

Marshall Cautions U. S. To Maintain Army, Large Reserve

Report Is Made To War Secretary By Chief of Staff

Washington, Oct. 10.—(AP)—General Marshall cautioned American today that a rich nation which lays down its arms in this age of terrifying and fantastic new weapons counts catastrophic.

NEEDLEWORK LOVERS

For the reader desiring the address of a needlecraft magazine, Mrs. L. K. L., Minnesota, writes: "I am sure the needlework lover would like Aunt Ellen's WORKBASKET. This monthly pattern and direction service brings the latest creations in handcraft and needlework from the country's foremost artists and designers. It is \$1.00 a year for twelve issues, but no samples are sent because each issue contains large hot iron transfer patterns as well as ideas for such items as dollies, edgings, bedspreads, tablecloths, hats, bags, and baby's things. Orders should be sent to the WORKBASKET, 2279 Westport Station, Kansas City, 2, Mo." If you are not delightfully pleased with the first issue, Aunt Ellen will return your dollar and you may keep the material you have received without any obligation.—Adv.

It should not limit its efforts to intensive scientific research, Marshall asserted in his annual report to the secretary of war, at a time when methods of attack hitherto unpublished may subject New York, Philadelphia, Detroit, Chicago or San Francisco to a rain of ammunition from points thousands of miles from this continent.

Keep the training program abreast of technical developments and the resulting modifications of tactics.

"To prevent another 'Catastrophe'," Marshall declared, "There is no alternative but that this nation must be prepared to defend its interest against any nation or combination of nations which might sometime feel powerful enough to attempt settlement of political arguments or gain resources or territory by force of arms."

In the past, he said, we have ignored the hard realities of world affairs. We have been purely idealistic.

"This man has made it clear that the security of the nation, when challenged by an armed enemy, requires the services of virtually all available male citizens within the effective military age group, Marshall wrote.

"In war the nation cannot depend on the number of men willing to volunteer for active service. Not can our security in peace."

"In another national emergency, the existence of a substantial portion of the nation's young men, whether already trained or in process of training, would make it possible to fill out immediately the peacetime ranks of the navy, the regular army, the national guard, and the organized reserves."

Lint Prices Fluctuating

New York, Oct. 10.—(AP)—Cotton lint prices closed 25 cents a bale lower to 19 cents higher. Noon prices were 19 cents a bale for Z 40 cents higher, October 23.13; December 23.35; January 23.39.

	Close	Open
October	23.19	23.12
December	23.33	23.31-32
January	23.36	23.36
May	23.25	23.26
July	23.16	23.14

U.S. Naval Academy Observes Birthday With 100 Candles

Annapolis, Md., Oct. 10.—(AP)—The centennial of the United States Naval Academy's centennial week observance was capped today with a hundred-candle ceremony for each year of its existence.

Admiral Chester W. Nimitz, who led the 100-candle ceremony, presided over the occasion. Ernest J. King, chief of naval operations, were among the distinguished guests.

Participating in the program was a group of 100 cadets, a portrait of President James K. Polk, the nation's 14th Executive, on Oct. 10, 1845, when the Annapolis institution became an academy.

In 1929 California-Arizona production of winter oranges was slightly lower than that of Florida. Though the western production has now gone down, it is less than half that of the southern state.

Mart Makes Slight Gains

New York, Oct. 10.—(AP)—Demand for rails, steel, specialties and related industrial goods showed a general rise in reactions to a general point in today's stock market. Gains included U. S. Steel, Bethlehem, Montgomery Ward, Woodworth, and American Radiator.

Bed Rest in Heart Disease

By HERMAN N. BUNDESEN, M. D.

IN THE treatment of heart disease, rest has long been recognized as a way in which the work of the heart can be lessened. However, in certain instances, it has been noted that bed rest may put more rather than less work on the heart, particularly in those cases in which there is congestion in the lungs. In such instances, it has been found that to have the patient lie down in bed may cause shortness of breath.

Normally, when a patient is at rest, the blood pressure falls slightly, the pulse becomes slower and the general chemical activities of the body go on more slowly. However, in a patient with heart disease in whom the left side of the heart is not working properly, a greater burden may be put on the right side of the heart when the person lies down. This may lead to a collection of fluid in the lungs known as pulmonary edema.

Sitting Up Patients with heart disease, it has been known for some time, may be more comfortable when they are sitting up or in a semi-reclining position. If a person is suffering from an active inflammation affecting the heart valves or heart muscle, such as occurs in young persons, complete bed rest, it is thought, may stop the progress of the disease and speed up healing.

On the other hand, for old people with heart trouble, which is due to hardening of the arteries

and slowing down of the circulation to the heart muscle, prolonged rest in bed may be responsible for the formation of blood clots in the arteries and veins, particularly in the legs.

According to Doctor Samuel A. Levine of Boston, the bed rest may interfere with the action of the stomach and bowel, may produce constipation, swelling of the abdomen, loss of appetite and poor nutrition. Trouble with the kidneys and bladder also may arise. Furthermore, continued rest in bed may have a bad effect on the patient's morale.

Heart Disease In patients with severe heart disease in which there is edema or swelling of the legs, complete bed rest should not be employed, according to Doctor Levine, until the circulation has been improved by other treatment. During this period of treatment, the patient should be urged to exercise his legs and he may sit up in a chair. Short, daily walks around the room are advisable, as well as massage of the legs. The bed in which the patient sleeps should slant downwards from the head to the foot so that the back and hips are higher than the feet.

In each case of heart disease, the physician, after carefully studying the patient, can determine from the type of heart trouble present just how much bed rest is required and how much activity may be permitted. No set formula can be given which will cover even the majority of cases.

Back from Japan



NAVY Comdr. Harold Stassen, former governor of Minnesota, is shown on his arrival in Washington, D. C., after a flight from Japan. Stassen, who saw active service all over the Pacific, was a member of the U. S. delegation at the United Nations Conference (International).

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Cows Give More Milk

Raleigh, Oct. 10.—The average North Carolina cow produced 45 gallons of milk during August, 1944, when it was estimated to have produced 39 gallons during the same month in 1943. North Carolina's average milk production per cow was nearly a record.

There has been a three per cent increase in the number of milk cows in the State since August, 1944, when it was estimated to have been 200,000. North Carolina's average milk production per cow was 15 per cent more.



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Hear Morton Downey WHNC 2:15 P. M.

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