

New Facts About The Elderly

By HERMANN BUNDESEN, M.D. IT is a safe bet that most people never realize the great amount of labor medical science must devote, not to disease, but simply to find out how the body functions in health. And yet, when you come to think about it, what could be more necessary, for unless we know the normal, how can we estimate the changes which illness brings about?

Take the matter of body temperature, for instance. Today, we all know that the normal temperature is 98.6 degrees and that there may be a perfectly normal variation of 1.8 degrees during the course of the day, with the lowest readings in the early morning and the highest in the late afternoon. But these facts were not pulled out of the air; they were established by a long and painstaking piece of research undertaken by an English physician named Davy just about 150 years ago.

Today another English physician, Dr. Trevor St. Howell, has completed another such service, and one whose results will be just as helpful. Knowing that for many years there has been some dispute as to the normal body temperature of elderly people, Dr. Howell set out to find just how much it might differ from that of adults in their prime. In all, more than 326 old men, ranging in age from 65 to 91, were studied. All were up and about and not in need of medical treatment or suffering from any illness. Temperature readings were taken over a period of a year.

In taking the temperatures, he used a thermometer certified to register to one-half a minute, and the thermometer was kept in place for this time.

Lowest Point He found that in many instances in elderly persons, the body temperature did not reach 98 degrees, which was the lowest point the thermometer would register when the temperature was taken under these conditions. He thus concluded that temperatures taken this way are not accurate.

Some doctors think that in elderly persons the thermometer should be kept in place for ten minutes to get a correct reading. However, few feeble, elderly people could hold a thermometer in place for more than five minutes.

Of course, the temperature may be taken in the rectum or in the armpit. In the patients studied by Dr. Howell, about the same number of mouth and armpit temperatures were determined. He took readings lasting one, three and five minutes, and he found that if the thermometer was left in place for five minutes, the readings were more than a degree higher than the readings taken when the thermometer was left in place for a shorter time.

It was found that there was a variation in mouth temperatures varying from 85.2 degrees to 102 degrees, and in armpit temperatures from 85 degrees to 99.4 degrees.

In general it was learned that the temperatures of these elderly people were somewhat lower than those found in younger adults. Furthermore, the variation in temperature or the range of normal temperature is much greater than in younger adults. Thus, when the temperature is taken in an elderly person, before interpreting its meaning, these facts concerning variation in body temperature must be kept in mind.

QUESTIONS AND ANSWERS E. F. B.: Is mastitis dangerous? Is operation advised? Answer: Mastitis means inflammation of the breast. The condition, as a rule, is not dangerous. Operation may be needed in some cases. In others, treatment with certain gland extracts and the application of heat may be helpful.

Vegetable Dish Keys Light Meal



Fresh vegetables baked with cheese sauce, garnished with stuffed eggs, make a substantial main course.

By GAYNOR MADDOX For luncheon, or for a light dinner, combine vegetable and cheese into a baked main dish. Vegetable Garden Special (Serves 5) Twelve small new potatoes, 1 cup green onions, cut in 1-2 inch pieces, 2 cups fresh peas, 3 tablespoons butter or margarine, 3 tablespoons flour, 1-2 teaspoon salt, 1-4 teaspoon pepper, 1-2 cups milk, 1 cup grated cheddar cheese (4 ounces).

Paré potatoes and cook for about 15 minutes. Add green onions and peas to potatoes; continue cooking about 15 minutes or until vegetables are tender. Arrange vegetables in well-greased heat-resistant glass 1 1/2-quart baking dish. Melt butter in top of double boiler. Stir in flour, salt and pepper. Add milk; cook over boiling water until mixture is thickened and no starchy taste remains, or for about 20 minutes. Stir in grated cheese until it is melted. Pour sauce over vegetables in baking dish. Bake in moderate oven, (350 degrees F.) about 15 minutes. Serve with deviled egg salad and vegetable relishes.

