

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.

OH, SUGAR!

The per capital consumption of sugar in the United States in 1940 was about 5 pounds a year. In 1940 it was about 112 pounds a year. To the best of my knowledge we cannot claim that so much sugar, whether it is taken as sugar, syrup, candy, sweetened beverages, cakes, pastries, ice cream or in so-called infant food, or breakfast food, is itself the cause of any disease or serious trouble. It is certainly not a cause of decay of the teeth in children or adults, in my opinion. I do not believe excessive consumption of sugar by child or adult can be considered a cause of diabetes. But I am equally certain that the excessive consumption of sugar is to blame for a great deal of serious nutritional deficiency in childhood, adolescence and early adult life, for the individual who gets a large part of his daily quota of calories from sugar simply cannot take enough of the natural protective foods to supply the minimum amounts of minerals and vitamins required for good nutrition and normal functional efficiency.

Now I like sugar in my tea or coffee, cookies, cake, candy, ice cream and the like as well as the next fellow. But knowing what little I do know about nutrition and health, I am always conscious of the need for balancing such indulgence either by a fairly liberal intake of natural protective foods or by taking the necessary minerals and vitamins as a supplement to my diet or both.

Among the best protective foods are milk, cheese (of course I mean real cheese, not processed stuff peddled off on the unsophisticated customer under a name that suggests cheese), butter, eggs, greens, raw vegetables, fruits, nuts.

To parents of growing children I suggest plain fresh milk or milk and cream or skim milk or buttermilk or sour milk or milk flavored with chocolate, cocoa, malt or the like, and fresh

fruit beverages of the home made type instead of fountain beverages sweetened with sugar or perhaps bottled sweetened beverages containing stimulants which are in my judgment harmful for any child under sixteen. To young persons in stores and offices I suggest similar wholesome beverages at lunch or when a mid-forenoon or mid-afternoon pick-me-up or refreshment is indicated.

To overnourished folk generally I suggest the use of saccharin in tablets to sweeten tea, coffee, etc., in place of sugar—one quarter-grain saccharin tablet having the sweetening effect of a teaspoonful or more of sugar. I believe anyone may take up to 5 grains of saccharin daily with impunity.

QUESTIONS & ANSWERS

Tobacco Habit

Some years ago you have a treatment for the tobacco habit which cured me and several of my friends. I have lost the clipping and I hope you will either publish the instructions again or send me a copy by mail. After years of abstinence I foolishly started smoking again and can't quit without your help.

(L. C. S.)

Answer—Send stamped self-addressed envelope and ask (do not send clipping) for pamphlet on "The Tobacco Habit."

Gas Obsession

Gas collects under left shoulder-blade. Ache in left arm. Dizzy spells lasting a few minutes. Three doctors say high blood pressure. Electrocardiograph taken said only "clerk." Arm feels numb mornings. Tired easily. What do you think? (P. M.)

Answer—I think it is unfortunate that people so readily ascribe discomfort, pain and other distress almost anywhere in the body to "gas." That's all, brother. I advise you to get the "gas" out of your head and remain strictly under your physician's care.

How to Breathe

I have had more satisfaction and help from your booklet "How to Breathe" than I can tell you. Here is just one observation I have made. Sometimes after a night of disturbed sleep or wild dreams I awake with a head ache. This used to last for several hours. But I discovered that it clears up in a few minutes if I do the belly breathing exercise before I get out of bed, and when I am ready for my morning exercises and setting-up. (K. A. H.)

Answer—Thank you, sir. B. B. and a half doz. rolls will clear up a good many mean morning headaches, the customers tell me. Instructions for some breathing in pamphlet, "Invitation to the Somersaults," available on request (no clipping) if you enclose stamped self-addressed envelope. Enclose 25 cents additional if you want the booklet "How to Breathe." (Copyright, 1944, John F. Dille Co.)

SHIP NAMED FOR VICKS FOUNDER AT NEGROES' REQUEST

Greensboro, N. C., Aug. 10.—Announcement by the U. S. Maritime Commission in Washington that a Liberty ship is to be named the "Lunsford Richardson," commemorating a distinguished American citizen and business leader, will be received with interest and gratification by many people throughout the country. As the founder of Vick Chemical company, Mr. Richardson's fame has been intimately known to several generations of Americans, and his original preparation for colds, Vicks VapoRub, has gained established use throughout the world.

Naming of the vessel is in recognition of Mr. Richardson's efforts in behalf of the negro race, and the improvement of inter-racial relations. The Maritime Commission was petitioned by leading negro citizens of

Greensboro, N. C., scene of his greatest activities, to name a vessel for Mr. Richardson "in honor of a white friend."

