

Your Health and Its Care

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CORONARY DISEASE AND ACTIVITY

A recent study of 500 cases of heart disease in workmen convinced Dr. Cadis Phipps (U. S. bureau of labor statistics, No. R-149) that the manual laborer who has heart disease but who, for economic reasons, must continue working, has a better life expectancy and also a much later advent of cardiac incapacity (heart failure) than the patient or "white collar" worker.

Drs. Master, Dack and Jaffe analyzed 1440 cases of coronary artery occlusion, found that the circumstances immediately preceding onset of the attack were sleep, 22.3 per cent of the cases; rest 31.1 per cent; mild activity 20.2 per cent; moderate activity 8.5 per cent; walking, 15.8 per cent, and unusual exertion only 2 per cent.

Drs. Williams and Rainey (American Heart Journal, 15, '38) concluded from their observations of patients in Vanderbilt University hospital and in North Carolina Baptist hospital that the "three-day cardiacs" (patients with congestive heart failure or loss of compensation who were kept rigidly at rest for three days after admission, were happier patients and there was no evidence of higher mortality among them than was found in "three week cardiacs.")

Now if I had coronary disease (any serious disease involving the coronary arteries which deliver blood to the heart muscle itself) you may be sure I'd tuck my little vial of nitroglycerin (glyceryl trinitrate) tablets in my pocket and keep right on with my bowling, golf, horseshoes, walking, riding, light gardening, painting, carpentering, fishing or whatever moderately active game or recreation I liked. I believe such a program would give me a better chance to keep right on with my bowling, etc., than would a morbid, fearful, depressing change to inactivity.

Weight lifting is derived from weight lifting? I read an article in (phony health publication) where they promise if you take up barbell training you will become much stronger and live a longer, more pleasant life.

Answer—Don't be gullible. Consult the physical instructor in your high school, the physical director in the Y, or get the book on "Exercise in Education and Medicine," by McKensie, in the public library. Generally it is better to train for agility, skill and speed, not for endurance or abnormal strength.

ON THE HOME FRONT

News From Jackson County for 'Men in the Armed Services' The Mail Tribune suggests you clip and mail this news roundup to a relative or friend in service.

Dear \_\_\_\_\_ Date \_\_\_\_\_

Medford high school's football team, with Coaches Al Simpson and Ed Kirtley, left by train Wednesday night for Portland where they will face LaGrande Tigers at Multnomah Stadium Saturday afternoon for the state football championship.

Up-state papers, late in the week, made Medford a slight favorite. Hopes for a Tornado win were dashed briefly Monday when Dean Sheldon, tackle, and Marvin Doty, fullback, were called for navy duty. They were deferred until December 5 when school officials contacted naval authorities.

Much news this week has centered about persons returning home from war experiences of a varied nature. Cpl. B. J. Lorton is back in the United States after two and one-half years as a Japanese prisoner-of-war in the Philippines. Lorton was one of 83 officers and men rescued from the water several weeks ago after the Jap transport on which they were prisoners was sunk by an American submarine. After hospitalization, during which he gained 53 pounds in weight, Lorton was returned to this country and sent to Washington for official conferences. He is expected in Medford soon.

Here this week was Helen Schoeni, who joined the Red Cross in 1942 and was one of the two first Red Cross women to work with able-bodied servicemen in the South Pacific war theater. Miss Schoeni was head of theatrical productions in the South Pacific and tells of producing "Hellszapapan" under such handicaps as trees falling on the stage, rehearsing in the midst of tropical torrents and air raids.

Others home from overseas PARTS and SERVICE for all Makes of WASHERS and REFRIGERATORS YOUNGER'S APPLIANCE SERVICE CO. 31 N. Bartley Phone 2419

How To Relieve Bronchitis

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er, Pfc. Glen Watson, is also in Europe and the two recently met. M. Sgt. Carroll N. Lewis recently wrote describing a visit to Rome.

Lt. John M. Saulsbury, recently arrived in England, has been selected for special radar school and Lt. Robert Hayes, also in England, has been promoted to first lieutenant. Pfc. Donald L. Edler is now in France. Also in France is Cpl. Orville C. Hill, with the 6th army group.

George Hall is now on "Island X" with a Seabee group. Also from the Pacific comes word that Lt. (jg) Jack Mace was on the first ship to shell Leyte. His brother, Lt. (jg) Robert Mace, is also on Pacific sea duty. Pvt. Chester Roberts recently wrote relatives from New Guinea that he had had his first drink of cold water since arriving in June.