Here's another substantial vegetable dish: Fried Eggplant With Cheese Sauce (Serves 4-6) One medium-sized eggplant, 1 egg, 3 tablespoons water, 1 teaspoon salt, 3/4 cup dry bread crumbs, 1-2 cup fat. Slice eggplant into thin slices and peel. Beat egg slightly with water and add salt. Dip eggplant in egg and then bread crumbs; fry in hot skillet in part of fat. Add fat from time to time as needed. Keep slices of fried eggplant hot by placing on a pre-heated 15-inch heat-resistant glass platter.

Cheese Sauce: One cup mushroom soup (10 ounces), 1-2 cup water, 1 cup grated Parmesan cheese. Heat soup and water together in a saucepan. Add cheese and cook until melted, stirring constantly. Serve eggplant on glass platter, accompanied with hot cheese sauce.

A Grown-Up Peplum



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SHIP MOVEMENTS NEW YORK, Aug. 15—(AP) Transatlantic passenger and mail ships due tomorrow: Sobieski, Naples; Noordam, Rotterdam, Sailing; Averdijk, Antwerp.

SERVICES CONDUCTED AT GUILFORD MONASTERY

A public hour of thanksgiving was conducted during the weekly People's Eucharistic Hour yesterday afternoon at the monastery of Our Lady of Grace in North Guilford, marking the first anniversary of the dedication of the monastery's Adoration Chapel and nuns' choir. The dedication took place a year ago today. The chapel building is a converted barn, renovated through the generosity of friends of the monastery. It is the only chapel of perpetual adoration of the Blessed Sacrament exposed in Connecticut. The Rev. Charles Gabriel Moore, O.P., is resident chaplain. The People's Eucharistic Hour, conducted each Sunday afternoon in the monastery public service of the chapel. The Hour has become particularly popular, according to Father Moore, since the inauguration of the Perpetual Sunday Rosary Novena for world peace.

PICNIC TODAY AT BEACH FOR PLAY AREA CHILDREN

A picnic for Red Cross first aid instructors will take place tonight at 7:30 o'clock at the Red Cross chapter house, 271 Park avenue, it has been announced by Frank Suchy, chairman.

Children's Bargains

By ANGELO PATRI GROWN-UP people should not make bargains for work and its payment with children too young and inexperienced to make such bargains wisely. They do not know their limitations, nor the worth of their time and labor; and it is easy to confuse them and distress them without profit to anybody. All such bargains must be referred to the child's father and mother and be ratified by them because a child's promise, a child's bargain, is a far-reaching experience for him.

Matt comes home all out of breath. "Mom, Mr. Bloo says he will pay me if I sweep out his shop every morning and evening, and carry things for the customers after school. I'm going to buy the bike that is in Scott's window with the money. Can I, Mom, please?"

Matt is just past 10 and none too studly. His mother is trying to feed him better and put a little more flesh on his bones. Matt runs it off as fast as his dinner pail is emptied. So mother looks up from her work with an unbelieving air. "Mr. Bloo? Of course not. Don't you know that he too much for you to do? You couldn't get up every morning to sweep that shop and shove boxes and things about. You just aren't big enough yet."

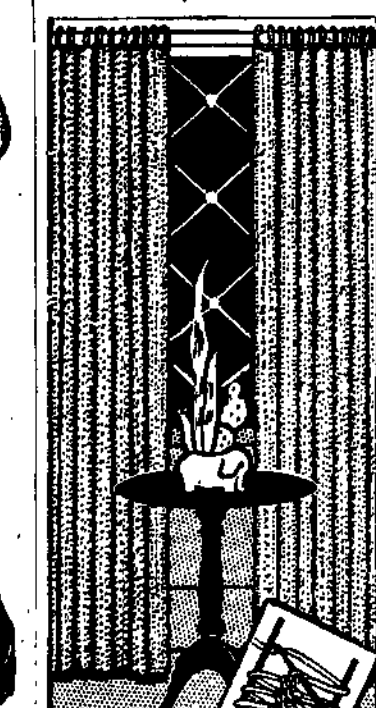
"But, Mom, I promised him I would; and if I don't go, somebody else will get the job and Mr. Bloo will think I'm a skinner 'cause I promised him."

"Don't worry. Mr. Bloo can get a good, big, strong boy able to do that job. You better grow some first before starting in to work so hard. Never mind about that bike. Use your old one and drink your milk and eat your sandwich. I want you to do an errand for me."

