Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

Readers should address inquiries to: Dr. William Brady 265 El Camino Beverly Hills Calif.

WHAT! NO DRAFTS? NO EXPOSURE!

A reader sends a page clipped from an aircraft company's house-organ, as the 'monthly message on health by the company's medical department."

Dr Brady

The heading reads:

THE SUMMER COLD . . . a kill joy then the medical department informs us that colds during the summer are no different medically from the winter variety, and offers "a few hints that we believe will help you keep a step ahead of a nasty summer cold." Then follow seven hints which follow the hackneyed pattern of such advice to the public by doctors or health authorities who are obviously vague and not quite certain of what they are talking about. For instance:

"1. Don't believe you are more immune to colds in summer than in winter . ."

I pricked up my ears—and no cracks, please—at that and reached for paper and typewriter, eager to proclaim that here at last—but, shucks my delight was short-lived, for close on the heels of that scientific suggestion followed the old hokum bunkem:

". . . Your resistance depends on your health not on the season."

The medical department may or should have some conception of the meaning of immunity to some of the diseases that masquerade as "colds" (for the first and most communicable stage anyway), such as diphtheria, epidemic meningitis, diphtheria, measles, whether the oncoming illness is spread indiscriminately as a summer, winter, slight, common, nasty, little or bad "cold." But I betcha that the company's medical department cannot define what "resistance" means, if it means anything different from iramunity in the remarkable remark I quote.

I must quote one more hint which (outside of this column) is unique, so far as my collection of such compositions of medical or health authorities shown:

"6. Avoid exposure to those having colds. The cold-causing virus is carried in minute droplets emitted when a person having a cold sneezes, coughs or speaks."

I am delighted to find the aircraft company's medical department mentioning **conversational spray** as something to avoid. Seldom will you find any mention of that in the advice given by health or medical authorities on how to prevent common respiratory infections. Among the ignorant class open-face coughing and sneezing is the way such infections are spread. Among the wiseacre class—people who consider themselves intelligent—the chief mode of infection is viaconversational spray, in my opinion.

QUESTIONS & ANSWERS

Egg Nog

Giving my three-year-old son egg nog. Will the egg, being raw, harm him in any way? He seems weak and thin and I am trying to build him up. (Mrs. D. M.)

Answer—It is all right if he likes it and if it contains no alcohol. Raw egg is less completely digested than cooked egg.

Blackened Silver

What causes acid in one's system? My silver jewelry turns black and I have some pimples. Jeweler says it is from too much acid. (J. R.)

Answer—Nonsense. The sulphur-compounds in a healthy person's skin or skin secretions form silver sulfide which is black. It has nothing to do with acid. Weak ammonia water or aromatic spirits of ammonia removes it.

Pyorrhea

Is it better to have teeth out before pyorrhea begins? (H. H.)

Answer—As reasonable to have your foot amputated before bunion begins. Send stamped self-addressed envelope for pamphlet, "All That Gingivitis Is Not Pyorrhea." It doesn't settle the question but it may give you a better idea of the nature of the trouble.

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NAVY AIR FORCE GAVE JAP FLEET SAVAGE DRUBBING

Correspondent With Carrier Task Force Gives Eye-Witness Account of Fight

By Dan McGuire
United Press War Correspondent

Aboard Carrier Flagship, Westest Pacific, June 21—(East Longitude Time) —(U.P.)— Torpedo planes and dive bombers of this carrier, accompanied by fighters, sent the great air battle of the Marianas into its second phase last night at 6:25 p. m. when they became the first United States air group to contact the main Japanese fleet since the battle of Midway.

Joined en route by Torpedo planes of two other carriers, twelve of our dive bombers and eight of our Torpedo planes launched what Cmdr. Ralph Shifley, 33, air group commander, called a "perfect attack."

Pictures taken by Shifley, who fled a Hellcat, definitely show three hits on a large Jap carrier, two hits on one battleship, and one hit on a heavy cruiser, while our fighters strafed, burned and damaged a destroyer.

18 Ships Hit

(Adm. Chester W. Nimitz announced that a total of 18 Japanese ships were sunk or damaged in the battle, including one carrier sunk, one probably sunk by a submarine, four carriers damaged, one battleship damaged, three cruisers damaged, one destroyer sunk and two damaged, two tankers sunk and three damaged.)

