

## Your Health and Its Care

BY DR WILLIAM BRADY M. D.  
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### NO TEETH NO VITE

This is in continuation of the discussion of the case of the 27-year-old woman who started doctoring a year ago (she does not say what for), was told (presumably by her doctor) that she had teeth and so she had them all pulled. Then she did not improve and "they" told her it was a "thyroid" and THEN she had a thorough physical examination (which she should have had before she gave up her teeth), and finally, to make extra sure, as she explains, she went to the best advertised "clinic." There "they" told me there was nothing organically wrong, that it was just a case of nervous exhaustion. They told me to go home and fight it myself.

At this point I go up in the air and it is hard to simmer down, as Lum would say, and point out precisely what is wrong. Mind, I have only the information the young woman gives in her letter. For all I know she may have misunderstood what some of the doctors or dentists told her. But I am afraid she understood only too well for her own good.

In the first place, any doctor who orders or advises a patient to have all the teeth extracted, without benefit of consultation with the patient's dentist, is my conception of a quack.

In the next place, any dentist who pulls all the patient's teeth on such an order, or without benefit of consultation with the patient's physician, is my conception of a quack.

Good evidence of the incompetence of the doctor—if the unhappy young woman consulted a regular physician when she began "doctoring"—is the damning

fact that he sacrificed the young woman's teeth first and gave her a physical examination only after she had lost her teeth. When the doctors at the big "clinic" told the unhappy young woman that she had "no organic" trouble, but just a case of "nervous exhaustion," that was the most unkind cut of all, as William would say. Even if it were true it was nevertheless unkind to tell her that. But of course it was not true, could not be true, because there is no such thing recognized in physiology. No physiologist, scientist, physician or medical authority can show that there is any such thing as nervous energy apart from ordinary muscular energy. All that is purely nineteenth century medical hokum, conceived and effectively propagated by some of the most eminent physicians or specialists of the times.

**QUESTIONS & ANSWERS**  
What Form What For  
In what form should iodine and calcium be taken by a person 48 years of age in average health? (A. S. L.)

Answer—If you mean to supplement the ordinary diet, which is usually deficient in calcium and iodine, you will find specific instructions in the pamphlets "Iodine Nutrition" and "Calcium Shortage." For other send stamped envelope bearing your address. For both, inclose 5 cents (in Canada 10 cents).

**Tuberculosis**  
Is the tuberculosis rate higher in southern California than in other parts of the country? If so, what precautions would you recommend for one moving to that section? (Miss M. V.)

Answer—No. But anyway, I recommend that you do not shut all the sunshine out with Venetian blinds, etc., when you take up residence. So He Takes Vitamins?  
... he gets lots of sleep, has a good appetite, and he takes vitamins. (G. C.)

Answer—It is of no interest to know one takes vitamins unless you tell me what vitamins you take, and for what purpose. If an individual happens to have tetany, for instance, it is immaterial whether he takes vitamin B or vitamin A or vitamin C, he still needs vitamin D. And if he is taking a dash of vitamin D in his shotgun concoction, it may be that he still needs calcium. (Copyright, 1944, John P. Dille Co.)

### Suit In Equity To Quiet Title

In the Circuit Court of the State of Oregon in and for the County of Jackson.

David H. Holmes and Harry L. Holmes, Plaintiff, vs. Myron J. Stearns and Mrs. Myron J. Stearns, his wife, if married; the unknown heirs of Myron J. Stearns, if deceased; Lora L. Stearns; Nora F. Stearns; Cecil B. Stearns and Mrs. Cecil B. Stearns, his wife, if married; Gordon Stearns and Mrs. Gordon Stearns, his wife, if married; Harry L. Stearns and Mrs. Harry L. Stearns, his wife, if married; Carey Stearns and Mrs. Carey Stearns, his wife, if married; Roland D. Stearns and Mrs. Roland D. Stearns, his wife, if married; Frances E. Stearns, widow of Sydney S. Stearns, deceased; the unknown heirs of Sydney S. Stearns, deceased; Colonel W. Pogue and Mrs. Colonel W. Pogue, his wife, if married; Althea Pogue, widow of M. E. Pogue, deceased; the unknown heirs of M. E. Pogue, deceased; the unknown heirs of Nettie I. Pogue, deceased; John Doe Riley, husband of Mary B. Powers Riley, deceased; the unknown heirs of Mary B. Powers Riley, deceased; the unknown heirs of Charles Pogue, deceased; the unknown heirs of Ida C. Gartman, deceased; Henry N. Pogue and Mrs. Henry N. Pogue, his wife, if married; Hester Porter and John Doe Porter, her husband, if married; the unknown heirs of M. N. Stearns, deceased; the unknown heirs of Leonard Pogue, deceased; the unknown heirs of Charles H. Lynch, deceased; and also any and all other persons or parties unknown claiming any right, title, lien, claim, estate or interest in and to the real property described in the Complaint herein, Defendants.

