

What Is Pernicious Anemia?

By JOSEPH G. MOLNER, M.D.

DEAR DR. MOLNER: My doctor found that I didn't have enough acid in my stomach, so he gave me an acid pill to take with my meals. It works wonders. My question: does taking an acid tablet cause there to be less acid in my stomach to digest my food?

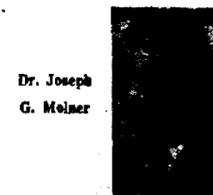
Also, I have pernicious anemia. What is it? Is it better to take Vitamin B-12 shots or liver shots?

Also, is it good to eat raw eggs in a little milk and a little sweetening such as molasses? Will taking a tablespoon or two of molasses help my blood count now?—Mrs. W.T.

Defeats Purpose
You have quite a collection of relations, but they are all related. First the acid question: normally the stomach contains a little dilute hydrochloric acid, which is necessary for digestion.

When not enough acid is present, tablets, such as yours, can help the condition. But taking acid tablets would neutralize the acid, and this defeats the purpose of the acid tablets.

Lack Intrinsic Factor
Now for pernicious anemia. This results from the absence of the "intrinsic factor," a substance necessary for blood formation. The result is one form of anemia—pernicious anemia. (There are other kinds of anemia.)



Liver was found to be effective in controlling pernicious anemia; later the active ingredient in liver proved to be Vitamin B-12. So now Vitamin B-12 has replaced eating large amounts of liver or the use of liver extract injections.

B-12 Stops Disease
Without treatment, pernicious anemia is a dreadful and deadly disease. But treatment...

As to the raw eggs, molasses, etc.—no, they will not help your blood count. In any event, I counsel against the use of raw eggs, the reason being that, while cooked eggs are safe, raw egg is one of the substances in which germs can flourish most effectively. Not every egg contains germs, of course—but if germs get into an egg, they can multiply very rapidly.

Germs can easily enter a cracked egg, and can penetrate a shell which has not been cracked. I don't want to give readers any phobias about eating eggs, but it is safer to cook them. I also have a suspicion, although no way to prove it, that a certain number of cases of salmonella infection, "food poisoning," and stomach distress, result from raw egg.

Bilateral Pneumonia
DEAR DR. MOLNER: At the medical center they said I had bilateral broncho-pneumonia. What does that mean? Then later I had an examination which showed I had scars on the fibrosis tissues, etiology unknown.—Mrs. L.A.

Pneumonia is lung inflammation. The "broncho" specifies the bronchial tubes, and "bilateral" means both sides—both lungs.

The terms look a bit mixed up in your second question, but the meaning is clear enough: there has been some fibrosis, or formation of scar tissue in the lungs, but "etiology unknown" means that

there is no way of knowing now what caused the scarring—probably some past infection.

Share Diet?
Note to J.C.: There's no reason why a wife, with no sign of diabetes, should adhere to her husband's rigid diet. However, these diets are usually quite sensible and wholesome. Sharing the diet with the husband may help him adhere to it more completely if he has a tendency to stray from it.

Leg Cramps
How to get rid of leg cramps and foot pains? The answer may be simple. Write to Dr. Molner in care of this newspaper for a copy of the booklet, "How to Stop Leg Cramps and Foot Pains," enclosing a long, self-addressed, stamped envelope and 35 cents in coin to cover cost of printing and handling.

THE BORN LOSER



Dear Abby

Help! This Guy Comes On Strong Like Octopus

By ABIGAIL VAN BUREN
DEAR ABBY: What does a woman do when her husband

won't keep his hands off her in public? Whenever George (not his real name) and I go

ing had taste. Warn him beforehand that you will remove his roasting hands if he paws, pats or pinches you in public. Then, gently but firmly do so. I would not ordinarily advise a woman to deliberately sit beyond her husband's reach in public—but in your case I will make an exception.

DEAR ABBY: I've got a problem that beats all. I am 32 years old, divorced, with two children.

My mother won't let me go out with men. She says it's disgraceful for a divorced woman to be seen with men. (My mother is a widow and I live with her.)

I can't stay in the house 24 hours a day. I'll go mad! It has been like this for 4 years. What can I do? Sign me

A "PRISONER"

DEAR "PRISONER:" I don't know what your financial circumstances are, but there must be a way for you to leave your mother's bed and board and make a life of your own. You may have to

make some material sacrifices, but it's preferable to being a prisoner. If you can't see this, at age 32, stay where you are. Your freedom might bring you more problems than your restrictions.

