

Treatment For Anemia

By
DR. JAMES W. BARTON
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WHEN an individual is said to be anemic—has thin blood—the first thought for a great many years was to give "iron" pills, because anemia really means lack of iron. And even today the anemic individual is still given iron pills, iron tablets, iron capsules and even iron injections. These methods of giving iron are all helpful in anemia.

Then when Drs. Minot and Murphy, Boston, were able to show the medical profession the wonderful results of feeding liver to patients with the formerly fatal type of anemia—pernicious anemia—liver in some form became the common method of treating all cases of anemia. Later extract of hog's stomach instead of liver began to be used with the same success.

While this treatment by iron, liver or liver extract and hog's stomach helps most patients, it should not prevent the patient, or in cases where the patient is under treatment, the patient's physician, from finding out the cause of the anemia and trying to correct it.

Prevention and Cure.

Dr. H. K. Speed Sayre, in Oklahoma State Medical Association Journal, mentions dental sepsis—poisoning from the teeth—and anemia due to lack of vitamins and minerals in the food eaten.

"The treatment of anemia may be divided into three divisions: Prevention, the general treatment of anemia and treatment by specific or special remedies."

Prevention of anemia would include a general examination by the physician and dentist so that any slow infection that may be destroying the red corpuscles or reducing the iron in them would be readily discovered.

General treatment includes bed rest, rich, nutritious foods, especially meats, green vegetables and fruits.

Special or specific treatment would be the use of liver, liver extract, extract of hog's stomach and, in certain cases, the transfusion of rich blood from a healthy individual.

The Failing Heart.

The heart was meant to do a certain amount of work, according to the size of the body. However, if infection in the body affects the lining or valves of the heart, or affects the power of the heart walls (which pump the blood), it would then not be able to do its "normal" amount of work. It could, however, do half (or even more) as much work as it was able to do before it was damaged.

The point then for those with heart disease—a failing heart—to remember, is, that having such a heart does not mean that they are doomed to early and sudden death. It means rather that they will have to learn just what "load" their heart will carry without putting extra strain on it. It is the extra strain that undermines the heart's strength (uses up its reserve).

Not getting enough rest, taking more exercise or doing more work than the heart can stand are some causes of strain.

An important cause of strain is the eating of large, heavy meals. Emotional disturbances also put much extra strain on the heart.

Six Lives Lost Heeding False Distress Signal

One of the worst disasters on the Great Lakes in 1880 wiped out the crew of the Pointe Aux Barques coast guard station near here, which recently was discontinued, recalls a Huron City, Mich., correspondent in the Detroit Free Press.

Following the mandatory weather report for April 23, 1880, in the station's log is the notation, "Crew all cold in death with the exception of keeper," written by Capt. Jerome Kiah, the first commander.

On that day, Captain Kiah said later, a scow flying a distress signal was seen. The crew of six and commander launched a boat and headed for the scow. Several hours of battling the heavy surf took them three miles out, a quarter-mile from the scow.

A heavy wave swept up on the boat and capsized it. Twice the crew righted it, each time to see it capsize again. For a time they clung to the boat, then one by one they slipped away into the icy water.

Captain Kiah, who was not overheated from rowing because he was in command, alone survived. He was found unconscious on the beach. The report notes that the six lives were lost needlessly. After the coast guard boat overturned, the scow sailed away in no apparent difficulty and its identity never was learned.



Just a Little Smile

NOW YOU TELL ONE
Two hired hands from neighboring farms were telling each other their troubles. One was complaining about not getting enough to eat. "Just this morning," he said, "the cook says to me, 'Do you know how many pancakes you've et already this morning?' I told her I didn't have occasion to count 'em. 'Well,' says she, 'that last one was the twenty-sixth.' And it made me so hot I got up from the table and went to work without my breakfast."—Indiana Farmer's Guide.

