

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

Readers should address inquiries to: Dr. William Brady
285 El Camino, Beverly Hills, Calif.

NERVOUS EXHAUSTION AND NERVOUS INDIGESTION

I said the other day that there is no scientific or physiologic foundation for the notion of complete exhaustion which is not completely relieved by a night's sleep or rest. If the indisposition, disability or feeling of exhaustion remains not materially improved by such rest, then it is good medicine and good sense to make or have made a thorough medical examination in an honest endeavor to find out what ails you.

Please bear in mind that I speak of exhaustion here in the physiological sense, not in the vague misleading sense in which the term is so effectively used by quack doctors and nostrum mongers. Physiology recognizes only one kind of energy—muscular, caloric—and only one kind of fatigue or exhaustion.

Assuming, as we must until physiology is proved wrong, that there is only one kind of exhaustion, physical or muscular, and only one kind of fatigue, then we must conclude that ordinary sleep or rest is the remedy that completely refreshes and restores the exhausted individual, generally in a day or less.

When or if such ordinary rest fails to restore normal health and vigor, the cue for the well-informed man or woman is, not to fool around with stimulants, sedatives, restoratives, complete relaxation in a resort and all that quaint business of the gay nineties but to undergo a careful medical examination by a

doctor who by training and study and experience is qualified to recognize chronic diseases in the early or milder stages. Classic example of indigestion from nervousness is the complete arrest of all peristaltic or natural churning movements of stomach and intestine in an animal frightened (as a cat suddenly confronted by a dog), enraged or even just irritated or annoyed by unaccustomed restraint or noise or subjected to pain. Not only the important movements or motor functions, but the accompanying chemical or secretory functions are strikingly inhibited, slowed down or arrested. This is indigestion and no fooling. But remove the threatening dog, release the restraint or relieve the racket and presently, within an hour or so anyway, all the digestive functions resume right where they left off.

QUESTIONS & ANSWERS
Poison to Counteract Poison
Much interested in your statements about abuse of barbiturates, is there a remedy to counteract the ravages of such drugs?
(J. C.)

Answer—To get to say it is not so simple as that. The first remedy is to stop taking the drug. If you can't do so of your own free will, you should have medical care. Caloric.

How many calories in an ounce of whiskey and four ounces of a popular carbonated beverage?
(Mrs. C. Mc. K.)

Answer—Approximately 85 calories in an ounce of whiskey—but the question is, how much of the alcohol in the body oxidize or burn as fuel? The calories in the sweetened beverage are practically just the calories of the sugar in it—approximately 35 calories in four fluid ounces.

Imaginary Danger
What danger is there that a varicose vein may break? (Mrs. J. G.)

Answer—If you mean danger of bleeding, practically none. Simple pressure on wound with finger or cloth pad would stop such bleeding. (Copyright, 1944, John P. Dille Co.)

WEST'S INTERESTS TAKEN CARE OF IN G.O.P. PROPOSALS

Convention Headquarters, Chicago, June 28.—(U.P.)—A broad program of far western improvements was recommended to the Republican convention resolutions and platform committee today by a special subcommittee on western and Pacific affairs.

Lowell Padgett, Portland, Ore., chairman of the subcommittee, and Rep. John Phillips, California, with Padgett a member of the national committee, said the western plank embodied the desires of a large section of the nation which needed more attention from federal agencies.

Irrigation Paramount
Reclamation projects headed the recommendations, "with recognition and full protection of the rights and interests of those states in the use and control of water for present and future irrigation and other beneficial consumptive uses."

Other proposals included exclusion from this country of livestock and fresh and chilled meat from countries harboring foot and mouth disease or rinderpest.

NOTICE TO CREDITORS
IN THE COUNTY COURT OF THE STATE OF OREGON FOR JACKSON COUNTY IN THE MATTER OF THE ESTATE OF A. D. WOMACK, Deceased.
The undersigned, having been appointed Administrator of the above entitled estate by the County Court of the County of Jackson, State of Oregon, and having qualified, notice is hereby given to all persons having claims against said estate to present them at the office of the undersigned's Attorney, at 126 E. Main Street, Medford, Oregon, properly verified and with proper voucher, within six months from the date of the first publication of this notice, which is the 21st day of June, 1944.