Families broke into the news this week. Arrival home of Carl Short, SoM 2/c, brought out the fact that he and his four brothers are all in the service, his mother works in the Portland shipyards and his father operates the family farm. Carl is home after many months overseas duty, Johnnie Short is a gunner's mate first class, Tommie is a radioman in the air corps, Jimmie is in New Guinea with the army and Billie was recently wounded while serving with the 5th army in Europe.

Staff Sgt. Houston Pitts, liaison pilot, wrote that he had arrived in India for duty and that the "weather is worse than Texas." Sgt. Pitts and his three brothers are all in the air corps. Sgt. Milton Pitts, who has served both in the Pacific and European theaters as an aerial gunner, has been wounded for the second time. Lt. Lanse Pitts, B-24 pilot, is in Hawaii and Sgt. Champ Pitts, bomber crew chief, is in New Jersey.

Third family in the news was the Minger family. Earl Minger, GM 1/c, is home after four years in the Pacific. Clarence Minger, CPM, is on Pacific sea duty, Alton is on sea duty with the merchant marine, Staff Sgt. Clyde is in Italy with the air corps. A sister helps to make B-29s in Seattle.

Lt. George W. Rohrer, whose varied army career includes the Pearl Harbor bombing, being shot down over Greece and escape through the underground, had just graduated from bombardier training school at Carlisle and will now train air corps cadets. Flight Officer Archie Laing is now in Dibble General hospital in California recovering from wounds received when his glider crashed during the French invasion.

Marc Jarmin and Wilson Church have both been promoted to staff sergeants at Camp Swift, Tex., and Aviation Cadet David Holmes has just completed primary flight training at Thunderbird field in Arizona. Flight Officer William Brooks recently graduated from Lubbock field in Texas and has been home while Kenton E. Robbins was commissioned a second lieutenant after graduation from Freeman field in Indiana. Allen Norton Smith has been promoted from flight officer to second lieutenant at Gowen Field in Idaho.

Manfred I. Douglas was recently commissioned an ensign in Chicago and is home on leave. Robert E. Brown has completed basic training at Shaw field and has been transferred to a Georgia field for advanced. T. Sgt. Joe recently returned from 28 months in England, is now at Santa Ana, Calif. Robert Colley, petty officer, has been home after completing bombardier school in Florida and will go next to Hutchinson, Kan.

Lt. Col. and Mrs. Robert Emmons are in Medford this week, coming here from the army air base at Greenville, S. C. Tom Gerety, AOM 3/c, is here on leave and will report next to San Diego where he will be an aerial gunner on a TBF. Cpl. Donald Kendle leaves tomorrow

Edward H. Hawkins, MM 2/c, has been home after four years active duty and Pfc. Dale Haley is in this country again after three years in the South Pacific. T. Sgt. Francis A. Marshall is due home after three years in the same area.

Warren W. Denney, CPM, has been awarded a bronze star medal for heroism after having gone through the Saipan and Tinian campaigns and S. Sgt. Clinton Cully has been awarded an oak leaf cluster to the air medal. Pfc. Hirma F. Ruch has been awarded the combat infantryman's badge after duty with the 5th army in Italy.

Relatives of Pvt. Jack Watson recognized his picture recently in a Tribune news photo of three artillerymen of the 3rd army near Metz. Pvt. Watson's brother

for Langley field in Virginia after a furlough at home. A son was born last week to Mr. and Mrs. John L. Mitchell (Merle Kendall). Mitchell is a petty officer in the navy and stationed at Alameda, Calif.

The engagement of Ruth Cuffel to Lt. John A. Hunter of Philadelphia was announced last week. Lt. Hunter is in the South Pacific with the army engineers. Patricia Fisher was married November 11 in Fresno, Calif., to Sgt. William C. Dean of Dayton, O., and Lt. Emmett William Beeson was married October 31 his bride being the former Joyce Birkemeier of Milwaukie, Ore. The couple is residing at Ft. Sill, Okla.

