



THE FAMILY DOCTOR

By JOHN JOSEPH GAINES, M.D.

PEPTIC ULCER

If you suspect that you may have ulcer of the stomach or its immediate vicinity, there are certain usual symptoms which may confirm or disprove your conclusion, according to whether they are present or absent.

If your distress, whatever it is, comes on at least two hours after taking food—even later is the rule—this points to ulcer. Some are nauseated, some have actual pain, some become distressed by gas. The point is, the distress comes on when the stomach is empty, or nearly so; and the reason for this is, the excess of acid in the stomach reaches the surface of the ulcer, and sets up anything from gastric spasm to boring, burning pain, nausea, sour stomach, as well as many minor symptoms—always with an empty stomach, long after taking food.

This furnishes material for the second diagnostic material for the test: Eating something gives temporary relief in almost every case of peptic ulcer. When a patient comes to me with such evidence, I am led to suspect ulceration. The food relieves by absorbing the excess acid which causes the pain—takes it up much as the blotter takes up ink on paper. And a hyper-acid condition is present in simple ulcer of the stomach. Taking "soda" relieves so many acid conditions that it is of lesser value in pointing to ulcer. Capable X-ray, of course, clarifies the situation.

My first requirement in ulcer is SOFT diet—and my reason is plain: if you had ulcer of the palm of the hand, you wouldn't rub it with half-masticated radish, celery, fried meat or potato—and expect it to ever heal. No raw fruits, or acid fruits, except possibly juice of sweet orange, sparingly. Soft food always. No overloading.

Never make a business of washing out the stomach, once ulcer is accurately diagnosed. Ulcers resent "prodding."

UNDERGOES OPERATION.

Peter Bauernfeld, former well known resident of Cecil, has been at Walla Walla for about a couple of months, a patient in St. Mary's hospital. During this time he underwent two operations, one on January first and the latter, a prostate gland operation, on the 8th of February. Relatives here are informed that he is doing well, and should be able to leave the hospital in about

TEETH

I wish I knew how many millions of dollars are being spent annually on the teeth of Uncle Sam's men and women; I imagine the sum would be staggering!

Doubtless tons of human teeth are extracted each year, regardless of the age of the victims. That most of these teeth are diseased, I do not doubt; there may be excellent reasons for the massacre of the molars; but, it would seem to be high time for a study of the conditions underlying: the "why" of the dental necrosis, the abscess, the caries, the pyorrhea.

It is a fact that our progenitors and racial neighbors long before us, had better teeth than we have. Explorers into darkest Africa have told us of the beautiful white teeth of natives; in fact about the only beautiful thing about the Hottentot, the Arab, the Zulu and others, seemed to be the teeth. Why? They lived on the coarsest food imaginable; "tooth paste" was unheard of—and tooth brushes! Dentists! A Congo maid would be crazy to even think of such an utter absurdity!

No—it has been allotted to civilization to visit on its adherents the tragedy of the teeth, not to mention dozens of the more serious diseases. How has the feat been accomplished?

First, as to food. Rough, coarse food is an excellent substitute for the tooth-brush. A bag of whole-some pop-corn is a good dentrifice; eating apples the old-fashioned way is a mighty good tonic for teeth and gums. The mastication of the right kind of substances was, doubtless, intended by the Creator to be all the "treatment" the teeth and gums needed. It is generally when man tries to improve on His methods, that the traitor falls down.

There is no doubt in my mind that the dirty tooth brush is responsible for more cases of pyorrhea than any other one thing. More than this—the incessant scrubbing of the teeth is harmful to a most pronounced degree; and a neglected bowel is a prolific source of disease that may extend to the remotest part of the human structure.

two weeks. Mr. Bauernfeld is a man 78 years of age, and his recovery from the ordeal he has been through, in so short a time, is remarkable.

D. C. Wells, representing the firm of Wells and Keithley, realtors of Pendleton, was a visitor at Heppner on Monday, bringing parties with him whom he hoped to interest in Morrow county farm lands.

