

Try and Stop Me

By BENNETT CERF

THE OBITUARY columns recently cited the passing of a lawyer who was famous for winning acquittals for ladies who had bumped off their better halves. The story goes that the red-headed star of a Broadway musical once phoned him to say, "I'll need your services. I'm planning to shoot my no-good husband sometime this week." "You'll have to put it off till next month," the lawyer advised her. "I'm so busy right now I can't handle another case."

A reckless young spend-thrift started his friends by announcing his engagement to the richest lady in town—a formidable party, very proper and straight-laced. "I wish you luck," said a pal of the bridegroom, "and I have a hunch you'll need it. I suppose you realize she'll make you give up smoking and drinking."

"True enough," sighed the bridegroom, "but I had to make a choice. If I hadn't married her, I'd have had to cut out eating!"

Notes Sheldon White:
I've written lots of letters
Filled with libelous intent.
And don't regret a single one—
Except the few I sent.

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The Medical Roundup

by *Walter Litwiler*
Emeritus Consultant in Medicine
Mayo Clinic
Emeritus Professor of Medicine
Mayo Clinic
(Register and Tribune Syndicate, 1962)

SOME BODILY EFFECTS OF GRIEF

Hundreds of times I have had a woman come into my office complaining of a vague abdominal pain, or a headache, or a miserable feeling all over, or an indigestion, much sleeplessness, or great feelings of fatigue. Often my assistants, on receiving from the X-ray man the report that a gallstone was present, perhaps in a normally functioning gallbladder, were satisfied that the cause of distress had been found.

But in scores of such cases, a question or two showed that the gallstone was "silent," and had never caused either pain or indigestion. What then was the trouble? Often all I had to do to find out was to ask, "Why do you look so sad? What terribly distressing thing recently happened to you; what broke your heart, or what great sorrow or disappointment, or great loss or worry came to you?"

Commonly, the woman (or man) has then told me of a disaster that ushered in the symptoms. Perhaps she learned her husband had lost his love for her and wanted a divorce, or he had taken to drinking so much he was going to lose his job, or her daughter had come home with a baby and no husband, or the brain of her adored granddaughter had not developed as it should, or her grandson had taken to stealing cars and getting himself arrested.

Sometimes in these cases the first and best thing the wise physician can do is to save the woman from an unnecessary operation. The next thing to do is to try to give her the hope and courage with which to pick up and try to carry on again. Perhaps I can induce her to go back to being social again, and perhaps I can get her to think again of others besides herself.

Sometimes I can talk her out of just sitting and brooding. If she is full of sorrow for a loved one who perhaps dropped dead, I may be able, by answering patiently all of her questions, to get her to see that it is worse than useless to spend her days trying to figure out how she could have avoided the death—by doing this and not doing that, I try to get the woman to stop

blaming herself and to see that what happened could not possibly have been avoided—that in no way can she be held at fault, and hence she must stop feeling guilty. If I can only get the woman to stop analyzing her problem, and to go back to living sensibly and usefully, I can cure her pain, her insomnia, and her feelings of illness.

Especially when there is a religious angle to her grief, I wish that my patient could have the help of my wise and kindly friend, that very able hospital chaplain, the Reverend Granger E. Westberg of the University of Chicago. A while ago I told here of his splendid book "Minister and Doctor Meet" (Harper). Now he has written a paper-back called "Good Grief" (Augustana Press, Rock Island, Ill., \$1.00) which I am sure would be very helpful to thousands of grief-stricken people.

Dr. Westberg tells how when first we are bowled over by grief, we go into a state of shock; then we express emotion; we feel guilty; some of us, without justification, fill up with feelings of hostility and resentment, which do us much harm. Perhaps for a while we are unable to work; then if we are wise we will struggle to face reality again and to adjust to it. We must find hope, and with it we must carry on.

Dr. Westberg has noticed that a mature religious faith helps many of us to go through a terrible experience, and to get back to a useful life again. On those rare occasions when I feel greatly depressed, the sure cure is to go into my office and struggle to help someone who is troubled. When I succeed in cheering him up, I find my own depression is gone.

If you suspect nervous illness may be caused by thyroid trouble, you'll want to read Dr. Alvarez booklet, "Thyroid Trouble and Goiters." You may get it by sending 25 cents and a stamped, self-addressed envelope with your request for it to Dr. Walter C. Alvarez, Dept. MMT, The Register and Tribune Syndicate, Box 957, Des Moines 4, Iowa.

NOW YOU KNOW
State and local government, in the United States had 5,844,968 full-time employees in 1961, according to the statistical abstract of the United States.

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News and Notes From Camp White

The Domiciliary is taking on a new spirit of activity "for better or worse." From the amount of interest among the members, there is a better atmosphere.

Mr. Woodford, the new canteen manager, who came here from San Fernando hospital, is making the most of the new service counter in the coffee shop. This feature was dedicated last week. Flowers and curtains were noticeable. The new table arrangement is an added touch of interior decoration. He advises that many new articles are planned for the store.

