

Second Half For Softball Begins Today

The second half of the city softball circuit begins today with Bankers meeting Kiwanis at the high school lot.

Tomorrow's contests find Gro-Swift meeting Puroil, and Christians meeting Rose.

The first half winner has not been decided. Rose having to play the Christians to decide the winner of the first half bunting.

All teams have been strengthened for the second half race, and tougher contests are expected during the remainder of the season.

Games will be played at the high school lot and on Red Taylor's diamond at the Hill Top Service station on the Raleigh Road.

Warner, Card Win At Golf

Rodney Warner and Tommy Card, of Raleigh, defeated Chuck Alexander and Bill Cozart, of Durham, on the West End Country Club links yesterday afternoon before a fair size gallery one-up on the 20th-hole of their 18-hole exhibition match.

Those who followed any part of the match saw the golfers facing long drives down the fairways, and approaching the greens with the touch of master golfers.

The match was interesting from the first hole to the final.

Warrenton To Play West End

Warrenton will come here Wednesday for an inter-city golf match with West End linksmen, and the local golfers expect to take the visitors, and avenge a defeat at the hands of the Warrenton Club last Wednesday.

Inter-city play has been one of the features for golfers during the past few months, and a schedule for other games is expected to be drawn up. Indications now point to some kind of activity at the club for golfers on July 4, definite plans, however, have not been worked out.

Results

PIEDMONT LEAGUE

Asheville, 5; Durham, 4.
 Norfolk, 7; Rocky Mount, 2.
 Portsmouth, 4; Winston-Salem, 2.
 Charlotte, 17; Richmond, 16.

AMERICAN LEAGUE

Detroit, 6; Washington, 5.
 St. Louis, 7-2; New York, 3-11.
 Cleveland, 8-2; Philadelphia, 4-10.
 Chicago-Boston, rain.

NATIONAL LEAGUE

New York, 3; Cincinnati, 2.
 Brooklyn, 6; Pittsburgh, 5.
 Chicago, 4; Philadelphia, 3.
 Boston, 8-2; St. Louis 5-0.

Standings

SOFTBALL STANDINGS (City League)

Club	W.	L.	Pct.
Rose	12	3	.800
Gro-Swift	12	4	.750
Bankers	12	4	.750
Puroil Pep	6	10	.375
Christians	2	13	.133
Kiwanis	1	15	.063

PIEDMONT LEAGUE

Team	W.	L.	Pct.
Asheville	41	24	.631
Portsmouth	36	32	.529
Rocky Mount	34	31	.523
Charlotte	33	30	.524
Durham	31	32	.492
Richmond	30	32	.484
Norfolk	28	35	.444
Winston-Salem	24	41	.369

AMERICAN LEAGUE

Team	W.	L.	Pct.
New York	46	15	.753
Boston	31	23	.574
Cleveland	32	28	.533
Detroit	32	29	.525
Chicago	29	28	.509
Philadelphia	24	35	.407
Washington	24	38	.387
St. Louis	17	42	.288

NATIONAL LEAGUE

Team	W.	L.	Pct.
Cincinnati	37	22	.627
St. Louis	32	25	.561
New York	33	27	.550
Chicago	32	29	.525
Brooklyn	28	29	.491
Pittsburgh	27	30	.474
Boston	24	34	.414
Philadelphia	19	36	.346



Carole Lombard in "Made for Each Other"—Stevenson Today and Tuesday.

Rockies Whip Epsom Team

TRI-COUNTY LEAGUE

W.	L.	Pct.	
Louisburg	11	3	.786
Pilot	9	4	.692
Epsom	6	7	.462
Pine Ridge	6	8	.429
Greystone	4	7	.364
Warrenton	3	10	.231

Pilot, June 26—Pilot bunched three hits for two runs in the 11th inning and turned back Pine Ridge 6-4, here Saturday in a Tri-County league contest.

Pine Ridge tied the score at 2-all in the seventh on Bill Bullock's homer, which brought in Bill Shelton, who had singled.

Buck Cone, first up in the 11th for Pilot, slammed a long homer past the leftfielder to the woods bordering the field. Bill Hoyle got on first via an error and came home on Aubrey Bullock's double.

