Your Health and It's Care

By DR. WILLIAM BRADY, M.D.

Readers should address inquiries to: Dr. William Brady, 265 El Camino, Beverly Hills, Calif.

THE TRICK OF SWALLOWING AIR

Dr. Brady

In the talk about the "gas attack" bugbear the other day I made it clear, I hope, that (a) bloating or distension of stomach or intestine by gas (or air or both) occurs as a consequence of colic, muscle spasm in wall of stomach, intestine or gall-bladder or gall-duct and not as the cause of the discomfort or distress; and (b) that in no circumstance does or can gas (or air or both) distend the stomach or intestine enough to "press on the heart" and seriously interfere with the function or action of the heart; and (c) that cases to the contrary not correctly diagnosed—not that I can tell by divination what the trouble really is. It requires careful and repeated examinations and perhaps a period of observation by the physician to diagnose most of these cases. At best it is stupid to monkey with such distress without a diagnosis.

Bellyache is a tricky complaint, anyway, as we shall see later, and my advice is the same for man, woman or child: Have nothing whatever to do with it. If anything purporting to be bellyache should happen to you, don't do a thing, don't take a physic, don't dull your senses (if any) with dope of any kind. Leave everything to your family physician. Perhaps we had better get on with the air swallowing trick now, and have bellyache later.

One patient counted the number of eructations after a meal of toast and tea—141! Another patient (I quote from **Diagnosis and Treatment of Digestive Diseases**, by Gorge M. Niles, M. D.) whose case was recorded by Vanderhoof belched over 5000 times in 24 hours, eructating more than 200 liters or fifty gallons of air.

Air, not gas, is the motive power in most cases of extraordinarily noisy or impressive belching. The individual consciously or unconsciously swallows air until a considerable volume accumulates in gullet or stomach. Then for his or her own amusement or for the sake of impressing anxious relatives or attendants, gets it off the stomach again. Not all belchings or eructations are of this nature, but certainly the air-swallowing trick explains excessive belching in many instances.

Sometimes a patient who is unduly worried or alarmed by his stomach, heart or other real or imaginary internal trouble may be seen to swallow some air every few seconds. Sometimes bloating or distension so caused, as well as the prodigious eructations of "gas" may be relieved in a short while by keeping a cork or rubber wedge between the patient's back teeth—it is difficult or impossible to swallow air while the mouth is thus held open. If the air-swallowing is thus stopped, the air already swallowed will be belched or absorbed or passed on through the bowel.

QUESTIONS & ANSWERS

Retinoscope, Ophthalmoscope

Speaking of examination of the eyegrounds of patients with arterial hypertension I advised that one with high blood pressure should have a retinoscopic examination by a physician who uses the ophthalmoscope or retinoscope. A retinoscope is an apparatus for viewing the retina, and an ophthalmoscope is an apparatus for viewing the retina. Who cares about the technical differences between them? The point is, folks, that an examination of the interior of the eye by the physician may give more information about the condition of the arteries than any number of blood pressure measurements.

More Haste Less Speed

Am overweight and would like to lose about 20 pounds before the end of June. I read your offer. Please send me the pamphlet "How to Lose Weight" by return mail. (Mrs. R. F.)

Answer — You did not inclose a stamped envelope bearing your address. I furnish only the advice — you must pay the freight.

Don't Discard Limp Leaves

Is it true that the limp outer leaves of lettuce, usually thrown away when preparing for table, contain most of the calcium and other nutritive elements? (Mrs. G. L.)

Answer—Yes, and most of the vitamins too.

(Copyright 1945 by John F. Dille Co.)

Wounded All Home July 10, Army Aim

London, May 29—(U.P.)—The army plans to have the last wounded American soldier either home or back on duty by July 10.

Maj. Gen. Paul R. Hawley, chief surgeon for the European theater, said in a radio speech last night that there were less than 100,000 American soldiers left in European hospitals.

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; KGW (NBC-Red) 620, Portland; KJR (NBC-Blue) 1000 Seattle; KNX (CBS), 1070 Los Angeles, KOA (NBC-Red) 850 Denver, KOIN (CBS), 970, Portland KOMO (NBC-Red) 950 Seattle KPO (NBC-Red), 680, San Francisco, KSL (CBS), 1160, Salt Lake City

Time Shown is PWT.

