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.

IT IS THE WAY OF CLINICS

My wife has suffered for years with headaches (writes a reader), coming on at night and in recent years becoming more violent. Diagnosis by the best doctors in our vicinity and by the clinics at ..... and ..... summed up to this—that she has no organic trouble, the fault is purely functional. Does that mean anything to you? W.G.R.

Dr Brady

I hope you will not think I am mean to you if I tell you what it means to me.

It means that what you call the best doctors in your vicinity and the obscure practitioners who manage to get customers by submerging their identity in the imposing name of "clinic" were unable to make a diagnosis, but they were not honest or courageous enough to say so.

The malarkey about "purely functional" trouble is a safe bet in any case if a diagnosis is not made. Of course it doesn't mean a thing.

As you asked me to recommend a doctor I am sending you the name and address of one by personal letter — one I believe will make a diagnosis or else tell you frankly that he is unable to find out what the trouble is. If you get an appointment, for heaven's sake, don't try to take up the doctor's time telling him what the bigshots at the "clinics" thought or said or telling him what your expert opinion of the case is—if you approach the doctor in that fashion please do not let him know I recommended him to you. Just tell him the present complaint and then answer the doctor's questions and let him get on with the examination.

Too many patients seem to think they must take time to explain to the doctor why they have come or why they have not come before or to apologize for seeking advice at all.

Even in my daily mail many letters begin with a sentence, a paragraph, sometimes a page of irrelevance, such as "I am writing you to ask some questions" — instead of asking the questions. If I get the letter I can usually infer you are writing to me, and if you ask questions I assume that is why you write to me. These are busy days.

QUESTIONS & ANSWERS

How to Breathe

I always thought you are supposed to expand your chest and pull your stomach in or up, but if I understand your teaching you should forget your chest and breathe more with your diaphragm. Haven't you balled things up a bit? How are you going to breathe in and use your diaphragm at the same time? (C. W. C.)

Answer—I'm afraid it is too complicated to explain here. If you wish to know about breathing, anoxia, asphyxia, etc., send twenty-five cents and stamped self-adressed envelope for booklet "How to Breathe."

Cue to Watch Out

Have just had a complete examination including X-rays. Doctors say I have a nervous condition of colon. No organic trouble other than nervous weakness. I have been told vitamins will help me. What vitamins should I take? (H. C. A.)

Answer—When a doctor can't find out what is the matter he can always take refuge in "just nervous weakness" or "nervous exhaustion." That should be your cue to disengage yourself and try to find a doctor who is brave enough to say so if he can't make an honest diagnosis. If I had any idea whether vitamins would help you I'd be happy to tell you, but I haven't the ghost of an idea.

Insulin

Can you tell me of the latest book or manual that tells a diabetic about the new protamine zinc insulin? (J. L. R.)

Answer—It is a difficult problem to switch from ordinary insulin to the slower and more prolonged action of protamine zinc insulin, and only your physician can enable you to change over with comfort and safety.

Feeds Leaving Acid or Alkaline Ash

Please state whether white bread leaves acid or alkaline ash. (W. S.)

Answer—Acid. In the red book "What to Eat and Why" (for copy send 25 cts. and stamped self-addressed envelope) are lists of foods that leave acid-ash, alkaline-ash, neutral-ash. But if I were ailing I'd pay precious little attention to that technical detail in arranging my diet.

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"TRAPPED" YANKS DESTROY 20 JAPS IN HECTIC BATTLE

San Francisco, Aug. 3—(U.P.)—Twelve pilots of a carrier-based navy fighter squadron blazed their way out of a Japanese trap over Iwo Jima in the Volcano islands only 750 miles from Tokyo and shot down 20 enemy planes while losing only two of their own, the 12th Naval District disclosed today.

Two of the pilots shot down four planes each. They were Lt. Paul M. Henderson, Lakeland, Fla., who was one of the fliers who failed to return, and Lt. John R. Meharg, Troy, N. Y.

Henderson, Meharg and Ens. Alden P. Morner, Ironwood, Mich., were flying together in a three-plane section when the action started, the navy said. They sighted three Jap planes, and Henderson, a veteran of Tarawa and Guadalcanal, "went in with guns firing and the first Zero blew up in the air,' the navy said.

As his two flying mates followed him "the air suddenly became filled with attacking Japanese planes on all sides, above and below," the navy account said. His fellow pilots said Henderson "was destroying Japs at every turn, and they counted four of his victims before they lost sight of him."

"It was just like the movies," Meharg said on his return to the carrier. "The first Jap plane I hit just blew up in the air. I must have made passes at 10 or 12 others, but I counted just the ones I saw go down. I finally chased the last one down with only one of my guns firing, and he flew right into the water."

Wesley E. Lewis Back From Duty At Pacific Bases

Included in a group of men just returned from a tour of duty in the Pacific in which their squadron of Liberator search planes convincingly proved the navy's reconnaissance superiority over the Jap was Wesley Erwin Lewis, aviation machinist mate first class, 24, of route 4, box 216, Medford, according to an announcement from the 13th naval district headquarters in Seattle.