Score by innings: R
 Pine Ridge 001 100 200 00-4
 Pilot 400 000 001 02-6
 Parrish and Kemp; Green and Benton.

LOUISBURG WINS 10-8

Louisburg, June 26.—Louisburg turned back Warrenton, 10-8, here Saturday in a 21-hit slugfest. Louisburg outscored 13 hits.

John Cameron, Louisburg College coach, led the Louisburg attack, with a double and a single for three tries. Harold Troutman, Trojan athlete, was next best, with a double and a single for four.

Leaders in Warrenton's attack were Outfielders Evans and Lewis, with two singles for four apiece.

Score by innings: R
 Warrenton 000 710 000-8
 Louisburg 600 031 005-10
 V. Lloyd and Mayfield; Wheelless, Foutman and C. Dook.

EPSOM LOSES, 4-3

Epsom, June 26.—Greystone bunched its hits for three runs in the sixth inning and a singleton in the seventh in edging a 4-3 victory over Epsom here. Each team connected for 10 hits.

Leaders in Greystone's attack were Reynolds, Winstead and Feimster, with two hits for five tries apiece. Bing Miller led Epsom, with two singles and a homer for five tries.

Score by innings: R
 Greystone 000 003 100-4
 Epsom 200 010 000-3
 Feimster and Robertson; I. Byrd and Poole.

Today's Games

CITY LEAGUE

Bankers vs Kiwanis (HS).
 (Games Tomorrow)
 Gro-Swift vs Puroil (HT).
 Christians vs Rose (HS).

PIEDMONT LEAGUE

Durham at Richmond.
 Norfolk at Asheville.
 Rocky Mount at Portsmouth.
 Winston-Salem at Charlotte.

AMERICAN LEAGUE

Boston at Washington.
 Detroit at Cleveland.
 New York at Philadelphia (night).
 No other games scheduled.

NATIONAL LEAGUE

No games scheduled.

Scientist claims some species of moths never drink. How come, then, they lead such a butterfly existence?

SO—Animals Keep Healthy—WHAT?

By LOGAN CLENDENING, M. D.

WITH GREAT regularity human beings are asked to go and observe the bee, or the cat, or the dog, or the lion, or the leopard; the idea being that animals, especially wild animals, keep themselves very healthy, and that human beings have no good habits or instincts in this direction and could profit by following the example of our brute friends.

Animals, we hear, are very fastidious. The instinct for cleanliness is deeply rooted. Observing the toilet of the cat, we are supposed to learn a great lesson. Ducks, I understand, devote a considerable portion of each day to the care of their plumage, dealing painstakingly with each individual feather. Hawks and eagles keep their bills

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and talons scrupulously clean. Cattle frequently lick each other's coats.

They are also fastidious about their food. There is a popular belief, so my zoological friends tell me, that animals will eat anything, but this is not true. Mares will not feed on plants that have been soiled by rabbits. Most birds and animals, and even insects, will eat nothing but what they have just killed.

Long ago the Egyptians made a rule to avoid water from which the sacred ibis would drink. Cuckoos invariably press out the contents from the food canals of caterpillars before they eat them. Even a sea gull washes a soiled fish before he swallows it.

I am perfectly willing to believe all these stories, but I fail to see that they have any particular lesson for me. I, also, invariably wash a fish before I swallow it. The sea gull is not ahead of me in that respect. Furthermore, most animals die at an age which would be disgraceful for a human being. All the animals mentioned in this article usually die at the age of what would

Cotton Mixed At The Close

New York, June 26.—(AP)—Cotton futures opened eight to twelve points lower under hedge and spot house selling and foreign liquidation. July was off nine at 9.38 and October was down eleven at 8.66 at the end of the first hour of trading. Around midday, the list was off five to seven points.

Futures closed five points higher to two lower. Spot, nominal; middling, 9.91.

Open	Close	
July	9.37	9.51
October	9.65	9.75
December	8.44	8.56
January	8.34	8.45
March	8.35	8.37
May	8.20	8.30

Losses Mark Stock Prices

New York, June 26.—(AP)—The stock market suffered a few mild selling spasms today, with fresh international irritation receiving the principal blame. The list tripped up at the start on light selling. Volume picked up for brief periods after midday, then dwindled to a trickle. Losses running to two or more points for leaders at the worst were reduced in many cases at the finish. Transfers for the five hours approximated 500,000 shares.

