

Gold Hill

Gold Hill, June 29.—Mrs. M. C. Hancock has returned to her home here after spending three weeks with her daughter and family, Mr. and Mrs. Lue B. Murray at Olympia, Wn. Mrs. Murray has been hospitalized most of the duration of her mother's visit but is able to be at home part of the time now.

Miss Dena Jones arrived home Monday for the summer vacation. She was at Corvallis during the 4-H summer session and last week-end visited her sister and family, Mr. and Mrs. Fritz Morrison and children at Cascadia. Her niece and nephew, Miss Elaine and Master Fritz Lee Morrison came home with her for a visit with their grandparents, Mr. and Mrs. Ferd Jones. Jack Palmer returned home from Portland June 21 following completion of his course in refrigeration at the West Coast Trade School in Portland. The graduation exercises were held Wednesday.

Mr. and Mrs. Hugh Hayes and Mr. and Mrs. Wilmer Bailey spent Saturday and Sunday at Laurelhurst for an outing.

Mr. and Mrs. Lester Dusenberry joined Mr. and Mrs. Vern Duney in San Francisco last week-end. They returned home Monday from Willows, Cal., with Mr. and Mrs. Wilmer Bailey due to car trouble.

Mr. and Mrs. Dale Smith and sons spent Sunday at Brown's Cabin in the high Rogue country.

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(Acme Telephoto) **JAPANESE REDS SENTENCED**—Four young Japanese Communists, shown talking with their attorney, were sentenced to two years in prison for circulating propaganda against Gen. Douglas MacArthur in Tokyo. They are the first of 42 Japanese to be tried for distributing "an open letter to MacArthur" protesting against MacArthur's anti-Communist measures. Left to right are Lawyer Sekichi Ueda, Yasuo Sonobe, Kenji Ishikawa, Toshinori Kashiwabara and Shiji Ohashi.

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.

FORTY AND LOVELY

If a woman has a reasonable knowledge of physiology and hygiene she should be at her best in every way at forty.

Trouble with so many of the credulous creatures is that they take seriously all the fish wives' yarns pertaining to the dreadful things that will happen with "change of life."

In the pamphlet on **The Menopause**, available on written request if you provide stamped self-addressed envelope, the simple truth about the matter, as attested by millions of women today, is stated thus:

The normal woman suffers no disability or inconvenience from the "change of life." There is simply a cessation of the functions of menstruation usually gradual, not abrupt, through a cycle of several months. The sensible woman who experiences or notices or even fears anything out of the

ordinary, any new symptom, will promptly submit the complaint to her physician, just as though there were no such thing as menstruation or sex.

Millions of women who have passed the menopause know from experience that it brings no particular physical or mental "change," no impairment of health and certainly no loss of good looks.

Both men and women who are potential diabetics (have the inherited tendency, some 25 percent of our entire population, according to Dr. Elliott P. Joslin) take on superfluous flesh and carry the excess for ten years or more before they finally achieve diabetes—carry it because they refuse to (1) limit their daily intake of refined carbohydrate food to a reasonable or adequate quantity and/or (2) take sufficient moderate general exercise daily, such as three to six miles of oxygen on the hoof to maintain normal metabolism or utilization of carbohydrate in the body. This is another good reason why a woman of forty should consider more seriously than ever before the advisability of an annual medical examination or check-up (as simple mind-

IN SCHOOL TOGETHER

Pontiac, Mich.—(U.P.)—Mrs. Betty Yee and her son, Ming, go to fifth grade classes together every day. Mrs. Yee came to America from China last spring to join her husband, William, a laundry owner. Ming followed his parents last summer. Mrs. Yee knew no English until she arrived in Pontiac.

ed folk call it). Keep your subscription paid up if health interests you as an asset. In another article I'll describe a typical case with a happy outcome or at least a course most satisfactorily moderated by intelligent control of the daily carbohydrate intake.

Not that there is any special relation between the menopause or "change of life," if you are simple-minded about it, and the development of diabetes. I mention diabetes here only because, in my opinion, it is one manifestation of the physical degeneration which awaits every one who lives long enough.

I am reluctant to refer at all to another reason why a woman, even though at her best at forty, should seriously consider the wisdom of having an examination by her physician one a year. Ten thousand women attending university hospital clinics and women under treatment by private physicians for one ailment or another were examined for cancer of the womb. Two hundred fifty of them had cancer, and of these 105 had not yet noticed any symptoms which would even suggest cancer. The diagnosis hinged on the discovery of cancer cells in the microscopic examination of material taken from the lining of the neck of the womb.

