

Inside Indianapolis

By Ed Sovola

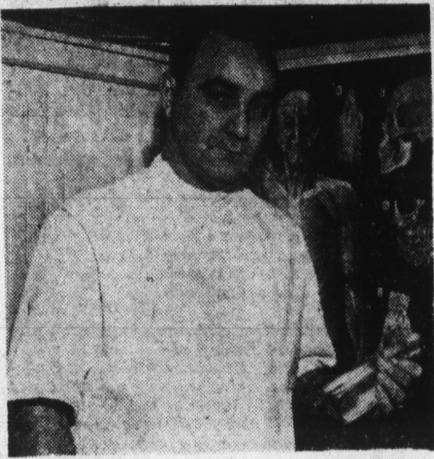
A HOT BATH generally is conceded to be a pretty good thing. Sometimes a bath makes a man feel like a million bucks. In the K. of P. building there's a six-foot, 210-pound, husky who specializes in kicking up the entire circulatory system in the human body by means of baths and massages. Kaywood Van Note, owner and manager of the K. of P. Turkish Baths establishment, believes so strongly in keeping fit that he has made it his life's work. Mr. Van Note kicked my circulatory system around to where I believe it can actually be called a system. He was sold on the idea of hot baths and massages while attending the University of Missouri where he played football and boxed. After graduation he fought as a professional for several years in his native St. Louis. After quitting the ring he became a trainer—or if you prefer—a physiotherapist at the Missouri Athletic association. For 11 years tired muscles were his specialty there. He also put his talents to good use at Kelly field, Texas, for a year-and-a-half. Mr. Van Note had his eye on the K. of P. Baths ever since he had the chance to work there about five years ago. The chance to buy the business came two years ago. He left St. Louis and has been here ever since.

Equal to Brisk Walk

"THE AVERAGE Turkish bath is equal in exercise value to a 20-mile brisk walk," Mr. Van Note said, handing me a pair of cotton moccasins and a clean sheet. Mr. Van Note has a staff of five men in the business. The key has been thrown away to the baths which are open 24 hours a day. The establishment takes up the entire basement of the K. of P. building. Two women operators run the women's section which is a unit all by itself. First in the procedure is the hot room. It's only 140 degrees there. A pint of cold water has to be drunk to facilitate perspiration. By the time the 20 minutes are up there's a distinct feeling that every pore in the body is calling for the fire department. A towel soaked in ice cold water feels mighty good on the head. It is changed frequently. This is done to keep the blood from rushing to the brain. Next comes the steam room. For 10 minutes, with visibility at zero, the steam pours in and perspiration pours out. Oil of eucalyptus fumes are inhaled and the clinkers on the lungs seem to melt away. When you step out of the steam room you feel as if someone had swept all the dirt from under the skin. A brisk scrub with antiseptic soap on a specially designed table makes you feel that way on the outside.

Needle-Point Shower

THE BIGGEST surprise of the whole routine is stepping under the needle point shower which is kept



"Muscle man" . . . Kaywood Van Note believes in giving the body a break.

a few degrees above body temperature by means of a built-in thermometer. This shower doesn't have to be tested for safety. After a thorough rinse Mr. Van Note is kind enough to say "brace yourself." It's only ice cold water—brilliant that he turns on. The corpuscles join in the dance. At this point Mr. Van Note really begins to work. He applies a clear and odorless lanolin base body oil and goes after the muscles. Starting with the right foot he moves, but good, every muscle in the body. It takes him 30 minutes to give the massage. To heighten the bracing effect of the massage he also uses an electric vibrator. The oil by this time is practically gone. Another brisk rub with alcohol follows and the excess is wiped off. Under a germicidal ultra violet ray lamp a person relaxes in a private room. The bath is complete except for the final relaxing period in the bathers' room. The body is allowed to completely cool off before dressing and going outside. You have the feeling that you could whip your weight in bearcats after it's all over.

