

## Your Health and Its Care

By DR. WILLIAM BRADY, M.D.

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## FIRST AID ON THE ROAD



Despite safety campaigns, the increasing skill and competence of drivers and the improved management of automobiles, the accident rate is still appalling. Once the accident has occurred, safety slogans and second guessing are of little avail. The injured person is at the mercy of the "first-aiders," whose actions may decide the matter of ultimate life or death.

No treatment is better than wrong treatment. Unthinking, frenzied haste is deplorable. The wild urge to immediately pick up the victim and rush him to some other locality, is perhaps the greatest single hazard to combat. The volunteer first-aiders would do well to spend as much effort in controlling himself as he does in his efforts to aid the injured.

The victim of an accident who is lying on the road, is for the moment, just as well off as he would be lying in a hospital bed. The fact that the road is hard or wet—is a matter of no great importance.

The one situation which calls for quick and sustained action is hemorrhage. Arterial, spurting hemorrhage may cost a life in a very few minutes. No time should be lost in thinking up a method for applying a tourniquet in hemorrhage, until pressure has been applied and maintained at the bleeding point. The bare hand will suffice for the moment, until some portion of the victim's clothing can be applied under pressure to the source of the bleeding. It is essential that this pressure be maintained, without interruption. It is not advisable to withdraw the pressure to see if the bleeding will still continue.

In lesser hemorrhage, such as bleeding from the skin, or the scalp, pressure may likewise be applied, but it is permissible to occasionally change the material used in the endeavor. An amount of pressure just sufficient to stop the bleeding is all that is necessary. More may be injurious, especially if applied to the neck where it may cut off the victim's airway.

In the absence of profuse bleeding, there is little of a positive nature that the first-aiders can do which might be helpful, but there is much that can be done which is harmful. A good rule which has had wide publicity is "TREAT THE PATIENT WHERE HE LIES!" If, for instance, the victim has a broken back, neck or extremity, any movement may suddenly and fatally complicate the situation.

If the victim is unconscious, there is all the more reason to leave him where he lies, at least until he has recovered in some degree from shock. Movement of a person in shock may cause death. The first thing to think of, if the victim is unconscious, is his ability to breathe. His airway may be obstructed, and this usually can be relieved by gently turning his face downward to permit blood or other material to drain away from the throat. The brain may be fatally damaged by the lack of oxygen incident to obstruction to breathing.

The admonition against haste does not apply to the call for competent help. But in these days of crowded thoroughfares, it would seem the part of wisdom to stay with the victim pending the arrival of someone who can

call for help. An accident victim who is not bleeding externally, may be bleeding furiously internally, but if this complication does not exist, delay in the arrival of competent help is not as serious as it might at first seem to be.

When the victim is finally lifted, or removed from the wreckage, he should be moved in a straight line or plane. Several helpers can be of great advantage in this maneuver. His back or extremities should not be allowed to bend. Transportation in the bottom of a truck is much preferable to a passenger automobile.

Finally, the desire to speed the patient to the hospital must be tempered with judgment. An excited driver under these circumstances is a prime ingredient for another accident. It must be remembered that after the patient arrives at the hospital, much time must be used in observing him and determining the necessary line of treatment. The very few minutes which might be saved by a high-speed, dangerous trip are quickly used up at the hospital, and many more to boot, in the process of observation.

## QUESTIONS &amp; ANSWERS

Mother Is Yeller

Will it harm a child 3½ years old for the mother to be forever yelling at him at the top of her voice and watching every move the child makes?

Answer—Yes. Mother might find a little tempering of her manner would bring better response.

## Great Results

I feel it my duty to tell you of the great results I had from taking your iodine ration. For some four or five years I had been constantly tired and sleepy and inclined to take a gloomy outlook. After a few weeks on the iodine ration I got back all my old pep and cheerful spirits. My family thinks it is wonderful. Mrs. S. C.

Answer—Thousands of women in their forties and girls in their teens and men past middle age suffer similar manifestations from iodine deficiency. Send stamped self-addressed envelope and ask in writing for pamphlet IODINE RATION.

## Cancer Caught in Time

Father wrote to you about injection treatment of hernia. When the doctor you recommended examined him he found the trouble was cancer. He said he was successfully operated on, and there has been no sign of recurrence to date—seven years later. (G. H. W. Jr.)

Answer—Your father was indeed lucky. (Copyright 1950 by John F. Dille Co.)

## Nation's Prosperity

## On Shaky Foundation

Los Angeles, Jan. 18.—(U.P.)—A former chairman of the president's council of economic advisors said today that the nation's prosperity was on a "shaky foundation."

The short-run outlook for business is good, Dr. Edwin G. Nourse told 500 Los Angeles business men, but the nation's heavy debt carries a "solemn warning" of later disaster.

"I am not happy to see government slipping back into deficits as a way of life in a period when production and employment are high," he said. "Good government management is the same in principle as good family management and good company management."

"The answer is a vigorous and systematic program of reducing outgo and increasing income, which will get us back to a balanced budget."