DEAR ABBY: I am 15 and I like this boy named Ricky, but he likes me only as a friend and that isn't what I want. I want him to like me as a girl friend. Ricky likes another girl right now as a girl friend but she isn't at all cute, makes average grades, has long hair (that's usually greasy and everybody says she doesn't have as good a personality as I have. Besides that, she tries to act sexy. Who do you think deserves him? And how can I get him away from her?

DEAR SECOND FIDDLE: Regardless of who "deserves" him, the other girl has him, so be satisfied with second fiddle. (At least you're part of the orchestra.) And don't knock the competition or you'll never get a "beau."



Abby Van Buren

out, he is forever slapping or pinching my behind, and he doesn't care who sees him. It is very embarrassing.

Also when we go visiting, he keeps at least one hand on or above my knee the entire time we are there. It has gotten so I am ashamed to visit our friends. When we go to a movie, it's just terrible. I have to keep fighting him off soon as the lights go out because his hands begin to roam.

PERTURBED
DEAR PERTURBED: Bad taste is no laughing matter, and your husband is exhibit-

Guest Cartoon of the Week



"Now We've Got to Dream Up Some Convictions for You to Have the Courage Of."

Northeast Iowa Editors Are Saying

Charges Bigness Doesn't Insure Better Education

SUMNER GAZETTE—The recent recommendation made to the State Department of Public Instruction calling for school districts with a minimum of 3,500 pupils should be given a great deal of study before any efforts are made to reorganize the school districts of the state.

The question still remains, "How big is too big?" Do pupil numbers alone guarantee a comprehensive educational system with a broad offering of modern education for every student?

'Magic' Figure
Undoubtedly there will have to be some additional reorganization of school districts in the state. However, setting up a "magic" figure neither guarantees a workable district nor does it mean necessarily better educational systems.

As outlined these proposals could be expensive beyond the means of the taxpayers, especially compared to the

benefits to individual students. The first consideration in educational system changes must be whether the added costs justify supposed improvements in education.

Human Factor
And there is one human factor which is apparently being completely ignored... the larger the system the more difficult it is for the average student to identify himself with the educational process. Secondary education should be preparation for further and advanced training... and this must be the first concern of educators and the general public alike. Bigness alone does not guarantee efficiency in education nor does it mean better educated graduates.

Looks for Major Changes in Elections
CRESCO TIMES PLAIN-DEALER—Iowa's Supreme Court has ruled that Iowans must follow the United States

Supreme court in carrying out the "one man, one vote" procedure for elected officials—which procedure will result in changes for Howard county, too.

The case before the supreme court involved the county board of supervisors in Woodbury county where only two members of the county board are from Sioux City, with 89,000 population, while the rural area of the county with only 18,700 population, elected three representatives.

In making its ruling on the Woodbury county case, the state supreme court said "rural representation on the Woodbury county board of supervisors outweighs urban representation in a way that is invidiously discriminatory in operation."

We will soon be witnessing a major change in election procedures whether we like it or not.

Admires Courage of Charles Citizens
GREENE RECORDER—One cannot help but admire the courage and stamina of the residents of Charles City who suffered untold hardships in the tornado.

We have personally observed many war-ravaged cities during our stint in the military, but none exceeded the havoc sustained by our neighbors to the north.

It seems certain that Charles City residents, once split over the issue of urban renewal, will unite in a spirit of cooperation and community bond that will take it out of the depths of destruction to a new and vital role in the development and progress of Iowa.

Better Community Following Tornado?
GRUNDY REGISTER—There was a time when no farm home was complete without a cyclone cellar. One usually stocked with fruits and vegetables. Perhaps folks in town should include some such emergency area when building a new home. It could also be designed as a fall-out shelter in case something of a lethal nature should rain down from the skies.

Tornadoes hit with the impact of a nuclear bombing attack. In as much as where and when they will hit cannot be predicted or charted accurately, we should be ready as we can be for such emergencies.

Americans generally—and Iowans specifically—are noted for overcoming adversity. A disaster can pull a community together, as was very evident at Belmont not so long ago. Perhaps a better community will result from the storm damage in the Charles City and Oelwein areas.

When there is trouble, the American people unite just as they have done to stop aggression here and in other lands. The people of Iowa will unite to help those who are in distress due to the recent disaster. This is the American way.

The Funny Beat

Reveals 'True' Scoop on Rocky's, Ronnie's Confab

By ART BUCHWALD

WASHINGTON—Gov. Nelson Rockefeller of New York met the other morning with Gov. Ronald Reagan in a New Orleans hotel suite and started political tongues wagging all over the United States. According to reports, Reagan managers were furious that their man had been booked in the same hotel as Rockefeller and were dead set against the meeting, as it would look like a deal had been made between Gov. Reagan and Gov. Rockefeller.