Tuesday

5:00 p m.—Terry and Pirates, BN: OK for Release, NBC; News, MBS: This Man Named Jordan, CBS.

5:15 p m.—Dick Tracy, BN, Superman, MBS: Betty and Bob, NBC

5:30 p m.—Date with Judy, NBC; Jack Armstrong, BN: Harry Flannery News, CBS: Adventures of Tom Mix MBS.

5:45 p m.—Capt. Midnight, BN: Night News Wire, MBS, News CBS

6:00 p m.—Gabriel Heatter, MBS: Inner Sanctum, CBS; Guy Lombardo, BN: Mystery Theater, NBC.

6:15 p m Jimmy Fidler, MBS: Supper Music, BN

6:30 p m.—Fibber McGee and Molly, NBC; Spotlight Bands, BN: American Forum, MBS

7:00 p m.—Bob Hope, NBC; Sumner Welles, BN; Service to the Front, CBS.

7:15 p m.—Lowell Thomas, MBS Clare Booth Luce, BN.

7:30 p m.—Hildegarde, NBC; Red Rider MBS, One Man's Family BN

8:00 p m.—Supper Club, NBC, Jack Kirkwood Show, CBS; Ted Malone BN

8:15 p m.—Fleetwood Lawton, NBC: Music, CBS; Lum and Abner BN

8:30 p m.—Johnny Presents NBC; Theater of Romance, CBS; Allan Young Show BN, Roy Rogers, MBS

9:00 p m.—Everything for Boys NBC; Big Town, CBS; Glen Hardy News, MBS

9:15 p m.—Rex Miller, MBS

9:30 p m — Murder Will Out, BN Marshall Dana in San Francisco, MBS

10:00 p m.—News NBC Carlson and News, BN; Fulton Lewis, MBS

10:15 p m.—On Our Bandstand NBC; Sports Program, BN

10:30 p m.—Edwin C Hill, CBS; Fenneman's Nite Club, BN; Sweetheart Swing Time, NBC

10:45 p m.—Late Date, NBC.

11:00 p m.—Talks, CBS; Orchestra, NBC; News, BN.

Wednesday

5:00 p m.—Terry and Pirates, BN: OK for Release, NBC; This Man Named Jordan, CBS; News, MBS

5:15 p m.—Dick Tracy BN, Superman, MBS Betty and Bob, NBC

5:30 p m.—Jack Armstrong, BN: Harry Flannery News, CBS Adventures of Tom Mix, MBS, News NBC

5:45 p m.—Elmer Peterson, NBC; Night News Wire, MBS; Capt Midnight, BN News CBS

6:00 p m.—Frank Sinatra, CBS; Eddie Cantor, NBC; Gabriel Heatter MBS

6:30 p m.—Spotlight Bands, BN; Mr District Attorney, NBC; Which is Which, CBS; Brownstone Theater MBS.

7:00 p m.—Kay Kyser's College NBC; Great Moments in Music CBS The Feeling is Mutual, MBS

7:15 p m.—Lowell Thomas, MBS

7:30 p m.—Lone Ranger MBS; Let Yourself Go CBS

8:00 p m.—Supper Club, NBC; Jack Kirkwood Show CBS; Main Line MBS, Ted Malone BN

8:15 p m —Fleetwood Lawton, NBC; Lum and Abner BN; Music That Satisfies CBS

8:30 p m — Billy Burke Show, NBC; Counterspy, BN; Dr Christian, CBS Fresh Up Show, MBS

9:00 p m.—Mr and Mrs North NBC; Jack Carson CBS; News, MBS: Music BN

9:30 p. m. — Arch Oboler Plays, MBS

10:00 p m.—News, NBC; Carlson and News, BN; Fulton Lewis MBS

10:30 p m.—Orch, CBS; Fenneman's Nite Club, BN; Sweetheart Swingtime, NBC.

11:00 p m.—News, BN; Orchestra CBS.

