HEALTH FOR ALL

This column is sponsored, in the interest of better health, by the Allegany Health & Tuberculosis Association, 44 Schuyler St., Belmont, N. Y.

Breakfast Habits

Cartoons and comic strips frequently picture the American commutor clutching a steaming cup of coffee in his hand as he runs for his bus or train in the morning. The implication is that most of us give ourselves little or no time for breakfast, which is considered by many doctors and nutritionists as the most important meal of the day.

While cartoonists may exaggerate a bit, it is true that many of us, especially city-dwellers with jobs, habitually neglect eating a proper breakfast. Breakfast is uninteresting, unimportant, and time-consuming to some people, and many seem to feel that they have the remainder of the day to make up nutritional needs.

However, nutritionists warn us that breakfast is an important meal and should constitute from one-fourth to a third of the day's intake of food. Nutrition experts point out that, ordinarily, the stretch from diner in the evening to breakfast the following morning is the longest period in which the body goes without food, and nourishment is needed early in the morning.

As a matter of fact, the person who skips breakfast and waits till lunch can be "losing" every morning of his working day terms of production and enjoyment. Results of many experiments among students, housewives, and working people show that those who neglect breakfast are generally less efficient less alert during the morning than people engaged in similar pursuits who start the day with a nourishing meal.

Like all meals, a "good breakfast" doesn't necessarily mean a great deal of food, but rather a well-balanced menu of "energy foods" and those which build tissue and supply vitamins and minerals. A satisfactory breakfast, one that can give a person a good start for the day's tasks, can consist of fruit juice, an egg, milk, bread (preferably whole wheat or enriched), or cereal.

Lack of time to prepare a nutritious breakfast is not a valid excuse these days. Modern packaging of breakfast foods has reduced the time needed for preparing and serving them to a minimum. Actually, most of us could enjoy a tasty, healthful breakfast if we got up a few minutes earlier. And the formation of this habit can mean generally improved health, more efficiency for the day's tasks, and even greater enjoyment of living.

And Son Changes His Mind

The head of the family was approached by his son, just coming of age.

"Father," he said, "I want to have a talk with you concerning my future. I have decided to become an artist. Have you any objections?"

The old man scratched his head reflectively before he answered, "Well, no, son, provided, of course, you don't draw on me."

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NOTICE is hereby given that License No. 41 CL 12 has been issued to the undersigned to sell liquor, wine, cider and beer at retail for on-premises consumption, at the Club, corner of Main and Center Streets, Andover, Allegany County, New York, 1012.

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41 LOUIS JOYCE

Rheumatic Fever For Children

A Community Service Issued by Children's Hospital of Buffalo, N. Y.

The exact cause of rheumatic fever is unknown. However, certain facts about this chronic disease have been established which the Children's Hospital of Buffalo reviews for parents in this area.

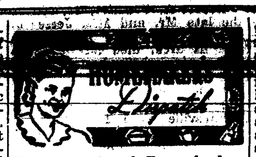
It is generally believed that, although rheumatic fever is not in itself contagious, some families seem to be more susceptible to it than others; that poor housing conditions increase its occurrance; that it is seldom found in children of pre-school age. Aching joints, constant fever, pallor, loss of weight, frequent nosebleeds and poor diet may be indications of rheumatic fever, but may just as well be signs of some other illness.

Many physicians believe there is a connection between streptococcus infection and rheumatic fever because it is almost always preceded by a "strep" infection. So far there isn't any known way to avoid rheumatic fever but the family doctor should always be called if there is fever, undue fatigue or aching in the joints. The earlier this disease is diagnosed, the better the chances of recovery. The doctor may make some blood tests and examine the heart by fluoroscope or electrocardigraph because rheumatic fever inflames the valves, muscles and outer lining of the heart. This may not mean permanent injury but an attack of rheumatic fever always requires special care after recovery to avoid such heart damage.