WHEAT GROWING POINTERS

(From tillage and production report of Eastern Oregon Wheat conference.)

Last of series of four articles.

Weeds are a constant menace to the wheat grower and will continue to become more troublesome. Farmers are strongly advised to use every possible precaution to keep summer fallow clean. The best time to kill weeds is when they are small. Clean fence rows and roadways will help.

The use of chlorates in the form of sprays for eradication of noxious weeds like wild morning glory, knapweed and Canada thistle offers much promise for a practical method of controlling these pests. Results with sodium chlorate in eastern Oregon in 1928 were satisfactory. In 1929 calcium chlorates were tested even more extensively through cooperation of growers with county agents and state college specialists. Results will not be known until the summer of 1930.

The plan of the Umatilla county court of assisting farmers in providing spray equipment for organizing weed control is recommended for consideration in other counties. Specific recommendations on use of chlorates can be obtained from the county agents or state college.

General or extensive culture of other crops on typical wheat lands of eastern Oregon is not recommended. Under certain conditions and in certain localities field peas and corn, to a limited extent, may be profitable to farmers who keep livestock.

In Union county and in some sec-

tions of Wasco and Umatilla counties, alfalfa, sweet clover, corn and peas are profitable crops. On limited areas in Union and Umatilla counties, potatoes and beans are profitable. It is recommended that livestock and poultry be kept on every wheat farm to utilize all by-products and to make use of land not suited to profitable wheat production.

MARKET SERVICE EXPANDS.

Clover seed quotations from Chicago and Toledo, Ohio, are the latest addition to the market news service of KOAC. A leased government wire carries market reports on such farm commodities as are most likely to effect prices of Oregon produce to the college campus throughout the day. Spot market quotations of the morning are given at 12:45 o'clock and brief afternoon flashes at 4:30 o'clock. The most complete report of the day comes at 8:45 o'clock when reviews of different farm commodities are given in addition to the latest word from the nation's markets.

MORTGAGE GRANTED.

Mr. and Mrs. Mefflin J. Devin granted to W. E. Pruyn a mortgage on 1851 acres of land located east and north of Heppner, according to an instrument filed February 13 at the Morrow county clerk's office. The mortgage was given in security for a promissory note for \$6500 dated February 8, 1930, and payable one year after date.

Heppner Boy Selected To Aid College Dance

Oregon State College, Corvallis, Feb. 26.—Clair Cox of Heppner, a freshman at Oregon State college, has been appointed as a committee member for the rook dance to be held April 11.

Plans to make this dance one that will be memorable in the annals of rook classes are now under way. This is the first class to have more than one rook dance. Arrangements are now being made to make this affair for freshmen only, which excludes the bevy of upperclassmen usually present at the traditional first year men's hop.

DAIRYMEN TO MEET.

With Oregon dairymen taking a cut of a quarter million dollars a month due to a violent drop in butterfat prices, men of the industry are meeting in Marshfield and Coquille February 25 and 26 for the annual convention of the Oregon Dairymen's association to consider the crisis. The detailed program just announced by P. M. Brandt, secretary of the association and chief in dairying at Oregon State college, shows most of the two-day session devoted to discussion of the causes and cure of the present situation.

For Sale—Pure bred Barred Rock eggs for setting, from selected hens, \$1 per setting. Mrs. Eph Eskelson, Heppner. 501f.

HEALTH LECTURES GIVEN.

"Should a Student Be Excused from Education?" is the title of a lecture to be given from KOAC by Ruth Glasgow, director of physical education for women, Monday, February 24 at 3 o'clock. This is just one of a long series of health and physical education lectures to which some faculty member of the school of health and physical education contributes each Monday afternoon at 3 o'clock.

BOARD MEANS BUSINESS.

The federal farm board is determined to assist farmers to gain control of the marketing of their own products, and does not intend to retreat in the face of growing opposition, declared W. F. Schilling, dairy and poultry member of the board, in a recent talk over KOAC, the state college radio station. Schilling is a prominent Minnesota dairyman himself who has had many years of successful cooperative marketing experience.