Closing time for Classified Ads 8:30 a. m.—Too Late to Classify 12:15 p m

DANCE TONIGHT
to the music of
Smoky, Danny & Bill
PLAYING EVERY NIGHT
EXCEPT FRIDAY
Take-It-Easy Lodge
Featuring Chicken, Steak and Spanish Dinners
½ mi up Savage Creek, where Jackson meets Josephine

ATTENTION
BUILDERS—CONTRACTORS
for your convenience, we offer a new . . .
EQUIPMENT RENTAL SERVICE
- Air Compressors
- Air Tools
- Concrete Mixers
- Water Pumps
- Elevators
- Trailers
- Power Saws
- Power Drills
- Power Units

EATHERTON'S FARM STORE
808 So. Riverside — Ph. 3146

MILITARY TRIALS FOR NAZIS ASKED; TWIT CHURCHILL

London, May 29—(U.P.)—Prime Minister Churchill, answering demands in Commons for a speedup in the punishment of Axis war criminals, said today that the big powers were inclining toward assigning the trials to interallied military tribunals.

Laborites fired some of their sharpest darts at Churchill on the matter of how soon war criminals would be brought to justice. He refused to be disturbed, however, and insisted that the trials "ought not to be proceeded with until they are properly arranged and a method agreed upon between the great powers."

Dealing with other matters during the question hour in Commons, Churchill sidestepped a request for confirmation or denial of reports that Russia is moving German men into the Soviet Union to rebuild war-destroyed cities.

Herbert Morrison, who last week left the post of home minister in the coalition government, asked Churchill "How long it will take to dispatch Field Marshal Goering to his proper destination."

At one point, Laborite Moelwyn Hughes inquired ironically:

"Will you see that these criminals are given adequate supplies of chicken, wine and champagne?"

The house cheered when Lt. Col. Anthony Marlowe, Conservative, asked:

"Don't you think that in relation to the notorious Nazi leaders, the tangled machinery of trial is an inappropriate farce, and will you not see that they are dispatched with maximum speed and pending that desirable event that they are maintained in prison cells and not in hotels?"

"As I anticipated some time ago," Churchill replied, "A good many cases seem to have been settled by local adjustment"—a reference to the suicides of ranking Nazis.

Graduation Exercises At Griffin Creek

Eighth grade graduation exercises were held at Griffin Creek school last Thursday in the beautifully decorated gym.

Supt. C. R. Bowman gave a short address on the "Historical Challenge of Today's World." Invocation was by Rev. Harry Hansen.

Students honored scholastically were: Carlene Mark, youngest girl, valedictorian; Loren Carter, salutatorian; Gwendolyn Muir and Billy Moore, youngest boy, honorable mentions.

Special events were: Class prophesy, in rhyme, Dallas Fry; class will, read by Walter Greene; cornet solo, Carlene Mark; violin solo, E. C. Root; seventh grade gift presentation, Roger Kornstad; farewell to teacher, Ramona Guches.

The 11 students graduating under the class motto, "Learn to Live, Live to Learn," were Loren Carter, John Caulkins, Dallas Fry, Archie Green, Wallie Greene, Ramona Guches, Roger Kornstad, Carlene Mark, Billie Moore, Gwendolyn Muir and Wayne Verschoor.

Processional and recessional music was furnished by the stringed quartet, accompanied by Muriel Tolle at the piano.

WAR BOARD HIT

Washington, May 29—(U.P.)—A representative of California fruit and vegetable packers charged today that the National Labor Relations Board violated its own rules in ordering and certifying labor union elections.

Chalker's 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 47x

'LORD HAW HAW' IS HELD BY BRITISH

With British Second Army, Germany, May 29 — (U.P.) — The British second army held William (Lord Haw Haw) Joyce, nasty-tongued British nazi who ranted at his homeland over the German radio in custody and sought means to try him as a war criminal.

Joyce was captured in northern Germany by British second army officers combing the area for war criminals. He was placed under close security guard for additional questioning.

Whether either Britain or an international war crimes court will have jurisdiction over him was questionable. He became a naturalized German some time ago and as such presumably could not be tried as a traitor.

