

That Body of Yours

By JAMES W. BARTON, M. D.

Psoriasis Cured by Fat Free Diet

ONE of the skin ailments that discourages both parents and physician is psoriasis—white scaly patches like mortar on the skin which, when the scales are peeled off leave a bleeding surface.

Just what causes this ailment has never been discovered. By using arsenic internally (Fowler's solution) and ammoniated mercury on the scaly patches, most cases clear up in time, only to break out again perhaps in a few months.

That "nervousness" may be a factor is admitted by many skin specialists, as also is the possibility of some gland disturbance in the body.

Thus the manner in which the body processes handle some foods may be at fault, as leaving out certain foods from the diet has cleared up a number of cases.

Some research men have found that it is during the cold weather that this skin ailment gets worse, and point out that psoriasis does not exist in the tropics.

Drs. O. Grutz and M. Burger, Berlin, relate some of their studies which tend to show that the underlying cause of psoriasis is probably a disturbance in the way in which the body uses the fat foods—cream, butter, fat meat.

Psoriasis may be due to the blood vessels of the skin allowing too much fat to be poured out on the surface of the skin, or because the form in which the fat reaches the skin is so altered that irritation arises.

In any case it is the fats that cause the trouble, cutting down on the fats should be good treatment.

To prove this Doctors Grutz and Burger stopped all other forms of treatment in eleven cases, and simply omitted the fats in the diet.

What was the result?

In four cases that had resisted all other forms of treatment, leaving out the fats in the diet resulted in a complete cure; in five cases considerable improvements were observed, and two cases still being treated, likewise show improvement.

High Blood Pressure

IT HAS been carefully estimated that one in every 1,000 people die annually as a result of diseases associated with high blood pressure, yet all physicians know that certain patients may live many years in good health, despite well marked high blood pressure.

Why is it possible for some individuals with very high blood pressure to live to a good age whereas others live but a few years after the high blood pressure is discovered?

Dr. Edward J. Stieglitz, in Illinois Medical Journal, states that the cause of high blood pressure is anything which injures or irritates the muscle wall of the blood vessel and thus causes these muscular or elastic fibers to contract more than the normal amount.

Now there are a number of things which will injure or irritate the blood vessel, therefore the treatment depends upon just what is causing the trouble in each particular case. As some of the causes can be removed or their effects lessened, and others cannot, you can see that some cases are likely to live for a long time and others live but a few years.

For instance something may be simply irritating the blood vessels, and its muscular walls tighten in an effort to overcome it, just as waste material from the food in the intestine irritates or stimulates the muscular walls of the intestine to tighten and thus push this waste outward and down ward.

In this case there is no real damage being done to the wall of the blood vessel and when the irritating substance is removed, and no more, or at least very little is present, the blood pressure comes back to normal or near to the normal point.

If however the blood vessel is so injured or damaged that the muscle or elastic tissue is replaced by hard fibrous tissue then the blood pressure will be high and must continue to remain high.

The thought then is that where the elastic tissue of the vessels is simply being irritated causing a sort of spasm, then by removal of this irritation the blood pressure should be reduced and the life span be about normal. Infection from teeth, tonsils, gall bladder or intestine may be the cause.

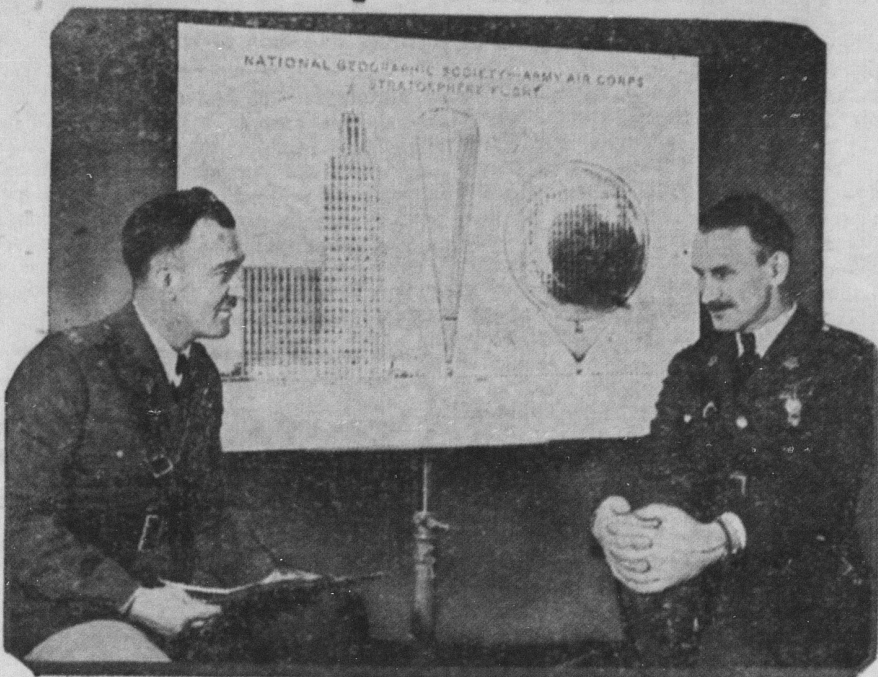
But when the infection has lasted for some time and the elastic coat is damaged, nothing but careful living—mental and physical—is likely to preserve life.

