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Personal Health Service

By William Brady, M. D.

Signed letters pertaining to personal health and hygiene not to discuss diagnosis, or treatment, will be answered by Dr. Brady if stamped self-addressed envelope is enclosed. Letters should be brief and written in ink. Owing to the large number of letters received only a few can be answered. No reply can be made to queries not conforming to instructions. Address Dr. William Brady, 265 El Camino, Beverly Hills, Cal.

MUSCLE CRAMPS IN SLEEP

In this column a year or two ago we had a symposium on cramps in the legs and numerous correspondents gave their favorite remedy.



This seemed to be one or another form of pressure on the toes, either getting the foot on a tip-toe or pressing the toes against the footboard of the bed or pressing one toe on the instep of the other foot or raising both legs to vertical and in imagination juggling a heavy ball with the feet.

Most persons who suffer with these cramps at night have various veins and they are most likely to have the cramps following a day when they have done unusually hard work or when they have been on their feet long hours.

Now I have a remedy to suggest. Hate to do it, too, because it is a good remedy for so many things that I'm afraid my friends the enemy may notice that we're pushing it for so many things, and set up a cry that it is really good for nothing. Still I think we are safe from that for a while yet, since I gleaned this new remedy from the JAMA itself. In the JAMA, November 10, 1934, Dr. Robert A. Steven, San Francisco, reports good results from treatment of this common condition with calcium gluconate or calcium chloride. He neither favors calcium gluconate, though the older and cheaper calcium chloride worked as well. If I may I should like to suggest that our readers will find calcium lactate quite as efficacious, and there must be a lot of 'em who have calcium lactate around the house nowadays. I have extolled it for so many afflictions.

It was the usual thing, Dr. Steven answers, for the patient to say he had relief after two or three doses of calcium gluconate or chloride. Ten grains of calcium lactate may be taken three times a day before meals. Best taken dissolved in water.

NEW YORK, Jan. 4.—Thoughts while strolling: The hard-bitten ladies of the 40s, always so well coiffed and shod.

Look alike: Bob Ripley and Lionel Atwell. The firemen who walk past at dusk through Central Park.

You'd never think Lee Oswald was dead for a year. What became of Al Bellet?

Kay Francis has the most pronounced foot in the world.

Albino breaking idea: Theodore Dreiser and Richard Bennett in a quarrel. That Florida yam shop in Radio City. Nobody on the screen appears so feminine as Billie Burke or so masculine as Jack Holt.

John McCormack has his troubles with stiff white shirt fronts. The brief one so smart is now a symbol of yokelism. Carmel Snow sounds like a delicious dessert. They say the British dinner guests now walk out when the debt default is mentioned. Tendency, my word!

Even people who know him well still call Evelyn Knott Knott. He still calls Evelyn Knott Knott. He still calls Evelyn Knott Knott.

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Directs Bank

Fred Moe, active vice president of the First National Bank at Baker, also is chairman of the county SERA committee.

At last the mystery man of the ring has been seen in public with his famous mask, but he will continue to haunt wrestling circles under the name "Red Devil" so far as local fans are concerned.

The big main event of the night was the match between Pete Belcastro, Italian, and a local fan, who had come to the arena with the hope of seeing just such an outcome in the return bout between two of the profession's meanest men.

Several men in the audience took positions in the ring and the rest surged close to the ropes to see the final showdown of the most despised grappler ever to tread local canvas.

Caught and cornered in his draw, the man after the bout, Red Devil steadily refused to divulge his identity, declaring that he intends to put back his mask and carry on as the Red Devil, a role he has enacted for the past two years.

The promoter, who appeared on the card and several old-time followers of the grunt and grime game were all unable to identify him. Although he registered at a local hotel under the name "Louis Jackson," he claimed this name was false, and that Red Devil he is and will remain. He did admit, however, that he is from Memphis, Tenn.

The bout itself was as rough a 15 minutes of grappling as has been seen at the arena. Belcastro surprised the fans by keeping the upper hand throughout the fracas, with the aid of fists, feet and a strong set of teeth with which he bit his way out of every hold that Red Devil succeeded in establishing.

The first fall ended in nine minutes when Pete connected with a Sonnenberg and drop-kick, after being thrown about the ring in a series of flying mares. Red Devil went down like a pall of lead before Pete's onslaught.

Outweighed 45 pounds by the 230-pound behemoth, Belcastro, after the first fall, kept his opponent guessing. He seemed more confident and a bit faster on his feet than during his first bout with the demon here a month ago.

Pete made several attempts at pulling off the hood by sheer strength, and it was a foray after the mask that kept the spectators outside the ring in the closing minutes of the match. Upon climbing back in the arena, Red Devil twisted Pete's neck over the ropes and so dazed him that it was easy and eventually enough for him to apply the reverse head chancery that cost him the match and the first prize unmaking in a colorful career.

Clever holds of the scientific type of grappling featured the semi-final bout, in which Hal Rumberg of Spokane and Joe Hubka of Nebraska tugged and tumbled to a draw in one hour of wrestling, after sparring two falls.

Hubka, once star left and on University of Nebraska's varsity football team, held the upper hand throughout, although outweighed 21½ pounds by the northerner. The Nebraska took the first tumble in 36½ minutes of grueling, high-pressure maulwork, while Rumberg went to a series of Sonnenbergs and a press to take the second fall in 11½.

The former football ace squirmed out of most of the crumpling holds Rumberg succeeded in applying, giving one of the best exhibitions of pure wrestling yet seen in Medford.

Hubka's opponent was too big when it came to exerting much pressure, and the aid of the Spokane star's legs thwarted all of Joe's attempts at the spectacular Indian death lock.

Hubka would rather wrestle with his legs than with arms, and is thoroughly capable of using them to good advantage. This boy stayed 37 minutes in the same ring with Jim London, world champion, in a bout several years ago.

In a fly-weight curtain-raiser, Marvin Stevens of Central Point and Dick Baize of Medford tugged for ten minutes to a draw, each weighing in at 135.

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