THE SUNDAY ONLY WEEKLY PICTORIAL MAGAZINE



AUGUST 5, 1962 VOL. XXXIV, No. 32

THE HISTORY O FSPEED

Ever since the day man realized that the prize belongs to the fustest and fastest, interest in speed has zoomed.

Even the Bible mentions racing. "Know ye that they which run in a race run all, but one receiveth the prize? So run, that ye may obtani." (I Corinthians 9:24).

Homer's "Iliad" describes an interesting type of race for us. During the seige of Troy, the Greek hero, Achilles, angered at the death of his friend, Patroclus, sped his chariot around the city walls, defiantly pulling Hector, a Trojan leader behind him. Achilles' enemy, Paris, having discovered the secret of Achilles' vulnerable heel, killed him with a poisoned arrow. Drag-races didn't pay off in those days either.

The earlier Greeks, who believed in putting their best foot forward, limited their first olympics to foot races, while the Romans went in more for chariot races. Their legendary driver, Ben Hur, raced his chariot around the arenas setting all kinds of horse-power records.

The animal world provides us with some interesting speed records. The fastest fish is a swordfish, which can travel at 57 mph. The racingest reptile in the world is the Black Mamba which slinks along at 7 mph. Speediest U.S. snake: the Red Racer, which wriggles at the rate of 3.6 mph.

The fleetest fowl is the racing pigeon (93.55 mph — as the crow flies), while the lightest-footed land lubber is the cheetah of Central India. This fast feline runs up to 84 mph over short distances.

The sporting world is full of fleet facts about the race against time. In boxing the fastest knock-out in a title fight was accomplished by Al (the real) McCoy in 1914 when he kayoed George Chip in 45 seconds of the first round.

At the Kentucky Derby in 1941, racing fans picked up many a fast buck on Whirlaway, who sped around the track in 2 minutes 1.4 seconds with Eddie Arcaro aboard. The "hot dogs" of the racing world are the greyhounds who can boot it home at 35 mph.

The dashingest young man of modern times is Mel Patton who ran the 100 yards in 9.3 seconds. The swiftest skiier is Ralph Miller who skimmed the slopes at 109.11 mph in 1955. On the water, the prize belongs to Donald Campbell of Great Britain. This sea-going speedster crested the waves in his sprightly speed boat at 215.08 miles an hour.

A record constantly sought by young men all over the world belongs to Mr. R. Hawk who, while attending Oxford in 1955, chugga-lugged three and one-eighth pints of beer in 12 seconds. Here's how, Hawk!

Joseph Raglan of East St. Louis, Illinois holds the distinction of having laid 3472 bricks in one hour in 1937. The Pharoahs of ancient Egpyt could have used him for building their pyramids.

The world champion speed oyster-eater (say it three times fast) is Joe Garcia of Australia. This eager epicurean downed 480 oysters in one hour in February, 1955.

Science and technological advance have done wonders with speed, too. Orville Wright, who was the first to write the ABC's of air travel in 1913 when he flew a chain-driven "Flyer" 35 mph for 12 seconds, might have flipped to learn that KLM Royal Dutch Airlines which has traditionally relied on good-in-the-air service to attract business, has now adopted new 600 mph Douglas jetliners to cross the Atlantic at more than six times the speed at which Lindbergh flew on his first famous flight to Paris. Equipped with noise suppressors for the engines and sky-hi-fi cabins, the KLM jets insure that the "sound of speed" is pleasant for the 176 passengers they carry.

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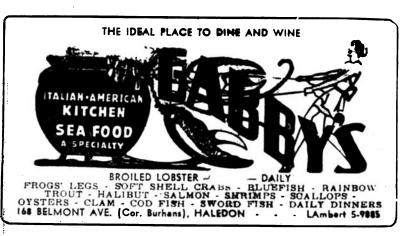
CONTENTS

FEATURES

A Complete Short Story

COVER STORY

These three youngsters set up their own tepee and built the cover wagon shown in the picture. The occasion was a street bageant for their own particular neighborhood. Business men rom the area should encourage more of these projects and possibly sponsor some of them.



THE TYPICAL ALCOHOLIC

Most people, when they think of an alcoholic, imagine some bleary-eyed, ill-smelling unshaven burn in filthy rags.

It might surprise them to learn that most alcoholics have well-paying jobs, children, nice homes. They may be gifted, sensitive, charming. One may be president of your board of education . . . your butcher . . . your bowling pal. He may be your relative. Your next-door neighbor. You.

Few recognize them. And few of them can — or will—recognize themselves

These are the hidden alcoholics.

Look at these statistics: 75 million Americans (67 per cent of all adults) drink; of them, one in 15 has a drinking problem; and of these 97 per cent are **not** on skid row.

Let's meet a few.

