



"I tell you, Folks, all politics  
is apple sauce."

—Will Rogers.

# BULLETIN

of the  
**Mahoning  
County  
Medical  
Society**

Vol. XII      No. 10  
October,      1942



# S · I · M · I · L · A · C

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## PRESIDENT'S PAGE

As President of this Society for part of this very trying and tiring war year, I wish hereby to express my gratitude to the Council and to each and every member of the Society. All of you have contributed generously of your time and energy that the splendid traditional activities of the Society might be preserved and extended.

It has ever been my wish to prove worthy of your confidence and I hope that at least some genuinely constructive results may be chalked up from what we have tried to do.

My affectionate regards I extend to you all. May the time come ere long when we shall all be again united in peace and prosperity.

WALTER KING STEWART, M. D.,  
*President.*



## Editorials ---

### Chemical Warfare

It's a "global" war, a "mechanized" war, an "all-out" war. Sadly, it's more than that,—it's a "chemical" war.

Hitler and his apes mean to win this war, no matter how. Failure to get ourselves informed is just plain suicide. Mustard gas, Lewisite, phosphorus, adamsite, chloracetophenone, phosgene, chlorine, and other dangerous chemicals will be used as surely as defeat becomes the alternative.

Threats to retaliate are not good protection. The only way is to learn all we can about what to do in a raid in which these things are actually used. The program and the speakers for this month's meeting will do much to give us that knowledge.

Drs. Blankenhorn, Goldman, and Brown will present exhibits and other material to make their discussions clear to us.

Dr. Bunn, who brings these speakers to us, has postponed until a later date the program on "Possible Bacteriological Warfare," in order that we may hear this extremely timely subject right now. A very large audience will be on hand.

### These Days

If very few good things come without a lot of effort even in normal times, imagine what's in store for

us in the months—maybe years—to come. Every thing must be submitted to critical examination as to its importance, and even more so, as to its essentiality.

That holds for our County Medical Society and its numerous activities. They must serve the purposes of war, and if any activities fail to do this in some way it is imperative to omit them. Conversely, if it is found that the Society is the best agency for certain functions, it becomes equally the duty of each and every member to do his part to see that those functions are undertaken and completed when and as need for them becomes manifest.

Among the things clearly beneficial to our war effort is continued improvement in the performance of our professional duties. There can be no doubt about that. It is clear, then, that each member owes it to his country not only to utilize programs that will promote efficiency, but to do all in his power to aid in procuring such programs.

Help and cooperation, unity of effort, are the only means by which the Society can overcome the many difficulties now before us.

Not in the name of the fine old traditions of this Society, not in behalf of any man, past or present, who has tried to serve the Society,—but faithful to our men in the Service, and because we, too, love our country, we at home will be "on alert"!



## STORED-UP ENERGY

Here, indeed, is energy . . . and a full measure of pleasure, too . . . carefully stored away under modern refrigeration . . . for the health and enjoyment of all the family. Tempting, fresh dairy foods from Isaly's . . . wholesome, nutritious milk and cream . . . Isaly's quality butter . . . protein-rich cottage cheese . . . eggs . . . vegetables . . . fruit . . . and a brick of Isaly's three-layer ice cream. Here are the foods of a war-time America . . . building foods . . . high in nutritive value . . . yet happily low in cost.

# ISALY'S

Dairy Specialists

## FROM OUR DOCTORS IN THE SERVICE

Sept. 27, 1942

Dear Claude:

Just a note to thank you for The Bulletin. I have read it from cover to cover and think it's better than ever! I still think the fellows at home have the hardest job of all. Please give my best to any of the Society you see and thanks again for The Bulletin.

MAJOR JOHN NOLL, JR.

\*

Aug. 24, 1942

Dear Miss Herald:

This is to acknowledge that I have been receiving The Bulletin regularly every month.

However, it will facilitate matters if you address the mail as shown below.

Thanks a lot.

CAPT. SAMUEL EPSTEIN.  
Station Hospital,  
Fort Jackson, S. C.

\*

Sept. 5, 1942

Dear Dr. Norris:

Received the Mahoning County Medical Bulletin and sure enjoyed reading it. Am keeping quite busy here.

Regards,

LIEUT. A. R. CUKERBAUM.

\*

Sept. 2, 1942

Dear Miss Herald:

Received The Bulletin and thanks loads. Will let you know of any change in address. Do you deliver them to Japan or to Berlin? I just wanted to know as I'd like to receive them through the duration. Heap much regards to all and thanks.

M. M. KENDALL.

\*

Sept. 4, 1942

Dear Miss Herald:

Thanks for sending the Medical Bulletin. I enjoyed it from cover to cover.

I received orders today to leave

1942

for Camp Young, Indio, Calif., tomorrow so that will be my new address. I had hope to get home first but can't make it.

Kindest regards,

CAPT. O. A. AXELSON.

\*

Sept. 24, 1942

Miss Mary B. Herald  
Youngstown, Ohio  
Dear Miss Herald:

Received The Bulletin last month. Thanks a lot for the courtesy. It's like getting mail from home when The Bulletin arrives. Keep it up. I will try to keep you posted as we roll merrily along. As you probably know, Drs. Ray Hall, W. D. McElroy and Paul Kaufman are also at this camp.

Regards to all,

LT. B. FIRESTONE.

\*

Sept. 27, 1942

Dear Dr. McKelvey:

This is really the life. It is certainly different from private practice and is so good that a few years of this will make a return to private practice extremely unwelcome. How can private practice with its constant hustle compare with hours of 9:00 A.M. to 4:30 P.M., with an hour off for lunch—all of this in a brand new hospital? That's exactly what I am forced to enjoy. It's a wonderful thing to have a vacation with pay.

Sincerely,

LT. H. J. REESE.

\*

Sept. 23, 1942

Dr. Claude B. Norris  
Youngstown, Ohio  
Dear Dr. Norris:

My Bulletin arrived this week and I certainly was glad to get the medical news from home. Thanks very much. My correct address is as follows:

CAPT. F. S. COOMBS.

Tues. Nite, Sept. 1st, 1942  
Dear Chief and Staff:

As you anticipated I am somewhat slow in sending you that initial letter—but I just completed a four week course of intensive military training of officers here at the training school in Camp Grant. This camp is strictly a medical training center, that is, also of the enlisted men. The course consisted of daily drill, map reading, sanitation, hikes, military, gas, etc. We were told to forget we were medicos for a while.

Now I am attached to a training company until I am transferred to a more permanent station. I have to do more hiking, training, etc.

