

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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CONSERVATIVE TREATMENT OF ENLARGED TONSILS

In the majority of cases there is no evidence of infection and no need of treatment for enlarged tonsils in children from three to fifteen years of age. It is physiological or normal for children of this age to have large tonsils.

Medical or surgical treatment is required if the tonsils and/or the pharyngeal tonsil (adenoids) become so very large that the child's breathing is manifestly obstructed. For instance, if the child cannot breathe through the nose with the mouth closed; or if the child chokes and snorts and tosses about at night or assumes the knee-chest posture in order to maintain free breathing while asleep.

Although the tonsils and adenoids, composed of the same type of tissue as that in the spleen, the lymph nodes or "glands" throughout the body, the red bone marrow, etc., probably serve a useful purpose, contributing to maintenance of immunity against the cri (and please understand this term (crie) means any one of the Common Respiratory Infections, from the mildest acute coryza or rhinitis to infantile paralysis or measles)—there is a point where this protective function of the tonsil tissue fails and surgery, conservative surgery becomes necessary.

By conservative surgery I mean one of three alternatives to standard tonsillectomy or "complete" removal of the tonsils. These are (1) a series of X-ray treatments, particularly effective where the child has middle ear trouble or some deafness; (2) diathermy (electro-coagulation), for patients old enough to co-operate with the physician giving the treatment—usually children under eight years of age will not co-operate; and (3) tonsilotomy.

Tonsilotomy means merely slicing off, clipping, removing

a portion of the tonsil, by means of the tonsillotome. This is a jiffy operation, and even without an anesthetic it hurts no more than extraction of a tooth—so say many older children and adults who have submitted to tonsilotomy. In my opinion this is as far as we should go with surgery for enlarged tonsils and/or adenoids—I believe tonsillectomy (so-called "complete" removal of the tonsil is justified only in rare instances of malignancy).

The first two alternatives are bloodless. The first (X-ray) is painless. The electro-coagulation method is not more painful than is, say, dental treatment of a cavity. Of course tonsilotomy is momentarily painful, and some bleeding occurs, although rarely enough to cause alarm.

One or another method of treatment should be used when the child with enlarged tonsils (1) has repeated attacks of sore throat or tonsillitis or more frequent attacks of cri than other young persons in the household; (2) when the child with enlarged tonsils and/or adenoids shows signs of defective hearing or symptoms of middle ear trouble; (3) when there is manifest obstruction of breathing as above described.

That leaves a majority of children with enlarged tonsils and/or adenoids entitled to be let alone, so far as medical or surgical treatment may be concerned.

QUESTIONS AND ANSWERS

Leg Cramps
I am 32 years old and sometimes I am awakened in the night with such severe cramps in legs and feet that I could scream. (Mrs. O. E.)
Answer—The most frequent cause of such cramps, I believe, is tetany. Calcium and vitamin D supplement for the diet brings relief promptly or prevents further trouble in most instances. Send stamped envelope bearing your address for pamphlet "Adult Tetany and Growing Pains"—you must ask for it yourself—a clipping will not do.

No Diagnosis
I am aware that there is a war on. I'm willing to bend the code of medical ethics to the breaking point to help a correspondent when I can conscientiously do so. Yet every mail brings a lot of letters from people who ask me to waive the rules and let them know what's wrong with their cases. No, no, no children. We believe the ideal way is to try to do the greatest good for the greatest number. That makes ten-page letters out of one-page ones. (Copyright, 1944, John F. Dille Co.)

High School News

The following students made the Honor Roll at senior high during the first six weeks, according to Miss Josephine Kirtley, vice-principal:

Student Reporters: Margo Gammill, Joan Hoppe.
Sophomores: Peggy Bray, Joan Gilmore, Susan Inskip, Joan McDuffee, Elaine Sherwood, Beverly Work, Lloyd Carr, Nick Green, Bill Moffatt, Charles White.
Juniors: Beverly Autry, Ruth Gaster, Elaine Hoffman, Janet Horsley, Geraldyn Jerome, Helen Robertson, Carol Skeen, Norma Stearns, Geraldine Thomas, Marion Tilley, Virgie Vanderpool, Alan Kircher, Jerry Liebman, Ralph Rothermel, Robert Stewart and Bill Todd.
Seniors: Pearl Brouck, Louise Ellis, Calista Farrell, Hortense Jennings, Elaine Rhymes, Nancy Swem, Elaine Walker, Rhoda Williams, Vernon Glaves and Ferny McKibben.

