

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.
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SYMPATHY WITHOUT CONDOLENCE

I have always felt sympathy for anyone with "nervous indigestion." I feel sorry for those who early in life find themselves equipped with a nervous system so frail, so sensitive...

That's enough to show that the author of the paragraph is not Doc (Hard-boiled) Brady. The author is Walter C. Alvarez, M.D. (Nervous Indigestion) Paul B. Hoeber, publisher, 1930.

I (Brady) sometimes feel faint but perceptible twinges of sympathy for any poor geek who has "nervous indigestion" wished on him, but that's as far as I'm willing to go along that line.

Finest scientific elucidation of nervous indigestion I can cite is that in the first chapters of Prof. Walter B. Cannon's *Bodily Changes in Pain, Hunger, Fear and Rage*. D. Appleton & Co., 1915. Nowhere in this scientific report of actual observations in the laboratory does Dr. Cannon offer any support for the fancy that chronic or constant digestive disturbance is attributable to vague "nervous" weakness, exhaustion, fatigue, strain or what have you.

Instead of condolence or even too thick buttering with sympathy, if you have any prolonged, chronic or constant trouble with digestion you need proper medical attention.

For example, to take at random this instance out of many: "I have been particularly interested in a group of patients (with subclinical pellagra) whose symptoms, referable largely to the digestive tract, are vague and cannot be correlated with any known disease but which nonetheless are insistent and real. The disabilities of these patients include the following: anorexia (lack of appetite, diarrhea, easy exhaustion, nervous irritability or mild mental depression, and peripheral neuritis. Often the tongue is red and there may be a history of glossitis (inflammation or soreness of tongue). Sometimes there is little more than anorexia, loss of weight and change in personality..." The correct diagnosis can be made when, after appropriate treatment, including the administration of nicotinic acid (niacin) and Brewer's yeast (at least one-fourth pound a day for the average patient), the patient's symptoms disappear and his sense of well being improves. Sometimes the improvement is dramatic."

That is quoted from *Nutrition and Diet in Health and Disease* by James S. Mclester, M.D., published by Saunders, '39.

QUESTIONS & ANSWERS
Bed Wetting Habit
Grandson lives with us, and he is a bed-wetter. We have tried scolding, punishing and waking him.

(Mrs. L. D.)
Answer—First two methods are harmful. It is simply a habit. The child doesn't want to do it. Send stamped envelope bearing your address, for pamphlet "The Bed-Wetting Habit."

Gelatin
Ben told gelatin (under a brand name) is a blood builder. I always feel so weak, no appetite, and a doctor said I haven't enough corpuscles in my blood.

(Mrs. T. J.)
Answer—No, gelatin doesn't build blood, nor does it substitute for real or complete protein such as cheese, egg, lean meat. If the doctor counted the blood corpuscles and found the number too low, the cause of your anemia should be remedied. For booklet "Blood and Health," which instructs you how to prepare and use a good home-made blood tonic, send ten cents and stamped envelope bearing your address.

Unhidden Guests
Nearly run crazy with moths, cockroaches and black widow spiders in garage.

(O. E.)
Answer—Send ten cents and stamped self-addressed envelope for booklet "Unhidden Guests"—It deals with roaches, moths, flies, ants, chiggers, spiders, bedbugs, head lice and other kinds, tapeworms, round worms, ringworm, pinworms, mites, scabies, silversmith and what have you. A clipping will not suffice.

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Army Strives to Prolong Life Of Motor Vehicles

Camp White — Today more than ever before the army is taking every precaution to lengthen the life of its motor vehicles, especially the few which remain for use in this country, two Ninth Service Command automotive experts told military personnel here recently.

Speaking before two groups of motor pool personnel and other interested officers and men, Maj. H. A. Phillips, service command motor maintenance chief, and Ab Jenkins, famous Salt Lake City race car designer and holder of many auto speed records, warned that the army's supply of vehicles and rubber tires for use in the United States is no more than adequate.

Notice To Creditors

In the County Court of the State of Oregon, for Jackson County. In the Matter of the Estate of Frances Campbell, Deceased.