American Radiator	12
American Telephone	100
American Tob	13 1-4
Anaconda	23 1-4
Atlantic Coast Line	17
Atlantic Refining	20 1-2
Bendix Aviation	22 3-8
Bethlehem Steel	54 1-4
Chrysler	68 5-8
Columbia Gas & Elec Co	5 7-8
Commercial Solvents	9 3-4
Consolidated Oil	7 1-2
Curtiss Wright	5
DuPont	149 1-2
Electric Pow & Light	7 1-8
General Electric	33 1-2
General Motors	43 1-2
Liggett & Myers B	107 1-4
Montgomery Ward & Co	49 7-8
Reynolds Tob B	39 1-8
Southern Railway	14 1-8
Standard Oil N J	42 1-4
U S Steel	45 7-8

by mail or to prescribe treatment through correspondence, but in this case it seems to me the condition is so plain that a diagnosis may be ventured. The symptoms plainly point to a deficiency in the secretion of the thyroid gland. In fact, it seems to be a full-fledged case of myxedema. There are thousands of such cases going around, and many—too many—of them consult doctors without obtaining a satisfactory opinion.

The condition seems to occur more often in women than in men—4 to 1. It comes on in middle life with an increase in weight and, particularly, a thickness of the skin. To illustrate

Congress to Tighten Up on Spies

(Continued From Page One)

ocrat, Arizona, announced the appointment of a judiciary subcommittee to conduct hearings on it.

The House Judiciary Committee is considering a bill penalizing attempts to interfere with military discipline. It would provide for the licensing of civilian military organizations and the fingerprinting of aliens.

Two other measures of this nature are pending before the Senate Military forces, and the other would prohibit military drill by individuals wearing uniforms or insignia resembling those of foreign governments.

An American type fish has been found in Asia. Poor fellow—but it was shot as a spy.

The Japanese army has penetrated so far into China that the mikado, according to the man at the next desk, is contemplating sending out searching parties.

SO—Animals Keep Healthy—WHAT?

correspond to about 10 years old in the lifetime of a human being.

Primitive Man

Another example that is often held up to us by health faddists and food faddists is primitive man. The idea is that of a strong, wild brute. As a matter of fact, primitive man was completely pathological; he was almost a pathological museum, if we can interpret properly such remains as can be examined. He had tooth disease, bone disease, foot disease, eye disease; in fact, he led a perfectly miserable existence from the date of his birth to the date of his death.

If we could bring back intact a Neanderthaler (not just his skeleton, which is all that we see of him nowadays), even the celebrated Mr. Steinbeck, whose novel "The Grapes of Wrath" is upsetting the sensibilities of all my friends, could not adequately describe what an awful physical condition he would be in.

QUESTIONS AND ANSWERS

W. O.: "I have uric acid in my system. Kindly advise me what particular diet to observe. I am 60 years of age and overweight."

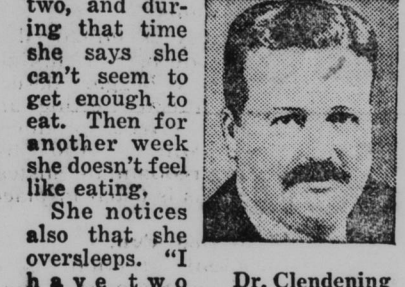
Answer—How do you know you have uric acid in your system? Everybody has uric acid in his system. The normal amount of uric acid is two milligrams per 1,000 cc of blood. If it rises above five milligrams you have an excessive uric acid. This can be very accurately determined. I do not believe from your letter that you know whether you have too much uric acid in your system or not. The ordinary diet for uric acid is to abstain from purin foods—liver, kidney, sweetbreads and red meats.

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When Thyroid Gland Secretion Diminishes

By LOGAN CLENDENING, M. D.

A WOMAN reader writes me that she is much too heavy for her own good and energy. She eats in spurts for a week or two, and during that time she says she can't seem to get enough to eat. Then for another week she doesn't feel like eating.



She notices also that she oversleeps. "I have two alarm clocks which I never hear. I am constantly late for appointments. Unless someone awakens me violently by shaking me, I sleep 12 or 14 hours."

