Too Many Applicants for Census Taking Jobs

Census taking is catching on with a bang.

In fact, "applicants have far surpassed the number of jobs that will be available," according to Thomas V. Settle, district supervisor of the Census Bureau.

Mr. Settle explained that applicants will be allocated to the district within which they reside, although they may apply at any of the six centers.

Areas Designated

The following number of applicants will be selected from each of the six census districts:

Third Congressional District, 103 S. Gay St., employing 230 census-takers.

Fourth Congressional District, 1917 N. Charles St., second floor, 280 census-takers.

Fifth Congressional District, Weems Building, Annapolis, 336 census-takers.

Second Congressional District, 703 W. Baltimore Ave., Towson, 570 census-takers.

No figures were released for the First (Salisbury) and Sixth (Hagerstown) Congressional Districts.

Citizens with a high school education are eligible. However, because of the large number of applicants, many qualified persons may not be able to get jobs.

Boy, 2, Severely Burned in Fire

Firemen Rescue Three Tots From Apartment

Two-year-old William Thornton, one of three children burned when fire swept their East Baltimore home Wednesday night, is still in serious condition at Johns Hopkins Hospital.

The other victims, Gladys Thornton, 3, and Sheila, 8 months, were released after first aid treatment at the hospital.

The small children were rescued by firemen when the fire broke out during the half-hour they were left alone in the third-floor apartment at 1831 E. Biddle St.

Mother Detained at Store

Their mother, Mrs. Thelma Thornton, gave this account of the blaze:

"I left the house about 7:30 p.m. to go to the store. There were lots of people there and I couldn't get served right away. I was in a hurry, because I wanted to hear a radio program that came on at 8 p.m."

When Mrs. Thornton returned home about five minutes before eight, she found the house in flames and a crowd of several hundred people gathered outside.

Firemen had already rescued the burned children and were awaiting an ambulance to take them to the hospital.

Children "Resting Comfortably"

William, most severely injured of the three, suffered first and second degree burns of the back, legs and lower body. Hospital attendants reported he was "resting comfortably" on Thursday.

Gladys was burned on both legs and Sheila suffered second degree burns of the face and arms.

The children's father, William Thornton was also away from home when the blaze started.

Cause of Fire Sought

Firemen are conducting an investigation to determine the cause of the fire.

The Thorntons had lived in the furnished apartment only three weeks; they formerly resided at 1300 E. Lexington St.

The first and second floors of the three-story building are occupied by Mrs. Flora Jones, owner of the house.

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★ CLOTHING FOR THE ENTIRE FAMILY
WEEK'S CLEARANCE SPECIAL
ODDS and ENDS of Ladies' Fur Trim Coats, up to $69.95 for only $10.00
Broken sizes mostly from 44 to 50

THE PUBLIC IS INVITED
to attend a
HEALTH MASS MEETING
Sponsored by the Health Committee of the Eastside Community Committee, on
FRIDAY, FEBRUARY 10, 1950, at 8 P.M.
IN THE AUDITORIUM OF THE
GRACE MEMORIAL BAPTIST CHURCH
CORNER EDEN AND CHASE STREETS

There Will Be a Panel Discussion Subject: "SHOULD WE HAVE SOCIALIZED MEDICINE?" Following the Discussion, There Will Be a Question and Answer Session. Speakers on the Panel Are as Follows:

DR. ALBERT C. BURWELL, Chairman Eastside Community Health Committee
DR. WILSON M. WING, Moderator
Associate Professor of Public Health Administration, Johns Hopkins School of Hygiene
DR. GEORGE A. SILVER, Health Officer Eastern Health District
DR. ROBERT W. McDANIELS
DR. WILLIAM LEROY BERRY

MUSIC BY HOLLIMAN'S ORCHESTRA
Health Movies Will Be Shown by James Gilliam of the Maryland "T.B." Association.

Sixth Annual BLUE RIBBON TEA
Sponsored by WOMEN'S CITY-WIDE COMMITTEE of the Eastside Community Committee for the Prevention of Juvenile Delinquency.
SUNDAY, MARCH 5, 1950, 4 P.M.
AT THE
DUNBAR SENIOR HIGH SCHOOL
CAROLINE & McELDERRY STREETS
Main Speaker—MRS. MARIE BAUERNSCHMIDT
Secretary Public School Association
MUSIC BY
THE BALTIMORE CHORALE—100 Voices
GERALD BURKS WILSON, Director
HOLLIMAN'S 50-PIECE ORCHESTRA

These Mothers Presented Gift to Children's Ward

The "Pals," a group of Baltimore mothers, presented a suction table to Provident Hospital, Sunday, for the children's ward. From left, are: Mesdames Maida Brannon, supervisor of nurses; Alma Parker, Margaret Land, Helen Thomas, president of the club; Bernice Nickens, Annie Thompson, Ruth Wilmore, Beatrice C. Myers, and Frances Lockwood, one of the nurses.