Hi-Y had a meeting Tuesday to discuss the opening of the new Y.M.C.A. Official opening was November 9, but membership cards for the club will be on sale at the Y.M.C.A. in the future. All high school students are eligible for membership, and the fee will be \$3 a year or \$1 a quarter.

Dr. D. V. Poling, a member of the Oregon State System of Higher Education, at Corvallis, Ore., spoke to the high school students at a special assembly November 7. Dr. Poling visits Medford high school every year to encourage all the seniors to attend a college of higher education.

Members of the Medford high school capella choir are going to sell Civic Music membership cards next week for the annual winter concert. Those selling tickets are: June Williams, Harriet Walker, Jean Hickman, Jo Ann Franklin, Shirley Morrow, June

Wildor, Verne Shangle, Audrey Jarmin and Gerald Pence. Those doing the clerical work are Phyllis Wendt, Charmaine Brault, Gloria Preston, Austina Blatin, Laree Montelith, Audrey Jarmin, Shirley Morrow and Gwen Clark.

The ring committee for the junior class met and made two selections which were voted on by the class. The following were on the committee: Janet Horsley, Carmen Wright, Joan Hoppe, Alan Kircher, Bill Todd and Derrill Riggs. They were advised by Miss Jac Kirtley, class counselor, and Bob Watson, junior class president. The rings will be on display at Lawrence's jewelry store.

Jeanne Rose Deaks, a first-year typist, has made the unusual rate of 58 perfect words a minute. Others in the same group with perfect typing scores are Joan Smith, 44 words; Sybil Hagen, 38 words, and Rosalie Wilson, with 36 words.

Forget-Me-Nots Campaign Now On

"Wear a Forget-me-not" is the plea of hundreds of workers on the streets today in the annual flower sale of Jackson county chapter, Disabled American Veterans.

The campaign is being conducted by the local chapter to raise funds to take care of the emergency relief problems among the war-time disabled and to aid in the work of rehabilitation including that of maintaining a full time rehabilitation officer to serve as a special advocate or attorney-in-fact for disabled veterans.

AIRFIELD COIN
Washington, Nov. 10—(U.P.)—The War Department today authorized the construction of additional facilities at the Roswell army airfield, Roswell, N. M., at a cost of \$1,160,917.

The San Francisco district of the State Bureau of Marine Fisheries caught 784,577 pounds of English sole in 1943.

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NAVY MAN FIGHTS PHILIPPINE JAPS FOR THREE YEARS

Skipper of Strafed PT Boat Joins Guerilla Bands in Jungle; Rescues Hard Task

By Dan McGuire
United Press Staff Correspondent
Pacific Fleet Headquarters, Pearl Harbor, Nov. 10—(U.P.)—Lt. David Richardson, formerly of Buikley's PT boat "Expendable" flotilla, was on his way home to Maywood, Cal., today, 20 pounds lighter, but well and happy after spending nearly three years killing Japs with guerilla bands in the jungles of the Philippines.

It was the night of April 10, 1942, when he stepped ashore on the Philippines after his PT boat was strafed and set afire by Japanese planes. He was an ensign then.

Never ill after the harrowing 30 months after that he became a major and then chief of staff of the guerilla forces on Leyte, "knocked off a few Japs now and then," and learned to eat rice and other jungle food. But he was never ill a moment, though other Americans on the island had malaria, ulcers, dysentery and beriberi.

The toughest job of his guerilla career, he said, was getting rescued.

"I was on Samar when I heard of the invasion of Leyte. I thought it would be easy to contact the American forces, so I got in our sailboat."

Destroyer Wary
"We weren't able to get near the American ships until after dark and then a destroyer spotted us and came over to investigate. I used a searchlight to blink out I am an American officer," but the destroyer was wary because the Japs have used that trick before.

"Finally, they boarded us and a big bosun's mate frisked me and took my tommygun and knife. Then they let us come aboard."

That was 9 p. m. the night of October 21. Among the strange characters he met during his years as a guerilla were the natives who approached him whispering they were "fifth columnists" and had Japanese supplies for sale.

"We bought those supplies," Richardson said. "We needed the gasoline for our trucks and launches. We knew they'd gotten the stuff from the Japs and we knew there were Jap soldiers not above stealing from their own army."

Japanese Offended By Stalin's Words

By United Press
The Japanese Domei agency said today that the Japanese people were "surprised and offended" by Premier Marshal Joseph Stalin's characterization of Japan as an aggression circles were refraining from expressing any opinions or comments.

