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.

VALVULAR LANGUAGE

Besides simple acute endocarditis (inflammation of heart lining) which may or may not involve a heart valve and cause subsequent valvular leakage, there is another type of endocarditis known as malignant, septic or ulcerative endocarditis, which is a grave and often fatal illness, although fortunately not so common as simple endocarditis. The ordinary acute endocarditis is more in the nature of a slight fever. The malignant or septic endocarditis is more in the nature of septicemia or blood-poisoning.

Dr Brady

There are some cases of chronic endocarditis, in persons of advanced age, and the trouble in such cases is part and parcel of general arteriosclerosis or hardening of the arteries. The lining of the heart shares the degenerative process which begins in the lining of the arteries, and when this process involves the heart valves their cusps shrink, harden, thicken and perhaps undergo calcification. Such changes gradually impair the functional efficiency of the valves.

In all cases of ordinary acute endocarditis and chronic endocarditis, the seriousness of the condition depends on whether or not it involves any of the heart valves. In many cases of valvular leakage from such involvement of the valves by endocarditis, the heart disease or leakage of valvular trouble is not discovered until months or years after the attack of endocarditis, and indeed in some cases the patient is unable to say when the endocarditis may have occurred—perhaps it was an unrecognized complication of one of several attacks of tonsillitis, scarlet fever, or what passed as a "bad cold" for want of diagnosis.

As a rule when a heart valve becomes incompetent to close completely and so permits backward flow or leakage of some blood at each heartbeat, the heart automatically enlarges, hypertrophies, becomes stronger, so that it pumps more blood at each beat, thus compensates for the leakage and keeps a fair supply of blood going out in the arteries. Only when some excessive demand or strain occure and the handicapped heart is unable to respond does the patient realize there is anything the matter.

Then his complaint is shortness of breath or moderate exertion, labored heart action, slight "nervous" cough, spitting blood, swelling of feet or legs, sleep-start.

Whether valvular disease occurs in child, adolescent or adult, the object of treatment is to regulate the patient's life so that he or she will always live within the capacity of the handicapped heart to maintain efficient circulation. We'll talk about that later.

QUESTIONS & ANSWERS

Information

I have what four different doctors call a nervous stomach, but their remedies do not seem to help any. I would be glad to have any information on gaining weight. (H. B. M.)

Answer — Send stamped self-addressed envelope for pamphlet "How to Gain Weight." Inclose ten cents if you would like also booklet "So You Have Indigestion?"

Shot

Have been taking vitamin B1 shots once a week, but the doctor charges $4 a shot of 25,000 units and I can't continue spending so much of my income ($30 a week). How about taking vitamin tablets? (J. C.)

Answer—You get every possible benefit from taking vitamin tablets as you can get from injections of the same vitamin.

Attend or Play the Game

I am 45, have been working 10½ hours a day in war plant for past two years. Guess I'm the nervous type. Feel pretty tired most of time. Am I just "run down" or what? Have had several styes on both eyes recently. (S. L. H.)

Answer—If it is hard physical work I suggest you take in a ball game or whatever such show you like, one afternoon a week. If it is sedentary work, I suggest you play a game of bowls, golf, three-old-cat, go swimming or cultivate garden and lawn one day each week.

(Copyright, 1944, John F. Dille Co.)

Notice of Filing Final Account

In the County Court of the State of Oregon for the County of Jackson.

In the Matter of the Estate of Clarence E. Walbert, deceased.

NOTICE IS HEREBY GIVEN that the undersigned has filed her final account and report in the above entitled estate and that by order of the County Court in and for Jackson County, Oregon, a hearing upon the same has been set for Friday, July 28th, 1944, in the County Court Room at the Court House in Medford, Jackson County, Oregon, at the hour of ten o'clock, A. M.

All persons having objections thereto are hereby notified to present the same on or before such time.

