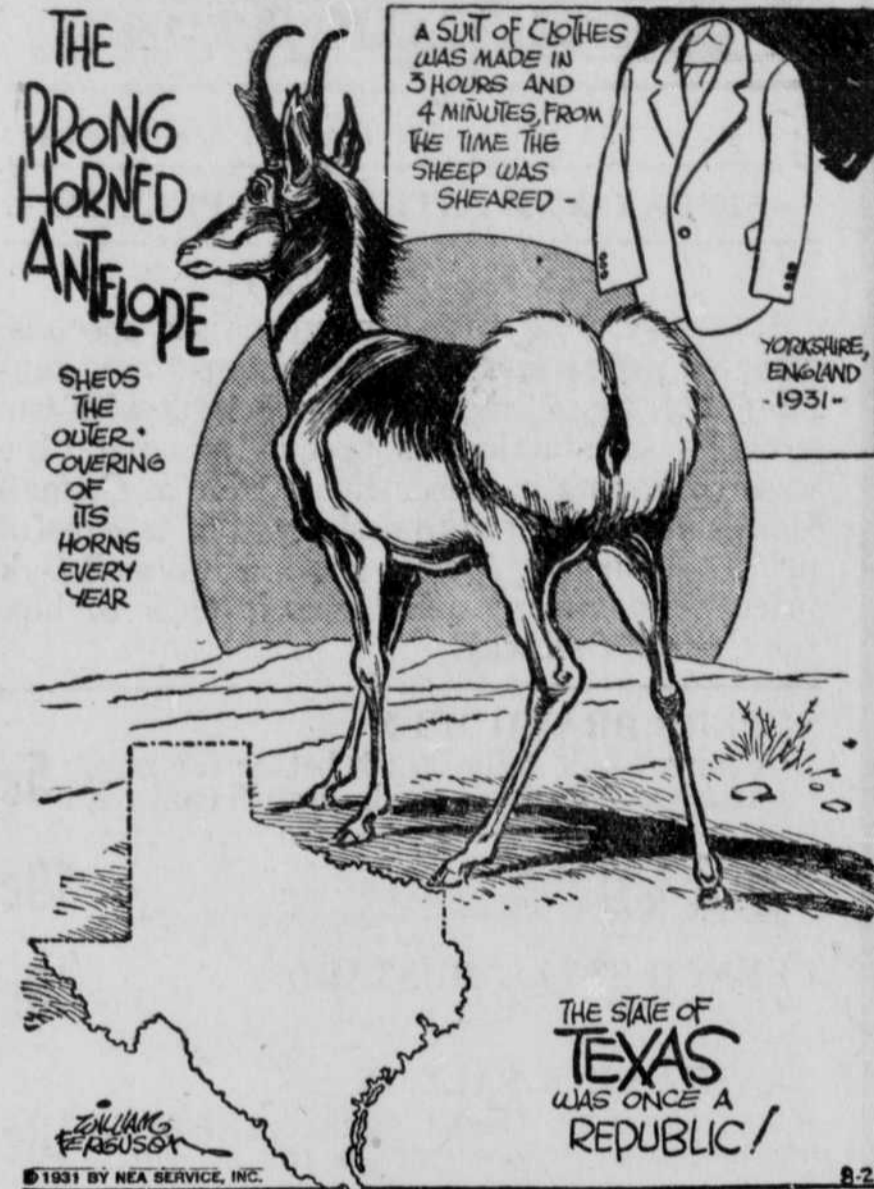


THIS CURIOUS WORLD



Daily Health Service

Children Need Vitamin 'A'

PLAYS A PART AS ANTI-INFECTION AGENT IN ADULTS BUT CAN'T HELP IF BARRIERS ARE PASSED

BY DR. MORRIS FISHBEIN, Editor, Journal of the American Medical Association, and of Hygiene, the Health Magazine.

It is essential, of course, that the diet of the growing child contain plenty of vitamin A substances. Evidence has been accumulated which indicates that carotin, which is the yellow coloring matter in carrots and in other foods, has vitamin A properties.

Vitamin A is not developed in the animal body, as is vitamin L, the rickets-preventing vitamin. Hence, it is necessary that products be chosen because of their richness in this substance.

The liver fats of the salmon and the halibut are richer in vitamin A than is cod liver oil. The sheep, calf and oxen livers contain 10 times as much vitamin A as does good cod liver oil, and 200 to 1,000 times more vitamin A than a good average sample of butter.

Vitamin A seems, along with vitamin E, to bear some relationship to the ability of an animal to reproduce. Deficiencies of vitamin A are reflected in the chemistry of the blood. Quite recent investigations have shown the definite evi-

dence that vitamin A does play a part as anti-infective agent. For that reason it is being advised for administration to women with puerperal fever and also for patients with scarlet fever. It has been suggested as of use in cases of chronic intestinal infection and even for chronic colds.