WANTED 60 USED CARS

Medford's Largest Buyer Pays Highest Cash Prices No Delays.
"Ask the man who sold one"
HUMPHREY MOTORS
USED CAR EXCHANGE
33 S. Riverside Dial 4980

FORGET-ME-NOTS
The campaign is being conducted by the local chapter to raise funds to take care of the emergency relief problems among the war-time disabled and to aid in the work of rehabilitation including that of maintaining a full time rehabilitation officer to serve as a special advocate or attorney-in-fact for disabled veterans.

Amos 'n' Andy try to get Rochester a job, and Jack Benny gets a surprise! It all happens when Andy opens an employment agency and his first client is Rochester. Then Jack Benny shows up, and what happens would make a wooden Indian laugh! It's one howl after another to a surprise finish. Don't miss the fun on Amos 'n' Andy program tonight at 7 P.M. over KMED.

THE NEIGHBORHOOD LEAGUE

By GUYAS WILLIAMS
The Neighborhood League is a group of people who are interested in helping the less fortunate in our community. They are working to improve the living conditions of the poor and to provide them with the services they need.

How To Relieve Bronchitis

Cremulsion relieves promptly because it goes right to the seat of the trouble to help loosen and expel mucus phlegm, and aid nature's soothing and heal raw, tender, inflamed bronchial mucous membranes. Tell your druggist to sell you a bottle of Cremulsion with the understanding you must like the way it quickly allays the cough or you are to have your money back.

On the Radio Chains

STATIONS:
Chain affiliation and where they are on the dial:
KALE (MBS) 1230, Portland.
KEX (NBC-Blue) 1190, Portland.
KOA (NBC-Blue & MBS) 1510, Spokane.
EGO (NBC-Blue) 810, San Francisco.
KJW (NBC-Red) 850, Portland.
KJR (NBC-Blue) 820, Seattle.
KXN (CBS) 1070, Los Angeles.
KOA (NBC-Red) 850, Denver.
KJLN (CBS) 970, Portland.
KOMO (NBC-Red) 850, Seattle.
KPO (NBC-Red) 680, San Francisco.
KSL (CBS) 1160, Salt Lake City.

Time shown is PTZ

Friday
5:00 p. m.—Terry and Pirates, BN; Fletcher Wiley, CBS; OK for Release.
5:15 p. m.—Dick Tracy, BN; Superman, MBS.
5:30 p. m.—Jack Armstrong, BN; Harry W. Flannery news, CBS; Adventures of Tom Mix, MBS.
5:45 p. m.—Elmer Peterson, Commentator, NBC; Capt. Midnight, BN; Night News Wire, MBS; News, CBS.
6:00 p. m.—Walt Time, CBS; Gabriel Heatter, MBS; Serenade, BN.
6:15 p. m.—Screen Test, MBS.
6:30 p. m.—People Are Funny, NBC; That Brewster Boy, CBS; Double or Nothing, MBS.
6:50 p. m.—People Are Funny, NBC; Amos-Andy NBC; Durand and Moore, CBS; Dale Carnegie, MBS.
7:00 p. m.—Tommy Thomas, MBS; Ted Malone, BN.
7:30 p. m.—Stage Door Canteen, CBS; Lone Ranger, MBS.
8:00 p. m.—Music Shop, NBC; I Love a Mystery, CBS; Fight, NBC; Press Club, CBS.
8:30 p. m.—Duffy's Tavern, NBC; Gang Busters, BN; It Pays to Be Ignorant, CBS.
9:00 p. m.—Furlough Fun, NBC; News, MBS; Aldrich Family, CBS.
9:30 p. m.—Fulton Lewis, Jr., MBS; Adventures of Thin Man, CBS.
10:00 p. m.—News, NBC; Five Star Final, CBS.
11:00 p. m.—Concert Hour, BN.

Saturday
5:00 p. m.—Youth on Parade, CBS.
5:30 p. m.—Know Your Symphony, NBC; Music, MBS.
5:45 p. m.—Night News Wire, MBS; News, CBS; Elmer Peterson, NBC.
6:00 p. m.—Barn Dance, NBC; This is My Story, CBS.
6:15 p. m.—Grand Old Opry, NBC; Red Ryder, MBS.
6:30 p. m.—Downbeat Derby, MBS; Early America, Music, BN; America in the Air, CBS.
8:30 p. m.—Rudy Vallee, NBC; Inner Sanctum, CBS; Leland Stowe, BN.
9:00 p. m.—Music from Hollywood, BN; Hi Parade, CBS; News, MBS.
9:15 p. m.—Dream Boat, MBS.
9:30 p. m.—Three Stars Trio, NBC; News, BN.
9:45 p. m.—Don't You Believe It, CBS; L. Simms pianist, NBC.
10:00 p. m.—News, NBC; Music by Gillette, MBS.
10:30 p. m.—Henri Busse Orch., CBS.
11:00 p. m.—Jan Savitt Orch., CBS; This Moving World, BN.