Don't let anyone tell you that army life is simple and the quicker our mutual purpose is accomplished the better for us. Incidentally there are several hundreds of officers, many of whom are slated for duty 300 yards to 7 miles behind the line.

LT. JOHN A. WELTER.

\*

Sept. 25, 1942

Miss Mary Herald  
Youngstown, Ohio

Dear Miss Herald:

Yesterday Mrs. DeCicco sent you the news items for the bulletin. It appears as though the war news has eclipsed the other news as far as Mahoning County Medicos are concerned.

I am having a pretty good time of it here. I am in charge of a Battalion Aid Station and I have eight enlisted men under me. Our aid station is a tent without any floor. We have no electricity, or running water. The light in the aid station is a R. R. type oil lantern and in my tent I use a candle for illumination. The camp is located on Washburn Island in Waquoit Bay. We are about 12 miles from Camp Edwards proper. Looking south across the bay on a clear day one can see Martha's Vineyard. In all I have learned to do fairly well without modern conven-

iences. I haven't heard a radio for about two weeks.

I usually retire at about 9:30 in the evening and get up at 5:30 in the morning. We eat from the army mess kits and the eats are usually pretty good.

Remember me to my friends in Youngstown and some day I'll be back.

LIEUT. G. E. DeCICCO.

\*

Sept. 4, 1942

Dear George:

What is it that one has to write who is in the army? I think it is a leave of absence; whatever it is, this is it.

Please continue to send me The Bulletin.

You probably know that John Noil is here in the same unit. We both like it and hope to be good soldiers. With kindest regards to all the officers and members of the Society.

MAJ. L. S. DEITCHMAN.

\*

August 24, 1942

Dear Dr. McKelvey:

Just a line to notify you that I am in the army so you can keep the County Society records straight.

Like it a lot so far and fortunately they need an anesthetist here so that is my job. We are doing 10 to 20 cases a day so you can see we are busy. This is a 1200 bed hospital at present and will be increased to 1800. Chalker of Girard is here and also on the surgical service.

CAPT. MALCOLM HAWK.

\*

October 6, 1942

Dear Dr. Norris:

I'd like to tell you that I have been receiving the Bulletin every month and words can't express my appreciation. It's a reminder of pleasant days of the past.

I sincerely hope you'll continue to send the Bulletin and am looking forward to the time when we're all together again.

ASHER RANDELL, M. D.

October

## WAR, NUTRITION AND THE HEALTH OF THE DOCTOR

By Jonathan Forman, M. D.

(Delivered before the Society, September, 1942)

It has taken a war to make us conscious of our nutrition. It has always seemed strange to me that even medical men have not done much about getting good nutrition for themselves. Good nutrition rests upon the tripod of good, carefully prepared food, good digestion and assimilation, and adequate physical exercise to maintain bodily tone. The neglect of these important things explains the disgraceful death rate among physicians at the height of their productive years. It is even more important now with medical men that they shall be able to take "these telescope courses" without "cracking" under the strain. This test will require the best of nutritional status.

In the first place vitamins are not foods! They do not give our bodies fuel. They are substances which aid our bodies to use the foods we eat. Nature has put a little of them (but a sufficient amount) with each mouthful of food. It is therefore unnatural to take our vitamins in concentrated forms. Vitamin concentrates are necessary for physicians to use on people who are sick. People with certain diseases which prevent their absorbing and using their food, and people who must be on restricted diets need these supplements. Well people should get their vitamins in their natural state along with the food stuffs at the grocery stores and vegetable markets.

All of this talk about sound diet is really a very simple thing. Every medical student should therefore understand it and see to it that he has a good menu and consequently a good state of nutrition for himself.

Everyone needs one good helping of meat each day, no more! Sugar, starches and fats enough to furnish the necessary calories. But these sugar, starches and fats should come in natural food stuffs and not in the

overly refined state that is usually offered. If the rationing authorities in Washington will keep our sugar away from us during the War, we will be a much more healthy nation. There is no reason why a medical man should use any sugar in his diet at all. The reason we have a vitamin shortage in our diets is because more than half of our foods are overly refined sugars and starches, and we try to load the other half with vitamins, and nature just does not allow us to get them in these concentration forms. Hence the deficiencies.

Fat medicos should realize that they are fat because they over-eat, and that they over-eat because their bodies are calling for vital substances—minerals and vitamins—which are lacking in their refined starches and granulated sugar diet. Just as a sheep deprived of lime in his winter feeding will eat the boards off his pen and the wool off his pen-fellow's back, these fat fellows are eating everything in sight in the vain hope that they will get the necessary vitamins which are not there. If the diet has an adequate amount of these essential food stuffs, the calories automatically balance and the waist line is reduced to the normal. Those who are underweight are in a particularly dangerous position. The number of these who contract tuberculosis during their student and interne days is another disgrace to American medicine. If these boys will all see to it that they have an adequate amount of proteins of good quality (one good helping of meat each day, making frequent uses of the glandular organs) and will get an adequate amount of the vitamins found in green and yellow food stuffs, as well as the ones in fruit juices, this whole disgraceful tuberculosis rate among us can be decidedly cut down.

In all green and yellow food stuffs there is a vital oil-soluble substance which protects the epithelial cells in the mucous membranes of the body, and the various ducts in the skin, from undergoing a metaplasia and coming to have the structure of the rickety flagstone side-walk of the old home village. This change in structure allows the bacteria to get into the skin, and acne to develop, boils to arise, and infections of the nose and throat to occur. We cannot say that if you take cod liver oil, you will not have a cold because there are many other factors in infection, but we can say that if you take enough of this oil vitamin, you will not offer these cracks in your armor to infected bacterias so that in any large group of people, such as the chapter, if adequate supplies of these yellow and green substances are given, there will be many less infections of the skin and the nose and throat. These metaplastic changes plug up the tear ducts of the eye and cause the whole socket and eye to become inflamed, and eventually to cause the cornea to ulcerate and fall out. The Danes thus sold the eyesight of their school children, with their butter and cheese, to the Germans in the last World War. The changes brought about by lack of this food substance will also interfere with the flow of the bile and the function of the gall-bladder, causing definite food dyspepsia with a good deal of distress and inefficiency. One of the early changes noticeable from a lack of this yellow essential is a scaliness of the skin and the development of a grater-like appearance of the skin of the elbows, thighs, and the back of the neck and over the shoulders.

