

# Your Health and Its Care

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## PLEASE PASS (UP) THE SUGAR

According to an estimate based on federal government statistics the per capita consumption of sugar in the United States was 8 pounds a month in 1939, 7 1/2 pounds a month in 1942, 6 1/2 pounds a month in 1944.

Come, come, now, folks, you need not turn away from sugar like that just because I prefer a saccharin tablet to a big spoonful of sugar to sweeten my coffee.

Too much delectable carbohydrate is my chief dietary sin—refined carbohydrate—things made of refined white flour and refined white sugar. Nearly all of the overeating we Americans, rich and poor, illiterate and educated, old and young, thin and fat, do is in the field of the refined carbohydrates.

Not that the 90 or 100 calories cancelled by the use of saccharin in place of sugar for sweetening coffee matters in my pursuit of happiness, but by alternating periods of observation with and without this substitute for sugar I have concluded that this use of saccharin improves my nutrition.

It is not that refined white sugar or refined white flour and the many things good to eat made from them is in itself harmful in any way. The reason why our high per capita consumption of these manufactured food products should worry every one concerned with national health and physical fitness and every one concerned about his own personal health and efficiency is frankly that they are cheat foods as we shall explain.

As Dr. Ray M. Moore of San Bernardino points out (J. A. M. A. July 8, 1944) white sugar "dilutes with calories"—it supplies energy, of course, just as so much potato or cornstarch does (not more and not more quickly, though, but the 400 to 500 calories per day that the average American gets from sugar, his per capita consumption)—from

one-tenth to one-fifth of the total daily caloric requirement—"displaces nutritionally superior foods from the dietary, while at the same time it increases the requirements of nutrients in the foods displaced." Vitamin B-1 (thiamin), B-2 (riboflavin) and nicotinic acid (niacin), all components of the B complex that naturally occurs in sugar cane and sugar beet and in wheat, are necessary for the oxidation of dextrose in the body. All carbohydrate in food is converted into dextrose (glucose), and there is a constant level of dextrose or glucose in the blood of a healthy person—the blood sugar, which is the fuel for all muscular and functional work.

Refined white sugar (and refined white flour) does not supply these vitamins. Yet it increases the requirement for them—for if the food itself does not supply the vitamins which are necessary for its oxidation, metabolism, utilization in the body (as sugar cane, sugar beet, plain wheat does), then the food cannot be utilized unless the necessary vitamins are taken in other forms.

## QUESTIONS & ANSWERS

**Nervous Exhaustion**  
Since the series of articles in this column about the poor girl who had all her teeth extracted and then was the best advertised "clinic" and came away with the typical "diagnosis" of "just nervous exhaustion," a lot of readers have been sending their reports from the same "clinic." All I can say is that in the series of articles on the subject, I readers still think I know what "nervous exhaustion" means, then I might as well hold my breath and turn my aged and infirm typewriter over to the junkman and get over to the bowling green where I am better understood. (Dr. Brady)

**Sun Baths**  
Can one derive benefit from sunbaths if only the feet and legs are exposed to the sun? After becoming accustomed to exposure about how long should sunbaths be? (A. P.)  
Answer—There is benefit to be derived from exposure of even only the feet or legs to sunshine or ultraviolet light. The Brandy Baby Book is given in The Brandy Baby Book for copy sent ten cents and stamped envelope bearing your address.

**Raw Eggs**  
What effect has raw egg taken two or three times a day? Does it give particular energy, vitality or vim? (J. L. S.)  
Answer—No particular effect except as food. Raw egg is less completely digested than egg cooked as you prefer. (Copyright, 1944, John F. Dille Co.)

## SUMMONS FOR PUBLICATION

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY. WAYNE STANLEY BIRDSALL, Plaintiff,

VS. GEORGIA BIRDSALL, Defendant.

