Today's Health PUBLISHED BY THE American Medical Association

FOR THE AMERICAN FAMILY

VOLUME 40	NUMBER 1
THE WORLD OF MEDICINE	
Good News for Childless Couples Medicine Enters 1962 Survival Begins at Home Are American Women Becoming Bald? The Life of an Intern The Lifesaving Values of Immunization	· · · 28 · · · 32 · · · 54
TOTS AND TEENS	
Growing Pains How to Build the Right Wardrobe for You A Mother Speaks Up for Censorship Lead Poisoning: A New Look at an Old Hazard	37
OF SPECIAL INTEREST	
America—Beware of the Welfare State	83
FOOD AND NUTRITION	
We Never Had It So Fat! Let's Talk About Food Stews for a Cold Winter's Night	· · · 12 · · · 14 · · · 42
TRAVEL AND RECREATION	
Now Is the Time to Take That Florida Trip	46
OTHER DEPARTMENTS	
That's a Good Question Today's Health News Letter from Stan Delaplane A Close Look at Nutri-Bio First Aid: Grease Fires A Woman's Way TIPS for Your Home and Family	· · · · 6 · · · · 9 · · · · 11 · · · · 16 · · · · 70 · · · · 77
Living Legends	84



Member of Magazine Publishers Association

January 1962

Editor

Kenneth N. Anderson

Managing Editor

William R. Vath

Associate Editors

William Bolton, M.D. Robert M. Hendrickson C. Dennis Orphan

Art Director

Ralph Linnenburger

Circulation Manager

Robert A. Enlow

Assistant Circulation Manager

Bernard F. Kroeger

Advertising Director

John L. Murphy

Advertising Offices

Los Angeles 28 6608 Selma Avenue Hollywood 3-7157

San Francisco 11 700 Montgomery Street SUtter 1-4583

TODAY'S HEALTH articles are indexed in Reader's Guide to Periodical Literature.

The American Medical Association does not necessarily endorse all of the material appearing in this publication.

CHANGE OF ADDRESS

Be sure to notify us of your change of address at least six weeks before the change is made, including an address label clipped from your latest copy. Give both your old and new address and include your postal zone number.

Cover: Esther Henderson

Copyright, 1961 American Medical Association

TODAY'S HEALTH is published monthly by the American Medical Association. Yearly subscriptions: Wealcal Association. and U.S., U.S. Possessions, 46 Canada, \$4; other foreign countries, Single copy, 40 cents. Volume 40. Num ber 1. Printed in U.S.A.

Second-class postage paid at Chicago Illinois, and additional mailing office.

Address all communications to 50 day's Health, 535 North Dearborn 51. Chicago 10, III.

age physician,

ping cough is est members of danger." and Henry B. writing in the iren, described enificant infecoping cough is sease, causing than measles, mbined." en immunized

dussis vaccine frail young many die of

cur in unvacs who live in at orphanages, During the the most frener, intestinal and convulminortunate 1 20 percent. nute bacillus ngou at the dit from the deeper parts ver been ill la pertussis, d grew it. atient in the child-one ed immune sus material patient. The droplets of led culprits lungs. Here

signs or his is known ld set in. A cough is

"catarrhal" us, unless occurred. contagious spread into who is not spells of ition, and mghs.

MEALTH

This is WE USEFUL PROTEINS PRESENT THE HAPPIES TASTING PROTEIN CEREAL EVER! WE'RE NO ORDINARY PROTEIN WE'RE 100% AS USEFUL AS THE PROTEIN IN MEAT!

-EVER IN A READY

WHAT A DIFFERENCE IN PROTEIN...



Some proteins are "lazy." They can't build your body. They lack the right amount of certain protein elements.



Some proteins are "hard work-ing." They build the body. You need working, useful proteins every day.



Life gives you "working" pro-tein—the useful kind—100% as useful as the protein in meat and milk!

Now from oats...nature's richest protein grain... Quaker brings you 1 🏰

Kids love the sweet, tasty, toasty oats taste. Mothers love the body buildup Life's protein gives (and the way kids eat it up). Everybody loves Life's special protein-the same quality of protein in meat and milk!

YOU'LL LOVE LIFE &

The nutritional statements in this advertisement conformation Health magazine, published by the American Medical Association informed about Life cereal through advertisements in THE Jo MEDICAL ASSOCIATION.

100375 Health American Medical Association

JANUARY 1962 New Hope For Childless Couples Why More Women Are Losing Their Hair