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.

FOOD IS NOT MEDICINE

In our talk about the most frequent complaints of elderly folk the other day—lack of "pep," rheumatism, leg cramps at night, fatigability — I said these complaints spell nutritional deficiency rather than old age, as I have observed that an adequate daily intake of vitamin B-complex and vitamin D and the high calcium foods prevents or dispels these complaints in many instances.

Dr Brady

This practice of supplementing the ordinary diet with a daily ration of vitamin B-complex and vitamin D and including the daily diet a reasonable amount of milk, cheese, greens, peas, beans, nuts and peanuts (high calcium foods) is NOT MEDICINE. It is better nutrition. It is natural food.

Of course it makes little difference whether you regard it as medicine or food, except in one respect. If you think such a supplementary daily ration of vitamin B-complex, vitamin D and even some extra calcium gluconate or di-calcium phosphate is medicine, you will expect it to "cure" whatever complaint you have, so you can stop taking it. I assure you it will not do so. On the other hand if you have enough sense to regard it as nutrition, food which is essential for health, vite, functional efficiency but which the ordinary diet fails to provide in sufficient amount, then you will not discontinue taking it but on the contrary you will make it a regular lifetime habit to take your daily vitamin ration just as you take your daily breakfast, lunch or supper. Only on this basis is it likely to do you any good.

In most instances one with any or all of the four complaints mentioned should take daily in the first month or so approximately 3000 units of vitamin D, 720 units of B-1 (thiamin) and 2000 micrograms of B-2 (riboflavin), and after the first month about half of these amounts daily. One with the complaint of rheumatism or cramps in legs should take daily in addition to this, in the first two weeks, approximately 27 grains of dicalcium phosphate, 18 grains of calcium gluconate and 2250 units of vitamin D, and thereafter one-third of these amounts daily for an indefinite period—depending on how much of the calcium-rich foods one's daily diet provides. And please remember, you EAT this—it is essential food, not medicine.

QUESTIONS & ANSWERS

Dentistry for Expectant Mother

I am expecting my third baby in December. Ben Told dentist will not extract teeth at this time, least it harm the unborn baby. (Mrs. R. L.)

Answer—If the teeth are beyond saving, by all means have them extracted. Any necessary dentistry may and should be done whenever it becomes necessary during pregnancy.

Salt

We do not understand whether you say we should salt everything, even our drinking water, or whether you say we take too much salt and should reduce our use of salt for salting foods.

Answer — Many persons take too much salt. It is generally advisable to use salt sparingly if at all as a condiment or addition to food in cooking or at table. Foods such as meat, milk, fish, eggs naturally contain enough salt for the body's needs. In very hot weather or when one is sweating much, it is wise to take a good big pinch of salt with every drink of water—to restore the salt lost in sweat, to precent heat exhaustion or sun stroke, to precent heat cramps.

Hernia

I found Dr. ..... of ..... whom you recommended as skilled in ambulant treatment has gone into the Navy, his office closed for the duration. Can you recommend any other doctor in this vicinity? I hope my hernia will not have to have hospital operation—as far as I know it is of only two years standing. (G. J.)

Answer—I'm sorry I do not know of another doctor in your city I can recommend for the injection treatment—but there are no doubt several there who have mastered the technique by now.

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COURT HOUSE NEWS

Marriages

George Byron Backes and Letha Grace Coulter.

Jack L. Bezoff and Genive Arnett.

Stephen Orenyak and Ruth Alice Wiltrout.

Donald Wayne Hoover and Myrtle V. Drinkwater.

Joe W. Trammel and Martha Louise Krines.

LaVerne Wayne Dunagan and Helen Janet Johnson.

Robert Llewellyn Dooms and Olive Mae Davis.

Eugene Philip Myers and Joan Riley Holmes.

Divorces Filed

Jewell G. Croft vs. Alek J. Croft.

Hazel B. Johnson vs. Walter O. Johnson.

Ruth Kent vs. James Kent.

Earl B. Abrams vs. Charlotte Levite Abrams.

Probate Court

Estate of Rachel V. Grubb, deceased.

Estate of Manty Courtney Foster, deceased.

Estate of Adrian Crotchett, deceased.

Estate of Nell V. Hearn, deceased.

Estate of Raymond E. Miller, deceased.

DEEDS

Jennie Charley, Nora Bradshaw, I. L. Bradshaw, Hazel Ulrich, Earl Ulrich, Verna Brophy and Leland S. Brophy to Reed Charley and Myrtle Charley, warranty deed.

E. N. Pomeroy and F. E. Pomeroy to Richard E. Fraley and Leona G. Fraley, warranty deed.

Richard F. Fraley and Leona G. Fraley to Flossie Elouise Hull and Jess Daniel Hull, warranty deed.