Lewis' squadron searched approximately 125,000 square miles a day from successive bases at Midway Canton, Baker, Furafuti, Guadalcanal, Munda, Nadzab, the Admiralty islands and Wakde During seven months of tour duty the group flew 1262 sorties totaling 16,000 hours of flight.

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, some times 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, some times 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.

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.

WALTER GERMER,
Administrator

Ration Calendar

Red Stamps—Red stamps A8 through Z8 and A5 through C5 in ration book No. 4 valid indefinitely (meats and fats). Each stamp worth 10 points.

Blue Stamps—Blue stamps A8 through Z8 and A5 through F5 in ration book No 4 valid indefinitely (processed foods). Each stamp worth 10 points.

Sugar—Stamps Nos. 30, 31 and 32 in book No. 4 valid indefinitely for 5 pounds. Stamp No. 40 valid for 5 pounds home canning sugar to February 28, 1945. Apply at local boards 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 No 1 and 2 in ration book No. 3 valid indefinitely (each good for one pair.)

Gasoline—September 21 expiration date of stamps No. 12 in A book (three gallons each), B3, C3, B4, C4, T, R1 and R2 stamps worth 5 gallons each; D, 1½ gallons; E, 1 gallon.

Fuel Oil—September 30 expiration date of period 4 and 5 coupons. New period 1 coupons may be used as soon as received.

Closing time for Classified ads 9 a. m. — Too Late to Classify, 12.30 p. m.

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; Fletcher Wiley, 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; Night News Wire, MBS; news, CBS.

6:00 p. m.—Music Hall, NBC; Major Bowes, CBS; Gabriel Heatter, MBS; Sunset Serenade, BN.

6:15 p. m.—Screen Test, MBS; news, BN.

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.—News, MBS; Joe E. Brown, BN; Hollywood Mystery Time, CBS.

9:15 p. m.—Rex Miller, MBS.

9:30 p. m.—Ellery Queen Mysteries, NBC; 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.

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

Friday

5:00 p. m.—Terry and Pirates, BN; Fletcher Wiley, 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; Night News Wire, MBS. News, CBS

6:00 p. m.—Waltz Time, NBC; Gabriel Heatter, MBS.

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; Earl Godwin, news, BN.

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

7:30 p. m.—Bill Stern, NBC; Stage Door Canteen, CBS; Lone Ranger, MBS; Blondie, 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; Iced Coffee Time, CBS; Meet Your Navy, BN.

9:30 p. m.—Fulton Lewis, Jr., MBS; 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.—Ambassador Hotel Orch, BN.

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.

Steaks and Roasts To Be Point Free

Washington, Aug. 3 —(U.P.)—The Office of Price Administration by Aug. 13 will make steaks and roasts of utility grades of beef ration-free but will return hams and pork loins to the ration list, it was learned today.

Informed sources revealed that War Food Administrator Marvin Jones also will order steaks and roasts from the better commercial grade of beef removed from rationing controls by Sept. 1, a move that would make virtually all types of beef point free. The remaining grades go primarily to the armed forces or to restaurants and hotels, rarely to the butcher shops.

PILOT KILLED

Pocatello, Idaho, Aug 3—(U.P.) Second Lt. Robert W. Froelich, 27, of Hays, Kan., was killed late yesterday when his fighter plane crashed on a training flight near Aberdeen, 15 miles northwest of here, Lt. Col. John L. Eaton, commanding officer of Pocatello army air field, announced today.

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

THE WORLD AT ITS WORST — By GLUYAS WILLIAMS

CONFIDENT YANKS CHASE GUAM NIPS FOR FINAL BLOW

Annihilation of Big Enemy Force on Orote Peninsula Forecasts Fate of All

By Percy Finch
Representing the Combined Allied Press
(Distributed by United Press)

Aboard Adm. Connolly's Flagship Off Guam, Aug. 2—(ELT)—(Via Navy Radio) —(U.P.)— With annihilation of a big Japanese force on the Orote peninsula forecasting the fate of the entire garrison, American troops on Guam were racing along the neck of the island today, anxious to come to grips with the main body of the reluctant enemy troops hiding in the heavily wooded plateau country in the north and to sweep them into the sea.

This is no longer a battle to hold a few thousand yards of hard-won beachheads. A sure and confident American army which has cut Guam in two, and which is acquiring momentum daily, is measuring in miles its advance towards the northern coast and final victory.

Hunting Ground

While the southern section of the island has become a hunting ground for mopping-up parties exterminating small groups of Japanese among the caves and ravines, in the northern section our line stretching from coast to coast is one big moving mass sweeping everything before it.

We are meeting little opposition. Four towns, Maite, Utang, Pado and Pulan, fell undefended, bringing our left flank close to Dege, where a second Jap airfield was recently constructed.

On the right flank, troops who struggled through heavy mud and mire to bisect the island as a preliminary to a frontal attack northwards are forging ahead along the east coast, where they are near Fadian Point. In the center we have advanced three miles in 24 hours.

Battering Jap positions ahead of the troops, warships, carrier planes and land artillery are pouring shells, bombs and rockets on the retreating enemy. The batteries have moved nearly as fast as the infantry in this all-out attack.

