

Your Health and It's Care

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KEEPING WARM WITHOUT CODDLING

There is a way to keep warm without coddling that is advisable, in my opinion, for the majority of growing children and adults in the United States and Canada. I mean the Iodine Ration—that is, insuring the intake of iodine daily that nutrition authorities deem essential for good nutrition and good metabolism in childhood, youth and adulthood.

Not only is the basal temperature, the metabolism, the vital fire low in persons who get insufficient iodine but one of the commonest complaints of such persons, whether youthful or mature, is that they feel cold even when normal persons in the same room or environment are comfortable or perhaps too warm for comfort. And it is characteristic of iodine-deficient individuals to wear or want to wear more clothes at all times than a normal person can endure.

In comparatively few regions in the United States and Canada the soil and the drinking water may still contain enough iodine (iodides) to supply the minimum daily quantity required for good nutrition, through the iodides in the water or in the food grown on the soil and water (meat, milk, eggs, vegetables etc.). A small minority of people in the North American continent may get enough iodine in the fish and shellfish from the sea they happen to eat when such food is available.

Even so, I recommend to every man, woman and child in the country who is not under medical care or treatment, the regular practice or habit of taking a suitable iodine ration every day or at least a few times a week the year around to insure against iodine deficiency. For details of this read the pamphlet "Iodine Ration" available on written request if you provide stamped self-addressed envelope—a regular size envelope, not a doll size, please.

Chronic tired feeling and lack of usual or former ambition, energy or pep, a state little if any relieved by a rest or a vacation; a tendency to accumulate flabby excess weight; depression of spirits and a bleak or almost melancholy outlook; premature graying and falling of hair and other signs of premature aging; mental torpor, tendency to doze too much and to lie too long abed; poor memory, poor circulation as evidenced by cold hands and feet...

Mind, now, I do not say the Iodine Ration is a cure-all. I merely suggest that nearly every one needs it—and I would not suggest it if I did not believe that it can do no harm to try it in any event—that is, if you are not under medical treatment. If there is anything in particular the matter you should ask your physician whether you may take the Iodine Ration—don't ask me, for I'm not your physician.

QUESTIONS & ANSWERS
Asepsis in Dentistry
Old dentist makes us wait several weeks for appointment. I found another, recently returned from service, who took care of me the day after... This new one wastes a good deal of time. It seems to me, in repeated washing of his hands. (W. R.)
Answer—That's the way more dentists should "waste" more time, if you ask me. Too often the dentist is content to "sterilize" instruments with a dash of some "antiseptic" instead of boiling or steam sterilizing them. Too often he leaves the chair to do this or that, telephone, shake hands with a visitor, even examine a mouth, and to save time, resumes work without washing his hands. That sort of dental service is a fraud at any price.
What! No More Internal Bathing?
Received your booklet "The Constitution Habit and Colon Hygiene" about five months ago. Since that day I have not taken a laxative or enema. When I started to follow your plan my bowels did not move for...

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End of Rope for Many Japs



United Press Foreign Correspondent Ernest Hobercht (left) and Col. Robert H. Hardy, Yakima, Wash., examine new rope and hangman's knot on gallows of Sugamo prison, Tokyo, where 330 Japanese, including former Premier Hideki Tojo, all accused of committing war crimes, await trial. Hobercht will cover trials.

NAVY MAY DROP BELL-BOTTOMS

Washington, Jan. 2—(UP)—Bell-bottom trousers may be discharged from the navy next spring, but coats of navy blue plan to sign up for another hitch and remain indefinitely as a regular part of the navy uniform.

The navy disclosed last night that it has sent 2,500 new-type uniforms to the Atlantic and Pacific fleets and to shore stations to undergo three-month tests.

If the tests prove successful, conventional trousers will replace the wide, bell-bottom trousers which have been worn by seafaring men since the 14th century, the navy said.

The traditional neckerchief—designed by the British admiral in mourning for Lord Nelson—also is slated to go in favor of a black four-in-hand tie.

The body-tight jumpers will be replaced by a sport shirt, the navy said, if the new sailor uniforms are adopted. A tailored, waist-length battle jacket is provided for dress or winter attire.

The navy said there are three separate uniforms in the new outfits—blue, gray and white—with shirts to match.

The traditional short overcoat, "pea coat," will be retained as part of the new uniforms.

Join Accident Prevention Effort Is Plea To Jackson Co. Residents

George Davis, chairman of the accident prevention committee of the Red Cross for Jackson county, today appealed to county residents to enroll in accident prevention courses and otherwise participate in accident prevention months which is to be observed through January.

"An appeal is made for the people of the county to help make Jackson county a safer place to live," Davis declares. "We read in our newspapers daily of the increase in the number of accidents in this county and other sections. By accidents, reference is made to those accidents that occur in our homes and on the highways. Home accidents top the list in number, the reason being that people in their homes grow careless. They leave things laying around that might cause someone to get hurt."

Enrollment Urged
Mr. Davis urges every one to cooperate by enrolling in the classes and points out that it costs nothing to take the class work. Those interested are to phone the chapter office in the courthouse or Mr. Davis at the Perl Funeral home.