Joseph W. Fritsch to Lillian L. Fritsch, power of attorney.

Vern L. Anderson to Rebba R. Anderson, quitclaim deed.

O. V. Yocum and Charlotte Yocum to Levi F. Kelley and Daisy B. Kelley, warranty deed.

Horace T. Furnas and Alys Furnas to Arthur E. Laing and Nellie I. Laing, warranty deed.

Chester H. Schuessler and Ella Mae Schuessler to Carville J. Licklider and Ruth L. Licklider, warranty deed.

Leslie I. Kellow and Ferne Kellow to W. E. Farnsworth and Eva Grace Farnsworth, warranty deed.

George William Jacobs, Mabel N. Jacobs, Roy D. Cameron and Edith Lyndel Cameron to Austin Emery Smith and Selma A. Smith, warranty deed.

W. F. Sullenger and Nancy Sullenger to Con DeVore and Susie DeVore, correction warranty deed.

Con DeVore and Susie DeVore to E. W. Brown, warranty deed.

E. W. Brown and Fern I. Brown to Paul L. Davis and Alma N. Davis, warranty deed.

United States National Corporation to J. W. McCulley, deed.

Jackson County Federal Savings and Loan Association to D. L. Flynn and Ben J. Trowbridge, quitclaim deed.

Dean Kirk and Anita Belle Kirk to Nora Arvilla Robbe Trautman, warranty deed.

A. F. Jordan and Rose Jordan to S. Albert Arnold and Blanche M. Arnold, warranty deed.

Walter O. Johnson to Harel B. Johnson, warranty deed.

Katherine F. Trowbridge to Frank C. Albert and Minnie E. Albert, warranty deed.

Marvella H. Bowman to Lois Nordquist, quitclaim deed.

Mary L. McCulloch, W. A. Stratton, Alice E. Stratton, E. T. Newbry, Anita Newbry, Earl T. Newbry and Ruth Newbry to Thomas G. Vella, transfer of water and ditch rights.

Glenn C. Downing and Ruby F. Downing to California Oregon Power Company, right of way.

Carrie E. Young to W. Clyde Wallace and Lorna Dell Wallace, warranty deed.

W. Clyde Wallace and Lorna Dell Wallace to Arthur J. Miracle and Hortense Miracle, warranty deed.

J. F. Neeley and Annie Neeley to A. J. Miracle and Hortense Miracle, deed.

A. J. Miracle and Hortense Miracle to Tom McInturff and Mildred McInturff, warranty deed.

W. R. McDonald and Geraldine F. McDonald to W. B. Wagner and Elizabeth D. Wagner, warranty deed.

Jackson County Federal Savings and Loan Association to Victor Kohl and Dagmor Kohl, warranty deed.

Theodore Hunt to Chas. J. Humphrey, and Zora E. Humphrey, warranty deed.

Theodore Hunt to A. B. Zimmerman and Mary E. Zimmerman, warranty deed.

Theodore Hunt to Ralph B. Markwart and Bertha J. Markwart, warranty deed.

Theodore Hunt to John C. Preston and Muriel M. Preston, warranty deed.

L. E. Clevenberg and Edna G. Clevenberg to Ivra Ellis and Byron N. Ellis, warranty deed.

Leon B. Haskins and Gertrude O. Haskins to Glen J. Johnson, warranty deed.

Stefan Lunak and Anna Lunak to Margaret Payne and Maxwell Payne, agreement and assignment to K. P. Paulson and Gladys E. Paulson.

L. J. Wilson and Ingrid Wilson to James T. Pool and Marion O. Pool, warranty deed.

James W. Miller and Laura E. Miller to Adolf C. Larson, warranty deed.

Cora Morgan Moore to Ross Harden and Mary Harden, warranty deed.

Fred E. Lewis and Ethel F. Lewis to Maurice L. May and Alice B. May, warranty deed.

Alan J. Prescott and Wanda Prescott to W. G. Prescott, deed.

Hubert W. Prescott and Justine Prescott to W. G. Prescott, deed.

Maurice L. May and Alice B. May to N. T. Johnson and Ruby K. Johnson, warranty deed.

Norton J. Johnson and Ruby K. Johnson to G. S. Butler, quitclaim deed.

Henry W. Mason and Mary E. Mason to Merrilee A. Thoreson, correction deed.

George G. Fetterly to Agnes M. Caldwell, quitclaim deed.

Joseph W. Fritsch and Lillian L. Fritsch to Edward F. Wolter and Ruby B. Wolter, warranty deed.

