

THE FAMILY DOCTOR

JOHN JOSEPH GAINES, M.D.

NEEDLESS TRAGEDY

About three years ago, a housewife began to feel unable to perform her usual duties; she consulted a physician, who found a small tumor of the uterus. She was about 46. The doctor kept her under observation, saying "I can remove the thing at any time, but will try to cure without operation if possible."

He observed that the tumor grew rapidly in spite of his palliative measures. The patient grew dissatisfied, and changed doctors. The new one paid no attention to the tumor, and said she had diabetes, placing her on a strict diet at once.

Not feeling any better as time went on, the patient had the "staff chemist" of a quack institution make a urinalysis; this self-styled "expert" discovered that the patient had Bright's disease! . . . Time went on—dragged on. Haemorrhages set in, which with the diet, greatly weakened the poor woman. A third doctor said it was "the change" and that "all women were troubled that way."

On advice from her second physician, she went to a hospital in the nearby city. Here she was subjected to a clinical diagnosis, and was told that it was not advisable to do anything radical at that time. She returned home and kept on dieting—and losing.

She applied to me about one week ago at this writing. I found absolutely no diabetes or Bright's disease. A search for the source of the bleeding revealed cancer, involving nearly every organ within the pelvis, and long past the stage when operation could do more than to hasten the end! She has no prospect of living six months, if that long. . . .

Had this growth been removed PROMPTLY by the first physician—and he was capable—he might be well today; but the vitally precious interval has passed, and by neglect and utter ignorance of conditions.

Unless one knows that it is NOT a malignancy, it is better to operate than to take chances. Remember that.

SUNDAY SCHOOL LESSON

By Rev. Charles E. Dunn

Abraham a Man of Faith. Lesson for May 2nd. Genesis 12:1-9.

Golden Text: Hebrews 11:8. The story of Abraham is attractive to the highest degree. He has been well called "a mighty idealist" who represents "one of the turning points in the fortunes of mankind."

There are many reasons why he appeals to us. His name, which means "father of a great multitude," reminds us that he is honored as the sire of the faithful people of God in their long and tragic pilgrimage. Then, too, he was a rich man who enjoyed unbroken prosperity. Such good fortune obviously makes a strong appeal in a day like our own when we are suffering from the effects of a long-continued depression. And Abraham is also distinguished by his generosity. Think of his beautiful hospitality toward the three mysterious, angelic strangers who unexpectedly put in an appearance "by the oaks of Mamre." Note also his liberal attitude toward Lot, his selfish nephew.

But more important than

Abraham's generosity is his sturdy faith. As James tells us, he "was called the Friend of God." His life was rooted in fellowship with the eternal. He "believed," writes Dr. Henry van Dyke, "in a God who was not lower but higher than himself, a God of purity, of holiness, of truth, of mercy." While those about him were worshipping idols Abraham revered and served the true God hidden from human eyes.

But note that his life was a severe trial of this faith. He was tested in the crucible of adversity. At the beginning of his career the Lord bade him forsake his home, and settle in an unknown land to the west. And "he went out, not knowing whither he went."

But a more grievous trial of Abraham's trust was the call to sacrifice his dearly loved son, Isaac. Here we find illustrated the old truth that man's extremity is God's opportunity. When it seemed certain that Isaac's life was to be snuffed out, Providence intervened and he was spared.

Bruce Barton Says

HUMAN NATURE IMPROVES

I have a vivid memory of a certain Sunday morning when I was seven years old. My father, a clergyman, had never purchased a Sunday newspaper. On this particular morning he came down to breakfast looking deeply concerned, and said to mother: "I feel today that I must know the news before I go into the pulpit."

The news that he felt that he must know was about the railroad strike in Chicago, where men were killing each other, and Grover Cleveland had ordered out the Federal troops.

We have made a lot of progress in the intervening years. A wise old professor in my college used to quote the following verse from the Psalms: "What is man that thou art mindful of him? or the son of man that thou visited him?" Most people, he said, interpret that to mean: "What does petty, futile man amount to, that you (God) should give him any thought?"

