

Your Health and Its Care

By DR. WILLIAM BRADY, M. D.

Readers should address inquiries to Dr. William Brady
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HOPELESS, EH?

A correspondent inquires whether there is some non-habit-forming drug that will relieve pain in a case of sciatica which is 'hopeless.' Sciatica is a term loosely applied to disabling conditions presumed to be due to inflammation of the largest nerve in the body, the sciatic nerve, extending from its roots in the lower part of the spinal cord down back of the hip and thigh to the inner side of leg and foot.

Not all cases of so-called sciatica are sciatic neuritis (nerve inflammation), however. In a good many instances the pain and disability ascribed to sciatica are actually due to other causes, but is beyond our province to discuss the pathology of these conditions here.

In exceptional cases the prospect of cure or great improvement is indeed hopeless—and I shall not mention just what cases I have in mind. In the great majority of cases of pain and disability in the sciatic region—it seems hardly necessary to mention that there is no specific or peculiar condition or ailment to be identified as "sciatica"—a correct diagnosis and the proper medical, surgical or physical treatment will either cure the trouble or bring about sufficient improvement to make pain-killers unnecessary.

This readiness to regard the condition as "hopeless" is too often the excuse for indulging in narcotic drugs. It reminds me of grandma's case. Grandma always seemed pretty rugged to me, although she asserted that when she was a mere slip of a girl the great Dr. Shattuck of Boston had discovered that one of her lungs was gone—and sure enough, when I sported my first stethoscope I

couldn't hear anything when I listened over the missing lung (or over the other one either, but I could not afford to admit it), which confirmed grandma's belief that she had lived for most of her lifetime with only one lung.

In spite of federal laws, state and municipal ordinances or regulations it is still too easy for people to buy pain-killers, narcotics and so-called nerve sedatives and get into the habit of taking such drugs. Many of these addicts justify their indulgence by saying, unfortunately with truth, that a physician prescribed the stuff some time or other. That evil, at least, could be remedied by a law or regulation prohibiting refilling of physicians' prescriptions or the filling of prescriptions for others than the persons for whom the prescriptions are given—the physician naming the individual in the prescription, as well as dating and signing his order to the druggist.

QUESTIONS AND ANSWERS
Sciatic Pain
Is there any non-habit-forming drug that will relieve sciatic pain? Member of our family is a hopeless invalid and we are anxious to get something from such pain in right leg and foot. I take the place of narcotics (F. E. Answer—Isn't the essential trouble the readiness of the patient or the family to regard the ailment as "hopeless"? That is a familiar excuse for indulging in narcotics. Instead of searching for something that is not of this world why not get the patient away from the bad influence of the family, under the care of a competent physician who will make a careful diagnosis and apply the necessary treatment?

How to Gain Weight
I gained 15 pounds the first two months at home after I received pneumothorax treatment in the hospital, but although I still get pneumothorax once a week I have lost part of this weight, but my doctor says it is not due to my condition, just to my inability to eat—somehow I never want breakfast. (F. D.)

Answer—You may get some practical ideas from the pamphlet "How to Gain Weight"—send stamped envelope bearing your address and ask for it; do not use a clipping.

Calcium and Rheumatism
I have what doctor calls chronic arthritis, mainly in the fingers and one knee. The program in your pamphlet, "The Life Called Rheumatism," is hard for me to follow in my job. I saw a reference to a pamphlet you have on calcium for rheumatism. (H. R.)

Answer—Send stamped address envelope and ask for pamphlet "Calcium and Rheumatism." (Copyright, 1945, by John F. Dille Co.)

High School News



Student Reporters
Margo Gammit Joan Hoppe

Tuesday, third period, the vocal department under the direction of Miss Mabel Nansen gave an assembly for the students of Senior high school. Numbers presented by the choir were: "Skylark," "Sweetheart of Sigma Chi," "Carolina Moon," "Navy Hymn," "Okla-homa," "Vonka Tonka," "Sing Your Songs," and "Gonna Join de Heavenly Choir." The mixed quartet, consisting of June Williams, Carl Winklebleck, June Jarmin, and Gerald Pence sang "Irish Lullaby" from "Going My Way," and "Because You're You," by Victor Herbert. The girls' sextet with Gloria Preston, Barbara Meadows, Harriet Walker, Jean Hickman, Loretta Monteth, and Donna Dawes sang "My Wonderful One." Also Jim Fraley sang a solo number called "Three for Jack."

