

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.
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TOO MUCH SUGAR

I don't know, and I am unable to cite any scientific evidence to bolster my opinion, but I believe something that is removed from wheat and discarded in the modern milling process may be the factor, lack of which accounts for the abnormal craving for excessive amounts of refined carbohydrate (sugar, starch). A good many persons have told me that when they include a reasonable amount of plain wheat in their everyday diet in place of things made of refined white flour and things containing refined sugar they no longer crave sweets and dainty cakes and the like as much as they did before.

Get Your Wheat

How to feed wheat to your family and make 'em like it is explained in the pamphlet "Wheat to Eat"—for copy send a stamped envelope bearing your address.

There is more than mere conjecture in the idea that overweight, which accounts for most overweight, is due to nutritional deficiency or "hidden hunger."

Overweight is but one manifestation of such nutritional deficiency, but one so obvious that victims are generally concerned about it. Other manifestations are not so obviously nutritional and hence are often wrongly attributed to such fanciful causes as "overwork," "nerve strain," "run down condition," "neurasthenia," "poor circulation," "rheumatism," "auto-intoxication," "acidosis," "nervous indigestion," "liver trouble" and what have you. Probably various vitamin and mineral shortages are factors in different cases and different circumstances, but so far as obesity is concerned the shortage or deficiency chiefly responsible, in my opinion, is vitamin B complex deficiency, and that, it has been pretty clearly shown, is more or less inevitable.

Medford Nurses On Duty In North Africa Army Hospital

Two Medford army nurses, Second Lt. Helen L. Bossler and Second Lt. Mary F. Hensler, have added in caring for more than 6,000 patients which the 46th General Hospital, situated in a North African "medical center" has handled since it landed in North Africa in August of 1943. According to a dispatch from the hospital 30 per cent of the patients have been returned to full duty, 28 per cent to limited duty and the balance evacuated to the United States for further treatment.

In this hospital center, where several general and station hospitals have been brought together in order to provide the American soldier with the most expert medical care, the 46th has been designated the specialists for eye cases, skin diseases and for tuberculosis patients.

Although the hospital was designated as a 1750-bed unit, the report states, the men claim they can take in as many sick and wounded as there are tents and beds available. "It only takes us eight minutes to get a ward tent ready for patients," they say. The hospital can boast of many improvements.

For example, it has the only orthopedic instrument shop in North Africa, and an upright fluoroscope was brought into being from a regulation x-ray machine utilizing cables from an old airplane wing and a non-salvageable automobile transmission as weight for balance.

Lt. Bossler's mother is Mrs. K. Bossler, 15 South Orange street. She attended Medford schools and graduated from St. Vincent's School of Nursing in Portland. She was stationed at Ft. Riley, Kan., for a year after joining the army nurse corps and left the United States in August of last year.

Lt. Hensler, whose parents are Mr. and Mrs. A. Hensler of Rt. 4, box 218, lived in Fern Valley as a student and graduated from Phoenix high school. She has been with the North African hospital staff for the past 10 months. Also stationed at the same hospital is T. Sgt. Richard L. Rush, son of Joseph B. Rush, Sr., Rt. 2, Ashland.

NOTICE TO CREDITORS
IN THE COUNTY COURT OF THE STATE OF OREGON FOR JACKSON COUNTY IN THE MATTER OF THE ESTATE OF FLORA A. WHITE, Deceased.

The undersigned has been appointed and qualified by the County Court of the State of Oregon for Jackson County as Executrix of the Will of Flora A. White, Deceased. All persons having claims against said estate are notified to present them duly verified, with proper vouchers, to the undersigned, at the office of Rawles Moore, Cooley Theater Building, Medford, Oregon, within six months from June 1, 1944, the date of this notice.

Jeannette Carlton, Executrix

Men, Women! Old or Young! Need Pep?
Get New Vim and Vitality!
Doan's Backache, Leg Pains, May Be Danger Sign Of Tired Kidneys

Willkie Sees Many Changes And Problems Ahead Of U.S.

This is the fourth of a series of articles written by Wendell Willkie, setting forth his views as respects national issues and the position he believes the Republican party should adopt. It deals with "The economy of stabilization."

By Wendell Willkie

The American people believe in a life of enterprise and expansion by individual initiative. But all the talk today of a "return" to free enterprise and private initiative is merely an expression of feeling; not a solution of problems. We are not going to return to anything. We must press on—on to the days of demobilization and the complex economic problems they will bring.

The profound nature of the changes we must face is evident in the trend of affairs in Europe, Russia, with whom we are destined to have progressively closer economic relations, is a completely state-controlled economy. The aftermath of war will see a tremendous rise in western Europe of state ownership of resources and industries, what we call state socialism.

France Gives Illustration
The problem is well illustrated in the question of what is to become of the big industries of France, which the Germans have taken from their former private owners. It is likely that a large portion of this French production will become state-owned.

The trend in Great Britain is becoming increasingly clear. Lord Woolton has just rendered an official report for the British conservative party which would take Great Britain far along the path of government control of industry.

