

News of 4-H CLUBS

Roxy Ann Club

The Roxy Ann 4-H Sewing I girls met at the home of Mrs. Whitcher Monday, May 1, at 7 p.m. They worked on their projects. Some of the girls are almost through with their projects now.

The Roxy Ann 4-H Sewing III girls met at the home of Mrs. Whitcher, Tuesday, May 2, at 7 p.m. They also worked on their project.

The Roxy Ann 4-H Woodworking club met at the home of Mr. Wickersham, Thursday, May 4, at 7:30 p.m. Meeting was called to order and we talked about the second part of the project. The next meeting will be held May 17 at 7:30 p.m.

—Reporter Wilson Moeller.

Sno-Cat Climbs Two Mountains in East

A four-pontoon Tucker Sno-Cat recently conquered Pico peak in Vermont and Washington mountain in New Hampshire. Tucker Sno-Cat corporation officials here have been informed.

It was the first machine to accomplish the Pico ascent under its own power.

The Cat climbed each mountain twice with Guy W. Andrews, Plymouth, N.H., driving on all occasions.

"A descending skier's eyes bulged with amazement upon sight of the vehicle near the summit," the Rutland, Vt., Herald reported concerning the Pico climb.

In 1827, the Mauch Chunk railroad, extending nine miles from the coal mines in northeastern Pennsylvania to the Lehigh river, was the longest and most important railroad operating in this country.

Your Health and Its Care

By DR. WILLIAM BRADY, M.D.

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

NUTRITIONAL DEFICIENCY AND WEAK HEART

One who has nutritional deficiency may get enough to eat and get the very finest kind of food, from your point of view, stupid. Another term for nutritional deficiency is malnutrition. This doesn't imply that the victim has been deprived of good food. There are at least as many cases of malnutrition or nutritional deficiency among the well-to-do as among the poor. It is time to get this fact clear in mind. Malnutrition is not due to deprivation or starvation, except in rare instances.

Even the old timers in the profession now know that certain diseases are due to nutritional deficiency; especially scurvy, due to vitamin C deficiency; beri beri, due to vitamin B deficiency; pellagra, due to niacin (nicotinic acid) deficiency together with deficiencies of other B-complex components; and rickets due to calcium, phosphorus and vitamin D deficiency.

Some of the old timers have learned in the past ten years that some minor complaints in everyday practice are due to nutritional deficiency—space here will not permit mention of these less striking manifestations of nutritional deficiency or malnutrition.

It is my belief that nutritional deficiency, malnutrition is an important factor, perhaps the chief cause of C-V-D—cardiovascular degeneration. Cardiovascular degeneration is the gradual wearing out of heart (cardia) and arteries (vascula, small vessel). When the cells of the heart muscle wear out or are destroyed they are replaced by new and functionally active cells—when we are well nourished. If we are not well nourished the damaged or dead cells are not replaced by healthy young cells, but by inactive, inert scar tissue—fibrous, fatty or calcareous deposits. So, in brief, arteriosclerosis and cardiac insufficiency, myocardial degeneration, heart weakness develop.

It is my belief that at least premature C-V-D comes about largely in consequence of pro-

longed moderate deficiencies—through many years—of three vitamins, thiamine, riboflavin and D, and three minerals, calcium, phosphorus and iodine. Another name for C-V-D is senility, old age, or premature old age.

All this is merely my belief. You may take it or leave it. If you take it, send me a stamped self-addressed envelope and ask in writing (do not use a clipping, please) for the pamphlet *Young Folks and Old Folks* which tells you how to correct the deficiencies mentioned. It's just essential food, you must try to realize, not medicine. So it can't do you any harm to try it for a few months—by the same token it won't do a bit of good to try it for less than three months. It takes that long to grow new cells.

QUESTIONS & ANSWERS
Anxiety Neurosis
Would anxiety neurosis, psychoneurosis or neurasthenia have a direct bearing or tend to aggravate a colitis condition? (W. M. A.)
Answer—The usual medical terms you repeat are all as meaningless or vague as "weak nerves," "dyspepsia" or "run down condition." In the book *THE CONSTIPATION HABIT AND COLON HYGIENE*—for copy send twenty-five cents and stamped self-addressed envelope—give in plain language the principles of physiology which you should know. "Colitis" in nine cases out of ten, is a wiseacre's morbid notion conceived under the influence of nostrum mongers, ethical medical charlatans, cotton-filling station operators and come-on literature.

