

YOUR HEALTH

From Educational Committee of Board of Trustees of the Medical Society of Pennsylvania, which Cambria County Medical Society is a component . . .

What of the health of a nation on ration? . . .

Britain, in its fourth year of war, is down to something like iron rations. . . .

Yet the diet of the people in Great Britain results in a state of health which is about as good as it was before the war. . . .

This statement was recently made by Dr. John Boyd Orr, director of the Imperial Bureau of Nutrition of Great Britain, who should know. . . .

There are no signs of malnutrition in Great Britain. . . .

Child health is actually better than before the war, due to national concern for the safety of children. . . .

There will be enough food in the United States to assure everyone of a reasonably adequate diet through 1943, say U. S. Bureau of Agriculture economists. . . .

In Great Britain wealthy people are eating about one-third less food than before the war, and feeling better for it. . . .

The poor people of Great Britain are getting diets much richer in vitamin and minerals, and are healthier because of this. . . .

The amount of land under cultivation in Great Britain is now 50 per cent greater than before the war. . . .

The American farmers are faced with the "difficult task" of producing enough food to "maintain domestic food consumption at about its average level as well as to supply quantities of food that are needed for lend-lease shipment." . . .

In the United States we have been eating about the same total amount of food each year since 1909, although there have been some significant shifts. . . .

We eat fewer potatoes and less of cereal products, especially flour and corn meal. . . .

We have been eating more sugar and are drinking more fluid milk and cream. . . .

In Great Britain there is no hoarding and no grumbling. . . .

AXE IS THE PATH

A Meditation for the New Year, by Ruth Taylor.

"The axe is the path into the forest."

When the first intrepid voyagers braved the unknown seas to seek a refuge on our shores, they found here virgin wilderness. There were no paths but those created by the wild beasts and still wilder savages. With their axes they hewed out homes, built their villages and then erected their stockades. With their axes they hewed a pathway into the forest, felled trees for bridges across turbulent waters, penetrating deeper and deeper into the woods until they crossed the mountains and reached the plains. With their axes they split the timber for the wagons that weighed them to other forests. These they conquered in like manner until at last they came to where the waters of the blue Pacific lapped the western shore.

"The axe is the path into the forest." The free man must ever forge ahead into the unknown. The axe is the symbol of his own strength, of his ability to utilize his own talents to carve out his own path into a new world. The path he hews, others will follow, to go where he leaves off. His is the responsibility to make his part of the path run true and smooth, that those who follow after may speed to their own task.

"The axe is the path into the forest." We are in the forest of war. Only as we wield our own axe, lustily and wisely, will we find the path out. Only as we work as did those earlier pioneers, from dawn until sunset will we carve our pathway to the mountain peaks from which we can see the plains of peace beyond. Only as we lop off the non-essential branches, cut down the poison growth of hates, suspicions and prejudice, level the trees that hide our vision of a free world, can we be worthy followers of those who made this country of ours. As they who preceded us, wielding their axes, built a nation of the free, so can we, wielding our axes, build a free world. The power is in us. We need but the will to act.

"The axe, now as always, is the path into the forest."

Injured in Wreck. Two LaJosa residents were injured on Saturday night when the car in which they were riding skidded and crashed into a utility pole, Ordell Fishel, driver of the machine, suffered a fracture of the right leg. Andrew Euccasa escaped with lacerations of both legs. Fishel was admitted to the Spangler hospital.

GERMAN DEATH RATE CONTINUES TO GROW

Diplomatic dispatches from Europe report that the German death rate is going up and the birth rate is going down.

Also the number of German soldiers killed or permanently disabled since the war began now totals 1,900,000. This estimate made before the Russian counteroffensive began, and before the British turned back Rommel in Egypt. Obviously, therefore, the total is now well above 2,000,000.

This does not include prisoners nor men suffering minor wounds. If these were included, the total casualty figure would be, according to accepted military ratios, more than twice the basic figure, or approximately 5,000,000.

Meanwhile, exact figures on the German birth rate have been received. These indicate the usual wartime downward trend of births, despite Hitler's frantic efforts to make procreation popular.

The birth rate was 20.5 in 1939 per thousand, 20.4 in 1940, 18.8 in 1941, but for the first three months of 1942 took a drop to only 15.8.

Neutral diplomatic sources report that business men in Germany are beginning to foresee defeat. But the people as a whole will not be aware of approaching defeat, and their morale will not crack, until the German army suffers a major military reverse. The heavy casualties, now comparable to the total suffered in the First World war, are not enough in themselves to cause popular revolt, as long as the German armies successfully dominate Europe.

But when Rommel is cleaned out of Africa, and when that news seeps into the German consciousness, we can look for popular discontent, plus burning distrust of the Nazi military machine.

ITALIAN UNREST Those who expect the bombing of Italy to cause a revolt of the people are badly mistaken. The bombing may knock out her industrial productivity and cripple her fleet and shipping, but will not cause a popular revolt.

Reasons for this are two: 1. Nazi troops have such a stranglehold on Italy that no revolt could gain headway; 2. There are no leaders left to head a revolt.

Italo Balbo was an opponent of collaboration with Germany. He led a spectacular flight of planes to the United States, and was an admirer of Mussolini on African policy, contending that Libya could not be detested. Balbo died in what was officially reported as an airplane "accident."