Results of the recent remedial English tests given seniors and juniors have been announced. According to Miss Della Whisenant, teacher of remedial subjects, there are approximately 245 students attending remedial classes which started Wednesday of this week.

A recent visitor to the Hi-Times Publications office was Larry Wilson, U.S.N., a 44 graduate who is home for nine days between terms at Carroll college, Helena, Mont. When he goes back to college, he expects to stay about four months, then perhaps be sent to some other college to finish his remaining two years before receiving his commission as an ensign in the naval reserve.

According to Mrs. Gladys Herron, dramatic coach, the cast for a new school play called "Exclusive Model" is as follows:

First-year typists who have made the highest one-minute tests are as follows: Marjorie Thompson, with a score of 61 words a minute; Helen Robinson, 58; Joan Smith, 57; and Jackie Nelson, 53. Joan Smith

heads the list in the perfect five-minute tests. Her score is 49 words a minute. Deah Jean Rose heads the list in the perfect two-minute tests with a score of 54 words a minute.

Bob Boyer as Robert Vincent, Marjorie Thompson as Winnie Vincent, Bonnie Edwards as Gilda, Alan Seldon as Jack Hamilton, and Shirley Morrow as Ethel Hamilton. The play is to be given about March 20.

During an H.E.C.A. dinner Tuesday evening, Feb. 27, five new members were sworn in by President Betty Medley. Then the meeting was turned over to Elmer Kyle who had charge of initiation of new members. The following people were admitted to the group: Katherine Hoppe, Joan Hoppe, Margery Hammond, Beverly Work, and Carl Winklebleck.

Lake Creek

Lake Creek, March 2— Recreation club is sponsoring a picnic at their next party, March 3. Ladies are asked to bring pies for sale. Proceeds will benefit the Community Hall.

Mrs. Frank Farlow is spending a few days in Medford visiting her daughter.

Mr. and Mrs. Mike Hanley and family are visiting relatives in Eastern Oregon.

Mr. and Mrs. L. H. Wyant and family were dinner guests of Mr. and Mrs. William Messal last Sunday.

Harry Frey who has been serving the past 2½ years in the navy in the South Pacific is now visiting his mother, Mrs. Tom Camel on a 30-day leave.

Dinner guests at the Hoeft home Tuesday evening were: Mr. and Mrs. Homer Bransen and sons, Dayle and Hudson and Mr. and Mrs. Orville Van Dary and daughter, Sharon.

LAST VETERAN DIES
Everett, Wash., March 2—(U.P.) Snohomish county's last surviving veteran of the Civil War, S. B. Tift, died today at his residence in Everett. He was 102. Born April 24, 1842, in Humboldt county, O., Tift enlisted Feb. 18, 1861, at Blankensville, Ill., in the Union Army. He was a private in the Illinois Volunteer Cavalry until mustered out in 1865.

COY'S CHICKEN INN
OPEN SATURDAYS
SUNDAYS and MONDAYS
Serving Fried Chicken
Dinner Parties Served During Week by Reservation
Phone Gold Hill 251



LADY SHERIFFS—Holding gun to show authority, Mrs. Emma Schieferdecker of Schuyler County and Mrs. Myra Westroy of Dewitt County are delegates to Illinois State Sheriff Convention at Quincy. Ladies are sheriffs of their respective counties.

On the Radio Chain

STATIONS:
Chain affiliation and where they are on the dial:
KALE (CBS), 1330, Portland;
KEX (NBC-Blue), 1190, Portland;
KGA (NBC-Blue and MBS), 1510, Spokane;
KGO (NBC-Blue), 810, San Francisco;
KQW (NBC-Red), 620, Portland;
KJR (NBC-Blue), 1070, 1090, Seattle;
KNX (CBS), 1070, Los Angeles;
KOA (NBC-Red), 850, Denver;
KOIN (CBS), 970, Portland;
KOMO (NBC-Red), 930, Seattle;
KPO (NBC-Red), 880, San Francisco;
KSL (CBS), 1160, Salt Lake City.

Time shown is PWT.

