

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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DEPENDABLE ANTISEPTIC AND DISINFECTANT

Every little while some one asks how to disinfect or sterilize a clinical thermometer.



Except in cases where the physician instructs you to take the temperature I believe a clinical thermometer has no place in a well regulated household, and so far as I have observed the use of one except under order of the physician serves only to give you something to worry about.

The best way to disinfect a clinical thermometer so that it will be safe for any one to use is, in my opinion, simple washing with cool, not hot, soapy water.

Best way to disinfect or sterilize a needle, pin, knife-point or other instrument you may use to dig out a sliver or open a blister or a pimple is by boiling it for five minutes. Or hold it in gas or alcohol flame for a second or two. Or if these means are inconvenient, just plunge it into a cake of wet soap and go ahead with the surgery.

Whenever you want to sterilize cloths for any purpose, even for use in or about the field of an operation, ordinary laundering and ironing will serve the purpose as well as the most imposing steam pressure apparatus. A suitable sterile compress or pad to apply to a wound either for pressure to stop bleeding or as a protective dressing, is a freshly laundered and ironed handkerchief or any similar piece of cloth. When we speak of a sterile surface we mean that the surface is free from disease-causing germs.

It is practically impossible to sterilize the skin of the hands or the skin of the area of an operation. The technique fol-

lowed by surgeons is thorough hand scrubbing with plain soap and water and then the wearing of rubber gloves—the rubber glove surface can be sterilized by heat. The skin of the operation area is scrubbed with plain soap and water, dried, and painted once only with tincture of iodine.

That brings us face to face with a question which I, for one, would prefer to evade a little longer. But if you insist I suppose I must make up my mind about it. Please let me have a few more days to mull it over and then I'll give my opinion regarding the use of iodine as a first aid disinfectant or antiseptic.

QUESTIONS & ANSWERS

Youth
I am 15½ years of age and my menstruation is not as regular as it should be. My skin is excessively oily and has blackheads and pimples most of the time, and large pores. (M. J.)
Answer—Send a stamped envelope bearing your address. Ask for pamphlet "Hygiene for Girls and Health for Women." If you would like also a pamphlet on "Acne—Oily Skin, Blackheads and Pimples," inclose ten cents for it.

Barely Made It
Have long enjoyed your articles, not alone for the good medical advice, but especially for the never-failing humor. My little niece heard me telling some friends about your caution to the girl who asked about the effect of going without stockings to be careful not to get in wrong with Grandma—and she discarded her stockings next day! Both mother and grandmother, who had frowned on bare legs, then gave in laughingly to the view of "Dr. Brady." We have a fine family doctor, but just the same, we make him show us if he differs from your teachings.

G. N. D.
Answer—Don't tell me there are any old fossils still there who conjure up deleterious effects "some day" from going without stockings or any other clothing one prefers to discard.

The Green Book
My husband is a nervous wreck and just like to have your tract on nervousness and food.

(Mrs. F. W. R.)
Answer—Send twenty-five cents and stamped self-addressed envelope for the green book "Nerves and Nutrition." (Copyright, 1944, John F. Dille Co.)

F. D. R.'S MESSAGE VIOLATED BAN BUT HE ENJOYS RIGHT

New York, July 25.—(U.P.)—President Roosevelt's congratulatory telegram to Vice-Presidential Nominee Harry S. Truman was passed by a Western Union operator without being referred to a supervisor, but the message "probably was properly accepted and delivered," the telegram company said today, since "if the president has authority to authorize the issuance of the ban, he has authority to modify, alter or rescind it."

The Western Union Telegraph company, a spokesman for which on Saturday quoted a section of the communications act of 1934 as preventing it from making a statement on the delivery of the message, issued this statement through J. L. Egan, vice-president in charge of public relations, today:

From White House
"President Roosevelt's message congratulating Senator Truman on his nomination for the vice-presidency was sent from the White House on July 21 by a government operator over a private wire to the Western Union operating room in Washington, D. C., where it was received by a Western Union operator who sent it on its way without bringing it to the attention of anyone else. No supervisory employee knew anything about it."

