

The Medical Roundup

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How To Gain Weight

When I publish a column on reducing weight, a number of people, who describe themselves as distressingly skinny, write asking what they can do to put on some fat.



Obviously, the thing to do is to eat each day plenty of rich food, with a lot of cream and butter hidden in soups, mashed potato, cooked vegetables and desserts. The person should take glasses of milk with much cream added, and they should put much cream in their coffee, on cereal, fruit, puddings, apple sauce, pies and wherever it can be added. At home, the thin person should have a pitcher of cream beside his plate.

His food should contain extra butter. For instance, his eggs can be scrambled with butter. He should use much butter on his bread, and on baked potatoes and other chops. When he has a lamb chop or pork chop, or any piece of fat meat, he should eat the fat. Persons who find it very hard to eat much at the table can add many calories to their diet by quickly gulping down twice a day a rich egg-milk with ice cream stirred into it.

Perhaps the main difficulty with many thin persons is that they have little appetite, and when they sit down to dinner with some desire to eat they quickly fill up and then they can hardly take another bite.

Soup Often Filling

As many a thin person has said to me, "After a few mouthfuls, I feel as if I had eaten a whole goose." Many thin persons are almost certain to fill up quickly if they go out to dinner, perhaps at a restaurant. They cannot start with a soup or some shrimps, because even the soup is likely to so fill them up that then they cannot touch their entree or their meat.

Many thin persons like to eat very slowly, but often this makes things worse for them. Many would do better to take out their watch and try to get their meal down in a few minutes before they turn against it.

That thin persons can be fattened and made to look immensely better and to have better health was shown me years ago by my old Chief. When expense was no object, he would take a thin sickly-looking woman and put her in a certain sanatorium which in those days had wonderful food. He would get a cheery nurse to encourage the woman to eat, and to see to it that she did consume the food that was put on her tray.

The woman complained for a few days of feeling stuffed, but usually she soon adjusted to the large amount of food.

The nurse had to see to it that each day the woman's bowels moved well. If they did not, there might come nausea and abdominal distension and pain. An enema of warm salty water was the best cure for this.

What interested me much was that the only women who did not gain weight on this regimen were those who had some mental distress. I can still remember the sad-looking heiress who had been married for her money by an adventurer. When he practically deserted her and seldom came home, she became depressed. She never could put on a pound.

Women Couldn't Gain
I remember, also, a young woman much in love with a man whom her parents despised; also, a beautiful college girl in love with a merry scamp who would never get around to proposing. Neither of these fretting women could gain any weight.

All of which shows that many persons stay thin because they worry the weight off faster than they can put it on. They are too tense, too active, or too self-conscious.

There is another peculiar fact about people, and this suggests that in our brain we have a sort of tiny regulator, like a thermostat, which keeps our weight steady at a certain point on the scale, no matter how much we eat.

To illustrate: when I was young and up to about the age of 40, I ate all I could with the hope of filling out, but never gained a pound. I remained thin. Then my "thermostat" seemed to change its setting so that my weight suddenly went up 5 pounds, and then remained at the new level. A few years later, the "thermostat's" setting changed suddenly again, and later, again, and since the last change I have had to remain on a reducing diet to keep from getting stout!

Let Us Not Be Too Satisfied

A while ago I quoted a poem from the little journal "Plantation Health," edited by my good friend, Dr. N. P. Larsen, of Honolulu. Here is another thought he published a while ago.

God pity me on the day when I have lost my restlessness!
God forgive me on the day when I am satisfied! God rouse me up if ever I am so dull, insensitive, lazy, complacent, phlegmatic, and so apathetic as to be at peace!

Warren Weaver

Dr. Alvarez hopes his readers will understand that it would be impossible for him to answer requests for information or to attempt to diagnose by mail.

(Released by The Register and Tribune Syndicate, 1958)

A hinged titanium finger joint that promises to prevent amputation of the finger in many cases has been used successfully recently.

They'll Do It Every Time

By Jimmy Hatlo

THE BIG SALES WHEEL FROM THE HOME OFFICE MAKES AN UNEXPECTED VISIT TO THE GOONVILLE BRANCH OFFICE TO PUP UP BUSINESS....