Notice is hereby given that Ida May Bigham, administratrix of the above entitled estate, has filed her final account and petition for distribution and that the 17th day of July, 1944, at 10:00 o'clock A. M., at the court room of said court, has been appointed as the time and place for the hearing thereof. All persons interested are required, then and there, to show cause, if any there be, why said account should not be approved and distribution made. IDA MAY BIGHAM, Administratrix.

Dated this 9th day of June, 1944 G. E. OUSTER, UT, Executor

NOTICE OF FINAL HEARING

In the County Court of the State of Oregon for Jackson County. In the Matter of the Estate of Pearl C. Bigham, Deceased.

Notice is hereby given that Ida May Bigham, administratrix of the above entitled estate, has filed her final account and petition for distribution and that the 17th day of July, 1944, at 10:00 o'clock A. M., at the court room of said court, has been appointed as the time and place for the hearing thereof. All persons interested are required, then and there, to show cause, if any there be, why said account should not be approved and distribution made. IDA MAY BIGHAM, Administratrix.

J. F. Fliegel, Attorney for the Administratrix.

PIN-WORMS GO! New Treatment Gets Real Results

Anyone who has ever had Pin-Worms knows how tormenting and embarrassing this affliction can be. And how hard it is to eliminate the tiny crawling creatures when they get a foothold inside the body. Millions of people—rich and poor, children and grown-ups—have suffered in silence with the nuisance of Pin-Worms, and doctors have tried for years to find a way to deal with this pest. Old-fashioned worm "cures" usually don't work on Pin-Worms. "Cures," thanks to an important scientific discovery (a remarkable drug known as mebendazole), a new and highly effective treatment has been found by doctors. This is the vital element in P.W. the new Pin-Worm tablets developed by the laboratories of Dr. B. J. Jaffe & Son, America's leading specialists in worm medicines. P.W. makes it easy to deal with Pin-Worms. The small, convenient P.W. tablets act in a special way to destroy the creatures. Don't take chances with Pin-Worms! Just ask your druggist for P.W. and be sure to follow the directions. P.W. means Pin-Worm relief!



(Anna Telephoto)
WILKIE PLASTS G. O. P. PLATFORM — Wendell Wilkie, who pulled 22 million votes in 1940, gestures vehemently in his New York office as he tells newsmen that Republican foreign relations platform writers used "phony phrases" in drafting their plank.

On the Radio Chains

STATIONS:
Chain affiliation and where they are on the dial:
KALE (MBS) 1330, Portland.
KEX (NBC-Blue) 1190, Portland.
KIA (NBC-Blue & MBS) 1510, Spokane.
KGO (NBC-Blue) 810, San Francisco.
KRW (NBC-Red) 620, Portland.
KJR (NBC-Blue) 1090, Seattle.
KXN (CBS) 1070, Los Angeles.
KDA (NBC-Red) 830, Denver.
KOH (CBS) 970, Portland.
KOMO (NBC-Red) 950, Seattle.
KPO (NBC-Red) 680, San Francisco.
KSL (CBS) 1160, Salt Lake City.

Time Shown is PWT

Friday
5:00 p. m. — Terry and Pirates, BN; Gale Drake, CBS; OK for Release, NBC.
5:15 p. m. — Dick Tracy, BN; Superman, MBS; Sophisticated Swing, NBC; Lawrence Welles, CBS.
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; Gale Drake, MBS; Hollywood Show-case, 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 Malachuk, BN.
7:30 p. m. — Bill Stern Sports News-let, NBC; Stage Door Canteen, CBS; Lone Ranger, MBS; Nero Wolfe, BN.
7:45 p. m. — Mercer's Music Shop, NBC; I Love a Mystery, CBS; Paul Nelson, news, BN.
8:15 p. m. — Pinewood Larkton, 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. — Furthest Fun, NBC; Hour, CBS; News, MBS; Joe Coffee Time, CBS.
Meet Your Navy, BN.
9:30 p. m. — Milton Lewis, Jr., MBS; Three Suns Trio, NBC; Army Service Forces, CBS.
9:45 p. m. — Lee Stimmus, pianist, NBC.
10:00 p. m. — News, NBC; Sinfonietta, MBS; Balsharin Cafe, BN.
10:15 p. m. — Sinfonietta, MBS.
10:30 p. m. — Stories of the West, CBS.
10:45 p. m. — Thomas Peluso, NBC.
10:55 p. m. — Paul Page, singer, NBC; Ambassador, BN; Hotel, BN.
11:00 p. m. — Hotel Baltimore, NBC; His Moving World, BN; News, CBS.