Younger men, Mr. Van Note said, and particularly men who have been introduced to massages and baths by competing in a sport, are his biggest customers. "These boys don't want their physiques to slip away from them. It's easy to get out of condition in the business world," he said. "I was safe—didn't I complete a '20-mile brisk walk'?"

'The Judge'

WASHINGTON, Nov. 22.—The ancient District of Columbia courthouse is far off the beaten path of tourists. Only people in trouble go there, along with visiting architects, who regard it as perhaps the most serenely beautiful of all government buildings.

On a pedestal in front of the Grecian portico stands a statue of Abraham Lincoln, wearing white marble coat tails and the hint of a smile. The likeness is an excellent one. It is easy to imagine that this is the way Lincoln looked when he mentioned government of the people, by the people, and for the people.

So you walk by the statue, through the courthouse and into an ultra-modern annex done in the Herbert Hoover school of architecture, with green marble trimmings and bronze elevators doors. You ride to the third floor.

Here is a bald-headed judge doing his dead-level to prove in the midst of perhaps the most serious case strike yet that Mr. Lincoln was right and that this is not a government of, by and for John L. Lewis. Justice T. Alan Goldsborough until yesterday was a jurist worrying principally about the trivial disputes of the people; today, right or wrong, he goes down in history books.

With more than 100 other reporters I spent the day in and out of his courtroom, waiting for him to decide what to do with the union chief, who had flouted his injunction against the strike, who hadn't even bothered to say how-de-do.

Cops Direct Traffic

THE PHOTOGRAPHERS waited outside to snap pictures of the justice department lawyers, who presented the contempt citations to Justice Goldsborough. So many citizens crowded around the photographers, that three special cops had to direct traffic.

Science

AN EXPERIMENTAL uranium pile, designed to produce atomic energy for industrial power purposes, will be built at the proposed \$20,000,000 Knolls atomic power laboratory in Schenectady.

The contract for the design, construction, and operation of this laboratory was given to the General Electric Co. some months ago by the Manhattan district of the war department.

However, the new laboratory, along with the other atomic energy installations of the United States, will pass shortly into the control of the atomic energy control commission recently appointed by President Truman.

Chairman of this new commission is David E. Lilienthal who made a distinguished record as a public servant as chairman of the Tennessee valley authority.

During world war II, uranium piles were built at the Clinton engineer works in the state of Washington.

These piles were designed, however, for the conversion of uranium into plutonium for atomic bombs.

4th Research Institution

THE ENERGY produced by the nuclear reactions in the form of heat was actually a nuisance and had to be dissipated with the aid of elaborate water-cooling systems.

These piles were designed to produce a minimum of heat.

Obviously the new pile at Schenectady will be designed to produce the maximum amount of heat and to put it to work.

The proposed Knolls atomic power laboratory is the fourth institution for research set up by the Manhattan district.

The first two, already in operation, are the Clinton laboratory at Oak Ridge and the Argonne laboratory in Chicago.

My Day

NEW YORK, Thursday.—In a conversation among a group of delegates to the United Nations general assembly, a rather interesting idea developed. One man said, "so many people come here with the idea primarily of advancing the interests of their own nation and their own people, and yet the value of the United Nations is in learning that our interests have to widen. We must discover what are the ties between the interests of our own nation and those of all the others around the world."

Good of All

HE WAS RIGHT, of course, for only as we make these discoveries and see the pattern of mutual interests grow, can the real objectives of the United Nations be attained. There would be very little point in asking a country in South America, which was just beginning to develop many of its own resources, to help the war-devastated countries to return to a self-sustaining basis unless, by so doing, the people in the South American country would in the long run find that they benefited themselves.

There would be no real reason for supporting the world health organization unless that support was going to increase the health standards of all nations. And there would be no real reason for all nations

By Frederick C. Othman

Upstairs in his walnut-paneled courtroom with the artificial lighting and the church-pew benches, the judge went about his work-a-day tasks. He decided disputed doctors' bills, taxicab accident cases, divorces and breaches of contract.

Signed Fateful Paper

THE REPORTERS filling the jury box thought they detected an anxious feeling about the judge, as though he wished the attorney general would hurry his paper work. Maybe so.