What is more important to medical people is the "night blindness" that the absence of this vitamin produces. This "night blindness" is an inability to see in a dim light due to a slow regeneration of the visual purple. Every one engaged in study should therefore see to it that his

eyes do not have this added burden of a lack of Vitamin A. Remember, too, that an oil soluble vitamin, such as the one we are discussing, is rapidly absorbed in mineral oil so that if you have the laxative habit, you will lose all—or practically all—of this vitamin. If you are getting proper foods, there is no place in your life for a laxative. Constipation requiring bulk laxatives is an expression of the lack of the vitamin which comes in the germinating portions of the berries of grain. Doctors should never have it.

This second vitamin which is found in whole grain preparation, and in the meat of animals who have been grain fed, is of the highest importance to your morale and nervous system. All breads that you eat should be of the whole berry type (whole wheat, 100% rye, pumpernickel, brown rice), and no bread should be served which has not been enriched by the Vitamin B-1. This will give you a good appetite, regular bowel movements, and a feeling of buoyant health, and a very great increase in your capacity to do work, both mental and physical.

Again, fruit juices, especially tomato and citrus, play an important part in the health of each of us. If you have studied bacteriology, you know the growing importance of the presence of complement in your blood serum as an aid against infections. The vital essential in fruit juices is deeply concerned in the production of this antibody. The lack of this substance produces scurvy, minor deficiencies, receding and bleeding gums, which easily become infected by whatever organisms happen along. This infected condition is known as pyorrhea.

Therefore it is important that you get a good helping of fruit juices every day and if you are getting tomatoes instead of citrus fruits, you should have four times as much. It is also of the greatest importance that these juices be freshly extracted, or

taken from a can that has been kept from the air. Vitamin C is easily oxidized and destroyed. Great economies can be effected if this material is bought, as is grapefruit juice, in large containers. There are many other vitamins but they do not need to concern us in arranging our own diets because they come packaged along with the things I have described. The green leaf of the plant, for instance, contains another oil soluble, one of considerable importance. There is another one occurring in the berries of grain, but if we get the ones we have discussed in detail, we will have the others.

There is no one vitamin that most of us need to get from the drug store. Nature has provided you with a factory for making your own, but your way of living prevents your factory from operating. When the sun shines upon your skin, the action of certain of the rays upon the body long enough, gives you the proper quantity of Vitamin D. If you get a proper amount of sunshine for a long enough time in the summer, you can store up enough of this substance which is necessary for maintaining the integrity of your bones and teeth especially. Living indoors as we do, and dressing as we do, we even do not get enough of this and so we have to resort to cod liver oil during winter months. Additional supply of this can easily be obtained, very cheaply, if we will buy milks which have been irradiated, or to which Vitamin D has been added. This will give you about 400 units and should be taken into consideration in planning any dose of additional liver oil which you take yourself.

There are many important minerals. The next few years will bring about important discoveries in minerals which appear in our food stuffs. We have already learned how important these things are to plant life and no doubt we shall learn much about them in the next few years in relation to human health. So far as your

menu now is concerned, you will have to trust to getting enough of this by seeing that you have a wide variety of food stuffs, raised on many different soils in as many different parts of the country as is possible. In this connection, it is wise to remember that vegetables raised by the professional truck gardener are much more likely to be rich in these things than are those which come from the run-of-the-mill farmers. The modern truck gardener is pretty well informed and is now advised by experts on the proper fertilizers for his gardens. He has also become informed in the diagnosis of "hidden hunger" in plants through mineral deficiencies.

Therefore if you see to it that you get an adequate supply of green and yellow food stuffs—the greener they are and the yellower they are the better, and if you will see to it that you get all of your starches and sugars from whole grain berries and from fruits, and if you will get one good helping of lean meat every day, if at least once or twice a week this is liver, kidney or heart, if once a week you serve trace minerals by getting some foods from the depths of the ocean, and if you will get a good helping of some fresh or properly prepared fruit, then good health and efficiency will be yours.

### **Soil Conservation and Human Health**

Depleted soils will not produce healthy plants. Plants suffering from mineral deficiency will not nourish healthy animals. Deficient plants and undernourished animals will not support our people in health nor will they supply an adequate cash income.

In our virgin soil here in Ohio there are some score of minerals. It is becoming apparent that even those that are found in the minutest traces play a vital part in the nutrition of plants, animals, and human beings. Of these many minerals none is more important than phosphorous. Many

diseases of animals can be traced directly to the lack of phosphorous and its associated lime in their foods, and these in turn to deficiency in the soil that produces the foods.

We all know about the part that lime plays in the growth of bone, and how it maintains normal blood clotting, normal rhythm to the beat of the heart, normal excitability to nerve and muscle and proper permeability of membranes, so that food-stuffs once in solution, can flow into and nourish all the cells of the body. When lime (calcium) is deficient, all these important functions are affected unfavorably, and we become irritable, nervous and sometimes real problems in behaviour. Not every plant that looks all right contains a proper amount of calcium. Animals will select those that do, oftentimes going a great distance out of their way to get the leaves with proper calcium content. We humans do not have this fine discrimination of taste. It is possible to vary the calcium content of a lettuce leaf as much as sixty-fold by varying the calcium content of the soil in which it is grown. With improper farm practices, lime is the first mineral to be washed away or leached through the soil.

#### *Minerals Necessary to Life*

Virgin Ohio soil had phosphorous enough for about 100 crops of grain cereals such as wheat. The importance, therefore, of calcium and phosphorous deficiency to the welfare of ourselves and our children is becoming increasingly significant. We must learn to borrow these minerals and return them again to the soil if we are to survive.

Of course we can haul from Tennessee, Florida or the Rocky Mountains' mineral-bearing rocks, grind them up and put them on our soil. This is an expensive process and to repay what we have already borrowed in this way at current prices of chemicals the cost is estimated at more than \$50 per acre. In so re-

plenishing our soil we are not certain that we would be getting all of the important secondary minerals. We are just beginning to learn of the vital role that many, if not all, of these so-called secondary minerals of plant nutrition play. These elements include sulphur, magnesium, boron, iron, copper, zinc, manganese, cobalt, iodine, nickel and fluorine.