TO THE ABOVE NAMED DEFENDANT GEORGIA BIRDSALL: IN THE NAME OF THE STATE OF OREGON, You are hereby required to appear and answer the complaint filed against you in the above entitled suit on or before the last day of four weeks from the date of the first publication of this summons, and, if you fail to so appear and answer said complaint, for want thereof, the plaintiff will apply to the Court for a decree for the relief demanded in his complaint, succinctly stated as follows, to-wit: That the bonds of matrimony heretofore and now existing between the plaintiff and defendant be dissolved and held for naught.

This summons is published by order of the Honorable H. K. Hanna, Judge of the Circuit Court of Jackson County, Oregon, made and entered on the 28th day of July, 1944. The time prescribed for publication of this summons is once each week for four consecutive weeks. The date of the first publication of this summons is the 31st day of July, 1944.

O. H. BENGTON, Attorney for Plaintiff, 128 East Main Street, Medford, Oregon.

**SUMMONS**  
IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY. ROBERT EDWARD PALMER and SYLVIA M. PALMER, Plaintiffs, vs. M. PIERCE, J. G. PIERCE, HILDAGARD FIELE, the unknown heirs of T. M. Griffiths, deceased; John Doe Huber, the unknown heirs of J. H. Griffiths, deceased, otherwise known as J. H. Griffiths; also the unknown heirs of any other deceased person or party; also all other persons or parties, unknown, including any creditor, legal representative or trustee of any persons or party, claiming, or having any right, title, estate, lien, claim or interest in the real property of the plaintiffs described herein.

Defendants: To the defendants above named, and included: IN THE NAME OF THE STATE OF OREGON, you are hereby required to appear and set up for determination what ever adverse claim you may have, and answer the complaint filed against you in the above entitled suit, within four weeks from the date of the first publication of this summons, and if you fail so to appear and answer, for want thereof the plaintiffs will apply to the Court for the relief prayed for in their complaint, namely, that the plaintiffs be decreed to be the sole owners in fee simple of the following described real property:

**GRAY HAIR?**  
Get Grayvita Vitamins  
Yes, people the nation over have reported GRAYVITA VITAMINS WORK, and that their gray hair is returning to its natural color. GRAYVITA VITAMINS contain the same amount of "anti-gray hair vitamin" (plus 400 Int. units. B1) as tested by a leading, authoritative magazine. Out those tested, 88% returned to their natural color. GRAYVITA VITAMINS are non-toxic, can't harm your "permanent" hair. 30-day supply, \$1.50; 100 days, \$4.00. Phone 2446, Woodward's Pharmacy, 400 E. Main Street.

# NAZIS FIRE UPON NAVY TRUCE FLAG OFF TOULON BASE

Torpedo Boat Undamaged On Mercy Mission—Enemy Bombarded.

By George Tucker (Distributed by United Press)

With a Naval Truce Party Off Cape Glens, Aug. 21 (U.P.)—German shore batteries opened fire at point blank range on a white truce flag today after permitting its approach almost to the muzzle of its guns. The truce party, commanded by Lt. Col. William C. Baxter of Wockford, Md., was approaching the harbor of Portofino to demand the island's unconditional surrender when 88-mm. guns began to whistle projectiles around the torpedo boat carrying the party.

**Flags Prominent**  
Two large white flags were prominently displayed on the deck and couldn't be mistaken for anything but truce flags. I can vouch for this, because Lt. Cmdr. Selwyn H. Graham of Roslindale, Mass., and I held the flags.

(Cape Glens is approximately 10 miles east southeast of the great French naval base of Toulon.)

We were proceeding through unswayed German waters between the island and the mainland at 15 knots. The island itself sat just off the tip of Cape Lestelet, a narrow peninsula resembling an inverted "T."

The harbor is near the west end of the island and anything approaching it must pass under the muzzle of the peninsula's guns.

Lt. Lon C. Hill of Winnetka, Ill., who commanded the torpedo boat, swung her in a sharp arc and headed back through the narrow channel we had blazed on the way in. Twice he zig-zagged, but no more, for we certainly would have run into mines.