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The Hubbard Medal

The Hubbard medal is an award conferred by the National Geographic Society "in recognition of the services to mankind of those who labor to push back the horizons of geography." The medal takes its name from Gardner Greene Hubbard, the founder and first president of the society. Its exclusiveness is probably what gives the medal its chief distinction. It has been awarded only to Peary, Amundsen, Gilbert, Shackleton, Stefansson, Bartlett, Byrd, Lindbergh and Mrs. Lindbergh.

Stratosphere Balloon



Major Kepner and Captain Stevens Talk It Over.

Prepared by National Geographic Society, Washington, D. C.—WNU Service.

WORK on the world's largest free balloon which will be used in the National Geographic Society-United States Army Air Corps stratosphere flights is well under way at the Goodyear-Zeppelin corporation's plant at Akron, Ohio. The balloon makers will use two-and-a-third acres of cotton fabric impregnated with rubber in constructing the bag, and it will have a capacity of 3,000,000 cubic feet of gas.

When the balloon rises from the earth, only partly inflated, it will be shaped like a gigantic exclamation point with the round gondola representing the period. As the gondola leaves the ground, the top of the bag will be 205 feet above it—approximately the height of a 27-story office building. When the bag becomes spherical in the thin air of the stratosphere, it will be large enough to enclose an 11-story building of normal height and of equal width.

The ascent, in which it is hoped to reach the highest point to which it is practicable for a balloon to lift a man, will be made in the United States. The purpose of the flight is to clear problems of the upper air that are still puzzling to science. It is estimated that it will rise to a height of more than 15 miles above sea level.

The first ascent will be made in June by Capt. Albert W. Stevens, noted aerial observer and photographer of the army air corps, who conceived the project, and Maj. William Kepner, balloon expert of the army air corps. If this flight is successful, the same balloonists will make a second ascent in September, in order to check observations under similar conditions.

Scientists to Give Aid. To advise in regard to the scientific plans and equipment, and to direct studies of the data collected, Dr. Gilbert Grosvenor, president of the National Geographic Society, has formed a committee of outstanding American scientists. Its members are:

Dr. Lyman J. Briggs, director United States bureau of standards, chairman; Dr. F. V. Coville, United States Department of Agriculture; Gen. Oscar Westover, assistant chief, United States Army Air Corps; Capt. R. S. Patton, director, United States coast and geodetic survey; Dr. W. F. G. Swann, Bartol Research foundation, Franklin Institute, Swarthmore, Pa.; Dr. Floyd K. Richtmyer, department of physics, Cornell University, and member research council, American Association for the Advancement of Science; Dr. Charles E. K. Mees, director research laboratory, Eastman Kodak company; Dr. Charles F. Marvin, chief of United States weather bureau, and Dr. John Oliver La Gorce, National Geographic Society.

The huge balloon to be used in the ascents will have a gas capacity five times that of the bag in which Commander Settle established his 11-mile record last November; and nearly three-and-a-half times that of the Soviet balloon which in September rose nearly 12 miles above the earth.

The exact point at which the balloon will take to the air has not been selected, but it will probably be in the northern great plains region. Such a choice, it is pointed out, will give ample room for drift to the northeast, east, or southeast and a landing in open country, so that the bag can be salvaged.

The completed plans for the flights are due to the efforts of Captain Stevens, who has gathered data during the past eleven months directed toward the use in stratosphere flights of the largest balloon which it is practicable to construct, and an ascent to the highest point to which it is believed possible for man to rise in a gas bag, with hope of a safe landing. The mere attainment of altitude, however, is not a primary object of the ascents. It is desired to reach the greatest attainable height above the earth in order that conditions there can be observed.

Stevens Has Experience. Captain Stevens has penetrated the lower levels of the stratosphere by airplane on numerous occasions and also has served as observer on a number of army balloon ascensions. During his high altitude flying he has collected much scientific data. In a flight over Dayton, Ohio, in October, 1928, he reached an altitude of 30,150 feet and obtained the only complete record of thermometer readings ever made in America, showing on the same day the "temperature gradient" in the region from the earth to the strato-

sphere. Other such records of temperatures, from the earth to an altitude of approximately 80,000 feet, is one of the objectives of the 1934 ascents. Such data will be extremely valuable in weather studies.