Henry H. Helmann, executive manager of the National Assn. of Credit men, said farm income will go down this year, unemployment may increase and business earnings will be off 10 to 15 per cent.

Dead line on Classified Ads: 5:30 p.m. for following day; 10 a.m. Monday for Monday; noon Saturday for Sunday a.m.

## So Original!



7054

## Alice Brooks

Something different for your guest linens! Edge them with crocheted tulips; the design is in simple lazy-daisy and outline stitch!

Easy crochet and embroidery! Pattern 7054 has transfer 6 motifs 4½x12 inches; crochet directions.

Our improved pattern—visual with easy-to-see charts and photos and complete directions—makes needlework easy.

Send **TWENTY CENTS** in coins for this pattern to Medford Mail Tribune, Household Arts Dept., P. O. Box 5640, Chicago 80, Ill. Print plainly NAME, ADDRESS with **PATTERN NUMBER**.

Just off the press—our new Alice Brooks Needlework catalog! Send fifteen cents in coins for your copy. Illustrations of designs for crocheting, knitting, embroidery, toys, quilts, children's clothes. Free needlework pattern is printed in book.

## Packard Cuts Price

## Of Ultramatic Drive

Detroit, Jan. 18.—(U.P.)—Packard Motor Car company today cut the price of its ultramatic drive automatic transmission from \$225 to \$175.

Karl M. Greiner, vice-president and general sales manager, said the reduction was "one of the biggest single price cuts, both dollar-wise and percentage-wise, effected in the automatic transmission field to date."

## The Grange

## Gold Hill Grange

H.E.C. Chairman Ethel Askin announces a change in serving committee for January 19, initiation night at Gold Hill Grange. Each Grange lady is asked to bring a half dozen sandwiches for refreshments. The committee formerly appointed, will be asked to serve at a future date.

## Griffin Creek Grange

Griffin Creek Grange held its regular meeting Thursday, January 12.

HEC will meet Thursday, January 19, for a 1 o'clock luncheon at the home of Mrs. Lloyd Hamlin, route 1, Arnold lane.

There will be a big dance at the Grange hall Saturday, January 21. All Grangers and invited guests are urged to attend. A variety of music, square dancing, round dancing and a good time for everyone. Proceeds will buy new records and music.

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## SOCIETY and CLUBS

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## Methodist Women

## To Give Tea Friday

Disregarding the severe weather, women of the First Methodist church are continuing with plans for the annual membership tea, to be held Friday afternoon at the home of Mrs. G. A. Schuler, 33 Valley View drive.

The tea, held each year to provide an opportunity for women of the church to meet one another, particularly newcomers, is always one of the most anticipated social events of the year in the church.

Hours are from 2 to 5 o'clock.

## Wenonah Meeting Set

## Thursday Afternoon

Mrs. Roy Stoy, 25 Kenwood avenue, will be hostess Thursday afternoon for a meeting of Wenonah club members. Dessert will be served at 1:30 p.m. with cards following.

Mrs. Stoy will be assisted by Mrs. Clayton Jacobsen and Mrs. Donald Ivie.

## Lumber Shipments

## From West Top 1948

Seattle, Jan. 18.—(U.P.)—Lumber shipments from west coast ports during 1949 far outstripped 1948's total, although a month-by-month comparison showed that 1949 shipping was down 16 per cent from 1948, the Pacific maritime association reported today.

A report by the association said 129,000,000 more board feet of lumber had been shipped by the end of October, 1949, than during the entire year of 1948.

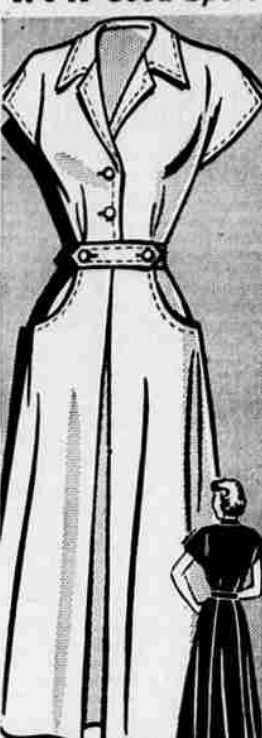
However, the report noted that strikes tied up Washington and Oregon ports during four months of 1948.

Total work hours in Pacific coast ports during 1949 were up 4 per cent over the previous year, but down when compared on the strike-free seven month period, the report said.

It called 1950 a test year for Pacific coast shipping, predicting that cargoes and work hours would follow the season pattern of former years.

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## It's A Good Sport



9329 SIZES 12-20-30-42

## Marian Martin

A smart all-round classic you can wear bowling, to town, or anywhere! Skirt pleat, slit sleeves, inside pockets—all are perfect lines for sporting or speculating!

Pattern 9329 comes in sizes 12, 14, 16, 18, 20, 30, 32, 34, 36, 38, 40, 42. Size 16 takes 4½ yds. 35-inch.

