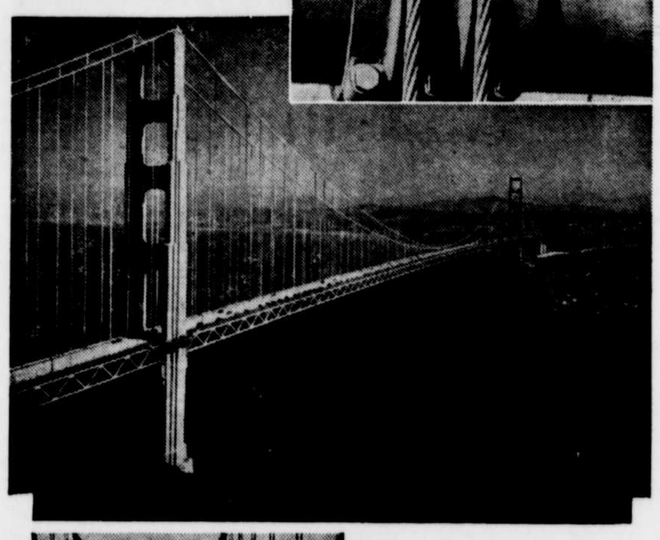
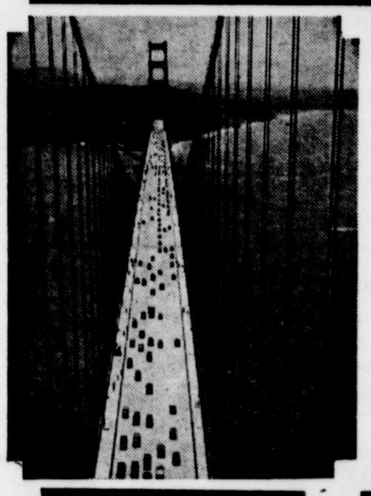
Eternal War on Elements

Protection against the ravages of dust, salt air, moisture and storm, is a never-ending battle for engineers of the spectacular $35,000,000 Golden Gate bridge, which links San Francisco with northway Redwood Empire counties and the Pacific Northwest. The following series of pictures will give you an idea of the enormity of the undertaking.

Above: Twenty experienced painters working daily daub 8,000 gallons of paint annually on 100,000 tons of structural steel and 80,000 miles of tough wire cables in an effort to prevent deterioration of the world's tallest and longest single span suspension bridge. Right: Seven hundred forty-six feet above Golden Gate, two men inspect main "saddles" and weatherproof shrouds of the 36½ inch diameter steel cables.





Sentinel of the Pacific, perpetual tribute to modern engineering skill, the Golden Gate bridge (above) tests the ingenuity of man to combat time and weather. A mighty battleship passes beneath the majestice structure.

Left: Hundreds of feet below the tops of the main cable towers, the 6-lane motor vehicle, plus two pedestrian walks, carry a heavy volume of traffic, 266 feet above the water, to and from Redwood Empire counties.

Looking through engineer's transit to determine horizontal and vertical deflection — said to vary as much as 7 feet during severe storms.

Thermometers record temperature which has a direct bearing on expansion and contraction of the bridge.

TO YOUR GOOD HEALTH

By Dr. Jas. W. Barton

(Released by Western Newspaper Union.)

LOOSE KNEE CARTILAGE

One of the injuries football, basketball, baseball players and other athletes sustain is a loose cartilage in the knee. This cartilage serves as a cushion between the two bones forming the knee joint and as the knee joint supports the whole weight of the body, anything that disturbs that cushion means not only a painful knee but a knee that will not support the weight of the body. The athlete is temporarily unable to play. At times this cushion or cartilage gets torn and so get "misplaced" in the joint.

Dr. Barton

My own treatment in "fresh" injuries was to strap the knee up with adhesive tape, replacing the tape every few days for two or three weeks. In more severe cases, the knee was placed in a plaster cast for three to five weeks.

The question naturally asked is why did not these loose cartilage cases undergo operation? To be quite frank, it was not until recent years that the physician or surgeon has felt free to recommend operation because so many operations resulted in a "stiff" knee.

These knee injuries are just as common today as ever, but if adhesive or plaster cast treatment fails to give results, most physicians feel free to recommend operation owing to the satisfactory results which are now obtained. These satisfactory results have been obtained because the patient now receives a thorough examination and any infection—teeth, tonsils, sinuses—is removed before operation.

Results of 50 Cases.

In recording his results in operation of 50 of these cases, Dr. Harold R. Bohlman, Johns Hopkins university in the Journal of the American Medical Association, outlines his method of preparation, recommends the use of a local instead of a general anaesthetic, the complete removal of blood from the joint, and injection of air, with gentle movement of the joint within a few days after operation.

