

Your Health and It's Care

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THE PREDISPOSING FACTORS OF APPENDICITIS

In the preceding talk about appendicitis I gave the gist of our present knowledge of the direct cause—
infection—and, since there is no consensus of medical opinion, so far as I can learn, concerning indirect or predisposing factors, I give here my idea about such contributing causes.

As mentioned earlier, most physicians and surgeons at present regard the presence of undigestible foreign bodies such as seeds or fecal concretions in the appendix as a consequence of one or more attacks of appendicitis rather than a cause, for the healthy, normal appendix is as empty as it is blind, and it admits nothing from the cecum (head of large bowel), not even mucus. Moreover the appendix does not secrete anything or function as the "oil can" of the intestine. In fact the appendix has no function. It is merely an evolutionary relic or vestige, in man, of what, in animals, is still a functionally important portion of the alimentary tract. But don't infer from this that you ought to eat more rabbit food. It is fifty thousand years too late now.

Besides, there are other and better reasons why most of us ought to eat more rabbit food, as we shall explain presently.

Remember, I am giving merely my opinion about contributing causes of appendicitis. I believe constipation itself is not a contributing cause, although I believe that one of the causes, if not the chief cause of constipation, namely, vitamin B1 (thiamine) deficiency is an important predisposing cause of appendicitis.

As a matter of fact we know now that vitamin B1 (thiamine) is essential to maintain what physiologists and physicians call "tone," resiliency, vigor in the

alimentary muscle, that is, the involuntary muscle coat of the stomach and intestine, and that there is inevitably lowering of tone and impairment of digestion if the daily supply of vitamin B1, (thiamine) is inadequate—as it is almost sure to be when refined white flour and refined white sugar constitute the sources of most of the daily calories, as these starchy foods do in the diet of so many unfortunate children and their ignorant, credulous parents in Yankee land. I hope no reader of this is so ignorant as to resent being called ignorant. Show me a person who is not ignorant about one thing or another and—well, you can't do it.

Please bear in mind that it is not constipation but vitamin B1 (thiamine) deficiency that, in my judgment, predisposes to appendicitis. Keeping this fact in mind, I think it is good sense and good therapeutics to combine B1 (thiamine) with any medicine you may take as a laxative, or "regulator" if you insist. Further I would suggest that if you must take any laxative at all it had better be cascara combined with thiamine, but only sufficient cascara to give the tonic effect, never enough to produce catharsis, and always in two or three very small doses (of cascara) daily rather than one large dose a day, the idea being to tone, not to physic.

QUESTIONS & ANSWERS

Headache
I'd like to know more about calcium for earache. (C. D.)
Answer—Ideally the best way to take calcium is in the form of milk or cheese. Otherwise it matters little what calcium salt you take, so long as you take enough vitamin D along with it to insure good utilization of the calcium. Send ten cents (in negotiable condition, not messed up with blue plaster, pins, staples and the like) and stamped self-address envelope for booklet "The Calcium Shortage."
How to Lose Weight
I leave for my vacation at the seashore the first of August and I simply must reduce twelve pounds before that. (M. M.)
Answer—Perhaps the safest way would be to have your leg amputated just below the knee. However, if you prefer to keep your leg, and your head, you may make fair headway with your reducing by that time—perhaps four or five pounds—following the regimen given in pamphlet "I'm mailing you 'How to Lose Weight.'" (Copyright 1945 by John F. Dille Co.)

4-F'ER COLLECTS TIMBER RATTLERS FOR USE OF ARMY

Ithaca, N. Y. (U.P.)—Jesse C. Nicholls, Jr., has a unique and exacting wartime occupation—collecting timber rattlesnakes for the army.

The son of a retired Army officer, Nicholls found it hard to accept a 4-F classification with two brothers in uniform. For a time he was a flight instructor, but was "shelved" for physical reasons.

Young Nicholls took the "bit" in his teeth and decided to do something both dangerous and essential for the war effort. He studied timber rattlers and their locales.

Sent To Florida
In the summer of 1944, at Erwin, Tenn., he started as a volunteer collector to supply Army needs for antivenin serum. Nicholls recently left Ithaca for his second expedition to collect snakes. They are expressed to

Florida, where the serum processing takes place.

Snake snaring is an exacting job, he warns, taking place so far from civilization that the collector cannot afford to make mistakes. Nicholls "pins down" victims with a forked stick, loops their heads with a slip noose, and works them into carrying-cases, alive and uninjured.