One of the cases involved a Negro man, who left his wife without benefit of divorce, went through a marriage ceremony with another woman and became the father of her seven children.

Now he was dead and the question before the judge was whether his widow, or the mother of his children should administer his \$400 estate. Justice Goldsborough leaned back in his red-leather chair with his left hand at his cheek and it seemed to me that he gave this problem his whole attention.

At noon his docket was cleared. He went to lunch. Forty-five minutes later he returned to his chambers and there began one of those weird afternoons you read about. Alarms and rumors kept the reporters racing through the corridors. Little men who didn't know-nothing-about-nothing kept popping into the judge's office.

The bailiff in his red necktie emerged at intervals to crack what he thought were jokes. His assistant searched the premises for cameras. The justice department men stalked in. An hour and a half later the judge signed the fateful paper: Contempt charges against Eyebrows Lewis. The sun was setting.

I swear it was the peculiar angle of the light on the statue rather than any intention of mine to bring this dispatch to a phony climax, but Lincoln's lips were curved into one of the cheeriest smiles I ever saw.

By David Dietz

Work is now under way on the third of these institutions, the Brookhaven national laboratory on Long Island.

It will be operated by Associated Universities, Inc., a corporation set up by nine of the major eastern universities for the express purpose of operating this laboratory.

It is announced that research work in all phases of atomic power development, will be carried on in the new Knolls laboratory.

In addition, research on specific problems connected with the operation of the Hanford Engineer Works in the state of Washington will also be conducted at the new laboratory. Operation of the Hanford works was recently turned over to General Electric by the Manhattan district.

Consultants Named

DR. C. G. SUITS, vice president and director of research for General Electric, will have general supervision of the work at the Knolls laboratory.

Responsibility for the atomic power pile project there will be assumed by Dr. Kenneth H. Kingdon, senior G. E. physicist, who with Dr. H. C. Pollock was one of the first physicists in the world to work on the isolation of Uranium 235.

Dr. Kingdon has been with the G. E. laboratory since 1920. Prior to his work on nuclear physics he was engaged in research on radio and electronic devices.

General Electric announces that it has engaged a number of scientists who played key roles in the atomic bomb project as consultants.

These include Dr. Hans Bethe of Cornell, Dr. Glenn Seaborg who first isolated neptunium and plutonium, Dr. E. O. Lawrence, inventor of the cyclotron, Dr. W. H. Zinn, director of the Argonne National laboratory, Dr. Warren K. Lewis of M. I. T., and Dr. Eugene P. Wigner, research director of the Clinton laboratories.

By Eleanor Roosevelt

to take part in UNESCO unless each one was going to benefit eventually from the experience of the others in all the fields covered by UNESCO. The unity which we want to see developed in the United Nations can only be achieved if each member has a complete understanding of the reasons why we meet together and the advantages of working together in various fields.

Tangible Results Needed

I BELIEVE that there is an advantage in the near future in producing, through the United Nations, some tangible results which will touch the lives of the people in different parts of the world. If this is not done, the people are apt to ask, "What is all this talk about? Where does the United Nations really help us?"

The United Nations is a young organization, but it can stimulate developments along economic, social and spiritual lines. The delegates who attend the different meetings, not only of the general assembly, but also of the councils and commissions, might feel it part of their obligation, on their return home, to spread the knowledge not only of the decisions reached but of the discussions which pointed up the problems of various nations around the world.

SECOND SECTION

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QUAKERS POUR INTO RICHMOND FOR CEREMONY—

Earlham Waits Inauguration

By EMMA RIVERS MILNER

Times Church Editor

RICHMOND, Nov. 22.—Quaker homes of the countryside and the city are filled with visitors today. They will attend tomorrow's inauguration of Dr. Thomas Elsa Jones as president of Earlham college.

An audience of 4000, including many of the most distinguished educators and religiousists of the nation, will witness the ceremonies at 10 a. m. in Trueblood fieldhouse. An air of festivity hangs over the entire community. It is the exceptional case of a prophet returning to be honored in his own country.

