endure because their substance has preserved them, because their greatness and significance saved them from destruction. It means that true art can be born anew and resurrected before the eyes and hearts of mankind each day. In the household of nature, no emotional force is ever lost. The ancient Greek language is a dead language: ancient Greek art throbs with life. A fossil cannot come to life again, but a work of art created thousands of years ago can retain its power just as the wheat kernels and the peas in the tombs of the Egyptian pharaohs have retained their germinating faculty. Lifted from the obscurity of the past into the light of day and a stimulating spiritual climate, that which once bore fruit thus bears fruit again. And new generations are incessantly born from the womb of the earth, ready to serve art in their own way. More important than the works of art handed down to them by the past is the active desire for art living in the peoples of today and tomorrow.

WORLD PRESS DIGEST

SALT FOR THIRST

(Condensed from "Neue Zürcher Zeitung," Zürich)

The vital processes in our body produce our body temperature of about 37° centigrade. Increased efforts produce more heat. Since, however, a considerably higher temperature would harm the organism, this surplus heat must be disposed of. The most effective means of doing this is perspiration; the evaporation of sweat removes large quantities of heat from the body. The necessary water for perspiration is chiefly supplied by the liquid consumed in our food, above all in beverages containing water. Water requirements and shortage of water are indicated by thirst. Thirst may, of course, also arise from other causes: from the drying out of the mucous membranes of the mouth, for instance after speaking for a long time or during a cold in the head, when we breathe through the nose. We also feel thirst when we consume very salty food. In that case, salt is absorbed by the blood serum. As a result, the normal salt content of about 0.7 per cent in the blood serum rises. A modification upward or downward of this concentration, however, immediately affects the functional properties of the blood. When the concentration sinks through the absorption of water, the kidneys and sweat glands remove the surplus of water. But when the salt content rises, a warning signal appears: thirst. The drinking of water removes this thirst, for the salt concentration is thereby reduced again to its normal 0.7 per cent. This process is constantly taking place in everyday life and is accordingly familiar.

In the case of exceptional physical effort and in great heat, however, another factor appears. In addition to water, salts are also excreted in perspiration. The most important of these are urea and sodium chloride (common salt). Urea, being a waste product, must be removed, and perspiration serves to aid the kidneys. The sodium chloride, however, originates, like the water, from the blood and is equally indispensable. When both these substances are withdrawn from the blood, the blood becomes thicker. If this condition becomes acute, the work of the heart is made more difficult. We possess a certain reserve of both substances in various tissues. Those of water are comparatively large; those of sodium chloride small. As a rule, far more water than salt is given off when perspiring. When the reserves of water become exhausted, the body again reports this fact by the feeling of thirst. Now if we drink water, the process of perspiring, with the subsequent regulation of the body temperature, can continue until, through the simultaneous excretion of sodium chloride, these latter reserves are also exhausted. If a high body temperature should now make further perspiring necessary, the salt content of the blood is affected. When this salt content is decreased, the water content of the blood also sinks, as the concentration of approximately 0.7 per cent must under all circumstances be maintained. The result is
a thickening of the blood, and we are conscious of unmistakable discomfort, as the pumping work of the heart has become too difficult. If at this stage we drink water, we facilitate the activity of the heart only temporarily, for the blood cannot retain the liquid, as there is not enough salt in the blood; as soon as the salt concentration sinks below 0.7 per cent, the sweat glands and the kidneys hasten to remove the surplus, and the water runs through our body as through a sieve. However much we drink, our thirst remains, and the only way to quench it is with common salt.

ABORTIVE AMERICA
(Condensed from "Time," New York)

In 1940, Dr. Fredrick Joseph Taussig estimated there were 681,600 U.S. abortions yearly, killing 8,000 mothers and making many more ill or sterile. American Medical Association Journal Editor Morris Fishbein estimates there has been a 20 to 40% increase since Pearl Harbor—perhaps 1,000,000 cases a year. Even well performed abortions are dangerous. In the U.S. only about one-fifth of the abortion seekers are unmarried. The rest are women who do not want to be bothered with babies (or whose husbands do not), do not want to lose jobs, think they have enough children already, cannot afford children, or fear childbirth.

The recent increase is attributed mostly to women who do not want to lose warplant jobs. The frightened sweethearts of irresponsible servicemen have somewhat swelled the abortion figures. The Y.W.C.A. claims that if such a girl comes to them, they can almost always persuade her to have her baby, can often persuade her beau to marry her. Unfortunately most single girls in trouble think abortion is the only alternative to suicide.

