

## 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.

### POPULAR CARICATURE OF THE PICTURE OF HEALTH

If you publish any part of this letter (writes a reader, seeking advice, for goodness sake don't use my name). The reader gives a history of pneumonia at the age of forty, and of two attacks of pneumonia in childhood, complains of a sore spot in chest under one shoulder-blade, which is noticeable when she calls the cows. Recent X-ray and medical examinations reveal no lung trouble. Friend husband, as all husbands must or should, tries to get her mind on more cheerful matters by asseverating, the heartless wretch, that no one who has lung trouble could put as much volume in calling the cows as the reader does.

Putting on my high-powered specs and peering searchingly through the two thousand miles of atmosphere from behind my lusk whiskers I go into a brief trance and come up with this tiny but genius pearl: Soreness or pain felt in the chest is rarely a symptom or sign of lung trouble.

That's as far as we go on that line, folks.

The reader complains further that no one believes she can have much wrong with her, and especially not with her lungs, for she is 5 feet two inches tall and weighs 160 pounds.

In other words, the reader implies, a person who carries thirty-odd pounds of slacker flesh, excess weight, chair and anchor, sack of fuel, every step he or she takes, is that much healthier than a person who has good nutrition.

How this quaint notion became so firmly fixed in popular consciousness is a puzzle. Perhaps old timers observed victims of advanced tuberculosis ("consumption") wasting away and inferred that they developed the disease because they had become thin. From that premise it was

easy to conclude that obesity, corpulence, overweight, superfluous adipose, slacker flesh, a reserve fuel tank makes it impossible or unlikely for "lung trouble" to develop.

Offhand I could name a score of fairly common ailments or diseases an overweight person of forty or thereabouts is more likely to have than is a person of that age whose weight is nearer what is should be. Also I have in mind half a dozen fairly common ailments or diseases other than lung trouble that might account for the sore spot under the shoulder-blade—but this is a health column and we leave further details about these things to the reader's physician.

Anyway it is high time to scrap the caricature which too many regard as the picture of health. In actuality a corpulent, obese or florid person has a poor chance of enjoying good health after forty and a poorer one of living long enough to draw a retirement pension or social security.

**QUESTIONS AND ANSWERS**  
**Ice Cream and Reducing**  
I am on a diet as you suggest in "How to Lose Weight," but I am so fond of ice cream. If I exclude all sweets and take only two dishes of ice cream a week will I still reduce at all? (Mrs. E. V. A.)

Answer—Certainly. Difficulty is that if we give an inch you'll take a mile—you girls who have such a craving and tolerance for sweets. But better reduce at moderate pace and stick to the regimen than go at it hammer and tons for a few days, then off on a chocolate double-ten pounder. Pamphlet "How to Lose Weight" mailed on request (but do not send a clipping) to any reader over eighteen who provides self-addressed stamped envelope.

**Ivy Poisoning**  
Please tell us a good remedy for poison ivy. We are going to the mountains and want to be prepared. Answer—Send stamped envelope bearing your address and ask for pamphlet on Ivy Poisoning.

**Insanity**  
Husband and I have dementia is one form of insanity. I say dementia, insanity and mania are three forms of disorders of the mind and are not the same. Please settle the argument. (Mrs. K. H.)

Answer—Insanity means not sane, not sound of mind. Dementia means mental deterioration or weakening. Mania means frenzy. (Copyright, 1944, John P. Dille Co.)

**No. 8672—Equity Summons for Publication**  
In the Circuit Court of the State of Oregon for Jackson County, JOSEPH S. Parker, Plaintiff

vs.  
M. COOKSEY and JANE DOE COOKSEY (whose true first name is unknown), his wife, if the said M. Cooksey be married; the unknown heirs of M. Cooksey; and also all other persons or parties unknown claiming any right, title, estate, lien, or interest, in the real estate described in the complaint herein, Defendants.