The Last Straw

He pulled into the garage with a horrible grinding of brakes and, descending from his ramshackle two-seater, asked to be shown some second-hand cars. "Got tired of the old bus, I suppose?" the salesman inquired. "No, not quite," replied the motorist, "but every time I park this thing, along dashes a policeman to make sure I've reported the accident."—Stray Stories Magazine.

FULL INTENTIONS



He—I met you today with the full intention of asking you to marry me. She—And I met you with the full intention of refusing you if you did.

Summed Up

The teacher was lecturing the class on birds and their young ones. "Now, children," she said, "you must imitate the young ones when they come out of the shells." The children started waving their arms, except one little lad, who sat quite still. "Why do you sit still, Johnny?" said the teacher with surprise. "Because I am a bad egg," was the startling reply.

Proof Positive

Father was testing his son to see what progress he had made at school. "Which is farther off," he asked, "America or the moon?" "America, father," said the boy. "Why do you say that, my son?" "Because we can see the moon but we cannot see America."

Why, So He Is!

Our office manager approached Lotta Kerves, our cute little stenog, blood in his eyes. "Miss Kerves," he roared, waving a letter, "don't you know the King's English?" "Well," retorted Lotta, snappishly, "I didn't think he was French!"—Washington Post.

Son Put One Over

"I wish you'd help me with this problem, Dad," said a small boy struggling with his homework. "Can't, Son," said Dad from behind his paper; "it wouldn't be right." "I don't suppose it would," said the boy, "but you might have tried."

Knew His "Marster"

"Quick, John, bring the brandy. Your mistress has fainted." "Very good, sir. And shall I bring the mistress anything?"—Philadelphia Bulletin.

Millinery

Mr. Stiles—Why, darling! What ails your eye? Why the bandage? Mrs. Stiles—Don't be ridiculous! This is my new hat.

DOUBLE DUTY



Nupop—There's nothing like a baby as an incentive to hard work! Bach—No—unless it's twins.

A Trifle

Sandy—Ever been in an airplane smash, Donald? Donald—I dinna remember. Sandy—Ye dinna remember? Donald—No! After ye've been mairrit 20 years ye dinna notice sich trifles!—Tit-Bits Magazine.

On the Go

"This government report states that the life of a paper dollar is only seven or eight months." "Well, I have never had one die on my hands."—Pathfinder Magazine.

Star Dust

★ Judge Hardy Craze
★ Gary's a Wrangler
★ Glamour to Order
—By Virginia Vale—

YEARS ago, when the "Amos and Andy" craze started, enthusiasts used to defend themselves against skeptics by saying that they liked the radio program because it was so human.

Now the movie-goers, in droves, are saying the same thing about the pictures based on the lives of the



MICKEY ROONEY

Hardy family. The latest one, "Love Finds Andy Hardy," is making plenty of friends for the series, and may lead to demands that earlier Judge Hardy and Family pictures be revived.

The cast is good; Lewis Stone, Mickey Rooney, Cecilia Parker, Anne Rutherford, Lana Turner, Ross Clark, Raymond Hatton. You'll feel that you know them as well as you know your neighbors.

Mickey Rooney is superb. His performance might well be listed as among the best of the year. Don't miss "Love Finds Andy Hardy."

Gary Cooper is perfectly happy, now that he is making "The Cowboy and the Lady" and wearing the kind of clothes he wanted to for his role; not the expensive togs that the studio's wardrobe department picked out for him, but the kind that a cowboy really would wear.

They are telling an amusing story around New York about Jon Hall. It happened when he and Frances Langford were honeymooning there, and were guests at a lake not far from the city. Hall took a canoe out one day, and the attendant stopped him, saying that he couldn't do that until he'd taken the canoe test. So Hall, who grew up in Tahiti and of whose skill in the water you know if you saw "Hurricane," took the canoe test as obediently as if he hadn't practically lived in one from the time he was born.

The new Boyer picture, "Algiers," has been the inspiration for a new dance, a slow fox-trot very much like the tango. Kay Kayser, whose radio popularity is spreading rapidly, played with his orchestra when it was introduced in New York.