To Each, Every and All of the Above Named Defendants. In the Name of the State of Oregon, you and each of you are hereby required to appear and answer the Complaint filed against you in the above entitled suit on or before the last day of four weeks from the date of the first publication of this Summons, and if you fail to so appear and answer said Complaint, for want thereof, the Plaintiffs will apply to the Court for the relief demanded in their Complaint, succinctly stated as follows, to-wit: That a Decree be entered adjudicating any and all right, title, estate, lien or claim which you or any of you have or claim to have in, to or upon the real property situated in Jackson County, Oregon described as follows, to-wit:

Beginning at the Northwest corner of section 2, in Township 39 South, Range 1 West of the Willamette Meridian, in Jackson County, Oregon, thence East 643 feet; thence South 1605 feet; thence South 78' 40" West 480 feet to the irrigation canal; thence along said canal to an intersection with the South line of the tract 1980 feet South and 365 feet East of the point of beginning; thence West 365 feet to the West line of Section 2, thence North along the West line of said Section 2 to the point of beginning;

Also, beginning at the Northwest corner of D.L.C. No. 37, in Township 39 South, Range 1 West of the Willamette Meridian, in Jackson County, Oregon, thence East 643 feet; thence South 1605 feet; thence South 78' 40" West 480 feet to the irrigation canal; thence along said canal to an intersection with the South line of the tract 1980 feet South and 365 feet East of the point of beginning; thence West 365 feet to the West line of Section 2, thence North along the West line of said Section 2 to the point of beginning;

in Township 39 South, Range 1 West of the Willamette Meridian in Jackson County Oregon; thence East 1188 feet to the section corner; thence South 1980 feet to the South-easterly boundary of D.L.C. No. 37; thence West 1214 feet; thence North 45 minutes East to the point of beginning, EXCEPT:

Beginning at the Northeast corner of Section 3, Township 39 South, Range 1 West of the Willamette Meridian, in Jackson County, Oregon; thence South 1100 feet; thence West 605 feet; thence North 1100 feet; thence East 605 feet to the place of beginning, and also EXCEPT:

Beginning at a point on the North line of Section 3, Township 39 South, Range 1 West of the Willamette Meridian, in Jackson County, Oregon, 605 feet West of the Northeast corner of said Section 3, thence South 1100 feet; thence West 583 feet; thence East 583 feet to the place of beginning, and also EXCEPT:

Beginning at a point which is situated 1100 feet South of the Northeast corner of Section 3 in Township 39 South, Range 1 West of the Willamette Meridian, in Jackson County, Oregon; thence West 1188 feet to the West line of D.L.C. No. 37 in said Township and Range; thence South 880 feet to corner; thence East 564.5 feet to the center of the County Road; thence North 41' East 761 feet; thence North 529 feet to the place of beginning.

And declaring any and all such claims to be null and void; and declaring that the said Plaintiffs are the owners in fee simple of said premises, and of the whole thereof, free and clear of any and all right, title, estate, lien or interest of said Defendants, or any of them, and that each and all of the Defendants herein, and each and all persons claiming, or to claim by through or under them, or any of them, be forever enjoined, restrained and barred from asserting, attempting to establish or claiming any right, title, estate, lien or interest in or to said property, or any portion thereof, and that Plaintiffs' title to said premises be forever quieted and set at rest.