This easy-to-use pattern gives perfect fit. Complete, illustrated Sew Chart shows you every step.

Send **TWENTY-FIVE CENTS** in coins for this pattern to MARIAN MARTIN, care of Medford Mail Tribune, Pattern Dept., P. O. Box 6740, Chicago 80, Ill. Print plainly YOUR NAME, ADDRESS, SIZE, STYLE NUMBER.

It's ready! Send just fifteen cents more for our new beautiful Marian Martin Pattern Book for Spring. Fashion news, one yard skirts and blouses, spring styles for all the family. And—printed in the book—free handbag pattern!

The showing will coincide with Mrs. Lehmann's annual leader recital of three performances at Town Hall on January 22, 29 and February 5.

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## House Describes Division Of Money In Polio Campaign

Dick House, Jackson county director of the March of Dimes campaign, today described what happens to dimes and dollars given to the March of Dimes to aid in the fight against infantile paralysis. The drive is now underway and will continue through January 31.

House pointed out that half of the money obtained in the county remains with the Jackson county chapter of the National Foundation for Infantile Paralysis. It is used to pay for that part of medical care which a local patient's family cannot afford and, in emergencies, to supplement the national epidemic aid fund.

**Used For Research**  
The other half is sent to national headquarters. It is used for research to find a means of preventing or curing the disease, education of highly skilled and much-needed professional personnel and for epidemic aid to chapters whose local treasuries are exhausted.

However, the money is distributed, House pointed out, it all comes back in improved treatment methods, trained personnel and cash when it is needed. Eventually, polio investigators say, it will come back in the form of a vaccine to protect mankind against infantile paralysis.

The chairman reminded that coin collectors have been placed in prominent places throughout the county and said that a number of entertainment plans are being arranged to raise money for the program.

## Revenue Men To Aid

## In Filling Tax Blanks

Visiting deputy collectors of internal revenue will be at the federal office building, 33 North Riverside avenue, Medford, February 1 to 28, except Saturdays, and March 1 to 15 to assist taxpayers in preparing their federal income tax returns, according to Hugh H. Earle, collector for the Oregon district.

Duties will be at the Ashland city hall February 27 to March 1; at the Josephine county courthouse February 6 to 10, February 13 to 17 and March 2 and at the Cave Junction newspaper office on March 3.

The final day for filing returns is Wednesday, March 15.

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## Rural Mail Carrier Post Opening Told

United States civil service commission has announced an examination at Central Point to fill the post of rural mail carrier there. Receipt of applications will close on February 9.

Applicants will be notified of the examination date.

Persons who are citizens or owe allegiance to the United States and who reside in the area served by the post office are eligible. They must have resided there for one year preceding February 9. Both men and women may enter the exam, but appointing officers may specify the sex desired.

The rural carrier salary is \$2,758 for a standard daily route of 30 miles. For each mile or fraction in excess of 30 an addition of \$20 per year is provided. On routes that are shorter or that have less frequent service, salaries are proportionately less.

Carriers must furnish and maintain their own vehicular equipment. They are allowed equipment maintenance of eight cents per mile.

Applications are available at the Central Point post office or from the commission, Washington 25, D.C.

In carrying out the land reform program the Japanese government purchased more than 4,500,000 acres of land from former land owners for resale to the Japanese farmers.

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## Bing Crosby's Son

## Makes Debut As Crooner

Hollywood, Jan. 18.—(U.P.)—Bing Crosby's 16-year-old son Gary makes his debut as a crooner tonight.

Columbia Broadcasting system announced that young Crosby will croon "Dear Hearts and Gentle People" on his father's radio program.

"He's so good," the movie star said, "that next week I'm loaning him out to give Bob Hope lessons."

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**EXAMINED...**  
**GLASSES FITTED**



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Court and McAndrews

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NOW... for '50—no automatic drive is completely up to date...

—if it requires clutch-pedal-pushing at any time

—if it jerks or "clunks" during acceleration

—if it wastes gas, at cruising speeds, through slippage

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—if it fails to provide smooth, gradual engine braking on down-grades

(with no risky "down-shifts")

—if it does not permit instant change from Forward to Reverse

(to rock the car in snow)

Switch to the new drive sensation...

designed and built by Packard!

## PACKARD Ultramatic Drive



1950 PACKARD EIGHT DELUXE, 135-HP Touring Sedan

ASK THE MAN WHO OWNS ONE

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## We Salute —

The 22nd Annual

## NATIONAL PRINTING EDUCATIONAL WEEK

January 16-22

**T**HIS Week is observed in recognition of the role of the Printing Industry in the building of a free and strong America, as well as the celebration of the birthday of Benjamin Franklin, the patron saint of printing in our land... Today the printing industry ranks FIFTH in importance in the Nation, and FIRST in salaries! We, here at the Commercial Printing Company, consider it an honor and privilege to help in spreading the printed word in serving commercial needs. We cordially invite you to visit us, to see for yourself why this firm is considered masters of the printing craft and to consult us on any of your printing problems.

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