

THEY WON'T SAY DIE!

Their Friends May Weep But Courageous Cripples Overcome Handicaps and Carve Useful Careers in World of Business

By JOSEPH W. LaBINE

Next time you're down on your luck and your jaw sags like an overloaded clothesline, try swinging your legs and arms, or blinking your eyes. And be thankful you have arms, legs and eyes.

A lot of people haven't. But the disasters that robbed them of these faculties have usually inspired them to make the best of it. More often than not they've achieved outstanding success.

Nineteen-year-old Jessie Simpson is an example. A few months back she was acclaimed Miss New Jersey, a personable young lady whose beauty and talent won admiration everywhere. Then one day she ran for a train, missed, and woke up in a hospital a few days later to find both her legs gone.

Gone, too, were tennis, golf, dancing and other sports, but Jessie Simpson didn't weep about it like her friends. Disaster brought her a new life, and today she's receptionist at the New York city telephone office. Moreover, she's building a career as a commercial photographer's model, for Jessie's hands are remarkably beautiful.

Legless Swimmer.

Speaking of legless people, there's also the case of Charles (Zimmy) Zibelman of New York who lost his legs years ago in a Chicago trolley accident. Since then he has become famous as a stunt swimmer. He was photographed drinking beer and smoking cigars while swimming "across the Atlantic ocean"—in the swimming pool of the Queen Mary. His most notable achievement is a 144-hour, 145-mile swim down the Hudson river from Albany to New York last autumn. Last winter he planned a similar excursion from Miami to Havana, sharks permitting.

In Provo, Utah, a high school student named Wilkins Nuttall is a prize-winning lightweight wrestler even though he has but one leg! Nuttall used to stand on the sidelines until he said to himself one day, "What has any other wrestler got that I haven't got?" and proceeded to give more experienced matmen a run for their money. Of course he can't apply a "scissors" hold, but it is equally impossible for an opponent to apply the "split" on him.

Success on "Stilts."

In the village of Bellflower, Calif., lives Ralph Veady, a leading business man and bicycle rider who nevertheless has no legs. Seven years ago Ralph was working his way through Whittier college by driving a tractor. One day the tractor overturned and he regained consciousness to find his legs gone. Today, seven years later, Veady conducts his jewelry business, drives his car and even dances, with the aid of artificial legs. A star performer in many amateur races, Veady is also an expert swimmer and a clever skater with or without his legs.

Only a few miles from Bellflower, in Huntington Park, lives Miss Clover Kerr, who lost both legs and one arm in a traffic accident last year. Like Jessie Simpson, she refused to be pitied, outlining a new career before she left her hospital bed. Today she has found the way to happiness and usefulness through service.

Miss Kerr is artist, counselor, philosopher and fairy godmother to hundreds of crippled youngsters in the Far West through her daily



ABOVE: Jessie Simpson, Hoboken, N. J., beauty, whose legs were cut off by a railroad train, but who has carved herself a new career as commercial photographers' model. BELOW: Bobby Jones, the world's greatest golfer, who was weak and puny as a child.



before scientific research found means of aiding the physically disabled. Today instruments have been designed which provide mechanical eyes and ears to youngsters born without sight or hearing.

Science Takes a Hand.

In Evanston, Ill., five-year-old Joan Higgins cannot see or hear but is learning with the aid of a "phonotactor," devised by Dr. Robert H. Gault of Northwestern university. Whereas Helen Keller learned to "hear" by placing her fingers on the speaker's lips, Joan Higgins' phonotactor translates voices into vibrations. She places her fingers on sensitive reeds which vibrate from 64 to 8,000 times a second as the instructor speaks into a telephone transmitter.

Few joys can compare to that of the blind person who regains his sight through surgery. In Asbury Park, N. J., Mrs. Ella Reynolds was taken home from the hospital to see the three children whose faces she had often caressed, but whom she had never seen. After 15 years of total blindness she was again made happy by surgeons who removed cataracts from her eyes.

In El Paso, Texas, twelve-year-old Julian Galindo could only exclaim, "It's wonderful!—beautiful!" when he saw the world for the first time in his life. And a grandmother in Denver, whose sight was restored after 20 years, could see her three grandchildren after years of wondering what they looked like.

Infantile paralysis, one of mankind's most feared assailants, has left in its wake many a crippled victim but most of them have found new hope in the joy of living. The most publicized case is that of Frederick Snite, Jr., whose millionaire father willingly spends \$2,000 a day to keep his son alive in the "iron lung" which may be his home for the next 10 years. Stricken in China during a round-the-world cruise, young Snite has lived in the lung almost two years but has never lost courage. He jokes with his nurses and his parents, keeps up an interest in world news and plays chess by calling his moves.

From Cripple to Athlete.