Gerald A. Judge, Mildred F. Judge, Royston H. Judge, Helen D. Judge, Cora L. Boyd and Delbert M. Boyd to James Scott, warranty deed.

James Scott and Grace Scott to J. F. Waybrant and Ione E. Waybrant, warranty deed.

Theodore Hunt to W. S. Darby and Jessie M. Darby, warranty deed.

City of Jacksonville to P. A. Bumgardner, warranty deed.

City of Jacksonville to J. D. Brown, warranty deed.

Chris Keegan and Bertha Keegan to Elmer W. Burrell and Maude Burrell, warranty deed.

Suburban Lumber Company to Elmer W. Donahoo and Opal L. Donahoo, warranty deed.

Elizabeth Semple and Thomas D. Semple to School District No. 4, warranty deed.

Loil Hanstreet and Valoria I. Hanstreet to Oliver Martin, warranty deed.

Sarah E. Doty to Troy Spaur and Sadie Spaur, warranty deed.

George Belton and Anna C. Belton to Lewis E. Clevenberg and Edna G. Clevenberg, warranty deed.

J. H. Bynum and Maude Bynum to Edward B. Arpan and May Arpan, warranty deed.

Frank E. Stevenson to A. E. Griffin and Cora Griffin, warranty deed.

Charles Everett Rundell and Ruby M. Rundell to H. A. Fredenburg and Eva M. Fredenburg, warranty deed.

O. K. Jack to George W. Jack, warranty deed.

Mary J. Furry to Mary A. Rogers, warranty deed.

Walter E. Allen and Lois A. Allen to Mary A. Rogers, warranty deed.

Edith S. Olson and Harris M. Olson to Gail L. Medeen and Gertrude L. Medeen, warranty deed.

Iva I. Walden and O. S. Walden to Joseph E. Rexroad and Elizabeth Rexroad, quitclaim deed.

Roy Leslie Jain and Nellie E. Jain to J. E. Rexroad and Elizabeth Mae Rexroad, warranty deed.

Joseph E. Rexroad and Elizabeth Rexroad to Roy Leslie Jain and Nellie E. Jain, warranty deed.

Carmen Dorothy to Rex F. Rolls and Ruth H. Rolls, warranty deed.

Rex F. Rolls and Ruth R. Rolls to John J. McDaniel and Marjorie E. McDaniel, warranty deed.

Fred Dierks and Martha Dierks to J. L. Williams and Nan Williams, warranty deed.

Albert R. Cooley and Grace R. E. Cooley to Taylor Bros., timber deed.

Charles Christopher Duggan, Ione Duggan and Owen John Duggan to J. C. Duggan and Mary D. Woodson, quitclaim deed.

Standard Oil Company of California to Wm. D. Roberts, termination of lease.

S. V. Hardin to V. A. Puddy and Lorena A. Puddy, warranty deed.

Jessie Metzger to Lewis D. Vance and Ruth Vance, warranty deed.

John E. Adams and Vera Adams to A. M. Garrison and Addie May Garrison, warranty deed.

Douglas B. Janney to Richard Klemm and Maybelle C. Klemm, quitclaim deed.

Jesse B. Bynum and Maude Bynum to J. F. Fliegel and Esther Fliegel, warranty deed.

Stanley Strain, Julia Ethel Strain, Robert Strain and Ethel Strain to Arthur C. Laubach and Mary A. Laubach, warranty deed.

City of Medford to F. R. Gottfried, warranty deed.

Abbie Mae Olliver and Fred A. Olliver to Ray J. Schumacher and Laura Schumacher, warranty deed.

Pearl Hale to D. O. Frederick and Laura B. Frederick, warranty deed.

Merton Lenward Murphy to Emil E. Hess and Edith L. Hess, warranty deed.

Emil E. Hess and Edith L. Hess to Hannibal A. Swab and Dorothy E. Swab, warranty deed.

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MRS. LUCE UPHELD FOR ARTICLE ON ROOSEVELT TRIP

Washington, Sept. 1.—(U.P.)—Rep. Michael J. Bradley, D., Pa., today condemned Rep. Clare Boothe Luce, R., Conn., for what he called an "irresponsible and unreliable" newspaper article.

Bradley quoted Mrs. Luce, who was not present, as charging that Admiral Chester Nimitz had requested President Roosevelt not to make his recent trip to Hawaii because it "would serve no military purpose."

"I have it on highest naval authority that (Mrs. Luce's) statement is absolutely and unequivocably untrue," Bradley said.

Rep. Harold Knutson, R., Minnesota, defended Mrs. Luce's article as "very temperate," and added:

"There are other things she might have said about the president's trip—should I say jaunt—that she refrained from telling. She didn't say that the president was accompanied by a flotilla of ships and destroyers that should have been out in the far Pacific fighting.