As their petition pointed out, Mr. Richardson, who died in 1919, "always found time to do useful and constructive community service," despite his extensive business interests.

The life of Lunsford Richardson was a veritable romance of American enterprise and public service. Born in Johnston county, N. C., December 20, 1854, he graduated from Davidson college in 1875, an honor man of his class.

For four years, he taught school to discharge the debts incurred in his education. His parents had both died when he was a small boy.

Becoming discouraged with the teaching profession, he set out to found a career in business. This he began in the little town of Selma, N. C., in 1880.

SHIPYARD TRADITION

Essex, Mass. (U.P.)—The Arthur D. Story shipyard has been in operation for 316 years—and all that time in the hands of the Story family. It was sold recently to Dana A. Story, who hopes to carry on the tradition of building fishing vessels as soon as war production permits.

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.

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

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JAPANESE CHANGE RULES FOR MAIL TO WAR PRISONERS

Japanese authorities have just announced specific changes in instructions for addressing mail to prisoners of war and civilian internees held by that government, according to word received by the American Red Cross from the International Committee, it was announced today by Mrs. Ned Rankin, executive secretary of the Jackson county chapter.

If the prisoner's or civilian internee's camp address is known mail should be addressed to the individual, by his full name, in the particular camp, via New York, N. Y. If the prisoner's camp address is unknown but he is definitely known to be a prisoner of war held by Japan, or if the civilian internee's address is unknown, and he is known to be interned in Japanese overseas and occupied territory, mail should be addressed in care of Huyro Johok-yoku, via New York, N. Y. The Japanese Red Cross has stated that a known camp will be forwarded if the addressee has moved to a new camp. Persons desiring further information concerning addressing of messages to Japanese prisoners are asked to contact the local Red Cross office.

New postal card forms for prisoner of war mail to the Far East, printed by the American Red Cross, have been received by the Jackson county chapter. Mrs. Rankin states, and are now available for relatives and friends of Japanese-held Americans. Since Japan has refused to accept letters of more than 24 words for prisoners, the postal card is designed to hold a message of this length.

The card, which requires no postage, will facilitate censorship and save weight and space in transportation, Mrs. Rankin says. Its use is optional, but it is hoped that it will speed up delivery.

Mrs. Rankin reports that 28 to 30 Jackson county men are prisoners of war, 18 of the number reported imprisoned in the Far East.

Washed Out Pilot Takes Army Plane For Mexico Trip

Williams Field, Ariz., Aug. 10.—(U.P.)—Richard L. Bailey, 23, Brighton, Colo., recently washed out as an aviation cadet, today was reported missing by Lt. Col. Earl W. Worley, deputy of training and operations, after taking off on an unauthorized flight to Mexico.

Col. Worley said Mexican officials had advised him that a Williams Field advanced single engine training plane crashed near Guasave, Mex., Aug. 5, and that the pilot had parachuted to safety.

After the crash, the pilot made his way to Guasave, where he borrowed 100 pesos from natives and boarded a northbound plane. The parachute, which was recovered, bore the name of Bailey, Col. Worley said. All other Williams Field personnel had been accounted for.

CRYSTAL BALL SPUTTERS

Kansas City, Mo. (U.P.)—Mrs. Dinah Marks, 24-year-old gypsy fortuneteller, had taken a look in her crystal ball concerning her own future here recently she might have left Kansas City before she was fined \$15 for violation of a city ordinance prohibiting fortunetelling. Mrs. Marks said she did not know of the ordinance.

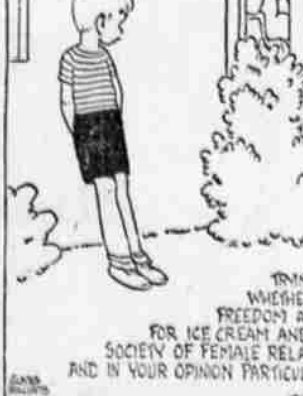
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DIFFICULT DECISIONS

