

Is That So?

By EUGENE BURNS
Ranger-Naturalist

Without doubt, coffee is the world's most popular brew; there are few places in the world you can't get it. Along with it, many theories exist as to how it should be made; whether it stimulates the brain; whether it slows your physical reactions; whether it is habit-forming. To get the answers to these many perplexing questions, I went to doctors, university professors, men in the coffee industry, and studied a comprehensive report by Roger W. Riis of Readers Digest. Two weeks ago, I served you a cup of coffee—answering some of your many questions; today, we will have a refill—and wind up the subject.

Does coffee help one's quality of handwork, say as in typing? Small doses of caffeine seem to



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speed up typing; large doses seem to slow it down. However, steadiness of hand seems to be lowered by caffeine—and most tellingly, about three to four hours after taking the dose. But with a reasonable dose, accuracy increased.

What is a small dose? About as much as one would get in a cup and a half of coffee. Does it help in brainwork?

Yes, it seems to. In calculation tests—that is, adding a two figured number to another number which has been suddenly displayed—the use of caffeine showed pronounced stimulation, lasting into the following day. Curiously, the stimulating effect of caffeine on muscular activities comes quickly and passes quite quickly; but on the mental processes, it comes more slowly and is more lasting.

Does cream, sugar and other accompanying foods increase the coffee's stimulation? **Lesser Effects**

No, on the contrary. They lessen coffee's effects. As to be ex-

pected, black coffee is most stimulating on an empty stomach. Is it a habit-forming stimulant, inclining the user to consume increasingly more amounts of coffee?

No. Unlike most stimulating drugs, coffee does not build up a demand for ever-increasing doses. Neither does it have the marked depression which follows the use of most stimulants. Nonetheless, it is a stimulant—and many doctors point out that sooner or later, the body must repay by rest the added hours of stimulation from caffeine. The same, of course, applies to any other stimulant, tea, chocolate, or cola.

Is coffee harmful? Kept within reasonable limits, coffee drinking does not appear to do harm to adults.

What are "reasonable limits"? They vary with individuals—but a good average would be five cups a day. But whatever bad effects coffee may have are seldom serious. They tend to disappear promptly with the stopping of coffee drinking.

Does the way coffee is made have any result on its effects? Decidedly. Prof. Samuel C. Prescott, of Massachusetts Institute of Technology, says that the way coffee is made affects its chemical contents as well as its taste. He adds that "the bad effects a few people suffer (perhaps 3 per cent may have "burning of the stomach," "palpitation of the heart," "headache," "skin eruptions," or "nervousness") can be minimized if the coffee is freshly roasted, freshly ground, and infused for one to two minutes at a little below the boiling point in a glass or china utensil—not metal, which he believes affect the taste.

Schools of Thought What's the best way, then to make coffee?

Obviously, there are schools of thought on this subject. However, the coffee industry men, without a contradictory vote, were agreed upon the drip method. They say that the ideal brew calls for dissolving out only three-fourths of the soluble solids of the ground bean—more than that, you get a bitter taste. The drip method comes closest to this because the water passes through the grounds only once,

Entomologist To Study in County

R. L. Goulding, assistant entomologist at Oregon State college, was to be in the Antelope creek area today and Thursday studying the effects of biting insects on beef cattle. Earle Jossy, Jackson county agent said.

Goulding will direct his study as the causative factor of biting insects in regard to anaplasmosis. Anaplasmosis, Jossy explained, involves the breaking down of blood plasma, causing a yellowness around the eyes, mouth and udder of cattle. The disease is usually fatal, he said, but cattle surviving anaplasmosis are frequently carriers.

On Wednesday night the entomologist will set up a "fly trap" trailer in which a calf will be placed to attract flies. The flies will then be examined as possible anaplasmosis carriers.

Thursday Goulding will examine cows for biting insects and specimens of the insects will be collected and taken to the OSC laboratories for tests.

