



GURGLING HAPPILY, Francesca Ann Bartley makes first appearance before Hollywood photographer in arms of mother, Deborah Kerr, film actress. Her older sister is Melanie Jane, 4. Father of children is Anthony Bartley, film producer. (International)

Your Health and Its Care

By DR. WILLIAM BRADY, M.D.
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ALMANAC STUFF STILL SUITS CUSTOMERS

One of the loafers on the bowling green Jan. 31 wore a scarf or some such coddling around his neck. It irked me. Lots of things on the green do, such as the way M. E. moves about with his chin in the air when he makes a good shot—which happens often enough to keep me constantly nettled, the chin, that is, not the shot, for the only way to take care of the chin would be to fit the fellow with a kind of reverse check-rein.

I endured the taunt for an hour or longer, and finally decided it was my moral duty to needle the mollycoddle a bit. So I excused myself for a moment and sidled over to the general vicinity of the animated mummy, yet remaining just out of reach, and offered him a leg of Grandpa's red flannel drawers and a slab of salt pork for his delicate throat. His reply was unprintable, as I expected, but I believe that as a consequence of our little ruckus there will be the shadow of a doubt in the poor geek's mind next time he catches the c-r-i or a crick in the neck.

Mind, now, wisecracks, I do not mean to deny that heat or warmth in any degree or form, wet or dry, is comforting and desirable for the relief of soreness, pain, lameness, stiffness. If you are not an idiot you judge for yourself whether heat or warmth gives you enough relief to bother with it. If you are an idiot you may prefer to think coddling somehow drives out the "cold" or protects you from "taking more cold."

There are still millions of idiots, or should we say morons, who harbor precisely this quaint fancy, and thousands of doctors shrewd enough to cater to them.

Not only the majority of doctors but also the nostrum vendors and the insurance corporations exploit this popular delusion—of course always at the expense of the customers. For instance, compare the winter campaign of 1952 against pneumonia—particularly the picture of the man clutching his hat, scarf and overcoat collar as he trudges in the falling snow or slush, and the accompanying advice to "Dress warmly when going out," (dimwit) "especially during cold, damp weather," with any old almanac you may happen to have preserved from the dawn of the century. Was the almanac hokum of the gay nineties one whit more ridiculous than that which the doctors and the insurance company's mentors hand you today?

QUESTIONS & ANSWERS
Exercise for Hard of Hearing
My hearing has improved extraordinarily in the two months I have been doing the facial exercises as prescribed in your pamphlet. I thought I was doomed to be shut in, but now I miss very little... grateful. (Mrs. E. S.)

Answer—Thank you. Few readers bother to report progress unless they want something more. The system of exercises is given in the pamphlet DEAFNESS AND TINNITUS (head noises), available on written request (not a clipping) if you inclose stamped, self-addressed envelope.

Do Tell
Trouble I have had for years. Went to the clinic for a complete check-up. They diagnosed the trouble as edema. It is a constant swelling of the legs... (M. B.)

Answer—You mean you went to the "clinic" for a hold-up, don't you? Quit fooling around. Consult an honest doctor—that is, one who practices under his own name.

Her First at Forty
Is a woman 35 years old too old to have her first baby? (Mrs. W. A.)

Answer—No. Read the chapter Her First at Forty in booklet PREPARING FOR MATERNITY. For the booklet send 25c and stamped, self-addressed envelope. The question is, not how old are you but can you roll some-

As We Live

By ELIZABETH HURLOCK, PH.D.

KNOW WHEN TO SAY EITHER YES OR NO

Are you a victim of the impositions of other people? Do you let yourself be talked into doing things you have neither time nor energy to do because you cannot bear to say "no" to anyone?



Dr. Hurlock

It takes courage to say "no". You always run the risk of having people think you are mean or uncooperative when you refuse their wishes. The person who always says "yes," on the other hand, is generally popular, even if he finds himself playing the role of a doormat to the wishes of others.

If you don't learn to say "no," you will quickly discover that people will take advantage of you. A busy mother will find it convenient to park her children with you while she and her husband go off for an evening of entertainment or the business man will find himself working nights and week-ends to do work for his boss or his fellow-workers which is not rightfully his.

Strange as it may seem, people do not have great respect for a person who is always at their beck and call. They like what they can get from him and they will court his favor so long as he is a willing slave to their wishes.

Real Position Found

But, once he has the nerve to say "no," they are likely to drop him like the proverbial hot cake. Then he discovers how he really stands and he learns that his sacrifices have not been appreciated as he thought they were.