Her third complaint is that her skin is dry and itches, for which she can find no remedy. "I went to a doctor but he didn't do me any good."

Condition Plain

As I said in answer to this correspondent, I never feel that it is satisfactory to try to make a diagnosis

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Effect of Smoking on Health Debatable

By LOGAN CLENDENING, M. D.

I WAS stopped in reading William Lyon Phelps' "Autobiography" the other day when he recorded the saying of G. K. Chesterton concerning the American attitude towards smoking. I quote: "I remember once receiving two American interviewers on the same afternoon; there was a box of cigars in front of me and I offered one to each in turn. Their reaction was very curious to watch. The first stiffened suddenly and declined in a very cold voice. The second first looked doubtful, then shy, and said, 'Well, Mr. Chesterton, I am afraid I have the habit.' As I also have the habit and

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never have been able to imagine how it could be connected with morality or immorality, I confess that I plunged in with him deeply."

I don't know where he found a journalist in this country who believed smoking was immoral, but as regularly as I write on the subject I get letters from school teachers who believe that, and I am glad to be able to record the opinion of so great and good a man as Chesterton to the contrary.

Absurd Reasoning

I have actually had letters from American schoolmasters to the effect that they observed the students who smoked cigarettes were the ones who frequented pool halls and cultivated low company. Such a cause and effect seems to me entirely absurd.

On the physical side, the effect of smoking is still debatable. If anything, there has been more evidence of the harmfulness of smoking lately than the harmlessness. Dr. Raymond Pearl, of Johns Hopkins University, a man notoriously lenient with human habits, reported some tables in March, 1938, that conclu-

sively prove that the less you smoke the longer you live.

Charles Rickett, winner of a Nobel Prize, and in physiology, too, said: "I have fettered myself with this habit with no better excuse than universal folly. I injure my appetite, my memory, my sleep and the action of my heart by breathing noxious vapors."

Whether all of this is true, I seriously doubt. A recent study published in the Journal of the American Medical Association indicated that tobacco had no bad effect on the alimentary tract; that digestion went on at the same speed and with the same efficiency with tobacco as without it.

So with sleeping; I hardly believe tobacco keeps people awake. In the many physiological experiments that have been made on sleep in the last few years, every experimenter agrees that the use or omission of a cigarette or cigar before bedtime has no effect on the quality of sleep.

The criterion of how much harm tobacco does is the number of people who use it. The habit is so universal that if it did all the harm claimed for it, we would be a haggard, weary, pallid, dying race. And in spite of claims to the contrary, we are not.

Carlisle perhaps put it best. "I was miserable with it, and miserable without," he said. "I'd rather be miserable with it."

If you would like to give the habit up, however, according to Dr. J. C. Furnas in his little book, "So You're Going to Stop Smoking" (Simon & Schuster), it is very easy.

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the sleepiness, one case I saw occurred in a night watchman. He claimed he had been discharged because his employer had lost all his money. As I happened to know that his employer was particularly prosperous, I suspected that perhaps sleeping on the job was the cause of his discharge, and on telephoning the employer found that my surmise was correct.

Get Metabolism Test

What my correspondent should do is to go to a doctor and ask for a basal metabolism test. This test is simple to make and any city in the United States is in close touch with a laboratory which can give the test. It is painless and harmless.

It consists in measuring the amount of oxygen which the patient consumes. Any animal of given weight and given body surface consumes a definite amount of oxygen at rest in a definite period of time, if bodily conditions are normal. The most important organ in disturbing oxygen intake is the thyroid gland. If it begins to increase its secretion, the oxygen consumption goes up. If it begins to decrease its secretion, the oxygen consumption goes down. And it does so in proportion to the extent of the lack or increase of the secretion.

This last fact gives the physician a most valuable guide in the direction of treatment. The treatment of lack of thyroid secretion is naturally to supply it artificially with the administration of thyroid extract. But the patient should never attempt to do this for himself. The doctor, after the proper examination, can give the proper dosage.

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Called Modern Inquisition by Franco Government

In the beautiful villa (left) in Barcelona, according to testimony of thirty witnesses, were located tiny, misshapen, crazily-decorated torture cells, allegedly used by Spanish Republican officials for purpose of gaining information from captured insurgents. In one room (second from

left), cubistic patterns would seem to change before the prisoner's eyes, sometimes driving him insane. The cells were designed to keep a prisoner in a crouch, as shown (second from right). In the small cells (right) prisoners were strapped down while a light was focussed into their eyes.