The authority Cramer is convinced that there is no evidence that vitamin A can cure infections once the barrier of the mucous membranes has been passed, or that it can prevent or cure those infections which enter the blood or get under the skin. He insists that it is a mistake to call vitamin A an anti-infective vitamin, just as it is a mistake to call it a growth promoting vitamin.

The one correct fact about vitamin A is that it does have value in raising general body vigor, in increasing body tone, or general resistance, a condition that is difficult to measure scientifically and rather hard for the average person to understand. Its effect is perhaps what used to be called tonic, except that the old term "tonic" has fallen into disrepute because of the manner in which it has been abused by proprietary interests.

pect of circumstances which affect life in Vermont has been closely analyzed, and to each report is attached recommendations for improving conditions in the future.

The work has occupied the attention of 16 subcommittees for three years. Some 300 citizens of the state have co-operated to make the investigation as searching and thorough as possible. The geographical and geological nature of the territory, racial and religious strains in the population, achievements of Vermonters outside the state, as well as at home; educational facilities, problems of the country doctor, recreation, community life, all these receive the same attention that is given to the various agricultural and industrial products on which the people live.

The work has apparently been performed with conscientious devotion and in an impersonal spirit anxious only to ascertain the facts. Consequently, from this volume, Vermonters may, if they will, find out exactly what is what about themselves and may predicate their plans for future improvement on a firm basis of established fact.

FRIDAY SETS NEW RECORD Klamath Falls, Ore. (UP)—Friday, a holstein cow owned by C. W. Lewis, has set a new state record for butter fat production. She produced 123.9 pounds of butter fat from 2,452 pounds of milk in one month.

Sez Hugh: BACK IN THE OLD, OLD DAYS, WOMEN WOULDN'T EVEN TELL THEIR STONE AGE



centers. According to the census bureau, the total sales of St. Paul retail stores last year were \$172,143,915. Of this amount 21.50 per cent went for food and 15.68 per cent went for automobiles.

This high place of the retail automobile trade in the business transactions of the community indicates strongly that the American people now accept individual transportation as a necessary part of the present mode of living.

Tennessee has honored for the fourth time five rural women for outstanding efforts in home and community building.

PLAN TO MAKE ROME SEAPORT

Immense Canal to Sea Considered in Mammoth Project

BY STEWART BROWN, United Press Correspondent. Rome—Rome has maritime ambitions and a project is now being considered which may make it a thriving seaport.

Plans for the immense undertaking have already been submitted to the Ministry of Public Works and the government is expected to further investigate its possibilities.

Unlike other historic projects to make Rome a seaport, the new plans call for the construction of an inland harbor or lake north of Rome to be connected with the sea by a canal large enough to handle immense vessels.

Dam Tiber The artificial inland basin will be formed by erecting a dam in the Tiber river and directing sufficient water into a valley north of Rome to make a navigable fjord. The port, to be called Mussolini Port, will be connected with Fregene, on the Tyrrhenian sea, a distance of 25 kilometers, by a canal 100 meters in width and 20 meters in depth.

The water from the Tiber, after passing through the inland lake, will pass through the canal, regulated by frequent locks, so that the water travels at sufficient speed to develop 200,000 horsepower of electrical energy. The ships entering the port from the sea will pass through frequent locks without difficulty, since the difference in level between the sea and the port is quite moderate. The differences in levels of the Panama canal are 10 times greater than those required for the Rome canal.

The inland port will be linked with Rome only a couple of miles distant, by railroads and large trucking roads. Engineers sponsoring the scheme predict that it will make Rome a thriving seaport and will permit merchandise and passengers from all parts of the world to come directly to the capital by the sea route.

Military Aspects Promoters of the project are advancing the military as well as mercantile aspects of making Rome a seaport. The basin, which will probably be nearly four kilometers in size, will afford a safe base for submarines, torpedo boats and light cruisers. The basin could also be used as a hydroplane base for squadrons operating in the Tyrrhenian and Mediterranean. This gathering of naval force near the city would be an added protection to the city already protected by land forces.

The scheme has the backing of the powerful Milan industrialist Carlo Scovenna, who has had engineers studying and perfecting the project for 12 years. Its construction, he says, will be a crowning achievement to many of the bold public projects of Fascism.

It's Watermelon Time. From the Christian Science Monitor.

This is the season when sticklers for table etiquette are in partial eclipse; the season when melon pips fly, and the sound of corn on the cob is heard in the land. This is the time when many consider it permissible, nay, even necessary, to relax somewhat from a strict observance of the formal codes of the knife and fork. Though custom now allows certain liberties in the eating of green corn, it still takes a bold man to essay the conquest of corn on the cob in a public restaurant. So the consumption of green corn remains an occasion for the intimacy of the family dining room, an occasion for the free use of fingers—and napkins.

