Your Health and Its Care

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CAN THE DOCTOR BREAK IT UP?

In the halcyon days in Canandaigua there were persistent rumors that smart workmen here and there were getting no less than a cool dollar a day for ten hours work. But milk was 3 or 4 cents a quart and three pounds of good round steak (a cut which is now nearly extinct) set you back two shillings..

Dr. Brady

The salient feature of the village in the era of Canandaigua Ale and Flanagan's Oysters was the doctor with the Vandyke beard, pince-nez Prince Albert, white team and red-head driver. An eminent specialist arriving at your door today in limousine with liveried chauffer and outriders in jeeps could not create a greater stir than the Canandaigua doctor did when he turned into Chapel Street to break up a case of pneumonia on the lungs. That's where pneumonia always hits, right plumb on the lungs, and some times the doctor had to half a dozen calls to break it up. "Don't worry," the driver always assured neighbors who happened along while he waited for the doctor, "we have never lost a case of ammonia on the lungs and we aint going to lose this one."

It was a disappointment to me when I learned in medical school that it was not only on Chapel Street but pretty much everywhere that pneumonia settled on the lungs—if the doctors failed to break it up. I think I shall never forget how heartsick I became when my brave young illusions were shattered by Osler's confession that "One of the most widespread and fatal of all acute diseases, pneumonia" (otherwise called croupous, fibrinous, lobar pneumonia; pneumonitis; lung fever; and, by you academic morons, a bad cold settled on the lungs), "has become the 'Captain of the Men of Death,' to use the phrase applied by John Bunyan to consumption." This is a pretty howdy-do, I thought, if the preeminent Dr. Osler must defer to a seventeenth century fable maker. It seemed to me that Osler's cold, scientific passivity in respect to pneumonia was as deplorable as the Canandaigua doctor's pretense of breaking up the illness.

This impression was strengthened when as an intern in the 400-bed Erie County Hospital under the finest medical teacher I ever knew, Dr. DeLancey Rochester, I was privileged to observe the working of Dr. Rochester's favorite treatment for pneumonia, namely, a hot mustard foot bath for ten minutes every 2 or 3 hours.

Doctor Rochester was too scrupulous even to imply that HMFB treatment could "break up" anything. But the treatment as applied by the most capable nurses, selected to carry out Dr. Rochester's orders, seemed to me then and has seemed ever since the best first aid, home treatment or hospital treatment for the C R I, that is, for any acute respiratory infection, from pneumonia to ear-ache.

It may occur to some readers that my faith in the remedial value of the hot mustard foot bath must have dwindled since the introduction of sulfa, penicillin and other antibiotics. Not so. I believe the HMFB is indicated in every case of C R I whether the antibiotics are used or not.

You just can't take a hot mustard foot bath by yourself—at least I do not advise it. The treatment demands the help of a nurse, as talks to follow will explain. If you would like to have these lessons in compend send 25c and stamped, self-addressed envelope for the booklet **Call it Cri.**

QUESTIONS & ANSWERS

Fistula

Kindly explain what a fistula is and whether it can be cured. (E. W. M.)

Answer—An abnormal passage leading from a hollow organ to the surface or from an abecess to hollow organ or the surface. Most common situation of fistula is about the rectum — the passage leads from an ischio-rectal abscess into the rectal passage or onto the skin surface or both. It can be cured by operation.

Old Legends Never Die

I like to wear full rubber soles and heels, but several people advise me to discontinue this practice as it is harmful to the eyes. (H. A. R.)

Answer—What you wear or don't wear on your feet has nothing to do with your eyes or eyesight.

Pruritus

I want to thank you for your fine pamphlet on Pruritus. I wish a thousand other sufferers would follow your advice as I did. I had suffered for many years and physicians and specialists had failed. . . . (H. J. C.)

Answer—Thank you. Pamphlet on PRURITUS (itching without apparent cause) is available on written request (no clipping) if you inclose stamped, self-addressed envelope.

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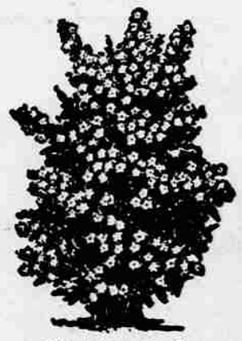

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Small Boy's Story Leads To Arrest of Two

Memphis, Tenn. — (U.P.) — A small boy's statement "I know a fellow who killed one of Santa's reindeer" led to the arrest of two men for illegal hunting.

Game Warden Paul Cole found a 90-pound whitetail doe in a deep freeze. The boy who gave the information received a $50 reward from the state game and fish commission.

The Grange

Shady Cove Grange

Next regular meeting of Shady Cove Grange will be Wednesday, March 12, at 8 p. m. Serving committee is Mr. and Mrs. Carroll Watson and Mr. and Mrs. Howard Nutt. Please bring sales slips and turn them in to Mrs. Mable Engle.

A card party for Grange members will be held at the home of Mr. and Mrs. Lewis Dusenberry at Trail, Saturday evening, March 15. Proceeds will be used to purchase chairs for the PTA of Shady Cove.

Upper Rogue Grange

Upper Rogue Grange met March 6 with Master Eda Torrance preciding and only fair attendance due to colds and flu.

"School Days" was observed, everyone coming dressed as school children. A fitting program was enjoyed.

Mr. and Mrs. Marcus Dey were obligated in first and second degrees and the applications of Dr. and Mrs. Glutsch were voted on.