O. B. WADDELL,
Administratrix of Estate of Clarence E. Walbert, deceased.
GEORGE M. ROBERTS,
Attorney for Estate.

Notice Of Filing Final Account

IN THE COUNTY COURT OF THE STATE OF OREGON FOR THE COUNTY OF JACKSON

In the Matter of the Estate of Glen Spurlin, deceased.

NOTICE IS HEREBY GIVEN that the undersigned has filed her final account and report in the above entitled estate and that by order of the County Court in and for Jackson County, Oregon, a hearing upon the same has been set for Friday, the 11th day of August, 1944, in the County Court Room at the Court House in Medford, Jackson County, Oregon, at the hour of ten o'clock, A. M.

All persons having objections thereto are hereby notified to present the same on or before such time.

Frances S. Spurlin,
Administratrix of the Estate of Glen Spurlin, deceased.
George M. Roberts,
Attorney for said Estate

NOTICE TO CREDITORS

In the County Court of the State of Oregon for Jackson County.

In the Matter of the Estate of C. F. Laurens, Deceased.

Notice Is Hereby Given that the county court for Jackson County, Oregon, has appointed me administrator of the estate of C. F. Laurens, deceased. All persons having claims against said estate are hereby required to present the same with proper vouchers within six months from this date at the office of Neff & Frohnmayer, Cooley Building, Medford, Oregon.

Dated: July 27, 1944.

W. LTER GERMER,
Administrator

Notice Of Final Settlement

IN THE COUNTY COURT OF THE STATE OF OREGON FOR JACKSON COUNTY

IN THE MATTER OF THE ESTATE of B. R. WOOD, sometimes known as BURNIE R. WOOD and as BURNIE REYNOLDS WOOD, Deceased

The undersigned has filed in the County Court of Jackson County, Oregon, the final account for her administration of the estate of B. R. Wood, sometimes known as Burnie R. Wood and as Burnie Reynolds Wood deceased, and said Court has fixed Saturday, August 12th, 1944, at the hour of 10:00 A. M., of said day, at the Court Room of said Court, at the Court House in Medford, Jackson County, Oregon, as the time and place for the settlement of said estate.

All persons interested in said estate are hereby notified and required to make or file their objections to said final account, if any they have, on or before the time aforesaid, fixed for the hearing and settlement thereof.

Dated and first published this 13th day of July, 1944.

IRMA WOOD,
Administratrix of said estate.
Glenn O. Taylor,
Attorney for estate,
126 E. Main St.,
Medford, Oregon.

Guardians Notice of Sale

Notice is hereby given that the undersigned, guardian of the Estate of Cora M. Aman, an insane person, under and in pursuance of an Order of the County Court of Oregon for Josephine County, made and entered of record on the 8th day of July, 1944, in the Journal of said Court, will on the 12th day of August, 1944, at 10:00 o'clock in the forenoon of said date, at the office of Gus Newbury in the United States National Bank Building, in Medford, Oregon, and thereafter if not sold at said time, sell at private sale, for cash any or all of Lots 1, 3, 4, 5, 6, 7, and 8, of Block 4, Kendall Addition to the City of Medford, Oregon, subject to approval by the said County Court.

EUGENE AMAN,
Guardian of the Estate of Cora M. Aman, an insane person.
GUS NEWBURY,
Attorney for Guardian.
July 13, 1944.

MILK SOLID LIMITS REPLACED AUGUST 1

Washington, July 27—(U.P.)—The War Food Administration announced today that beginning Aug. 1, quotas limiting the amount of milk solids which manufacturers may use to make frozen dairy foods will revert to the 65 per cent limitation which had been in effect since December, 1942, except for three months of flush milk production this spring and summer.

Food officials added that the maximum milk solids content—which determines the richness of ice cream—also will be lowered to the original ceiling of 22 per cent. These limitations on the use of milk in ice cream, it was explained, were made to help conserve milk and butterfat for use in butter, milk powder and other war important dairy foods.