It's an accomplishment for a cripple to regain average health and become normally active, but it's amazing when they become outstanding athletes! Glenn Cunningham, the world's "fastest human," was trapped in a fire when he was eight years old. What had once been a pair of legs were grim, blackened fragments. Few people thought he would ever walk again but Cunningham fooled them. Today if you see him running around the track a full hour before his race starts, don't think Cunningham is "strutting" for the public. He has to exercise those rebuilt legs, to work up circulation by sustained effort.

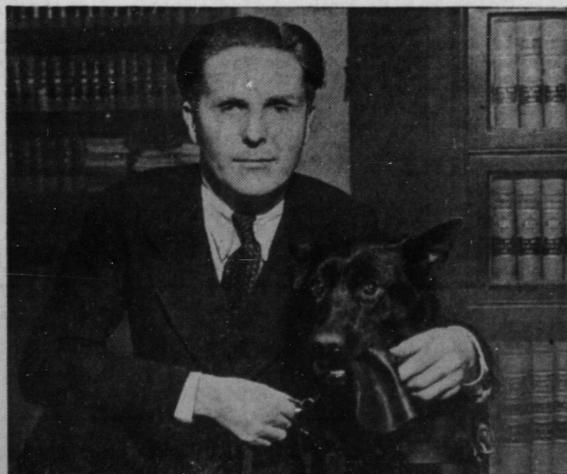
Bobby Jones, the world's greatest golfer, was so skinny as a youngster that a good sneeze would have toppled him in the dust.

Modern society is taking a much more humane attitude toward the cripple than did our forefathers. Scientists and the public alike are realizing that physically handicapped people can become useful citizens if given help and encouragement.

Pioneers like Helen Keller have opened new fields of activity for the blind. They have been taught useful trades and have gained independence by using "seeing eye" dogs, highly intelligent animals who guide their masters through every traffic hazard without danger.

But it takes grit to face the world when the lights go out and you've no legs to stand on. Ask Nettie Timonds or Jessie Simpson!

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Theodore Geister, a blind Chicago lawyer, finds no difficulty walking through the Windy City's crowded streets, guided by his highly intelligent "seeing eye" dog. These animals have brought new independence to sightless persons.

What to Eat and Why

C. Houston Goudiss Discusses WATER--the Elixir of Life

By C. HOUSTON GOUDISS
6 East 39th St., New York.

OF ALL the elements required to support life and maintain health and efficiency, water takes precedence. Without it, the protein, carbohydrates, fats, minerals and vitamins, which build and repair tissues, provide motive power for the body engine, and regulate the complex processes necessary to existence would be utterly useless.

Water is the magic stream through which all nutritive elements are carried into and through the body and there held in suspension. It is the ever-ready messenger which distributes heat, moisture and body-building material, where and as it is needed.

Man is a Sponge

Our bodies are like water-logged sponges, for we carry water to the limit of our capacity. A human being is more than two-thirds water, and this proportion must be maintained, if health and strength are to be preserved.

There is enough water in a person weighing 150 pounds to fill a 15-gallon barrel. Muscles, liver and kidneys are about 80 per cent water, the brain 85 per cent. Even bone is made up of more than one-third water, so you can see that the old adage "dry as a bone" is not strictly accurate.

No cell can function unless it is constantly bathed in fluid. Furthermore, the cells depend upon water to transport their foods through the blood. This alone requires ten pounds of water in constant circulation.

We may term these functions an incoming service. But it is equally important as an outgoing stream. The cells need water to flush away their waste products. And if the surface of the lungs is not kept moist, there can be no intake of oxygen, no output of carbon dioxide.

Without water, no waste would be carried out of the body. Poisonous substances would remain to wreck the system within a short time. Water flushes the countless channels of physical existence—even while we sleep, for it constantly passes from the body through the lungs and skin, as well as through the bowels and kidneys.

Water Starvation

Where do we get all this water? When we are thirsty, we take a

drink and there the interest of most people ends.

Few individuals give proper consideration to supplying the body with all the water it needs. Yet, when the water content of the body diminishes, health and life are in danger. A loss of 10 per cent of body water is a serious matter and a loss of 20 per cent is usually fatal.

It is only in rare instances—such as when lost in a desert—that man actually dies of thirst, for even when no fluids are drunk, water is consumed with food. But all about us we see men and women suffering from the effects of water starvation. Some indications of this are dryness of the skin and lips, mucous membranes and scalp. There is also danger of damaging the kidneys which require water to flush away the acid products of metabolism. And very often constipation can be traced to a deficiency of water, which is necessary to soften the contents of the intestinal canal.

None of these ill effects may be feared if you take enough water.

How Much Is Enough?

A healthy, normal individual requires about four quarts of water every 24 hours. That requirement varies somewhat with the season. In hot weather there is a greater elimination of water through perspiration and that loss must be replaced.

