HUMAN BODS HAS

PROTEIN NEEDS

By WILLIAM A. O'BRIEN, M. D.

The body does not suffer from

temporary failure to obtain suffi-

cient protein food, but over longer

periods of deprivation damage al-

ways occurs. Meat, eggs, cheese,

milk, fish and certain vegetables

are good sources of protein food,

Vitamins are necessary to pro-

tect the body against disease, but

protein and mineral salts are

equally important. Normal blood plasma contains a certain quantity of protein which will be reduced

if there is insufficient supply or excessive destruction of protein

When the diet lacks protein

anemia develops. In building

blood, meat plays an important

part as it contains both iron and

protein. Protein also mixes with

gastric juice to form stimulating

substance in bone marrow, which

is lacking in pernicious anemia

Extra protein food must be

eaten during pregnancy as it is

an essential building material

Early in pregnancy the mother

starts to store protein in her tis-

sues in the form of nitrogen, and

she continues to store it until there is an excess. After her own needs and those of her baby are

met, a certain amount is saved for

In some forms of kidney trouble

protein passes through the blood

into the urine. To correct the

deficiency, these patients are given extra protein food and in

In liver disease, it has been cus-

tomary to feed the patients ex-

tra sugar, but now it is known

that extra protein is equally im-

portant. When the liver can ob-

tain its quota of essential food

materials, it is protected from

damage by poisons which attack

Protein also is of value in help-

ing peptic ulcers to heal. Patients

building materials for healing the

pathetic nerves to the blood ves-

sels may result in the reduction

jections of blood plasma.

in the body.

breast milk.

The Doctor Says-

Wilmington Morning Star

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THURSDAY, APRIL 3, 1947

GOOD MORNING

What is the best government? That which teaches us to govern ourselves .- Goethe.

Upward Price Trend

No question is heard more frequently or in more places than, "Why are prices so high?" And no question has more diverse answers.

Perhaps one answer, by the Long Island Builders Institute, will help explain the general upward trend. The Institute claims that bricklayers lay only one-half to two-thirds as many bricks per day as they did in prewar years.

The Institute cites the case this way: A bricklayer working before the war at an \$8 a day wage put in place from 800 to 1,000 bricks daily. Now he receives \$18.03 a day and lays 400 to 500 bricks per day.

We are quoting an authoratative duction now, applied to other trades, would seem to account in some measure at least for higher prices.

Britain's Plight

Winston Churchill, past master of the resounding phrase, once said that he had not become the King's First Minister to preside at the dissolution of the British Empire. It is too early to fall to conscientious, uninspired Mr.

The roots of this crisis go deep. Be- stuff. fore the war, England was hard put to If the car gives a good account of dam entitled "Orderly Transfers of German been dissatisfied and restless. And in shop for repairs. the more advanced Dominions, such We could use a program like this to rary (as Potsdam referred to them) and Genas Canada and Australia, the influence a good advantage. of the United States has rivalled and in some ways exceeded that of the Crown.

You can find a dozen opposed reathat. It received heavy popular entheir respective legislatures. dorsement of the most sweeping pro- Thus the nation takes one more step tion as the slum of Europe. These territories foreign markets and to rebuild her President Franklin D. Roosevelt. world economic prestige. This program Naturally, its course will be slow. tials by the Conservatives.

ment was nationalization of the coal period of thic may been at most game.

The deportations of the German populations of the German populations of the sorest trouble it is brief indeed in the life of the names of from these regions have created an acc of spades was cashed and a Prince and Jacko, he might hear During the war, coal production was Thirty-six legislatures must ratify cerning the democratic ideals of their conclub was trumped in dummy with the three of hearts, and another wisps of mist which sweep in During the war, coal production was Thirty-six legislatures must ratify the amendment to make it effective. kept up by what amounted to draft the amendment to make it effective. would give any future nascent German militarism the best peg there could be on club was ruffed in dummy with the three of hearts, and another spade ruffed by declarer. Another themselves, cocking their heads as

found a solution to the coal problem. And many authorities think that similar ill effects may result when Labor socializes the electric industry, which is scheduled for the near future.