During the first phase of this action Monday, a powerful United States task force wiped out more than 400 enemy carrier-based planes. They amounted to five or six airgroups known to be the cream of the enemy air forces.

Arriving at the target at least 15 minutes ahead of any other group, our Avengers and Helldivers were unhampered by air opposition, although Shifley and Wangman Lt. (jg) Gerald Rian, 23, tangled with six or seven Zeros. Rian shot down one and Shifley set one afire and damaged another.

No Planes on Deck

Shifley reported the Japanese carriers had no planes on their flight deck, indicating our Hellcats must have made a clean sweep Monday when the enemy launched what proved to be a suicidal attack.

Less than 20 minutes after the Japanese fleet was sighted by search planes, Shifley led an air-group off the deck. The Bomber and Torpedo plane pilots knew they had to fly several hundred miles and that the chances of returning were slim, but this was the chance the navy had been awaiting for many months.

All the returning planes made night landings and many pilots and crewmen of planes which ran out of gas explained they were picked up by destroyers.

"The Japanese spread out in three groups," Shifley said. "Our Bombers and Torpedo planes picked out the southern group which included a big carrier, battleships and cruisers.

"I saw Dive Bombers peeling off and Torpedo planes started their runs. It was a beautiful attack.

"The ack-ack was thicker than hell, the phosphorous shells burst into purple, red, white and black.

"The attack was perfect—just like what we've been doing in practice. Those boys went in, ack-ack or no ack-ack. I was proud of them.

Carrier Afire

"I saw one of the most beautiful fires on that carrier you've ever seen. There was one explosion which might have been caused by a torpedo.

"I was taking pictures of dog-fighting, but I did see Rian shoot one down into the water. I smoked one and knocked a big piece out of another."

Lt. (jg) Logan Phillips, 24, returned with only 10 gallons of gas in his tank. He gave a graphic description of his torpedo attack on a Japanese battleship.

"I missed the battlewagon, but I think the cruiser ran right into the fish," he said.

"When I saw that fleet, I actually started to laugh at the thought that I or anyone else would be crazy enough to attack it. The ack-ack was terrific. I saw our Dive Bombers knock the bow off a carrier and I don't see how it could have stayed afloat.

"While I still was debating about going in, I found myself making a run on the biggest battleship I've ever seen. It was at least 50 times bigger than anything we've got—well, that's the way it looked to me. I came back all alone, flying on instruments through pitch black.

"I could hear myself yelling prayers and God was with me, because I couldn't have taken one wave-off when I came in."

LT. FISHER TELLS OF PREPARATIONS MADE FOR D-DAY

In a pre-invasion day letter written to his mother, Mrs. Clara Fisher of 512 South Holly street Lt. (jg) W. H. (Hank) Fisher tells briefly of preparations then being made for the assault on the coast of France.

"You people can depend on these men over here doing their job and doing it well,' he wrote. They don't think of calling any strikes in the middle of an engagement. It is certainly reassuring to watch some of these men on the ship do their jobs.

"There is just one thing these men want and that is to get home as soon as they can. But they know they can't go back until this job is finished, so they are all eager to get it over with."

Lt. Fisher, who was employed by the California Oregon Power company prior to enlisting in the navy, is stationed aboard an LST (Landing Ship Tanks). He is a graduate of local schools and Oregon State college. His wife, Marian, and daughter Karen, reside at 712 West Fourth street.

McLeod

McLeod, June 29—Mr. Shipp was a dinner guest June 26 of Mr. and Mrs. Harry Harding, Sr.

J. Atkins of Hollywood, Cal., has returned to his home after spending some time in his cottage on Butte Creek.

Guests at the Jim Casey home are Mr. and Mrs. W. J. Hart of Vallelo, Cal., and Miss Boots Davis of San Francisco.

Mrs. Shipp and three children and her mother, Mrs. Griffin, have gone to Los Angeles to visit relatives.

Harry Harding, Jr., of Napa, Cal., has returned to his home after visiting his parents, Mr. and Mrs. Harry Harding, Sr.

Dinner guests recently of Mr. and Mrs. Clyde Stafford were J. Atkins of Hollywood, Cal., and Mr. Shipp, Mr. and Mrs. George Witter and children, Donna and Jerry, of Medford.