To M. COOKSEY and JANE DOE COOKSEY whose true first name is unknown, his wife, if the said M. Cooksey be married; the unknown heirs of M. COOKSEY; and also all other persons or parties unknown claiming any right, title, estate, lien, or interest, in the real estate described in the complaint herein, the above named Defendants:

IN THE NAME OF THE STATE OF OREGON: You, and each of you are hereby summoned and required to appear in the above named court and cause and answer the plaintiff's complaint on file therein against you, within four weeks after the 4th day of August, 1944, the date of the first publication of this summons. You are hereby notified that if you fail to so appear and answer said complaint within the time aforesaid, for want thereof, the plaintiff will apply to said Court for the relief demanded in said complaint, a succinct statement of which is:

That a decree be entered here in adjudicating any and all right, title, estate, lien, or interest which you, or any of you have, or claim to have, in, to, or upon real property located within Jackson County, Oregon, to-wit: Lots No. 13 and 14 in Block No. 4, Laurelhurst Addition to the City of Medford, Oregon, according to the official plat thereof now on record.

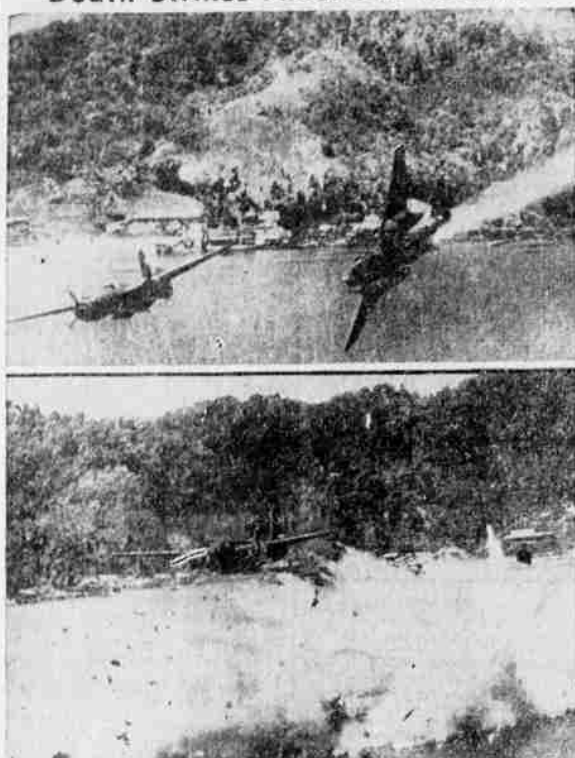
and decreeting any and all such claims and interest to be null and void, and decreeting that said plaintiff is the owner in fee simple of the whole of said premises, free and clear of any and all right, title, estate, lien, or interest of all the defendants in this suit; and decreeting that all persons or parties claiming, or to claim, by or through them, or any of them, be forever restrained and barred from asserting or claiming any lien or interest in or to said real property, and that plaintiff's title to said premises be forever quieted and set at rest, and for such other relief as to the Court may seem just and equitable.

Service of the Order herein for said service of this Summons by Publication is August 3, 1944, and such Order fixed once each week for four successive weeks as the time for such publication.

RAWLES MOORE  
Attorney for Plaintiff  
Cooley Theater Building, Medford, Oregon.

**POISON OAK?**  
Try a bottle of ZEMACOL.  
You must be satisfied or your money cheerfully refunded—no bottle to day at WESTERN TRUFF.

## Death Strikes American Bomber



A Fifth Air Force attack bomber meets death from direct attack hit in low-level raid on Jap installations at Kokas, Dutch New Guinea. In top photo, the B-24 is smoking amidst flames as it plummets seaward, narrowly missing companion plane. Bottom, the ill-fated plane crashes and explodes as it hits water while other bomber heads safely homeward. Far East Air Force photo.