#### *Need For Iodine*

We are all familiar now with the fact that in the glaciated areas of Ohio, iodine is missing from the soil. We have found out that the use of a trace of iodine in our table salt or in the salt used for our milch cows prevents goitre and the development of those hopeless idiots called cretins. Most of us have not had the opportunity to see what iodine medication will do for children who are iodine deficient, but are still getting a partial supply; how their little bodies develop, their brains sharpen, their nervousness and irritability disappear, when they are given as much as a trace of iodine. Copper is used in parts per million to prevent anemia, both in our animals and in ourselves. We do not need much iron (about enough to make six carpet tacks), but we need that very badly and we need a consistent replenishment in our bodies. Sulphur is easily obtained from meat and eggs, so that at present we do not need to worry about a lack of this element in our diet.

#### *Magnesium Essential*

Magnesium is essential to the formation of bone and teeth and plays an important part in the metabolism of phosphorous and of the sugars and starches. If it becomes sufficiently reduced in an individual, such a person becomes irritable, the heart runs away with itself and finally, if carried to the extreme, the victim dies in convulsions. The great extent of boron deficiency in many prodzolic soils has been discovered

(Continued on Page 308)





# Honor Roll



## From Private Practice

- Capt. O. A. Axelson, Med. Det. 36, Army Inf. Regt., Army P. O. 253, Rice, Calif.
- Capt. D. A. Belinky, Bowman Field, Louisville.
- Capt. Morrison Belmont, Robbins Field, Macon, Ga.
- Lt. Barclay M. Brandmiller, Camp Edwards, Mass.
- Major R. S. Cafaro, Sta. Hospital, Camp Blanding, Fla.
- Capt. Jos. Colla, M. C. Station Hospital, Camp Howze, Texas.
- Capt. Fred S. Coombs, Technical Training School M. C., Madison, Wisc.
- Lieut. C. H. Cronick, Moody Field, Valdosta, Ga.
- Lieut. A. R. Cukerbaum, U. S. Naval Hospital, N. A. S., Corpus Christi, Texas.
- Capt. S. L. Davidow, M. C., 14th Field Hospital, c/o 213th Gen. Hosp., Camp Bowie, Texas.
- Lieut. G. E. DeCicco, 532 E. S. R., 3d Amphibian Brigade, Camp Edward, Mass.
- Major L. S. Deitchman, Army Air Training School, 720 Michigan Ave., Chicago, Ill.
- Capt. Samuel Epstein, Ft. Jackson (303 S. Saluda) Columbia, S. C.
- Lieut. Com. W. H. Evans, Great Lakes Naval Training Station, Chicago, Illinois.
- Lieut. B. I. Firestone, Camp Rucker, Alabama.
- Major S. D. Goldberg, Camp Davis, Wilmington, N. C.
- Capt. John S. Goldcamp, Ft. Benjamin Harrison, Indiana.
- Capt. Raymond Hall, 32nd Station Hospital, Camp Rucker, Ozark, Ala.
- Capt. H. E. Hathhorn, Camp Adair, Corvallis, Oregon.
- Capt. Malcolm H. Hawk, M. C., Station Hospital, Camp Crowder, Mo.
- Capt. Herman H. Ipp, Station Hospital, San Antonio Aviation Cadet Center, San Antonio, Texas.
- Capt. Paul M. Kaufman, Billings Hospital, Ft. Benjamin Harrison, Indiana.
- Lieut. M. M. Kendall, 240 McDaniel Ave., Greenville, S. C.
- Lieut. J. P. Keogh, M. C. U. S. N. R., U. S. Naval Hospital, Pearl Harbor, T. H.
- Major J. E. L. Keyes, (Bushnell) General Hospital, Brigham, Utah.
- Lieut. S. J. Klatman, Alaska. No definite address or correspondence until later.
- Capt. Herman A. Kling, 197 Station Hosp., Camp Breckenridge, Ky.
- Lieut. J. B. Kupec, Plaza Hotel, Colorado Springs, Colo.
- Lt. Com. O. M. Lawton, U. S. S. Sumner, c/o Fleet Post Office, San Francisco, Calif.



## Honor Roll



- Capt. L. J. Malock, Fort Sam Houston, Houston, Texas.
- Capt. A. C. Marinelli, M. C., Station Hospital, New Orleans Staging Area, New Orleans, La.
- Major P. R. McConnell, Patterson Field, Fairfield, Ohio.
- Maj. W. D. McElroy, M.C.A.U.S., 32d Station Hosp., Camp Rucker, Ala.
- Capt. R. H. Middleton, Breckenridge Field, Morganfield, Ky.
- Capt. L. H. Moyer, Ft. Leonard Wood, Illinois.
- Lt. Stanley Myers, M.C.U.S.N.R., c/o Postmaster General, San Francisco, Calif.
- Capt. M. W. Neidus, Camp Pickett, Va.
- Major G. G. Nelson, Fort Hayes, Columbus.
- Major John Noll, Jr., Army Air Forces, Technical School, 720 S. Michigan Blvd., Chicago, Ill.
- Maj. T. E. Patton, Station Hosp., A.P.O. 836, c/o Postmaster, New Orleans, La.
- Capt. Asher Randall, Ravenna, Ohio.
- Ass't Surgeon (Reserve) Harold J. Reese, U. S. Public Health Service, Marine Hospital, Staten Island, N. Y.
- Lieut. J. A. Renner, U. S. S. Albermarle, c-o Postmaster, N. Y. City.
- Lieut. J. A. Rogers, 2108 E. 7th St., Apt. 5, Charlotte, N. C.
- Capt. M. S. Rosenblum, Robbins Field, Macon, Ga.
- Capt. J. M. Russell, 80th Field Art. Bat., 6th Div., A. P. O. No. 6, Nashville, Tenn.
- Lieut. Samuel Schwebel, M. C. U. S. N., U. S. S. Kankakee, A. O. 39, Postmaster, San Francisco.
- Capt. C. W. Sears, Wm. Beaumont Gen. Hospital, El Paso, Texas.
- Capt. John L. Scarnecchia, Hunter Field, Savannah, Ga.
- Lieut L. S. Shensa, Camp Gordon, Augusta, Ga.
- Capt. Henry Sisek, M. C., Med. Det., 41st C. A., A. P. O. 952, c-o Postmaster, San Francisco, Calif.
- Major Ivan C. Smith, 1580th S. U. Station Hospital, Camp Campbell, Ky.
- Passed Ass't Surgeon (Reserve) M. M. Szucs, U. S. Marine Hospital, Cleveland, Ohio.
- Capt. Samuel Tamarkin, M. C., A. A. B., Columbia, S. C.
- Lieut W. J. Tims, (0-466186), The 10th A. D. G., Hq. A. P. O. 1254 c/o Postmaster, New York City.
- Lieut. C. C. Wales, M. C., 333rd Inf., 48 Div. Med. Det., Camp Bowie, Texas.
- Capt. L. W. Weller, Ft. Sam Houston, Texas.
- Lieut. J. A. Welter, 83rd Med. Bat., Camp Beale, Calif.
- Lieut. Com. H. S. Zeve, Naval Air Station, Trinidad, British West Indies.