The standard way of attacking abortion is to arrest and convict the operators. This is expensive and has never brought any decrease in the number of illegal operations. Everybody knows that abortions will decrease when pregnancy is free from financial worry and social ostracism. But no one has yet figured out how to achieve those freedoms.

RED RED TAPE
(Condensed from "Izvestia," Moscow)

The queue in front of the telegraph counter moved so slowly that those standing at the end began to suspect that no more telegrams were being accepted. They looked through the grimy window. No, everything seemed all right, the telegraph clerk at her place. But, strangely enough, instead of being busy counting words she was arguing with the customers of the telegraph office.

After waiting for half an hour, a young girl stepped up to the little window. She had carefully folded the telegraph form, apparently to protect it from curious eyes. Poor girl! Soon the many-headed cavalcade was to know all about the contents of her telegram. The clerk looked at the form for a moment and gave it back, while she reached out her hand for the next one.

"You have to enter your passport and everything else."

"But this is a private telegram!"

"So I see. 'Love and kisses'—you don't write that sort of thing in official telegrams."

The girl blushed deeply and left quickly. After a few minutes she returned. But still she had no luck.

"How long will it take you to understand! You've only put in your passport number. Where's everything else!"

'Everything else' turned out to be so much that the girl had to return to the window twice. She found out that in Baku you have to enter in the most ordinary private telegram: name, Christian name, father's name, address; serial number and number of passport; date, place, and issuing office of passport; date, place, and at which police station the sender's present address is registered.

Having filled in this questionnaire, the girl finally handed in the form, which had meanwhile become rather the worse for wear.

"Give me your passport!"

Now began a detailed examination of all entries, interspersed with snarling questions: Where have you entered this? Why is this not written clearly? and so on.

"What is the meaning of this? You have signed 'Your Lyutik.' But according to your passport your name is Lyudmila."

The girl tried to explain, but the telegraph clerk was unrelenting.

"I don't care in the least what he calls you —Lyutik or Pussy . . . ."

The girl gave up and left.

RICE AND VITAMINS
(Condensed from an article by George Kent in "Washington Post")

The principal diet of half of the world's two billion inhabitants is rice, which they like clean, white, and polished. But rice loses the greater part of its vitamins and minerals during the husking and polishing processes and reaches the consumer in the form of almost pure carbohydrate. People who eat it without other food containing vitamins may suffer from chronic weariness and risk contracting beriberi or pellagra.

Raw rice, known as "paddy," has a fairly loose outer husk, inside which there are three close-fitting membranes. These four layers contain various types of vitamin B and minerals. The rice mills usually grind away all four layers, leaving a pearly white grain consisting principally of pure starch. The
final phase of the process is to coat the grain with talc and glucose to make it shiny. When the rice reaches the kitchen, the housewife puts it in a sieve and washes it with water, which removes the talc and simultaneously obliterates any traces of B-vitamins which might have been left.

A new method has now been developed through which polished rice retains its vitamins. The unhusked rice is cleansed and placed in a vacuum container where the air is sucked out of the grain. Hot water is forced under great pressure into the hollow recesses of the grains produced by the vacuum treatment. The B-vitamins, dissolved in the water passing through them, are squeezed into the interior of the rice grains, where they are later steam-treated. When the rice is dried, the husk and the membranes are removed by a threshing machine, and the result is a hard white kernel whose vitamins cannot be washed off.

Extensive experiments have shown that "converted rice" can be stored for several years in any climate. Insect pests, which cause annual losses of millions to the milling companies, cannot harm these hard glassy grains. Preparation for the table is simple: after boiling for 20 to 30 minutes, the grains float to the surface without clotting.

By a similar treatment, "converted wheat" with full vitamin content has been produced, and experiments with maize kernels are being made now. In the case of the latter especially, the method may prove of great value, as the lack of vitamins in corn pone and cornmeal mush is the cause of many diseases among the poorer classes in the USA.

**THEY ARE**

(Condensed from “Time,” New York)

From all the evidence, U.S. advertising had struck some sour notes with the men in uniform.

One example: a U.S. manufacturer, with "imutterable conceit," ran a picture of his plane over the headline: "WHO’S AFRAID OF THE NEW FOCKE-WULF?" The ad was posted on the bulletin board of a bomber squadron in England. Every pilot in the group, including the colonel, signed it "I am," and sent it back.

---

**CARTOON OF THE MONTH**

By SAPAJOU

San Francisco Disharmonic Society