

Your Health and It's Care

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FLATULENCY IS NOT DANGEROUS

A middle aged woman who held an executive position in a college for women, was subject to flatulence, distension of stomach, bloating, which come on late in the evening, particularly after a busy and trying day.

When she felt the gas (as she supposed) accumulating she would walk the floor and do various gymnastic exercises in the effort to get rid of the "gas" before she could feel safe to retire.

Finally she consulted a physician, who, after careful examinations, repeated examinations, and a period of observation, decided that the woman was swallowing air as fast or faster than she could belch it or expel it. The distension of the stomach so produced alarmed her into a frenzy, and that state of anxiety made her swallow all the more as she paced the floor and did her stunts.

The physician explained the actual condition and assured the patient that if she would take the air without getting all in a dither about it, or just sit quietly and placidly and the hell with it, the "gas" would either pass into the intestine or be absorbed and no harm done. Fortunately the patient was convinced by the thorough examination and study the doctor had made, that the doctor knew better than she did. She followed the doctor's advice and found presently that there was no "gas" to worry about.

In no circumstance is such bloating, distension, accumulation of gas, air or wind dangerous. It never hampers the action of the heart. Only when the individual gets alarmed and resorts to all sorts of expedients to get rid of the "gas" quickly, does such flatulence become a medical problem.

There is only one medicine I can recommend as virtually harmless and often affording the desired relief in flatulence—one or two discs of calcium carbonate and magnesium silicate. This is an antacid, and the patient with gastric hyperacidity, heartburn, waterbrash or sour eructations may get relief for hours from a disc or two, there being about 6½ grains of calcium carbonate, 3 grains of magnesium silicate in each disc; calcium carbonate to neutralize excessive acidity, magnesium silicate to absorb acids of fermentation.

Carminatives such as peppermint, wintergreen, pepper, ginger, anise, capsicum, mustard, cloves, cinnamon, camphor, valerian, asafoetida, turpentine and worse, are crude and ineffective remedies for "gas", bloating, colic, flatulence, in my opinion.

The thing to remember, is that if you keep your composure and stop worrying about things that never happen you'll swallow less air and the air you have already swallowed will be quickly absorbed and expired with the breath or it will pass along in the normal course of digestion into the intestine, where a reasonable amount of gas or air is required for good digestion.

QUESTIONS & ANSWERS

Why Don't They Tell Me?
Perhaps you will share with me in the satisfaction of knowing that these men are passing their physical examinations and obtaining or holding good jobs, which they could not do in their breached condition. Few of them, I imagine, would ever have submitted to radical operation.

Go Right Ahead
I am thirty. Had operation for gallstones a year ago. Appendix and gallbladder removed. Would it be safe for me to have a baby? (Mrs. K. C. L.)
Answer—Yes. But your physician knows your condition best. Ask your physician about it.

Dry Air
I worked for years as elevator operator, and the air in the bottom of the shaft was extremely dry and poorly ventilated, merely sucked in from the basement where they would not ventilate because that might cause condensation in the pipes. . . . Would that account for the drying up of my lower lungs? I am 60 years of age. (M. W.)
Answer—No. (Copyright 1945 by John F. Dille Co.)

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LEGAL NOTICES

NOTICE OF FILING FINAL ACCOUNT
In the County Court of the State of Oregon for the County of Jackson.
In the Matter of the Estate of SOPHRONIA SANBORN, deceased.
NOTICE IS HEREBY GIVEN that the undersigned has filed his final account and report in the above entitled estate and that by order of the County Court in and for Jackson County, Oregon, a hearing upon the same has been set for Tuesday, the 12th day of June, 1945, in the County Court Room at the Court House in Medford, Jackson County, Oregon, at the hour of ten o'clock A. M.

NOTICE TO CREDITORS
Notice is hereby given that I have been appointed by the County Court of Jackson County, Oregon, Administrator of the estate of Thomas M. Ricketts, also known as T. M. Ricketts, deceased, and have qualified. All persons having claims against said estate are hereby notified to present them, with proper vouchers and duly verified, to me at the office of Harry C. Skyrman, Attorney for said estate, at Room 409, Medford Center Building, in Medford, Oregon, within six months from the date of this notice. Dated and first published June 1, 1945.
C. A. RICKETTS,
Administrator
Harry C. Skyrman,
Attorney for Administrator.

LET'S GO ROLLER SKATING
MEDFORD ARMORY
7:30 To 10:30
WED., FRI., SAT. and SUN. NIGHTS
SKATING PARTIES by SPECIAL ARRANGEMENT



The world-renowned Cristian family will be a feature of the Russell Bros. Pan-Pacific circus which will show here Thursday, June 7. Four members of the famous riding clan are shown here.