"E. L. WOMACK," Administrator.
O. H. Bengtson, Attorney for Administrator.

"Pin Worms Can't Harm MY Child!"

Better learn the Truth, Mother! You may think that Pin-Worms are just a harmless nuisance. Or you may think that this tormenting, embarrassing infection afflicts only certain types of people. Don't believe it! Rich or poor, young or old—anybody, anywhere can have Pin-Worms. And these crawling pests, living and growing inside the human body, can cause real distress. So watch out for the warning signs that may mean the nasty infection—the aggravating rectal itch; also, uneasy stomach, bad-digesting, nervous, fretting and uneven appetite.

If you suspect Pin-Worms, get a package of P-W tablets right away. And be sure to follow the directions. P-W is the new Pin-Worm treatment developed by the laboratories of Dr. D. J. Jones & Son, America's leading specialists in worm medicine.

Important Scientific Discovery
The small, near-to-fake P-W tablets contain a remarkable drug (gentian violet) that is being hailed by high medical authorities as the most effective means ever discovered for dealing with Pin-Worms. Thanks to this important new scientific discovery, P-W works in a special, gentle way to destroy stubborn Pin-Worms! Ask your druggist P-W for Pin-Worms!

depest; full protection of fisheries, whether by domestic regulation or treaties; prompt return to private ownership of lands acquired for war purposes; consistent with military needs; withdrawal or acquisition of lands for establishment of national parks, monuments and wild life refuges; restoration of the long-established public land policy which provides opportunity of ownership by citizens to promote the highest land use; full development of our forests on the basis of cropping and fire protection; prompt reopening of mines which can be operated by miners and workers, subject to military service and which have been closed by bureaucratic denial of labor or material; adequate stock piling of war materials and metals for possible future emergency; continuance, for tax purposes, of adequate depletion allowances on oil, gas and minerals; administration of laws relating the oil and gas on the public domain, and larger representation in the federal government of men and women especially familiar with western problems.

DEED RETURNED
Chicago.—(U.P.)—A deed drafted by Abraham Lincoln, which disappeared from his case five years ago, has been restored to the library of the G.A.R. Memorial hall. The deed, in Lincoln's handwriting, was located in Philadelphia, where it was offered for public sale. It was returned without court action.

NOTICE TO CREDITORS
IN THE COUNTY COURT OF THE STATE OF OREGON FOR JACKSON COUNTY IN THE MATTER OF THE ESTATE OF LUTHER HARMON, Deceased.
The undersigned, having been appointed Administrator of the above entitled estate by the County Court of the County of Jackson, State of Oregon, and having qualified, notice is hereby given to all persons having claims against said estate to present them at the office of the undersigned's Attorney, at 126 E. Main Street, Medford, Oregon, properly verified and with proper voucher, within six months from the date of the first publication of this notice, which is the 21st day of June, 1944.

"HAZEL SANFORD," Administrator.
O. H. Bengtson, Attorney for Administrator.

NOTICE TO CREDITORS
NOTICE IS HEREBY GIVEN that by order of the County Court in and for the County of Jackson State of Oregon duly made and entered on the 13th day of April, 1944, in the matter of the estate of William August Schlusog, deceased, the undersigned was appointed administrator of the estate of said William August Schlusog, deceased, and all persons having claims against said estate are hereby notified to present the same to the undersigned, as such administrator, at the office of her attorney, F. P. Farrell, 306 Fluhrer Building, Medford, Oregon, properly verified as provided by law, within six months from the date hereof.

DATED and first published Jun. 7, 1944.

GRACE DARBY, Administrator of the Estate of William August Schlusog, deceased.

F. P. FARRELL, Attorney for Administrator, 306 Fluhrer Building, Medford, Oregon.

On the Radio Chains

STATIONS:

Chain affiliation and where they are on the dial:
KALE (MBS) 1330, Portland; KEX (NBC-Hue) 1190, Portland; KGA (NBC-Hue & MBS) 1310, Spokane; KGO (NBC-Hue) 1310, San Francisco; KJW (NBC-Hue) 620, Portland; KJR (NBC-Hue) 1000, Seattle; KNN (CBS) 1070, Los Angeles; KOA (NBC-Hue) 850, Denver; KORN (CBS) 970, Portland; KOMO (NBC-Hue) 950, Seattle; KPO (NBC-Hue) 680, San Francisco; KSL (CBS) 1160, Salt Lake City.