Glamour can be cultivated, these days, if the girl who wants it happens to be in Hollywood. There's a man named Al Siegel who has made a business of it; teaches his pupils how to walk, how to use makeup, how to put a song over—how to do practically everything that most of the girls on the screen and in radio have to do these days. He is credited with developing such stars as Ethel Mer-



Patricia Ellis

man, Dorothy Lamour and Shirley Ross, and among his pupils at present are Marsha Hunt, Andrea Martin and Patricia Ellis. Much of his wit is with people who have made a hit in radio, been signed up for pictures, and don't know the tricks of the trade.

Odds and Ends—Too bad that Don Ameche had to spoil the first part of that long-awaited European vacation by coming down with appendicitis. . . . And maybe 20th Century-Fox wasn't wild when they heard of his illness! . . . The new house which Lupe Velez and Johnnie Weismuller were building will be finished and rented, unless Lupe changes her mind again about getting a divorce. . . . There's a radio in every room of Jack Benny's new house. . . . The Pickens sisters, who climbed so rapidly to success in radio, are now working hard to achieve it on the stage; they're at the little theater in Provincetown, and experts say they're good. . . . Douglas Corrigan has agreed to signing a film contract, if the story is to his liking—and it should be, for it will be the story of his own life. . . . Marjorie Reynolds set September 12th for the date of her wedding to David Rose, and then was informed that she'd have to call off her plans, as she would be working that day. . . . The picture will be "Never Say Die," with Bob Hope. Mr. Zukor expects to make the Hope-Hope team a comedy-starring one. . . . But Marjorie wishes that he would postpone his plans for a month or so.

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AT EVENING TIME

By
Madeline A. Chaffee
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WNU Service.

The "Briny Toyshop" was closed for the day. Its tiny show window still displayed an enticing array of delightful playthings, but the latch was hard down on the door, and its little lady proprietress had retired to her favorite low rocker by a rear window facing the sea.

The most persistent youth in the small sea-faring village rattled the door, but in vain. Miss Matilda Bell did not even hear. There seemed more than ordinary magic in the glowing spell cast by the sun at this close of day. The old-fashioned garden sloping to the rocky shore seemed a fairy place. The sea was many-hued, dusky, wondrous, and its melody came pleasantly to Miss Matilda. There were dreams in Miss Matilda's eyes as she watched; not the happy, hopeful dreams of youth, but the deeper, sadder dreams of one who has lived long.

Miss Matilda was so much a part of her surroundings that she had ceased to notice them in detail. Her mind had flown back nearly 50 years, to the time when she had not the faintest thought of ever being a little, elderly, sweet-faced lady sitting by herself in the twilight.

To the time when she was a young, adventurous girl pledging her troth to a dashing young naval officer. Even now her eyes grew dim as the memories came drifting in on the breeze. Dream pic-

tures blotted out the garden, the rocks, the sea itself, and Miss Matilda felt herself in the arms of her young lover, so tender, so dear.

And he had sailed away, full of hope and happy anticipations of the day when he should return to make her his wife. Miss Matilda's eyes blurred. That day had never come. There had been a fire aboard the ship—and the young officer, who belonged heart and soul to Matilda Bell, had given his life for another.

Years had taken away that first tragic grief, but Miss Matilda had loved too deeply to forget. How she wished she had been with him! Sometimes he seemed to speak to her in the voice of the sea, and she would say that she was coming—some day soon, very soon—coming to be with him. On the rocks below Miss Matilda's cottage two figures were silhouetted against the dull red sky.

"But, dear girl"—the man's voice was tender, serious—"you don't know what the life is. I do—and I wouldn't condemn any woman to it, least of all—you. It will be a torture without you—but it wouldn't be fair to take you."

The girl's straight, sweet gaze held his steadily.

"But, Tom, don't you see I want to go? It may be years before you come back. Our marriage—that-is-to-be is going to be

Wise and Otherwise

—A—
"A child must have a chance to express its ideas," says a psychologist. Yes, but not on plain wallpaper!