So far, corn on the cob has won its own way. But, at table, it is still expected to overcome the watermelon with a fork. As well expect the hardened eater of green corn to face his seasonal feast in the shape of kernels divorced from the cob as lay down the rule of fork to the melon. Scattered around the property are 500 rose bushes. Other flowers cultivated here are delphiniums, tritons or redhot pok-

A really man-size slice of watermelon is a bit unmanageable on any ordinary sort of a plate, however, and hence it is the ordered plan of some to eat it beside the kitchen sink. But, this is the task of cleaning up the seeds. And here is nothing more elusive than a melon pip in a porcelain sink unless it is a melon pip on the kitchen floor. The pursuit of a melon seed on waxed linoleum really should be classed among the major sports.

But, after all, the most desirable place of all for the enjoyment of watermelon is the bottom step of the back porch. Here in the open air one may attack the luscious pink half-moon openly and let the seeds fly where they list.

For the greater part of the year, most of us submit willingly and gracefully to the rulings of etiquette. But this brief season is our own, the fruitful, the moist and delectable season of watermelon and corn on the cob.

It is claimed that giving blood for transfusions generally improves health.

AIRSHIP TESTS FUEL Non-rigid—The world's largest non-rigid airship has been constructed for the navy and will probably be used in testing fuel gas as motive power some time in 1931. The ship, the "ZR-4," has cost about \$150,000. It contains 320,000 cubic feet of lifting gas. It measures 220 feet in length and 54 feet in diameter. It is 71 feet in height.

CORNSTALK 65 FEET TALL Walnut Ridge, Ark.—(UP)—A stalk of corn 65 feet tall is growing here. It is growing through the steeple of the courthouse.

Out Our Way



20 YEARS OF SYSTEMATIC WORK CONVERTS ARID LAND TO GARDEN

Change from Barrenness to Fruitfulness Made Gradually

Ogden, Utah — (NEA) — It took a long time, but after 20 years of systematic work, two and one half acres of what was rock-strewn barren land has been made into a flowering paradise here by Mr. and Mrs. R. L. Proudfit.

The Proudfits bought the land in 1911. Then, a two-strand barbed wire fence enclosed nothing but ugliness. Today, a fine rock wall surrounds the grounds, enclosing a home and den for the Proudfits, quarters for a gardener, a large kitchen, and countless trees, shrubs, flowers and vines.

There are lagoons containing gold fish, rustic bridges, flagstone walks, pagodas where cool tea parties can be held and shaded nooks.

The change from barrenness to fruitfulness came about gradually. Flowers were planted. The rock wall was built by degrees until it surrounded the place. Rocks were hauled from the river bottom close by to build the wall.

The east arch, or gate, which Proudfit believes to be the largest of its kind in the state, contains 25 tons of rock and steel. There are nine tons of material in the cross-piece alone.

Many Kinds of Trees More than 200 varieties of trees grow on the place, not counting about 15 fruit trees. Most are hard-woods except some weeping willows. They include pines, junipers, silver juniper, arbor vitae, Douglas fir, Colorado blue spruce, ponderosa, Scotch pine, Norway spruce, balsam fir, grown ball locust, hard and cutleaf maples, white and mountain ash, black and English walnuts and others.

Each year the Proudfits plant more than 3,500 spring bulbs. They have 1,800 gladioli in one bed, 700 snapdragons in another and 500 geraniums in a third. Scattered around the property are 500 rose bushes.

Other flowers cultivated here are delphiniums, tritons or redhot pok-

the most desirable and help next year's garden.

Exceptions to this include the oriental poppy and the peony neither of which do well if disturbed more than once in 8 or 10 years.