Time shown is PWT

Wednesday

8:00 p. m.—Galen Drake, CBS; Terry and Pirates, BN; OK for Release, NBC.

8:15 p. m.—Superman, MBS; Dick Tracy, BN; Sophisticated Swing, NBC.

8:30 p. m.—Jack Armstrong, BN; Harry Plannery, news, CBS; Adventures of Tom Mix, MBS.

8:45 p. m.—Louis P. Lochner, NBC; Gordon Burke, MBS; Hop Harrigan, BN; News, CBS.

8:50 p. m.—Alan Young Show, NBC; Gabriel Heatter, MBS; Jack Carson, CBS.

8:55 p. m.—Talk, Chester Bowles, BN; Screen Test, MBS.

9:00 p. m.—Mr. District Attorney, NBC; Bailey Show, CBS; First Nighter, MBS; Spotlight Bands, BN.

9:05 p. m.—Ray Kiser's College, NBC; Raymond Gram Swing, BN; Great Moments in Music, CBS.

9:10 p. m.—Lowell Thomas, MBS; Ted Malone, BN.

9:15 p. m.—Lone Ranger, MBS; Soldiers With Wings, BN.

9:20 p. m.—Mercury's Music Shop, NBC; Paul Nelson, news, BN; I Love a Mystery, CBS; Main Line, MBS.

9:25 p. m.—Pietwood Lawton, commentator, NBC; Lum and Abner, BN; Passing Parade, CBS.

9:30 p. m.—Beat the Band, NBC; My Best Girls, BN; Dr. Christian, CBS; Bulldog Drummond, MBS.

9:35 p. m.—Mr. and Mrs. North, NBC; Allan Jones with Frankie Carle's Orch., CBS; News, MBS; Dunninger, BN.

9:40 p. m.—Scramby Amby, NBC; Fulton Lewis, Jr., MBS.

9:45 p. m.—Art Baker, BN.

10:00 p. m.—News, NBC; Bal Tabarin Cafe Orch., BN; Kirby Orch., MBS.

10:15 p. m.—Chuck Foster Orch., MBS.

10:30 p. m.—Report to Nation, CBS; Thomas Peluso Orch., NBC.

10:45 p. m.—Voice of a Nation, NBC; Ambassador Hotel Orch., BN.

11:00 p. m.—Biltmore Hotel Orch., NBC; News, CBS.

Thursday

8:00 p. m.—Terry and Pirates, BN; Galen Drake, CBS; OK for Release, NBC.

8:15 p. m.—Dick Tracy, BN; Superman, MBS; Sophisticated Swing, NBC.

8:30 p. m.—Jack Armstrong, BN; Harry Plannery, news, CBS; Tom Mix, MBS.

8:45 p. m.—Louis P. Lochner, NBC; Hop Harrigan, BN; News, CBS.

8:50 p. m.—Alan Young Show, NBC; Gabriel Heatter, MBS; Jack Carson, CBS.

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11:30 p. m.—Biltmore Hotel Orch., NBC; News, CBS.

11:45 p. m.—Biltmore Hotel Orch., NBC; News, CBS.

12:00 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

12:15 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

12:30 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

12:45 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

1:00 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

1:15 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

1:30 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

1:45 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

2:00 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

2:15 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

2:30 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

2:45 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

3:00 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

3:15 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

3:30 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

3:45 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

4:00 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

4:15 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

4:30 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

4:45 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

5:00 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

5:15 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

5:30 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

5:45 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

6:00 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

6:15 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

6:30 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

6:45 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

7:00 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

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8:00 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

8:15 a. m.—Biltmore Hotel Orch., NBC; News, CBS.

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\$60 Pension Plan Will Be Voted On By Californians

Sacramento, June 28.—(U.P.)—Secretary of State Frank M. Jordan today announced that a modified Townsend pension plan proposition had qualified for appearance on the general election ballot in California next November.