### On the Radio Chains

Chain affiliation and where they are on the dial:

**RALE (MBS)** 1320, Portland  
**KEX (NBC-Blue)** 1190, Portland  
**KGA (NBC-Blue & MBS)** 1310, Seaside  
**KDIA (NBC-Blue)** 810, Seaside  
**KJH (NBC-Blue)** 650, Portland  
**KJH (NBC-Blue)** 1090, Seattle  
**KJH (NBC-Blue)** 1070, Los Angeles  
**KJH (NBC-Blue)** 450, Denver  
**KJH (NBC-Blue)** 920, Portland  
**KJH (NBC-Blue)** 950, Seattle  
**KJH (NBC-Blue)** 680, San Francisco  
**KJH (NBC-Blue)** 1160, Salt Lake City

Time Shown is PWT

**Friday**  
5:00 p. m.—Terry and Pines, BN  
Fletcher Wiley, CBS, OK for Release, NBC

5:15 p. m.—Dick Tracy, BN; Super-mania, MBS

5:30 p. m.—Jack Armstrong, BN; Harry W. Pannoy, news, CBS; Adventures of Tom Mix, MBS

5:45 p. m.—Louis F. 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.—Peggy Ann Flanagan, NBC; Spotlight Bands, BN; That Brewster Boy, CBS; Double or Nothing, MBS

7:00 p. m.—Boston Blackie, NBC; Durrant 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 Music Shop, NBC; I Love a Mystery, CBS; Paul Newman, news, BN

8:15 p. m.—Prestwood Lawton, commentator, NBC; The Parker Family, BN; Press Club, CBS

8:30 p. m.—The Thin Man, NBC; Gang Busters, BN; Fly to the Limit, CBS; Name That Song, MBS

9:00 p. m.—Purinton Fun, NBC; Hour, news, MBS; Ted Cotter, Time, CBS; Meet Your Navy, BN

9:30 p. m.—Polton Lewis, Jr., MBS; Service to the Front, CBS

9:45 p. m.—Leo Simms, pianist, NBC

10:00 p. m.—News, NBC; Sinuotteta, MBS; Bal Tabarin Cafe, BN

10:15 p. m.—Sinuotteta, MBS

10:30 p. m.—Stories of the West, CBS

10:45 p. m.—Ambassador Hotel, BN

11:00 p. m.—Paul Page, singer, NBC; Ambassador Hotel, BN

11:15 p. m.—Hotel Biltmore, BN; NBC, This Moving World, BN; News, CBS

**Saturday**  
5:00 p. m.—Thomas Peluso, BN; NBC; Youth On Parade, CBS; This Is Hollywood, MBS; Ambassador Hotel, BN

5:30 p. m.—Dorothy Desmond, NBC; Equilateral Concert, BN; music, MBS

5:45 p. m.—Louis F. Lochner, NBC

**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

**7:15 P.M.**  
DON LEE-MUTUAL

**LOWELL THOMAS NEWS TIME**  
Standard of California

**ALL FOR UNCLE SAM**  
Arlington, Mass.—(U.P.) There's no service feud in the family of Mrs. Charlotte L. Dodge of Arlington. Mrs. Dodge's private in the WAC. Her daughter is a Wave, and her son is in the navy. To complete the record, the Wave daughter is engaged to a member of the Naval Reserve.

**Grandpa Throws Away His Ear Trumpet**  
If you are temporarily deafened, bothered by ringing, buzzing, head noises due to barbiturate or congested wax (retrains), try the Orlene 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 Orlene Ear Drops today at Walcott's Pharmacy

**POISON OAK?**  
Try a bottle of ZEMACOL.  
You must be satisfied or your money cheerfully refunded—no bottle to day at WESTERN TRUFF.

**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

**Death Strikes American Bomber**  
A Fifth Air Force attack bomber meets death from direct attack hit in low-level raid on Jap installations at Kokas, Dutch New Guinea. In top photo, the B-24 is smoking amidst flames as it plummets seaward, narrowly missing companion plane. Bottom, the ill-fated plane crashes and explodes as it hits water while other bomber heads safely homeward. Far East Air Force photo.