But Rockefeller, who is desperate to stop Richard Nixon, figures the only way he can do it is by hooking up with Reagan and was determined to see the California governor in New Orleans at any cost.

'Aw, Come On, Ronnie'
The scene is the sixth floor of the Roosevelt Hotel in New Orleans. Gov. Rockefeller tiptoes down the hall and stops in front of Gov. Reagan's suite.

He knocks. No answer. He knocks again. Still no answer.

"Ronnie, it's Nelson. Ronnie, I know you're in there. I just want to speak to you for a minute. Aw, come on, Ronnie, no one will know we met."

Wants to Chat
The door opens slightly. Reagan peeks out. "Go away. I don't want to be your vice president."

"I didn't come to talk to you about that, Ronnie. I just wanted to chat with you about our mutual Medicaid problems. Please let me in."

Reagan finally opens up the door. Twenty reporters try to follow Rockefeller into the suite.

Reagan, after showing them all out, says, "What were those reporters doing out there?"

"I have no idea," Rockefeller says. "I thought they were with your party."

Awed Nonawed
"There's nobody from the Albany Times Union in my party."

up here and say hello. You can imagine my surprise

"Gee whiz, Rocky, I was doing fine until you came up here. I'm the only one who is calling for locking all the students up, I don't believe we should promise the minorities anything we can't deliver on, and if the North Vietnamese don't want to talk peace, then we should invade immediately and kick the devil out of them."

Biggest Fans
"That's exactly what I was thinking, Ronnie. Ideologically there's no gulf between us."

"You're just saying that because I've got the South wrapped up."

"Ronnie, how can you say such a thing? Happy and I are your biggest fans. We have seen 'King of the Row' six times on television. We still run 'Knute Rockne' after dinner every night. But I guess 'Brother Rat' is our favorite. I'm not here to make a deal with you."

"Then why did you come?"

"You won't believe this Ronnie, but Happy asked me to come up here and get your autograph."

Q. 5—As South, vulnerable, you hold:
▲KJ97 ♠Q92 ♠62 ♠J832
The bidding has proceeded:
North East South West
1 ♠ Pass 1 ♠ Pass
2 ♠ Pass ?
What do you bid now?

Q. 6—As South, vulnerable, you hold:
▲AQJH42 ♠QJ9765 ♠A4
The bidding has proceeded:
West North East South
1 ♠ 1 ♠ Pass ?
What do you bid?

Q. 7—East-West vulnerable, As South you hold:
▲AJ82 ♠A ♠1663 ♠1074
The bidding has proceeded:
North East South
1 ♠ 2 ♠ ?
What do you bid?

Q. 8—East-West vulnerable, As South you hold:
▲A102 ♠AJ753 ♠KJ 4444
The bidding has proceeded:
North East South
1 ♠ 1 ♠ 2 ♠ Pass
4 ♠ Pass ?
What do you bid now?

Q. 9—Both vulnerable, as South you hold:
▲A75 ♠K765 ♠83 ♠K554
The bidding has proceeded:
West North East South
1 ♠ Pass Pass ?
What do you bid?

(Look for answers Monday).

Mature Parent

Uses Penetrating Sting On 'Welfare Dinosaurs'

By MURIEL LAWRENCE

I HAVE TOLD you that my British husband served in

Britain's armed forces in World War II. So that you know.

What you may not know is that a British soldier's dependents' allowance is considerably less than in America. And is lessened again when exchanged for American dollars. So, at the outbreak of World War II, I had to find a job to earn money sufficient to keep me and my very young child alive.

Protective Situations
To earn it I had to locate a situation which would protect her in my absence. I failed to do it. Oh, I found the job! I wrote radio programs for psychiatrists on good parenthood. One after another of those protective situations fell apart—situations which included everything from boarding houses through day nurseries to a boarding-school whose cost denied me train fare to visit my baby for nearly a year. I spent most of my inward time wishing. God knows how often, that I were an African mother, one whose society permits her to carry her baby on her back as she works. But this mercy, of course, was not granted to me by my society.

Thus, at the end of World War II, I was as licked as the Nazis.

Understand Suffering
I mention these multiple and anguished defeats suffered by me, a white mother, a White Anglo-Saxon Protestant WASP for only one purpose—to assure that I know what is suffered by black mothers who, for this reason or that, must work to keep life in their babies' bodies.