The American loan was, of course, a life-saver to England. It gave her cow to end the transfer of Germans from reasons for making the loan were man- mass emigrations of Germans from Germany ifold - perhaps the most important come insofar as it suggests a somewhat more being the hard fact that England is reasonable, not to say more Christian, approach to Germany than up to now has been one of the very few friends we have apparent on the part of any of the four abroad in a world torn between conangry debate in Commons.

best authorities do not agree. It is pulsion of four and one-half million Germans 7.70 significant that Mr. Churchill, despite an expulsion agreed to by the Big Three at his strong criticisms, has not introduc- Potsdam with the proviso that "any transfers that take place should be effected in an ored a measure of censure against the derly and humane manner." government. It is felt that Labor will The words sound now, as they should have continue in power at least for the time sounded to their framers then, like a mon-strous joke. The very fact that four and onebeing - that the British people will half million people have already been moved give it every chance to solve the prob- in a year and one-half is sufficient indication of how it was done. You cannot uproot that lems. The British lion, which once many people in that length of time in an or

Car Inspection

Wilmington, maintain thorough sys- proposal. Why were those people to be retems of vehicle inspection. One city moved in the first place? Because, in the in particular deserves notice because potentially dangerous minority which had in

ton started its inspection program in nonetheless had lived in the Sudetenland for 1933. During fourteen years Evans- turies in others. In the northeast, it was a ton has won eleven safety awards in question of removing Germans from terri-tories temporarily placed under Polish adnational competition, and in 1932, 1933 ministration pending final establishment of and 1935 took the grand prize among Germany's eastern frontiers - and for this cities of all classifications for its fixed there was not the slightest excuse. safety record.

only be guessed.

a quonset hut unit some two hundred useless to a food-hungry world. feet long. As the motorist enters he short - sightedness of the governments of is halted by an attendant who checks of the governments of Czechoslovakia and Poland (the Hungarian after that date, should be taken tain averaging over a course of tal aim and defects of the lens.

maintain her dominant position in the itself in these twenty-five items, the Good as M. Bidault's proposal thus was in world. The war placed an almost unen-driver is given a sticker, good until suggesting a dawning light of reason on this durable strain upon her resources and the next inspection time. If it fails to plies something which is not at all good: energeis - and, of every great impor- pass, the driver is given ten days in that the present temporary eastern boundaries tance, practically exhausted her Amer- which to have the fault or faults cor- they were not, a large part of the refugees ican financial credits. The people of rected, and is forbidden to drive the from the ceded provinces could be allowed to return there and mass emigrations elsethe Dominions, as in India, have long vehicle beyond home and thence to the where would not be necessary.

Presidential Amendment

son for the victory of the Labor Party stricting the election of a President to remporary boundaries as they now stand. over Mr. Churchill's Conservatives in two elected terms, which has been be prepared to exert all possible pressure. the last British elections. The most adopted by the Congress, is now in the The permanent loss to Germany of the lands reasonable is that a weary people hands of governors of the forty-eight wanted a change, and Labor promised states, to be submitted by them to as politically dangerous as anything imaginable.

gram for socialization of industry ever in the highly desirable prevention of Germany's arable land — comprised 14 per heart suit. Perhaps North thought seriously proposed in a democratic na- dynastic government, and the resumption. And, at the same time, the people tion of a tradition which existed from ational income. approved an "austerity" program, de- the time it was created by Washingsigned to regain and expand England's ton until the third administraton of

quickly. They have seven years to act First move of Mr. Attlee's govern- on this amendment. But long as this have dissastrous consequences - from the trick would be established for ment was nationalization of the coal period of time may seem at first glance

labor. Since nationalization, production The single exception to the two-term which to hang an appeal that no German king of hearts was cashed, and a special ruled by declarer. Another themselves, cocking their heads as which to hang an appeal that no German king of hearts was cashed, and a has been inadequate, and the miners presidency would be in the case of a which to hang an appeal that no German could resist.

The single exception to the two-term which to hang an appeal that no German could resist.