For it was on the Earlham campus that Thomas Elsa Jones received his college education. There he formulated ideals which will influence his administration as president.

APPROXIMATELY 100 delegates from 31 Quaker colleges were in session here yesterday and today for the All-Friends Educational conference. They will be joined by non-Quaker college presidents and professors, other teachers, visitors, alumni and townsfolk for the inauguration.

The inauguration will be followed by luncheons, a football game between Earlham and Rose Polytechnic institute and the alumni banquet at night. Dr. David Elton Trueblood, author of several books and member of the Earlham faculty, will speak.

Gustave A. Lehman, a classmate of the new president, will sing and Richard N. Hoerner, vice president of the Alumni and Old Students' union will be toastmaster. Mr. Lehman is director of music at Colgate-Rochester Divinity school.

THE VARIED experiences in 34 years since Dr. Jones received his diploma at Earlham no doubt will be reflected in what he will say tomorrow.

The world offered a field for his operations and to the representatives of its many races he gave friendship. The two major wars of history did not quench his effort to apply his Quaker principles of peace and brotherhood.

Dr. Jones allied himself with the American Friends Service committee founded just after world war I and with the Civilian Public Service camps for conscientious objectors during the last war.

He gave seven years to the Friends' mission in Japan, one to the direction of the Y. M. C. A. in Vladivostok, Siberia and four to a teaching job in Keio university, Tokyo.

EARLHAM's new president is 58, a native of Indiana, born at Fairmount, holds a B. D. degree from Hartford Theological seminary and a Ph. D. from Columbia university. He was a Hoosier schoolmaster from 1908 to 1909.

The three Friends' churches of this city will honor Earlham with special services Sunday morning. Patriarchal Dr. Rufus Jones, dean of Quaker preachers and emeritus professor of Haverford college, will address delegates from more than 160 Friends' churches at an afternoon conference at the college.

The crowning event Sunday will be the union religious service held in Reid Memorial church when tribute will be paid to Dr. Jones. It will be sponsored by the Richmond Ministerial association.

The Rotary club will host for a formal banquet Monday night in the Leland hotel. Dr. and Mrs. Jones and President Emeritus William C. Dennis and Mrs. Dennis will be special guests.

BROAD RIPPLE HIGH HOLIDAY DANCE SET

The Broad Ripple high school "Barn Bounce," annual Thanksgiving dance, will be held in school cafeteria at 3:35 p. m. Thursday.

Co-chairmen for the program, Jo Ann Diederich and Donna Dean have named the following committees:

Cynnie Baker, Carol Holliday, publicity; Ruth Geline, Jeanne Wilson, ticket sales; Joan Barnard, Helen Jones, Philip Nicholas, refreshments; Jack E. John, Rudy, Betty Barth, and David St. Pierre, decorations. Student challengers are Harry Newman, Dick Pursell, George Fisher, Tom Walker, Arnold Wajsborg and Eugene Akers.

Sgt. Hershel Souder, R. O. T. C. director at Broad Ripple, has announced the following commissioned officers: John Rudy, cadet major; Forrest Riddell and Richard Bryant, cadet captains; Robert Allison, Robert White, John Nordholt, Eugene Easley and Lewis Stratton, platoon commanders.