Friday
8:00 p. m.—Terry and Pirates, 3N OR for Release, NBC; Sam Hayes News, MBS.
8:15 p. m.—Dick Tracy, 3N Super, MBS; Betty and Bob, NBC.
8:30 p. m.—Jack Armstrong, 3N Harry Flannery, News, CBS; Tom Mix, MBS.
8:45 p. m.—Elmer Peterson, 3N commentator, NBC; Capt. Midnight, 3N Night News, MBS; News, CBS.
9:00 p. m.—Waltz Time, NBC; Gabriel Heatter, MBS.
9:15 p. m.—News, BN.
9:30 p. m.—People Are Funny, NBC; That Brewster Boy, CBS; Double or Nothing, MBS; Spotlight, Bands, BN.
9:45 p. m.—Amos and Andy, NBC; Sammy Kaye, Varieties, BN; Durand and Moore, CBS.
10:00 p. m.—Lowell Thomas, MBS; 10:30 p. m.—Stage Door Canteen, CBS; Lone Ranger, MBS; Bill Stern, NBC.
10:00 p. m.—Fights, MBS; Jack Kira, Wood Show, CBS; Supper Club, NBC.
10:15 p. m.—Fleetwood Lawton, NBC; Tonight in Hollywood, CBS.
10:30 p. m.—Duke's Tavern, NBC; It Pays to Be Ignorant, CBS; Stars of the Future, BN.
11:00 p. m.—Furlough Fun, NBC; Tom Breneman, BN; News, MBS; Aldrich Family, CBS.
11:30 p. m.—Adventures of Thin Man, CBS; News, BN.
11:45 p. m.—Orchestra, CBS.
12:00 p. m.—Orchestra, NBC; Orchestra, CBS.
11:00 p. m.—Orch., NBC.

Saturday
8:00 p. m.—Youth on Parade, CBS; Orchestra, BN.
8:30 p. m.—Boston Symphony, BN; Detroit Symphony, MBS.
9:00 p. m.—News, CBS; Elmer Peterson, 3N.
9:15 p. m.—Barn Dance, NBC; This is a Story, CBS.
9:30 p. m.—Spotlight Bands, BN; Can You Top This? NBC.
9:45 p. m.—Saturday Serenade, CBS.
10:00 p. m.—Judy Canova Show, NBC; Andy Russell, BN.
10:15 p. m.—Mayor of the Town, CBS.
10:30 p. m.—Grand Ol' Opry, NBC; Red Ryder, MBS; The Man Called X, BN.
10:45 p. m.—Early American Music, BN; America in the Air, CBS; Truth or Consequences, NBC; Chicago Theater of the Air, MBS.
11:00 p. m.—Tonight's Greatest Hits, NBC; FBI in Peace and War, CBS; Leland Stowe, BN.
11:30 p. m.—Meet Your Navy, BN; Hit Parade, CBS; News, MBS.
11:45 p. m.—Dream Boat, MBS.
12:00 p. m.—Don't You Believe It, CBS; Lee Simms, Pianist, NBC.
12:30 p. m.—News, NBC; Kay's Kanteers, BN.
1:00 p. m.—Hollywood Barn Dance, CBS.
1:30 p. m.—Orchestra, NBC.
11:00 p. m.—Orchestra, CBS; This Moving World, BN; Orchestra, NBC.

ADVICE ON TAXES GIVEN VETERANS BY D. A. V. AGENT

By Pat Graham
DAV Publicity Officer
Veterans of all American wars, who are officially certified by the Veterans' Administration, and rated as having disabilities of 40% or more, are entitled to tax exemption not to exceed \$1000. This is an Oregon State law. It provides also that application for this tax exemption must be forwarded and filed with the County Assessor each year on or before April 1.

The law also provides that any widow remaining unmarried, of any honorably discharged veteran, is entitled to the same tax exemption as that enjoyed by the disabled veteran, as described above.

Also, discharged veterans who are wondering about the filing of their income tax reports before March 15, are informed that there is certain income and allowance not subject to federal tax. Clay C. Roberts, commander of the local DAV chapter states that the following need not be reported on income tax forms:

1. Mustering out pay.
2. Compensation or pension paid to veterans for service-connected disabilities.
3. Pension paid for total and permanent disability that is not service-connected.
4. Pensions paid to widows or dependents of deceased members of the armed forces.
5. The re-adjustment allowance paid under the provisions of Pub. Law 348.
6. Training pay or living expense allowance, tuition, books and other items furnished to veterans during vocational training period.
7. State bonus paid by a state to a resident because of service in the armed forces.