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

Men, Women! Old at 40, 50, 60! Get Pep

Feel Years Younger, Full of Vim

Don't blame exhausted, worn-out, run-down feeling on your age. Thousands proved at what a little prepping up with Ostrex will do. Contains general tonics of the kind used after 40—by doctors for aging men, relapse convalescence, chronic ills. Introductory size Ostrex Tonic Tablets now only 25c. Why feel old? Start feeling peppier and younger, today. At all drug stores everywhere—in Medford, at Chas. Strang Drug and Western Thrift Stores.

Planning for Guam Assault

(Acme Radio-Telephoto)

Studying a relief map of Guam for last-minute check on invasion preparedness are (left to right), Maj. Gen. Roy S. Geiger, USMC, commander of Marine and Army invasion troops, and two of his Marine Corps officers, Col. M. H. Silverthorn and Brig. Gen. Pedro Del Valle.

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 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; Relax in Rhythm, 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.—Charlie Chan, NBC; Spotlight Bands, BN; Corliss Archer, CBS; Starlight Serenade, MBS.

7:00 p. m.—Harry Savoy NBC; Raymond Gram Swing, BN; First Line, CBS; Henry Gladstone, MBS.

7:15 p. m.—Lowell Thomas, MBS.

7:30 p. m.—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.

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.

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; Special Newscast, MBS.

7:15 p. m.—Lowell Thomas, MBS; Ted Malone, BN.

7:30 p. m.—Bill Stern Sports News.

7:30 p. m.—H. V. Kaltenborn, 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.—Furrough Fun, NBC; Hour, CBS; News, MBS; Iced Coffee Time, CBS.

Meet Your Navy, BN.

9:30 p. m.—Fulton Lewis, Jr., MBS; Three Suns Trio, NBC; Service to the Front, CBS.

9:45 p. m.—Lee Simms, pianist, NBC.

10:00 p. m.—News, NBC; Sinfonietta, MBS; Bal Tabarin 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.

GBS Sees Hitler In Peaceful End

London, July 26 —(U.P.)— George Bernard Shaw, in his only reference to world affairs on his 88th birthday, said today that Adolf Hitler, like Emperor Napoleon and Kaiser Wilhelm was "almost certain to get away with it" and come out of this war with his life.

The Irish playwright and master of satire pointed out that Napoleon ended his days quietly on St. Helena and the Kaiser died in luxury at Doorn. Hitler, he said, "almost certainly will end up in some peaceful retreat—probably in Dublin."

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

How to pamper a palate

• It's easy! Just order Clicquot Club Ginger Ale—*period*. One sip of its flavor-aged goodness—and you're sold! Get the bargain-buy—the full 32-ounce quart.

CLICQUOT CLUB GINGER ALE
CLICQUOT CLUB BOTTLING COMPANY
(A-1 Beverage Company)
301 No. Fir St., Medford
Phone 3873

SUBURBAN HEIGHTS By GLUYAS WILLIAMS

Rosicrucians Urge International Day To Aid Friendship

A day, to be designated "International Day," and observed throughout the world, when, through international radio hookups and through the consuls of various countries, exhibits of their work, native pursuits, industries and other characteristics, was proposed at the recently concluded International Rosicrucian convention in San Jose, Calif.

Mrs. John E. Gribble, of 139 Kenwood Ave., who just returned as a delegate from the convention, said that Ralph M. Lewis, Imperator of the Philosophic Order, remarked in his address: "It is generally agreed that peace of the world will depend upon a mutual understanding of the problems of the peoples of the nations. Such understanding will eliminate suspicion, hatred and unintentional oppression through unreasonable tariffs and economic measures which tend to work hardship upon some nations."

Mrs. Gribble said that it was further proposed that the ideal time for such a day would be March 21, the occasion of the vernal equinox, the symbolic beginning of the new year, the time of the rebirth of nature, the springtime, the time of hope and rejuvenation of life. The convention, attended by 700 delegates, including those of Mexico, Canada and South America, was in favor of the plan.

Forty-three senators and 109 members of the house of representatives attended the first session of the Oklahoma legislature, which convened in Guthrie, Dec. 2, 1907. It remained in session until midnight May 26, 1908.