BY GLUYAS WILLIAMS



On the Radio Chains

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Chain affiliation and where they are on the dial:
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KEX (NBC-Blue) 1190, Portland.
KOA (NBC-Blue & MBS) 1310, Spokane.
KOB (NBC-Blue) 810, San Francisco.
KJW (NBC-Red) 630, Portland.
KJR (NBC-Blue) 1000, Seattle.
KXN (CBS) 1070, Los Angeles.
KOA (NBC-Red) 850, Denver.
KON (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; Fletcher Wiley, CBS; OK for Release, NBC.
6:15 p. m.—Dick Tracy, BN; Superman, MBS; Elmer in Rhythm, NBC.
6:30 p. m.—Jack Armstrong, BN; Harry Plannery, news, CBS; Tom Mix, MBS.
6:30 p. m.—Louis P. Lochner, NBC; Hop Harrigan, BN; Night News Wire, MBS, news, CBS.
6:00 p. m.—Muddy Hall, NBC; Major Bowes, CBS; Elmer in Rhythm, NBC; Sunset Serenade, BN.
6:15 p. m.—Screen Test, MBS; news, BN.
6:30 p. m.—Charlie Chan, NBC; Spotlight Bands, BN; Corlies Archer, CBS; Starlight Serenade, MBS.
7:00 p. m.—Harry Savoy, NBC; Raymond, BN; The First Lady, CBS; Henry Gladstone, MBS.
7:15 p. m.—Lowell Thomas, MBS.
7:30 p. m.—Red Ryder, BN; Here's to Romance, CBS; Cuckoo Kid, MBS.
8:00 p. m.—Mercury'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.
9:20 p. m.—Elmer Queen Mysteries, NBC; Fulton Lewis, Jr., MBS.
10:00 p. m.—News Flash, CBS; 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.
6:15 p. m.—Dick Tracy, BN; Superman, MBS.
6:30 p. m.—Jack Armstrong, BN; Harry Plannery, news, CBS; Adventure of the MBS.
6:45 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.—Bronx Blackie, NBC; Durande 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.—Mercury'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.—Told Man, NBC; Gang Busters, BN; It Pays to Be Ignorant, CBS; Name That Song, MBS.
9:00 p. m.—Purloined 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 Stimma, pianist, NBC.
10:00 p. m.—News, NBC; Sinfonietta, MBS; Bal Tabarin Cafe Orch, BN.
10:15 p. m.—Sinfonietta, MBS.
10:30 p. m.—Stories of the West, NBC.

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.

FIGHTS RATTLESNAKE

Chester, Ill.—(U.P.)—A squirrel dog belonging to Ralph Runge of Chester treed a 5-foot diamond-back rattlesnake for an entire day. When one of the neighbors discovered the snake and shot it

down, only wounding it, the dog was at it in a split second. The second shot killed the snake and the dog escaped unharmed.

RESCUES MARINE

Pacific Fleet Headquarters—(U.P.)—A patrol bomber crew recently pulled a downed marine pilot from a rubber life-raft into an unprotected navy Catalina under Japanese shell fire near an enemy-held south Pacific island.

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STRANGE AS IT SEEMS by JOHN HIX

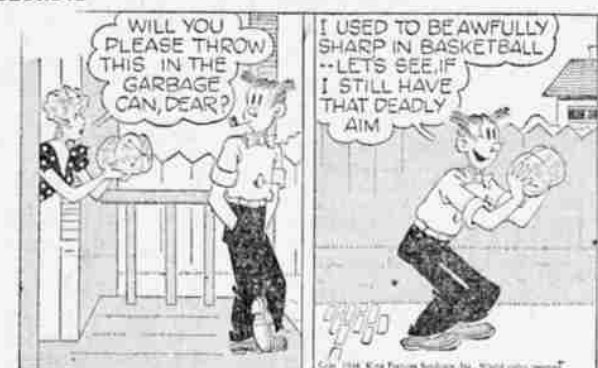


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Crossword Puzzle

ACROSS

- 1—Day party
- 2—Bottle
- 3—Served
- 4—Downpour
- 5—Roman coin
- 6—Chills and fever
- 7—Elin (var.)
- 8—Utic (island)
- 9—Indian of Peru
- 10—Stone
- 11—Stray
- 12—Part of bicycle
- 13—Small openings
- 14—Downcast
- 15—Back (U.P.)
- 16—Commotion



ANSWER TO PREVIOUS PUZZLE



- 1—Leaper
- 2—Bottle
- 3—A bird
- 4—Chemical suffix
- 5—Alligator
- 6—Boy's name
- 7—Inquire
- 8—Vinegar
- 9—Mild oath
- 10—Godless of Moon
- 11—Duke
- 12—And (P.T.)
- 13—Mexican coin
- 14—Fixed
- 15—Pile of wood
- 16—Water
- 17—Pacific base
- 18—Boatman nymph
- 19—Spot
- 20—Dread
- 21—Greek letter
- 22—Computer
- 23—Vein of metal
- 24—Roman poet
- 25—Field
- 26—Membrane
- 27—Chris's name
- 28—Shaban cloth
- 29—Out (Scott.)

Clue: U.P. King Tutankhamen, Inc. World rights reserved