There's the Seattle businessman who can drink all his friends under the table. And does Often. And at work, he says: "I do better with afew drinks in me." It's true too. He **needs** those drinks.

There's the Ohio housewife who needs a pick-me-up after sending the kids to school . . after the vacuuming . . . to welcome her husband home . . . before dinner . . . watching TV . . . and of course, a nightcap.

A New York college professorneeds a shot before facing his classes — and to be charming to the wives of the other professors. A few people suspect that he drinks on the sly. But he's a good teacher — even if he does cut classes frequently.

The businessman, the housewife, the teacher never dream that they could be alcoholics. They'd be furious if you suggested it. But they are . . . just as surely as that filthy, drunken sot you encountered on skid row was an alcoholic.



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What should you do for an asthmatic?

An estimated seven million people have asthma right now, and millions now free from the disease will one day contact it.

Yet, among asthma sufferers and the scores of millions of people who come into contact with the disease every day, surprisingly little is **known** about what asthma is, whether it is catching, and what to do when an attack of asthma begins.

If you hunch your shoulders and imagine that you suddenly find it almost impossible to breathe — imagine that your windpipe seems to shrink so that only a tiny trickle of air gets through — you will get some idea of whatan asthma attack feels like.

What is asthma? According to "Handbook for the Asthmatic," a booklet published by the Allergy Foundation of America, "asthma is difficulty in breathing, a choking caused by obstruction of the small bronchial tubes."

Many Misconceptions

There are many misconceptions about asthma.

Though victims during an attack often fear death, asthma is rarely fatal. Asthma may be regarded as a physical disease, but its **psychological** aspects are usually very important.

Asthma is not contagious, according to a booklet published by the American Medical Association, but a tendency to develop asthma and other allergic conditions is hereditary. If your parents or grandparents suffered from allergies, you are a possible candidate for asthma. If you had eczema as a child, or if you have hay fever, you, too, may become an asthma sufferer.

In fact, any allergy may mean that you are susceptible, for many cases of asthma are due to allergies.

When a person comes into contact with the **allergen** — the substance to which he is allergic — it causes a constriction of his air passages. He has difficulty expelling air from his lungs.

An asthma attack may be brought on by dust, animal dandruff, almost any food (including milk and orange juice), pollens, molds in the air, bacteria, feathers — almost anything that can be inhaled or eaten. That is one thing that is so troublesome about the ailment — determining just what is causing it. And there may be multiple causes. For example, lung infections—even the common cold—have led to asthma.

About 33 per cent of all asthma cases first appear in children who are less than 11 years old, according to a recent medical report. Half the cases first appear in people between 11 and 50, and in some cases, a person may not show signs of asthma until he is 80!

See Your Doctor

What should you do if you suspect you have asthma?

First, see your doctor. By examining you, by questioning you, by giving you laboratory tests, he will try to find out if you do have asthma. And the next step is preventing a recurrence of the attack.

This can be done by removing whatever is causing the allergic condition — if it's feathers, then enclose your pillow with a rubberized cover; if it's dust, air condition your home and dust-proof your furniture; if it's a specific food, remove it from your diet.

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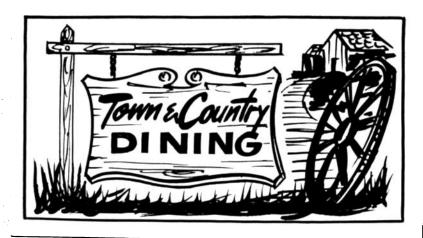
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No Green Thumb Needed

If the grass always looks greener on the other side of the fence, your neighbor may be taking better care of his lawn.

He may be doing it without the aid of a notably green thumb for anyone can learn the fertilizing, weed-killing and maintenance techniques that turn lawns—and envious neighbors—the lush green of a golf course.

Probably the most important part of good lawnmanship is proper fertilization. A thin pale lawn is an almost sure sign that the grass is starved for fertilizer.

A complete fertilizer, the kind for lawns, contains three essential plant foods: nitrogen, phosphorus, potash. Ntirogen, which gives a lawn that healthy, dark green color, is the first nutrient to be used up. The nitrogen in the old-type fertilizers was gone in about a month, though there was still plenty of phosphorus and potash left. To keep his lawn healthy, the homeowner had to make monthly applications of a nitrogen or complete fertilizer. Then he had to stand by with his lawn mower for the first wild surge of grass-growth — which used nitrogen so extravagantly that there was none left for later growth.

All this extra trouble is now old-fashioned, thanks to the advent of long-lasting fertilizers containing urea-formaldehyde nitrogen. This type of nitrogen, which can be broken down only gradually by soil bacteria, is released very slowly to the grass, "spoon feeding" it over an entire growing season. You need fertilizer only twice a year when your fertilizer contains urea-formaldehyde nitrogen. And you can do so any time of year, for these fertilizers won't burn grass if used at recommended rates. Among their other virtues, they're dust-less and odorless.