PLASTIC ASPIC! CHIEF, I'VE WORN HOLES IN THE CARPET CALLING ON THAT ACCOUNT EVERY WEEK SINCE I'VE BEEN HERE. BUT THE PURCHASING AGENT, MR. BOOBER, IS PREJUDICED. I CAN'T GET TO FIRST BASE!

ER-UM-HA-HA-REMEMBER ME? WE'D LIKE TO SEE MR. BOOBER, THE PURCHASING AGENT...

SORRY-I DON'T REMEMBER YOU! AS FOR MR. BOOBER- HE PASSED AWAY OVER A YEAR AGO! THE PURCHASING AGENT NOW IS MR. PHINEAS ROSEWATER...

PS. THERE'S A NEW BRANCH MANAGER NOW- GET ON TO THE BALL, BOYS! IT COULD HAPPEN TO YOU!!

THANK YOU AND A TIP OF THE HAT TO THE HIGH STALON OF STALON- BEAUMONT, TEXAS

History of Capital Punishment In United States Is Long One

In November's general election the citizens of Oregon will decide whether they should retain or abolish the death penalty. This is the first of three articles designed to present to voters the principal arguments surrounding the issue of capital punishment. This article will describe the history of the death penalty in Oregon and in the United States.

By JOE BIGHAM

Capital punishment has had a long history in the United States. Most states have used it throughout their history primarily as the punishment for first degree murder and treason. A person, kidnapping, rape and train wrecking have been and continue to be punished by death in some states.

The death penalty is in effect in 42 states. Although few in number, the six abolition states boast a long tradition.

Michigan, 111 years ago, became the first state to abolish capital punishment. Rhode Island and Wisconsin were next, abolishing capital punishment in 1852 and 1853, respectively.

Restore Capital Punishment
Maine ended the death penalty in 1876, restored it six years later, and abolished it again in 1887. North Dakota went abolitionist in 1895, but restored capital punishment in 1939. However, North Dakota does not inflict the death penalty, since she has no electric chair or gas chamber.

Minnesota is the sixth of the present abolitionist states. She abolished capital punishment in 1911.

Two of these abolitionist states have retained the right to impose the death penalty under certain conditions. Michigan technically can execute to punish treason. Rhode Island can execute for a murder by a prisoner who already is serving a life sentence for another murder.

Colorful History
Oregon itself has a varied and colorful history in this field. Typical of most American frontier states, Oregon hanged its murders publicly a century ago.

The first significant negative reaction to capital punishment among Oregonians

came in 1903, and was aimed at prohibiting public executions. Subsequently, a law was passed which required that executions be held in private.

This reform did not pacify Oregonians for long, however. An abolition movement soon took hold in the state. An abolition amendment was defeated at the polls in 1912. Undaunted by this failure, the abolitionists resolved to try again in 1914.

This time they were successful, but only by the narrowest of margins. Capital punishment was abolished in Oregon in 1914 by a majority of 157 votes out of over 200,000 cast. Of those voting, 100,552 voted to abolish; 100,395 voted to retain.

Reinstate Death Penalty
The citizens of Oregon did not choose to experiment with abolition for long, however. As soon as World War I was over, the clamor arose to reinstate hanging. In 1920, Oregonians voted to reinstate the death penalty by a majority of 17,167. In this second election 81,756 persons voted for restoration; 64,589 voted to keep abolition.

Oregon was not the only state which abolished the death penalty in the early 1900s, only to reverse its decision a short time later. Missouri, Arizona and Washington all abolished the death penalty about the same time, then reinstated it soon after the end of the war.

The original drives favoring abolition were part of the progressive movements that swept the nation in the early 1900s. The later reaction against this wave of abolition may have been caused by the insecurity that the American people felt during and after the war years and by the unsettled economic conditions immediately following the war.

Significant Developments
There was only one significant development in this field in Oregon during the next two decades. This was the switch in 1937 from hanging to the more scientific lethal

gas chamber as the instrument of execution.

The end of World War II saw a new reaction take form in the western world in the attitude toward capital punishment. But this time the reaction was against the system rather than for it, as had been the case following World War I.