Reminder Issued on Radio Operator Exam
James M. Chapple, engineer in charge of the federal communications commission radio district No. 13, has issued a reminder concerning radio operator examinations in Klamath Falls on Saturday, May 13 at the city hall.

Exams in all classes of radiotelegraph and in first and second class radiotelephone are set for 8:30 a.m. and in amateur class A and B at 11 a.m. There will be no variation in schedule. Pens, ink, rulers and pencils must be furnished by applicants and those desiring code tests must furnish telephone receivers.

Clear Skies To Aid Gazers

By J. MUGH PRUETT, Astronomer, Extension Division, Oregon Higher Education System

With spring now well advanced, clearer skies should permit more frequent views of the starry skies. Let us first locate the planets, those other worlds which encircle the sun as does our earth.

Mercury, the little messenger of the gods, is still above the horizon for a little while after sunset but is now too near the sun for easy observation. It was a prominent object in the western twilight during the last half of April, settling north of west.

Planets Gorgeous
For early risers, the finest of the planets, Venus and Jupiter, are gorgeous an hour before sunrise. Venus has just about cleared the horizon almost due east, while the less brilliant Jupiter is somewhat higher nearly in the southeast.

For evening star gazing, let us observe at 9 p.m. standard time (10 p.m. DST). At this hour ruddy Mars, still very bright but having lost some of its luster of six weeks ago when nearest the earth, is high in the sky and almost due south. It is the brightest of four brilliants which trace an almost straight line on the heavens. Immediately west of Mars, yellow Saturn glows without twinkling. West of Saturn, the bright star Regulus sparkles at the end of the handle of the Siekles, a configuration mostly of dim stars with the open side of the blade toward the west. The fourth object in the celestial line is Spica, at a considerable distance east of Mars. Also in the line are Neptune, between Mars and Spica, and Uranus near the horizon in the West northwest, but they are telescopic objects. This line traces the ecliptic, the apparent pathway of the sun among the stars.

Arcturus High
In the eastern half of the sky we find orange Arcturus very high and somewhat southeast of the zenith. Low in the northeast Deneb scintillates at the head of the Northern Cross. A little higher and brighter and east of northeast, brilliant Vega flashes its blue-white light.

Almost on the horizon and about due west, red Betelgeuse is the last conspicuous star of Orion in sight. The others have all sunk into the great river Oceanus of classical mythology. In the west southwest flashing Sirius of the Big Dog has just touched the horizon. Higher in about the same direction Procyon of the Little Dog is easily

out that the city has in the past encouraged kindness to animals and prevention of cruelty; that schools should instill a sense of justice in students through humane education, and that it is advisable to emphasize the need for kindness to animals.

A child's greatest growth in any one-year is from the birth to the age of one. However, during the adolescent period, usually from 9 to 13 in girls and from 11 to 15 in boys, they again make great gains both in height and weight.

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AUSTIN NOTES

Mr. Elton Robson, No. 6 Corning Court, general agency for Western Life Insurance Company, drove from Lake Charles, La., to Medford, Oregon, 2448 miles, at a cost of \$20.52 for gasoline. What would that drive cost YOU?

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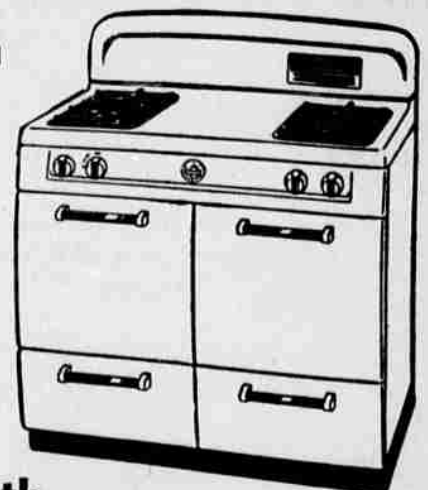


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