The date of the Order for Publication of this Summons is 29th day of May, 1944. The time prescribed for publication of this Summons is once each week for four consecutive weeks.

Dated and first published this 29th day of May, 1944.  
FRANK J. VAN DYKE,  
Attorney for Plaintiffs.  
Post Office Address: Swedenburg building, Ashland, Oregon

**JUST CAUTIOUS**  
Camp Coke, Cal., June 5—(U.P.)—The army doctor congratulated as he handed Sgt. Harold O. Vogler his pre-marital medical certificate.  
"Well, sir, I'm not necessarily getting married," replied the sergeant. "I'm going on furlough and I thought I'd like to take this thing along, just in case."

### On the Radio Chains

**STATIONS:**  
Chain affiliation and where they are on the dial:  
KALE (MBS) 1330, Portland.  
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**Time Shown is PWT**

**Monday**  
5:00 p. m.—OR for Release, NBC; Gale Drake, CBS; Terry and Pirates, BN.  
5:15 p. m.—Superman, MBS; Dick Tracy, BN.  
5:30 p. m.—Richard Crooks, NBC; Harry Manner, news, CBS; Adventures of Tom Mix, BN.  
5:45 p. m.—News, CBS; Capt. Midnight, BN; Gordon Burke, MBS.  
6:00 p. m.—Song Is Born, NBC; Radio Theater, CBS; Gabriel Heatter, MBS.  
6:15 p. m.—Return of Nick Carter, MBS.  
6:30 p. m.—Spotlight Bands, BN; Information Please, NBC.  
7:00 p. m.—Contented Hour, NBC; Screen Guild Players, CBS; Henry Gladstone, MBS; Raymond Gram Swing, BN.  
7:15 p. m.—People's Reporter, MBS; Pop of the Evening, BN.  
7:30 p. m.—Dr. J. Q. NBC; Blondie, CBS; Lone Ranger, MBS; Horace Heidt Orch., BN.  
8:00 p. m.—Fred Waring, NBC; Love a Mystery, CBS; Paul Neilson Orch., BN.  
8:15 p. m.—Pleasant Lawton, NBC; Ed Sullivan, CBS; Lum and Abner, BN.  
8:30 p. m.—Avalanche of America, NBC; Gay Nineties, CBS; Point Sublime, MBS; Counterspy, BN.  
9:00 p. m.—Telephone Hour, NBC; Blind Date, BN; News, MBS; Adventures of Bill Lance, CBS.  
9:30 p. m.—Pulton Lewis, Jr., MBS; Vox Pop, CBS; Hawthorne House, NBC.  
10:00 p. m.—News, NBC; Music by Bovero, BN.  
10:30 p. m.—Design for Dancing, NBC.  
10:45 p. m.—Paul Page, singer, NBC; Boy Girl and Band, BN.  
11:00 p. m.—Hotel Baltimore Orch., NBC; Gus Arnheim Orch., CBS.