Baltimore Julians See Son Hailed 'Chicagoan of Year'

Dr. Percy Julian, noted chemist honored this week as "Chicagoan of the Year," was joined on the platform by his parents, Mr. and Mrs. James S. Julian Sr., of Baltimore, who went to Chicago on a surprise visit.

The widely-known research chemist, selected for his development of drugs to fight arthritis and rheumatic fever, won the award of a scroll of merit in balloting participated in by 5,000 persons.

The ballots were cast in the nominations of 181 Chicago men and women by readers of "Kup's Column" in a Chicago daily newspaper.

Unaware of Parents' Presence

Dr. Julian's parents, who live at 513 N. Schroeder St., were not presented to their son until after his acceptance speech before over 700 persons at the Morrison Hotel. He turned and found them on the platform behind him.

Mr. Julian is 80; and his wife is 70. Dr. Julian's award stemmed from his work in synthesizing four life-giving chemicals that have been hailed as pointers to the control not only of arthritis and rheumatic fever, but to the control of all ailments.

Compound S, which he brewed out of soya bean proteins, has been called the most promising of his synthetic developments.

Interviewed on Radio

On Thursday, his parents were interviewed on the "Welcome Traveller," national radio program in Chicago. Dr. Julian, 50, was winner of the NAACP Spingarn Medal in 1948.

Mr. Kupcinet, author of the column which featured the "Chicagoan" contest, wrote that when the elderly Julians embraced their son on the stage, there were tears streaming both there and in the audience.

He told further of an early childhood incident when young Julian proudly exhibited an arithmetic paper marked "80," and his father scolded him saying, "Never be satisfied with mediocrity. That's what a grade of 80 is. After this make it 100."

Batted 100% Ever Since

The columnist wrote, "Percy Julian's been batting 100 per cent ever since."

Currently Dr. Julian is director of research and manager of the fine chemicals soya products division of the Glidden Co.

He also is a member of the board of directors of Provident Hospital, of the Mandel Clinic at Michael Reese Hospital, and vice-chairman of the board of directors of Roosevelt College in Chicago.

Mr. and Mrs. James S. Julian Sr. of Baltimore went to Chicago, this week, on a surprise visit to their son, Dr. Percy Julian, selected as "Chicagoan of the Year." The noted chemist won the title over 180 other persons as more than 5,000 ballots were cast.

Urban League Reception Slated

Edward S. Lewis, who was executive director of the Baltimore Urban League for 11 years, will return here to attend a reception and tea for former league board members, Feb. 12, at Levering Hall, Johns Hopkins University.

Sponsored by the Urban League Guild, the reception will open a program of special events in connection with the Urban League's silver anniversary celebration, Feb. 12-22.

Alexander J. Allen, present executive director, and Mrs. Mae Wright Downes, president of the Urban League Guild, announced this week that a representative of the board will be awarded a citation at the reception.

The presentation will be made by Edgar M. Ewing, league president and local Veterans Administration official.

Speakers who will appear on other programs during the anniversary observance are:

Levi Jackson, 1949 Yale University football captain; Belford V. Lawson, Washington attorney; Dr. Paul Douglas, president of American University; and Joseph J. Morrow, personnel manager, Pitney-Bowes company.

Readers Try to Find Room for Family

Scores of letters from sympathetic Baltimoreans were received this week by Mrs. Cora Ross, following an AFRO story which told how she and her five children shared two beds in one room at 1226 Ashland Ave.

The letters offered encouragement, advice and possible apartments, but Mrs. Ross found none of the suggested places large enough for her brood.

After reading the newspaper article, Miss Margaret Dockins, social worker of the Council of Jobs and Relief, visited the Ross home and offered her services in helping to get the family an apartment in a local public housing project.

No Water or Closets

One letter told of two rooms for rent in East Baltimore. On investigation, Mrs. Ross learned the rooms were without running water and had no closet space.

Another letter from a woman in South Baltimore said in part:

"I have heard there will soon be an apartment for rent up the street from me. I don't know the landlord's name or the exact house, but maybe if you will come and talk to my neighbors you may be able to find this out."