In rapid succession Romania, Israel, Finland and West Germany all abolished capital punishment. Even the Soviet Union ended executions from 1947 to 1950, partly as a reward to her war-stricken people, partly as a propaganda instrument to use against Britain and the United States.

Decade of Bickering
Great Britain ended a decade of bickering over abolition by enacting a quasi-abolition law in 1956. This bill abolished the death penalty except for murderers who use firearms or explosives or who kill a policeman.

World wide, 26 nations have abolished capital punishment. Central and South America are strongly abolitionist.

In the United States there has been no definite nationwide trend in the past few years either for or against the death penalty. Some states have limited it; others have attempted to extend it; the federal government itself has extended the number of crimes punishable by death.

Capital Offenses

Three new federal crimes were made capital offenses in the 1950s: peacetime espionage, dope peddling to minors and causing death through sabotage of a commercial vehicle. The rest are murder, treason, rape, kidnapping, espionage in wartime and murder committed while robbing a bank. The federal government has jurisdiction over the cases involving crimes against federal government officials or federal government agencies.

In Oregon, the death penalty recently has been attacked. Murder, treason and, technically, train wrecking are punishable by death in Oregon. Democratic Governor Robert D. Holmes is a bitter foe of capital punishment and has exercised his power of executive clemency to keep sentenced prisoners from being executed.

At his instigation the legislature passed a bill last year to put an abolition amendment on the November, 1958, ballot. This amendment provides life imprisonment for a person convicted of murder in the first degree. It does retain execution for a prisoner who commits a murder while serving a life imprisonment.

The next article will discuss arguments espoused by those who wish to abolish capital punishment.

Driving Charges Dismissed in Court

Charges against William Freeman Scruggs, 136 Portland ave., alleging he operated a motor vehicle while his driver's license was suspended, were dismissed in district court Monday.

Scruggs pleaded innocent to the charge on Aug. 22 and the case was dismissed by District Court Judge James Main Monday at the request of the district attorney's office.

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Frank Sinatra Shakes Studio Foundation by Changing Work Schedule

By VERNON SCOTT

UPI Hollywood Correspondent

Hollywood — (UPI) — Frank Sinatra shook staid old MGM to its celluloid foundation at the start of his new movie by insisting the studio shoot the picture from noon until 8 o'clock in the evening.

The giant studio had always adhered to the time-honored 9 a.m. to 6 p.m. schedule.

In the old days the late Louie B. Mayer would have pushed a button cancelling the picture and everyone connected with it. But in 1958 Frank Sinatra's name on the marquee is money in the bank.

To the studio's surprise, Frank's swing-shift is working wonders.

"I never saw any laws about having to shoot at 9 in the morning," Sinatra said during a break in his dressing room. "Performers work better in the afternoon. They're ready to go to work."

"It's great for the gals because they look better than in the mornings, and they don't run out of gas by 5 o'clock."

North American birds migrate along four distinct routes in the United States. The Atlantic and Pacific flyways border the oceans. Another follows the Mississippi River valley. The fourth runs from Montana and North Dakota to the southern tip of Texas.

At 4 o'clock we have a lunch break with everything spread out right here on the set. "I got the idea for these hours in Europe. That's how they work over there."

"My last two pictures, 'Pal Joey' and 'Kings Go Forth' were shot on this schedule. I wouldn't work any other way. I've never recorded a song during the day — always at night."

"So far we've been romping on this schedule, and everybody gets more sleep." Sinatra is starring in "Some Came Running" with Dean Martin and Shirley MacLaine. Neither of the crooners sings in the melodrama, but Shirley manages to belt out a tune.

Has Busy Program
Sinatra recently was named California chairman for the Boys Town of Italy. But he is troubled because his program for the next year is the busiest in Hollywood.

"I'm proud that they've made me chairman. I just hope I can find enough time to be of some real help," he explained.

"Right after this picture I start 'All My Tomorrow's' for my own Hobart Productions in Miami, Fla. When I get through with that Dean and I will be working together again in 'Ocean's 11', a story about 11 guys who hold up the town of Las Vegas."

"Then I've got three more pictures to do, including 'Paris by Night' with Brigitte Bar-

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dot in France. "I'll only have about a month off between films, which doesn't leave much time for working on the Boys Town project. But I hope to work in a few benefits and do what I can."

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