Pietro Badoglio was skeptical about the Greek campaign, told Mussolini he wouldn't undertake it without ten divisions and four months preparation. Mussolini ordered him to take one month and four divisions. Badoglio is popular among the Italian people, but too old to lead.

Rodolfo Graziani was also skeptical about the defense of Libya, though largely responsible for preparing its defenses. Much younger, he has broken with Mussolini and is under surveillance, possibly under arrest.

People Hate Mussolini. Yet the sentiment of the people, especially in southern Italy, is such that they would welcome deliverance from Mussolini and Hitler. U. S. diplomats, waiting for release from internment after Pearl Harbor were told secretly by Italians: "We will not forget!"

There are many things they will not forget, including the ludicrous behavior of Mussolini, who conceals his baldness and his wien by never removing his hat before a camera; the wild behavior of his daughter, Edda Ciano; and the lavish entertaining of Count Ciano who serves soup-to-nuts banquets while the people eat a few ounces of rationed bread.

As yet there has been no bombing of Rome, but some indication of what might happen was given early in the war when the French sent planes over Rome for four nights. The people poured out of the city on everything that had wheels, including push carts, bicycles and baby carriages. Yet the French had dropped nothing more harmful than leaflets.

It is reported that when Allied bombers come over the city, the people kneel at the altar of their patron saint, San Gennaro, and with Mussolini in mind, say: "Dear San Gennaro, tell them: he's not here—he's in Rome!"

LET THE NAZIS KNOW Many an army official is overcautious about speaking for publication these days, but not Lieut. Gen. "Hap" Arnold, commander of the army air forces.

Disclosing that U. S. fliers are being turned out of preflight schools at the rate of 40,000 a year, Arnold was asked if the figures could be quoted.

"Why not?" he chuckled. "It won't do any harm. Might do a lot of good. It'll show the Germans how many we've got!"

DO YOU KNOW The medical personnel in Russia in 1914 was 19,785. In 1940 there were 120,000 physicians in the Soviet Union, also 72 medical schools.

U. S. SOLDIERS—U. S. FARMERS

Forthright Sen. Charley McNary comes from Oregon, where the farmers have had a lot of trouble this year getting men to pick their fruit and harvest their wheat.

So McNary wrote to Secretary of War Stimson pointing out that there were two army cantonments in Oregon, that it might be an excellent thing for the nation's food supply and for national co-operation generally if some of the soldiers were given furloughs and allowed to help Oregon farmers with their crops.

Secretary of War Stimson wrote back rather tartly that soldiers of the U. S. army had to work at war, and that the idea was preposterous.

A little later Senator McNary noticed newspaper accounts of the way American soldiers in England had taken time to help English farmers harvest crops. So he wrote Stimson again.

"The work of our men in training for war must be shot to pieces in England," McNary said, "in view of the fact that American soldiers are working in the harvest fields."

The secretary of war replied a little lamely that if American troops in England were working in the harvest fields, they were doing it on their own time. But he welcomed no more suggestions about helping farmers here at home.

STEALING THE STARS Washington is full of movie moguls all worried about the fact that their big stars are leaving them. Trouble is the \$25,000 ceiling on incomes. Hollywood stars figure this is an opportunity to jump their contracts, and everybody is now out stealing each other's stars—or trying to.

The ins and outs of the new income ceiling are difficult. But in brief, here is how it affects Hollywood. The total salary which can be paid under the new ruling is \$67,000, which, when tax deductions are made, gives a net income of \$25,000. Certain other deductions also are allowable, but the treasury regulation specifically states that additional money to care for these deductions cannot be paid out by the companies. If they do pay them, the government may require them to make good the outlays.

This is what gripes the movie stars. Some of them have been getting salaries running up into the \$200,000s, so to come down to \$67,000 is quite a plop.

Furthermore, movie contracts are for one picture, with an option taken on the next and then the next. So with the companies unable to pay high salaries, the options on their stars are automatically broken.

ARMY MASCOTS Mascots are popular in the armed services. Dogs are most common, but some units have adopted cats, eagles, goats, mules, horses, prairie dogs, and even kangaroo rats.

In fact on the morning report of the 355th Infantry, Camp Carlson, Colo., appears the name of a certain sergeant who has never received a cent of pay since he joined the army, yet he is one of the happiest and best liked members of the outfit.

The "sergeant" in this case is a white fox terrier, a company mascot. He was in good standing until recently, wore his chevrons proudly on his khaki jacket, and But one night he left the camp AWOL to chase prairie dogs and did not return in time for reveille. Like any other soldier, he had to pay the penalty for misconduct. In a solemn ceremony, attended by officers, he was "broken," his stripes were taken away, and the warrant was signed by the colonel.

HEROES WITHOUT HEADLINES You don't hear much about them and their names don't get into the headlines, but some of the boys doing great jobs in Egypt are the tank repair crews of the U. S. ordnance corps.

When a tank is damaged in action on the Egyptian front, an American crew goes out at night with a big auto-transport truck, not unlike those which used to carry passenger cars from Detroit to retail auto dealers. They load the crippled tank on board, haul it behind the lines where mobile machine shops have been set up, and in almost no time it is repaired.

Mulch Ornamentals. Now that the ground is thoroughly frozen, winter mulch can be applied around newly planted ornamental materials, say ornamental horticulturists of the Pennsylvania State College. Place evergreen branches on the mulch to keep it from blowing away.

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MILLO-WHEAT Farina Pkg. 13c
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