Mountaineers Helpful
Native mountaineers have been helpful, Nicholls said. "Just show stranger-very moonshiners a rattler," he added, "and after that there is simply no suspicion. They pitch right in and run risks in behalf of their own relatives who are now overseas."

Nicholls, the only person known to have offered his services in the dangerous occupation, gives special credit to helpers Hattie Lord, Stover Wise, "Little Will" Howell, Johnny Thompson, and a youthful native nurse whose name is Queen Victoria Goodman.

LIKE OLD TIMES
Portland, Me. (U.P.)—After nine years' separation, Douglas Morrill and his brother Paul, and Thomas Estes, who had lived with the Morrill family as a boy, all were reunited at an engineer command post in Italy.

'Door Talks' in Court



Mrs. Ermilia Roohan is shown in Los Angeles court with knife and scabbard behind her. She charged her husband constantly threatened her life and repeatedly threw a butcher knife at her but explained that she was never hit because she would dodge behind the door.

RED CROSS SEATS NEW DIRECTORS IN ANNUAL MEETING

Committee, Corps Chairmen Report Wide Range of Activities, Heavy Program

Introduction of various committee and corps chairmen, talks by servicemen returned from overseas duty, and election of directors featured the annual luncheon meeting of the Jackson County Red Cross chapter, held in the courthouse auditorium at noon Thursday. More than 150 persons attended the meeting, presided over by Seth Bullis, chairman.

Mrs. Justin Smith, spokesman for the nominating committee, submitted the list of nominees for the board of directors and the entire group was unanimously elected.

Some Re-elected
As provided under the amended constitution adopted by the chapter last year, the following were re-elected to the board: Frank J. Holbrook, Frank Van Dyke, Mrs. Alex Keuhlthau, C. A. Meeker, Henry W. Frame, Mrs. Leonard Carpenter, Mrs. Helen Davis J. B. Coleman, Col. W. H. Paine, Mrs. J. W. Horsley, L. S. Ettinger, Mrs. Maude Pool, and Mrs. Mattie Carson.

New directors elected to the board this year are H. L. Brown, Tom Wray, E. H. Hedrick, Dwight Houghton, Dr. Walter Redford, Mrs. Moore Hamilton, and Allan Perry.

Speaking on the work of Red Cross directors overseas, Major Kenneth N. Hyatt described uses made of kit bags given servicemen on embarkation and appreciation of the men for shows, blood plasma, and toilet articles, and canteens in battle areas, providing do-nuts and coffee.

Work Described
Lt. Daniel Klassen of the navy told of Red Cross work being done in hospitals and rest camps overseas, and Lt. Boyd Bellamy, recently liberated from a German prison camp, related his experiences in the camp and said the weekly food packages and Swiss Red Cross workers were highly welcomed by the men.

Introduced as special guests were Col. and Mrs. John Young, Lt. Col. and Mrs. T. J. McCullough and Lt. Commander Louise Paul of the navy medical staff. Miss Jean Farley sang, accompanied by Mrs. Royal E. Bebb.

The chapter report issued at the luncheon showed a total of 2,309 home service cases handled from July, 1944 to July, 1945 and 887 home visits and 1,131 interviews made. In volunteer service, 4,481 persons throughout the county gave 98,253 hours to various committees doing Red Cross work.

Many Hours Given
Home service corps and aides gave 1,171 hours, made 237 home visits and 633 office interviews during the year, and the staff assistants' corps lists 27 aides who gave 7,238 hours to answer 9,512 desk inquiries and 11,689 telephone calls.

A total of 574½ hours were given by 59 nurse aides at the Sacred Heart, Community and Camp White hospitals and the County Clinic. Camp and hospital committee members provided 34 entertainments and 2,055 gifts at the centers.

Seven motor corps aides spent 1,678 hours in making 1,181 trips covering 11,763 miles for Red Cross work, and 30 Gray Ladies made 3,709 ward visits at the Camp White hospital.

Junior Red Cross, with a 100 per cent membership in Jackson county schools, made 11,615 articles for servicemen, and gave 13,933 hours of work at the two work shops. Under nurse recruitment, 20 nurses and 48 student cadets were interviewed.

Heavy Production
Production corps workers included 42 sewing units with 1,140 volunteers who spent 28,381 hours in making 10,549 articles. Eight surgical dressing units with 1,020 volunteers produced

347,838 articles in 19,280 hours. Tabulations from the Ashland branch list 316 volunteers who spent 10,187 hours in Red Cross work, and the Camp White army auxiliary group had 151 volunteers who gave 3,833 hours.