**Tuesday**  
5:00 p. m.—Terry and Pirates, BN; Gale Drake, CBS; OR for Release, BN.  
5:15 p. m.—Charles Ruyman, organist, NBC; Dick Tracy, BN; Superman, MBS.  
5:30 p. m.—Date With Judy, NBC; Jack Armstrong, BN; Harry Manner, news, CBS; Adventures of Tom Mix, MBS.  
5:45 p. m.—Capt. Midnight, BN; Jordan Burke, MBS.  
6:00 p. m.—Mystery Theater, NBC; Gabriel Heatter, MBS; Burns and Allen, CBS.  
6:15 p. m.—Return of Nick Carter, MBS.  
6:30 p. m.—Phiber McElree and Millie, NBC; Spotlight Bands, BN; American Forum, MBS.  
7:00 p. m.—Bob Hope, NBC; Raymond Gram Swing, BN; Columbia Presents Curvies, CBS.  
7:15 p. m.—Lowell Thomas, MBS.  
7:30 p. m.—Red Skelton, NBC, and Ryder, BN.  
8:00 p. m.—Fred Waring, NBC; 7:45 p. m.—Guy Lombardo Orch., CBS.  
8:15 p. m.—CBS Paul Neilson Orch., MBS; Tommy Reynolds Orch., MBS.  
8:30 p. m.—Pleasant Lawton, NBC; Lum and Abner, BN; Passing Parade, CBS.  
8:45 p. m.—Johnny Presents, NBC; Tony CBS; Duffy's, BN; Freedom of Opportunity, MBS.  
9:00 p. m.—Rumole Colman Show, NBC; News, MBS; Judy Canova, CBS; Let Yourself Go, BN.  
9:15 p. m.—Res. Miller, MBS.  
9:30 p. m.—Pulton Lewis, Jr., MBS.  
10:00 p. m.—News, NBC; Henry King Orch., MBS; Bal Tabarin Cafe Orch., BN.  
10:15 p. m.—Ted Straeter Orch., NBC.  
10:30 p. m.—Edwin C. Hill, CBS; Ambassador Hotel Orch., BN; Strings for Meditation, MBS.  
10:45 p. m.—Voice of a Nation, NBC; Jan Garber Orch., CBS.  
11:00 p. m.—Baltimore Hotel Orch., MBS.

**NEW MEXICAN DEMOS VOTING IN HARMONY**  
Albuquerque, N. M., June 5.—(U.P.) Only about 33,000 Democratic votes, less than half the 64,000 party ballots recorded in the 1942 primary, will be cast in New Mexico's primary election tomorrow, Ray Rodgers, state Democratic chairman, predicted today.

Republicans, however, predicted they would double the party vote of 10,171 cast two years ago.

"Party harmony" and lack of major contests were expected to reduce the Democratic vote, Rodgers said.

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## REFUGEES MAY FIND HAVEN IN UNUSED CAMPS

Washington, June 5.—President Roosevelt today said the government is considering the possibility of using unused army camps to house foreign refugees in this country for the duration of the war.

When he said earlier this week that he favored the idea of "free ports" as temporary havens for refugees, the President explained to his news conference today, he did not mean all of the refugees should come to this country or all go to other countries; that the rule of common sense would apply.

The President said he discussed the matter yesterday with Secretary of Treasury Henry Morgenthau, Jr., and John W. Pehle, director of the War Refugee Board. Pehle, he said, is studying the possibility of taking over one army camp in this country where refugees might be housed. He indicated that if this scheme were adopted, it might be extended to other camps.

## June Sky Review

By J. Hugh Pruett  
Astronomer, General Extension, University of Oregon  
The stars of summer are now returning and one by one are taking their places on the orchestral floor of heaven. In a



**TONIGHT AT 7:15**



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few weeks they will dominate the celestial scene, and the "music of the spheres," so characteristic of summer evenings, will again be in full harmony—and so silently!

That summer is again with us is clearly indicated by the short arc the full moon traverses low across the southern sky. Another herald of summer is the appearance low in the southeast of the red star Antares, heart of The Scorpion.

About the time the sky is dark, still another summer reminder is peeping above the horizon at a point nearly due east. This is bright Altair, the principal star in the constellation The Eagle. At the same time, well up in the sky somewhat north of east, Vega is splendid. Farther northeast Den-

eb in the Northern Cross is less brilliant.

Now if we look toward the south we shall see blue-white Spica fairly well up in the sky. Very high in the same celestial direction orange Arcturus stands at the lower point of the celestial kite.

Toward the west we immediately sight the brightest star-like object in the evening sky. This huge planet, Jupiter, boasts a diameter 11 times that of our earth and a retinue of 11 moons. Mars,

still visible, is rather an unimpressive non-twinkling red object a little below and to the right of Jupiter. Saturn is now setting at dusk. Venus is too close to the sun at present to be seen.

Regulus, a fairly bright star seen a little above and to the left of Jupiter, is at the lower end of The Sickle, a stellar diagram easily noted if a little attention is given this part of the sky.

Some distance above the horizon and considerably north of

west are the bright stars Pollux and Castor, the twins, standing side by side. Far over in the northwest, brilliant Capella swings toward the northern horizon.

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