**Shells Come Close**  
So he kept her on course while the 88's thumped in a pattern aft of our stern and just 50 yards to the starboard.

We still are unable to account for the fact that no fragments hit our ship, but none did. In the beginning it was Davidson's plan to shell the island with Allied warships and then send in a truce party in hope that the Germans would surrender, thus saving untold lives. So in we went.

Long before we got back to the flagships, battleships and cruisers began to converge from different points of the horizon and slammed high explosive shells into the T-shaped peninsula where 88's had violated the white flag truce.

## Oregon Socialists Slate Convention For Nominations

Portland, Aug. 21—A nominating convention to place the names of Norman Thomas, socialist candidate for president, and Darlington Hoopes, socialist candidate for vice-president, on the Oregon ballot at the November election will be held in Portland August 30 at the Washington high school auditorium. This will be the only public appearance of Mr. Thomas in Portland during the coming campaign. He will, however, meet with a number of groups during the day preceding the convention. In order to nominate the Thomas-Hoopes ticket the convention must be attended by 250 qualified electors. Any registered voter in the state is eligible to participate in it. Arrangements for the convention are being worked out by a committee under the leadership of R. D. Snyder, 7314 SE 14th 14th Avenue, Portland.

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

**THE NEIGHBORHOOD LEAGUE**  
By GLUYAS WILLIAMS

ROLAND A. HUBBARD, Executor of the Estate of Asahel C. Hubbard, Deceased.

# HINTS GIVEN ON YULE GIFTS FOR WAR PRISONERS

American Red Cross officials have suggested that the families of war prisoners use the current next-of-kin labels to send their own Christmas parcels, since no special Christmas label will be issued by the provost marshal's office.

"Transportation conditions in Europe are steadily deteriorating, so parcels should be sent promptly in order to reach the men in European camps in time for the holidays," the Red Cross said.

The Red Cross also announced some "do's and don'ts" for Christmas gifts to send men and women overseas.

Don't send home cooked food for even fruit cake arrives molded or mashed beyond recognition; don't send diaries unless requested; don't send leather goods to the Pacific theater for leather cannot take the tropical climate; don't send gum or candy, unless vacuum packed in tins, to the tropics; and don't send anything you, yourself, wouldn't want if you were traveling or camping.

Suggested as gifts for men or women are, pocket size books, a waterproof watch, stationery, dark glasses, map of the United States, address book, sheet music, pocket games, vacuum packed salted peanut, canned delicacies, Christmas decorations, pocket size family pictures, folders for pictures and unbreakable mirrors.

Possible gifts for women overseas are, cosmetics, bedroom slippers, travel type clothespins and line, coat hangers, handkerchiefs, flash light, housecoat, bathing suit and cap, slippers and panties, bobby pins, soap flakes, sewing kit, hose or toilet kits.

Logical gifts for men might be a pipe, tobacco pouch, shower shoes, metal dog-tag chain, harmonica or ocarina, pocket comb, playing cards, stationery, writing folio, fountain pen or cigarette lighter.

Mailing date for all packages is between September 15 and October 15, friends and relatives were reminded. The entire size of the package must not be over 15 inches in length or more than 36 inches in length and girth combined. The total weight of the package when ready to mail must not be over five pounds.

## On the Radio Chains

Chain affiliation and where they are on the dial:  
KALE (MBS) 1230, Portland.  
KEX (NBC-Hup) 1190, Portland.  
KGA (NBC-Hup & MBS) 1310, Spokane.  
KGO (NBC-Hup) 810, San Francisco.  
KJW (NBC-Hup) 620, Portland.  
KJR (NBC-Hup) 1000, Seattle.  
KXN (CBS) 1070, Los Angeles.  
KOA (NBC-Hup) 830, Denver.  
KON (CBS) 870, Portland.  
KOMO (NBC-Hup) 830, Seattle.  
KPO (NBC-Hup) 680, San Francisco.  
KSL (CBS) 1100, Salt Lake City.