All World War II veterans

HEAR CURLEY BRADLEY ON THE KC Jamboree
KMED SATURDAYS 8 A.M.

ZERO CLUB

Out of bounds, civilians only
Delicious chicken and steak dinners, 7:00 p. m., to midnight, except Sunday. Phone day time 5300; night 9101.

MITTENS

By GUYAS WILLIAMS
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SETS OUT FOR A WALK
WITH INSTRUCTIONS TO
SURE, JUNIOR KEEPS HIS
MITTENS ON AND DOESN'T
LOSE THEM



REALIZES PRESENTLY
JUNIOR HAS ESCAPED HIS
GRASP BY SLIPPING HIS
HAND OUT OF HIS MITTEN
WHERE HE TIED SHOE



RETRACES STEPS UNTIL
EVENTUALLY THEY COME
ON MISSING MITTEN



PUTS IT ON AND FINDS THAT
OTHER MITTEN HAS VANISHED
JUNIOR DISCLAIMING ALL
KNOWLEDGE OF IT



GETS HOME, FINDS
JUNIOR'S CARELESSNESS
AND FINDS MISSING MITTEN IN OWN POCKET

are invited to inquire at the office of Frank J. Holbrook, service officer for the local DAV chapter at 205 Liberty Bldg., or phone 4082 for information and advice on matters pertaining to the proper application for G.I. benefits.

FREIGHT LOADS DIP
Washington, March 2—(U.P.)—The nation's railroads hauled 771,843 cars of revenue freight in the holiday-week ended Feb.

Chalkers' Motel & Lodge OFFICERS' CLUB
Dine-Dance-Refreshments
Chicken and Steak Dinners
Most Unique Place in So. Ore.
CLOSED MONDAYS
Thursdays Private Parties Only—
For Reservations Ph. Gold Hill 474

24, a decrease of 11,895 cars from the previous week, the Association of American Railroads reported today.

Closing time by Sunday Too Late to Classify 5:30 Saturday afternoon—Please remember

Orchestra Every Night at TAKE IT EASY LODGE
DINE AND DANCE
EVERY NIGHT EXCEPT FRIDAY
Chicken, Steaks, and Spanish Dinners
1½ Mile up Savage Creek

STRANGE AS IT SEEMS By ERNEST HIX



THE SECRET WAR!
IN 1894, THE JAPANESE ATTACKED CHINA.
WIRED OUT HER NAVY DESTROYED HER ARMY!
SEIZED HONG KONG AND BEIJING AND MANCHUKIA AS SO
AS EASY! YET TWO THIRDS OF THE CHINESE
PEOPLE DIDN'T KNOW THERE WAS A WAR.
KNEW MANY ENLIGHTENED CHINESE DIDN'T
KNEW OUT WHAT HAD HAPPENED UNTIL YEARS LATER!

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Barney Google and Snuffy Smith



BUZ SAWYER



BLONDIE



LTL ABERN



THE NEBBES



DO YOU KNOW?

that battery production for this year will be cut 60% last year's total.

Avoid a battery shortage by getting a new battery now at
ROGUE RIVER CHEVROLET

Crossword Puzzle

ACROSS

- 1—Get to bottom of
- 2—Assend
- 3—Goddess of Wisdom
- 4—Joining
- 5—Pedal dig
- 6—Region of the north
- 7—Pronoun
- 8—Indefinite article
- 9—Price
- 10—Expectation
- 11—Bath
- 12—Female ruff
- 13—Swan girl
- 14—Auto

DOWN

- 1—Deadly
- 2—Having no tone
- 3—Definite article
- 4—That man
- 5—Above
- 6—Dog
- 7—Cuckoo
- 8—Wealthy
- 9—Kind of moth
- 10—Shots from cover
- 11—Value highly
- 12—Toward top
- 13—Near the ear
- 14—Yield
- 15—Prayer
- 16—Evening
- 17—Old horse
- 18—Stupid
- 19—Mythical
- 20—Horse king
- 21—Small island
- 22—Name of person or place
- 23—Light
- 24—Poorer
- 25—Banana shelter
- 26—Bilingual
- 27—Horned animal
- 28—Beetle
- 29—African antelope
- 30—Bird's nest
- 31—Newspaper notice
- 32—Abusive (latter)
- 33—Tantalum
- 34—Mother

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BUZ SAWYER



BLONDIE



LTL ABERN



THE NEBBES



THE NEBBES