Chapter services to the community home front were carried on through the home nursing group which conducted 8 classes and certified 271 persons. First aid instructors conducted 13 classes from which 203 received certificates, and 24 classes in water safety had an enrollment of 892 persons. Twenty accident prevention instructors received certificates and the nutrition heads held a training class.

Emergency highway stations handled 21 accidents near Siskiyou Patrol, Rogue River, Brownboro, Prospect and Shady Cove.

On the Radio Chain

Chain affiliation and where they are on the dial:
KALE (MBS) 1230, Portland; KEX (ABC) 1190, Portland; KGW (NBC) 810, San Francisco; KGW (NBC) 810, Portland; KJR (ABC) 1000, Seattle; KXN (CBS) 670, Los Angeles; KOA (NBC) 850, Denver; KORN (CBS) 870, Portland; KOMO (NBC) 850, Seattle; KPO (NBC) 680, San Francisco; KSL (CBS) 1160, Salt Lake City.
Time shown is PWT.

THURSDAY FRIDAY

5:00 p. m. Terry and Pirates, ABC; O.K. For Release, NBC; Sam Hayes, NBC.
5:15 p. m. Dick Tracy, ABC; Superman, MBS; Betty and Bob, NBC.
5:30 p. m. Fights, MBS; Alan Named Jordan, CBS; Supper Club, NBC.
8:15 p. m. Fleetwood Lawton, NBC; Tonight in Hollywood, CBS.
8:30 p. m. Correction Please, NBC; It Pays to Be Ignorant, CBS; Frances Greer Show, ABC.
9:00 p. m. Night Editor, NBC; Tom Breneman, ABC; News, MBS; Aldrich Family, CBS.
9:15 p. m. Cited for Valor, NBC.
9:30 p. m. Adventures of Thin Man, CBS; News, ABC; Freedom of Opportunity, MBS.
10:00 p. m. Fulton Lewis, Jr., MBS; News, NBC.
10:30 p. m. Orchestra, NBC; Orchestra, CBS.
11:00 p. m. Orchestra, NBC; Orchestra, CBS.

SATURDAY

5:00 p. m.—Youth on Parade, CBS; Orchestra, ABC; Freddie Martin, NBC; Now Take My Case, NBC.
9:30 p. m.—Boston Symphony, ABC; Twilight Concert, MBS; News, NBC.
9:45 p. m.—News, CBS; Elmer Peterson, CBS.
6:00 p. m.—Barn Dance, NBC; Your Hit Parade, CBS.
6:30 p. m.—Can You Top This? NBC; Spotlight Bands, ABC.
6:45 p. m.—Saturday Serenades, CBS.
7:00 p. m.—I Sustain The Wings, NBC.
7:15 p. m.—Assignment Home, CBS.
7:30 p. m.—Grand Of Opry, NBC; Red Ryder, MBS.
8:00 p. m.—Early American Music, ABC; America in the Air, CBS; Truth or Consequences, NBC; Chicago Theater of the Air, NBC; Leonard Stowe, ABC; Dance Band, CBS.
8:30 p. m.—Variety Hall, NBC; Leonard Stowe, ABC; Dance Band, CBS.
9:00 p. m.—Views and Interviews, ABC; News, MBS; News, NBC; News, MBS; News, NBC.
9:15 p. m.—Dream Boat, MBS; Orchestra, NBC.
9:30 p. m.—Orchestra, MBS.
9:45 p. m.—Don't You Believe It, CBS.
10:00 p. m.—News, NBC; Kay's Kanteen, ABC.
10:15 p. m.—Hollywood Barn Dance, CBS.
10:45 p. m.—Mary Ann Mercer, NBC.
11:00 p. m.—Orchestra, CBS; This Moving World, ABC; Orchestra, NBC.

HOW TO BUY A HAT

Marengo, Ind. (U.P.)—Mrs. Ella Murphy, a milliner here for 55 years, says that there is only one positive test of whether a woman's hat is the latest style. "Try on the hat before your husband," sprightly, 71-year-old Mrs. Murphy said. "If he looks horrified and utters a cussword, you can be sure that the hat is in style."

Use Mail Tribune Want Ads.