Another project of importance will be the trapping of samples of stratosphere air at several levels. These specimens will be analyzed and studied later in physical and chemical laboratories.

The preliminary "agenda" for scientific data to be collected during the ascent contains 14 other items varying from high level photography and the ascertainment of the electrical condition of the air at various levels, to cosmic ray studies and efforts to determine ozone concentration. The mysterious ozone layer of the upper air which some scientists assert is all that saves life on the earth from destruction by ultra-short light rays, is thought to lie far above the highest point that can be reached by a manned balloon. It is hoped, however, that evidences of an increasing ozone content of the air can be detected 15 miles up.

In order to house the many instruments and automatic recording devices that will be taken aloft, the balloon will have attached to it a spherical gondola of light metal, eight feet four inches in diameter. This diameter is one foot and a third greater than that of the gondolas used by Professor Picard and Commander Settle, and will provide a cubic capacity more than twice as great.

The instruments, many of them designed and modified by Captain Stevens as a result of trials during high altitude flights, will be largely automatic, leaving observer and pilot free to take up the many activities in the gondola that will require attention. A number of tiny cameras, using motion-picture film, will automatically and tirelessly "read" dials and clock faces simultaneously at frequent intervals.

Kepner's Fine Record.

Maj. William E. Kepner, who will pilot the stratosphere balloon, is one of the outstanding balloon pilots of the United States Army. He served in the World War in the infantry and was decorated by both the American and French armies for exceptional services. He holds four medals: Legion of Honor, Croix de Guerre with Palm, Distinguished Service Cross, and Good Conduct Medal, United States Marine Corps. He has been an officer of the air corps since 1920, and holds the aeronautical ratings of airplane pilot, airplane observer, airship pilot and balloon pilot and observer.

He was winner of both the national and the international balloon races in 1928, receiving the Litchfield trophy and the King Albert of Belgium trophy. He was a classmate of Commander Rosendahl of the Los Angeles, and of Commander Settle, for three years at Lakehurst. Major Kepner holds a naval certificate as rigid airship pilot. He served on the Los Angeles as assistant navigator and received training from the German Zeppelin crew. He commanded the HS-1 semi-rigid airship in 1927-1928, and was the first to pilot an all metal airship in 1929.

Captain Stevens has made innumerable high altitude photographs, some of them, by the use of infra-red rays, showing mountain peaks more than 3000 miles from the camera. Two of his photographs, of extraordinary interest to geographers and astronomers, are unique. One taken from a plane 21,000 feet over central Argentina is the first photograph ever made showing laterally the curvature of the earth. The other, made at an altitude of 26,000 feet over southern Maine, in August, 1932, is the only photograph which shows the advancing front of the moon's shadow on the earth during an eclipse of the sun.

Zuider Zee Now Yselmeer

When the Dutch minister of public works recently inaugurated the dam across the Zuider Zee between North Holland and Friesland, the name Zuider Zee ceased officially to exist and Holland gained in reclaimed land an area equal to her largest province, Guelders. The dam transforms the old Dutch sea into a lake. It is 20 miles long. The dam begins at Wieringen Island, where the ex-crown prince of Germany lived for some years in the blacksmith's house. The also famous island of Marken lies in the new lake, which is to be called "Yselmeer." The work began in 1920 is finished, and plans are being made for a railway on the dam.

Crop Tests Made All Over Nation

Progress Noted in Breeding Carrots, Onions; Study Potato Yields.

Vegetable growers will be interested in some of the research work now going on in many parts of the country. More than fifty new tests with vegetable crop plants were reported at a recent meeting of specialists in Boston.

Work done in California on vine crops, such as squash, shows the truth of the old belief the earlier the fruit is harvested, the greater the number of flowers and fruit received from the plant.

California workers also reported progress in breeding watermelons, carrots, and onions. Now they want a watermelon that resists wilt, and other diseases, but which at the same time keeps its quality. They are also breeding for highly-colored, smooth, tender carrots.

Potato yields suffer sometimes, from lack of enough magnesium in the soil. The leaves usually turn light green or yellow as a result. One Virginia scientist believes chemical analysis of the lower leaves of the plant will show whether nitrogen or magnesium causes poor yields and change in color of the leaves. He adds that experiments show that placement of fertilizer in the soil may injure rather than aid the seed. When cut surfaces of potato seed pieces come in contact with fertilizer, healing is prevented, and injury or killing of the seed results. Whole seed does not suffer this type of injury.

Pasture Improvement Important for Farmers

Pasture improvement is a profitable undertaking on southeastern Ohio farms if live stock are kept to utilize the extra forage, D. H. Dodd finds after several years of demonstrations in fertilizing, liming and seeding these hill-sides. From these tests he makes these deductions:

Reseeding of runout pasture at the time of applying lime and fertilizer is not necessary unless desirable pasture plants cover less than 5 per cent of the ground area or unless quick results are desired.