Friends of Mrs. Ora Bowers are glad to see her up and around again after a siege of illness.

Mr. Carroll, who met with a severe accident last fall, is able to be up and around now on crutches. His many friends wish him a speedy recovery.

ABOVE ALL

Du Quoin, Ill.—(U.P.)— When asked what she wanted her husband to send her from his trip to Du Quoin, Mrs. Dick Frances of Los Angeles, Calif., former Do Quoin resident, modestly requested, not furs, jewelry or perfumes, but six barbecues from a Du Quoin eating place. Her husband shipped them to the coast via air express.

Sacramento in 1850 averaged one killing a night in its gambling houses, old records say.

NOTICE

The Following Transfers Will Be Closed

JULY 2-3-4

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Never says die!

CLICQUOT CLUB BOTTLING COMPANY
(A-1 Beverage Company)
301 No. Fir St. — Medford
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STRANGE AS IT SEEMS by JOHN HIX

Crossword Puzzle

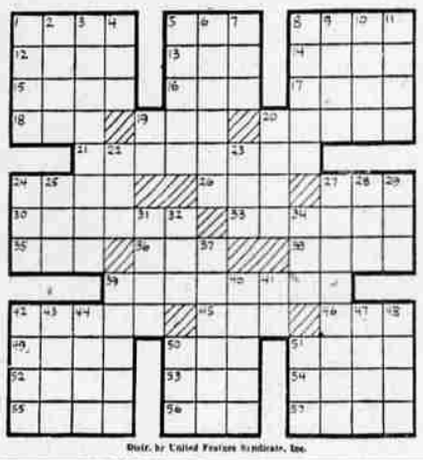
ACROSS

1—Outer garment
5—Part of circle
8—Son of Noah
12—Early Irish lord
13—French coin
14—Fault in rock
15—Rotate
16—Place
17—Dry
18—Foot-like part
19—Chicken
20—Mediterranean island
21—Something we shed
24—Racial group
26—Clutch of egg
27—Fondle
30—Place to eat
33—Animal's fur
35—Epoch
36—Hearing organ
38—A metal
39—Identity
42—Charm
45—Bright metal
46—Small fish
48—An opera
50—Strait
51—From distance
52—Go away!
53—Wander
54—Group of men
55—Identical
56—Chemical suffix
57—Comb. form: oil

DOWN

1—Stinging insect
2—Ready to pick
3—Having spiny tip
4—Writing implement
5—Turkish money
6—Rings
7—Slice
8—Acute
9—Rabbit
10—Prepare for publication
11—Biblical warrior
19—Word of triumph
20—Dove coop
22—Night before
23—Twilled fabric
24—Large wave
25—Fall back
27—Wagnerian knight
28—Self
29—A number
31—Actual
32—Sweet potato
34—Fairy fort (Ir.)
37—Comeback
39—Writing tablet
40—Sodium nitrate
41—Printer's measure
43—Mock (slang)
43—An em
44—Dutch cheese
47—Norseman
48—Therefore (Lat.)
50—Go to right
51—Past time

ANSWER TO PREVIOUS PUZZLE



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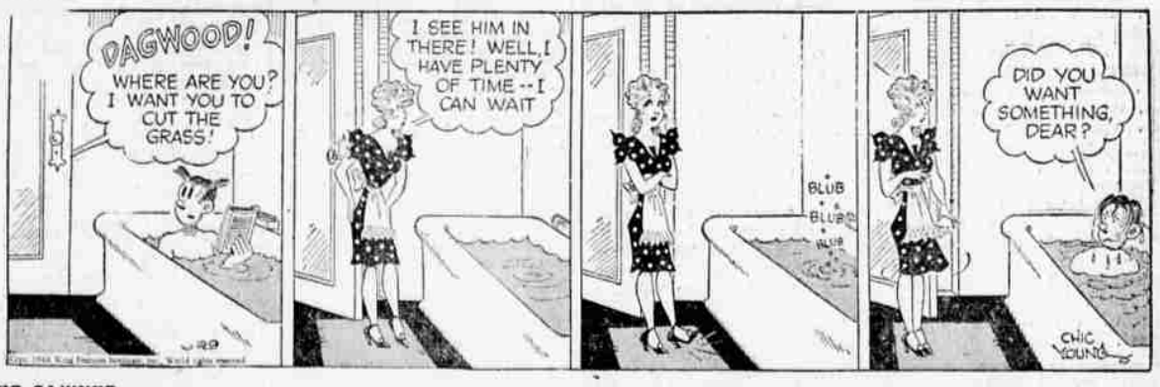