The news story appeared in the Jan. 14 issue of the AFRO, along with a picture of the small room where the family lives. It told how four of the children, ranging in age from 7 to 14 years, sleep in one bed, and how Mrs. Ross and a daughter, 16, shared the other bed.

BHA No Help Either

Every week for the past three years, Mrs. Ross has visited the Baltimore Housing Authority in search of larger quarters. She made another visit there last Wednesday and again was told "We have nothing for such a big family."

Her husband, George Ross, a construction worker, is now serving an 18-month term for failing to support the family. He deserted the family early in 1947, Mrs. Ross said, and since then the family has been unable to find suitable living quarters.

A native of Buckingham, Va., Mrs. Ross came to Baltimore 13 years ago. She receives $118 monthly from the Wefare Department, most of which she spends to keep her children fed and clothed for school.

Morgan Choir, Frontiers to Serve at Polio Booth

The Morgan State College A Capella Choir and the Frontiers Club are among the groups which will serve at the March of Dimes booth at Lexington and Howard Sts.

Directed by J. O. B. Mosley, the choir will sing at 12:30 p.m. on Saturday.

For the second consecutive year, the Frontiers Club will man the booth. This is scheduled for Monday. Last year they raised $266.04, ranking third among the 17 groups which participated in this phase of the polio drive.

William B. Day, chairman of arrangements, is being assisted by Paul Henderson and Earl Koger.

Frontiersmen and their wives will work from 10:30 to 5 p.m.

Over 5,000 Participating

More than 5,000 persons are participating in this year's March of Dimes in an effort to double the contributions of last year, said Dr. George E. Bennett, chairman of the Baltimore City Chapter.

The campaign, which opened this week, continues to Jan. 31.

In 1948, Baltimore City raised $139,000 to take care of polio patients under the National Foundation for Infantile Paralysis, Dr. Bennett said, adding:

"If we are to take care of the record number of cases for 1949 — the worst polio year we've ever had, we must double our contributions."

House-to-House Drive

House-to-house contributions are going on all over the city under an army of women. Mrs. Mary Hawkins is one of the ward chairmen. Precinct captains are: Misses and Mesdames Geneva Goldring, Julia Murray, Zelda Gosnell, Anna Watson, Thelma Smith, Mae Watts, Viola Antley, Sedonia Harriday, V. Bernard, Sarah Wilson, Lillie Brown, Maude Williams, Mae Ellis, Lovey Roberts and Clara Lewis.

Working with Mrs. L. Adams as precinct captain are: Mesdames Virginia Monroe, Margaret Chase and Gertrude Moore; and with Mrs. Alma Carr, Mrs. Lillian Garrison.

Dr. Bennett said additional solicitors are needed. Women who can assist should call Plaza 7990 and ask for recept books.

March-of-Dimes coin collectors in the form of small "iron lungs" have been placed in stores, railroad and bus terminals, hotels and elsewhere on a larger scale than in any other year.

38 TEEN-AGERS GET BUS TRIP TO SKATING RINK

CAMDEN—Bobby Williams of Chelton Terrace sponsored a bus trip for 38 teen-agers to the Franklynville Skating Rink on last Tuesday.

Information About Benjamin Banneker's Descendants Sought

The 1950 observance of Negro History Week will highlight the achievements of Benjamin Banneker, mathematician, inventor and astronomer.

Therefore, the AFRO is anxious to locate any Baltimoreans or Marylanders who are descendants of this great man.

Any information relating to such persons should be written in detail to the AFRO Editorial Department, 628 N. Eutaw St., Zone 1, Baltimore.

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B. T. TONIC
Regain your old pep. Feel like the person you were years ago. This energy building tonic restores old power and ambition in men and women. Now you don't have to feel weak, dragged out, lack energy. If you have no appetite or are underweight, then you need B. T. Tonic to build your blood and give that healthy glow to your skin. TRY IT TODAY! SATISFACTION GUARANTEED!
Trial Size $1.00—Family Size $2.75
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WEST BALTIMORE'S FINEST DRUG STORE

POSTMAN HAILS SPECIAL DELIVERY
LOS ANGELES, Cal.—"Calvert always delivers a special, smooth, mellow taste to any drink," says R. C. Brown, Jr., postal carrier. "So I've switched to Calvert for keeps."
CALVERT RESERVE Blended Whiskey —86.8 Proof—65% Grain Neutral Spirits. Calvert Distillers Corp., New York City

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When Article is Redeemed. Jewelry Pledges Held One Year.
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MEN'S 3.95 SELF JACQUARD SWEATERS
AT A THRIFTY LOW PRICE!
4 STYLES
Now Your Choice $1
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BOYS' 100% WOOL TWO-TONE ZIPPER JACKETS
WORTH 5.95 $3
● Sizes 7 to 14 ● Perfect Quality ● Husky All-Wool Two-tone Melton Cloth ● Wool knit bottom and cuffs ● Full Zipper ● Tan cotton-flannel lined ● Grey and blue, blue and red.