3 Teen-Age Boys Drown in Oregon

By United Press International

Three teen-age boys drowned Tuesday in Oregon. Roland Wing Lee, 17, Portland, drowned during an afternoon swim with a friend in Lake Oswego.

Clifford Neal Ernquist, 17, Portland, was lost in the Johnson Beach area of Sauvie Island.

In Marion county, Joseph Charles Severin, 13, Mt. Angel, drowned when he and some friends went for a swim in the Pudding river during a lunch break at a berry field.

Court Records

JUSTICE COURT
Ashland District
Lawrence W. Officer, disobeyed stop sign, \$15.
Louise Lamb, improper left turn, \$15.
Richard L. Williams, overweight, \$15.
Fred E. Corum, overweight, \$15.
Lola M. Cobin, improper passing (on curve) \$20.
Herbert Hagen, improper passing, (unsafe) \$20.
Walter E. Richards, overweight, \$28.
Iral R. Aldridge, overweight, \$15.
Roy H. Pratt, too in front seat, \$15.
Gordon B. Nichols, overweight, \$12.
Ronald J. Martin, overweight, \$92.
Edison L. Thuma, failure to transfer title, \$3.
Oris W. Huffman, violation of basic rule, \$25.
Clarence L. Bledsoe, improper passing, \$20.
James Curtis Donahue, overweight, \$157.
Robert Guthrie, overweight, \$126.
John L. Morack, inadequate foot brakes, \$10.
Gaynor D. Huck, violation of basic rule, \$30.
John W. Emaley, violation of basic rule, \$25.
Jessie M. Canoy, overweight, \$34.
Eugene W. Kimmons, no PUC permit, \$100.
Kenneth H. Greening, failure to dim headlights, \$15.
Jack A. Gudaur, disobeyed stop sign, \$15.
Roy W. Winkler, overweight, \$15.
Byrta S. Henry, disobeyed stop sign, \$15.
Danny T. Aldrich, no operator's license, \$5.
Claude A. Silver, overweight, \$32.
Norman V. Tombre, overweight, \$30.
Gladys J. Baldwin, improper change of lanes, \$15.

JUSTICE COURT
Gold Hill District
Lewis Granville Wetzel, driving while operator's license suspended, \$30; 10 days in Jackson county jail.
David Michael Machado, no operator's license, \$5.
John Blanchard Shoemaker, insufficient binders, \$5.
Billy Arnold Ross, four in front seat, \$5.
Thomas Wayne Rider, expired vehicle license, \$5.
Bert McCarty, failure to drive on right side of highway, \$15.
Claudia Kay Lilla, no operator's license, \$5.
Bert Carl Rosiel, disobeyed stop sign, \$10.
James Robert Williamson, impeding traffic, \$5.
Mary Jessie Corvey, disobeyed stop sign, \$7.50.
Ina Jean Brainerd, failure to drive on right side of highway, \$15.
Lance Walling Anderson, violation basic rule, \$25.

MEDFORD MUNICIPAL COURT
Dennis Glenn Lopez, speed contest, \$50.
Robert Lee Wobbe, disobeyed traffic sign, \$5.
William Carl Wehnt, no operator's license, \$30; disobeyed stop sign, \$10; permitting unlicensed operator to drive, \$5.
Charles Edward Hollowell, disobeyed traffic sign, \$10.
Billy Wayne Cooper, excessive tire noise, \$10.
Beverly Kay, no operator's license in possession, \$5; failure to use headlights on vehicle during hour of darkness, \$10.

DISTRICT COURT
Lowell Luther Dean, obstructed vision, \$10.
Oral Bashman, no chauffeur's license, \$5.
Larry Gene Bangs, violation of basic rule, \$20.
Cecil William Gardner, overweight, \$140.
Larry Alan Pierce, failure to stop at stop sign, \$5.
Paul R. Smith, violation of basic rule, \$10.
Velma Lucille Long, failure to dim lights, \$5.

CIRCUIT COURT
Joyce Volkman vs. Howard Volkman, divorce complaint.
Glenn M. Lusk vs. Betty V. Lusk, divorce decree.

MARRIAGE LICENSE APPLICATIONS
John H. Burk, Whitney Point, N.Y., and Anne Petersen, Monterey, Calif.
John Arthur Harper, 65, Morse at Ashland, and Bonnie Lee Polk, 3205 Highway 66, Ashland.

CAN'T DEDUCT PAYOLA
Washington — (UPI) — The Internal Revenue Service has ruled that payola is not tax deductible. The service said Tuesday that undisclosed payments to disc jockeys and other broadcasters to induce them to play records on the air clearly violated federal policy.

and Gowen and Charles Matthews, who attended the Jacksonville Jubilee and brought back a true to life picture of the Astronaut musicians. The band, incidentally, received a letter of praise and thanks for participating in this festival.