"Our counsel advises, however, that in any event the following message probably was properly accepted and delivered for the following reasons:
"The ban of the board of war communications against telegrams of felicitation or congratulation was issued under the authority of executive order No. 9089 of March 6, 1942. In other words, under authority delegated to the board by the president.
"If the president had authority to authorize the issuance of the ban, he has authority to modify, alter or rescind it. When he sent his message to Senator Truman presumably it constituted an exception to the ban and, consequently, our people were correct in accepting it."

ROOMMATE CHARGED IN NURSE'S POISON DEATH
Springfield, Ill., July 25.—(U.P.)—A coroner's jury today returned a verdict that Miss Helen Ho-

Vengeful Germans Burn And Pillage Beautiful Village

London, July 25.—(U.P.)—Germans burned and pillaged the beautiful Geneva lakeside village of St. Gingolph on the French-Swiss border and executed dozens of the inhabitants in reprisal for Maquis attacks in the German garrison there, Swiss dispatches to London reported today.

"Practically the whole town was a mass of smoking ruins this morning," the Swiss reports said, adding that the Maquis or French partisan forces occupied the town for a time Saturday until they were driven out by superior German forces. The Germans then set about pillaging the town and setting fire to its buildings, the reports said.
The Swiss reports told of the population fleeing in terror as German soldiers fired upon them, and of men being dragged against walls in the presence of their families. Many such scenes were enacted in sight of Swiss soldiers, officers, and civilians, who looked on helplessly 50 yards from the frontier the reports said.

Polish Committee Says Patriots Now Battle In Poland

Moscow, July 25.—(U.P.)—The newly-formed Polish committee of national liberation said today in a manifesto assuming jurisdiction over Polish forces and the union of Polish patriots in Russia that the Poles now are fighting "in Poland."
(The red army has driven westward in prewar Poland beyond the Curzon line, which Moscow had suggested as the possible postwar border between Russia and Poland. The dispatch from Moscow reporting Poles fighting in Poland suggested the Curzon line or some approximation to be the frontier.)

Closing time for Classified ads 6 p. m.—Too Late to Classify, 12:30 p. m.

DEPENDABLE REPAIR SERVICE
For Your CAR - TRUCK - TRACTOR
EATHERTON'S FARM STORE
808 So. Riverside - Ph. 3146

LESS HANDICAP ON PRIVATE BUSINESS IN ECONOMY PLAN

Reduced Federal Control and No Income Taxes Proposed by Beardsley Ruml.

Washington, July 25.—(U.P.)—A post-war economy based on private enterprise but with reduced governmental controls was proposed today by the National Planning association in a report also urging abolition of federal income taxes on corporations.
The NPA, a private organization, said its aim was a national income of \$140,000,000,000 produced by 55,000,000 persons working 40 hours a week. The report was prepared by Beardsley Ruml, sponsor of the pay-as-you-go plan and treasurer of R. H. Macy and Co., New York; H. Christian, Sonne, president of Amisick, Sonne & Co., and Leon Henderson, former price administrator, now with the Research Institute of America.

Government Referee
In order to avoid mass unemployment and the uncertain fluctuations of competition, the report said, the government must coordinate the economy through a well-planned budget and "act as impartial referee in effecting fiscal policies that will mesh with private undertakings."

It said that abolition of corporate income taxes would permit an expansion of activity which would lower the cost of goods and services and pave the way for wage increases. As a substitute for the corporate tax it recommended a franchise tax of five per cent to represent "the value of doing business in corporate form."

The report recommended as chief source of revenue for the government a graduated individual income tax with rate reductions as soon as possible. It also recommended:

No Sales Tax
Excises on alcohol, tobacco and gasoline, but no general sales tax.

Public works projects to help stabilize the business cycle.
Creation of two additional congressional committees to study fiscal and monetary policy, and establishment of a new executive agency similar to the Office of War Mobilization with broad power in issuing fiscal and tax directives.

Modification of the securities and exchange act to encourage small investments by reducing what it termed a disproportionate cost of issue.

Establishment of privately-owned finance corporations to grant loans to business and industry.
Decreased tariffs and freer trade, "since an increase in imports should improve the general domestic standard of life."

Increased lending abroad to help stabilize war-torn countries so that they may begin soon to produce commodities needed by the United States.