"Girls were quicker in their movements eighty years ago," says a writer. They got a bustle on then.

"And they call America the land of free speech," said the disgruntled Scot when the telephone operator told him to put a nickel in the box.

The best husbands are those who marry young. If a man waits till he has money it hurts more to pay it out.

True partnership, Tommy boy, and it must begin by my going to South America with you now. I can face anything—with you!"

The two silhouettes suddenly converged into one as Tom said huskily:

"Bless you, sweetheart, you're coming with me. We'll play the game of life squarely—together."

And up in the little dusky window above the garden, with the sea still crooning a low love song, Miss Matilda had come into her own.

See by Mirrors

Tapestry weavers are obliged to watch the progress of their work in mirrors, as a tapestry has to be woven from the back. The weaver checks his work in a mirror facing the front of the fabric.—Collier's Weekly.

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The list of stations with days and times over which the broadcasts can be heard appear below.

TWICE WEEKLY AT THE NOON HOUR

City	Station	Kilobycles	Days	Time	City	Station	Kilobycles	Days	Time
Ahleson	KFBI	1050	Wed. & Fri.	11:30 A.M. CST	Medford	KMED	1410	Wed. & Fri.	12:35 P.M. PST
Amarillo	KGNC	1410	Tue. & Thur.	11:30 A.M. CST	Memphis	WRBC	600	Wed. & Fri.	12:15 P.M. CST
Atlanta	WSB	740	Tue. & Thur.	12:45 P.M. CDST	Miami	WQAM	560	Wed. & Fri.	12:45 P.M. EST
Bakersfield	KPMC	1550	Tue. & Thur.	12:15 P.M. PST	Milwaukee	WTMJ	620	Tue. & Thur.	12:30 P.M. CST
Baltimore	WBAL	1060	Tue. & Thur.	12:30 P.M. EDT	Minneapolis	WCCO	810	Wed. & Fri.	12:45 P.M. CST
Birmingham	KGHL	780	Tue. & Thur.	12:45 P.M. CST	Nashville	WSM	650	Tue. & Thur.	12:30 P.M. CST
Birmingham	WBRG	950	Wed. & Fri.	12:15 P.M. CST	Newark	WOR	710	Mon. & Fri.	12:15 P.M. EDT
Bismarck	KPYR	550	Wed. & Fri.	12:30 P.M. CST	New Orleans	WWL	850	Wed. & Fri.	12:30 P.M. CST
Boise	KIDO	1550	Wed. & Fri.	12:30 P.M. CST	Oklahoma City	WKY	900	Tue. & Thur.	12:00 P.M. CST
Boston	WBZ	990	Wed. & Fri.	12:15 P.M. EDT	Omaha	WOW	590	Wed. & Fri.	12:00 P.M. CST
Buffalo	WBBN	900	Tue. & Thur.	12:15 P.M. EDT	Phoenix	KTAR	620	Tue. & Thur.	10:30 A.M. MST
Burlington	WCAX	1200	Tue. & Thur.	12:45 P.M. EDT	Pittsburgh	KDKA	980	Wed. & Fri.	12:30 P.M. EDT
Charlotte	WBT	1080	Tue. & Thur.	12:00 P.M. EST	Plattsburgh	WMBE	1510	Mon. & Thur.	12:15 P.M. EDT
Chicago	WLS	870	Tue. & Thur.	12:15 P.M. CDST	Pocahontas	KSEI	900	Wed. & Fri.	12:45 P.M. MST
