

Your Health and Its Care

BY DR. WILLIAM BRADY M. D.

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EARLY UP AND KEEP FIT

Let me see, how many days must a woman remain in bed after the birth of a baby—nine, isn't it? I wonder why not the mystic seven?

In some cases it is necessary and advisable that the woman remain in bed for that length of time or even longer. But now that we are freeing our minds from traditional fancies and superstitions, we doctors and you people, it appears that it is better in every way for the puerpera (woman who has just borne a child) to resume activity a few days after childbirth. Not abruptly, but gradually, as indicated in the following discussion.

Old timers were not all agreed about this. In a treatise on Puerperal Fever (septic infection or "blood poisoning", as it was called later) Dr. Charles White in England about the middle of the 18th century, maintained that "the patient should be allowed up within a few hours after delivery. The sooner the patient gets out of bed the better, and this should not be deferred beyond the second or third day at the furthest". Early in the 19th century Dr. Robert Gooch, professor of obstetrics at St. Bartholomew's Hospital, London, cautioned his students that "for three weeks after delivery the patient should be kept chiefly in the recumbent position, the consequence of getting up soon after delivery with the heavy uterus suspended in the flaccid abdomen will be a relapse of this organ."

In Modern Hospital, Feb. 43, Dr. B. W. Black reports the experience of the obstetric department of Alameda County Hospital in Oakland, Calif. In a series of 3,400 cases, about one-third of the patients were discharged four days after childbirth, 30 per cent from four to seven days after childbirth and 35 per cent after the eighth day. The obstetricians found that no complications occurred that

were attributed to early discharge of the patient from the hospital.

In the Jour. A.M.A. July 22, 44, Dr. Morris Rotstein reports his experience with getting patients up early after childbirth. One hundred fifty patients were allowed up on the third or fourth day after childbirth. These patients allowed to get out of bed early feel stronger and are better equipped to carry on their routine duties at home than patients who are kept in bed nine days or longer. Involvement of the uterus was accelerated and prolapse was not encountered. Healing of episiotomy wounds was aided by early rising. No cases of thrombophlebitis (clotting and inflammation in a vein) occurred, and early activity after childbirth probably lessens the hazard of such a complication.

I call attention again to what O. Doc Gooch said, particularly his remark about flaccid abdomen (of course that means belly, the wall of the abdomen, not the abromen which is a cavity). Perhaps women in those days were as flaccid as they really were. A woman today really should know better than to let herself go flaccid.

QUESTIONS AND ANSWERS
Digestibility of Milk
How to make milk more easily digestible. (B. M.)
Answer—Some persons believe they digest milk better if they stir a tablespoonful or so of lime water in each glassful just before drinking it. To make lime water put a lump of unslaked (live) lime size of walnut in quart of water in crock. Let it stand a few hours. Pour off clear upper water—that is lime water.

I am 65, never sick in my life, but seem to be slowing down in the past year. Have smoked a pipe since I was 20. Friends say my present condition is due to smoking. I hate it. (C. S.)
Answer—In other words you were able to stand it for only 44 years. I am sending you the pamphlet "The Tobacco Habit" as you requested, but also one about "Young Folks and Old Folks"—without implying which you are. That you must decide for yourself.

THE GRANGE
Central Point
The last meeting of 1944 for the Central Point Grange will be held Friday, Dec. 15, and will begin promptly at 8 o'clock. The 1945 officers having been duly installed will have charge of the meeting. The lecture hour will be in the form of a Christmas party. Christmas carols will be sung and a sacred skit will be presented. The skit, entitled "To All People," was written by Nita Birdsey and taken from the Bible.

An enjoyable lecture hour was provided at the Dec. 5 meeting of the Eagle Point Grange by L. E. Francis who gave a talk accompanied by colored movies of local residents and cattle ranches. Laura Clark, leader of recreational activities for the youth, announced the first recreational

evening to be held in the Grange hall Saturday, Dec. 16 at 8 p.m. Refreshments will be served. The sixth war loan committee announced the bond drive proceeding according to schedule. Installation of officers will be held Jan. 2, with Lake Creek Grange participating. Serving committee for the last meeting of this year, Dec. 19, is Mr. and Mrs. James Lusk and Mr. and Mrs. Rudy Weidman.

LIFT QUARANTINE
San Francisco, Dec. 13.—(U.P.) Lifting of the state quarantine on mussels gathered along the ocean shore of California, from the Oregon boundary to the Mexican border and including Mexican border and including unconsolidated today by Dr. Wilton L. Halverson, state director of public health.