A better interpretation, the professor argued, is this: "What a wonderful creature man must be that even God is mindful of him and likes to visit him." THE COMPETENT ARE RARE

An important New Yorker called me up to ask about two doctors who run a clinic in a little town in Canada. He knew

I had visited them some years ago and that they did me much good.

I described them to him in the words of one of their patients "They are human ferrets," I said. "They seem to be able to discover and correct conditions where even specialists have failed."

The man went up to the clinic and stayed three weeks. Yesterday he telephoned me to say that he had not felt so well in years. He was so enthusiastic that I could hardly get him off the phone.

I sent another man up to Bill Brown's health farm opposite West Point. The man is vice president of a business that has had plenty of problems. He was nervous and discouraged. He came back from Bill's on top of the world.

I referred a friend to an architect who has done some very clever work for us on our country house. My friend was delighted.

The doctors write me letters of thanks. So does Bill. So does the architect. They think I have done them a friendly service. I reply that, on the contrary, the obligation is entirely on my part. They have given me one of the best pleasures in life, the pleasure of recommending someone who is rally competent.

In The WEEK'S NEWS



REFUGEES SWING TO SAFETY—Refugees from Spain being lowered by crane on to the deck of a British destroyer in Spanish waters for their passage to Marseilles, France, after flight from their war-torn country.



IN CREATING the odorless marigold, All America Gold Medal winner for the best new flower of 1937, David Burpee used the oscope to magnify any faintest possible odor. There is none. It took six years of experimenting with 642 varieties of marigolds to produce the "Crown of Gold."



CORONATION UNIFORMS APPROVED—Officers of the British Army, wearing special new uniforms in honor of the Coronation, leaving Buckingham Palace after their inspection and approval by King George VI.



ARCHITECTS HONORED—Alfred Shaw, left, and John Root, whose designs for modern homes were selected by The Woman's Home Companion. They've been built full-size and completely furnished inside a Chicago department store, the first time such a huge display has ever been constructed indoors.

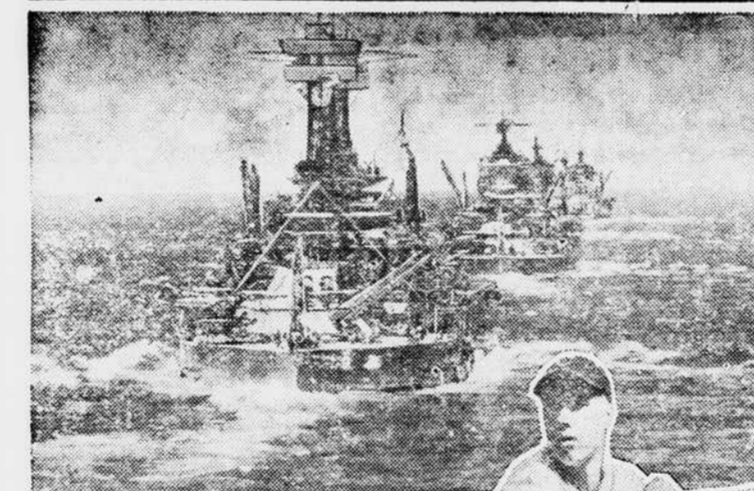


FAIR QUEEN—Miss Jacqueline Jacoblew, 17-year-old French beauty, will reign as "Miss Exposition" at the ceremonies to be held at the opening of the Paris 1937 International Exposition next month.



TO DECIDE LABOR DISPUTES—The Constitutionality of the Wagner labor law will bring many labor disputes to the N.L.R.B. for decisions. Members of the board are, L. to R., Donald Wakefield Smith, J. Warren Madden, Chairman, and Edwin S. Smith.

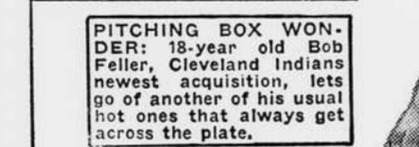
CAMERAGRAPHS



ANCHORS AWEIGH! Scenic scenes like this are occurring as Uncle Sam's fleet masses in the Pacific for spring maneuvers.