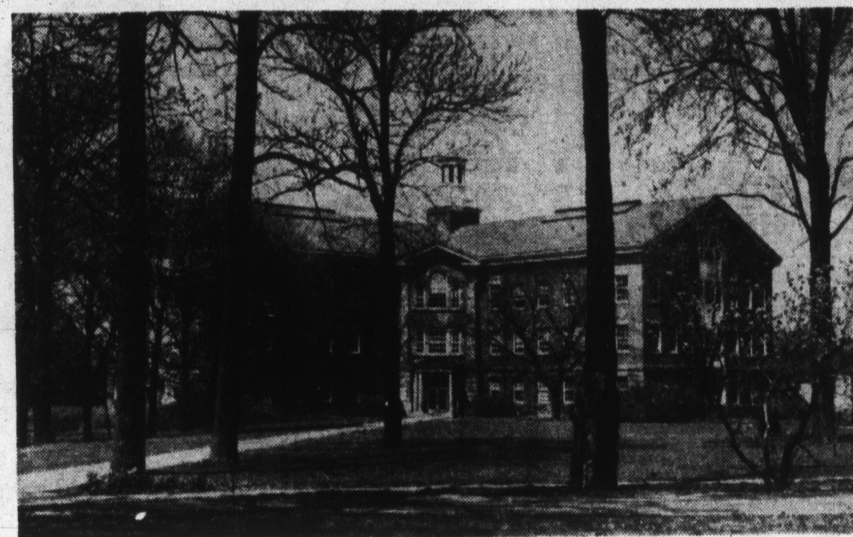
ENGINEERS TO HEAR ILLINOIS SPEAKER

Dr. Jesse E. Hobson, director of the Armour Research Foundation of Illinois Institute of Technology, will address the Indianapolis sections of the American Institute of Electrical Engineers today in the Canary Cottage.

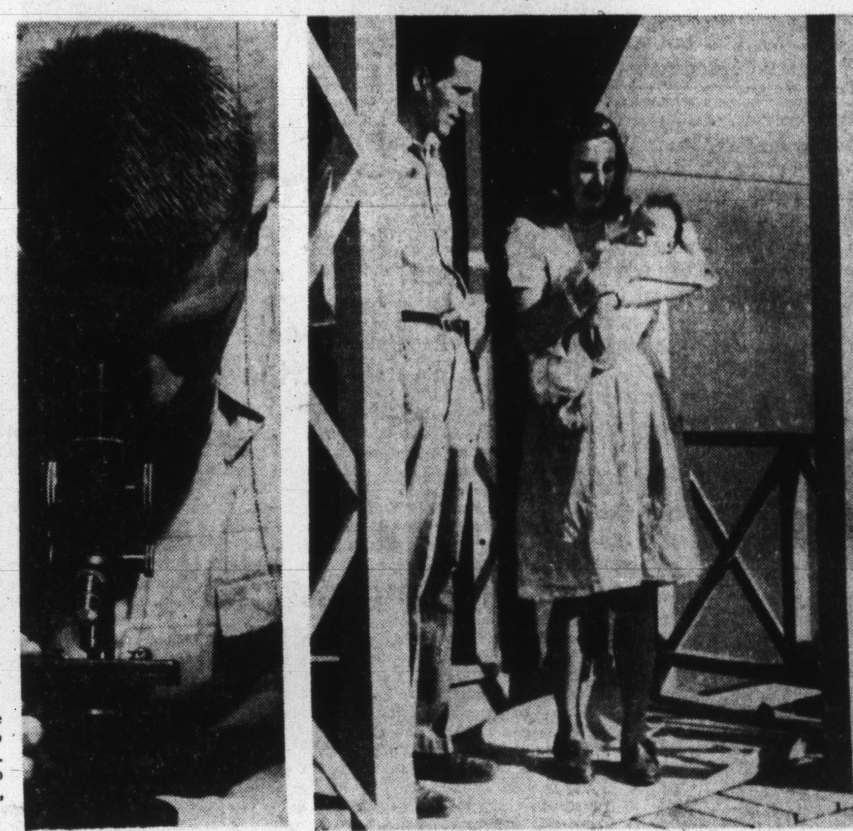
In connection with Dr. Hobson's address, the foundation will present a special exhibit of magnetic sound recorders in the Severin hotel. Demonstrations of home recording and high fidelity master wire recording units, a magnetic tape recorder, and a newly developed magnetic recorder which incorporates sound onto motion picture film, will be given by appointment.

"OCCUPATION" BABY

SENDAI, Japan, Nov. 22 (U. P.).—The first military baby in the ninth corps area of Honshu was born today to Col. and Mrs. William D. Cavness, Hollis, Okla. The baby was a seven-pound boy.