On Sale 10 To 12 Only
WOMEN'S, MISSES', CHILDREN'S RUBBER BOOTS 1.69
Originally 2.95, 3.95 ● SIZES: Women's 4 to 9. Misses' 13 to 3. Children's 9 to 12. Tots' 5 to 8. Perfects and Irregulars. All heels.

On Sale 10 to 12 Only
MEN'S 4-BUCKLE GALOSHES $2
Originally 3.95, 4.95
● Irregulars. ● 4-Buckle Styles. ● For Dress. ● Guaranteed Waterproof. ● Men's 6½ to 12.

BOYS' 'N' GIRLS' NEW BOLD LOOK Smooth Leather STURDY SHOES 1.79
Worth 2.49, 4 Styles
● Every pair perfect. ● New-tone finish. ● Brown leathers. ● Brass Eyelets. ● Yellow laces. ● Thick, non-marking soles. ● Sizes 8½ to 12, 12½ to 3 in one style or another.

MEN'S BRAND NEW LEATHER OXFORDS
WORTH 4.95 $3
● 8 Styles in the Assortment ● Straight Toes, Wing Tips ● Sizes 6½-11 ● Smooth Leather Uppers ● Thick, Sturdy Rubber Soles ● Tan and Wine Finish

MEN'S SATIN TWILL FUR COLLAR BOMBER JACKET
ORIG. 11.94 $8
● Big Mouton Collar ● Sizes 36 to 46 ● Windproof ● Grey & Tan ● Water Repellent ● Warmly Rayon Quilted Lined ● Knit, windproof Cuffs and Bottoms ● Full Zipper ● 2 Slash Pockets ● Perfect Quality.

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FEATURE-SECTION

★ ★ PICTURES ARTICLES ★ ★

Sob Sister

Who Wants Money When He Can Kiss the Boss?

By Ruth Jenkins

A Trenton (N.J.) man, employed by his wife in her business enterprise, sued the lady for workman's compensation because he suffered an accident while on the job.

But the wise New Jersey Supreme Court, fearful of promoting a more serious case, ruled that the husband has no right to sue his own wife, even if she is his boss.

These sentimental jurists held that the integrity of the marriage relation is of primary concern to society, and that contracts between husband and wife are objectionable because they introduce a disturbing influence of bargain and sale into the marriage and induce a separation rather than a unity of interests.

Think of Repercussions

Now, that was a smart decision. Had they taken the opposite viewpoint, half the women in the nation could be subjected to similar suits.

For, although the men won't admit it, the majority of them are employed by their wives, without benefit of contract and salary, of course.

And if they were allowed to sue the boss everytime they burned a finger while cooking Sunday dinner, the gals would hardly be inclined to kiss the wounds.

Scratch Pad

Wav Out on the Limb Again Maybe It Will Rain Today Peep Into the Future

By Mae Morris

Friday the 13th has passed without mishap, so I'll dare to make a few predictions:

This year will see a slow but steady change in the park board's attitude toward equal rights for colored people;

Mayor D'Alesandro will set up a commission on race relations, but the wrong people will be on it if citizens do not assert themselves now;

There is going to be a roof-raiser when the issue of the new Carver High School hits the City Council because several key councilmen know that the site selected is unpopular; but the school will be built on the site just the same;

Lack of Interest Foreseen

Few if any colored groups will try to learn about plans for the expressway, even though the traffic scheme involves chunks of their neighborhoods;

A Democrat will succeed Furman L. Templeton, Republican, on the Housing Authority within the next two weeks;

The Liquor Board is going to draw more and more criticism from people who feel their neighborhoods are losing protection from a steady influx of taverns;

The heavy duties of the three colored policewomen are going to be relieved;

Lottery fines are going to hit a new high;

No civil rights bills will be introduced in the City Council until we get some new councilmen;

Younger attorneys now beginning to practice law are going to hit the top fast because they realize the advantages of working together, and;

Thomas Edwards will NOT hang for the Glen Burnie double murders. Now I've really gone and done it!