The single exception to the two-term which to hang an appeal that no German could resist. seem no happier than before. Labor vice president elevated to the top pospokesmen attribute the recent emersition and holding the office for not aries, no matter how much they may want to appears the Germans. It is especially up picking up Fast's trumps He gency, in which coal shortages resultmore than two years of his predeceslikely that they will do so within the framelikely they will do so within the fram ed in a temporary shutdown of almost sor's unexpired term. In these cirwork of Allied cooperation. If the Russians had a diamond to get over to the control of the state of all industry, to some of the worst cumstances, and if the voters so willwhere they no ware is too big a price to pay. In the Russians dummy to cash the good nine of material expertly; the very subweather in English history. However, ed, a President might remain in the where they no ware is too big a price to pay, spades. This

Mass Movement Of Germans

By JOSEPH E. EVANS In Wall Street Journal

BERLIN - M. Bidault's proposal at Mosdollar credits she had to have. Our Eastern Europe into Germany and to permit

It is true that the motivations of M. Biflicting ideologies. But English econ-dault's proposal are admittedly to be found omists are greatly concerned because not so much in reason or Christianity as in basic fear of resurgent German might; a much of the loan is being spent for living purposes which do nothing to solve ing purposes which do nothing to solve the trade and export problem. This, that it could not have been made on the too, has been the subject of much basis of human rights and dignity; that mass deportations of peoples could not have been denounced as strongly when undertaken by Some observers have forecast the Allies as when undertaken by Nazis.

For there is little moral justification to be collapse of the Labor Government. The found for the theory and operation of the exfrom Poland, Czechoslovakia and Hungary,

derly and humane manner. For verification. MEMBER OF THE ASSOCIATED PRESS proudly dominated half the world, AND ALSO SERVED BY THE UNITED PRESS fights for survival.

derly and humane manner. For verification, one needs only to meet the box car trains at Anhalter Bahnof in Berlin bringing the refugees from Pomerania, Silesia and East Prussia, or to drive through the deserted villages of the Sudeten mountains in Czechoslo-

The utter fatuousness, the stupidity ap-Many American cities, exclusive of proaching madness, of this part of the Potsdam declaration is implied in M. Bidault's case of Czechoslovakia, they represented a of the exceptional record it has made. fact to a certain large degree - but by no means unanimously - demonstrated its dan-The city is Evanston, Illinois. Evans- ger by supporting Hitler: a minority which long periods, generations in some cases, cenremoval, because the boundaries were not

Aside from the moral stench of these mass deportations, anyone might have shown how The \$26,000 the city has invest- fantastically uneconomic they were. What ed in plant and equipment obviously was to be expected from the dumping into a foreshortened, industrially and agriculture and has been money well spent. It is not turally woefully un-self - sufficient Germany this sum has been saved to motorists has provided the answer: other millions of through avoidance of accidents by Germans must be gotten out of Germany. It seems really not too much to expect day, kept Easter on the Sunday many lives may have been saved can had enough basic perception to foresee this obviously inevitable result. It puts them back decree that everywhere the great out. just about where they were at Potsdam, exorganization, and assume that its figures are accurately compiled. If they are, the difference between prewar production and wages and wages and wages and production now, applied to other trades,

license plates, horn, mirror, windshield German-minority question is by no means comparably great) and the vicious inability month: that the Sunday following wipers and windshield, rear and side or refusal to understand of the governments glass, turn signals, tail lights, stop of America, Russia and State Europeans er way. The proposal means that Europeans lights, parking lights, at the next stop and Germans are going to have to learn to Sunday after. This plan has been the driver has his headlights tested to think of Germans emigrating on a large for candlepower, vertical aim, horizon- scale into other countries, particularly one like France.

This being the case, it would seem that Next is the wheel alignment check, it might have been understood from the besay whether that unenviable task will where the car is driven over treadles ginning; that, with regard to Czechoslovakia especially, the German minority might have which show either a "toe-in" or a "toe- been assimilated into that nation as M. Bi-Attlee — but it is clear that England out" of front or rear wheels. Then the similated into other nations. It is by no means is now in the midst of one of the bit- car is lifted on a hydraulic hoist for in- absurd to imagine that the time may come terest crises of her long and turbulent spection of the steering mechanism. when Czechoslovakia itself will agree to reaccept, for economic reasons, part of the very Finally the brakes must show their minority she was so passionately eager to evict. This would, of course, be the final crown to the idocy of that section of Pots-Populations.

sad piece of Allied policy, it nonetheless imof Germany are to become permanent, for if