The long procession of dignitaries will form in Carpenter hall (above) and march to the inauguration in the fieldhouse.



To maintain the balance between science and religion is an aim of the college. 4Mr. and Mrs. Thomas Scott and small son pause at the door of their apartment in the veterans' village on the Earlham college campus.

THE DOCTOR SAYS: Butter and Cream Good Sources of Vitamin A—

Fatty Foods Readily Digested

By WILLIAM A. O'BRIEN, M.D.

FATTY FOODS are digested just as efficiently as are other foods, but the process takes a little longer.

The old idea that fatty foods are indigestible is not borne out by reliable investigation.

According to the Journal of the American Medical association, more than 95 per cent of the fat consumed in the diet of the average person is digested and absorbed by the body, for chemical examination reveals that less than 5 per cent passes through unchanged.

AFTER A MEAL containing rich, fatty food, there is a feeling of fullness and satisfaction which lasts longer than does that produced by any other food combination, but this has nothing to do with digestive failure.

Animal and vegetable fats both are highly digestible. Hydrogenated fats are as easily digested as are others, and the amount which is absorbed can be regulated by adjusting the melting point through blending or by chemical means.

Infants also have the ability to digest fats, especially certain varieties.

HEATING FATS, as in deep frying, does not change their digestibility. The digestibility of the fats in the new vegetable-oil margarine combinations is said to be the same as that of butter.

Fat is the richest source of food energy provided for man. It contains twice as many calories as does an equivalent amount of sugar, and persons deprived of fat over long periods of time crave it more than they do any other food they are denied.

Fats play an important role in helping the body absorb certain vitamins, notably A and D. Butter and cream not only contain fat but also are good sources of vitamin A, while nuts are rich in fat and are a good source of vitamin B.

THE PRESENCE of a large amount of fatty food in the intestines stimulates the flow of bile from the gallbladder, for bile is necessary for the absorption of fat.

Persons suffering with inflamed gallbladders or gallstones may be distressed by eating a fatty meal, but they learn by experience to avoid such combinations.

It is apparent that some individuals whose gallbladder function

is normal may also be distressed by the presence of a large amount of fat in the stomach and intestines. They too should avoid heavy, fatty meals.

THE AMOUNT of fat, as well as the amount of sugar in the diet should vary with the energy needs of the body. Excessive amounts of fat tend to be stored as body fat.

The manner in which food is prepared has less effect on its digestibility than we formerly believed. Studies show that fried potatoes are just as digestible as are boiled, baked or mashed potatoes.

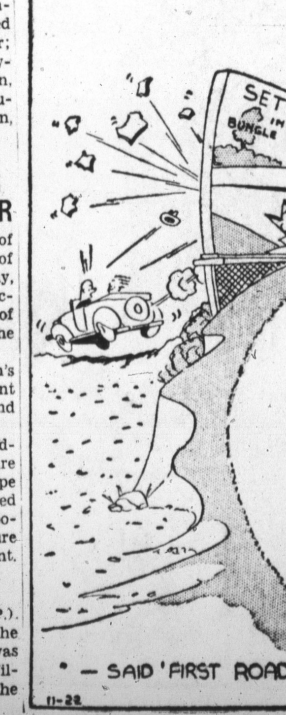
You may be distressed after eating a heavy meal topped with a rich, fatty dessert, but that is because you ate too much and the full feeling consequently persisted longer than usual.

QUESTION: My daughter has had pooriasis since she was 7. She is now 19, and she is still having difficulty. She seems to be in good health otherwise. What do you advise?

ANSWER: Most patients with pooriasis are well in every other respect, except that the disease seems to get worse at times of nervous tension. Pooriasis responds to many forms of treatment, but it has a tendency to recur. Patients should try to secure relief from their symptoms, but they should not be disappointed if permanent cure is not obtained.

SILLY NOTIONS

By Palumbo



THEATER OWNERS ELECT OFFICERS

The board of directors of the Associated Theater Owners of Indiana was elected at the annual convention here.