Random Jottings

Storms Follow Local Calm as Violence and Accusations Highlight Stepped-Up Pace

By Warren Gardner

For a few weeks Baltimoreans had little to talk about. "Juicy" items were limited to the weather's fluctuations and factional warfare between GOP aspirants.

But this week the lid's off again. Running true to form, not one but several storms have shattered local calm. Most obvious of these is a chain of violent crimes.

Violence Reigns

Their crescendo started Saturday when an uptown family and its neighbors were terrorized by a group of gun-toting characters.

For no apparent reason, a mother was yanked from her doorway and pushed to the pavement. Her son dashed out and grabbed her.

As soon as both returned to the house, three shots ripped through their door, striking two of its terrorized occupants. Only the son's quick-thinking had averted a sure tragedy.

About 24 hours later, the pace picked up across town. A husband and wife exchanged words. When their argument reached a heated level, he cursed and threatened her.

Possibly gripped by fear and blind rage, the wife ran to her kitchen, grabbed a butcher-knife and lunged at her mate. Only one blow was required to add the tragic touch to this sequel.

Even more pathetic was the wife's dumbfounded question in court the next morning: "Is my husband dead?" Her mind couldn't grasp the sweep of events.

Even Youngsters Involved

Another violent crime of the same evening was of an entirely different nature. Three boys, all smiling, were playing in a basement. As a part of their game, one was bound to a chair with a piece of clothesline.

They continued to smile as one teen-ager produced a rifle and asked the other about a missing carton of cigarettes. "Tell me where they are or I'll shoot you!" was the command.

Only one smile remained fixed. Its owner, tied to the chair, felt a bullet rip through his heart.

As this corner heard a passer-by remark, "I hate to admit it, but the older folks who say the younger generation's going to the dogs certainly have a good case."

Another group is talking about items of a lighter and less dramatic nature, potential powder kegs which, if lighted, might blow the props from under a few of our respected leaders.

Among these "powder kegs" are the harsh words being tossed around by the leader of one of our civic groups.

Out in public this executive called an official of a co-operating group "an old handkerchief head who's sabotaging the fight."

This week our leader accused another of having "been bought out with a soft job."

All of which would be amusing, if it weren't so pathetic. A majority of those on the inside will tell you our leader is barking up the wrong tree.

Come the Millennium

By Louise K. Hines

. . . . and we've an old office joke: The National Association is for the Advancement of Certain People.

About 1000 of those certain people got aboard the Washington-bound Freedom Train on Monday to lend weight to the fight for FEPC and civil rights.

Certain other people missed the train by minutes, just as they have been missing for months the work the NAACP has been trying to put across for years.

The militant certain people must toil doggedly and endlessly. They must counteract the slothfulness of the disinterested who never see a problem until it camps on their doorstep.

newsbeat

By Rufus Wells

The mad scramble is on for the $2,800,000,000 insurance refund for World War II veterans.

Long before last Monday, when the first of the refund checks were mailed out by the Veterans Administration and the Treasury Department, businessmen were training their sights on the gigantic windfall.

