

# The Medical Roundup

by *Walter Alvarez*

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## Persons Who Have Auto Accidents

In a previous column I told of the group of psychiatrists who, in a court in Detroit, make a study of habitual traffic offenders. As I said, Dr. Alan Canty in a recent address told of finding among these people many who were so feeble-minded they could not be good drivers. Others were insane or had been insane, and evidently were not sufficiently recovered to be safe on the highways.

Thousands, of course, were chronic alcoholics who, when drinking, lacked judgment of distance; they lacked good sense, and they lacked good control over their muscles. Then, there were some epileptics who "went to sleep at the wheel" as the police report put it. They just did not have any warning when the fit took them.

I was much interested in Dr. Canty's finding that many of the problem drivers have criminal records. The criminal who thinks nothing of robbing and perhaps murdering has absolutely no concern for a stop-light or a boulevard stop sign. What is that to him? No law ever worries or stops him. Often I read in the paper that some men who had got away after robbing a bank, and who would never have been caught if they had only behaved themselves for a while, had been picked up going through a stop-light, or driving 50 miles an hour down a busy street.

Many serious accidents are caused by old persons—so old that their reflexes do not work quickly or at all. I remember an old farmer of 80 or so who once came out of his driveway. Although he saw me coming down the highway at 60 miles an hour, his muscles did not work, and he went right on into the middle of the highway, forcing me into the ditch. Other accidents are due to a tantrum of temper in which the driver suddenly gets so angry at a passing motorist or someone in his car that he loses all control of himself, and for a time drives like a crazy man.

Other accidents are due to the driver's great preoccupation with some worry at home or in the office. He gets so concerned over this that absent-mindedly he will drive into the side of a train or a bus. I have read that in some air-line companies a pilot is grounded if he is having divorce trouble. He is likely to come down for a landing with his wheels up. We all know the youngsters on the highway who get driving too fast or racing

another "hot-rod" group. Many of them will absent-mindedly fall to stop at a boulevard. What does all this mean? It means that if we humans refuse to really tackle this problem as it must be tackled, with the help of physicians and psychiatrists, we should quit talking about cutting down on the number of auto accidents. Let us quit wasting our breath.

I know how difficult and unpleasant and politically costly it would be for judges to take away the driver's licenses from all alcoholic, psychotic, feeble-minded, senile, criminal and otherwise incompetent and unsafe drivers, but if we really want to cut down on the tremendous number of accidents on our highways, then it would seem obvious that immediately we should either refuse a license to, or take away a license from men who either are very likely to become killers or have already shown—and shown repeatedly—that they are not fit to sit behind a wheel. We would have to back up all courageous judges.

It is not for me to say that we should deny bad or stupid or criminal drivers the right each day to kill our people on the highways; but I would suggest that we stop talking foolishness and wasting our breath and our newspaper and our radio-time. Let us either attack the problem in the only logical way in which it can be attacked, or else let us give up and accept, resignedly, our thousands of deaths and near-deaths every month.

Most of us who drive can remember very narrow escapes from death in which the other driver certainly should never have been allowed to go on driving. My closest call came one day when the driver of a lumber truck came tearing across a main U.S. highway a few yards ahead of me. All that saved my life was that he was going so fast that he quickly got out of my way. I imagine he was either absent-minded or criminally careless. Another close call came to me on another East-West highway when a young farmer, probably drunk, shot out of a tree-shaded road right in front of me. He was going so fast he nearly toppled over trying to make the turn. Will such men listen to our campaigns for safety? They will not.

A big advance could come if every applicant for a license, or a renewal of one could be tested in one of those machines in which the person sits at a wheel and reacts to what happens on a movie screen in front of him. In this way the examiner could quickly see what the person would do if a child were to dash out in front of him to retrieve a ball.

(Released by The Register and Tribune Syndicate, 1956)

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By CLAY R. POLLAN

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APR 21	5	36 Who	66 Or
9-10-56-59	6	37 Con	67 And
60-64-71	7	38 On	68 Do
GEMINI	20	39 Phone	69 Tiresome
MAY 22	8	40 In	70 Don't
APR 21	9	41 If	71 Ones
11-14-48-61	10	42 Message	72 Are
63-68-85-89	11	43 A	73 Will
CANCER	23	44 You've	74 Be
JUNE 23	12	45 You	75 Welcomed
JULY 23	13	46 Cause	76 Today's
15-17-31-34	14	47 Is	77 Position
5-7-13-26	15	48 Mothers	78 Gifts
27-45-80-87	16	49 Your	79 And
LEO	24	50 Ill	80 The
JULY 24	17	51 And	81 Talk
AUG 23	18	52 Trouble	82 Belonging
18-21-31-34	19	53 Popular	83 In
54-58-86-90	20	54 Support	84 Loosely
VIRGO	25	55 Realized	85 If
AUG 25	21	56 Too	86 Strongly
28-32-34-47	22	57 Inspiration	87 Month
50-56-83-88	23	58 You	88 Difficulty
28-32-34-47	24	59 Toughly	89 Today
50-56-83-88	25	60 With	90 Today
	26		2/18
	27		2/18
	28		2/18
	29		2/18
	30		2/18
	31		2/18