The plain facts are that Europe and Great Britain are moving as they are in economic thinking because of an insistent demand on the part of those millions of men who labor but do not direct. They demand that they shall be protected against the hazards and unpredictable destruction of human values involved in the violent fluctuations of modern industrial life.

U. S. Same Situation
We are facing the same situation here in the United States. All the full employment which has been created by war will make the demand for protection against postwar unemployment increasingly insistent. Already, looking to the future, men are asking: Must we have war to have jobs?

There is no doubt that the pressure of state-controlled economies in all of the countries with which we must trade and live will in time multiply, intricate and subtle ways inevitably affect our own society. But because of our youth as a nation, our great geographical area, our natural resources, together with the enormous potency of our belief in the possibilities of the individual, our answer to the problems of demobilization will not be the complete controls of Russia or even the elaborate controls suggested for Great Britain. Despite the pressure from without and the demands from within, we have an opportunity for a different answer. But only if we recognize the basic causes of unemployment and act with boldness and imagination to overcome them.

New Mechanism Required
Industry, labor and government—local, state, federal—should set up a co-operative mechanism which will act as a clearing house for information and constructive programs. Through such a mechanism capital goods expenditures—such as the building of roads, public works, industrial plants—so important a factor in the wide fluctuations of our economic cycle, can be spread and leveled over the years. Plant location and appropriate housing can be rationed.

ZERO CLUB
Out of bounds, civilians only
Delicious chicken and steak dinners, 7:00 p. m., 3 a. m., except Sunday. Phone day time 5300; night 9101.

SUBURBAN HEIGHTS

By GLUYAS WILLIAMS

IT IS A CAUSE OF SOME EMBARRASSMENT IN THE COMMUNITY THAT THE WAY TO THE STATION LIES PAST THE SCHOOL, FORCING FATHERS, WHO HAVE UNBEGGED OVER A SECOND CUP OF COFFEE OR WHO HAD TO GO BACK FOR SOMETHING, TO RUN THE GAMUT OF THEIR OFFSPRING, WHOSE BEHAVIOR MUST BE ON TIME FOR SCHOOL NOT DWINDLING AND FORGETTING THINGS SO THEY'LL BE ON TIME FOR SCHOOL.

alized to the end that congestion and distortion in our economic system may be prevented. But we must be realistic enough to acknowledge that the best efforts of private industry, even supplemented by such intelligent co-operation, will not always be enough. In addition the federal government must exercise a counter-cyclical influence against depression in order to preserve a reasonably high level of employment.

Some of the obviously necessary measures to this end are: Direction of the capital market to encourage a flow of new capital when depression threatens and to discourage it in the face of a boom; the undertaking of legitimate government projects, for instance, that will improve the health and welfare of the people, create new markets, new purchasing power; broad social insurances which will both protect the individual and help to stabilize consumer industries, and agriculture.

But our basic answer to the problems of a demobilization economy, and one for which we are peculiarly fitted by temperament and natural circumstances, lies in our great productive ability. Our industry has performed a miracle of production in the goods of war. It waits eagerly to perform the same miracle in the goods of peace. The new automobiles, the new houses, new planes, new plastics, television, new uses for farm crops, new discoveries born of war research, all clamor to be developed. And the markets of the world will be waiting for them—that is if we do our full part to help stabilize the world.

If our industry, however, is to develop its possibilities of post-war production to the best advantage of all, it must have certain releases and certain safeguards. Capital is necessary—risk capital that is ready to take a chance on the future.

Tax Program Inadequate
Because we have failed while we fight to pay for the war to the full extent of our ability through an adequate tax program, it is going to be impossible to have any early general relaxation of taxes when war is over. But there should be a drastic revision of the tax laws to encourage risk capital for new investment and new ventures.

Also, in order that industry may function venturesomely, new and effective methods must be found for counteracting and controlling the tendency toward monopoly and a monopolistic prices. They are the Trojan horse of the free enterprise system and in essence a protective device by men and industries who want to escape the hazards and perils which are the counterpart of the opportunities the system offers.

Under such releases, our genius for production will go a long way toward solving the problems of a demobilization economy. There will be employment; there will be good wages; there will be goods to buy. There will be better living for all.

Add to this government's part in the picture and the sincere co-operation of industry, labor and government to distribute the strains and you have the American answer to the problem of a demobilization economy.

The republican party cannot meet the need of the postwar period by merely passing resolutions in favor of "free enterprise." It must realize the inevitability and the justness of the people's demand for both protection and opportunity, and

It must find the answers, answers which exist uniquely within a responsible enterprise system.

On the Radio Chains

STATIONS:
Chain affiliation and where they are on the dial:

KALE (MBS) 1330, Portland.
KGA (NBC-Blue & MBS) 1310, Spokane.
KJW (NBC-Red) 810, San Francisco.
KJW (NBC-Red) 620, Portland.
KJW (NBC-Red) 830, Los Angeles.
KOIN (CBS) 970, Portland.
KOMO (NBC-Blue) 850, Seattle.
KOMO (NBC-Red) 680, San Francisco.
KSL (CBS) 1160, Salt Lake City.