NOTABLE GUESTS
Boston (U.P.)—While searching for material for the paper salvage drive, the Hotel Vendome came across its first register begun in 1880 and discovered the signatures of Presidents Martin Van Buren and Ulysses S. Grant, as well as Thomas A. Edison, Oscar Wilde, Adm. Robert E. Peary, Harriet Beecher Stowe, Julia Ward Howe and Sarah Bernhardt.

Highest Prices Paid for Clean USED CARS
We See It! We Do It!
AUTOMOBILE MARKET
6th and Bartlett Sts.
Phone 3919

THE WORLD AT ITS WORST



On the Radio Chains

Chain affiliation and where they are on the air:
KALE (MBS) 1330, Portland;
KEX (NBC-Blue) 1190, Portland;
KGA (NBC-Blue & MBS) 1510, Spokane;
KGO (NBC-Blue) 810, San Francisco;
KGM (NBC-Red) 670, Portland;
KJR (NBC-Blue) 1070, Seattle;
KNA (CBS) 1070, Los Angeles;
KOA (NBC-Red) 850, Denver;
KOHN (CBS) 970, Portland;
KOMO (NBC-Red) 950, Seattle;
KPO (NBC-Red) 680, San Francisco;
KSL (CBS) 1160, Salt Lake City.

Time Shown is PWT

Tuesday
6:00 p. m.—Terry and Pirates, BN; Galen Drake, CBS; OK for Release, NBC.
6:15 p. m.—Charles Runyan, organizer, NBC; Dick Tracy, BN; Superman, MBS.
6:30 p. m.—Date With Judy, NBC; Jack Armstrong, BN; Harry Plannery, MBS; Adventures of Tom Mix, MBS.
6:45 p. m.—Hop Harrigan, BN; Gordon Burke, MBS; News, CBS.
6:50 p. m.—Mystery Theater, NBC; Gabriel Heatter, MBS; Jack Pepper Show, CBS.
7:00 p. m.—Screen Test, MBS.
7:30 p. m.—Words at War, NBC; Spotlight Bands, BN; American Forum, MBS; The Doctor Fights, CBS.
7:50 p. m.—Charlotte Greenwood, NBC; Raymond Gram Swing, BN; News, MBS.
7:15 p. m.—Lowell Thomas, MBS.
7:30 p. m.—Heldogarde, NBC; Red Ryder, BN; War Bond Day, CBS.
7:45 p. m.—Dean Hudson Orch., CBS.
8:00 p. m.—Mercer's Music Shop, NBC; I Love a Mystery, CBS; Paul Nelson, news, BN; San Quentin on the Air, MBS.
8:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Posing Parade, CBS.
8:30 p. m.—Johnny Presents, NBC; Big Town, CBS; Nit-Wit Court, BN; Freedom of Opportunity, MBS.
9:00 p. m.—Everything for Boys, NBC; News, MBS; Theater of Romance, CBS; Let Yourself Go, BN.
9:15 p. m.—Helen Miller, MBS.
9:30 p. m.—Pulton Lewis, Jr., MBS.
10:00 p. m.—News, NBC; Harold Cross Orch., MBS; Bal Tabu Cafe Orch., BN; Ted Strater Orch., NBC; Cavallero Orch., MBS.
10:30 p. m.—Edwin C. Hill, CBS; American Hotel Orch., BN; Strings for Meditation, NBC.
10:45 p. m.—Voice of a Nation, NBC; Jimmy Dorsey Orch., CBS.
11:00 p. m.—Talks, CBS; Baltimore Hotel Orch., NBC.