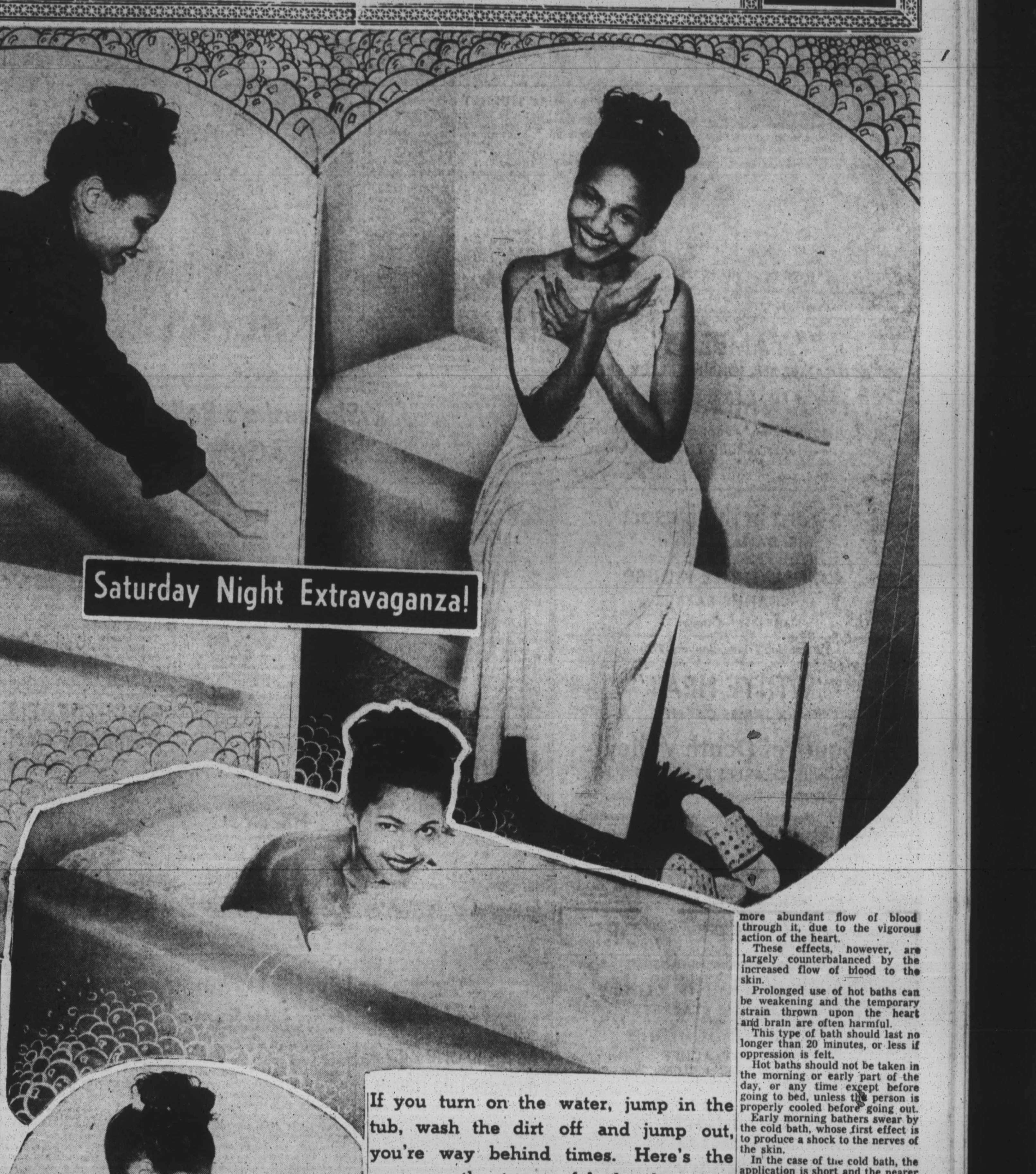
Last summer, furniture stores were urging vets to "buy now and pay when your insurance check comes."

Many veterans took advantage of the offer, and some even wrote the VA asking that their checks be mailed to such and such a business establishment. But Uncle Sam said "no," the insurance refunds cannot be claimed for the veteran's indebtedness.