ONE OF RADIO'S BEST DRESSED: Reed Kennedy, baritone soloist, who colors the music pages of the "Heinz Magazine of the Air," blossoms out in checks and stripes. Kennedy, who hails from Pittsburgh, is a graduate of Cornell and a former mining engineer. He is heard every Monday, Wednesday and Friday at 11 a.m. (E.S.T.) with a rebroadcast to the coast-to-coast Columbia network.



PITCHING BOX WONDER: 18-year old Bob Feller, Cleveland Indians newest acquisition, lets go of another of his usual hot ones that always get across the plate.



LAST OF THE SIT-DOWN STRIKERS: Demanding bigger bones and more play, this two-weeks old mascot of the Pan American Exposition (above, right) creates a quiet tempest in a teacup.



CAMP FIRE GIRLS (right) will celebrate twenty-five years of camping this summer as part of their Silver Jubilee Celebration and will use this Junior mascot (above, right) which they designed throughout the country showing the crossed logs and flame insignia which represents both the health fire and the campfire.



PRIZE WINNERS! But this time it's bottles—not girls. These bottles won first, second and third prizes in "Modern Packaging's" All America Packaging Competition. They led in beauty, protection, convenience—renowned advantages of glass containers. Your sterile jars and bottles grow handsomer, "nicer," every year.

Nancy Hart Home News

Baby's development before it is born, and its health afterwards, depends largely upon the mother's diet. If you are careful to adhere to a balanced diet during the months of pregnancy, you will be doing much toward making your baby strong and healthy. At the same time, you will be keeping yourself well, and you must think of that factor constantly. You will want to nurse your baby when he comes, and your ability to do so depends on your own health.

This is what you must eat every day:

1. A quart of milk.
2. Green and root vegetables.
3. Fruit—fresh, dried or canned.
4. Dark cereals and dark breads.
5. Real butter.
6. A small amount of meat, fish or eggs.
7. Eight glasses of water daily.

Your doctor may add to this list, or subtract from it, to suit your individual needs. You should eat the foods you have always liked and those you know agree with you. Avoid large amounts of rich desserts, candy and pastries. Eat a fruit meal at night before you go to bed. Eat three meals a day, and eat them at regular hours.

Beauty specialists, like others, are doing a lot of thinking about the future. "One of the things of the future," says a famous hair dresser, "will be rinses (not dyes) which turn a woman's hair red, green, orange, blue and other bright colors and make it glow under artificial light. This may sound ridiculous now, but twenty years ago the idea of a permanent wave was scoffed at.

"New ideas always are considered preposterous, but I think it quite likely that the day will come when a woman will tint her hair a bright luminous hue for an evening party or dance. If she likes she will be able to wash it out the next morning."

The vogue for hand-quilting has crept into housecoats. One especially attractive model can be worn as an evening wrap, breakfast negligee or informal dining costume. Made of a blue and white cotton print and lined with the same print in red and white, this is quilted all over in a small diamond pattern. It is cut on classical lines and is double breasted. The red and white print, used for the lining, fashions collar and cuffs.

Among the newest notes in table decoration are little tapers in rainbow colors to be used among one's flowers. These are stuck into any type of flower holder exactly as are the stems of flowers. They are absolutely dripless and can be cut with your flower scissors so that they may be arranged at different heights and angles.

Here is an "end of the day" pick-up prescribed by a famous beauty specialist for the radiant Claudette Colbert: "And an ice cube to a saucer filled with eau de cologne. Bathe the face in this iced liquid and leave it wet. Fan it with a towel to assist two small pieces of cotton in the lotion and place over the eyes. This is a perfect inducement to a relaxing beauty nap, from which you will awaken all refreshed and ready to go."