Good Adverse Neutral

## Feeding the Family

By ZOLA VINCENT  
Food Editor

### Chocolate Cake With Quick Peppermint Frosting

A super dessert for a special family treat or for a party where you want your baking skill to truly shine. Luscious chocolate cake smothered with driffts of fluffy peppermint frosting. Actually very easy to do as you will see.

- 2 cups sifted enriched flour
- 2 cups sugar
- 1 teaspoon salt
- 1 1/2 teaspoons soda
- 1/2 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/4 teaspoon mace
- 1/4 cup boiling water
- 3 squares unsweetened chocolate, shredded
- 1/2 cup shortening
- 1 cup milk
- 3 eggs
- 1 teaspoon vanilla extract

Sift together flour, sugar, salt, soda, baking powder, cinnamon and mace. Add boiling water to chocolate and cool. Add shortening, one-half cup milk and cooled chocolate mixture to dry ingredients. Beat two minutes. Add eggs, remaining milk and vanilla extract. Beat two minutes more. Pour into two greased paper-lined nine-inch layer pans. Bake in moderate oven (350 degrees) 40 minutes. When cool frost with this:

**Quick Peppermint Frosting**  
Combine two egg whites, one-half cup corn syrup, one cup sifted confectioner's sugar, one-eighth teaspoon salt, one-half teaspoon vanilla extract. Beat until frosting stands in peaks three minutes with electric mixer; longer by hand. Fold in one-half cup finely crushed peppermint candy. Spread between layers and over sides of chocolate cake. Anticipate compliments galore.

**Pineapple Chutney**  
Something different and delicious in the way of a relish. Particularly good with any kind of curried meat or fish. A generous quantity of golden pineapple, raisins, ginger and green pepper combine perfectly with slivered almonds to make this chutney irresistible.

Take one No. 2 1/2 can of sliced pineapple and drain. Cut sliced pineapple into three-quarter-inch pieces. Add one cup vinegar, one cup brown sugar, and one-half teaspoon salt. Cook slowly for 20 to 30 minutes. Stir in one small clove garlic which has been chopped fine, one-fourth cup slivered blanched almonds, one-half cup seedless raisins, one-half green pepper, chopped fine, and two tablespoons finely chopped crystallized ginger. Continue cooking over low heat until thickened. Stir occasionally to prevent scorching. Makes about two pints.

### Bread As Recipe Ingredient Is Protein-Rich Extender

Lack of knowledge, lack of interest, erratic dieting and food faddist notions are sometimes responsible for shockingly inadequate diets of many people. Bread, our very staff of life, for instance, is eliminated from some households.

Yet white bread made with milk and enriched as it is today is one of the few energy foods that also supplies us with complete proteins containing all of the essential amino acids that are necessary to life itself.

Enriched bread, made from plentiful grain is more important than ever before. Important as an accompaniment to a meal. Important as an ingredient in recipes that stretch meat, in loafs, stuffings, croquettes, casseroles and the like. Important too in puddings and in a never ending variety of sandwiches.

### Bread Crumbs Add Interest

Perhaps you've wondered just what kind of bread to use and how to fix them when the recipe says "bread crumbs."

**Soft Bread Crumbs**  
When a recipe calls for soft or fresh bread crumbs, use leftover or day-old bread. Remove crusts, saving them for making dry bread crumbs. Pick bread apart with a fork or crumble gently with your fingers. Use while crumbs are still soft.

**Cubed Bread**  
For "cubed" bread, simply cut slices crisscross with a knife to desired size.

Sifted dry crumbs means to use the already packaged bread or cracker crumbs or make them this way. Put slices of bread or those crusts you've saved, into a slow oven to dry thoroughly. Then place them in a paper bag and roll on board with rolling pin, or put them through the food chopper using a fine blade. Sift and re-roll coarse crumbs. Fine dry crumbs keep well and may be stored in a loosely stored capped glass jar.

**Stuffed Pork Chops**  
Give extra complimentary flavor to the pork chops by adding chopped fresh apple, onion and celery to one of those good packaged, seasoned poultry dressings or to your own favorite.