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"Ages" in "Life" Of Tuberculosis

By LOGAN CLENDENING, M. D.

AT DIFFERENT periods of the life span there are striking differences in the nature of tuberculosis, both as to the symptoms and the outlook for life, and also to the danger to other human beings who might come into contact with the person who has the disease.

Tuberculosis, according to modern ideas, lasts a lifetime, is almost always acquired in infancy and is entirely different in infancy than it is in adult life. In infancy it is located mostly in the lymphatic nodes

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of the body and not until maturity does it involve the lungs. Tuberculosis of the bones is almost entirely a disease of infancy and childhood.

Infected at Home

Since infants cannot move about to court infection, they are ordinarily infected at home, and are exposed to heavy and continued infection or none at all. In other words, infants get tuberculosis from some member of the household—parent, grandparent, brother or sister.

Food and nutrition play an important part in the outlook of infantile tuberculosis. In other words, of two infants, both of which are exposed to infection, the one who lives in a household where there is an abundance of good food is more liable to overcome the infection.

From the second to the fifth year of life children develop a considerable immunity to tuberculosis; few cases of active clinical tuberculosis can be detected at this period. Between five years of age and puberty the child can move about more and

may be exposed to primary infection or to reinfection. In this period of life, however, children are most protected against the vicissitudes of life, and are spared the stresses and debilitating influences of later life.

After adolescence, that is, after the age of 15, the death rate from tuberculosis rises very sharply. This is the most dangerous age so far as the individual's fate is concerned. In adult life, that is, after the middle twenties, the individual who has acquired tuberculosis has usually also acquired immunity, and the death rate is comparatively low. In old age, after the age of 60, the death rate again rises. It is surprising, however, that people who had tuberculosis all their lives can go on to the age of 70 or 75, coughing and expectorating tubercle bacilli, infecting their grandchildren, without any suspicion of what is the matter with them.

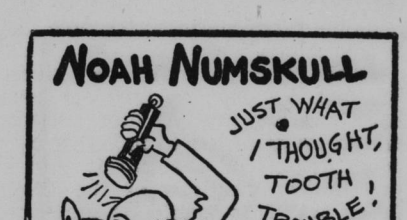
I remember seeing an entire family of five children with tuberculosis. Nobody could explain how they got it, because they were of an economic status that allowed of plenty of good food, airy sleeping quarters and other hygienic protection. Finally somebody called attention to grandpa's bronchitis. It had been hanging on a long time. Grandpa was 70 years old and his sputum was loaded with tubercle bacilli. The children used to sleep in grandpa's lap in the late afternoons, when mother and father were calling on the neighbors.

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Girl Scouts to Switzerland



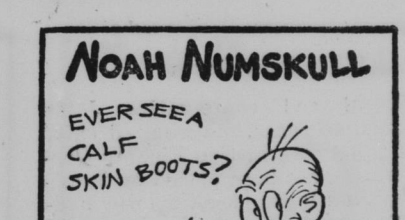
Senior Girl Scout Virginia Brittingham (left) of Wilmington, Del., and Patricia Townley (right) of Abilene, Kans., are two of the five American girls selected to represent the U. S. at an international encampment in Switzerland. Both girls, 18, are recipients of the annual Juliette Gordon Low memorial fund awards.



JUST WHAT I THOUGHT, TOOTH TROUBLE!

DEAR NOAH—WOULD YOU SAY DENTISTS WERE A GLOOMY BUNCH BECAUSE THEY ARE ALWAYS DOWN IN THE MOUTH?

DEAR NOAH—COULD YOU SQUEEZE TEARS FROM PROFFITTEERS? BURGESS BUNN, CHARLOTTE, N.C.



EVER SEEA CALF SKIN BOOTS?

DEAR NOAH—IF THE COW BAWLS, WILL THE CALFALDIE?

DEAR NOAH—WHEN THE WIND LAYS, DOES IT CACKLE?

DEAR NOAH—WOULD YOU CALL SAFE CRACKERS HEALTH FOOD? DOC TANNER, ST. JOSEPH, MO.

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