Cincinnati	WLW	700	Saturday	12:30 P.M. CDST	Presque Isle	WAGM	1420	Tue. & Thur.	11:45 A.M. EDT
Clay Center	KMMJ	740	Tue. & Thur.	11:45 A.M. CST	Rochester, Minn.	KROC	1320	Tue. & Thur.	12:15 P.M. MST
Cleveland	WTAM	1070	Tue. & Thur.	11:00 A.M. EST	Richmond	WRAA	1110	Tue. & Thur.	12:30 P.M. EST
Corpus Christi	KRIS	1330	Tue. & Thur.	12:00 P.M. CST	Rochester, N.Y.	WROC	1510	Tue. & Thur.	12:30 P.M. CST
Dallas	WFAA	800	Tue. & Thur.	12:15 P.M. CST	Rapid City	KORH	1370	Wed. & Fri.	12:00 P.M. MST
Des Moines	WHO	1000	Tue. & Thur.	12:15 P.M. CST	Salem	KSLM	1370	Wed. & Fri.	12:35 P.M. MST
Detroit	WJR	750	Wed. & Fri.	1:00 P.M. EST	San Antonio	WQAI	1190	Tue. & Thur.	12:00 P.M. CST
Dodge City	KGNO	1340	Mon. & Wed.	12:15 P.M. CST	San Bernardino	KFXM	1210	Tue. & Thur.	12:45 P.M. PST
El Centro	KXO	1500	Tue. & Thur.	12:30 P.M. PST	San Francisco	KPO	680	Mon. & Thur.	1:00 P.M. PST
El Paso	KTSM	1310	Tue. & Thur.	12:45 P.M. CST	Santa Ana	KVOE	1500	Wed. & Fri.	11:45 A.M. PST
Eugene	KORE	1420	Tue. & Thur.	1:00 P.M. PST	Schenectady	WGY	790	Sat. & Sun.	12:15 P.M. EDT
Fargo	WDAY	940	Wed. & Fri.	12:15 P.M. CST	Shreveport	KWKH	1100	Wed. & Fri.	12:30 P.M. CST
Fresno	KMII	580	Wed. & Fri.	12:30 P.M. PST	Sioux Falls	KSOO	1110	Wed. & Fri.	12:30 P.M. CST
Fl. W. Ryne	WOWO	1160	Wed. & Fri.	12:45 P.M. CDST	Spokane	KHQB	590	Tue. & Thur.	7:15 A.M. PST
Gainesville	KRFB	830	Wed. & Fri.	11:30 A.M. EST	Springfield, Mo.	KGBX	1230	Wed. & Fri.	12:00 P.M. CST
Great Falls	KFBZ	1280	Tue. & Thur.	1:00 P.M. MST	Springfield, Mass.	WBZA	990	Wed. & Fri.	12:15 P.M. EDT
Greensley	KKA	880	Wed. & Fri.	12:15 P.M. MST	St. Joseph	KFJO	690	Wed. & Fri.	12:20 P.M. CST
Hartford	WTIC	1040	Tue. & Thur.	1:15 P.M. EDT	St. Louis	KMOX	1090	Wed. & Fri.	1:00 P.M. CST
Hot Springs	KTHS	1060	Wed. & Fri.	12:15 P.M. CST	St. Petersburg	WSPN	620	Tue. & Thur.	12:45 P.M. EST
Houston	KPRC	920	Tue. & Thur.	12:15 P.M. CST	Syracuse	WNYR	570	Tue. & Thur.	12:30 P.M. EST
Indianapolis	WIRE	1400	Wed. & Fri.	11:30 A.M. CST	Tampa	KTVT	1140	Wed. & Fri.	11:45 A.M. CST
Kansas City	KMBC	950	Wed. & Fri.	12:15 P.M. CST	Twin Falls	KTFI	1240	Tue. & Thur.	1:15 P.M. MST
Klamath Falls	KJH	1210	Mon. & Wed.	12:00 P.M. PST	Waco	KRGV	1260	Tue. & Thur.	12:00 P.M. CST
LaCrosse	WKLB	1380	Wed. & Fri.	11:45 A.M. CST	Wichita	KFH	1300	Mon. & Wed.	12:30 P.M. CST
Little Rock	KLRA	1390	Wed. & Fri.	12:15 P.M. CST	Wilmington	WDEL	1120	Wed. & Fri.	12:30 P.M. EDT
Lubbock	KFY0	1410	Wed. & Fri.	11:45 A.M. CST	York	WYRK	570	Wed. & Fri.	11:45 A.M. CST

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