

Your Health and Its Care

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MAGIC MEDICINE FROM NEVER-NEVER LAND

Is a turkish bath advisable for a person who has been on a hard drinking bout?



A good many drinkers believe it is. They think the profuse sweating "gets the alcohol out of the system" and so prevents ill effects the drinker would otherwise suffer.

As a matter of fact, the large amounts of alcohol are taken from 88 to 90 per cent of it is oxidized, burned up in the body. The small proportion that is not burned up is excreted mainly through the kidneys and the lungs, and only traces of alcohol are excreted in the sweat.

Therefore the notion that profuse sweating "gets the alcohol out of the system" is wrong. Moreover, the harm done by alcohol in any quantity is lasting if not permanent, although all of the alcohol is burned up or excreted within several hours, as a rule. The dimwit who thinks he or she can drink to excess and avoid the destructive effects of the poison by "getting the alcohol out of the system" well, he or she was mentally defective to begin with, else why resort to alcohol at all?

There is a widespread belief that profuse sweating, induced by applications of heat, hot baths, drugs, etc., is good treatment for acute illnesses of various kinds. The wisecracks imagine the body "throws off" or "eliminates" whatever poisons, impurities, germs, toxins, acids or waste products their favorite charlatans may regard as the cause of such illness.

In my opinion the best all-around first aid treatment for child or adult coming down with any such acute feverish illness as the gripe, acute sore throat, acute coryza, acute sinusitis, acute earache, acute toothache (ulcerated tooth), tonsillitis, acute bronchitis, acute pleurisy or pneumonia, "just a bad cold" to you, lamebrain, is H.M.F.B. That means a hot mustard foot bath administered to the patient in bed, and I mean in bed between blankets, not sitting up. No one can take H.M.F.B. himself.

Of course a hot mustard foot bath may produce more or less sweating, but that is only incidental. It relieves or moderates the severity of the illness by equalizing the circulation, reducing congestion, and so diminishing irritation and perhaps soothing or relieving pain.

But the quantity of poison, toxic waste matter, acid impurities or metabolic by-products present in a gallon of sweat induced by heat is considerably less than would be present in a teaspoonful of blood — and although it does no harm to take a few fluidounces (say 30 or 40

teaspoonfuls) of blood from a vein in almost any case, no one would seriously urge such bleeding as a routine method of treatment for the C-R-I (common respiratory infections) today.

Nine out of ten intelligent laymen—if men are intelligent who have skipped physiology or studied it only as a minor feature in a course in biology—have only vague or confused ideas about the nature and purpose of sweating.

Because a great deal of unhappiness, needless worry and anxiety and, in my opinion, ill health is due to this popular ignorance of elementary physiology, it may be well to devote this space tomorrow to defining the difference between active and passive sweating.

QUESTIONS & ANSWERS
Little Boy Stutters
Healthy five year old boy stutters. He is right eyed, right handed, right legged according to tests. Speech teacher urges us to take him to psychiatrist. School teachers and pediatrician say he'll come out of it if we leave him alone. He sings songs without stuttering. (Mrs. D. C. C.)
Answer—Encourage him just casually, not too insistently, to sing songs, and try interpolating a spoken line or two in some of the songs. Spare the child the attention of a psychiatrist. Send stamped self-addressed envelope and ask in writing for pamphlet on STUTTERING.

We Do Not Agree
I certainly don't agree with your colleague who says the barbiturates have no morbid ill effect on the user. On several occasions I have felt so low that I actually contemplated suicide while under the influence of the medicine. (O. N. C.)
Answer—Neither do I, but I can't

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—And here's the recipe—

- 1 tsp. cooking oil
- 1 clove garlic, minced
- 1 tsp. chopped parsley
- 1 cup. grated cheese
- 1 cup. ground pork
- 1 tsp. salt
- 1 c. cooked spinach, drained
- 1 c. grated Parmesan cheese
- 1 egg, unbroken
- 14-oz. Mission Rigatoni
- 8-oz. Mission Ravioli
- Grated Parmesan cheese

Fry onion, garlic, celery, parsley, and Rose Marie in oil for 5 min. Add pork, veal, salt; thoroughly cook. Remove from fire, cool. Press spinach in ball to remove liquid, then chop fine. When meat mix is cold, combine with spinach, 1/2 c. grated cheese, and unbroken egg to bind meat. Stuff this ravioli mixture into hollow centers of uncooked rigatoni. In plenty of boiling salted water, cook the stuffed rigatoni until tender, yet chewy. Do not overcook. Drain well. Serve hot topped with Sauce [recipe at right] and grated Parmesan cheese. Serves 8 to 10. My delightfully different, superbly delicious!

Chef Merlino's RAVIOLI SAUCE

Brown 1-lb. ground beef and 1/2-lb. ground pork in 2 tsp. cooking oil. When half done, add 1 clove minced garlic, 1 cup chopped celery, 1 cup chopped onion, 1 cup. Rose Marie, 2 bay leaves, and 1 tsp. salt. When brown, add No. 21 can condensed tomato sauce and 1 can condensed medium heat 1 lb. tomato. 1 1/2 cup water, 1 tsp. salt, and 1 tsp. baking soda. Simmer 1 to 2 hrs. without cover. The longer it simmers, the better.

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MISSION
MAKES THE BEST MACARONI~ IN THE MOST SANITARY PLANT IN THE WEST

Mann's Store Files Incorporation Papers
Salem, Ore., June 1—(U.P.)—Articles of incorporation were filed here for Mann's department store of Medford, with capitalization listed at \$100,000.

Signing the articles were John C. Mann, John P. Moffatt and John G. Crawford.

remember that a colleague ever said any such thing. My own view of the use of such drugs is given in a chapter on the subject in the green book NERVES AND NUTRITION—for a copy send twenty-five cents and stamped self-addressed envelope.

Shake On
I am a girl of eighteen and my trouble is shyness. When I am with people my hands shake terribly if I am offered a drink or a cigarette. (L. A.)

Answer—Cultivate acquaintances who do not offer drinks or cigarettes. (Copyright 1950 by John F. Dille Co.)

Dead line Sunday Classified is at Noon Saturdays.

Use Mail Tribune Want Ads

Ex-Medford Man New Bible Alumni Head

Springfield, Mo., June 1—F. Wildon Colbaugh, Springfield, recently was elected president of the alumni association of Central Bible Institute here. He is a former resident of Medford, Ore. He was previously vice president of the association. Colbaugh for the past three years has been editor of the "The Missionary Challenge." Assemblies of God publication. He is also foreign missions department promotional director and president of the Springfield Youth for Christ.

Son of Mr. and Mrs. C. D. Colbaugh, 141 South Holly street, Medford, Ore., the new alumni president attended Medford high school and Oregon State college.

Young Politician Now Learning Tricks of Trade in Minnesota

St. Paul (U.P.)—It doesn't take youngsters long to learn. Bob Swenson was a member of a model state legislature sponsored by the YMCA in the state capital. He listened to a youthful fellow representative argue the merits of a bill he favored. "He's giving it the kiss of

Thursday, June 1, 1950

MEDFORD (OREGON) MAIL TRIBUNE—THREE

death," Swenson muttered. He sent a note to the young debater that caused him to race from the chamber.

"I wonder," Swenson asked, "what he will say when he finds the governor didn't really send for him."

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