Here are some rules that will help you to learn when to say "no" and when to say "yes":

1. Decide whether a person's request stems from laziness on that person's part or a genuine need for your help. In the latter case, say "yes," while in the former, say "no."

2. Say "no" when you have ample evidence that the person who is making the request is using you as a convenience and has no real appreciation for the time and effort you have spent.

3. Expect something in return for what you do before you say "yes." It does not have to be payment in kind but there must be evidence of genuine appreciation. If this is lacking, make a rule that your future answers will be "no."

LETTERS FROM READERS

Self-Consciousness: "What is the best cure for self-consciousness? I have always suffered from self-consciousness since I was a child because my father used to like to tease me."

Self-Conscious Man
(A) The best and only sure cure for self-consciousness is to train yourself to think so much about other people and things that you do not think about yourself... It is, turning, your thoughts on yourself that makes you self-conscious. It will be hard for you now to think of other people if you have been in the habit of thinking of yourself ever since you were a child. Teasing a child is one of the

quickest and easiest ways to make a person self-conscious.

Talk About Boys: "Our 15-year-old daughter is simply boy crazy. All she does is think and talk about the boys. As a result, her school work has suffered. How can we cure her of being boy crazy?"

Worried Parents.

(A) I doubt if there is a "cure" for boy-craziness. You must let nature take its own course and the girl will outgrow it. But, you can put a stop to your daughter's letting her school work slip. Refuse her all outside activities, especially with boys, and all telephone calls with either boys or girls until her school grades improve.

Family Money: "I worked before I was married and was accustomed to having my own money. My husband pays all bills and never gives me any money for myself. I would like to work but I have two young children."

Disturbed Wife.

(A) Learning to adjust to no income is one of the most difficult things a woman must do after she is married and gives up her job. Why not explain to your husband how you feel about the

Medford Man Winner In Cheese Contest

James Jenkins, 702 Beekman street, was first-place winner in a recent international contest in the making of cottage cheese. The contest was conducted March 22 at Washington State college, Pullman, Wash., by the department of dairy science.

A letter notifying Jenkins of his success said, "It is a pleasure to inform you that the sample of cottage cheese entered by you in the scoring contest... placed first with a score of 96... We had the largest number of entries on record this year..." This was the 20th annual international dairy contest at the Washington college. Past high scores for cottage cheese in Oregon, Washington and California were 95, reports said.

matter and ask him to let you pay the family bills? Also, study together the family budget and decide how much money you may consider yours. Even a few dollars a month to spend as you wish would do a lot to improve your whole attitude toward this matter.

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Sunday, March 30, 1952

MEDFORD (OREGON) MAIL TRIBUNE—NINE

Activians View Movie on UN Work

"The Building for the Nations," a motion picture showing the construction of the United Nations building in New York, was shown to members of the Medford Active club at their meeting last week at the Rogue Valley Country club.

The film showed the architecture and engineering necessary in the planning of the building. It pictured the manufacture and the erection of the structural steel that was used in the 40-story building. All phases of the construction were shown, step by step.

The movie was produced by United States Steel corporation, and was shown by Carlos Morris of Conger-Morris funeral home. Dewey Wilson was program chairman.

To release the equivalent of some 65 tankers for other work and to speed up the flow of fuel to oil-hungry Western Europe, reports Steelways Magazine, American oil-men have laid more than 1,000 miles of pipe the length of Arabia.

Officers Will Attend School for Reservists

Three Medford Air Force officers will attend a two-week school for reservists, to be held at the Long Beach Municipal airport, Long Beach, Calif., starting April 5.

The officers are Capt. Robert Roman, liaison officers here; Capt. W. G. Beard, 118 Newtown street, and First Lt. Robert F. Kyle Jr., 609 South Oakdale avenue.

Some 160 officers from other volunteer air reserve training

units in the 4th Air Force area will attend. The course will be similar to that given at the command and staff schools at the Air University, Maxwell Air Force base, Ala., and will include reservists' information about promotion, retention and retirement.

Play Money Turns Out To Be Traveler Checks

Endicott, N. Y. —(U.P.)— Ten-year-old Beverly Konikowski was having a fine time playing with her "funny money" until her father looked at it.

The "play" money turned out to be \$450 in traveler's checks made out to a woman who didn't even know they were missing until police asked her.

Beverly received a reward of \$1 "real money" when the woman picked up the "playthings" at police headquarters.



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