Food Stores Will Launch Nutrition Campaign Saturday

Medford merchants in cooperation with the National Nutrition Program are now featuring the H. O. sponsored High Out-pat Breakfast Week.

With everyone working harder and with the greater war time demand for energy foods, the government is stressing the National Nutrition Program. H. O. oats is in group 6 of the basic nutrition foods. It is one of the best all-around foods you can give your family. Start the day off right by serving a high out-pat breakfast, including H. O. oats. Remember, nutritionists recommend that your breakfast should include from 20% to 33% of your nutritional intake for the day.

H. O. oats is of course, more than breakfast food. Because of its protein content it is unexcelled as a meat extender. Then, it adds much to such baked delicacies as muffins and cookies.

Local merchants have available, without charge, copies of The Best Foods Menu Planner.

Use Mail Tribune Want Ads.
Chalker's Motel & Lodge OFFICERS' CLUB
Dine-Dance-Refreshments
Chicken and Steak Dinners
Most Unique Place in So. Ore.
CLOSED MONDAY
Thursday Private Parties Only—
For Reservations Ph. Gold Hill 474

STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLE and SNUFFY SMITH



BUZ SAWYER



BLONDIE



L'IL ABNER



THE NEBBS



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H. O. oats is of course, more than breakfast food. Because of its protein content it is unexcelled as a meat extender. Then, it adds much to such baked delicacies as muffins and cookies.
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Use Mail Tribune Want Ads.

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Dine-Dance-Refreshments
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CLOSED MONDAY
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Collaborationist Editor Executed
Paris, Nov. 10—(U.P.)—Georges Suarez, collaborationist editor of the Paris newspaper Ajourd'hui, was executed by a firing squad at the fort of Montrouge in the Paris suburbs today.

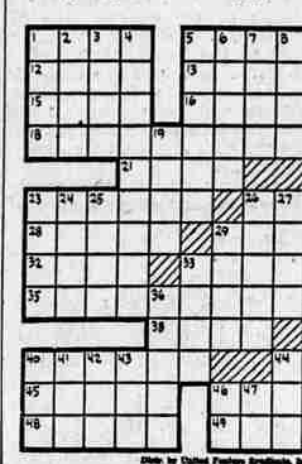
BEAUTIFUL— ROGUE RIVER LODGE IS NOW OPEN
Delicious Dinners
Cocktail Lounge
Dancing
On Crater Lake Highway
Near Trail
Telephone Trail 1404

Surez, who edited Ajourd'hui while it was published under Nazi control during German occupation of France, had been convicted on a charge of collusion with the enemy.

KYLE'S RESTAURANT
CHICKEN AND STEAK DINNERS
Open 8 p. m. to 3 a. m.
Phone Central Point 473 for reservations. On the Pacific Highway at Central Point. Out of Bounds for Service People

Crossword Puzzle

ACROSS
1—Exchange
2—Wine
3—Valuable stone
4—Biblical word
5—Eggs
6—Voice range
7—River in France
8—West down
9—Lost blood
10—Small fish
11—Night before (pt.)
12—Loudly
13—Moves smoothly
14—Cause to ring loudly
15—Happen again
16—Fire box
17—Hand of armed man
18—Sun god
19—Storage place
20—Terror (abbr.)
21—Sole
22—Place of government
23—Harpinger
24—Level with water
25—Large autopole
26—Drug used as purgative
27—Desire
28—Wanderer
29—Dysentery (abbr.)



ANSWER TO PREVIOUS PUZZLE

ACROSS
1—Exchange
2—Wine
3—Valuable stone
4—Biblical word
5—Eggs
6—Voice range
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24—Level with water
25—Large autopole
26—Drug used as purgative
27—Desire
28—Wanderer
29—Dysentery (abbr.)

DOWN
1—Old French
2—Fog
3—Islands
4—Course of action
5—Beds
6—Co-workers
7—Saw
8—Act
9—Huge stamin
10—Fog
11—Married
12—Always
13—Span of time
14—Wing
15—Sprout
16—The Swan Girl
17—Finger
18—Cat
19—Owl
20—Ball hit out of bounds
21—Wrinkled
22—Mudane
23—Body of water
24—Grasp
25—Span of time
26—Mop (vat.)
27—Cut wood
28—High tone
29—Raced
30—Insect
31—High tone
32—Raced
33—Insect
34—High tone
35—Raced
36—Calcium (symbol)
37—Land measure