However, it is not necessary to drink four quarts of water a day. For part of our needs are supplied by food. The body draws upon three sources for its water: First, water taken as a drink or in other liquids; second, water supplied by foods, especially fruits and vegetables, for although solid foods appear dry, most of them are in fact from 75 to 95 per cent water; third, water formed in the tissues in the combustion of fuel foods. Fat gives the most water when burned. In fact, it produces more water than the weight of the original fat. Sugar gives the least.

Foods Rich in Water

A half-pound potato contains nearly a full glass of water. Some other foods that are more than 70 per cent water are asparagus, berries, string beans, cabbage, cauliflower, celery, cucumber, eggs, citrus fruits, cherries, grapes, melons, apples, raw and cooked greens, milk, onions, cooked green peas, boiled potatoes, sauerkraut, shell fish, meat steams, tomatoes and squash.

Foods containing less than 30 per cent water include butter, cakes, candies, ready-to-eat cereals, crackers, dried fruits, nuts, potato chips, sausage, bacon, syrups and zwieback.

Avoid the Dry Habit

In addition to the water consumed with food, every normal individual should drink about six glasses of liquid daily—as water, milk, coffee, tea or other beverages.

Most people drink far too little water. Women often have the mistaken notion that water will make them fat. To demonstrate the fallacy of this idea, a world-famous physician once remarked that if that were true, poor people would long ago have adopted the practice.

It is possible to drink too much water and those who are suffering from disease should be guided by their physician in determining the amount required. But most normal people could increase both mental and physical efficiency by taking more of this magic fluid.

Drink Water with Meals

The question is often asked—"Is it wise to drink water with meals?" The answer is "Yes."

Have You a Question? Ask C. Houston Goudiss

C. Houston Goudiss has placed at the disposal of readers of this newspaper all the facilities of his famous Experimental Kitchen Laboratory in New York City. He will gladly answer questions concerning foods, diet, nutrition, and their relation to health. You are also invited to consult him in matters of personal hygiene. It's not necessary to write a letter unless you desire, for postcard inquiries will receive the same careful attention. Address C. Houston Goudiss at 6 East 39th Street, New York City.

There is evidence that the drinking of a reasonable amount of water with meals by normal individuals stimulates the secretion of gastric juice, thereby improving digestion. It has also been demonstrated that it aids in the absorption of food by the body and retards the growth of intestinal bacteria.

The homemaker should be just as conscientious in providing her family with sufficient water as with adequate amounts of the other food substances. For water must be included in the list of essential food constituents. It is in truth, the ELIXIR OF LIFE.

Questions Answered

C. D. L., Jr.—Pyorrhea seems to be associated with a mild vitamin C deficiency which has gone on over a long period of time. To obtain adequate amounts of vitamin C, you should eat plenty of citrus fruits, tomatoes, strawberries and raw, leafy vegetables, such as cabbage.

Miss T. P. G.—Yes, there is a stimulant in cocoa that closely resembles caffeine in coffee. But a cup of cocoa contains less of the stimulant than is found in a cup of tea or coffee.

Mrs. A. R. M.—No, milk is not fattening. Women especially fear that milk will increase their weight, but this fear is not justified, since a pint of milk, or two large glasses, only supplies 340 calories.

Why... an Oil Polish?

And here, home-makers, is why: The oil element in polish is absolutely essential to all fine wood! For the same reason that we oil machinery—water our plants—massage cream into the face—is oil polish used! The same principle applies—for wood definitely requires this attention to keep it "alive!" The best oil polish has a fine, non-greasy oil base—and it is just this—when rubbed or massaged into the furniture—that prevents the wood from checking, drying out, splitting or cracking. Furniture will not do any of these things, when cared for—and it is the combination of the "oil" and the "rubbing" that prevents it! For the quality oil-polish "feeds" the hungry finish—keeps the wood young! Other polishes may give a quick, easy-to-achieve luster—but a little time and energy (it should not be labor) on the part of the housewife, will pay dividends in the looks and long life of her furniture and woodwork. All experts agree that an oil polish properly used (apply on damp cloth—as directed) is not only better—it is vital! And so, home-makers, take this important tip: Always use an oil polish—and the best one!

O-CEDAR
CLEANS,
POLISHES,
PRESERVES—
KEEPS
FURNITURE
LIKE NEW

More women use O-Cedar Polish and Mops than any other kind—for furniture, woodwork, and floors.

O-Cedar POLISH MOPS · WAX

For Brighter, Cleaner Teeth Use Pepsodent with IRIUM

Irium contained in BOTH Pepsodent Tooth Powder and Pepsodent Tooth Paste

Thank your lucky stars—that Pepsodent now contains remarkable Irium! For this wonderful new cleansing agent—found only in Pepsodent—promises your smile a new beauty! For Irium makes Pepsodent extra effective... enabling it to gently brush away unightly surface-stains... restoring teeth to their full natural radiance. Pepsodent with Irium is thorough... yet utterly SAFE. It contains NO BLEACH, NO GRIT, NO PUMICE! Try it!