Saturday
5:00 p. m. — Yours From the Service, NBC; Youth On Parade, CBS; This Is Hollywood, MBS; Ambassador Hotel, BN.
5:15 p. m. — Edw. Tomlinson, commentator, BN.
5:30 p. m. — Dorothy Desmond, NBC; Boston Pops Concert, BN; music, CBS.

Lutherns Provide Funds For Schools

Saginaw, Mich., June 30—(AP)—The Evangelical Lutheran synod of Missouri, Ohio and other states, meeting in final convention sessions today, voted appropriations totaling \$526,000.

KYLE'S RESTAURANT CHICKEN AND STEAK DINNERS

Open 6 p. m. to 2 a. m.
Phone Central Point 472 for reservations. On the Pacific Highway at Central Point. Out of Bounds for Service People

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.

HARDIE SPRAY RIGS NIAGARA DUSTERS

Sales . . . Genuine Parts
Dependable Service
McCOY MACHINERY COMPANY
111 North Fir Phone 3415 Medford

Wanted! Men and Women Who Are Hard of Hearing

To make this simple, no risk hearing test if you are temporarily deafened, bothered by ringing buzzing head noises due to hard-ened or congested wax (cerumen), try the Earline Home Method test that so many say has enabled them to hear well again. You must hear better after making this simple test or you get your money back at once. Ask about Earline Ear Drops today at Walnsworth's East Side Pharmacy
409 E. Main — Medford



000 for construction of new educational facilities and modernization of existing school buildings.
The body also named Chicago as convention site in 1917, at which time they will celebrate the 100th anniversary of the founding of the synod in that city.
San Francisco's Civic Opera House was built at a cost of more than \$3,000,000.

CHALKER'S MOTEL and LODGE
OFFICERS' CLUB
(Officers and Civilians)
Dine - Dance - Refreshments
The Most Unique Spot in Southern Oregon. Home Cooked Chicken Dinners Our Specialty. 5 Miles North Gold Hill on Pacific Highway. Overlooking the Rogue River. Closed Mondays, Thursdays. Private Parties Only. No Tax. No Cover Charge. Reservations: Phone Gold Hill 474.

STRANGE AS IT SEEMS by JOHN HIX



BARNEY GOOGLE and SNUFFY SMITH



BLONDIE



BUZ SAWYER



LIL ABNER



THE NEBBES



TREAT HER SATURDAY
Chicken and Steak Dinner
FUN • DANCING
The Best Music in the Valley
WALDEN BROTHERS.
Open Every Night Except Saturday
TAKE-IT-EASY-LODGE
1/2 mi. up Savage Creek, where Jackson meets Josephine

Crossword Puzzle

ACROSS
1—Pass between mountains
2—Indian
3—Wander
4—Wife
5—Round hat
6—Postage
7—Round hat
8—Mother-of-pearl
9—Air space over door
10—Period of time
11—Face
12—Blind

DOWN
1—Jewel
2—The After
3—Royal son
4—Pioneer
5—Ancient tale
6—Seed
7—Plural ending
8—Untried
9—Most unusual
10—Corroded
11—Wager
12—Household god
13—River in England
14—Come to terms
15—Earth (L.)
16—Lubricator
17—Fresh rip
18—Bell noises
19—City in Washington
20—Volcano on Sicily
21—River in England
22—The face
23—Allowances for waste
24—Walloon (abbr.)
25—Annoy
26—Hook in oil
27—Decline
28—Triumphed
29—Danish coin
30—Swarf
31—Perform

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