The hospital stay is from three to seven days instead of the two or three weeks of former years.

I am passing this information on because "loose cartilage" occurs so often, not only among athletes but in various occupations. To know that they can safely undergo operation and be free from this disabling condition should be good news to patients with a loose cartilage.

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Home Surroundings Give Doctors Clue

During my student days I accompanied a "demonstrator" to a home in a lane of a large city. How that expectant mother was to be properly looked after amid such poor surroundings was more than I could understand. However, by the help of a "visiting" nurse, much can be done these days, but much more must be done.

Connected with most hospitals now are trained social workers who visit the homes of mothers and fathers sick in hospitals and try to help the family in various ways. They report to the patient just how things are going along at home so that many a sick patient has not the worry about home to further reduce her strength. These social workers are trained in the handling of a home, managing or helping to direct the family budget.

More and more physicians are learning that while hospitals and specialists mean much in the saving of life, they cannot take the place of the family physician who not only knows the individual members of the home itself with all the circumstances in and about it. It is very gratifying therefore to learn that Johns Hopkins medical school is sending its senior students into the homes of its dispensary patients in Baltimore and treatment is given in the home instead of in the dispensary.

"It has been found that 65 per cent (two in every three) of these patients have adverse social conditions as a background of their illness, and that 35 per cent have emotional conditions mainly responsible for their disease."

In commenting upon the above Dr. M. A. Austin, Anderson, Ind., in Clinical Medicine and Surgery states that scientific treatment can be of little avail without a full knowledge of the patient and his surroundings.

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QUESTION BOX

Q.—What would cause a 60-year old woman to get sores about two or three times a year?

A.—May be due to some food you eat at times.

Q.—What causes the veins of my arms and legs to look as though they would burst?

A.—If veins are varicosed as they are in the legs, they can be removed or injected. Perhaps you have not much fat under skin and so veins stand out.

Talk of the Quilting Bee

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If temporary intestinal sluggishness or constipation is causing indigestion, gas pressure, listlessness, use Garfield Tea, exactly as directed, for prompt relief. You will like the way it snaps you back to "rarin'-to-go" fitness. 10c—25c at drugstores.

FREE SAMPLE

For liberal trial sample—enough for 4 FULL CUPS of GARFIELD TEA, write:
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REMEMBER, DAUGHTER, IF YOU BAKE AT HOME, THE ONLY YEAST WITH ALL THESE* VITAMINS IS FLEISCHMANN'S

*Per Cake: Vitamin A—2000 Units (Int.) Vitamin B_1—150 Units (Int.) Vitamin D—400 Units (Int.) Vitamin G—40-50 Units (Sh. Bour.)

All of these vitamins go right into your bread; they are not appreciably lost in the oven. Ask for Fleischmann's Fresh Yeast—with the yellow label.

SAVE A DIME A CARTON!

THE BEST BUY in popular-priced cigarettes today is a carton of Raleighs. You get a valuable coupon on every pack, good in the U. S. A. for ¾¢ in cash, or even more in luxury premiums of every sort. Get Raleighs by the carton and you get ten coupons—plus the two extra in each carton of Raleighs cork-tipped, or four extra with Raleighs plain. That makes a total coupon saving of 9¢ or 10½¢ a carton! Try Raleighs today—a better-tasting smoke plus... a dividend!

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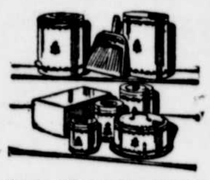

Kitchen Ensemble. Attractively decorated set of eight kitchen containers.

Coffee Table with inlaid top of beautifully matched walnut and mahogany.

$1.00 Defense Savings Stamps may now be obtained through Brown & Williamson. Send 133 Raleigh coupons for each dollar stamp. Defense Stamp Album, shown above, free on request.

Walnut Serving Tray with colorful inlay. 13½' x 19'. Beverage-proof. Very practical.

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It's simple. It's fun. Just think up a last line to this jingle. Make sure it rhymes with the word "one."

Write your last line of the jingle on the reverse side of a Raleigh package wrapper (or a facsimile thereof), sign it with your full name and address, and mail it to Brown & Williamson Tobacco Corp., P. O. Box 1799, Louisville, Kentucky, postmarked not later than midnight, April, 11, 1942.

You may enter as many last lines as you wish, if they are all written on separate Raleigh package wrappers (or facsimiles).

Prizes will be awarded on the originality and aptness of the line you write. Judges' decisions must be accepted as final. In case of ties, duplicate prizes will be awarded. Winners will be notified by mail.

Anyone may enter (except employees of Brown & Williamson Tobacco Corp., their advertising agents, or their families). All entries and ideas therein become the property of Brown & Williamson Tobacco Corporation.

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