Slogan for the month is the old adage, "an ounce of prevention is worth more than a pound of cure."

Stairways Hazard
"Take a look at your stairways. Are they free of shoes or boxes that might have been placed there just to get them out of the way? How about that extension cord laying on the floor that has a break in the insulation that you have been intending to fix, or that chair with the broken rung? Little things, yes, but they can be big things if they cause an accident, with someone injured or even a life lost."

"Because accidents are becoming so prevalent all over the nation, the American Red Cross has organized a council known as the Accident Prevention council the duty of which is to make studies of accidents and determine how they are caused. After the council had completed an analysis of accidents and their causes and prevention, the Red Cross compiled a course of instruction which is taught in a fashion similar to the first aid classes."

Jackson Co. Leads
"Last year Jackson county led all other counties in the state in starting accident prevention classes. Eighteen people were trained as instructors. This year the committee is planning a big safety campaign covering Jackson county as widely as possible, and the 18 qualified instructors will hold classes. With January designated as safety month, it is the aim of the accident prevention committee to

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EVERY TUESDAY, THURSDAY, FRIDAY, SATURDAY EVENING
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SUBURBAN HEIGHTS

By GLUYAS WILLIAMS

FRED PERLEY ASSIGNED THE PASSENGERS ON THE 8:05 BY ASSIVING AT THE STATION AT THE LAST SECOND, CUT OF BREATH AND RUNNING LIPS, HE BECAME AFTER STRUGGLING INTO ONE OVERSHAKE HE COULDN'T FIND THE OTHER WHICH HIS PUPPY HAD MADE OFF WITH AND DIDN'T HAVE TIME TO TAKE THE FIRST OVERSHAKE OFF AGAIN

state's office was informed to day.

THE GRANGE

Grange Council
Due to the Oregon state grange conference being held at Central Point, Jan. 10, the meeting of Jackson County Grange Council, scheduled for Jan. 9, has been postponed until Jan. 16.

Use Mail Tribune Want Ads.

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

German Officers Hanged By Reds

London, Jan. 2—(UP)—Radio Moscow said last night that two German generals and a corporal were hanged yesterday in the Bryansk public square for atrocities committed in the Bryansk and Bobruisk areas during occupation.

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

"CHALKERS" WILL BE CLOSED UNTIL JAN. 4

Open As Usual Starting Jan. 5
For future reservations Phone Gold Hill 474

STRANGE AS IT SEEMS By ERNEST HIX



By Ernest Hix

BOSTON WORLD FAIR PROPOSED FOR 1948

Boston, Jan. 2—(UP)—A world's fair in Boston in 1948 was proposed today by Walter R. Doane, of Berkeley, Cal., a member of the California New England association.

GOOD BEGINNING
Berkeley, Cal., Jan. 2—(UP)—Dr. J. Robert Oppenheimer, director of the Los Alamos, N. M., project which assembled and tested the atomic bomb, today hailed the Moscow declaration as a "very good beginning" to international control of atomic research.

PLAN NEW PARTY
Sacramento, Jan. 2—(UP)—The formation of a new "All-American" political party in California will be sought by an organization called the American Voters, Inc., with headquarters in Los Angeles, the secretary of

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L'IL ABNER

THE NEBBS

DO YOU KNOW?

There are millions of suffering children all over the world who need your old cast-off clothing desperately—save your old clothes for the clothing drive

ROGUE RIVER CHEVROLET

to be announced shortly.

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	61	62	63	64	65	66
67	68	69	70	71	72	73	74	75	76	77
78	79	80	81	82	83	84	85	86	87	88

ACROSS
1—Woman in army
2—Mr. Baha
3—Pants
4—Aims box
5—Wings
6—Pants
7—Rational
8—Happening
9—Period of darkness
10—Swiss tax
11—Grace beverage
12—Hearing organ
13—Herald
14—Shield (arch.)
15—Kind of cloth
16—Rumpled
17—Bite (colloq.)
18—Collide with
19—Islands (Fr.)
20—Bow
21—Refreshing air
22—Heavenly body
23—Ballist dancer
24—Heraldic bearing
25—Son of Seth
26—Fetal
27—Deserts
28—Primarily title in India
29—Affirmative

DOWN
1—Long boot
2—Vigorous
3—Cure of cat
4—Segment
5—Cure
6—Pierresque
7—The black book
8—Rime
9—Belties
10—Cure leather
11—Omnibus
12—Attack
13—Make-up
14—Islands
15—Conquer
16—Period of time
17—Color
18—Vestibule
19—Danish coin
20—Small pastry
21—Crowning
22—Yellow fruit
23—Boreas
24—Pull of life
25—Boreas
26—Appears
27—Cin of war
28—Mountain in Greece
29—Conciliatory
30—Pretter: three
31—Pretter: not

BARNEY GOOGLE AND SNUFFY SMITH

BUZ SAWYER

L'IL ABNER

THE NEBBS

THE NEBBS