This column and the following three I shall write are written as a memorial to Dr. Martin Luther King Jr. and to his work in behalf of poor people.

WASP that I am, I am possessed of a sting. So now I use it. I use it to try and penetrate the thick hides of welfare dinosaurs in high places—those obsolescents whose every program in behalf of black working mothers is as incoherent as they are irrelevant and disconnected. Absolutely detached from the one essential needed, so needed by their babies—the securing of their mothers against exhaustion by labor that makes joy

in their babies just too hard to come by.

Teach Responsibility
Yesterday there caroled to me some fool in my town's welfare department. "The purpose of day nurseries is to teach mothers responsibility for their children."

I hooted with laughter and hung up the phone. "Responsibility for children"? If our too little responsibility is bad, too much of it is the killer.

Foodstuff

ACROSS
1 Onionlike vegetable
5 — on the cob
9 Split — soup
12 Shield bearing
13 Plane surface
14 — carrots
15 Aggressive opponent
17 Monosaccharide
18 Cold cuts, for instance
19 — cheese sandwich
21 Song for one
23 Gibbon
24 Clump
27 Planet
29 Chibchan Indian
32 Public storehouses
34 Having an affixed value
35 Chemist's vessel
37 Sound of dry leaves

38 moving
39 Native metals
39 Was observed
41 Male child
42 Border
46 Lease
46 Outline of a figure
49 Artist's frame
53 Boundary compound (comb. form)
54 Flight of stairs
56 Permit
57 Consumes food
58 Preposition
59 Plaything
60 Imposture
61 Adolescent
1 Type of soil
2 Gaelic name
3 Feminine name
4 English romanticist poet
5 Caliber (ab.)
60 Song

6 Public speaker
7 City in Nevada
8 Nevada
9 Prolong
10 Comfort
11 Filled with reverence
16 Chemical compound
20 Garments for women
22 Endures
24 Roman emperor
25 Passage in the brain
26 Fatherhood
28 Drunken carousal
30 Song
31 Arab form
33 Set fixedly
35 Vertical ravel in hosiery
40 Printing mistakes
43 Hebrew prophet
45 Wordless
46 Young horse
47 Mountain (comb. form)
48 Western state
50 Mentally sound
51 Italian city
52 Masculine appellation
55 Distinctive doctrine

1	2	3	4	5	6	7	8	9	10	11
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Three Minutes a Day

By JAMES KELLER

The pitfalls of prejudice were underlined by Tryon Edwards nearly a century ago. He said: "He that is possessed with a prejudice is possessed with a devil, and one of the worst kinds of devil, for it shuts out the truth and often leads to ruinous error."

The origin of the word "prejudice" reminds us of its basic danger. It is derived from the Latin "prae" (before) and "judicium" (judgment).

To be prejudiced means to arrive at a conclusion before you have all the facts needed to make a fair judgment. The dictionary calls "prejudice" a "preconceived, usually unfavorable idea... an opinion held in disregard of facts that contradict it... a judgment formed without due examination of the reasons essential to an impartial determination."

Make it a matter of conscience to think, speak and act on knowledge or information based on the complete truth, not on half-truths. Both God and man will bless you if you do.

"With the judgment you pronounce you will be judged." (Matthew 7:2)

Inspire me, O Holy Spirit, to get all the facts before I pass judgment.

A PINE CONE TURKEY!
Look for some small pine cones beneath any fir tree and use them to make miniature turkeys and ostriches. The cones should be dried ones that have spread open and released their seeds.

To make a turkey, which will look like that in Figure 3, you will also need some pipe cleaners and a length of

fine wire. Set the wire to form a skeleton of the bird's neck and legs.

Figure 1 shows such a skeleton before it is straddled over the cone and pulled into the crevices. Figure 2 shows the skeleton in place within the cone, the wire that forms the legs being twisted around the core of the cone. The bird's neck is the looped part of the wire.

Such a skeleton can be used for an ostrich (Figure 4). All you need do in this case is use a longer wire so the legs and neck of the bird will be longer.

Once the wire skeleton has been put in place, it is a simple matter to twist pipe cleaners around the exposed parts of the wire to form the legs, feet, head and beak, producing the results shown in Figures 3 and 4.

To make the cone bird stand upright, glue its feet to a square of cardboard.

Monday: Lots more good fun for every boy and girl

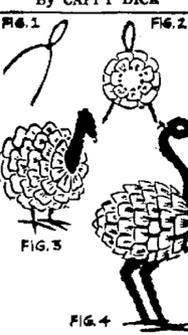


FIG. 1 FIG. 2 FIG. 3 FIG. 4