Wednesday
6:00 p. m.—Galen Drake, CBS; Terry and Pirates, BN; OK for Release, NBC.
6:15 p. m.—Superman, MBS; Dick Tracy, BN.
6:30 p. m.—Jack Armstrong, BN; Harry Plannery, news, CBS; Adventures of Tom Mix, MBS.
6:45 p. m.—Louis F. Lochner, NBC; Gordon Burke, MBS; Hop Harrigan, BN; News, CBS.
6:50 p. m.—Alan Young Show, NBC; Gabriel Heatter, MBS; Jack Carson, BN; News, CBS.
7:00 p. m.—Talk, Chester Bowles, BN; Screen Test, MBS.
7:30 p. m.—Ma District Attorney, NBC; Bailey Show, CBS; First Night, MBS; Spotlight Bands, BN.
7:50 p. m.—Ray Kyser's Kollege, NBC; Raymond Gram Swing, BN; Great Moments in Music, CBS.
7:15 p. m.—Lowell Thomas, MBS; Ted Malone, BN.
7:30 p. m.—Lone Ranger, MBS; Soldiers With Wings, BN.
8:00 p. m.—Mercer's Music Shop, NBC; Paul Nelson, news, BN; I Love a Mystery, CBS; Main Line, MBS.
8:15 p. m.—Fleetwood Lawton, commentator, NBC; Lum and Abner, BN; Posing Parade, CBS.
8:30 p. m.—Beat the Band, NBC; My Best Girls, BN; Dr. Christian, CBS; Building Drammond, MBS.
9:00 p. m.—M. and Mrs. North, NBC; Allan Jones with Woody Herman's Orch., CBS; News, MBS; Dunninger, BN.
9:30 p. m.—Destiny for Dancing, NBC; Pulton Lewis, Jr., MBS.
9:45 p. m.—Art Baker, BN.
10:00 p. m.—News, NBC; Bal Tabu Cafe Orch., BN; Kirby Orch., MBS.
10:15 p. m.—Carl Ravazza 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.—Baltimore Hotel Orch., NBC; News, CBS.

Closing time for Sunday Too Late to Classify 5 Saturday afternoon—Please remember.

7:15 P.M. LOWELL THOMAS NEWS TIME
DON LEE-MUTUAL
Standard of California

Japs in New Guinea Thought They Were In Far California

Boston, July 25.—(U.P.)—Thousands of misguided Japanese soldiers actually thought they were fighting in California during the battle for New Guinea, according to two army men home on furlough.
The men, Lt. Col. Richard J. Havesey of Newton and Cpl. Winston C. Briggs of Methuen, said the Japanese fleet circled Pacific islands for weeks to give the soldiers the impression that they were making the long voyage to the western shores of the United States.

Closing time for Classified ads 6 p. m.—Too Late to Classify, 12:30 p. m.

Adventists Against New World Calendar

Portland, Ore., July 25.—(U.P.)—Elder Paul Wickham, Washington, D. C., today declared that the new world calendar advocated by the World Calendar association of New York city would "throw the religious world into hopeless confusion."
Addressing the annual Oregon Seventh-Day Adventists conference, he explained that the new plan would make a 364-day year

with equal quarters of 91 days each. Sunday, December 31, 1944, would be blocked out and marked off as a world holiday in order to start the year 1945 with Sunday as the first day of the year. Then one day each year up until the next leap year would be deleted in a like manner.

Use Mail Tribune Want Ads.

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

STRANGE AS IT SEEMS by JOHN HIX



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LOST IN PACIFIC
Santa Maria, Cal., July 25.—(U.P.)—Santa Maria army air field officials today announced that P/O Joseph H. Sweeney when his P-38 plunged into the water while on a combat training flight.

Use Mail Tribune Want Ads.

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 Cover Charge. Reservations: Phone Gold Hill 474

Crossword Puzzle



ANSWER TO PREVIOUS PUZZLE

ACROSS
1—Diminish
2—Sweet roll
3—Lump
4—Part of stove
5—Employ
6—Peril to aircraft
7—Accommodate
8—Much
9—Institute
10—Trying course of experience
11—Sired
12—Beverage
13—Have a location
14—Mountain in Bible
15—Church leaders
16—Play on words

DOWN
1—Native knife
2—Care for
3—Make precious
4—Blind
5—Servicemen's entertainment group (abbr.)
6—Ves
7—Nagged
8—Four feet that
9—Heraldic bearing
10—South African
11—Wine
12—Trouble
13—Clasp
14—Conjunction
15—Waggle
16—Temple run
17—Tale
18—Feeling
19—Period of time
20—Observe
21—Originate
22—Yee
23—Essential oil
24—Fried
25—Fanned ship
26—High wind
27—East
28—Country
29—Him
30—Favorite flower
31—Quarrel

BARNEY GOOGLE and SNUFFY SMITH



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