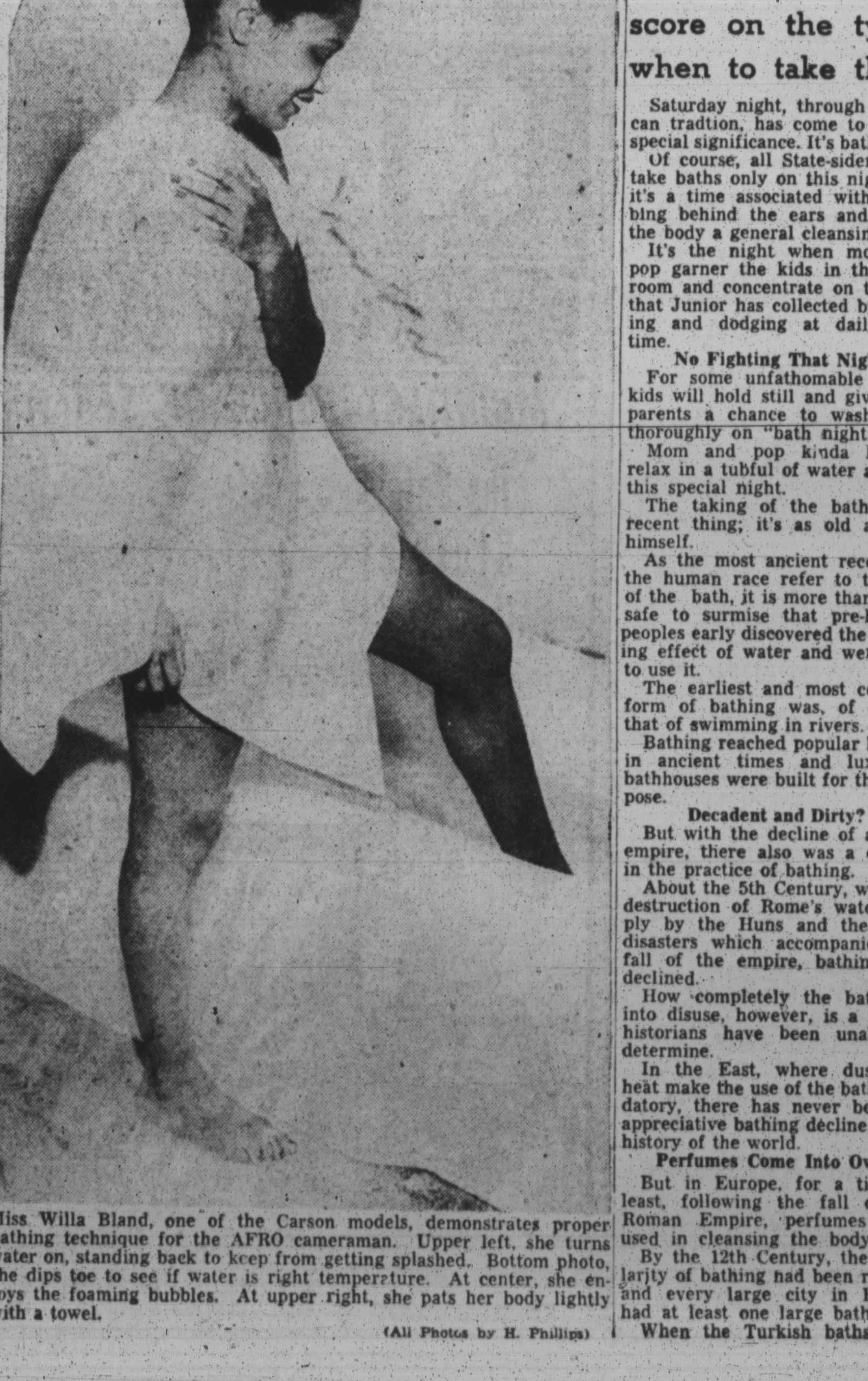
Other merchants are now offering the "service" of cashing the GI insurance checks "free of charge—no obligation." Not since V-J Day has GI Joe been offered so many "services" everyone seems so anxious to extend.

The refund checks will vary in size from 90 cents to $528, averaging about $125 each. They will be paid off at the rate of a million checks a week when the Treasury Department gets rolling full blast. By June 30, it is expected that payment will be completed to the 16 million eligible veterans.

After that, GI Joe will have to take his place in line with the other Joes—no favors asked, none given.



Saturday Night Extravaganza!



Miss Willa Bland, one of the Carson models, demonstrates proper bathing technique for the AFRO cameraman. Upper left, she turns water on, standing back to keep from getting splashed. Bottom photo, she dips toe to see if water is right temperature. At center, she enjoys the foaming bubbles. At upper right, she pats her body lightly with a towel.

(All Photos by H. Phillips)

If you turn on the water, jump in the tub, wash the dirt off and jump out, you're way behind times. Here's the score on the types of baths, how and when to take them. It might help you.

Saturday night, through American tradition, has come to have a special significance. It's bath night. Of course, all State-siders don't take baths only on this night, but it's a time associated with scrubbing behind the ears and giving the body a general cleansing.

It's the night when mom and pop garner the kids in the bathroom and concentrate on the dirt that Junior has collected by ducking and dodging at daily bath time.

No Fighting That Night

For some unfathomable reason kids will hold still and give their parents a chance to wash them thoroughly on "bath night."

Mom and pop kinda like to relax in a tubful of water also, on this special night.

The taking of the bath is no recent thing; it's as old as man himself.

As the most ancient records of the human race refer to the use of the bath, it is more than likely safe to surmise that pre-historic peoples early discovered the cleansing effect of water and were glad to use it.

The earliest and most common form of bathing was, of course, that of swimming in rivers.

Bathing reached popular heights in ancient times and luxurious bathhouses were built for this purpose.

Decadent and Dirty?

With the decline of a great empire, there also was a decline in the practice of bathing.

About the 5th Century, with the destruction of Rome's water supply by the Huns and the many disasters which accompanied the fall of the empire, bathing also declined.