Mr. Byrnes at Stuttgart made it clear that eral Marshall will certainly support that point of view. But in allowing the German populations to be expelled from those regions, the U. S. made a grave error which will be difficult if at all possible to remedy. Mr. Molotov was quick to point out that our agree-The Constitutional Amendment re-It is a point on which the U.S. should able. Such a loss would mean that Germany players treat that bid as a slam would never be able to rise from its condi--again it must be stated, 28 per cent of three hearts should show a solid cent of her employment, 11 per cent of her solidify the suit. In my opinion

to one-fifth of all workers in agriculture and for a slam demand, but several forestry, produced 26 per cent of Germany's pairs did reach seven-odd, and bread grains, including 32 percent of her those who counted their tricks rye, grew 30 per cent of her barley and made it. potatoes and accounted for more than 20 per The county showed six heart was also urged in most of its essen- Legislatures ordinarily do not act cent of her cattle, swine and sheep populations tricks, the ace-king of diamonds,

point of view, that is, of ever educating the thirteen. from these regions have created an ace of spades was cashed and a them answer; if he needs them, ineradicably bad impression on Germans consmall spade trumped. A small them answer; if he might make them out of the

even if this factor is given maximum White House for ten years, but no way as to show the German people that they, and they alone, gave back to Germany the ning the play so as to cash all close to credibility. This is shown the play so as to cash all close to credibility.

BEGINNING TO PINCH

THE WILMINGTON MORNING STAR, WILMINGTON, N. C.



The Book Of Knowledge

Department:-WONDER QUESTION HOW IS THE DATE OF EASTER FIXED:

The churches of Asia Minor cele- a number which is the age, reck-

M. Bidault's proposal shows the tragic day and night are equal; that the month: that the Sunday following full moon should be Easter Day; and that if the full moon happened on a Sunday Easter should be the observed ever since.

> In carrying out the arrangements for the fixing of Easter, various difficulties have arisen during the the moons do not correspond ex-

McKENNEY On Bridge

By WILLIAM E. McKENNEY America's Card Authority

	♣ N	one		
♣ J 10 €	62	N _	-	K74
♦ 108		E		26
4 10 8	4 3 D	5 ealer		K Q 9 6
		Q76	4 2	, .
Tou	♥ A ♦ J	Q764 3 J75		vul.
South	♥ A • J • A	Q764 3 J75 t—Nei	ther	vul.
South 1 ¥	♥ A ♦ J ♣ A rnament West Pass	Q764 3 J75 t—Nei	ther	
South 1 ♥ 3 ♣	♥ A	Q 7 6 4 3 J 7 5 t—Nei Nor 2 ♠ 3 ♦	ther th	East
South 1 ¥	♥ A ♦ J ♣ A rnament West Pass	Q 7 6 4 3 J 7 5 t—Neir Nor 2 ♠ 3 ♦ 5 ♥	ther th	East Pass

Written for NEA Service ding on today's hand, but that galley, who smells a rat. was the way it went when I kibitzed the hand in the world championship Masters individual tournament. Of course, when North bid two spades, he was inviting demand

More importantly, they gave employment hearts were much needed cards the king of spades or jack of

Politically such a loss could not fail to of speades, and maybe a spade

could resist.

Yet there is little to suggest the hope that East to ruff, so declarer ruffed on the opposite side of the world;

actly with the calendar. A series, moon is approximately in the or cycle, of 19 years has therefore been taken and numbered from 1 nineteen years before so that this overcome the acidity of the property of the series. to 19, the numbers being known nineteen forms a complete series. In early times, all countries did as Golden Numbers. Then to each

does not mean a complete tain averaging over a course of perfections of the calendar, which never corresponds exactly with the real movements of the sun and

The earliest date on which Easter Sunday can fall is March 22 but that will not occur till the year 2285, and the latest possible centuries owing to the fact that oate is April 25, which last fell in 1943.

The reason nineteen years ar aken to form a cycle for reckoning the Golden Numbers is that on a given day of the month, the

Literary Guidepost

Godden (Rinehart; \$2.50). Three men and a photograph, and a secret, too, set off in the crew of a small steamer across the dangerous South Pacific in late 1941.