But the fertilizing or feeding job doesn't quite end with commercial fertilizer. Water is itself a kind of plant food, furnishing almost all the hydrogen your lawn neds.

Many experts say that grass should be watered at five-to-seven-day intervals. Newly planted seed, however, should be kept alive by frequent waterings that will keep the upper inch or so of soil moist. Always provide enough water to soak the soil six or seven inches deep. This down-deep moisture curtails evaporation, making water available to the grass roots for a longer time. It also discourages the growth of crab grass and other shallow-rooting weeds. The ideal down-deep watering takes from one and a half to three hours with an automatic lawn sprinkler or underground watering system, according to T. J. Everett, director of New York's Botanical Cardens.

New sprinkler developments are making perfectly even, cr "rain drop" coverage more practical than ever. By adjusting the dial on some of the newest oscillating sprinklers, you can water all or either half of your lawn right up to the side-

walk, house or garage without so much as wetting the sidewalk. Gears don't get wet either, thanks to a new waterproof motor casing. Lawns as large as 1600 to 2400 square feet can be covered by a "Green Spot" oscillating sprinkler. Spot coverage can be provided by a "dial impulse sprinkler" capable of watering the tiniest flower plots or grass strips without wetting adjoining areas. An adjustable dial provides many graduations of coverage; turned on full blast, it furnishes water to an 80 foot lawn area.

There's been a lot of discussion as to the best time of day to water a lawn. You can't go wrongif you water it in the morning before the sun gets very hot. Early evening watering is all right provided the foliage dries within an hour or so. Avoid watering the grass late in the evening or during the night, suggests theOtto Bernz Company, a leading maker of lawn watering accessories, especially during hot weather. Such late hours may dissipate your lawn by encouraging the rapid spread of fungus diseases.

Proper mowing equipment and techniques can do a lot for the health of your grass. Use a sharp mower; dull blades split grass tops, causing them to turn brown. Don't remove clippings unless you've let the grass get very high; they give the soil valuable organic matter. If it's been a long time between mowings, however, you must rake up the clippings to keep from smothering the grass. As if the extra raking job weren't sufficient cause for not letting the grass get too high, there's another good reason. When you cut high grass, it's a shock to the physiological make-up of the plants. A good height at which to keep your turf is one and one-half-inches. This is short enough to be neat-looking and healthy for your grass, tall enough to provide the shade that will kill off young crab grass plants. Crab grass can't tolerate shade.

Another way of eliminating crab grass is to interrupt its seeding cycle. This can be done by collecting the seed heads in your lawn mower grass catcher. But this method takes several years, as a certain number of seed heads always escape the mower blades.

Much surer and faster are the chemical crab grass killers now on the market. Any one of them will eliminate the weed in a few treatments. As the crab grass is killed, bare spots should be fertilized and reseeded.

Chemicals will kill many other lawn seeds. One or more applications of 2, 4-D will kill such weeds as plantain, buckhorn and dandelion without damaging permanent lawn grasses. The sodium salt or amine forms of 2, 4-D are best for home use; sprays are more effective and less expensive than dusts. Be sure to read directions carefully for best results.

See? No green thumb needed. But who cares, when without one you can grow the greenest lawn on the block?

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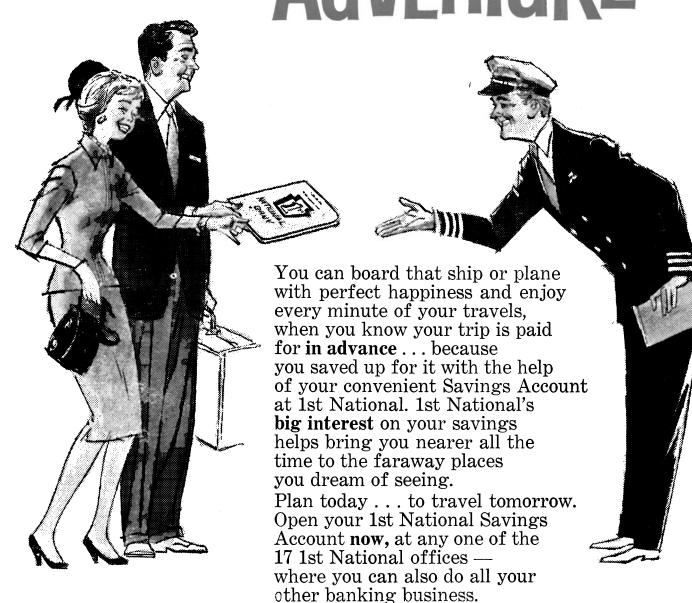
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