

From the Times Files 10 to 100 Years Ago

Weather Years Ago

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March 5, 1973	36	44
March 5, 1964	58	51
March 5, 1949	40	48
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today it will place one of its largest nuclear power reactors under international inspection in the hope that other countries — particularly the Soviet Union — will follow suit.

10 Years Ago

March 5, 1964
The United States announced

James R. Hoffa, tough little leader of the nation's largest labor union, planned today to appeal his conviction on

Dear Doctor Thosteson:



Dear Dr. Thosteson: For several years now I have been bothered with chapped lips, not only in the winter but in summer also. Our family doctor recommended drinking more water but that has not cured the problem. Could you make any recommendation? — Mrs. W.M.

This could be a variety of conditions and should be seen to be evaluated.

However, drying, crusting and cracking the year round suggests there may be an irritant that is continually present.

Cosmetics sometimes are the offenders—lip stick is an obvious possibility. Nail polish or other preparations that touch the lips only secondarily can't be neglected as suspects.

So think back. Have you made any change in your cosmetics dating to about the time the trouble started?

Stopping all cosmetics for a time may be useful. It may not, right off the bat, show which cosmetic is guilty, but if the trouble stops it narrows things down a good deal.

Irritation from toothpaste or dental materials sometimes proves to be the cause of the trouble.

Sensitivity to the actinic rays of the sun can be involved.

You also might try one of the lip balms available in the drug store. These are colorless but serve as protection against external irritants.

Dear Dr. Thosteson: You had an article on post-nasal drip. Would you please rerun this article, and do you have a booklet on treatment? — Mrs. P.J.

I don't like to run articles over again, but I do have a booklet that discusses post-nasal drip, causes as well as treatment, in a good bit of detail. The same booklet also discusses sinus trouble; so send 25 cents and a long, stamped, self-addressed envelope to me in care of The Watertown Daily Times and ask for the booklet, "You Can Cure Sinus Trouble." It will include the information you want on post-nasal drip.

Dear Dr. Thosteson: Is there any home treatment for a leg ulcer caused by varicose veins? — F.L.N.

The only effective one is surgical removal of the varicose veins—and that's hardly a "home treatment." Local treatment of the ulcer is also necessary, as prescribed by the doctor.

Dear Thosteson: I am three months pregnant and worried sick. At about six weeks I tried taking quinine to try to stop the pregnancy. After one pill I showed one spot of blood, and took four more but didn't show any more. Then I was having morning sickness and couldn't keep the pills down at all. They just made me sick.

Now I am worried that the quinine hurt my baby. Would it affect the baby's health? — Mrs. R.P.

It is doubtful if a small amount of quinine would have any detrimental effect on the baby, but I suspect it is a good thing that you couldn't keep some of the pills down.

There's a long list of drugs that can harm the baby, and a longer list of drugs about which we don't yet know enough to be sure, so I stick to the advice I've often given before: Don't take ANY medicine in pregnancy without your doctor's sanction.

By the way, the claim that quinine will terminate a pregnancy is an old and oft-repeated fable, but neither it nor any other medicine will undo an established pregnancy or cause a miscarriage. The cases in which somebody says quinine did so, it was a coincidence, and a miscarriage was going to occur anyway.

Birth control is a much-discussed and highly relevant topic in today's society. Find out all you should know about birth control in Dr. Thosteson's easy-to-read booklet, "The Twelve Birth Control Methods." For a copy, write to him in care of the Watertown Daily Times, enclosing 25 cents in coin and a long, stamped, self-addressed envelope (include zip code).

Dr. Thosteson welcomes all reader mail but regrets that, due to the tremendous volume received daily, he is unable to answer individual letters. Readers' questions are incorporated in his column whenever possible.

charges he tried to rig a federal court jury.

25 Years Ago

March 5, 1949
Russia announced last night that acid-tongued Andrei Y. Vishinsky has replaced Vyacheslav M. Molotov as her foreign minister. The minister of foreign trade for the last 23 years, A. I. Mikoyan, has also been replaced by his deputy. Startled Western officials groped today through a maze of speculation for the meaning of Russia's sudden switch in top level officials.

Labor unions in Watertown and Dexter have pledged a total of \$4,700 towards the construction of the new hospital building by the House of the Good Samaritan.

50 Years Ago

March 5, 1924
President Coolidge informed the Philippine independence mission today that in his opinion the time has not yet come for separation of the Philippines from the United States. He said, "In the present state of world relationship, the American government owes an obligation to continue extending a protecting arm to the people of these islands."

Women predominate in Albany capitol halls today as

they gather from all parts of the state for a hearing before the senate general laws and judiciary committees on a score of bills on equal guardianship, equal salary and opportunity in public office, and equal responsibility in case of abandonment.

75 Years Ago

March 5, 1899
Shoots-at-Him, an Indian from the Rosebud agency in Colorado, has begun divorce proceedings against his wife, Fanny Shoots-at-Him, on grounds of desertion and infidelity. This is the first case on record of an Indian applying for a divorce.

The average height of the human race is, for men, 5 feet 6 inches, and for women, 5 feet, 2 inches.

100 Years Ago

March 5, 1874
We should let the Yellowstone National Park take care of itself for 50 years if, as the superintendent says, it will take \$100,000 to make it accessible. There is no danger of destroying its sublime scenery as long as it is inaccessible.

The house of Henry Rollins, Waddington, was burned to the ground Friday night. Loss was estimated at \$700; there was \$400 insurance on the house. Some furniture was saved.