NEW POSSESSIONS

When you purchase new things for your home, don't overlook the relation between your purchases and your insurance coverage. It's an easy matter to double or treble the value of the contents of your home without noticing it.

Check up on your contents fire policy TODAY.

F. W. Turner & Co.
Representing Reliable Companies.

Save 30 Miles

When Traveling to Yakima Valley CROSS ON THE Alderdale Ferry

Landing located four miles east of Heppner Junction. Recent road improvements make this the Ideal Route

For Economical Transportation

CHEVROLET

BIG SALE starts SATURDAY

SPRING CLEARANCE SALE

of

USED CARS

—WITH AN OK THAT COUNTS—



Here is a bargain event without parallel in the history of this community! This great spring clearance sale brings to bargain seekers a once-in-a-lifetime opportunity to secure famous used cars "with an OK that counts" at savings that will be long remembered.

Due to the tremendous popularity of the New Chevrolet Six, we have an unusually large stock of fine used cars. To clear our stock quickly, we offer these splendid cars at low sale prices that are nothing less than sensational.

Buy a car during this sale at many dollars below its normal price! Look to the red "OK that counts" tag as proof of its quality and dependability. This tag signifies that the car has been thoroughly checked and reconditioned. Be sure to attend this sale early!

Wide choice of four and six cylinder cars

1929 Chevrolet 1 1-2 Ton Truck

This is the economical solution to your hauling problems. Here's a bargain that won't last long, so hurry.

Going at a Good Discount

- 1928 CHEVROLET COUPES (2 of them)—Both of these have been thoroughly reconditioned. Good rubber all around and fine paint. Be sure to see these for economical transportation. **\$400**
- 1928 DODGE SIX SEDAN—Our mechanics have reconditioned this car and put it in first class condition. Five good tires and license. **\$450**
- 1927 CHEVROLET COACH—Motor in fine condition. New seat covers. Good rubber all around and a spare. License included. **\$325**
- 1927 CHEVROLET SEDAN, 4-door—Motor completely overhauled. Paint in good condition and good tires. With license. **\$400**
- 1927 CHEVROLET COACH—Motor has been reconditioned. Fine bumpers, spare tire and full equipment. Paint and rubber in good condition. With license. **\$300**
- 1927 OLDSMOBILE SEDAN—Roomy, good looking and serviceable. Motor runs perfectly. Good rubber and full equipment. Only. **\$465**

New 1929 Chevrolet Sedan

Never been driven. We need the floor space for the display of the new 1930 models

Going at a Worthwhile Discount

BUY "OK" USED CARS FROM A CHEVROLET DEALER

Ferguson Chevrolet Co.
Heppner, Oregon

PUBLIC SALE

TUESDAY, MAR. 4, '30

I will offer for sale to the highest bidder at the old KIMBERLEY place, 15 miles northeast of Lexington, or 3 miles east of the Huebner place in Sand Hollow, the following personal property:

- 23 Head of HORSES and MULES**
- | | |
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| Ages from 2 to 12 years | Harness for 20 head; all butt chain |
| 1 Wagon, 600-gal. Water Tank | Two galvanized Water Troughs |
| Two 3-in. Wagons with wheat Racks | One Monarch Range Stove |
| Iron-wheel Wagon; half truck | One Kitchen Cabinet |
| Two old Wagons with wide axles | One Extension Dining Table |
| One McCormick Header—14-ft. with header boxes on | Two Dressers |
| Two 24-foot Steel Harrows | Two Bedsteads and Springs |
| One new John Deere 3-horse gas engine | One Heating Stove |
| One Pump Jack | One Edison Phonograph, and other articles too numerous to mention |

TERMS OF SALE: Sums of \$20.00 and under, Cash; above that amount, six months time on approved notes, at 8 per cent interest. SALE BEGINS AT 10 A. M. FREE LUNCH AT NOON Bring your cups for coffee

W. M. CALLAHAN, Owner
G. L. BENNETT, Auctioneer
W. O. HILL, Clerk