Use Mail Tribune Want Ads.

On the Radio Chain

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KALE (CBS) 1330, Portland.
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KOH (CBS) 970, Portland.
KOMO (NBC-Red) 850, Seattle.
KPD (NBC-Red) 480, San Francisco.
KSL (CBS) 1150, Salt Lake City.

Time shown is PWT
Wednesday
8:00 p. m.—Terr and Pirates, BN; OK for Release, NBC.
8:15 p. m.—Superman, MBS; Dick Tracy, BN; Relax in Rhythm, MBS.
8:30 p. m.—Jack Armstrong, BN; Harry Flannery, News, CBS; Adventure of Tom Mix, MBS.
8:45 p. m.—Elmer Peterson, NBC; Night News Wire, MBS; Capt. Midnight, BN; News, CBS.
9:00 p. m.—Gabriel Heatter, MBS; Carlson and News, BN; Inner Sanctum, CBS; Eddie Cantor, NBC.
9:30 p. m.—Spotlight Bands, BN; Mr. District Attorney, NBC; Which is Which, CBS.
9:50 p. m.—Kay Kyser's Kollege, NBC; Great Moments in Music, CBS; Raymond Gram Swing, BN; Sumner Welles, MBS.
10:00 p. m.—Lowell Thomas, MBS.
10:30 p. m.—Scramby Amby, BN; Nelson Eddy, CBS; Lone Ranger, MBS.
10:45 p. m.—Merced's Music Shop, NBC; News, BN; Jack Kirkland Show, CBS; Main Line, MBS.
11:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Passing Parade, CBS.
Thursday
8:00 p. m.—Terr and Pirates, BN; OK for Release, NBC.
8:15 p. m.—Dick Tracy, BN; Superman, MBS.
8:30 p. m.—Jack Armstrong, BN; Harry Flannery, News, CBS; Tom Mix, MBS.
8:45 p. m.—Captain Midnight, BN; Night News Wire, MBS; News, CBS.
9:00 p. m.—Merced's Music Shop, NBC; News, BN; Jack Kirkland Show, CBS; Main Line, MBS.
9:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN.
9:30 p. m.—Carton of Cheer, NBC; My Best Girl, BN; Dr. Christian, CBS; Bulldog Drummond, MBS.
9:45 p. m.—Merced's Music Shop, NBC; News, BN; North, NBC; Jack Carson, CBS; News, MBS; Dunnington, BN.
10:30 p. m.—Fulton Lewis, Jr., MBS; 10:50 p. m.—News, NBC.
11:30 p. m.—Symphonies, NBC.
11:45 p. m.—On all night, BN.

Prospect
Prospect, Dec. 12.—Mrs. Donald Vaughn and Miss Marjorie McGrew were hostesses for a miscellaneous shower, honoring Mrs. Wayne Downing, Dec. 7, at the home of Mrs. Everett Skeeters. After Mrs. Downing opened the many lovely gifts, refreshments were served. The guest list included Mesdames Downing, Henry Slagle, Ray Roberts, Steve Harper, Carl Chris, Melvin McGrew, Raymond Artmire, Frances Hornbuckle, Henry Herman, Curtis McGrew, Clifford Green, John Spencer, Raymond Mayfield, Milton Coleman, Everett Skeeters, Charles Magerie, also Mrs. Bowman of Portland, and the hostesses.

The home of Mr. and Mrs. Glenn Fairchild, Sr., was the scene of an enjoyable pinocchio party, Dec. 8, with Miss Dorothy Fairchild as hostess. High score prizes were won by Mrs. Charles B. Broomfield and Harry Goode, and Mrs. Floyd Kelley won the traveling prize and the consolation award. Refreshments were served after the play. Those attending this affair were Mr. and Mrs. Paul Snook, Mr. and Mrs. Ralph Lacy, Mr. and Mrs. Archie McKillop, Mr. and Mrs. Chas. B. Broomfield, Mr. and Mrs. Elmer Clemens, Mr. and Mrs. Joe B. Dobbey, Mr. and Mrs. Harry Goode, Mr. and Mrs. Floyd Kel-