A span of 12 years of heart clinics was marked by the Jefferson County Branch of the Northern New York Heart Association Thursday. The clinics are held the last Thursday of each month at Mercy Hospital. Shown at Thursday's session were, from left, Dr. Fred Taylor, Dr. Chole Alexson, seated at the University of Rochester School of Medicine and Dentistry, who has served for 12 years of the local clinics, Dr. Henry L. George, III and Dr. George Sturtz. Further information on the clinics can be obtained from the heart association office, 782-1791.

Custer Will Conduct

Calvin Custer, associate conductor, will conduct the Syracuse Symphony Orchestra next Friday evening at 8:30 at the Jefferson Community College Center Theater auditorium.

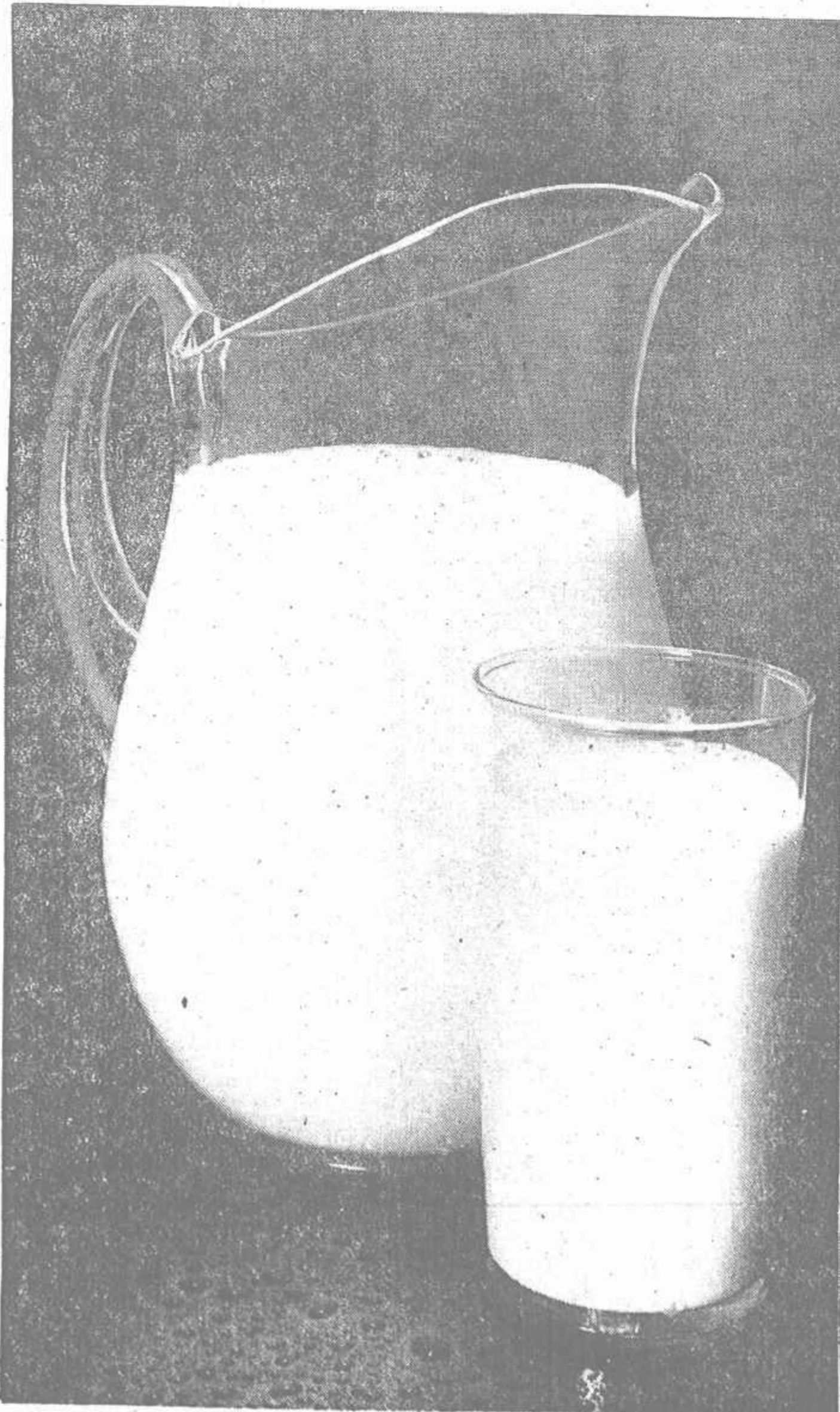
Mr. Custer will lead the Syracuse Symphony in Rachmaninoff's most popular non-piano work, the Symphony No. 2.

Also on the program of Romantic and late Romantic music are the Scherzo Capriccioso of Antonin Dvorak, and "Mathis der Maler" by Paul Hindemith.

The concert is co-sponsored by Jefferson Community College.

Mr. Custer is an exceptionally busy man these days. Next weekend, besides his Watertown concert, he will conduct two concerts in Syracuse and one in Rome. Last weekend he displayed his versatility at the Syracuse Symphony Pops concert, when he conducted the Pops Orchestra in a program which included some of his own compositions, directed the Syracuse Symphony Rock Ensemble, of which he is leader and arranger, and performed on the electric guitar, alto cornet, flute and recorder.

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Just about everybody knows that life depends on protein. But what you probably didn't know is that milk has high quality protein, like the kind you get from meat. And serving for serving, milk is still one of your lowest priced sources of high quality protein. Protein at a price that makes life easy. That's just one of the things milk gives you. And one more reason you should drink milk for all it's worth.

american dairy association THE GRADE AWAY

MILK. DRINK IT FOR ALL IT'S WORTH.

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