

Wired For Winter Breathing



Setting what may well be a new winter fashion, a mailman in Waterloo, Iowa, beats icy weather by breathing heated air through a battery-operated air-warmer. The face mask he wears contains a small heating element which warms inhaled air to a comfortable 65 degrees. The washable mask, produced by Carmen Commodities Corp., of Chicago, is powered by a tiny rechargeable nickel-cadmium battery which is clipped to the user's coat pocket and will operate the unit for up to four hours before it needs recharging. Designed by Dr. L. A. Terman, originally to protect patients with respiratory ailments, the mask is also becoming popular among outdoorsmen in the northern United States.

CHRISTIANS and JEWS Against Tyranny

LATE PRESIDENT KENNEDY in one of his most eloquent speeches said, "Those who cannot remember the errors of history are condemned to repeat them." Yet most of us would like to erase from our minds the most destructive "error" of the 20th century—the early indifference to Nazi aims which resulted in the death of 10 million people.

WE MUST REMEMBER! We must resist all forces which propose anti-man or segregate-man actions against humanity. This is the purpose of Gerald Green's "The Legion of Noble Christians" (Trident Press) published 25 years after the uprising of Jews in the Warsaw ghetto. NOBLE CHRISTIANS who courageously saved many Jews from the Nazi onslaught are portrayed in this chronicle of courage and fear. Author Green asks: How could civilized man have gone along with Hitler's schemes? Can such madness walk the earth again? "The Legion of Noble Christians" has the answers. You may be shocked and stunned—but you will never forget!

VETS AND DEPENDENTS URGED TO RETURN INCOME QUESTIONNAIRE

WINSTON-SALEM — The Veterans Administration this week warned veterans and dependents of deceased veterans on VA pension rolls they run the risk of having their monthly payments discontinued if they fail to return the income questionnaire forms mailed with the November checks. They may even have to pay back the money received in 1965. H. W. Johnson, Acting Manager of the North Carolina VA Regional Office said. They must be returned by January 31, 1966. Johnson said the VA is required by law to obtain this income report each year, because pensions are paid only to those whose incomes from other sources are below certain limits. The VA asks that the card not be folded or mutilated because it must run through automatic data processing machines.

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Vets Questions and Answers

Editor's Note: Below are authoritative answers, by the Veterans Administration to some of the many current questions from former servicemen and their families. Further information on Veterans benefits may be obtained at any VA office.
Q—How can a veteran selling his home be relieved of liability on a VA guaranteed loan?
A—One method is to require the purchaser to pay off the GI loan with his own resources or to obtain a new loan. Another method is to have the purchaser assume all the veteran's liabilities on the home and have the VA approve the assumption agreement and specifically release the veteran from further liability to the VA.
Q—In 1946 my ten percent disability was reduced to zero percent. The reduction to zero percent made reinstatement possible if my disability reoccurred. Does my zero per cent entitle me to reinstate my National Service Life insurance, which I dropped in 1946.
A—Since it appears that you have a service-connected disability, you may apply for the new insurance which is being sold by the Veterans Administration. Application must be made before May 2, 1966.
Q—My application for insurance under the law which permits service-connected disabled veterans to apply for insurance until May 2, 1966, was rejected because I had a non-service-connected disability. This non-service connected condition has improved and is no longer disabling. Will the insurance now be granted.
A—You should make another application for the insurance as soon as possible based on your present condition of health.
Q—I receive a pension from the VA and also Social Security benefits. I would like to know if a veteran such as myself has any preference for being built with government funds.
A—Any information on preference in obtaining housing must come from the local housing board in the city or town where the veteran resides.
Q—My husband is a veteran of World War II. He is 40 yrs. old and receiving compensation from the VA for a disability which is service-connected. I would like to know if he is still eligible for a 30-year mortgage on a home loan.
A—He may well be an eligible World War II veteran's entitlement for a GI loan ex-

pires 10 years from the date of discharge from his last period of active duty, any part of which occurred in World War II. In no case will entitlement extend beyond July 25, 1967. The nearest VA regional office can establish his deadline date.

CHAMBERLIN HONOR ROLLS

Students making first honor roll at Chamberlin Studio are: Montee Brown, Naomi Byrd, Dawn Clayton, Joyce Clement, Patricia Dunn, Thalia Eaton, Patricia Fearington, Shirley Ferrell, Judith Hubbard, Katrina Joy, Michelle Leake, Edwina Link, Robert Page, Jr., Hedya Pettiford, Reatha Page, and Gayle Pretty.

Second honor roll: Elaine Artis, Noma Alyce Bennett, Sheila Brown, Joseph Campbell, Cassandra Clayton, Kathleen Clement, Bonita Davis, Sheila Gunn, Gayle McLaughlin, Lillian Norwood, Rosebud Page, Cynthia Ricks, Deborah Smith, Pamela Stanback.

laborer positions under Examination Announcement B-25-2 (65) do not have to apply for the new examination to be considered for these positions.

Additional information or assistance in completing the application forms may be obtained from the Board of U.S. Civil Service Examiners General Services Administration, Region 3, Room 1064, 7th and D Streets, SW., Washington, D. C., 20407, or from the U.S. Civil Service Commission's Information and Examining Office at 1900 E Street, N.W., Washington, D.C., 20415.

USCS Reveals Exams For Custodial Posts

WASHINGTON, D. C.—A new examination for custodial laborer positions paying \$1.40 to \$2.14 an hour has been opened to fill jobs in various Federal agencies in the Washington, D. C., metropolitan area. Civil Service Commission announced this week. The examination will also be used to fill a few positions in Maryland, Virginia, and West Virginia.

Applications will be accepted from nonveterans as well as veterans through January 31, 1966; thereafter it will be open only to applicants entitled to veteran preference. No written test is required. Ratings will be based on ability to perform the work. Persons who filed for manual

Shore Up that Sag FOR LONGER LIFE

Why do widows outnumber widowers? To the traditional team of work and worry, long branded the guilty pair, weight has been so strongly linked by science that dieting, once a woman's pastime, has become a male preoccupation.

And now comes evidence that it isn't just the paunch, but the sag, that brings on the pallbearers—that the girdles that give the ladies their girlish figures may also be extending their lives.

scribed abdominal belts for men with heart ailments. But new research, reported in the *Journal of the American Medical Association*, tends to show that the new drugs may be no more effective than the old-fashioned belt—or the modern constrictor shorts. Scientists found that "application of the belt previous to exercise reduced or prevented the abnormal postexercise increase in the amplitude of the A-wave of the apex cardiogram," just as popularly-prescribed glyceryl trinitrate.

How do control shorts help the heart? One famed medical writer, Dr. P. J. Steiner, writes that it helps the circulation of the blood, and "thereby takes an unnecessary load off the heart. And when one multiplies this by the heartbeats which add up to a few billion in the normal lifetime, one can understand how a simple abdominal support might add years to a man's life." Many doctors are suggesting the increasingly popular new types of men's control shorts to their patients, and finding back and breathing as well as circulation benefits. The most popular type, Mandate, "underwear that slims," meets the *Medical Journal's* prescription of a belt "rightly applied to the abdomen in such a manner that it does not disturb the patient's respiration or produce discomfort."



The idea that control under shorts, tightening the abdominal muscles and expanding the chest, improve not merely appearance, but health isn't exactly a new one. Long before modern drugs came on the market, doctors pre-

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