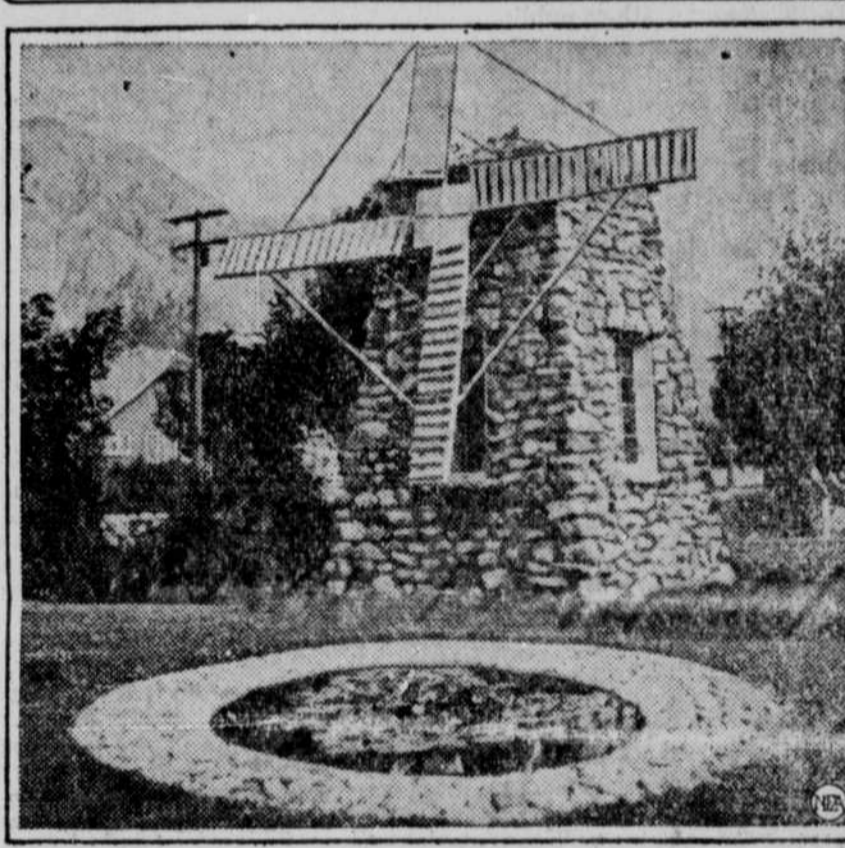
Indian Fighter Still Keeps Pay Voucher for Battles Phoenix, Ariz.—(UP)—Anton Mazzanovich, aged westerner who trailed and fought Apaches throughout New Mexico and Arizona, has charged the government with failure to compensate those who repelled the Redmen in the last Indian uprising.

Mazzanovich, now a well known author of pioneer days, has a voucher for \$36.50—all he ever received for fighting Apaches, and he still has it because the government never provided for honoring it.

The voucher was issued by the governor of the territory of New Mexico and Mazzanovich feels the government should pay off all such vouchers as the Apache war was fought on federal soil before Arizona and New Mexico became states.

Cost of Governing. From the Dallas (Tex.) News.

The Panel, the journal of the New York Association of Grand Jurors, suggests that an auditing grand jury be made a permanent institution.



The rock-built windmill, over an old well, and the rock-lined lily pond in front form part of the glorious landscape in the garden of Mr. and Mrs. R. L. Proudfit at Ogden, Utah.

ers, English ivy, a slip of which was brought from the home of Bobby Burns in Scotland, real English violets, peonies, water lilies and almost every old-fashioned flower ever grown in this country.

Scattered Planting One of the secrets of the beauty of this place is the almost haphazard planting of the flowers. One hazzards a corner and sees a bed of one type of flowers and through the distance sees hundreds of others.

The Proudfits have planned their entire estate themselves. This includes a 50-foot metal flag pole, lights throughout the grounds, and the sunken garden. There is lattice work covered with clematis, honey-

suckle and bitter sweet, and a large Dutch windmill, made of cobblestones, which has been placed over a well from which much of the water for the place is obtained. The well supplies about 3,500 gallons a day.

Froudfit's hobby is gardening and his reading is mostly about gardens.

"Flower catalogs are the greatest books in the world," he says, displaying a stack of them nearly six feet tall. "On long winter evenings when the snow is flying outside and the wind is blowing, we pull chairs up to the table while the logs crackle in the fireplace and make out orders for next summer's garden."

The suggestion has met with considerable support from outside sources and in other localities as well as New York. Obviously what the Panel has in mind is a public institution that would correspond to the several privately maintained bureaus of municipal research. Since the latter have almost invariably proved of value to the communities where they exist. It is conceivable that the permanent auditing grand jury would also.

It is a regrettable reflection upon the system of elective government that either should be necessary. The private bureau is maintained at considerable cost; the auditing grand jury would add to the expense of government. After all, one of the not inconsiderable charges against cost of government operation is the necessity of seeing that neither ineptitude nor corruption squanders public funds.

It is the Panel's idea that its auditing grand jury in constant session can investigate any department of local government whenever the necessity arises. Thus, as a constant threat, it would keep the grafter in fear of discovery, just as the bank embezzler dreads the visit of the examiner.

It is a disturbing thought that so many local governments have need of such investigations.

and near them are fields which are burned beyond hope of resurrection by August rains. Many a farmer will find himself short of a corn crop sufficient for his feeding requirements. Luckily for him he has his two-bit wheat to fall back upon. Few corn belt farmers, unless they were pressed for cash, have sacrificed their wheat at present prices.

He'll Change. From Answers. Vera: Do you really love me, or do you just think you do? Wendell: Why, of course, I love you. I haven't done any thinking yet!