The team will put on third and fourth degrees Thursday, March 20. All who have not taken this initiation should attend if possible. The team will meet Tuesday, March 18, at 8 p. m. for rehearsal at the hall.

A dance and fashion show will be held at the hall Saturday, March 29, put on by the Town and Country shop of Eagle Point. Next HEC meeting will be Thursday, March 14, starting with 1 p. m. luncheon at the hall.

Eagle Point Grange

Eagle Point Grange met in regular session March 4. As Eagle Point and Antelope 4-H clubs were participating in the lecturer's program, the Literary hour was held first. Linda Malloroy led the 4-H members in the club pledge. Next were a demonstration, "The Use of Warfarin," by Dixie Moore and Carole Nelson; reading, by Robert Hayes; demonstration, "Care of the Hands," by Joanne Malloroy and Sandra Renfro; tap dance and accordion number, by Sharon Denny and Patty Clave; "A Trip to Pacific International," by Geraldine Hayes; a skit by Charlotte Franklin, Virginia Daniels, Patricia Regester, Sally Mongold, Catherine Carroll and Marvena Nelson; a round table discussion on "our Days at Corvallis 4-H Summer School," by Rex Moore, Carole Nelson, Larry Mongold, Lois Farlow, Kenneth Bitterling, Catherine Carroll and Linda Malloroy, and last, a musical number by Kenneth and Jean Bitterling.

Ways and Means committee announced a square dance and pie social to be held March 15.

HEC Chairman Kay Kettlewel, announced that next meeting will be preceded by a potluck dinner. Those who have not signed up for special dishes are asked to bring a green salad and vegetables.

Lake Creek Grange has asked the third and fourth degree team to come to their Grange March 13 to put on degree work. In connection with this Rosa Smith asked third and fourth degree members to report for practice Monday night, March 10, also the singers.

Winnie Brown, chaplain, reported Mrs. Hatfield has been in the hospital but is better at this time. Dave Pence has also been ill. Mary Frances Wright has also been confined to her home by illness.

Helen Olson told of honors bestowed on some of our Grange members for time and work donated to the Camp White Domiciliary center. Gertrude Stanley received a 100-hour certificate for 100 hours of volunteer work during 1951, and Paul Olsen has been selected as general chairman of the Hobby Fair to be held April 27 from 10 a. m. to 5 p. m. at Camp White.

The yellow-haired procupine is exceeded in size only by the beaver among native rodents of North America.

The hip length coat is only one of the many lengths in which coats are featured for Spring. The topper shown is of the new fiber, "Orlon," in a herringbone weave.

Board of Review For Publications Named in Ashland

Ashland—A five-man board was named by Ashland's mayor and city council last week to review magazines and other printed matter on sale here.

The "board of review" was authorized at a meeting of the council Tuesday, following a recommendation made by those attending a meeting called by church, Parent-Teacher and school leaders. The board's function wil be to study the material, then make recommendations to the police department.

Have Authority

Under an Ashland ordinance the police have authority to ban obscene matter from sale here, but previously the department has not had the time or proper organization for such functions, it was explained.

Those named to the board are Mrs. Arthur Kreisman, president of the Ashland city council of Parents and Teachers; Mrs. Lee Sohler, Librarian Cora Mason, Dr. John McAuley of Southern Oregon college, and the Rev. W. H. Tillman of the First Baptist church, who was instrumental in obtaining the meeting and the council action.

Eight O and C Timber Tracts To Be Offered

Eight tracts of O and C timber will be offered for sale in the Medford district tomorrow, the Bureau of Land Management reported Saturday.

The tracts contain 20,920,000 board feet and the sale will be the first of four conducted at various BLM district offices in March. The sales will total 47,926,000 board feet of saw timber and 18,518 linear feet of poles valued at $1,181,791.70.

Beginning this month, a new BLM sales policy will become effective under which sealed bids for O and C timber will be accepted by district foresters, rather than going to the regional office in Portland, as in the past.

He's on the go in a classic-type zip-front jacket with a pattern made news-worthy by the use of a Burgee (a flag flown by American merchant ships, symbolizing pride of ownership) theme. "Zelan" treated Hunka Cloth (rayon and nylon).

DISCOVERED! **New Tablet** From natural sources

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ARDALL Tablets can help thousands of men and women pass the pain of arthritic and rheumatic attacks in relative peace and comfort. Your own individual experience, which may vary from others, will tell you how ARDALL Tablets fight pain for you. So if an attack of arthritic or rheumatic pain has got you down, get ARDALL Tablets today! If condition persists, see your physician. Get ARDALL Tablets for relief from pain, for comfort that may last far longer than you may expect.

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There's no reason why folks past 35 should suffer arthritic and rheumatic pains as you grow older. ARDALL Tablets were designed for you! Don't look with dread on damp or cold weather that makes your joints or muscles ache. Instead, keep ARDALL Tablets handy for fast relief of the suffering from aches and pains of muscles and joints brought on by weather changes, exposure, dampness, and over exercise. ARDALL Tablets bring relative release from pain for hours on end.

New ARDALL Tablets come from Natural Sources

Unlike so many products sold for this purpose, ARDALL Tablets contain no synthetic drugs, no harmful chemicals. ARDALL Tablets are derived from recognized natural herb and vegetable compounds. There are no toxic ingredients of any kind in ARDALL Tablets.

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Ask them—this week—won't you?

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