The Recreation department is losing Gene Reynolds, who carried forward the spring drive in sports as well as dramatics and tours. He will be succeeded by R. C. Tugman, being transferred from the post of domiciliary assistant. The library is thankful that a reading room has been opened across the hall. It was getting too crowded for comfort in the wing containing all the books.

The two sections housing the men in wheel chairs and needing attendants are now allowed to receive visitors among the volunteers, who will add this to their list of activities.

Father Michael Reilly is relieving Chaplain Eskay, on leave for about two weeks. He comes here from Mt. Angel seminary and is no stranger to the station. There are some 700 chaplains in the entire chaplaincy service. A recent announcement states that among the staff chaplains in the central office is the son of Brig. Gen. Charles Hartman, Rt. Rev. Msgr. Joseph W. Hartman, a West Point graduate.

About every kind of art is represented at White City, from commercial to fine art. There are not many artists, however, and Lee Brown of MAT has been trying to bring them out of hiding by forming an art class which meets on Wednesdays.

The working artists are all good, in fact excellent. This is attested by the two western scenes of the Charles M. Russell school which now hang in the foyer at the theatre entrance. The paintings are signed J. A. Strand. Strand is serving as instructor of the art class.

Many of the members do not know who does all the clever signs that are posted around recreation. Mike Prevost is the "pro" who does this work. He is busy from morn till night with his activities. He is better known as an MC on stage at the theatre and at the ball park. Then, too, he does the silk screen work for Dominions. Oh, yes, and Mike is also American Legion post commander.

One of the most active groups of members is the newly organized Post 192, of the American Legion. The Post was started in June a year ago and now it has signed up 151 charter members. The drive for charter members was in the hands of Adjutant Ralph J. Baldwin, who beat his record in another Oregon post. Plans for the coming year include backing a Junior Legion baseball team. Most recent activity was the cook-out at the picnic area in August attended by 110 Legionnaires.

The Labor Day Sports Carnival exceeded expectations in the turnout and interest of the members participating. There were 200 in the 10 events. The recreation department handled the job perfectly. Cash prizes, donated by the Elks, were distributed at the picnic area after the morning grind around the golf course and at the baseball field.

Contestants were most numerous in the relatively new game of bocci ball. This is an Italian variation of bowling and shuffleboard. Played with a ball resembling the one used in softball, the object was to come within a yard of a pivoted ball. In the regular game, the opponent's ball can be knocked away.

An unusually large number of donations were reported to the VAVS at their recent summer meeting. Appreciation was expressed by the various department heads — recreation, card table covers; uniforms for Astronauts orchestra donated by Salvation Army; chief nurse, pajamas for infirmity; supply, suitcases; library, paperback novels and books; chaplain, flowers donated by garden club and volunteers; manual arts, equipment for radio station, leather work tools, refrigerator for photo lab, provided by Elks; and ceramic molds and myrtle wood from WW I auxiliary.

Chairman Glenning announced receipt of \$200 for a television set as a memorial to Edmund Bucholz, from his brother in Minneapolis.

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Italy To Buy U.S. Military Supplies

Rome — (UPI) — Vice President Lyndon B. Johnson was told today that Italy would try to reduce the U.S. overseas dollar drain by increased military equipment purchases in the United States, informed sources reported.

Johnson conferred with Prime Minister Amintore Fanfani and Foreign Minister Attilio Piccioni on a number of topics including possible Italian aid to Greece and Italian-American cooperation in space projects.

The sources said the vice president was assured by Italian leaders that they would give sympathetic consideration to an expected request for such aid from Greece.

They also agreed to consider increasing purchases of

Firm Options Land Near River Mouth

Portland — (UPI) — A Kansas City, Mo., firm was reported today to have signed an option on more than 30 acres of land in the Rivergate area, about a mile from the mouth of the Willamette river.

The firm, Ashgrove Lime Co., was reported considering a major lime reduction plant on the fill lands.

equipment for Italy's NATO forces from American manufacturers. It was pointed out that the American balance of payments problem still remains serious and that more Italian buying would offset some of the \$100 million the United States spends annually in Italy for military purposes.

Johnson and Piccioni signed an agreement on plans for a scientific research project utilizing American rockets to launch Italian satellites from ocean-based platforms.

The vice president flies back to the United States Friday to end the two and one-half week trip.

His arrival here Tuesday

was in quiet contrast to the frenzied demonstrations which occurred in Lebanon, Iran, Turkey, Cyprus and Greece, which welcomed Johnson with parades and cheering crowds.

Transfer of Forest Service Man Told

Portland — (UPI) — Charles B. Waldron will be transferred from Klamath Falls to Portland on Sept. 16, the U.S. Forest Service said today.

Waldron, now on the staff of the Winema National Forest, will be made the range improvement specialist for the region, according to Regional Forester J. Herbert Stone.

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