Parents should try not to "baby" a child who has recovered from an attack so that he regards himself as an invalid. He should be allowed as much exercise as prescribed by the doctor. Parents can however, help to protect him against another attack by following a few simple precautions:

1. Have the child routinely examined by the doctor even though he feels well.
2. Keep him away from people who have colds or sore throats.
3. Try to avoid fatigue and chilling.
4. If the child catches cold, keep him at home indoors until he has completely recovered.
5. At the first sign of fever or pain, call your doctor.

The only effective treatment for an acute attack of rheumatic fever is long rest in bed under good medical and nursing supervision. It is extremely important to follow the physicians advice in this regard.



To Remove Starch From the Iron

Starch is fine in clothes but not on the bottom of the iron, as every homemaker knows. The question is: How can you remove starch from an iron? There are several ways, but before you start make sure the iron is disconnected and cool. Then rub off the starch with a very fine steel wool or a fine scouring powder such as whiting. Or wipe off the sole-plate of the iron with ammonia and whiting.

Another method is to rub the iron over wax paper which has been sprinkled with salt. You can also remove starch with a damp, soapy cloth, but you do have to be careful that none of the moisture seeps into the iron. If the inside workings of an iron get wet, that moisture can cause a short circuit when the iron is connected.

A Snowsuit for Jimmy

When you buy Jimmy or Susie a new snowsuit, give a little thought to its weight, say specialists at Cornell's College of Home Economics. Weight does not always mean greater warmth but it can bog down the little tyke so that even play is work for him. Another thing to consider in selecting a snowsuit is the color. Buy outer garments in bright colors. The small fry love them and their brightness stands out well against the snow and winter, it makes the youngsters more easily seen when they are crossing streets.

Fall-Set Strawberry Plants

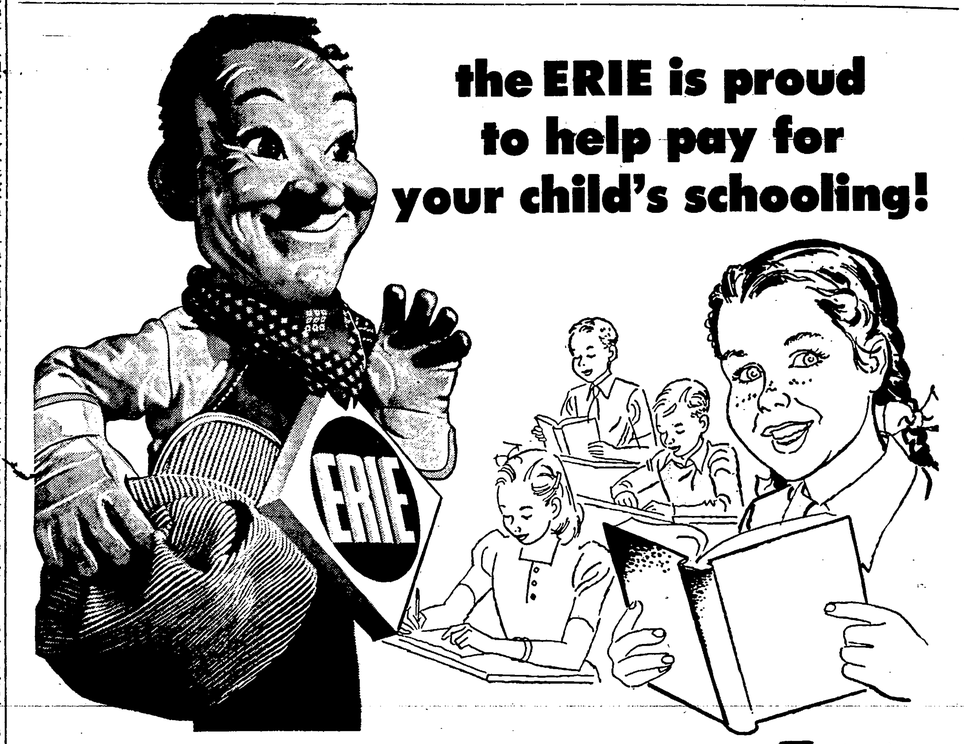
It's too early to dream about fresh strawberry dishes, but it's not too early (nor too late) to plant strawberry plants. Specialists at the New York Agricultural Experiment Station point out that fall planting of strawberries has many advantages. Fall-set plants send out runners sooner and in greater numbers than plants set in the spring. And the early runners are the ones that bear the most of the next season's fruit. Strawberries may be planted as late as November, but a mulch is needed for winter protection. They will need a mulch again next fall and will bear a full crop the following year.