Grasshoppers Help

Among the masses of planes used, tiny "Grasshoppers" have been doing yeoman service as the eyes of the artillery, keeping the Japs under observation. Their tree-skimming is a hazardous job, for Jap machine gun fire is constantly trained on these daring, impudent planes.

The main problems of this great move forward are logistics and engineering—how to maintain a constant flow of supplies to a rapidly moving army on an island which possesses only one road, and that one skirting the coast only.

Aggravating the situation has been several days of rain, marking the beginning of the rainy season. But the army and marine organizations have overcome these obstacles.

Engineers have performed miracles to ensure that supply channels be kept open to the troops and that vast and specific needs go forward uninterruptedly. Bridges have been thrown across mountain stream swollen into torrents by the rains, and bulldozers are working where scarcely a man's foot had previously trod.

Roads Everywhere

New roads have been cut and mountain trails broadened to carry heavy military traffic. As a result, Guam's mountain ranges are now covered with roads where only footpaths existed, and jeeps and motor trucks are everywhere.

Hundreds of Guam's civilians are now enjoying freedom from Japanese rule under the Stars and Stripes in the first camp established for liberated islanders. Timidly at first but now boldly and enthusiastically civilians from the southern part of the island are emerging in large numbers from mountain hiding places where they fled for safety.

The first large group made a mass trek towards camp as the tide of battle rolled north. They had been living in caves since the beginning of the invasion, and whole families of men, women, children and dozens of babies appeared with bags, bundles, boxes, dogs and even chickens.

There were happy reunions and some sad disappointments when native mess attendants from the American fleet were given special leave to visit the camp. Some hadn't seen their native island or their families for six years.

Real News Sought

They were mobbed by relatives, friends and former shipmates as they sought tidings of their families, but most of the islanders wanted to know the world news. According to the Jap version of the war situation the Nipponese captured the Hawaiian Islands, then sailed through the Panama Canal without losing a ship and occupied Washington. The Japs also told the natives they had captured the entire Far East and Australia.

"The Japs told us you Americans wouldn't return for a hundred years," a white-haired native told me. "When the American fleet appeared in sight of Guam the Japs said it was their fleet."

PARTS and SERVICE for all Makes of WASHERS and REFRIGERATORS
YOUNGER'S APPLIANCE SERVICE CO.
31 N. Bartlett Phone 2419

Closing time for Sunday Too Late to Classify 5:30 Saturday afternoon—Please remember.

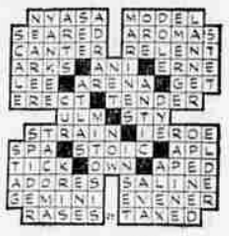
ZERO CLUB
Out of bounds, civilians only
Delicious chicken and steak dinners. 7:00 p. m., 3 a. m., except Sunday Phone day time 5300; night 9101.

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

STRANGE AS IT SEEMS by JOHN HIX

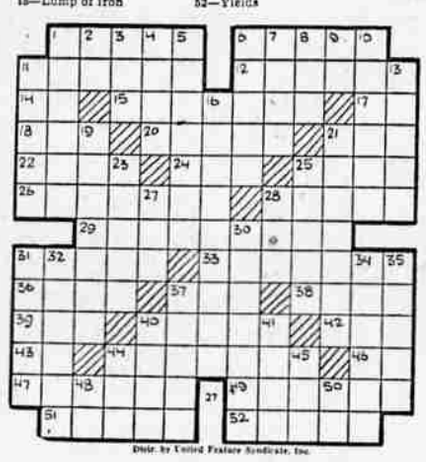
Crossword Puzzle

PREVIOUS PUZZLE ANSWER TO



ACROSS

1—Nucleus
6—Meaner
11—Rich
12—Put in row
14—Forward!
15—Jabber
17—Musical note
18—Small bird
20—Loose stone (prov.)
21—Metal container
22—Blame
24—Roman coin
25—Chilly
26—Pause
28—Lump of iron
29—Serving stand
31—Struck
33—Indian tribe (pl.)
36—Step
37—Sack
38—Stupor
39—Liquid used in writing
40—Portends
42—Salt
43—New England State (abbr.)
44—Field flower
46—Chinese weight
47—"—— the fair"
49—Kind of type
51—Garden flower
52—Yields



DOWN

1—Poisonous alkaloid
2—Indefinite article
3—Underworld god
4—Twilled fabric (pl.)
5—Train
6—Calms
7—To sheltered side
8—Title of respect
9—Printer's measure
10—Replenish
11—Engine
13—Fop
16—Aboreal amphibians
19—Tuft of grass
21—Fine swords
23—Malice
25—Child's ailment
27—Small fish
28—Oriental sash
30—Very well behaved
31—Steeple
32—Capital of Philippines
34—Fine violins
35—Old Teutonic law
37—Arbor
40—Part of body
41—Location
44—Shopkeeper
45—Cushion
48—Like
50—French article

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BARNEY GOOGLE and SNUFFY SMITH

BLONDIE

BUZ SAWYER

L'TL ABNER

THE NEBBS