WANTED
25 USED CARS and TRUCKS. Will pay Highest Market Price.
CALL or SEE your Dodge-Plymouth Dealer
L. C. TAYLOR CO.
Phone 2965

THE NEIGHBORHOOD LEAGUE



MR. SELZER WAS FLATTERED WHEN THE BOYS ASKED HIM TO SETTLE AN ARGUMENT OVER WHETHER A RUN COUNTS IF ON A CLOSE PLAY AT HOME. THE RUNNER MIGHT OR MIGHT NOT HAVE SCORED IF THE CATCHER HAD NOT KICKED THE BALL BEING USED AS HOME PLATE OUT OF HIS REACH AS HE SAID IN — THE COUSINSHIP BEING EDDIE SELZER TIME TO GO IN THE BACK YARD AND GET HIS NEPHEW AND BALL WITHOUT BEING WAKED FOR WEDDING IN THE GARDEN.

SOLDIER PREFERS TO GUARD JAP PRISONERS

Wichita Falls, Tex. (U.P.)—Cpl. Alton Easterwood of Wichita Falls has one big ambition.

Back home at last, the 25-year-old veteran is a survivor of the "Death March" from Bataan and three years of "dog's life" in a Japanese prison camp.

"I want to go back," he said. "I want to finish my military career guarding Jap prisoners."

Time lost from farm accidents last year equaled that required to produce five bushels of wheat for every person in the United States.

Use Mail Tribune Want Ads.

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 474

ROGUE RIVER LODGE

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

ZERO CLUB

Out of bounds, civilians only Delicious chicken and steak dinners 7:00 p. m. to 3:00 a. m. except Sunday. Phone day time 5300; night 9101

STRANGE AS IT SEEMS By ERNEST HIX



PHANAMA, TURKEY, AND ONE GERMAN CIVILIAN WERE NECESSARY TO PREVENT A TRUCKER FROM FALLING INTO NAZI HANDS. ANCHORED IN TURKISH WATERS, THE SHIP HAD TO BE SOLD TO GERMANY BY ITS GERMAN OWNER, BUT WAS FINALLY ALLOWED TO BE SEIZED BY TURKS TO KEEP IT NEUTRAL.

BARNEY GOOGLE and SNUFFY SMITH



BUZ SAWYER



BI-ONDIE



L'L ABNER



THE NEBBES



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DO YOU KNOW?

"Slam-Bang" driving makes the tires squeel on turns and jamming on brakes whenever a turn is made—it may all be very thrilling but it's also very expensive.

ROGUE RIVER CHEVROLET

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60

ACROSS
1—Lounge
2—Bunches of hair
3—Love affair
4—Site of temple of Jerusalem
5—Owner of vineyard coveted by Ahab
6—Eye-green tree
7—Trap
8—Bosely bud
9—Goddess of dawn
10—Bands for hair
11—Thus
12—Go in
13—Fishes
14—Drastically
15—Arabian Nights
16—White
17—White
18—God's messengers
19—A number
20—Har (comb. form)
21—Cloth measure
22—Evergreen tree
23—Bosely bud
24—Goddess of dawn
25—Bands for hair
26—Thus
27—Go in
28—Fishes
29—Drastically
30—Arabian Nights
31—White
32—White
33—God's messengers
34—A number
35—Har (comb. form)
36—Eye-green tree
37—Trap
38—Bosely bud
39—Goddess of dawn
40—Bands for hair

DOWN
1—Able
2—Speech
3—Brown pigment
4—Raccoon
5—Strack
6—Weight
7—Incline
8—Meadow
9—Hilghest
10—Calls for attention
11—French river
12—South Sea
13—Silly
14—Cure leather
15—Charge for service
16—Semi-precious gem
17—Ahead of time
18—Afternoon party
19—Lamprey
20—One of three
21—Kind of igneous rock
22—Silly
23—Silly
24—Silly
25—Silly
26—Silly
27—Silly
28—Silly
29—Silly
30—Silly
31—Silly
32—Silly
33—Silly
34—Silly
35—Silly
36—Silly
37—Silly
38—Silly
39—Silly
40—Silly

THE REPORT IS ALL READY, BUT I PREFER MY ENLISTED STATUS FOR JUST ONE MORE DAY



THE SUPREME SALUTE SPELLED BACKWARDS, SIR!!



ADDED FROM A GUARD, A FINGER, MOVING EVER SO SLIGHTLY, CAN TELL WORLDS.



NOT MUCH BEEN ABOARD SEVERAL THAT'S ALL.



IF MY BROTHER, DOCTOR STITCH ALWAYS HAD BIG OPPORTUNITIES TO SHINE BUT IF I HAD A CHANCE I'D SHOW THE WORLD HOW MUCH GREATER I AM THAN HIS GREAT ON-SARTIN' AN' CONFOOZED.