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Correct Rectal, Colon Ailments
Hemorrhoids (Piles), Fissure, Fistula, Hernia (Rupture), distal health-power to earn-ability to enjoy life. Our method of treatment without hospital operation successfully employed for 25 years. Liberal credit terms. Call for examination or send for FREE booklet.
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Dr. C. J. DEAN CLINIC
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Who is the "Mystery Girl of the Week?"
TONIGHT
Southern Pacific's
Main Line
9:00 to 9:30
KMED

DIFFICULT DECISIONS
By GLUYAS WILLIAMS
The baby crosses everything up by going sound asleep just as it's time to start for grandma's for Sunday dinner, leaving you the choice of spoiling dinner by letting him sleep and being late, or by waking him up and having him be cross and tussy.

ley, Mr. and Mrs. R. Ceford Garoutte, Mrs. Charles Swan, Mrs. Nellie Cooke, Mr. and Mrs. Glenn Fairchild, Glenn Fairchild, Jr., and the hostess.

The Prospect Hime Extension unit Christmas party was held at the home of Mrs. Fred Swinth, Dec. 8. The lesson was given by Miss Marion Farrell, and the chairman, Mrs. T. J. Richey, presided over the business meeting. After the luncheon, a social hour was enjoyed, and gifts exchanged.

Pvt. Jean Fraedrick arrived here from Wright Field, near Dayton, Ohio, Dec. 5, for a few days' furlough, which she spent with her parents, Mr. and Mrs. E. E. Fraedrick Jr. Pfc. Fraedrick visited her grandparents, Mr. and Mrs. E. E. Fraedrick, Sr., in Eugene, for a day, en route here. She left Dec. 10 for a WAC base in Georgia, where she will train for overseas service.

Pvt. Melville Hornbuckle of the army air corps, who has been stationed at San Bernardino, Calif., is spending a few weeks' furlough with his mother, Mrs. Frances Hornbuckle, and other relatives here.

Pvt. Stanford Pearson arrived here Dec. 5, from Camp Roberts, Calif., and is visiting his wife, Mrs. Mary Pearson, and mother, Mrs. Frances Pearson. Word has been received here by Mr. and Mrs. George L. Jantzer that their son Ted has been transferred from Camp Shelby, Miss., to Fort Jackson, South Carolina, and also has been promoted to the rating of Technician, fifth grade.

Rev. and Mrs. Earl Mosteller, under appointment of the Missionary Board of the Church of the Nazarene for service in the Cape Verde Islands, will speak at the Prospect Church of the Nazarene, Thursday, Dec. 14, at 8 p. m. These young people who have just completed a successful pastorate at Hemlock, Oregon, and are now touring the Oregon Pacific district, will leave soon for the east coast to study the Portuguese language in preparation for their work among the people of the Cape Verde.

Mr. and Mrs. Weldon Zundel Sr., purchased a small modern house on Queen Anne avenue, in Medford, last week. Mrs. Zundel and son Robert have moved in, as the latter is attending Medford senior high school.

Mr. and Mrs. George Governor and seven children of Wisconsin have rented the former Tribbett place from Joe B. Dobbey, and have taken up residence there. Elementary school pupils who were on the honor roll for the past six weeks were as follows: Eighth grade, Roberta Roberts, Monte Middlebush, Dolores Saari, Dorothy Force, and Stanley Snook; seventh grade, Virginia Huffman and Margaret Powell; fifth grade, Nancy Fenaday and Louise Degman; second grade, Eddie Pease. The elementary school will all participate in a Christmas program, and rehearsals are under way. The date is December 22, at 1 p. m. Prospect Parent Teacher Association will have a 7 o'clock potluck supper, and their regular meeting the evening of Dec. 20.

UNITED STARTS NEW ALL-CARGO FLIGHT DEC. 15

United Air Lines will inaugurate a fourth daily cross-country round trip cargo flight December 15, increasing its scheduled all-cargo operations to 18, 458 miles a day, according to announcement of C. P. Graddick, United's director of air cargo.

handling air mail and express exclusively, will operate between Chicago and San Francisco, connecting at Chicago with existing flights to and from the east. Graddick said the schedule, in addition to providing increased space for mail and express, will open up more seats for passengers on combination passenger-cargo flights.

Under the new westbound all-cargo schedule, mail and express leaving Chicago at 2:15 p.

ZERO CLUB
Out of bounds, civilians only
Delicious chicken and steak dinners 7:00 p. m., 3 a. m. except Sunday. Phone day time 5300; night 8101.

m. will reach Omaha at 5:26 p. m., Denver at 7:46 p. m. and San Francisco at 2:44 a. m. Eastbound, the flight will leave San Francisco at 8:30 p. m., reach Denver at 4:18 a. m., Omaha at 8:11 a. m. and Chicago at 10:48 a. m.