How completely the bath fell into disuse, however, is a matter historians have been unable to determine.

In the East, where dust and heat make the use of the bath mandatory, there has never been an appreciative bathing decline in the history of the world.

Perfumes Come Into Own

But in Europe, for a time at least, following the fall of the Roman Empire, perfumes were used in cleansing the body.

By the 12th Century, the popularity of bathing had been revived and every large city in Europe had at least one large bathhouse.

When the Turkish baths were introduced in the 17th Century, there was another revival of personal cleanliness and peoples of all classes flocked to the baths to enjoy this new luxury that had been imported from the East.

Our Turkish Ancestors

This bath was adopted by the Turks from the Romans, who had derived it from the Greeks.

Though this form of the bath is not common among Americans "Saturday-night, or everyday-bathers," many people taking a hot-air bath are actually taking a "baby" Turkish bath.

Scientific research supports the theory that the hot-air bath is one of the most powerful ways of stimulating the activity of the skin.

In the taking of this type bath, a person is placed unclothed in a room heated by a furnace.

In time, depending on the heat of the air and the condition of the bather, the whole body becomes bathed in sweat.

Never Too Popular in U.S.

When the air is quite dry, the bather can endure temperatures as high as 180 degrees and even above 212 degrees.

Several reasons have been advanced as to why the hot-air bath has never been popular among Americans.

The foremost reason being, that not only the activity of the skin, but the action of the heart and of breathing are greatly increased while indulging in this type of bath.

It is thus not suited for everyone, certainly not in its full form, for anyone with a weak heart or who is very full-blooded.

Warm Bath High on List

High on the list of modern baths is the warm bath.

The warm bath is particularly serviceable in removing feelings of fatigue.

Generally, it quickens the circulation only slightly and brings an additional quantity of blood to the skin.

Though many don't realize it, when they refer to the taking of a hot bath, they usually mean a warm one.

The hot bath acts in a more pronounced way upon the heart and nervous system. If the water is very hot, it powerfully excites the heart, whose action, indeed, it may stimulate to violence.

The brain is also affected by the more abundant flow of blood through it, due to the vigorous action of the heart.

These effects, however, are largely counterbalanced by the increased flow of blood to the skin.

Prolonged use of hot baths can be weakening and the temporary strain thrown upon the heart and brain are often harmful.

This type of bath should last no longer than 20 minutes, or less if oppression is felt.

Hot baths should not be taken in the morning or early part of the day, or any time except before going to bed, unless the person is properly cooled before going out.

Early morning bathers swear by the cold bath, whose first effect is to produce a shock to the nerves of the skin.

In the case of the cold bath, the application is short and the nearer to 50 degrees the water is, the shorter the bath should be.

A mere instant's immersion is sufficient for some, others can bear several minutes, while there are those who cannot stand to place their whole bodies in cold water.

Obviously, the cold bath is not suitable for all and the wet towel, sponge, wet sheet or some other form of damp coldness can be used until the person is ready for the full cold plunge.

Research into the scientific relationships of the bath revealed: The secret of better health, greater stamina, calmer nerves and sounder sleep can lie in the bathtub.

What Physicians Say

Four physicians in Baltimore exposed these factors when describing their own bath habits.

Doctor No. 1 said, "I like a hot bath, followed by a cold shower.

"The heat opens up my pores and allows the soap to act upon the dirt, while the cold shower closes the pores and protects me from any after effects."

Doctor No. 2 said, "Hot baths are for me. They stimulate my body in the morning, increasing my stamina and relax the tired muscles in the evening. I recommend two baths a day."

Doctor No. 3 said, "I'm usually tired at the end of a day's work and I find a lukewarm bath relaxing. I find this type of bath an excellent cure for some insomnia sufferers."

Medico No. 4, who hails from Haiti, said, "The temperature in the States is not like ours. At home we never use hot water for bathing.

"Since I have been here, I have learned to use and like hot water for bathing.

"In the summer time, your weather resembles Haitian temperatures and I stick to my cold baths."

Taking a bath can be a lot more important than you might think.

Try these three suggestions; they might mean better health for you:

1. If you get tired during the day, start the morning with a quick hot and cold bath;
2. If your nerves are jumpy, take your baths reasonably hot;
3. If you have trouble sleeping at night, try a lukewarm bath just before retiring; some doctors call it the insomnia cure.

Bath day should be every day. Some Saturday night make taking a bath a real extravaganza.

And, try also taking some of the various types of baths. Who knows, you may have been taking the wrong kind of bath and never realized it.