Time Shown is PWT  
Monday  
5:40 p. m.—OK for Release, NBC; Fletcher Wiley, CBS; Terry and P. rations, BN.  
8:15 p. m.—Superman, MBS; Dick Tracy, BN.  
9:30 p. m.—Voice of Firestone, NBC; Harry Plannery, news, CBS, Adven-

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

tures of Tom Mix, MBS; Jack Armstrong, BN.  
6:45 p. m.—News, CBS; Hop Harrigan, BN; Night News, CBS; Henry Gladstone, MBS; Raymond Gram Swine, BN.  
7:15 p. m.—Lewell Thomas, MBS; Ted Malone, BN.  
7:30 p. m.—L. I. Q., NBC; Thanks to the Yanks, CBS; Lone Ranger, MBS; Horace Heldt, BN.  
8:00 p. m.—Mercer's Music Shop, NBC; I Love a Mystery, CBS; Paul Nelson, news, BN.  
8:15 p. m.—Ray Maypole, NBC; Delaine, CBS; Lum and Abner, BN; Gay Nineties, CBS; Point Sublime, MBS; Country, BN.  
8:30 p. m.—Telephone Hour, NBC; Blind Date, BN; News, MBS; Adventures of Bill Lance, CBS.

9:40 p. m.—Pulton Lewis, Jr., MBS; Vox Pop, CBS; Hawthorne House, NBC.  
10:00 p. m.—News, NBC; Music by Boyce, BN.  
10:30 p. m.—Design for Dancin', NBC; Sonny Dunham, CBS.  
10:45 p. m.—Paul Page, singer, NBC; Boy Girl and Band, BN.  
11:00 p. m.—Hotel Biltmore, NBC; News, CBS.

## STRANGE AS IT SEEMS by JOHN HIX



Barney Google and Snuffy Smith



Blondie



Buz Sawyer



L'il Abner



The Nebbs



7:15 p. m.—Lowell Thomas, MBS; George Hicks, BN.  
7:30 p. m.—Hildegarde, NBC; Red Ryder, BN.  
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.—Roy Maypole, NBC; Lum and Abner, BN; Passing 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.—Bex Miller, MBS.  
9:30 p. m.—Pulton Lewis, Jr., MBS.  
10:00 p. m.—News, NBC; Chris Cross, CBS; Hal Tamarin, CBS; Orch., BN.  
10:15 p. m.—Ted Straeter, Orch., CBS.

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

## Crossword Puzzle

**ACROSS**  
1—Cart  
6—Bridge  
10—For example  
12—Eight  
13—Action  
14—Traveling bag  
15—Gone  
17—By way of  
18—Doctors  
19—Depression  
21—Flightless bird  
22—Took food  
24—Spot  
25—Berle  
26—Small dish  
28—Chemical suffix  
30—Adherent of  
31—In direction of

**DOWN**  
1—Army woman  
2—The Alter  
3—Mutton  
4—Good shot  
5—Symbol for sodium  
6—Schedule  
7—Go by  
8—Insect  
9—Night yahrz  
10—The Emerald Isle  
11—Small fly  
14—Courtyards  
15—Church holiday  
16—Ancient tribe  
21—Revise  
22—Species  
23—Rocks  
27—Tiptoe  
28—Small  
29—Theater balcony  
33—Native of U. S.  
35—Huge tub  
36—Room  
37—Procurator  
38—Blind seaport  
41—Hurred  
43—Bothe  
45—U. S. ship  
46—Katherine  
48—Meadow  
49—Age  
50—Store  
51—Doctor (abbr.)  
52—Street (abbr.)

ANSWER TO PREVIOUS PUZZLE



THE NEBBES



THE NEBBES



THE NEBBES



THE NEBBES