# Honor Roll



## St. Elizabeth's Internes

Geo. L. Ambrecht	Donald Birmingham	Morris I. Heller
Andanto D. Amor	David D. Calucci	John T. Murphy
Nathan D. Belinky	Edw. F. Hardman	Stephen W. Ondash

## Youngstown Hospitals' Internes

W. Frederick Bartz	Louis R. Kent	Charles R. Sokol
Kenneth E. Camp	Donald A. Miller	Paul W. Sutor
W. E. Goodman	Wm. S. Port, Dentist	Frederick R. Tingwald
Woodrow S. Hazel	Louis G. Ralston	R. W. Trotter
	Frederick L. Schellhase	

## St. Elizabeth's Hospital Nurses

Regina Aleksiejezyk	Margaret M. Hogan	Congetta Pietra
Roselyn Block	Mary L. Kelley	Ann Pintar
Eleanor Cassidy	*Mary Klaser (Deceased)	Mary Ribich
Hilda Cherasin	Theresa Magyar	Rose Vartucci
Ann Dorsey	Josephine Malito	Ethel Yavorsky
Catherine Doyle	Margaret Meletic	Helen Zarnary
Virginia Frame	Shirley O'Hara	Helen Zerovich
Ann Hassage	Alma Pepper	Mary Ziroff
	Catherine Pietra	

\* Nurse Mary Klaser passed away July 15th at Billings Hospital in Fort Benjamin Harrison, Indiana.

## Youngstown Hospital Nurses

Ellen Andre	Mary Hovanec	M. Schnurrenberger
Ethel Baksa	Irene Janceski	Ruth Simmons
Mary Berkowitz	Agnes Keane	Mary Louise Smith
Suzanne Boehm	Katherine Keshock	Donna Stavich
Betty Boyer	Marietta Leidy	Stella Sulak
Florence Brooks	Francis Moyer	Mary Taddei
Ruth Burrage	Helen Ornin	Freda Theil
Margaret Davis	Dorothy Oswald	Ursula Thomas
Dorothy Dibble	Anglyne Paulchell	Madaline Vranichich
Elizabeth Heaslip	Edna May Ramsey	Jennie Zhuck
	Ruth Reapsummer	

We are sending the Bulletin first class to our men in service and request that they acknowledge receipt of it. We at home will always be grateful to our Service Men for a word for the Bulletin. We hope to receive many more acknowledgments from the men of receipt of their Bulletin this month. We would welcome also a letter from our nurses.

CLAUDE E. NORRIS, Editor

Phone 37418

# THIS MONTH

## IMPORTANT CHANGE OF PROGRAM

(Meeting previously announced to be given at a later date)

### SPECIAL MEETING

Our Members—

Our colleagues from other Counties—

Nurses—

We URGE your presence

The Subject:

### A SYMPOSIUM ON MEDICAL ASPECTS OF CHEMICAL WARFARE

1. Pulmonary Irritants—Dr. Blankenhorn
2. Vesicants—Dr. Goldman
3. Eye Injuries—Dr. Brown

Speakers:

**DR. M. A. BLANKENHORN**

**DR. LEON GOLDMAN**

**DR. ALBERT L. BROWN**

Of the School of Chemical Warfare of the Medical School  
of the University of Cincinnati

Program:

4:30 P. M. First Paper

5:30 P. M. to 7:00 P. M. Intermission

7:00 P. M. to close, two papers

(This is the first and so far the only school of Chemical Warfare in the nation. The speakers are eminent in their fields. Physicians and nurses face the imperative need to be informed.)

**YOUNGSTOWN CLUB**

**Tuesday, October 20th, 1942**

**Beginning at 4:30 P. M. and at 7:00 P. M.**

## READ THIS ABOUT OCTOBER MEETING

The coming meeting, is, to say the very least, one of the most vitally important of all meetings of the year. Doctors and nurses may be depended upon for knowledge that could be essential to the very lives of our people.

Doctors and nurses can not afford to be unprepared! Questions of comfort and convenience,—these we must forget in this emergency!

So important is this subject as to command these devoted, able scientists to come here, leaving tasks so numerous and so heavy as almost to overwhelm them. Their consciences compel them to make this sacrifice. Our consciences compel us to take full advantage of the opportunity. Read this from Dr. Goldman's letter:

Dr. W. H. Bunn  
Home Savings and Loan Building  
Youngstown, Ohio

Dear Doctor Bunn:

Thank you very much for your invitation of Sept. 17, 1942. We shall be glad to accept your invitation of Tuesday, October 20. I have been in touch with the other men and we can offer the following program:

Symposium on Medical Aspects of Chemical Warfare

1. Pulmonary Irritants—Dr. Blankenhorn
2. Vesicants—Dr. Goldman
3. Eye Injuries—Dr. Brown

We will try to arrange, if possible, to bring some of the materials which we have on exhibit at the Chemical Warfare School here in Cincinnati. Dr. Brown and I will show Kodachrome and if any other types of projectors are required we shall let you know.

I have suggested Doctor Brown because he has been on the faculty of the Chemical Warfare School here and has also done work for the National Research Council on eye injuries due to chemical warfare agents.

As you suggest, I think it would be better because of the details to be presented, to have before dinner and after dinner sessions.

In conjunction with your symposium it may be possible to present current literature from the Medical Division of the Office of Civilian Defense in regard to the Medical Aspects of Chemical Warfare. For this I would suggest that you write to Colonel Keller, 5th Regional Office, 1530 Standard Building, Cleveland, Ohio, in regard to the available literature which could be distributed to the members of your medical society.

Please let us know about this meeting and we will work out our problems of transportation and material for exhibit.

Yours sincerely,

LEON GOLDMAN, M. D.

**We are unable to arrange for your dinner,—sorry! Get your dinner wherever you wish,—or can—but don't fail to attend all three lectures if at all possible,—but attend if for only one or two. You will be well repaid.**

## War, Nutrition and the Health of the Doctor

(Continued from Page 302)

in the last few years. Its real function is still to be learned so far as humans are concerned. We know that it is of great importance in certain plants and fruit trees. Manganese is known to be essential for the hatching of eggs and to prevent sterility in some of the animals. In people and cattle its lack produces "Coastal Disease." Zinc has been shown to be an essential element for the development of plants. Its absence may occur naturally in plant life. It has been known to cause serious diseases in fruit and nut groves.