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**KJH (NBC-Blue)** 450, Denver  
**KJH (NBC-Blue)** 920, Portland  
**KJH (NBC-Blue)** 950, Seattle  
**KJH (NBC-Blue)** 680, San Francisco  
**KJH (NBC-Blue)** 1160, Salt Lake City

Time Shown is PWT

got in contact with our base in the central Pacific by a submarine which they had captured from the enemy.  
"They went back to the island with a full load of ammunition," said Tokyo.

**BOMBS BY HAND**  
Newport, R. I.—(U.P.)—When his bomb bay jammed during a recent raid on Berlin, Sgt. Manuel J. Viveiros of Newport picked up the bombs by hand and tossed them one by one on the Reich capital.

## CHALKER'S MOTEL and LODGE OFFICERS' CLUB

(Officers and Civilians)

### Dine - Dance - Refreshments

The Most Unique Spot in Southern Oregon. Home Cooked Chicken Dinner 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

## STRANGE AS IT SEEMS by JOHN HIX



BARNEY GOOGLE and SNUFFY SMITH



BLONDIE



BUZ SAWYER



L'L ABNER



THE NEBBES



BLONDIE



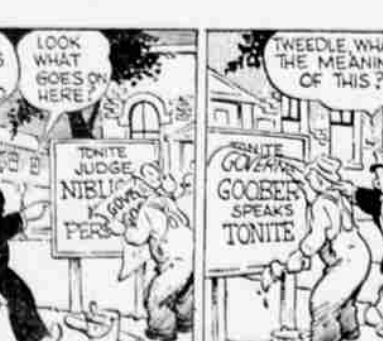
BUZ SAWYER



L'L ABNER



THE NEBBES



**TREAT HER SATURDAY**  
**Chicken and Steak Dinner**  
**FUN • DANCING**  
The Best Music in the Valley  
**WALDEN BROTHERS**  
OPEN EVERY NIGHT EXCEPT FRIDAY  
**TAKE-IT-EASY-LODGE**  
½ mi. up Savage Creek, where Jackson meets Josephine

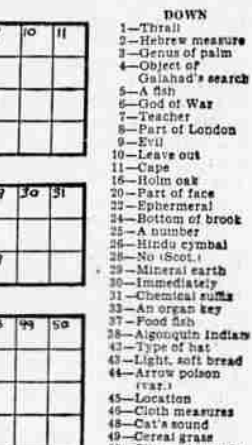
## Crossword Puzzle

**ACROSS**  
1—Aria  
2—River to England  
3—Turkish official  
4—Part of "to be"  
5—S. coin  
6—Fixed  
7—Vale men  
8—Early broken  
9—15th Century helmets  
10—Shaved way  
11—Chest (var.)  
12—Larva of fly  
13—Albanian general  
14—Lady of Arthur's court  
15—Wheel tooth  
16—Pressing instrument  
17—Good to taste  
18—Sheep  
19—Dolly  
20—Take food  
21—Remainder  
22—Dried coconut  
23—Single thing  
24—Breed of duck  
25—Brittle  
26—Diminutive snuff  
27—Impel  
28—Bottom of ship  
29—Compass point  
30—Goddess of Discord



ANSWER TO PREVIOUS PUZZLE

**DOWN**  
1—Thrill  
2—Hebrew measure  
3—Genus of palm  
4—Object of Gaius's search  
5—A fish  
6—God of War  
7—Teacher  
8—Part of London  
9—Fly  
10—Leave out  
11—Cape  
12—Holm oak  
13—Part of face  
14—Epitaph  
15—Bottom of brook  
16—A number  
17—A number  
18—Mineral earth  
19—Immediately  
20—No (scot.)  
21—Mineral earth  
22—Algonquin Indian  
23—Type of hat  
24—Light, soft bread  
25—Arrow poison (var.)  
26—Cloth measure  
27—Cat's sound  
28—Cereal grain  
29—Fruit with wonder  
30—Ground moisture



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