THE ALAMANCE GLEANER, GRAHAM, N. C.

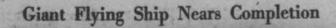


As pneumonias are commonly complications of influenza, colds, or acute bronchitis or follow such upper respiratory infections, anyone who catches one of these relatively mi-nor respiratory tract infections must watch his step. If he remains at home and takes care of himself and so avoids exposure to pneumococci while his resistance is down, he will be less apt to get pneumonia.





Picket al gates of poworhouse of Yale university. New Haven, Conn., over aside when truckload of coal arrives for the strike-bound uni-raity. Maintenance employees at the university struck an hour before a state board of mediation was scheduled to meet with the C.I.O. to scuss settlement of union shop dispute. Inset: Phillip Murray, C.I.O. esident who, on the same day resigned from the national defense medi-ion board because of an opinion rendered on "captive" coal mines the bituminous coal industry.





First of a fleet of giant four-engined flying ships built for American ex-atrines, men-slop Transmitantic air service, nearing completion at ht-Sikorsky aircraft, Stratford, Coun. The planes have a top speed of alles per hear and a maximum nearstop range in excess of 5,000 miles

The German caption says that these are Russian children playing about the remains of a Red army bombing plane, shot down nome-where in occupied territory. The red star, Soviet insigne, may be seen on the fuselage. What strange "play-things" war has brought to children!

Iceland Chief



Revision of the neutrality act in the house was one of the hardest fought battles to come before that body in years. These photos, taken on the day the bill was repealed, show (top), left to right, Speaker Sam Rayburn and Majority-Leader John McCormack, examining letter from President Roosevelt declaring that a vote by the house against repeal would "cause rejoising in the Axis countries." Below: left to right, Rep. James P. Richards (S. C.) floor leader for the Democratic opposition, congratulates Rep. Sol Bloom (N. Y.), leader of fight for passage.

Strengthening Burma's Defenses

Miss Adelaide Whitehouse, of Washington, D. C., enrolls the Pres-ident in the American Red Cross as its annual membership drive be-gins. Miss Whitehouse wears the new volunteer uniform. She is as-sistant director of volunteer services of the national organization. Photo shows the President receiving his membership button.

Chilean Resigns

of

President Pedro Agairre Cerda, popular front head of the Chilean government for three years, who re-signed in favor of Geronimo Mendez, head of the radical party.

Be Careful of Colds. Those who try to work, to go to school and to keep all social and business appointments when they have colds or bronchitis, who fight the infection instead of giving in to it, are much more apt to develop a complicating pneumonia. This is especially true if there has been some fever during the course of the upper respiratory tract infection. One should never go out after a cold until the temperature has been nor-mal for from 24 to 48 hours. Be Careful of Co

The maintenance of good health by avoiding undue fatigue, by eat-ing foods containing adequate amounts of vitamins, minerals and proteins and only enough calories to keep the weight within normal limits, makes one less likely to ac-ouire the disease. quire the disease.

So while the rapid advances in our knowledge of methods for its successful treatment have greatly reduced the death rate from pneu-monia, we must still depend on gen-eral principles for its prevention.

The groundwork of all happiness is health.—Leigh Hunt in the Death of Little Children.

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OUESTION BOX Send outsettions to Dr. Natham S. Davis III, standard envelope. Q.-Can you suggest a home treat-ment for corns, callouses and in-grown toenails? T. O. S. Was aboes and stockings that fit and are large enough, and corns, callouses and ingrown toenails will usappear. Q.-What causes regurgitation aft-er meals? H. S. O. A.-Too rapid eating, overesting, some of the discases of the digestive inst.

Navy Secretary Knox has estab-lished a naval operating base in Ice-land. Photo shows Rear Admiral James L. Kauffman, who has been named commandant of this impor-A Burmese longshoreman, elad only in breechclout, aids in unloading Bren gun carriers from a British freighter at Rangoon. Burma is very much in the spotlight as the gateway through which passes British and American supplies to keep the Chinese fighting. One of Japan's threats was that she would cut the Burma road.