

Human Ear Said Not Intended for Jet Age

Columbus, O.—Dr. Robert Carlton, an expert in hearing and jet aircraft, has concluded that the jet age is one "for which the human ear never was intended."

Dr. Carlton is a speech pathologist at Children's Mental Health Center here and a captain in the Air Force Reserve. He said prolonged exposure to the noise of jet engines can destroy the hearing mechanism of the inner ear—without hope of recovery.

"Auditory fibers do not regenerate after damage," he explained.

He told fellow reservists that exposure to a jet engine going full tilt for two minutes so fatigues parts of the inner ear that hearing does not return to normal for 24 hours.

In guinea pigs subjected to the sound for 100 hours, parts of the inner ear were destroyed. After 600 hours, he said, destruction was complete.

He recommended ear plugs, hard rubber on the outside, softer rubber for comfort inside, for men working around jets. He said pilots' ears usually were protected sufficiently by their helmets and radio earphones.

The Air Force and Navy air transport commands were merged into the Military Air Transport Service (MAT) under U.S. Air Force control on Feb. 4, 1948.



CHILD HEALTH DAY—Everybody loves a baby! Mother feeds baby, daughter feeds doll baby; a familiar picture in many homes as we celebrate Child Health Day on May 1, right in the middle of National Baby Week.

Salem —(U.P.)—Maj. Gen. William F. Dean, retired hero of the Korean war, will speak at Salem's armed forces day celebration May 15.

Portland —(U.P.)—Residents of the Rockwood and Lynch communities east of here have voted to incorporate as a city to be known as Lynwood.

Feeding the Family

By ZOLA VINCENT
Food Editor

Baby Boom Keeps Baby Food Folks Busy

As we celebrate Child Health Day, May 1, right in the middle of National Baby Week, April 28-May 5, let's take a look at the diet of our growing children and pause a moment to pay tribute to those baby food folks who produce such a wealth of variety in nutrition-packed foods for babies and toddlers.

The stork has done it again. Broken his own record by delivering more babies to more families where there already were three, four or more children. This national trend (and attitude) toward bigger and better families continues to stump the experts, to quote Lucille Shearwater, who supplies statistics and lively copy covering the baby food front. In other words, says L. S. that 1946 marriage-peak year is still paying dividends!

All these new arrivals come equipped with sound effects demanding food! And the demands never stop. Long before mother starts anticipating, the baby food producers must anticipate new demands. If they sat around waiting for baby statistics from Washington, the grocers' shelves would be bare and mothers would have to go back to—but let's not even think about it; it's too dreadful to contemplate. Packers, canners and glass-

ers of baby foods must plan years ahead on many items. Growing seeds, growing gardens, growing orchards getting ready for growing children.

Amazing Variety

Today's child from earliest infancy, enjoys not only milk and cereals but juices, soups, fruits, vegetables, meats, desserts in infinite variety. In our local markets, we counted five pre-cooked cereals, 38 strained fruits, vegetables, meats soups and desserts for our toothless babies; 27 Junior foods for the tots who have acquired a few teeth and want to make the most of them. All these, specially processed to preserve natural food values and natural flavors. All with nationally famous brand names backed by manufacturers who stake their reputation on every single item. All highly recommended by pediatricians and family doctors. All costing surprisingly little.

Child Health is Concern of Nation

Few realize that emphasis on child health is so important that May 1 was designated Child Health Day by joint Congressional resolution back in 1928 and has been celebrated with increasing interest ever since.

Each year significant phase of child welfare is chosen as the theme with emphasis on the year-around importance of child health—both physical and emotional. Today's thinking covers the well-being of all the world's children and it is expected that this theme will be introduced in the President's annual Child Health Day Proclamation.

No doubt about it the future good health of our nation depends very largely on what our growing boys and girls are eating today.

Memo to Parents

Parents need to be relaxed and free from fatigue to cope with the meal-time spirit of their youngsters and to make a happy home. To promote good eating habits, wise parents will set a good example by eating the right foods themselves.

Assume that children will accept the food served; be calm and confident about it. Give children smaller servings, particularly of new foods. Let them ask for more.

Expect some table accidents. As awkwardness goes, good manners will come. Let children share in table conversation. Encourage them to talk. This is no time for scolding and rehashing mistakes or differences of opinion of the day.

Plan a quieting time before meals so children can come to table relaxed, not tense or tired.

Family Check-List of Good Food Habits

Parents can help children to be strong and happy through patient, consistent effort to build good food habits. Before they reach school age, children should learn to feed themselves . . . to enjoy eating . . . to like a variety of foods . . . to eat enough of the right foods as indicated here. Each day, a growing child needs:

Milk. Three to four glasses daily; to drink or combined with other foods, in ice cream, in cheese.

Vegetables. Two or more servings daily other than potato. One green or yellow with greens often.

Fruit. Two or more servings daily. At least one raw; citrus fruit or tomato daily.

Eggs. Three to five a week; one daily preferred.

Meat, Cheese, Fish, Poultry. One or more servings daily with dried beans, peas, peanuts, occasionally.

Cereal and Bread. Two or more servings daily, whole-grain or enriched. Added milk improves nutritional values.

Thursday, April 26, 1956

MEDFORD (OREGON) MAIL TRIBUNE—THREE

Three Medford Boys To Attend Convention

Corvallis — Charles Ashpole, Richard H. Crain, and John L. Dezell of Medford are three of 30 Oregon State college students who will take part in the mock Democratic convention at Willamette university May 11 and 12.

Dezell is chairman of the New York delegation from OSC, and Ashpole also is in the delegation. Crain will help represent the Pennsylvania delegation from OSC.

Ashpole, a sophomore, is enrolled in liberal arts; Crain, a junior, is majoring in business administration, and Dezell is a senior majoring in general science.

All three are graduates of Medford High school.

Dead line for Sunday Classified is at noon Saturday.

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