BUZ SAWYER

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THE NEBBS

On the Radio Chains

STATIONS:

Chain affiliation and where they are on the dial:

KALE (MBS) 1330, Portland; KEX (NBC-Blue) 1190, Portland; KGA (NBC-Blue & MBS) 1510 Spokane; KGO (NBC-Blue) 810 San Francisco; KGW (NBC-Red) 620, Portland; KJR (NBC-Blue) 1000, Seattle; KNX (CBS) 1070 Los Angeles; KOA (NBC-Red) 850 Denver; KOIN (CBS) 970, Portland; KOMO (NBC-Red) 950 Seattle; KPO (NBC-Red) 680, San Francisco; KSL (CBS) 1160, Salt Lake Cit,

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; Sphisticated Swing, NBC.
5:30 p. m.—Jack Armstrong BN; Harry Flannery, news, CBS; Tom Mix, MBS.
5:45 p. m.—Louis P. Lochner, NBC; Hop Harrigan, BN; Gordon Burke, MBS; news, CBS; Adventures of Tom Mix, MBS.
6:00 p. m.—Music Hall, NBC; Major Bowes, CBS; Gabriel Heatter, MBS.
6:15 p. m.—Return of Nick Carter, MBS; Screen Test, MBS.
6:30 p. m.—Bob Burns, NBC; Spotlight Bands, BN; Dinah Shore, CBS; Starlight Serenade, MBS.
7:00 p. m.—Harry Savay, NBC; Raymond Gram Swing, BN; The First Line, CBS; Henry Gladstone, MBS.
7:15 p. m.—Lowell Thomas, MBS.
7:30 p. m.—March of Time, NBC; Red Ryder, BN; Here's to Romance, CBS; Cisco Kid, MBS.
8:00 p. m.—Mercer's Music Shop, NBC; I Love a Mystery, CBS; Paul Neilson, news, BN; Pick and Pat Time, MBS.
8:15 p. m.—Night Editor, NBC; Lum and Abner, BN; Passing Parade CBS.
8:30 p. m.—Those We Love, NBC; Death Valley Days, CBS.
9:00 p. m.—The Aldrich Family, NBC; News, MBS; Joe E. Brown, BN.
9:15 p. m.—Rex Miller, MBS.
9:30 p. m.—Ellery Queen Mysteries, NBC; Orson Welles, CBS; Fulton Lewis, Jr., MBS.
10:00 p. m.—News Flashes, NBC; Town Meeting, BN; Wings Across West Coast, MBS.
10:30 p. m.—Strings for Meditation, NBC; Jimmy Dorsey Orch., CBS.
11:00 p. m.—Hotel Biltmore Orch., NBC; News, CBS.

