prove to be only a mild coryza or even a non-communicable allergic reaction. Therefore, if you pretend it is just a bad "cold" and continue unmasked at work or play until the illness either passes or becomes so serious that you have to go to bed with it, you deliberately expose every one who is unfortunate enough to come within conversational spray range of you to heaven only knows what illness.

Unmasked, I say. If one with possible diphtheria, scarlet fever, influenza or other acute respiratory infection be properly masked he or she will not infect others in casual association in business, work, play or social life.

Properly masked does not mean just wearing a wisp of gauze over the face in the phony

fashion of the great surgeon and the heroic nurse of the movies. It means wearing a mask made of not less than ten layers of gauze (cheesecloth) that has a mesh of 32 threads to the inch. The mask need not be white; it may be any color or black. But it must be worn at all times when any other person is within conversational spray range.

Conversational spray range is generally a distance of less than six feet; in quiet conversation it is only two or three feet; in loud conversation, shouting or laughing it is four or five feet. Remember the range next time you find yourself the target of a S-T-I-N-K-E-R who goes about unmasked pretending he has just a "cold."

Spray is the form in which the droplets of moisture or mucus are expelled from nose and mouth of a person who talks, laughs, shouts, coughs or sneezes. If the person has C-R-I (any oncoming respiratory infection) the moisture or mucus droplets are likely to contain the germ of the disease. Some of the droplets are large enough to be visible to the naked eye or to be palpable when they spatter you, but mostly they are microscopic and invisible and inappreciable—but they carry misery, incapacity, illness

Czechs May Desert To Western Country

London, Mar. 16—(U.P.)—Informed sources predicted today that Czech diplomats throughout the world will begin deserting to the west as result of the ouster of Czech Foreign Minister Vladimir Clementis in Prague. Clementis' resignation was announced by the communist government in Prague yesterday. Exiled Czech sources here said he probably was under arrest already and might be tried as a Titoist.

and death just the same. The purpose of the mask is to screen out these droplets. Of course a mask is just as effective for one to wear when exposed to the conversational spray of S-T-I-N-K-E-R-S as it is for one to wear when coming down with or ill of the C-R-I. It catches the germ-laden spray droplets going or coming.

The color of the mask is of more than mere whimsy. A good many persons who haven't the moral courage to wear a white or black mask might have sufficient character to wear one of neutral or flesh color which would not be so conspicuous.

The ideal mask is not white nor black. It has no color at all. It is transparent. It is more efficient in trapping or screening out moisture droplets than the finest gauze mask. It is more comfortable to wear for hours or constantly. It is washable and dries immediately so that the wearer may have a clean mask as often as he likes. I refer to the mask devised by Lewis J. Silvers, M. D. especially for physicians, dentists and others who give personal service to wear while at work. The Silvers mask or something of the kind should be worn by every doctor who treats or examines nose and throat cases, every dentist, every barber or hair dresser, every manicure, every oculist or optometrist or optician, every nurse who attends patients with respiratory infections, every cashier at an open window, for his or her own protection against whatever the patient or client has as well as for the protection of patient or client against whatever the doctor, nurse or attendant has.

QUESTIONS & ANSWERS
Broken Blood Vessels
Is there any way of getting rid of small broken blood vessels in the legs? They are gradually getting worse. (E. A. G.)
Answer—They can be eradicated by a skilled physician, employing a very fine special needle with which to inject certain drugs. The process is tedious if the condition is extensive. (Copyright 1950 by John F. Dille Co.)

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Nisei Sneaks Past Guards At Oak Ridge

Oak Ridge, Tenn., Mar. 16—(U.P.)—Katsui James Otsuka, an American-born Japanese who was a wartime conscientious objector, slipped three miles inside the restricted area of the super-secret atomic city today.

His purpose was to protest against the use of income tax money for armaments. When finally hustled off by security guards, the nisei was carrying a placard reading "Don't work on atom bomb—strike."

He was released after a grilling by security officers who said he apparently was only after publicity. He said he would leave immediately for Cincinnati.

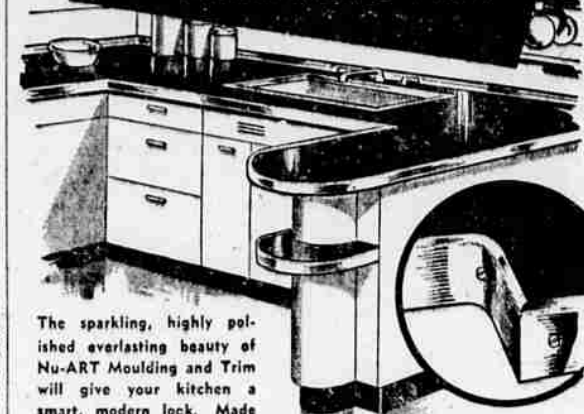
Otsuka, a native of San Diego, Cal., registered as a conscientious objector during the war. He was sentenced in the New York federal court in 1945 to three years in prison for failure to report for military induction. After the war he spent some time in the federal reformatory at Ashland, Ky., on income tax charges.

10, 12, 14. Size 10 dress, 2 1/4 yds. 35-inch; bolero, 1/2 yd. contrast. This easy-to-use pattern gives perfect fit. Complete, illustrated Sew Chart shows you every step. Send TWENTY-FIVE CENTS in coins for this pattern to MARIAN MARTIN, care of The Mail Tribune, Pattern Dept., P. O. Box 6740, Chicago 60, Ill. Print plainly YOUR NAME, ADDRESS, SIZE, STYLE NUMBER. LOOK! A book of easy-sew Marian Martin Patterns for Spring. Send fifteen cents in coins for your copy and plan all the lovely new clothes you want! Patterns for everybody, plus a Free Pattern for a handbag printed right in the book.

San Pedro, Cal., Mar. 16—(U.P.)—The Canadian freighter Argosy departs tomorrow for Formosa with a load of 75 former American army tanks for nationalist China.

Hollywood, Mar. 16—(U.P.)—Screen Star Irene Dunne sails March 30 on the Queen Elizabeth for England to star in "The Mudlark," a film about Queen Elizabeth.

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