They are Prince, the steward; Jacko, the fearful, ugly first cook. who keeps a falcon caged on the deck; Sebastian second cook; and a snapshot, at which Sebastian steals a risky glance, of Prince. Jacko and a beautiful girl. Without Sebastian there would

be no secret, and for that matter, lessly. without Prince and Jacko there would be none, either. But it is the persistent, probing Sebastian, newcomer to the high seas rub-You may not agree with the bid- bing elbows with Jacko in the tiny It's nothing, Prince says, forget

about it, don't be sticking your nose in other people's business But curiosity keeps gnawing at Sebastian. He hears the captain talk about murder; he watches Jacko tantalize the imprisoned bird cruelly; he sees him make painstaking entries in his mysterior; book; and he gets caught reading it and, as Jacko flies at him with a knife, barely escapes with his life.

Their ship carries a little gun but they miss their one chance to use it and we now catch up with the lone survivor where we me him on the first page, washed up on a tropical shore along which more birds peck their way leaving diamond - shaped footprints in the sand. A man recovering con sciousness in this deserted, forsaken spot could, out of desper-

and they alone, gave back to Germany the ning the play so as to cash all close to credibility. This is the kind of stuff Dall paints.

gastric juice, but it also supplies

What Is The Nautical Almanac? has been money well spent. It is not turally woefully un-self - sufficient Germany to much to think that many times with a tremendous housing shortage of these millions of homeless refugees? M. Bidault the churches of the West, remembers in this second series are the churches of the west, remembers in the churches of the west, remembers i bering that Jesus rose on a Sun-known as Epacts, and from the showing the daily positions of all there is an operation for this con-Golden Number and Epact the full the bodies of the solar system, the dition. Woull you advise me to moon for deciding the date of places of the fixed stars, predic- have it? keeping their vehicles at par. How that the Big Three at Potsdam might have the Big Three at Potsdam might have the Council of Nicaea passed a leaster in any year may be work- the laster in any year may be work other similar information. Nauti feast should be observed upon the the date of Easter according to governments of Great Britain, the It is curious that in arranging cal almanacs are issued by the

the United States, Canada and France, a billion is one thousand millions-written 1.000.000.060. In France, this number is sometimes called a milliard, a term which is And of the Pocketbook! always applied to it in Germany In England and Germany, a billion is one million millionswritten 1,000,000,000,000

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(Distributtd by United Feature Syndicate, Inc.) TOMORROW: - Early Indians of

the West. Religion

Day By Day BY WILLIAM T. ELLIS

After meeting a Winter train, which arrived at 5:30 a. m., we he had invested the sum in a flyer repaired to an all-night restaurant in pigeon-raising in partnership for breakfast. "What time does with his friend, George. His father the sun rise nowadays down here was disappointed and angry. in Florida?" I asked the attend-

"A little before six," he replied. At six o'clock we were leaving the restaurant in full darkness, and I remimnded the man that his appointed time had passed, with no sun in sight. "Oh, it'll be up in a minute,

he replied, confidently and care-

whose sunrises will appear "in a minute." But the Lord of day is more leisurely in his motions. Sun- is a dolar. Take it and see what rises are gradual. Daylight comes you can do with it.

Changes in life and affairs—the sunrises of the human soul-likewise never come "in a minute." We would enter into the patience of God, and learn the gradualness I've done it in only twelve hours of the growth of the Kingdom. What do you think of that, father?"

'Oh, Harry," cried the little woman, "I saw such an adorable hat in Stacey's window this morning. I

simply fell in love with it!" "No, dear," corrected Harry, 'not love. Love is a matter of the heart-yours is strictly a matter of

Who's Teaching Who?

Beneath a bumbling, apparently imless adolescent manner, young Henry Simpson hides a shrewd orain. How shrewd, even his own father is now only beginning to surmise. The other day, Henry's father gave his offspring 50 cents, and by way of initiating him into the great world of finance, counseled: "Invest it carefully and wisely, That evening Henry reported that

"But, father," protested the

young financier, "George has guaranteed I'll double my investment in a few days. "Fiddlesticks!" scoffed the elder

Simpson. "The venture is absolutely worthless - you've lost your money! Henry's face assumed an expres-

sion of utter dejection and futility. There are people like that, His father was deeply touched. "Here, Henry," the elder Simpson exclaimed reassuringly, "here

"Gosh!" exulted Henry, suddenly happy again, "George was right after all. He said I'd double my investment in a few days, and here

WHY WE SAY

His father answered him not. by STAN & COLLINS & L & SLAWSON