### *Vitamins and Minerals*

Physicians are awaiting anxiously results of investigations which suggest that zinc has a vital role in the action of the individual's own insulin and so may be related to diabetes. Cobalt together with iron, copper and manganese, and not our ancestry, determine the quality of our blood and that of our animals. In these days when we hear so much about vitamins, it is equally important that we understand the value of minerals. Vitamins are synthesized mainly by plants. It seems no stretch of fancy, therefore, to say that vitamins have come into significance through their shortage or absence because soils which are declining in fertility handicap their production in plants. Some experimental work with tomatoes, carrots and potatoes among children demonstrates very favorable results through the use of fertilizer for improved vitamin effects. Our soils are becoming more and more deficient in minerals and less and less fertile. Thus our own health is being undermined.

### *Civilization Rests on Soil*

The important problem before the American people is not how to procure medical care at public expense, or to spend the taxpayers' money to

see that there is an ample supply of pills and potions for whosoever may apply. But we should get at the fundamental of human health which is the maintenance of soil fertility so that proteinacious materials, full of nutrients, are provided for both man and beast. Thus man, through the use of mineral-rich cereals, green and yellow vegetables unspoiled by improper storage or cooking, fruits, and milk, may have buoyant health, with a long, productive life, free from degenerative disease and infections. Our civilization truly rests upon our soil and we must see to it that it is restored to full fertility.

## Cheer for the Men in White

By Margaret S. Marshall

There they go—the doctors—  
Marching toward the battlefields,  
Led by white-clad proctors,  
Steadfast men in white.  
Carrying their black bags,  
(Easement for the battlefields)  
Following the bright flags,  
Toward the thickest fight.

There they go—the wise heads—  
Toward the bloody battlefields,  
Thinking of the sick beds  
Filled with faces white.  
Where men in their agony  
(Fresh from the battlefields)  
Keep watch from day to day  
For the men in white.

Hear the march? Louder grows  
The din from the battlefields.  
Hasten to compose  
Bodies maimed by might.  
It may be that your son  
Lying on the battlefield  
Victim of bomb or gun  
Waits the men in white.

Cheer them on—the doctors—  
Marching toward the battlefields  
Led by white-clad proctors  
The mercy-men in white.  
We spare them for we must  
To those on the battlefields  
In them we put our trust  
To survive the night.

## SINCE LAST MONTH—

Dr. Laurisin has just returned from completing a Post Graduate Course at University of Buffalo School of Medicine which was arranged for general practitioners all over the country. Included courses in Chemical Warfare and Civilian Injuries in wartime.

Dr. Samuel Tamarkin has been commissioned a captain in the army medical corps, reporting September 9th at Hunter Field, Savannah, Ga.

Dr. Gordon G. Nelson reported to Fort Hayes, Columbus, as Major in the army medical corps.

Dr. Joseph Colla has been commissioned a captain in the army, reporting at Fort Sam Houston, Texas.

Dr. Richard H. Middleton reported to Fort Hayes, Columbus, as captain in the army medical corps.

M. W. Baker, D. D. S., reported as first lieutenant in the dental corps of the U. S. Army air force, September 23rd.

W. T. James, D. D. S., reported as first lieutenant in the dental corps of the U. S. Army air force the latter part of September.

Dr. M. B. Goldstein will report for active duty at Newport, R. I., October 15th, as lieutenant commander.

Dr. Arthur D. Collins, having received a commission as captain in the army medical corps, reported at Camp Gruber, Okla. Dr. Collins has completed his work as resident surgeon of Ophthalmology and Otolaryngology at the Henry Ford Hospital in Detroit. Dr. Collins is a resident of Poland, Ohio.

Dr. R. E. Odom has received his commission as a Major in the United States Army and left for Salt Lake City, Utah, on September 23rd.

Major and Mrs. Samuel Gold-

berg and daughter were in town recently for ten days. Major Goldberg was on a furlough from Camp Davis, N. C.

Dr. J. Colla has received his Captain's Commission in the United States Army and left for Ft. Sam Houston, Texas, on Sept. 21st.

Dr. W. H. Evans has been commissioned a Lieutenant Commander in the United States Navy. He will report to the Great Lakes Naval Training Station in Chicago in the near future.

Dr. and Mrs. R. B. Poling announce the marriage of their daughter, Elizabeth, to Private Keith Watson, on October 3rd. The ceremony was performed at First Christian Church. This was followed by a reception at the Poling residence on Oak Knoll Drive.

At the September meeting of the Staff of St. Elizabeth's Hospital, Dr. J. M. Ranz spoke on the city wide set up for the handling of casualties in the event of an air raid or major sabotage. This was illustrated by a chart. He reported that due to the fact that a large number of the physicians who were on the original casualty teams have enlisted in the armed forces, it will be necessary to draft other doctors for these posts. Dr. Alice Elliott spoke on the first aid stations and their set up and function. She gave an interesting demonstration of the use of the triangular scarf for bandaging and immobilization.

### Dr. Moyer Takes Dr. Kerr's Offices

Dr. Wilbur B. Moyer announces that he will continue the Dental Practice of Dr. H. E. Kerr, at 714-716 Home Savings & Loan Bldg. Practice will be limited to Dental X-Ray, Extractions and Minor Surgery.

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---

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J. L. PRICE,  
Executive Director.



## ECONOMICS 1891-1942

In "The Physician as a Business Man" published in 1891 and authored by J. J. Taylor, M. D., there appears this chapter heading, "Do Not Coddle Dead Beats." So we see from the "gay nineties" down to the war torn forties, the professional man had his worries. Proof of this is expressed by a few pet aphorisms culled from this interesting old volume such as, "Financial Acumen of Doctors is conspicuous by its absence"; "The modicum of respectable comfort is often denied physicians"; "We are expected to do more charity work than any other profession"; "O. B. cases should be cash on delivery"; (so that's where the C. O. D. originated). Another observation of 1891 which remains unchanged in 1942, "Gratitude of patient is a permanent symptom only during height of illness; declines rapidly in convalescence; disappears entirely upon complete recovery." Don't these all sound familiar? Economic problems also faced your medical predecessors.