On the Radio Chain STATIONS: Chain affiliation and where they are on the dial: KALE (CBS) 1330, Portland. KEX (NBC-Blue) 1195, Portland. KGA (NBC-Blue and CBS) 1110, Spokane. KGO (NBC-Red) 810, San Francisco. KGW (NBC-Red) 620, Portland. KJR (NBC-Red) 1095, Seattle. KX (CBS) 1870, Los Angeles. KOA (NBC-Red) 850, Denver. KOIN (CBS) 970, Portland. KOMO (NBC-Red) 850, Seattle. KPO (NBC-Red) 880, San Francisco. KSL (CBS) 1160, Salt Lake City. Time shown is PWT

Friday 5:00 p. m.—Terry and Pirates, BN; OK for Release, NBC. 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.—People Are Funny, NBC; 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. 7:00 p. m.—Amos 'n' Andy, NBC; Durante and Moore, CBS; Dale Carnegie, MBS. 7:30 p. m.—Lowell Thomas, MBS; Ted Malone, BN. 7:30 p. m.—Stage Door Canteen, CBS; Lone Ranger, MBS. 8:00 p. m.—Music Shop, NBC; Fights, MBS. 8:15 p. m.—The Parker Family, BN; 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. 9:20 p. m.—Fulton Serenade, CBS. 9:30 p. m.—Guy Lombardo Orch., BN; Patsy Kelly, NBC. 7:15 p. m.—Remember, BN; Mayor of the Town, CBS; Barry Wood, NBC. 8:30 p. m.—Grand Old Opry, NBC; Red Ryder, MBS. 8 p. m.—Early American Music, BN; America in the Air, CBS. 8:30 p. m.—Gaalight Gayeties, NBC; Inner Sanctum, CBS; Leland Stowe, BN. 9:00 p. m.—Music From Hollywood, BN; Hit Parade, CBS; News, MBS. 9:15 p. m.—Dream Boat, MBS. 9:30 p. m.—Three Sun's Trio, NBC; News, BN. 9:45 p. m.—Don't You Believe It, CBS; Lee Stimm, pianist, NBC. 10:00 p. m.—News, NBC; Music by Gill, BN.

Wounded German Spits In Face Of Medical Aid Man With the U. S. 3d Army Beyond Nancy, Dec. 1.—(U.P.)—Not even blind hatred on the part of a wounded enemy could prevent Sgt. Ernest Kennedy, 22, Kearney, Neb., from doing his job as a medical aid man. Kennedy, who is attached to the 110th medical battalion of 35th division, was working busily the other day, trying to save the life of a dying German soldier. The Nazi didn't want to be

replied simply: "Hated has no place in my work." Closing time for Classified Ads 8 a. m. — Too Late to Classify 12:30 p. m.

Asked why he tolerated it, he Kennedy calmly wiped the saliva away, pushed the patient down and continued as if nothing had happened.

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STRANGE AS IT SEEMS By ERNEST HIX



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Crossword Puzzle ANSWER TO PREVIOUS PUZZLE ACROSS 1-His by bullet 2-Head 3-Flows out 12-Colorful 13-Antique 14-Away from wind 15-Prize to the Lord! 17-Network 18-In a chair 19-Fashion 21-Man's nickname 22-Heavenly body 23-Military waltzes 24-Lubricate 25-Thrasher 26-Short sleep 27-Sowers 28-Indian rug 29-Ornamental balls 30-Home of wizard 31-Shiny surface 32-Kind of poetry (pl.) 43-Crippled 44-Concern 45-Mid orbit 47-Born 48-Other 49-Whole lot 50-The Republican 51-Killed

BUZ SAWYER VERY COMMENDABLE OF YOU, LIEUTENANT. MY CONGRATULATIONS. YOU'VE SHOWN UNUSUAL INITIATIVE AND BRAVERY IN OBTAINING INFORMATION OF CONSIDERABLE VALUE. THANK YOU, GENERAL. AYE, SIR. I SHOULD LIKE TO RETURN TO HALNAHERA.

BLONDIE DAGWOOD! I HEAR A NOISE-- THERE'S SOMEBODY DOWNSTAIRS! IT WAS ME.

L'TL ABNER JUST T'AMOOZE US FO' TH' EVENIN', MAMMY IS CONJURIN' UP A VISION O' VIVIAN SHE'S GONNA SPEND TH' SUMMER, SHE'S STIFF AN' COLD, SHE'S A-BEIN' TH' VISION!!!

THE NEBBS PUGGIE, TELL ME TH' TRUTH-- DO YOU THINK YOUR DAD IS ALL WASHED UP? YOU'LL ALWAYS BE TOPS WITH ME, POP.

UNWRAPPER FRANKIE'S WRAPPER, MOTHER, HAS PUT ON HIM TO KEEP HIM WARM IN HIS CRIB WHILE SHE'S BUSY GETTING HIS BREAKFAST WITH IT. WITHOUT TOO MUCH EFFORT GETS HIMSELF OUT OF WRAPPER AND WONDER'S WHAT TO DO WITH IT. TRIES DRYING IT OVER HEAD WHICH GIVES HIM SOME PLEASURE BUT NOT MUCH.