Jossy said that anaplasmosis is not widespread in the county but is present in some areas and is a serious problem where it exists.

and at just about the ideal temperature.

But whatever the method, of this you may be sure: Coffee will continue to be the most popular beverage in the world.

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Free: By special arrangement with the editors of the Encyclopedia Americana, my panel of judges will award each week to the reader who sends me the best true-life nature adventure, the best nature observation, or the best question on nature and wildlife, a complete 30-volume set of this world-famous reference work in a handsome Sealcraft binding. Each week new submissions will be considered. Sorry, I simply can't answer your many friendly letters. Please address your letters to: Is That So? care Medford Mail Tribune, Box 575, Sausalito, Calif.

HORN BROOK 88th Birthday Celebrated

By MRS. H. H. CHAPMAN
Hornbrook—Mrs. Mattie Cummins, known affectionately as "Grandma" Cummins, celebrated her 88th birthday May 20. A picnic lunch was held in the grove at Cottonwood Camp where "Grandma" makes her home.

Helping her to enjoy the day were the Rev. and Mrs. D. W. Borrowdale of the Seventh Day Adventist church in Yreka, and their daughter, Mrs. Hare, and her daughter, Penny, and also from Yreka, Mr. and Mrs. Clarence Sanders, Mr. and Mrs. Mac Windsor, and Norman Cummins.

Coming over from Medford were Mr. and Mrs. P. L. Ruston, and their daughter and son-in-law, Mr. and Mrs. Gene Forsee and three children. Mr. and Mrs. Leland Evans of Ft. Jones, Jack Taylor and Patsy Clayburn of Klamath river, Mr. and Mrs. Rob Cummins, Carl Cummins, Mrs. Minnie Bloomingcamp and son Charles, all of Hornbrook, also were on hand.

Another birthday celebrated last week was that of Benny Bennett, who was 6 on May 17. Benny is the younger son of Mr. and Mrs. Ralph Bennett. For his birthday party he had as his guests his grandparents, Mr. and Mrs. Ben Bennett, his great-uncle, E. E. Santee, his aunt and uncle, Mr. and Mrs. L. W. Bennett and children of Ashland, and his friends, Mr. and Mrs. L. C. Walsh and Lauran Payne. Enjoying the party too were his brother Douglas and sister Marcia.

The Boy Scouts held the third in their series of private dances at the Grand hall May 17. The dances have been well attended and the youngsters all seem to be enjoying them.

Week end guests at the home of Mr. and Mrs. L. C. Walsh were Mrs. Malcolm MacLeod of Spokane, Wash., and her mother, Mrs. Harold Todd, of Bonners Ferry, Ida., and Mrs. Todd's sister, Mrs. George MacArthur of Phoenix, Ariz., at whose home Mrs. MacLeod and Mrs. Todd had spent the winter.

Mrs. MacLeod and Mrs. Walsh have been friends for many years, having taken their nurses' training together, and after receiving their R.N. degrees, serving together in the same hospitals, mostly in Montana.

Entertaining at dinner at her home on Sunday, Mrs. Bertha

Bradley had as her guests Mr. and Mrs. Archie Winders of Stockton, Calif., Mr. and Mrs. W. W. Rogers of Klamath River, and the Misses Lottie and Sarah Beswick of Ashland. On Saturday Mrs. Bradley and Mrs. Winders spent the day shopping in Medford and visiting an old school friend, Mrs. Oscar Lewis in Jacksonville, while Winders played golf in Medford.

Mr. and Mrs. "Doc" Davis, of Fortuna, Calif., were in Hornbrook visiting friends one day last week.

Among those "doing their bit" by donating blood at the Bloodmobile in Yreka on Monday, May 21, were Mrs. Ralph Bennett and Mrs. Lauran Payne.

Mr. and Mrs. F. A. Sarnain of Grants Pass were Sunday visitors at the home of their daughter and son-in-law, Mr. and Mrs. Ralph Bennett and children. Several persons from this area were on hand in Medford Saturday morning to view the Armed Forces day parade. The demonstration and explanation of the Army helicopter at Hawthorne park was a point of interest to many.