Fertilizers not only greatly increase the yield but also gradually change the kind of vegetation occupying the land. Where capital is limited, the largest return per dollar invested may be obtained from lime and superphosphate. The largest net return, however, comes from a complete fertilizer.

Potash in addition to phosphate alone is not worthwhile as a general rule. Where nitrogen and phosphate are used, the returns from additions of potash are much greater.

Nitrogen is by far the most effective of the three common elements in increasing yield. Returns from it, however, are rather limited unless phosphorus and potassium are also present in abundance.—Ohio Farmer.

Ice Requirements

To compute the annual ice requirements of a dairy farm in the northern states, if the ice house is moderately good and shrinkage from melting is not more than 30 per cent, half a ton of ice per cow is sufficient to cool the cream and hold it at a low temperature for delivery two or three times a week if suitable cooling tanks are used. If whole milk is to be cooled, the quantity of ice stored should be increased to one and a half tons per cow, says the United States Department of Agriculture. For the needs of the average family on a general farm at least five tons of ice are necessary for the season and, because of melting losses, this amount is about the minimum to be considered, even for a well-insulated ice house.

Long Hitch Increases Draft

While the difference between a 10-foot team hitch and 100-foot hitch is considerable, it is not as great as people make out and it is all bush that a team cannot drag a 94-pound bag of cement at the end of a 100-foot rope. They can drag it easily, but it would tire them much more rapidly because of the poorer footing. This same reason also explains why the front team on a tandem hitch tires so much more than the rear team; the flatter angle at which they must pull gives them a poorer footing and a poorer chance to exert their strength.—Wallaces' Farmer.

Longer Ears of Corn

For 30 years Jacob Sass, an Iowa grower of prize corn, has been trying to add to the length of ears. His efforts have rewarded him with ears of the grain 10 inches in length, which is 3 inches longer than normal. He even produced some measuring 15 inches, and says the day is not far off when he will be able to show 18-inch corn. For planting, Sass selects the kernels of his longest corn as seed.

Sheep Industry Is Old

The sheep industry is very, very old. Sacred history tells us the shepherds and their flocks were 'round about in the hills when Christ was born. The industry was very old even in those days and a most important one. As time progressed and civilization spread to the west across Europe, the sheep population expanded. In all of the great wars of history the soldiers wore wool and ate meat. As the civilized nations grew in importance their sheep industry advanced.

Tempting Dishes From Left-Overs

Among Others That Are Tasty Are Scrambled Vegetables.

In the larder or refrigerator of practically every home there will be found left-over vegetables after dinner, and frequently after lunch or a hearty supper. The housewife who can gauge appetites to avoid this is remarkable, or she is so close a caterer that some one goes without the extra serving that would be enjoyed. What to do with these odds and ends of vegetables is a problem, too often solved by a salad. It is well to know of many other dishes, some hot, some cold, which can use the bits. One excellent dish is scrambled vegetables.

To each cupful of diced vegetables of assorted kinds, use one egg. Season the cooked vegetables. Beat the eggs enough to have yolks and whites well mixed. Pour into a buttered frying pan or omelet pan, and when the eggs begin to cook, stir in the diced vegetables. Continue cooking until the eggs are done. Remove to a platter and garnish with parsley. A trim of radish roses and olives dresses up the dish attractively.

Good vegetables to combine are string beans, celery and cauliflower. By the way, don't forget to cook some of the delicate green stalks of

the cauliflower with the flowers, unless you boil the head whole. Put the green stalk pieces cut 1 inch long, into the boiling salted water before the flowers, as the stalks require a little longer cooking to make them tender. Carrots, corn and sweet pepper, make another fine combination. But the housewife will have to use what she has, so these are but suggestions.

This can be a tasty dish to set before the family, especially if butter is used for the fat, and the vegetables are not mashed in cooking. Put the vegetables through the food chopper, using the coarse knife, or chop the vegetables. Add one-quarter teaspoonful of thyme, and a dash of nutmeg to each two cupfuls of the vegetables. Brown the vegetables lightly. Stir gently and occasionally, so more than one side can be browned. Serve with garnish of delicate edible celery tops. If a poached egg is put on each serving, the dish makes a hearty one and may be served as the main one for supper or luncheon. Among the vegetables to combine, do not forget onion, or chives and celery. These give zest.

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Dogs Trained for Blind

A kennel is operated near Morris-town, N. J., at which police dogs are trained as traffic guides for the blind. The dog and master are brought together and the training is so skillful that after four weeks the blind master is safe even in heavy city traffic.

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