Father laughed when he heard about it. "Bloo must be out of his head. Maybe he was just fooling." But Mr. Bloo wasn't. He actually called the family on the telephone and asked why the boy had not come to work as he promised. He also said some uncomplimentary things about Matt. Altogether it was an annoying business. There are some people who evade the labor laws, some people who still believe that children should work every hour of their spare time; and some who will take advantage of children's bargains to their advantage if there is no watchful parent on guard.

The little chaps need to grow first. Their work experience can come later. All such bargains, however, should be submitted to Father and Mother for ratification first. Even the older children need such supervision. The child labor laws are for the protection of all children. We must insist that they be obeyed.

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BY WILLIAM E. MCKENNEY The Southern Appalachian tournament, which will be held at the George Vanderbilt Hotel in Asheville, N. C., Aug. 27, 28 and 29, undoubtedly will establish new attendance records, judging by the advance reservations already in. I saw Mr. and Mrs. Murry Gross of Asheville in New York recently, and I asked Mrs. Gross if Murry had given up psychic bidding. The best answer I had, she said, was today's hand. He not only continues to use them himself, but he has his partner doing it, too.

Murry held the East cards. His partner's bid of two clubs was purely a psychic. North's bid of two diamonds was honest. Murray knew his partner did not have a two-club bid, and he fell quiet as that West had spades. Just to carry the deception along, he bid two spades. With the spade suit well stopped, South promptly bid two no trump, and North, who had a six-card diamond suit for his partner, could not be criticized for going to three no trump.

There would be nothing to the story if West had opened his fourth best at his longest and strongest suit, but he did not. He knew that Murry's bid of two spades must be psychic, because South had gone to two no trump. Therefore, West decided that Murry probably had the clubs, and opened the club ten.

South held up for one round, but had to win the second club trick. Then he decided to stake everything on the diamond finesse. After all, it was West who had bid the clubs. But the finesse lost to Murry's king, and he proceeded to cash his five remaining clubs, then led the eight of spades. Thus his partner was able to get in two spade tricks. Murry and his partner cashed six clubs, a diamond and two spades. Instead of declaring taking nine tricks, his opponent took eight. And this, says Mrs. Gross, is the reason why Murry will never be cured of psychic bidding.

TELEVISION PROGRAM

Table listing television programs for WBSB-TV Channel 3, WNET-TV Channel 4, WABD-TV Channel 6, and WJZZ-TV Channel 7. Programs include news, sports, and entertainment shows.

WJZZ-TV Channel 7

Table listing programs for WJZZ-TV Channel 7, including news and entertainment.

WXPX-TV Channel 11

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TODAY'S RADIO PROGRAM

Table listing radio programs for various stations including WJZZ, WXPX, WNET, and WABD. Programs include news, music, and entertainment.

WJZZ

Table listing programs for WJZZ radio station.

WXPX

Table listing programs for WXPX radio station.

WNET

Table listing programs for WNET radio station.

WABD

Table listing programs for WABD radio station.

WJZZ

Table listing programs for WJZZ radio station.

WXPX

Table listing programs for WXPX radio station.

WNET

Table listing programs for WNET radio station.

WABD

Table listing programs for WABD radio station.

WJZZ

Table listing programs for WJZZ radio station.

WXPX

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WNET

Table listing programs for WNET radio station.

WABD

Table listing programs for WABD radio station.

WJZZ

Table listing programs for WJZZ radio station.

DIAL SETTINGS

Table listing dial settings for various radio stations: WJZZ-1450, WXPX-1300, WNET-600, WABD-840, WJZZ-710, WNET-770, WXPX-830, WNET-880, WJZZ-1080, WXPX-1010, WNET-1080, WXPX-1130, WNET-1290, WXPX-1340, WNET-1340, WXPX-1400, WNET-1400.

Daytime Features

Table listing daytime radio features and programs, including 'The Morning Show' and 'The Noon Show'.

Sports

Table listing sports-related radio programs and events.

Evening Highlights

Table listing evening radio highlights and featured programs.

QUESTIONS AND ANSWERS

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