Daughy's Interest Bought by Fortmiller

Ashland—John P. Daughy's interest in Fortmiller's department store has been purchased, Dave Fortmiller, who has been manager of the store for the last several years, has announced.

The business will continue under the same name with the ownership now in the hands of Dave Fortmiller and his father, C. W. Fortmiller, who founded the firm in February, 1933, with Daughy.

There will be no change in policies of the store or personnel, Fortmiller said.

Washington High Names Rose Festival Princess

Portland—(U.P.)—Judy Vollman, 17, is Washington high school's princess in the realm of Rosaria.

The hazel-green eyed girl with the light brown hair was chosen yesterday.

Read and Use Classified Ads The Community's Biggest Marketplace

Coronet Article Describes Air Ambulance Service Here

A feature article describing Medford's flying ambulance service, the only evacuation plan of its kind in the country, appears in the new issue of Coronet magazine.

The article, entitled "Oregon's Wings of Mercy," describes how Medford's George Milligan, a Civil Aeronautics tower operator, created the life-saving plan in 1949.

Milligan inaugurated the project, which is now known as Mercy Flights, Inc., in order to effect a speedy means of rushing accident victims to medical treatment.

Prior to Milligan's operation, many people who were injured in the rugged bush country surrounding this area had to wait long hours before seeing a doctor, the article points out. Some had even died because of the delay.

The flights began operations with one second-hand plane, and by the end of the first year had carried 13 patients, but was several hundred dollars in debt.

The Coronet article describes how the corporation then began selling the service like insurance. A total of 1100 persons

bought subscriptions, and kept the service going.

In the 1952 outbreak of polio in southern Oregon Mercy Flights carried 23 patients to swift treatment in Eugene in a single month, the article says.

The flying ambulance service is now a going corporation, the Coronet article reports, consisting of several up-to-date aircraft which make much safer the flight over the treacherous Oregon wilderness.

Four File To Fill School Board Vacancy

Ashland—Four petitions nominating candidates to fill one term on the Ashland school board have been filed in the office of School Superintendent Leland P. Linn.

Those who have petitioned are Charles H. Coffin, Robert V. Hardy, Dr. Christian P. Hald and Carroll W. Smith.

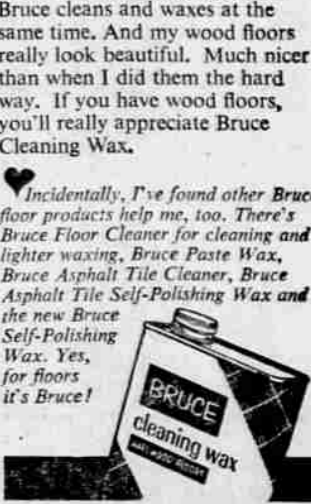
Deadline for filing petitions is June 11. Nomination petitions must be signed by at least 10 patrons. The election will be held in four weeks.

"Paul says I'm a peach!"



Paul thinks it's just wonderful the way I keep our house looking practically perfect and still have time to do so many other things. The plain truth is that I've found faster, easier ways to get my work done. Take wood floors. Cleaning and waxing them was something fierce. I can still remember how my muscles ached for days after. But not now. It's almost a pleasure with Bruce Cleaning Wax. There's no floor washing at all! Bruce cleans and waxes at the same time. And my wood floors really look beautiful. Much nicer than when I did them the hard way. If you have wood floors, you'll really appreciate Bruce Cleaning Wax.

Incidentally, I've found other Bruce floor products help me, too. There's Bruce Floor Cleaner for cleaning and lighter waxing, Bruce Paste Wax, Bruce Asphalt Tile Cleaner, Bruce Asphalt Tile Self-Polishing Wax and the new Bruce Self-Polishing Wax. Yes, for floors it's Bruce!



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