The practice of medicine is, and was then, a profession having for its prime object, the service it can render humanity—financial gain should be a subordinate consideration. However true, this principle was formulated when the practice of medicine was a comparatively simple affair. In the present generation, the preparation to practice medicine has become a major undertaking, with a large sum of money invested before an M. D. degree has been acquired, the office outfitted and the shingle displayed. *Medical service has a definite cost. Self-supporting patients who receive this private service must pay these costs.*

The present organization of our commercial, industrial and social life has forced the professions to adopt certain business methods or perish. There is no alternative. The fact is readily recognized that the public

has not been educated, until only of recent years, to consider the doctor's bill as important as that incurred with a business house, department store or other tradesmen. Consequently it is not surprising that business institutions of all kinds with their credit control and credit executives fail to recognize the doctor's dollar when budgeting the debtor's ability to pay. Commercial credit bureaus had to be educated that to assume complete control of the buyer's dollar was unfair to the professional man. Commercial business failed to recognize the importance of the doctor's bill in their general scheme. The medical profession, therefore, or its representatives must protect the doctor's interest. A credit organization interested in the doctor's dollar and the economic aspect of his practice *will force its recognition* in the business world.

Hence, a Medical Bureau trying to faithfully serve the doctor merits your support. The better it is supported—the more secure will become the economic position of *all* doctors in this community. An educational campaign such as the Bureau is constantly carrying on will check the abuse of medical and dental credit, thereby, binding closer together the professions enabling them to present a united front.

Always an unfortunate factor is the ignorance of certain people who believe that popularly advertised remedies; blatantly advertised "cures"; certain illogical ideas and methods of healing are preferable to consulting a scientifically educated and experienced doctor. Is it not just as prudent for you, as a professional man, to entrust your economic problems with someone who is experienced—with an organization functioning with an approved relationship of the scientific societies they are serving? Such an organization is the Medical-Dental Bureau.



## Pinusote

The PINUSOTE formula instantly reveals itself as possessing valuable expectorant properties for the treatment of coughs.

Strongly medicated, PINUSOTE is, never-the-less, elegant and palatable. It has a pleasing red color.

### Formula

Each ounce of Pinusote contains: Ethylmorphine Hydrochloride,  $\frac{1}{4}$  gr.; Creosote and Guaiacol Sulfonates, 4 grs. ea.; White Pine and Wild Cherry, 30 grs. ea.; Ammonium Chloride, 8 grs.; Tartar Emetic,

1/12 gr.; Sassafras, 2 grs.; Spikenard, Balm Gilead, Blood Root, 4 grs. ea.; Chloroform, 2 minims.

The narcotic strength may be increased as conditions demand. The Creosote and Guaiacol Sulfonates present are effective means of checking the gastric fermentation frequently associated with coughs and colds.

NOTE: We can also supply a Sugar-free Cough Syrup, if indicated.

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**BULLETIN OF STATE OFFICE**

Recognizing the obligation which the medical profession as a whole owes to physicians who are volunteering their services to the armed forces and believing that concrete action should be taken to do everything possible to protect the practices and positions which are being given up by Ohio doctors to serve the nation in this time of crisis, The Council of the Ohio State Medical Association in regular session on September 20, 1942, adopted the following resolution and recommendations for the consideration of all county medical societies and expressed the hope that each society would take immediate steps to put the suggestions offered into effect:

"Whereas, many members of the medical profession of Ohio having entered the Armed Forces of the United States of America are therefore making great personal sacrifices, and

"Whereas, many of these men are vacating positions in medical schools, hospitals, and industry and other important posts and all are giving up established practices, built after years of effort and endeavor,

"Therefore, Be It Resolved that the Officers and The Council of the Ohio State Medical Association request of the officers and members of all component county medical societies that immediate action be taken to guarantee to those serving in the Armed Forces of our country that their positions and practices will be restored to them after the war insofar as restitution is possible."

In adopting the foregoing resolution The Council recommended to all county medical societies that the Committee on Medical Preparedness

of each society, or a special committee selected by the society, be designated to work out all details and to administer the mechanics of protecting the status of men entering the service as set forth in the resolution.

Also, The Council instructed the Committee on Education of the Ohio State Medical Association to initiate preliminary plans, in cooperation with the proper officials of the College of Medicine, University of Cincinnati, School of Medicine, Western Reserve University, and College of Medicine, Ohio State University, for establishing refresher courses for the benefit of Ohio physicians when discharged from military service at the conclusion of the war, without cost to such physicians if such arrangement is feasible.

Please request all members to read the Minutes of the last meeting of the council in the October issue which will be in circulation soon. Business of importance to all members was transacted, including the decision to curtail and streamline the 1943 Annual Meeting which will be held in Columbus, instead of Toledo, if war conditions next Spring will permit.

The Council on September 20 ruled that the policy of waiving and rebating of State Association dues shall apply only to members entering the Army or Navy. Please observe this ruling in sending in waiver blanks in the future. If you need a supply of blanks, write us. Also, remember that the pro-rated State Association dues for new members for the period, October 1 to December 31, amount to \$3.00.

CHARLES S. NELSON,  
Executive Secretary.  
Sept. 24, 1942.

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Youngstown, Ohio

**DOCTORS: REGISTER THE BABIES!**

Sept. 28, 1942

Dr. Claude Norris,  
Editor Mahoning County Bulletin,  
244 Lincoln Avenue  
Youngstown, Ohio

Dear Claude:

I am enclosing a copy of a letter received by Roy Mellon, local registrar of Vital Statistics, which I would like to have you publish in The Bulletin.

The situation, with reference to the early filing of birth certificates, has become so acute that the state and federal bureaus of vital statistics are exerting increasing pressure on the local departments of health to urge physicians to report all births within the legal ten day period.

The demand for birth certificates of those only a few weeks old is rapidly developing and it presents our department in a poor light to the public when we are unable to furnish the certificates when requested.

Yours truly,

ROBERT G. MOSSMAN, M. D.  
Commissioner of Health  
City of Youngstown.

D. Roy Mellon  
Local Registrar  
Youngstown, Ohio

Dear Mr. Mellon:

In checking the original birth certificates received from the City of Youngstown, Ohio, for the month of August, 1942, I notice that you are receiving a large number of delayed birth certificates.

In view of the fact that Section 1261-52 of the General Code of Ohio provides for the filing of birth certificates within ten days after the date of birth by the attending physician, I am requesting that you con-

tact these physicians bringing their attention to this section of the Vital Statistics act, with respect to the filing of original certificates of birth.