ODORLESS COOKING NEWEST BOON OF SCIENCE

By Mary Talbot

There are a lot of good things to eat that are practically outlawed because it's impossible to cook them without advertising the fact to everybody in your house, and usually the neighbor's house as well. Broiled mackerel is a fine example, broccoli is another, and cauliflower, too.

This is all perfectly all right when you're eating alone, but the hostess who has pride in her home doesn't like to usher her guests into a cauliflower laden atmosphere— it just isn't keeping with good taste.

I've found the perfect answer to this old problem, and you don't have to go around waving burning coffee or performing mysterious rites over the stove with vinegar, as our grandmothers used to do. It's also a lot simpler than wrapping your vegetables up in absorbent paper before cooking.

This new product, an odorless household deodorant, is conveniently packed as a clean white powder, in several size cans, and you just mix it with water to form a simple solution. About three minutes before you start cooking your vegetables or whatever, start the solution sizzling over a burner (half a burner will do), and presto! even corned beef and cabbage, when it starts to cook, is miraculously without odor for all. Remember, don't forget to get a deodorant!

YOU KNOW that inevitable first hot day that catches you with a hot flash and only too quickly takes over white shoes and bag to wear with it. Don't worry. Facee your skin shopping by buying a white polish that's guaranteed not to rub off. Grandest thing ever to completely disguise old worn leathers. Equally splendid for keeping new accessories in top white of condition.

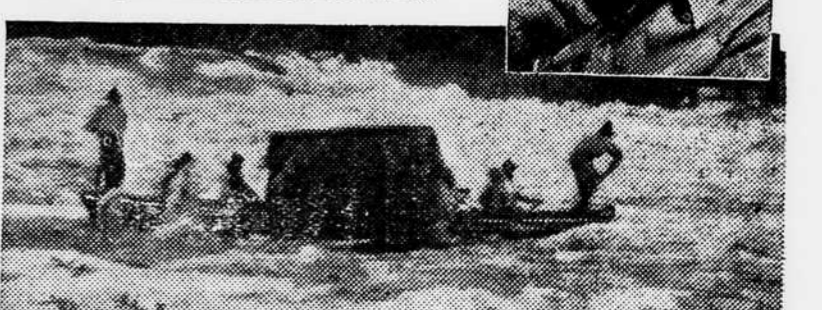
HOW TO TRAVEL WITHOUT BEING RICH

HOW TO Travel without Being Rich," by William M. Strong, is a new book that will prove a Godsend to the person with a short vacation and little money, who probably feels that travel is out of his reach. In a hundred breezy pages, illustrated by the author's own photographs, it shows how you can see the world's most beguiling spots for the amount of money usually spent on an ordinary routine holiday. Better still, it equips you with enough practical information for just as exciting a time as if your resources were unlimited. Mr. Strong, Princeton classmate of Richard Halliburton and a New York advertising executive, tells his readers how to obey Bernard Shaw's maxim, "Get what you like so you won't have to like what you get!" He shows you the way to a bargain basement for travel—how you can find a place to sleep in Sweden for 25 cents; how to get an even thousand dollars' worth of fun for \$350; how to use free travel services; and how to see France without leaving America. Mr. Strong adjusts your journey to your purse for you. He tells where you can go for \$50, \$100, \$250 and up; how to tip, what to wear, how to choose a hotel, how to save railroad fare on the continent. "How to Travel without Being Rich" (Doubleday Doran, \$1.50) is a guide book that guides your budget as well as your footsteps. Reading it is a pleasant first step in gratifying wanderlust; in seeing that urge to go places and see things.

DR. J. S. FORBES
Optometrist
Telephone 860
Hours 9 to 5.30
Suite 201-3 Hanford Building
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"FOR DIGESTION'S SAKE — SMOKE CAMELS"

is a No. 1 rule with me," says noted explorer RUNNING THE RAPIDS of jungle river (below)—one of A. Hyatt Verrill's nerve-racking experiences. "No matter what I have to go through," he explains, "smoking Camels eases tension and starts me on the trail to good digestion." Let Camels help your digestion by speeding up the flow of digestive fluids, increasing alkalinity.



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