The plan, which would pay \$60 a month pensions to persons 60

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.

STRANGE AS IT SEEMS by JOHN HIX

WHISTLING JAR, POPULAR AMONG THE ANCIENT PERUVIANS, HAD A DOUBLE SPOUT... WHEN THE CONTENTS WERE BEING FORWARDED THE AIR RUSHING THROUGH PRODUCED WHISTLE.



AN ABBOTT AND COSTELLO PICTURE WAS HAVING AN OUTDOOR SHOWING ON BOULDERVILLE. TWO JAPS GOT INTERESTED AND CAME TOO CLOSE. MARINE JACK KIMBALL HEARD THEM LAUGHING, CHECKED HIS RIFLE AND ENDED THE SHOW FOR THEM.

IN CANADA FISHERMEN SOMETIMES DRY THEIR CATCHES BY STAKING THEM LIKE MEAT.

TO MORROW IN ALASKAN SHADOW

BARNEY GOOGLE and SNUFFY SMITH

QUICK, SNUFFY!! GERALDINE'S FIXIN' TO DROWN HERSELF, 'CAUSE YOU GAVE HER THE JILT!

HURRY!

BALLS O' FIRE! SHE'S DESPITE, SHORE ENUFF!!

HERE, GAL, VE WONT PULL YORE BOTTOM CHIN UNDER WIF THAT LITTLE PEBBLE!

WELL, ANYWAY, IF IT IS A BURGLAR, I'VE GOT MYSELF A GOOD CHEERING SECTION

HERE'S HIS INTELLIGENCE REPORT ON THE JAP ATTACK THE OTHER DAY. HE ATTACKED TWO KATES AFTER HIS FORWARD GUNS WERE EMPTY—GOT BOTH OF THEM.

WHAT SORT OF EXPERIENCE HAS THIS SAWYER HAS, CAPTAIN GULLIVER?

HERE'S ANOTHER REPORT. ON ENEMY TERRITORY, KILLED A HALF-DOZEN OR MORE JAPS, LIVED BY HIS WITS, AND RETURNED SAFELY.

WHAT ELSE?

PLAYED FOOTBALL AT TEXAS. MADE ALL SOUTHWESTERN, RUGGED, FAST, GOOD BOXER—KEEPS IN SHAPE BY PRACTICING JU-JITSU.

JU-JITSU! HE'S MY MAN!

HO! HO! DON'T LET THEM L'L GALT—YO WONT GIT NOWHAR, WIF 'FEARLESS FOSDICK' NO GAL, NEVHAR DOES! HE JUST IGNORES 'EM ALL!!—THASS WHY HE IS MAH IDEAL!!

UNCLE CHARLIE IS MEAN TO ME!

I WAS ONLY TEASING—COME JILL, I'LL BUY YOU SOME CANDY

DON'T WANT ANY CANDY IF I HAVE TO CRAM IT DOWN YOUR THROAT!

YOU'LL EAT A LOLLY POP IF I HAVE TO CRAM IT DOWN YOUR THROAT!

STOP BOTHERING ME YOU LITTLE PESTS.

HEY WHAT'S THE IDEA OF PUTTING ON AN ACT?

WHY WHAT'S THE MATTER WITH JILL?

BANK

UNCLE CHARLIE HOW ABOUT OUR—

BORROWS FATHER'S FLASHLIGHT TO SEE IN ATTIC, AND GOES UP EXAMINING GADGET ON WAY

CONVINCED HE PUT IT IN CATCH-ALL DRAWER IN HALL, RANSACKS IT BY DUMPING EVERY THING OUT ON FLOOR, OR ELSE

SAVES HE MUST HAVE LEFT IT IN ATTIC, AND WHAT IS THIS 'NEW GADGET HE FOUND IN DRAWER'

FINDS HAMMER AT LAST IN GARAGE, FAMILY UNABLE TO FIND ANYTHING IN HOUSE FOR DAYS

LOST AND FOUND

by GLUYAS WILLIAMS

6-21-44

IS TOLD TO FIND FATHER'S HAMMER, THAT HE FAILED TO PUT BACK WHERE IT BELONGS, OR ELSE

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