TOP FARM INCOME

Sacramento, May 29 — (U.P.) — California's farm income for 1944 topped the nation, A. A. Brock, state director of agriculture reported today.

NOTICE OF FINAL HEARING

IN THE COUNTY COURT OF THE COUNTY OF JACKSON IN AND FOR THE STATE OF OREGON.

In the MATTER of the Estate of IZORA E. STEWART, deceased.

Notice is hereby given that the undersigned executors of the will of the above named decedent have filed in the above entitled court and matter their final account of their administration of said decedent's estate and said court has fixed the 31st day of May, 1945, at the hour of 10 o'clock a. m. at the court room of the above entitled court at Medford, Oregon, as the time and place for the hearing of objections to said account and for the settlement thereof and of said estate.

IVA MAY STARK,
OLEVIA BELL LEUTHOLD,
Executors

ADMINISTRATOR'S FINAL NOTICE

Notice is hereby given that the undersigned administrator has filed in the County Court of Oregon for Jackson County his final account in the matter of the Estate of Deborah Gilham, Deceased, and the said Court has fixed Friday, June 15, 1945, at 10:00 in the forenoon of said day in the Court Room of said Court as the time and place for the hearing of said final account. All persons interested are hereby notified to make or file their objections to said final account, if any they have, with said Court on or before said time.

GEORGE P. GILHAM
Administrator of the estate of Deborah Gilham, Deceased
Gus Newbury
Attorney for Administrator

STOP!

CAN YOU?

Brakes that seem O.K. under normal conditions may not have the reserve needed when trouble is just ahead . . . when a quick stop is the only way out!

WHAT GOOD BRAKES DO
You should be able to bring your Ford car to a complete stop within 30 feet or less when traveling at 20 miles per hour.

TEST BRAKES TODAY
If you're not sure of your brakes, let us test them. It will take only a minute.

SERVICE PREFERENCE
We give brake service top preference and install genuine Ford brake materials recommended by the Ford Motor Company.

Ford
Crater Lake Motors
6th & Ivy Phone 2297

We welcome this opportunity to co-operate with the police of the nation in the National "Check Your Brakes" Program.

ADMINISTRATOR'S FINAL NOTICE

Notice is hereby given that the undersigned administrator has filed in the County Court of Oregon for Jackson County his final account in the matter of the Estate of Silvia E. Terrell, Deceased, and the said Court has fixed Friday, June 15, 1945, at 10:00 in the forenoon of said day in the Court room of said Court as the time and place for the hearing of said final account. All persons interested are hereby notified to make or file their objections to said final account, if any they have, with said court on or before said time.

GUS NEWBURY
Administrator of the Estate Of Silvia E. Terrell, Dec.

NOTICE TO CREDITORS

In the County Court of the State of Oregon for Jackson County.
In the Matter of the Estate of GEORGE G. FETTERLY, Deceased.

The undersigned has been appointed and qualified by the County Court of the State of Oregon for Jackson County as administratrix of the estate of George G. Fetterly, deceased. All persons having claims against said estate are notified to present them, duly verified, with proper vouchers, to me at the office of Rawles Moore, Cooley Theatre Building, Medford, Oregon, within six months from May 22, 1945, the date of this notice.

EDITH L. SOWELL,
Administratrix.