Chalker's Motel & Lodge
OFFICERS' CLUB
(Officers & Civilians)
Dine—Dance—Refreshments
Closed Mondays. Reservations Thursday Private Parties Only.
No Cover Charge.
Phone Gold Hill 474

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.

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

Use Mail Tribune Want Ads.

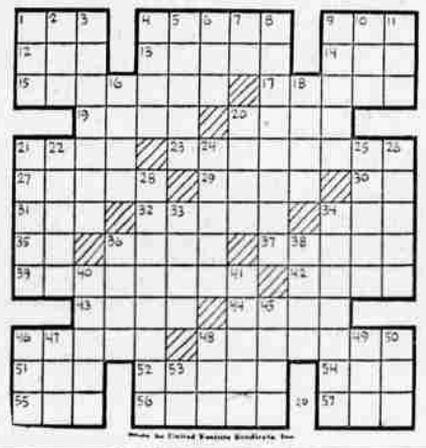
STRANGE AS IT SEEMS by JOHN HIX

Crossword Puzzle

ACROSS
1—Relatives
4—Behind
9—Resort
12—Girl's name
13—Sound
14—Spiteful woman
15—Contraction in muscle
17—Grayish color
19—Russian mountain range
20—Unexciting
21—Italian seaport
23—Type of dinosaur
27—Sultan's decree
29—Hair on neck
30—Mister (abbr.)
31—Sun
32—Cloth
34—Observe
35—Bone
36—Head organs
37—Leavings
39—Unnecessary
42—Humming bird
43—Ancient part of Europe
44—Heap
46—Where Stilwell fights
48—Sideways
51—Land measure
52—At that point
54—Ripen
55—Insect
56—Diner
57—Piece of wood

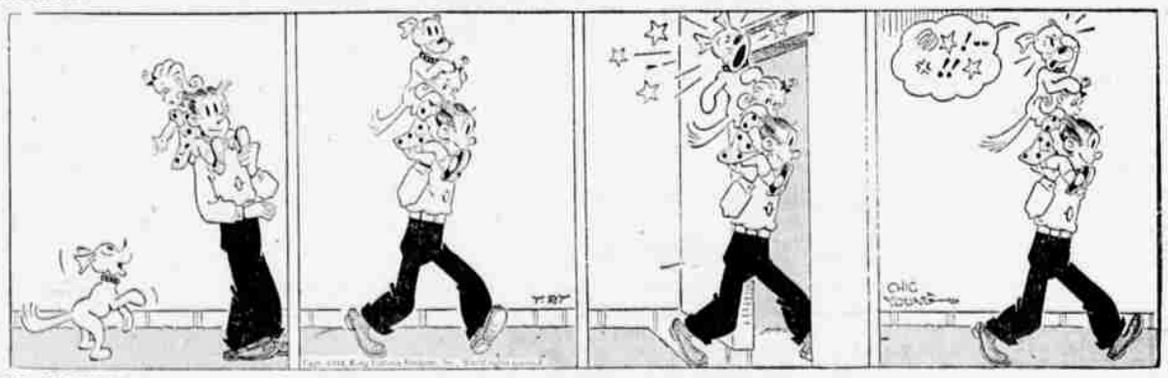
DOWN
1—Set of articles
2—Small fish
3—Unaffected
4—Coin of India
5—Balls hit out of bounds
6—It is (cont.)
7—Plural ending
8—Restored
9—Carve stone
10—Soft food
11—Consumed
16—Dry
18—Source of drugs
20—Twin
21—Buffalo
22—Went up
24—Wrong
25—Greek letter
26—Frock
28—Appraise
33—Russian city
34—A couple
36—Cheese
38—Breath noisily
40—Wading bird
41—Extra
45—Roman road
46—Sheep's cry
47—Vase
48—Allow
49—Days long gone by
50—Limb
53—Cry of triumph

ANSWER TO PREVIOUS PUZZLE



BARNEY GOOGLE and SNUFFY SMITH

BLONDIE



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