Chalker's Motel & Lodge OFFICERS' CLUB
Dine Dance Refreshments
Chicken and Steak Dinners
Most Unique Place in So Ore
Closed Mondays
Thursday Private Parties Only—
For Reservations Ph Gold Hill 474

TO OUR MANY FRIENDS AND PATRONS
If you are planning to celebrate New Year's Eve at Chalker's we advise you to make your reservations at once, due to the fact that we are limiting the number of our guests so that each may have a more enjoyable evening. Your reservations must be picked up before the 30th of December.
WE STILL HAVE A FEW AVAILABLE WEEK NIGHTS FOR HOLIDAY GROUP PARTIES
RAY AND CATHY LANGE
CHALKER'S MOTEL & LODGE
Phone Gold Hill 474

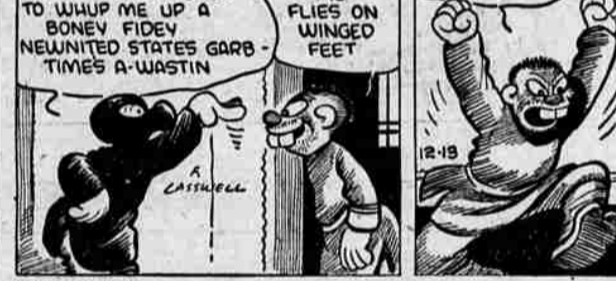
STRANGE AS IT SEEMS By ERNEST HIX



PEARLS ARE WORMS! MOST PERFECT PEARLS ARE CAUSED BY FLUKE WORMS GETTING INTO THE OYSTER SHELL... THE OYSTER DIGESTS THE PEARL TO PROTECT ITSELF!

PILOTS OF MISSISSIPPI RIVER BOATS AND BARGES MUST KNOW EVERYTHING ABOUT EVERY FOOT OF THE RIVER FOR 1000 MILES... AND CONDITIONS ON THE RIVER CHANGE FROM DAY TO DAY!

BARNEY GOOGE and SNIFFY SMITH



BUZ SAWYER



BLONDIE



L'IL ABNER



THE NEBBS



Crossword Puzzle

ACROSS
1—Game played with dice
6—Fixed look
11—Town on Burma Road
13—Kettle drum
14—Toward
17—Not lawful (abbr.)
18—Group of tennis games
20—Trying tool
21—Hit
22—Cyprian goddess
24—Roman bronze
25—Court attendant
26—Darkness (pl.)
DOWN
2—Pail handle
3—Moderate
30—Move smoothly
31—Places
32—Talking bird
34—Polon
35—Chum
36—European apple
38—A number
39—Device to shut off water
41—Nothing
42—Electrical unit
43—Rover's aid
44—Sewing tool
45—Giltens
46—Wear a way
47—Good shots



ANSWER TO PREVIOUS PUZZLE

TAR AN' FEATHER 'EM VARMINTS!



MAY IT PLEASE EMINENT ONE TO VIEW MASTERPIECE OF AUTHENTICITY



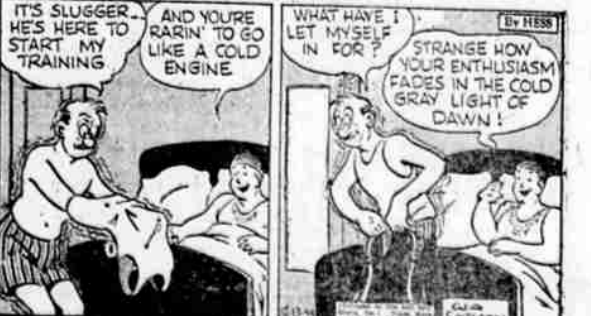
IT DOESN'T MATTER, TED, YOUR BROTHER, BUZ, IS ON HIS WAY HOME!



OH, NO, COOKIE--NO, NO, NO!



OH, HAPPY DAY!! GOOD OLE GROUND!!



WHAT HAVE I LET MYSELF IN FOR?



EXIT TO DEATH—One Jap made a run for it and here lies dead at mouth of enemy pillbox on Leyte Island. Three American liberators, who cut him down, watch the opening to make sure no more of the little brown men are hiding in the death.