National Forest Timber for Sale

Sealed bids will be received by the Regional Forester, Portland, Oregon, up to and not later than 2:00 p. m., June 8, 1945, for all the live timber marked or designated for cutting and all merchantable dead timber located on an area embracing about 800 acres within Sections 8 and 17, T. 30 S., R. 4 E., W. M., Rogue River National Forest, Oregon, estimated to be 5,000,000 feet B.M., more or less of ponderosa pine, 1,400,000 feet B.M., more or less, of Douglas fir, and 500,000 feet B.M., more or less of white fir, and an unestimated amount of other species of saw-timber. No bid of less than $5.60 per M feet for ponderosa pine, $3..80 per M feet for Douglas fir, $8.60 per M feet for white pine and $1.00 per M feet for white fir, western hemlock and other species will be considered. In determining the high bid, the rate for Douglas fir and ponderosa pine only will be considered. Bids with rates in excess of those permissible under MPR 460 will be reduced to the allowable maximum in making the award. In addition to the prices bid for the stumpage, a cooperative deposit of $0.50 per M feet B.M., to be used by the Forest Service for paying the cost of slash disposal and a cooperative deposit of $0.25 per M feet B.M., to cover the cost of tree planting, seed sowing and timber stand improvement work on the area cut over, for the total cut of timber under the terms of the agreement, will be required. $6,000.00 must accompany each bid, to be applied on the purchase price, refunded or retained in part as liquidated damages, according to conditions of sale. The right to reject any and all bids is reserved. Before bids are submitted, full information concerning the timber, the conditions of sale and submission of bids should be obtained from the Regional Forester, Portland, Oregon, or the Forest Supervisor, Medford, Oregon.

ROGUE RIVER LODGE
Delicious Dinners
Cocktail Lounge — Dancing
Open Every Night Except Mondays
Phone Trail 1404

Your Patronage in the past is greatly appreciated.
We hope our service has been likewise.
BOB and ROY
O.K. PASTIME
Gold Hill Oregon

DO YOU KNOW?

that LIMITED new car production SHOULD NOT stop you from keeping your car in good repair. It will be a long time before you have a new car.

ROGUE RIVER CHEVROLET

STRANGE AS IT SEEMS By ERNEST HIX

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

ACROSS

1—Thoroughfare
7—Pay back
13—King's son
14—Hardens
15—Fruit skin
16—A color
18—Turn to water
19—Writing fluid
20—Sheep
21—Beverage
22—Sodium (symb.)
23—Safe keeping
27—Hesitant expression
28—Enticing charm
30—Lowest points
32—New Economic Policy (abbr.)
33—Huge tub
34—Kind of bird
37—Panacea
40—Correlative of either
41—Trains
43—Engineering degree
44—Mother horse
46—Flow away
47—The Wallaba
48—Newspaper paragraph
50—Marble
51—Medical suffix (pl.)
52—Given by vow
54—Go with
55—Fight rings
57—Cooks in oven

DOWN

1—Leap
2—Threefold
3—Place to skate
4—Finish
5—Engineering Corps (abbr.)
6—Great fear
7—Indian
8—Printer's measure
9—Worthless man
10—Region
11—Bank clerk
12—Acid compounds
17—Head organ
22—Hawk cages
24—Subject
25—Chairman's hammer
26—Dutch cheese
29—Conjunction
31—Adherent of
34—She took famous ride
35—Speaker
36—Main trends
37—Thief
38—Go
39—Foams up
43—Oriental sash
45—Apportion
47—Book of Old Testament
49—Bill's friend
51—Dried orchid root
53—State (abbr.)
55—This

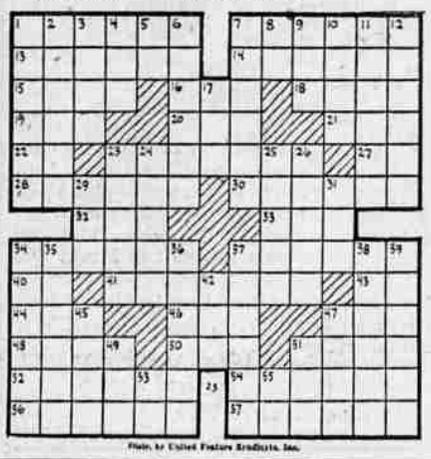

Photo by United Feature Syndicate, Inc.

BARNEY GOOGLE and SNUFFY SMITH

BLONDIE

L'IL ABNER

THE NEBBS

CHEERED UP

By GLUYAS WILLIAMS

YICK SO CHINESE HERB CO.

REMEDIES FOR STOMACH ULCERS Heart, Rheumatism, Asthma, Catarrh, Piles, Prostate Gland, Eczema and all disorders of Liver, Kidney Trouble and other complaints disappear after using.
CHINESE HERBS
Removed to Sparta Bldg.
J. H. LEONG, Herbalist Phone 5817