Officers are Trueman T. Rembusch, Franklin, president; Sam W. Neall, Kokomo, vice president; Marc J. Wolf, Indianapolis, treasurer; William Carroll, executive secretary; and Christine Kirk, secretary.

Directors are: Alex Mantz, East Chicago; M. Lile Kriegerbaum, Rochester; T. O. Baker, Remus; Roy Kiefer, Decatur; A. H. Borkenstein, Ft. Wayne; Peter Mallen, Ft. Wayne; Mr. Wolf, William T. Studebaker, Logansport; Jack Alexander, Lebanon; Mr. Neall, V. V. Young, Gary; S. J. Gregory, Anderson; J. B. Stine, Terre Haute; Stanley A. B. Cooper, Brazil.

A. H. Kaufman, Terre Haute; Roy E. Harold, Rushville; Mr. Rembusch, Walter Easley, Greensburg; Harry Korshun, Evansville; Harold Hargis, Rockport; Oscar Pine, Evansville; H. H. Johnson, Madison; A. B. Thompson, North Vernon; Sam J. Swift, New Albany; Fred J. Dolle, A. C. Zaring, and Dudley Williston, all of Indianapolis.

Alternates were: Maurice Rubin, Michigan City; John A. Schwin, LaGrange; William Wallace, Veversburg; A. C. Kalafat, Gas City; Claude Flater, Spencer; J. C. Schilling, Connersville; Bruce Kimmiller, Bicknell; H. P. Vanderschmitt, Bloomington; and Bruce Miller, Indianapolis.

— SAID 'FIRST ROAD LEFT' DIDN'T HE? —

Wallace, Pepper Notably Absent At CIO Session

By FRED W. PERKINS

ATLANTIC CITY, Nov. 22.—C. I. O. plans to continue its Political Action Committee, despite the defeats it suffered two weeks ago, are causing delegates to the convention here to wonder at the absence of two men who have been this organization's outstanding political favorites.

They are Henry Wallace and Senator Claude Pepper (D. Fla.), who heretofore have worked closely with the C. I. O. P. A. C. and allied groups.

President Philip Murray only smiled when asked why neither Mr. Wallace nor Mr. Pepper had been invited.

Among the 600 delegates, however, can be found opinions that the reason is the C. I. O. P. A. C. wants to back a winner in the 1948 Presidential election and its leaders are convinced neither Mr. Wallace nor Senator Pepper looks promising.

THE CONVENTION's last visiting speaker was Labor Secretary Lewis B. Schwellenbach, who came here with five officials of the labor department, including Edgar L. Warren, director of the U. S. conciliation service. Both the secretary and Mr. Warren declined to discuss the coal crisis. Regarded as an indirect reference to the conflict was this statement by Mr. Schwellenbach:

"Some critics say conditions have changed with the growth of organized labor today. They argue that of several powerful unions can cripple our economy, either by refusing to work or by naming terms that industry cannot meet successfully."

"That is a very serious charge and no mere reference to the record can entirely refute it. Only the leaders and members of organized labor can supply a firm denial. As secretary of labor, I have had few misgivings on that score."

MR. SCHWELLENBACH pleased the C. I. O. by supporting its opposition to new labor legislation expected in the next congress, and by backing a general demand for new "substantial" wage increases.

The secretary said wage boosts of the past year were not as great as generally believed, that they did not maintain the wartime level of average weekly earnings, and have been more than offset by the rising cost of living.

MR. SCHWELLENBACH noted that this was "the first meeting of an international labor organization to which I have been invited since I became secretary of labor."

This referred to the A. F. of L.'s failure to invite him to the convention last month in Chicago, on the ground that Mr. Schwellenbach's policies have favored the C. I. O. against the A. F. of L.

"I'm neither pro-C. I. O. nor pro-A. F. of L.," he told the convention. "I'm pro-American wage earner."

With the new Republican congress, he said, "I want to operate, but as for myself I don't intend to abdicate."

Mr. Murray said the Schwellenbach post is "the toughest job in the cabinet," and that the present secretary had administered it "as well as could be under the circumstances."

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