Round Robin

Jones: "Sorry, old man, that my hen got loose and scratched up your garden."

Smith: "That's all right. My dog ate your hen."

Jones: "Fine! My car just ran over your dog."



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Who Runs America?

RUNNING AMERICA *is the joint job of 150,000,000 people. It's the biggest job in the world today—keeping it running for liberty and for freedom. And the whole world's watching to see whether Americans can do it!*

IN MUCH OF THE WORLD *today, the people have resigned from running their own countries. Others have been quick to step in—first with promises of "security"—and then with whips and guns—to run things their way. The evidence is on every front page in the world, every day.*

FREEDOM COMES UNDER ATTACK. The reality of war has made every American think hard about the things he's willing to work and fight for—and freedom leads the list.

But that freedom has been attacked here recently—just as it has been attacked in other parts of the world. One of the most serious threats to individual freedom has been the threat of Government-dominated Compulsory Health Insurance, falsely presented as a new guarantee of health "security" for everybody.

THE PEOPLE WEIGH THE FACTS. In the American manner, the people studied the case for Socialized Medicine—and the case against it.

They found that Government domination of the people's medical affairs under Compulsory Health Insurance means lower standards of medical care, higher payroll taxes, loss of incentive, damage to research, penalties for the provident, rewards for the improvident.

They found that no country on earth can surpass America's leadership in medical care and progress. They found that able doctors, teachers, nurses and scientists—working in laboratories where Science, not Politics, is master—are blazing dramatic new trails to health for Americans—and for the world.

THE "GRASS ROOTS" SIGNALS CONGRESS. In every community in the Nation, people stood up to be counted on this important issue. Thousands of local women's clubs, civic groups, farm, business, religious, taxpayer, medical, educational and patriotic organizations spoke out—giving the great United States Congress its unmistakable Grass Roots signal from home!

And ever watchful, ever sensitive to an alert people, The Congress saw that signal, and heard the people speak out, loud and plain. That's democracy in action. That's the American way!

Today among the 10,000 great organizations on militant public record against "Compulsory Health Insurance" are:

- General Federation of Women's Clubs
- American Farm Bureau Federation
- National Grange
- Veterans of Foreign Wars
- National Conference of Catholic Charities
- American Protestant Hospital Association
- American Legion
- National Association of Small Business Men
- United States Chamber of Commerce
- National Association of Retail Grocers
- National Retail Dry Goods Association
- American Bar Association

• Doctors of this Nation are grateful that the people refused to be wooed by the fantastic promises of this un-American excursion into State Socialism. • Doctors of America are dedicated to serve their fellow citizens at home and their comrades in uniform, wherever service to this Nation may take them. • And the things they stand ready to fight for—to sacrifice for—to die for—are not the alien way of life of Socialism, but the priceless security of a free and self-reliant people!

THE VOLUNTARY WAY IS THE AMERICAN WAY!

• Throughout the Nation, free men and women, working and planning together, are finding the American answer to every question of medical service, care and cost. Hundreds of Voluntary Health Insurance Plans are in healthy competition—sponsored by doctors, insurance companies, hospitals, fraternal organizations—by industry, agriculture and labor. • Today in America—70 million people are protected by Voluntary Health Insurance! • Throughout the Nation, families are insuring themselves against the major costs of illness—at reasonable, budget-basis prices. Voluntary Health Insurance takes the economic shock out of illness. Protect your family now. • For information, ask your doctor—or your insurance man.

An American's greatest heritage is the right to learn the facts—and to speak his mind. Maintained with honor and used with sincerity—that right will guarantee forever that

You and Your Neighbor Run America!

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