Friday

5:00 p. m.—Terry and Pirates, BN; Galen Drake, CBS; OK for Release NBC.
5:15 p. m.—Dick Tracy, BN; Superman, MBS; Sophisticated Swing, NBC.
5:30 p. m.—Jack Armstrong, BN; Harry W. Flannery, news, CBS; Adventures of Tom Mix, MBS.
5:45 p. m.—Louis P. Lochner, NBC; Hop Harrigan, BN; Gordon Burke, MBS; News, CBS.
6:00 p. m.—Waltz Time, NBC; Gabriel Heater, MBS; Hollywood Showcase, CBS.
6:15 p. m.—Screen Test, MBS.
6:30 p. m.—People Are Funny, NBC; Spotlight Bands, BN; That Brewster Boy, CBS; Double or Nothing, MBS.
7:00 p. m.—Boston Blackie, NBC; Durante and Moore, CBS; Dale Carnegie, MBS.
7:15 p. m.—Lowell Thomas, MBS; Ted Malane, BN.
7:30 p. m.—Bill Stern Sports Newsreel, NBC; Stage Door Canteen, CBS; Lone Ranger, MBS; Nero Wolfe, BN.
8:00 p. m.—Mercer's Music Shop, NBC; I Love a Mystery, CBS; Paul Neilson, news, BN.
8:15 p. m.—Fleetwood Lawton, commentator, NBC; The Parker Family, BN; Press Club, CBS.
8:30 p. m.—The Thin Man, NBC; Gang Busters, BN; It Pays to Be Ignorant, CBS; Name that Song, MBS.
9:00 p. m.—Furlough Fun, NBC; Hour, CBS; News, MBS; Ice Coffee Time, CBS.
Meet Your Navy, BN.
9:30 p. m.—Fulton Lewis, Jr., MBS; Three Suns Trio, NBC; Army Service Forces, CBS.
9:45 p. m.—Lee Simms, pianist, NBC.
10:00 p. m.—News, NBC; Sinfonietta, MBS; Bal abarin Cafe Orch., BN.
10:15 p. m.—Sinfonietta, MBS.
10:20 p. m.—Stories of the West, CBS.
10:30 p. m.—Thomas Peluso Orch., NBC.
10:45 p. m.—Paul Page, singer, NBC; Ambassador Hotel Orch., BN.
11:00 p. m.—Hotel Biltmore Orch., NBC; his Moving World, BN; News, CBS.

Ration Calendar

Canned Goods—Blue stamps A8 through V8 in book No. 4 now valid indefinitely. Next 5 stamps become valid July 1.

Meats, Fats—Red stamps A8 through W8 in book No. 4 now valid indefinitely. Next three stamps become valid July 2.

Sugar—Stamps Nos. 30, 31 and 32 in book No. 4 valid indefinitely for five pounds each. Stamp No. 40 valid until 1945 for five pounds home-canning sugar. Apply to local board on form R-323 for additional home-canning sugar affixing spare stamp No. 37 for each person (20 pounds maximum a person).

Shoes—Airplane stamps Nos. 1 and 2 in book No. 3 valid indefinitely (each good for 1 pair).

Gasoline—Stamps No. 12 in A book valid through Sept. 21 (three gallons each); B3, C3, R and T stamps, 5 gallons; D, 1½ gallons; E, 1 gallon.

Fuel Oil—Period 4 and 5 coupons valid to September 30. Next season's rations may be stored upon receipt of period 1 coupons from local boards.

CHOICE OF DRAFTS

Chester, Ill.—(U.P.)— Frenchy Steber thought he had called the First National Bank for a draft. To his surprise, a sweet voice answered his "Have you any drafts?" with "Surely, would you prefer the army or the navy?" The operator had given him the Randolph county selective service office.

Closing time for Classified ads 9 a. m. — Too Late to Classify, 12:30 p. m.

Tired Kidneys Often Bring Sleepless Nights

Doctors say your kidneys contain 15 miles of tiny tubes or filters which help to purify the blood and keep you healthy. When they get tired and don't work right in the daytime, many people have to get up nights. Frequent or scanty passages with smarting and burning sometimes shows there is something wrong with your kidneys or bladder. Don't neglect this condition and lose valuable, restful sleep.

When disorder of kidney function permits poisonous matter to remain in your blood, it may also cause nagging backache, rheumatic pains, leg pains, loss of pep and energy, swelling, puffiness under the eyes, headaches and dizziness.

Don't wait! Ask your druggist for Doan's Pills, used successfully by millions for over 40 years. They give happy relief and will help the 15 miles of kidney tubes flush out poisonous waste from your blood. Get Doan's Pills.

Chalker's Motel & Lodge
OFFICERS' CLUB
(Officers & Civilians)
Dine—Dance—Refreshments
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Thursday Private Parties Only
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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.

Men, Women! Old or Young! Need Pep?

Want New Vim and Vitality?

Thousands of 25, 45, 55, 65 feel weak, aged, older than their years, when body lacks iron. Try Ostrex, Tonic tablets (iron when needed for pep, vitality, younger feeling. Also prophylactic doses vitamin B1, calcium, to guard against deficiency weakness, worn feeling, lack of vim. Six introductory size now only 25c. Get Ostrex Tonic Tablets today.

At all drug stores everywhere—in Medford at Chas. Strang Drug and Western Thrift Stores.

SUBURBAN HEIGHTS By GLUYAS WILLIAMS