**Diet Note**  
A slice of white bread one-half inch thick furnishes only 63 calories, plus a host of other nutrients. A pat of table fat adds only 50 calories. Nutritionists point out that bread has a place in reducing diets, too.

**Protein Foods, Canned Fruits Among February Good Buys**  
An abundance of all protein foods is good cause for rejoicing by West-coasters. All meats, fish, poultry, eggs and dairy products are in ample supply.

Lamb is the meat to watch. Markets will feature all popular cuts as well as the thrifty. Those less-well-known thrifty items include chops, liver, heart, and roasts from the shoulder. Barbecued lamb breast is one of the tastiest low-cost dinner you can serve.

Beef and pork remain on the plentiful list with pork showing what is known as a "seasonal advance" in price. Smoked picnics are on the economy list.

Eggs will continue to be one of the best protein buys. Large AA and A will be real values. Just a couple of pennies more than mediums. Feed them to the family often.  
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## Loggers, Lumbermen Convene at Redding

Redding, Calif.—(U.P.)—Some 1,500 loggers and lumbermen are gathered here for the seventh-annual three-day Sierra-Cascade logging conference.

The conference was to be keynoteed by experts from Portland, Ore., and Washington, D.C., whose topics ranged from public relations to access roads to timber sales.

fish and seafood which is being displayed in good variety.

**Grocery Department**  
Special prices often mark many canned fruits including the popular cling peaches, apricots, fruit cocktail and fruit salad mixes. Canned fruit and vegetable juices likewise come in for a fair share of bargain pricing. Canned tuna and salmon, nonfat dry milk, navy and baby lima dry beans, lentils, split peas, frozen orange juice, raisins, prunes, rice, macaroni products, honey and peanut butter can all be of assistance in planning economical meals.

Best fruit department offerings are apples, oranges and grapefruit. Dates are especially good buys for an after school snack for the children as well as a baking ingredient. Winter pears are a delight. Medium and small avocados are reasonably priced. Pick avocados that are unblemished and ripe enough to yield to gentle pressure. Never pinch avocados, they bruise easily.

**Vegetable Department**  
We are indeed fortunate to have that firm solid head lettuce known as Iceberg available the year around; more fortunate now when rain and sun have conspired to keep it plentiful and reasonably priced. Sweet golden carrots for good nutrition are a best buy, as are cabbage and cauliflower. Celery continues a bargain for relishes, salads, and cooking. The winter squashes, Hubbard and Banana, will be with us for only a few more weeks. Luxury items are likely to be artichokes, asparagus, cucumbers and eggplant.

**TWIN FEVER**  
Niles, Mich.—(U.P.)—Three sets of twin calves were born during a 10-day period on the John Foster farm near here.

Friday, February 17, 1956

MEDFORD (OREGON) MAIL TRIBUNE—THREE

## As We Live

By ELIZABETH HURLOCK, PH.D.

### Family Interference May Be Justified

Most people resent interference in their family affairs by others in the family. How far can a member of the family go without starting trouble?

(Q) "My sister and her husband are very strict with my two nieces, 21 and 18 years of age. They won't let them date, stay out late, or even think of marrying. My older niece has left home and plans to be married soon. My younger niece will, I am afraid, do the same thing. Now both of these girls are good girls and don't deserve to be treated as they are treated at home. The girls always played at my home when they were little because I didn't complain about the dirt and mess they made as my sister did. Would I be wrong to let them bring their boyfriends to my home and to let my older niece stay with me until she is married? I don't want to interfere with my sister's family but I feel sorry for my nieces."

(A) You would, in a sense, be "interfering" with your sister's family but this seems to me a justifiable interference that will bring help at a time when help is badly needed. Young girls, treated at home as your nieces are being treated, often do foolish things they bitterly regret later.

One of the most foolish things under such conditions is to marry the first man who asks them as a way of escaping an intolerable situation at home. This you certainly do not want to see your nieces do, and you are the only one who can stop them.

**Should Encourage Visit**  
Even at the expense of losing the friendship of your sister, you should encourage your nieces to bring the young men they go with to your home. By getting to know these young men, you can tell whether they are the right type for your nieces to be dating and whether

your older niece is marrying a man who can make her happy. Because the two girls have looked upon your home as their "real home" since they were children, they would doubtless take advice from you that they would be unwilling to take from their parents. Don't deprive them of the help you can give them now.

(COPYRIGHT 1956, GENERAL FEATURES CORP.)  
Alaska's current population is about 170,000.

**SNOW JOB**  
Sault Ste. Marie, Mich.—(U.P.) Experimental snow removal equipment, including one unit that can move four inches of new snow from a runway 300 feet wide and 10,000 feet long in 30 minutes, is being tested at nearby Kinross Air Force Base this winter.

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