HEREFORD ASSN. PLANS KLAMATH SALE OCT. 28-29

Plans for the forthcoming show and sale of the Cal-Oregon Hereford association, to be held October 28-29 at Klamath Falls, were drawn at a recent meeting of the association's sales committee, it was announced today by John S. Day, association president. The committee hopes to not only again conduct a financially successful sale but also to promote use of better quality cattle, Day said.

Members of the sales committee and present at the meeting which was held at the Mountcrest Ranch, Hill, Calif., were Elmer Balsiger, Bill Serruys and Lawrence Horton, of Klamath Falls, and Claus Charley, of Brownsboro and John Day, of Medford. Also attending were Bert Hoy, vice president of the association, Fred Bayliss of Mountcrest Ranch, past president and Mitchell Tillotson, secretary and sales manager of the forthcoming show and sale.

Earl Walters has definitely been confirmed as auctioneer for the sale, to be assisted in the ring by a number of well-known livestock publication representatives. The sale, Day pointed out, has gained national recognition as featuring cattle from the finest Hereford ranches on the Pacific coast.

Many of the finest Hereford bulls and females are sold to meat raisers for foundation herd sires in registered herds and range bulls in commercial herds, at the annual Cal-Oregon sale. President Day stated, adding that the sale has been an important factor in increasing the quality of beef in this country. "The Hereford is the first meat animal on the market and national market reports show that 85 per cent to 90 per cent of the top quality meat is from the Hereford line."

"Because of this leadership the nation's meat supply is directly affected by the quality of beef produced on the cattle ranches of the nation. The maintenance of the high quality on these ranches by use of good Hereford bulls should have a priority among all the essential activities of cattlemen."

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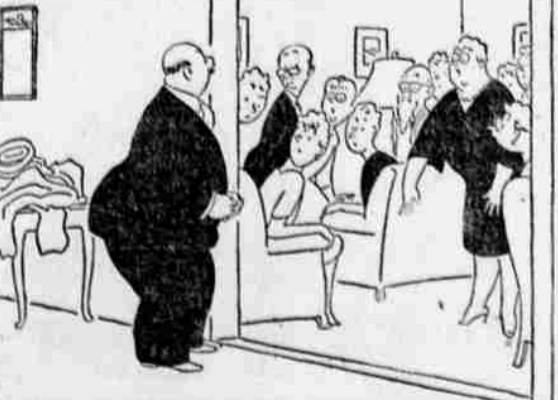
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SUBURBAN HEIGHTS by GLUYAS WILLIAMS



Mrs. Perley was so embarrassed when Fred refused to give up his weekly \$500 bridge game the night that it was the Perley's turn to entertain the current events club, that she invented an elaborate tale, to explain his absence, of his having been called out of town, which made it awkward all around when Fred returned and showed up.

CHILDREN TO PRESENT PROGRAM AT CHRISTIAN
The boys and girls of the Christian Church Bible school, Ninth and Oakdale, will present a program Sunday, "Children Around the World," as their Children's Day presentation. The program will be given at 10 a. m. All members of the Bible school will meet in their departments at 9:45 for taking of the roll and special offering.

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

STRANGE AS IT SEEMS By ERNEST HIX



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ROGUE RIVER CHEVROLET

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLES

ACROSS

- 1—River mouth
- 2—Dissemination
- 3—Number book
- 4—Pages
- 5—Eye
- 6—Negative
- 7—Devise
- 8—Conclude
- 9—Musical note
- 10—Formerly (post.)
- 11—Fury
- 12—Strike
- 13—Droops
- 14—Stage of moon
- 15—Score
- 16—Raccoon
- 17—Mite public
- 18—Greek commune
- 19—Island in the Pacific
- 20—Central European river
- 21—Small tubes
- 22—Compass point
- 23—Medley
- 24—Village in "Orlando"
- 25—Strip
- 26—Handy-like noun
- 27—Bristle
- 28—City in France

DOWN

- 1—Tent of faith
- 2—City's name
- 3—Vassa
- 4—Toward
- 5—Demonstrative pronoun
- 6—Greek island
- 7—London district
- 8—Tribes to be united to
- 9—Thwart
- 10—Island in Mediterranean
- 11—Vign
- 12—Part of foot
- 13—Unrefined metal
- 14—Flower
- 15—Small bottles
- 16—Edge of water
- 17—Scale in liquid
- 18—Stormier
- 19—Balanced
- 20—Highest point
- 21—Bon of Adam
- 22—Fool
- 23—Artisan
- 24—Shield
- 25—Stray
- 26—Where Learning Tower is
- 27—Home of Irish
- 28—Permit
- 29—Bastille
- 30—Senior (abbr.)