Even the physicians who carried on this work doubted the advisability of employing it in routine practice. The method is still under study.

But every woman who, at the time of the menopause, suffers any sort of trouble which older women may assure her is merely the "change of life," should have the advice of her physician about it. This is especially so if there is any abnormal or unusual bleeding, discharge or odor. Remember that in 105 cases of cancer of the cervix (neck of womb) among the 250 cases mentioned, there was as yet no complaint of pain or other symptom.

QUESTIONS & ANSWERS

What You Don't Know
Had I known at the age of 21 or 22 that a potential diabetic should follow certain special rules... but I did not learn I was diabetic until I was nearly forty, and then only because I read about it in your column. (Mrs. M. H. M.)

Answer—According to Joslin and other authorities at least 35 million persons in America are potential diabetics—have the tendency to develop diabetes. It is for these that the booklet **TRAINING FOR DIABETES** is intended. For a copy send twenty-five cents and stamped self-addressed envelope. A potential diabetic is a person who has inherited the tendency and nevertheless lives dangerously—avoids daily exercise, overeats, accumulates superfluous flesh. (Copyright 1950 by John F. Dille Co.)

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Table Rock

Table Rock, June 29.—Dan Doran returned Saturday from a three week's trip through California. He was glad to get back to a temperate climate after experiencing some torrid weather in the sister state.

Daily vacation Bible school which was to start here June 26, has been postponed until after July 4.

Miss Lois Housley spent last week visiting her sister, Mrs. Eugene Narramore and family at Eugene.

New telephones were installed here last week at the E. C. Hamilton home and the Ray Doran home. There are now some 32 telephones in use in the Table Rock community.

In a recent thunderstorm here lightning struck power wires going into a barn filled with chopped hay on the Table Top ranch and started a small dust fire which might have been serious had it not been found soon after.

Another bolt burned out a transformer at the Silas Goodlin home and sent fire flashing through the small house.

Heavy blasts of dynamite were heard again Saturday on Upper Table Rock indicating that the fortune hunters are still hopeful and have secured a new supply of powder.

Table Rock Ladies club met June 21 at Tou Velle park which is becoming a very popular meeting place for various organizations.

At a recent meeting here the advisability of hooking up with Central Point's fire department for local fire protection by contributing to the upkeep of an extra fire truck was discussed and it is reported much interest was shown but no action taken.

Hay harvest is in full swing here in its various stages with most of the first crop being put up or in the process.

The Ralph Reisinger family returned Friday from a week's trip through eastern Oregon. Mr. and Mrs. Elmer Hull returned Sunday from a 10 day pleasure trip through parts of

Oregon, Washington, California and Idaho.

According to reports some eight families were missed here by the census enumerator with a total of more than 30 people. These homes are all on and close to well traveled roads in plain sight with the latch strings out and the front gate open.

Sympathy of the community is extended to E. C. Hamilton and children in the death of Mrs. Hamilton, wife and mother, who passed away June 11 after a long illness. Mrs. Hamilton came with her family to this vicinity some 40 years ago and was known as a kindly home loving person, a devoted, loving wife and mother.

ALMOST A BARGAIN

Salinas, Calif.—(U.P.)—School trustees were jubilant upon opening bids for construction of a building and discovering one bid \$127,000 lower than the others. Their bargain vanished, however, when it was learned that the firm's bookkeeper had made a \$127,000 error in writing up the bid.

Gold Hill Budget Votes Canvassed

Gold Hill, June 29.—The city council met June 26, following the city budget election to canvass the votes. There were 43 votes cast, 37 for the budget and 6 against it. Ordinance No. 265 was adopted by the board to authorize a levy of \$8,635 to be raised by taxation for the general fund and Ordinance No. 266 was to authorize a levy of \$2,380 for the bonded indebtedness. A total of \$11,015 will be raised for the year 1950-51.

Following the budget business the Grange master and several members met with the council to plan a campaign against the noise and disturbance caused by rowdies on Saturday nights during and following the dances. Several complaints have been filed with the council about disturbances. Suggestions were made as to dealing with the guilty persons, to go into effect at the next dance.

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