

### Pediatrician Gives Advice On How To Prevent Illness In Children While Touring

By DELOS SMITH  
United Press Science Editor  
New York—(U.P.)—Although 80 per cent of young children are subject to motion sickness, there are a number of ways of

having a happily uneventful journey so far as the children are concerned.  
One way is "auto-suggestion," Dr. I. Newton Gugelmass, a pediatrician, told the first inter-

national symposium on health and travel today. Get the children to thinking all will be well, and all will be.  
Kugelmass and other physicians agreed that science now has

made comfortable traveling possible for everyone—the ill, the infirm, and the young as well as the old. The symposium, timed to coincide with the time of year when family physicians are concerned with the travel problems of vacationing patients, was sponsored by "the International Record of Medicine and General Practice Clinics," a medical journal.  
Ups and Downs

Kugelmass concentrated on the youngsters whose upsets make traveling, particularly motoring, trying. It's true, he said, that young children are more likely to have motion sickness in cars and trains than in planes and ships. The up-and-down motion bothers them the most.  
See that the ventilation in the car is good, that there are no pungent odors and no shrill noises, and don't jam children in

with baggage—thus you avoid "predisposing causes," he said. And don't let them get too tired or eat and drink a great deal or read a lot in the car, since eye strain is a predisposing cause, too. But above all, watch the "emotional climate."  
Dr. Walter C. Alvarez, editor of "Modern Medicine," said people with heart trouble could fly safely, provided they could walk "comfortably." People with ill-

nesses that could come to sudden crises should travel only with companions and have a list of physicians in places to be visited. Otherwise he saw no reason for medical restrictions on travel.  
Laws of Hygiene  
Dr. William T. Foley, who once practiced in China and was a war prisoner of the Japanese for four years, reminded prospective travelers to far and re-

mote places that they might run into micro-organisms against which their bodies have no ready-made defenses. He advised profound respect for the laws of hygiene and sanitation.  
He and other speakers recommended that foreign travelers carry along medical kits put together by their physicians, but containing some easily takable antibiotics in case of sudden need.

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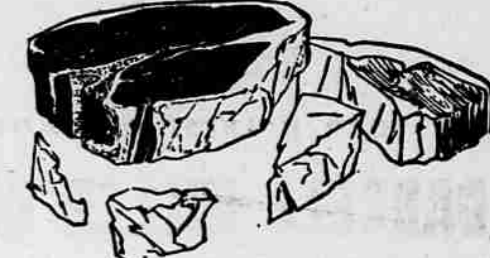
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- Bisquick Easy biscuit mix 40-oz. pkg. 39c
- Fleet Mix For fluffy biscuits 40-oz. pkg. 35c
- Cake Mixes, Betty Crocker pkg. 4/99c
- Angel Cake Mixes, Betty Crocker pkg. 43c
- Cookie Mix, Pillsbury, golden 13 1/2-oz. pkg. 35c
- Hot Roll Mix, Pillsbury 14 1/4-oz. pkg. 29c
- Corn Meal, Mammy Lou, yellow 2 1/2-lb. pkg. 29c
- Flour, Harvest Blossom 10-lb. bag 79c
- Table Salt, Sno White 26-oz. pkg. 12c
- Baking Powder, Clabber Girl 25-oz. size 29c
- Coconut, Dromedary 4-oz. tin 12c
- Frosting Mix, Betty Crocker peanut cream 15-oz. pkg. 35c
- Vanilla, Crown Colony 4-oz. bottle 85c
- Black Pepper, Crown Colony, gr. 4-oz. size 35c
- Wesson Oil, delicate flavor quart bottle 59c
- Mayday Oil, neutral flavor quart bottle 59c
- Cherub Milk, Evaporated tall can 2/23c
- Cigarettes, popular brands. ctn. reg size 1.75
- Crest Toothpaste large tube 69c
- Drene Shampoo 3-oz. size 57c
- Zee Tissue, White, Ass't. colors 4 roll pkg. 33c
- Kleenex, facial tissue pkg. of 200 2/29c
- White Napkins, Zee, paper, pkg. of 80 2/25c
- Wax Paper, Zee brand 125 ft. roll 23c
- Saran Wrap, keeps food fresh, 25 ft. roll 35c
- Colored Plates, 7-inch size pkg. of 11 2/29c
- Dixie Cups, for cold drinks pkg. of 25 33c
- Sandwich Bags, Zee 36 bags 10c
- S.O.S. Pads box of 10 23c
- Insect Spray, Black Flag 12-oz. size 1.19
- Rubber Gloves, Ebonette lge. size 69c
- Nylons, Floyds of Tomorrow pr. 98c
- Wrisley Soap in cello bag 5 bath bars 59c
- Parade, Detergent 40-oz. pkg. 63c
- White Magic, Gran. soap 46-oz. pkg. 55c
- Liquid Starch, Fauntleroy 32-oz. bottle 43c
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