The Federal Bureau of Investigation and the War Department are now requiring birth certificates covering births now occurring in the State of Ohio, in connection with the new Dependents and Allotment Bill. If original birth certificates are not filed by the attending physician within the time prescribed by law, I am sure that the officials in Washington will take this matter up directly with the physicians who are continually neglecting to file birth certificates.

With kindest personal regards, I remain,

Sincerely yours,

W. H. VEIGEL, *Chief*,  
Division of Vital Statistics

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## ALONG THE BATTLEFRONT—

### Nurses

(Derryberry and Caswell, Public Health  
Reports, Feb. 7, 1941)

Nurses are the largest professional group in public health and make up almost half of all full-time employees in health departments.

The present study, limited to employees in whole-time departments, covers more than one-third of the public health nursing profession and includes practically all public health nurses in official agencies.

Although there has been an increase in the basic educational attainment of nurses in the past 10 years, there is still wide variation. About one-fourth of the nurses in public health departments have less than high school graduation in addition to their nursing training; the same proportion have some college work and 9 percent have a college degree. A relatively small proportion of nurses report professional education other than 3 years of nursing training. Staff nurses now are better trained than in 1930, but their academic training level (particularly in cities) is still not up to the standard recommended by the Conference of State and Territorial Health Officers.

Half the nurses in public health departments have some public health training but only one in six has as much as a year. Although the Social Security Act has apparently operated to supplement the training of many State and county nurses in service, health departments employ consider-

able numbers of young nurses, untrained in public health and with little or no experience in either general nursing or public health work. The youngest nurses have less public health training than those of any other age group under 50.

City health departments, employing about half the nurses in official agencies, apparently recruit their staffs from the general nursing field. There is a marked tendency for city employees to remain in their jobs longer than those in other types of jurisdictions.

There is a marked tendency in public health nursing for positions of administrative responsibility to be held by older workers. This tendency is much more pronounced than among physicians.

The majority of nurses in official agencies have had only a single period of employment in public health; but a high degree of occupational stability is evident from the fact that relatively few nurses have had other employment after entering public health, although they did not enter the field immediately after graduation.

Apparently a qualification for supervisorship in nursing is prior employment by a voluntary health agency. Three-eighths of all supervisors have served in nonofficial agencies; only one-fifth of staff nurses have done so.

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**Big Cleveland Meeting****Oct. 16—8:30 P. M.****READ ALL ABOUT IT!**

Geo. M. McKelvey, M. D., Secretary  
 Mahoning County Medical Society  
 101 Lincoln Ave., Youngstown, Ohio

Sept. 11, 1942

Dear Dr. McKelvey:

The Academy of Medicine of Cleveland announces an unusually interesting scientific program for October 16th at which time Dr. Frederic A. Gibbs of the Harvard Medical School, a noted authority on brain tumors, cerebral circulation, cerebral action potentials and epilepsy, will address the evening meeting of the Academy at 8:30 P. M., in the Medical Library Auditorium, 2009 Adelbert Road, Cleveland, Ohio. His subject will be "Diagnostic Standards in Electroencephalography."

At the same session and preceding Dr. Gibb's lecture, Dr. Charles E. Henry who is in charge of the Electroencephalograph in the Brush Foundation Laboratory of the School of Medicine will speak on "The History and Development of Electroencephalography."

Arrangements have been made for the visiting speakers to make rounds in various Cleveland Hospitals in the afternoon preceding the lecture. Dr. Gibbs will be the guest at the Clinical Pathological Conference conducted by Dr. Howard T. Karsner at Cleveland City Hospital on Friday, October 16, at 12:30 P. M.

The following exhibits will be on display in the evening in connection with the speaker's program:

The Cleveland Medical Library will exhibit books and source material dealing with this important phase of medical literature.

The Brush Foundation Laboratory of the School of Medicine will have an exhibit on Electroencephalography which will include the following:

1. Normal records
  - A. Age changes in children
  - B. Adults
  - C. Changes during sleep, mental work, etc.
2. Abnormal records
  - A. Convulsive phenomena
  - B. Other brain disorders
3. Borderline Cases
  - A. Normal records from individuals with neurological signs
  - B. Abnormal records from individuals free from neurological signs, with special reference to children.
4. EEG changes in electroshock therapy
5. Pictures of amplifier and recorder set-up, together with diagrams and pictures of lead placement, electrodes, etc.

A subscription dinner for the speakers will be held at the Wade Park Manor, Friday, October 16th, at 6:30 P. M. Reservations should be mailed to the Academy of Medicine, 2009 Adelbert Road not later than Wednesday, October 14th, accompanied by a check for \$2.25.

Yours very truly,

H. VAN Y. CALDWELL,

Executive Secretary.

## ON THE BRIGHTER SIDE

### KIBITZER

In Milan, Italy, Paolo Motta and his bride retired on their wedding night. Water began to drip on Paolo's neck. He traced the water to a tiny hole in the ceiling, rushed upstairs, in the room above found a disgruntled suitor standing over the hole with a pitcher of water.

### SELF-CONTROL

A fat lady hanging to a strap in a crowded bus stepped on the foot of an irritable man who was trying to read a newspaper.

"Madam," he said in a cold, mean voice, "will you please get off my foot."

"Put your foot where it belongs," she replied sharply.

"Don't tempt me, madam, don't tempt me," he muttered.

### THE CLINIC

CASE NO. 2. Dear Colonel: I am a captain in the Medical Corps. My wife lives with me on the Post and is a very beautiful girl. At the weekly dance, held in the Officers' Club, I notice that our Commanding Officer likes to, er, pat her affectionately on the gluteals. Should I express my objection to him?—PUZZLED HUSBAND.

*Answer*—No. Never mind what's behind if you want to get ahead.

### NUTS

"Oh, see the happy moron,  
He doesn't give a damn;  
I wish I were a moron—  
Good Lord, perhaps I am!"  
—Anon.

### GOOD FOR SOMETHING

A Louisiana hill-billy, so the story goes, drove into Shreveport with his son in a decrepit car. Climbing out the old man scraped his feet on the hard surface of the pavement and turning to his son remarked: "Wal, I don't blame 'em fer building a town here. The ground is too durn hard to plough, anyhow."

### PARTICULAR

In Zanesville, Ohio, a woman complained to police that a thief not only stole milk from her doorstep but left orders for whipping cream.

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Mead's Brewers Yeast contains the entire vitamin B complex, including thiamine, riboflavin and nicotinic acid. It may be given in tablet form and/or in powder form. The powder may be quickly shaken up with milk in an ordinary cocktail shaker. It also mixes well with tomato juice or ketchup.

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