

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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265 El Camino, Beverly Hills, Calif.

HOW TO BREATHE

It might clear away some of the confusion in your singular teachings about "natural" breathing if you will read the article enclosed. (E. R. L.)

First, I'll give a hundred dollar bond to you, your physician or the conductor of the health column you name if any of all of you can line up an authoritative textbook or any recognized authority that differs from what I teach or say about the way to breathe; or perhaps we should state it the other way—any recognized authority with which my teachings or views expressed here or elsewhere do not coincide.

I quote one paragraph from the illuminating remarks about "Lazy Breathing Habits" by the conductor of the health column this correspondent mentions:

"Press the palms firmly against the lower ribs in front and inhale and exhale slowly. During this procedure the abdomen is held taut, which enhances the flow of air to the upper portion of the lungs."

If "the abdomen is held taut" means contract your belly muscles, it is probably true that the upper portions of the lungs are more expanded while you keep the belly contracted or taut, but only at expense of expansion of the rest of the lungs. Squeeze one part of a toy balloon and the other part expands. I do not mean to deny the value of even the slight exercise you get contracting or holding your belly (front wall of abdomen) taut. But I assure you it has no more effect on lazy or shallow breathing habits than contract-

QUESTIONS & ANSWERS

A Good Five-Center

I'd like the booklet about constipation and also the one about piles for which I enclose five cents. If this is too much buy yourself a cigar.

(W. M. B.)

Answer—Make it a point of collecting fuel and I'll consider your offer. For booklet "The Constipation Habit and Colon Hygiene" enclose ten cents and if you ask for it at the same time you may have the pamphlet "It Is Stupid to Suffer From Piles" but in any case enclose a properly stamped envelope bearing your address.

There's a War On, Folks!

The correspondence is again getting out of hand. I know there is a war on, folks, and a great many of the best doctors are in service. For that reason, I'm ready and willing to stretch a point or to bend the code of medical ethics all out of shape in order to help any reader who writes to me. But there are reasonable rules for such readers to observe, and the first is, you must enclose with your request or query a properly stamped envelope of standard size (not toy stuff, please) bearing your address.

I am over forty and feel that in the not distant future the change will come. I'd like to know more about it than I do, if you have a pamphlet about menopause.

(D. R.)

Answer—I'll send any woman the pamphlet "The Menopause" on her request if she encloses stamped envelope bearing her address. You speak as though it will be a time of crisis or danger. It is nothing of the sort—that notion is carefully nurtured and propagated by the nostrum mongers. (Copyright, 1944, John F. Dille Co.)

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Oranges and tangerines will comprise 60 per cent of the total citrus fruit output, while grapefruit, lemons and limes will make up the remainder.

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CIVILIANS WILL GET MORE CITRUS FRUIT, SAYS WFA

Washington, Aug. 31.—(U.P.)—

The War Food Administration announced today that civilians will get about 2,300,000,000 pounds more citrus fruits during the 1944-45 season than they did during the season just ended.

WFA said the larger allocation was made possible by an expected increased production and declining military and oth-

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Tom Harmon Weds Actress



(Auto Telephoto)
Lient. Tom Harmon and his bride, actress Elyse Knox, wave at Mary's Chapel on University of Michigan campus Ann Arbor after wedding ceremony in the college town of his football triumphs. His white wedding dress is made from nylon of parachute that saved his life in China.

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of Liver, Kidney Trouble and other complaints disappear after using

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Jailed



(Auto Telephoto)
Gerald Malone, San Francisco socialist and central figure in famous Howard Alimony suit, charged with complicity in theft of \$20,000 worth of jewels and furs from Hillsborough, Calif., home of Mrs. Dorothy Kok.

On the Radio Chains

STATIONS:

Chain affiliation and where they are on the dial:

KALE (MBS) 1330, Portland.

KKA (NBC-Blue) 1180, Portland.

KGA (NBC-Blue & MBS) 1510, Spokane.

KGO (NBC-Blue) 810, San Francisco.

KGM (NBC-Red) 620, Portland.

KJH (NBC-Blue) 1000, Seattle.

KXN (CBS) 1070, Los Angeles.

KOA (NBC-Red) 850, Denver.

KOIN (CBS) 970, Portland.

KOMO (NBC-Red) 930, Seattle.

KFO (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.

5:15 p. m.—Dick Tracy, BN; Superman, MBS; Relax in Rhythm, NBC.

5:30 p. m.—Music Hall, NBC; Major Bowes, CBS; Gabriel Heatter, MBS; Sunset Serenade, MBS; News, BN.

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, MBS; News, BN.

6:15 p. m.—Charlie Chan, NBC; Spotlight Bands, BN; Cordell Archer, CBS; Starlight Serenade, MBS.

6:30 p. m.—Harry Sawyer, NBC; Raymond Gram Swing, NBC; Line, CBS; Henry Gladstone, MBS.

6:45 p. m.—Lowell Thomas, MBS; 7:00 p. m.—Joe E. Brown, NBC; Here's to Romance, CBS; Cisco Kid, MBS.

7:00 p. m.—News, MBS; Freddy Martin, BN; Hollywood Mystery Time, CBS.

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