

how iodine combats cholesterol deposits in the arteries is not known, but it is one of those old-time remedies that is periodically in and out of medical favor. At the present time, it is *in* favor. Dr. C. Charles Burlingame, Psychiatrist-in-Chief at the Institute of Living in Hartford, recently reported on the use of large doses of sodium iodide in cases of mental deterioration due to sclerosis of the vessels of the brain. He cited the case of a prominent jurist whose skull X-rays showed arteriosclerotic plaques and who was suffering from frequent hallucinations. "Under massive doses of sodium iodide given intravenously," said Dr. Burlingame, "his condition was cleared, and he returned to the bench to make some of the most brilliant decisions of his career." This was but one example of many, illustrating what iodine may accomplish in certain arteriosclerotic

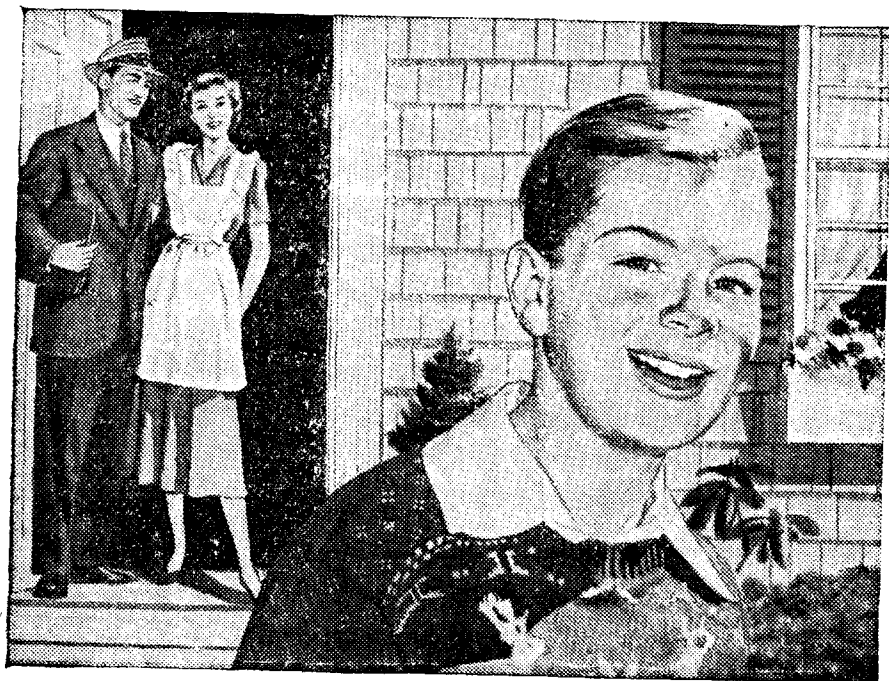
patients. Not all of them are "returned to the bench," but many are returned to a more comfortable and useful life.

Now that scientists are able to use several different kinds of experimental animals for work on arteriosclerosis, they may well clarify other riddles associated with this disease. For example, it is an established fact that diabetes and arteriosclerosis often go hand in hand, yet why this should be so is not known. The solution of this problem as it affects arteriosclerosis may also throw light on the cause of diabetes. The same may be true of cancer, since it is a fact that certain chemicals related closely to cholesterol may be causes of cancer. Is this just a peculiar coincidence, or is there some definite chemical and physiological association? Research on arteriosclerosis over the next few years may provide the answer.

## PHRASE ORIGINS—52

**PIKER:** *This colloquial term for a niggardly person traces its genealogy directly back to a group of "poor whites" who migrated to California early in the last century from Pike County, Missouri. They established such an unenviable reputation for themselves in their adopted home that "piker" soon took its place in the vernacular as a synonym for anyone of petty, parsimonious ways. This meaning was reinforced by the confusion which arose with an existing word, "pike," derived from "turnpike," and applied at the time to a tramp or vagrant.*

LOUIS JAY HERMAN



## READY FOR SCHOOL?

Very real progress has been made in protecting the health of America's school-age children.

The present mortality rate for children, who are 5 to 14 years of age, is only about one fourth of what it was in 1900. For example, since that date, the death rate for measles, scarlet fever, whooping cough, and diphtheria combined has been reduced about 95 per cent.

While these achievements are noteworthy, there is still much to be done in improving child health. As an illustration, some authorities have found that about one child in every 25 of those they have examined has poor hearing, one in every 8 has a defect in

vision, while 8 out of every 10 have some tooth decay.

Such impairments often handicap a child at school, and may lead to lower marks and unhappiness. As physical defects may go unnoticed by parents, it is wise for children to have thorough medical and dental examinations before school starts.

These examinations may help reveal conditions requiring corrective treatment, and may also provide information as to the child's general level of health. As a result, the doctor may make various suggestions to help the child to keep in the best possible physical condition throughout the school year.



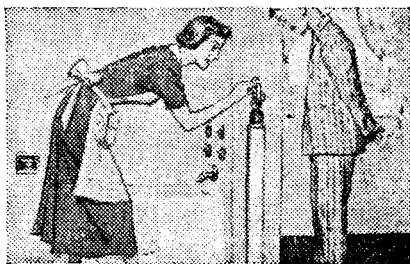
**Children need** a nourishing diet with plenty of "building foods" such as milk, fruit, vegetables, meat, and eggs, for growth and for strong bones.



**Sufficient sleep** is particularly important. Most children, between the ages of 5 and 12 years, should have about 12 hours sleep every night.



**Regular exercise**, out of doors if possible, helps develop muscles, improves posture, and stimulates the functioning of all parts of the body.



**As either underweight or overweight** may affect good health, it's wise to try to keep a child's weight about normal for his age and build.

Other information about the health of children may be found in Metropolitan's booklet, 99-L, entitled "Common Childhood Diseases." To get your free copy, just fill out and mail the coupon below.

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## SENATOR DOUGLAS MEETS THE PRESS

*Junior Senator from Illinois and a former professor of economics at the University of Chicago, Paul H. Douglas, in a few months, has forged to the forefront of the influential members of the Upper House of Congress. As a militant liberal, he speaks for a large segment of the Democratic party. In a recent broadcast of Meet the Press, presented by the Mutual Broadcasting System in cooperation with the editors of THE AMERICAN MERCURY, he touched upon a number of national issues of prime importance. The broadcast is here reprinted slightly cut.*

THE participants in the broadcast, aside from Senator Douglas, were Tom Reynolds of the Chicago *Sun-Times*, Peter Edson of the Newspaper Enterprise Association, Phelps Adams of the New York *Sun*, and Lawrence E. Spivak, editor of the *MERCURY*. Albert Warner of Mutual presided.

SPIVAK: Senator Douglas, the President said in his report to Congress — and I quote — “It would be economic folly to ask budget cuts in a declining economy.” Do you agree with that?

DOUGLAS: I think it depends largely on the degree to which the economy is declining. If we were in a sharp business depression, I would favor an expansion of expenditures on public works to make good the decrease in private employment. But we are not yet in a depression, and it is not certain that we are going

to be in one. Therefore, I think it is well to eliminate waste, and not commit our reserves prematurely.

REYNOLDS: Well, Senator, the President says we’re not in a depression, but that it’s necessary to do some government spending in this sagging economy that we’re in now.

DOUGLAS: I would say that the economic forecasters have had such bad luck with their forecasts in the past that it is unsafe at the moment to say what is going to happen in the future.

WARNER: Senator, you an economist!

ADAMS: Senator, the President also says that it is the selfish interests which are trying to cut government expenditures. As one of the principal advocates of economy, what selfish interests are you serving?

DOUGLAS: I hope I’m not serving any