Time shown is PWT

Thursday
5:00 p. m.—Terry and Pirates, BN; Galen Drake, CBS; OK for Release, NBC.
5:15 p. m.—Dick Tracy, BN; Superman, MBS; Tunes at Sundown, NBC.
5:30 p. m.—Jack Armstrong, BN; Harry Fleming, CBS.
5:45 p. m.—Louis P. Lochner, NBC; Capt. Midnight, BN; Gordon Burke, MBS; News, CBS.
6:00 p. m.—Muto Hall, NBC; Major Bowes, CBS; Gabriel Heatter, MBS.
6:15 p. m.—Return of Nick Carter, MBS.
6:30 p. m.—Bob Burns, NBC; Spotlight Bands, BN; Dinah Shore, CBS.
7:00 p. m.—Abbott and Costello, NBC; Raymond Gram Swing, BN; The First Line, CBS; Henry Gladstone, MBS.
7:15 p. m.—Lowell Thomas, MBS.

STRANGE AS IT SEEMS by JOHN HIX



VITAL MATERIAL!
KING OF OIL, JOHN D. ROCKEFELLER, SR., SUFFERED FROM THE LACK OF OIL IN HIS SYSTEM!
At 98 HE HAD NO SINGLE SALVAGE TOOTH!

THE LORD MAYOR AND THE JUDGES OF THE HIGH COURT OF ENGLAND TO CHIEF MAGISTRATES ON OFFICIAL OCCASIONS!
THE CUSTOM OF ANCIENT ORIGIN, WHEN THEY CARRIED HERBS TO WARD OFF THE PLAGUE!

BARNEY GOOGLE and SNUFFY SMITH



BLONDIE
Due to failure of matrix to arrive from New York, the comic strip Blondie will not be published for three or four days.

BUZ SAWYER



L'L ABNER



THE NEBBS



Spotlight Bands, BN; That Brewster Boy, CBS; Double or Nothing, MBS.
7:30 p. m.—Archie, BN; Andy, NBC; Durand and Moore, CBS; Dale Carnegie, MBS.
7:45 p. m.—People's Reporter, MBS; Pop of the Evening, BN.
7:50 p. m.—Bill Stern Sports News, NBC; Stage Door Canteen, CBS; Lone Ranger, MBS; Nero Wolfe, BN.
8:00 p. m.—Fred Waring, NBC; Love & Mystery, CBS; Paul Neilson, news, BN.
8:15 p. m.—Pinewood Lawton, commentator, NBC; The Parker Family, BN; Press Club, CBS.
8:30 p. m.—Those We Love, NBC; Gang Busters, BN; It Pays to Be Ignorant, CBS; Name That Tune, MBS.
9:00 p. m.—Furlough Fun, NBC; Meet Your Navy, BN; Kate Smith Hour, CBS; News, MBS.

8:30 p. m.—Fulton Lewis, Jr., MBS; Three Stars Trio, NBC.
9:45 p. m.—Lee Simms, pianist, to MBS.
10:00 p. m.—News, NBC; Sinfonietta, MBS.
10:15 p. m.—Sinfonietta, MBS.
10:20 p. m.—Stories of the West, CBS.
10:30 p. m.—Thomas Peluso Orch., NBC; Jan Garber Orch., CBS.
10:45 p. m.—Paul Page, stringer, NBC; Ambassador Hotel Orch., BN.
11:00 p. m.—Hotel Biltmore Orch., NBC; This Moving World, BN; Gus Arnheim Orch., CBS.

Damp laundry may be kept for a day or so without danger of mildewing if it is wrapped in a piece of rubber and stored in the refrigerator.

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BOTTLING COMPANY
(A-I Beverage Company)
301 N. Fir St., Medford
Phone 3873

ANSWER TO PREVIOUS PUZZLE

Crossword Puzzle

ACROSS
1—Purpose
2—East Indian
3—Monster
4—Tiny
5—Egyptian dancing girl
6—Entertain royalty
7—Hanger steel
8—Nag
9—Glimpse
10—Harvest
11—Rat out
12—Hoarded
13—Hanger steel
14—Employ
15—Stead
16—Swedish food
17—Coat (slang)
18—Finch
19—Man's nickname
20—Go to right
21—Reluctant
22—Put on
23—Futuristic plate
24—Kind of bean
25—Shower
26—Harvest
27—A neutral country
28—Ancient
29—Rat out
30—Hoarded
31—Hanger steel
32—Employ
33—Stead
34—Swedish food
35—Coat (slang)
36—Finch
37—Solar disk (Egypt)

DOWN
1—Commander as Stalin
2—Molding
3—Asian wild shee
4—Rent
5—Wondering fear
6—Musical note
7—Joined
8—City in Florida
9—Part to Alps
10—A dud
11—Laser sock of cattle
12—Blender
13—Catch sight of
14—Heaven
15—Most
16—Edible seed
17—Tennis barrier
18—Pardon: near
19—Waterline
20—Dealer in c'rs
21—Evergreen tree
22—Precise
23—Soul
24—Pathway
25—Snail
26—Bull
27—City in Brazil
28—Dry
29—Paradise
30—Pastry shell
31—Place
32—Tusk

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