"Neither did she say anything in connection with the rumor that Fala—the president's Scotty dog—was forgotten in the Aleutians, and after they got back to Seattle a destroyer had to be sent back after him."

MADAM PERKINS ACTS

Washington, Sept. 1.—(U.P.)—Secretary of Labor Frances Perkins certified to the War Labor Board today a dispute over classification of workers between the Lockheed Aircraft Corp., Burbank, Calif., and 60,500 employees represented by the International Association of Machinists (AFL).

DRAFT CUT ORDERED

Sacramento, Sept. 1.—(U.P.)—Col. K. H. Leitch, state selective service director, said today local boards have been instructed to reduce the number of men to be called up for pre-induction physicals in September because "we won't need as many men in October as we thought we would."

A priority shipment of Argentine frogs arrived in the United States recently to combat insect pests that have been destroying Florida's sugarcane crop.

7:15 P.M.
DON LEE-MUTUAL
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Time Shown Is PWT

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.—Roy Maypole, 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; 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.

10:20 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; This Moving World, BN; News, CBS.

Saturday

5:00 p. m.—Thomas Peluso Orch., NBC; Youth On Parade, CBS; This Is Halloran, MBS; Eddie Condon, BN.

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

5:45 p. m.—Louis P. Lochner, NBC; Gordon Burke, MBS; News, CBS.

6:00 p. m.—National Barn Dance, NBC; Theater of the Air, MBS; This Is My Story, CBS.

6:30 p. m.—Can You Top This, NBC; Spotlight Bands, BN.

6:45 p m.—Saturday Serenade, CBS.

7:00 p. m.—Barry Wood Party, NBC; Royal Arch Gunnison, MBS; Guy Lombardo Orch., BN.

7:15 p. m.—Remember, BN; Hollywood Barn Dance, CBS.

7:30 p. m.—Grand Ol' Opry, NBC; Army Service Forces, BN.

8:00 p. m.—News, NBC; Downbeat Derby, MBS; Early American Music, BN.

8:15 p. m.—American String Quartet, NBC.

8:30 p. m.—Abie's Irish Rose, NBC; Inner Sanctum, CBS; Leland Stowe, BN.

9:00 p. m.—Music From Hollywood, BN; Hit Parade, CBS; News, MBS.

9:15 p. m.—Harmonaires, MBS.

9:30 p. m.—Three Suns Trio, NBC; Eddie Oliver Orch., MBS.

9:45 p. m.—Don't You Believe It, CBS; Buddy Cole Orch., MBS; Lee Simms, pianist, NBC.

10:00 p. m.—News, NBC; Music by Gill, BN; Hudson Orch., MBS.

10:15 p. m.—Carmen Cavallaro Orch., MBS; Musical Americana, NBC; Wismer's Sports Album, BN.

10:30 p m.—Hotel St. Francis Orch., NBC.

10:45 p. m.—Sonny Dunham Orch., CBS.

11:00 p. m.—Hotel Biltmore Orch., NBC; News, CBS; This Moving World, BN.

WESTERN UNION HONORED

The Certificate of Appreciation of the United States Army Signal Corps has been awarded to The Western Union Telegraph company for its "patriotic service to our country in the world-wide conflict," it was announed today by F. H. Gray, local manager of the telegraph company.

The Welland Ship Canal was officially opened on August 3, 1932.

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Crossword Puzzle

ACROSS

1—Bovine
4—Children
8—Anything real
12—Egg
13—Monster
14—Follower of Ananias
15—Spanish courtyard
17—From out to in
19—Compass point
20—A number
21—Part of church
23—Deer
23—Evergreen
24—Land in water
25—Grass
26—Artificial language
27—Heavy cord
28—Recline
29—Attacks
31—High-priority metal
34—Literary collection
35—Center
36—Roman "six"
37—Bias
39—Appointment
40—Good humor
41—Free
42—Head (slang)
43—Downcast
44—Bone
45—Carpenter's tool
46—Beneath
48—Snow vehicle
50—God of Love
52—Girl's name
53—Delegate
54—Title
55—Pen

DOWN

1—Policeman
2—Hearty greeting
3—Fluid
4—Also
5—King of Bashan
6—Three-base hit
7—Realize
8—Girl's nickname
9—Sloth
10—Light boat
11—Trapped
16—Within
18—Symbol for tellurium
21—Serpents
22—Profound
23—To and ——
24—Joi
25—Mature
27—Fissure
28—Knowledge
30—Grit
31—Doves' house
32—Obvious
33—Rip (Scot.)
35—Picture device
37—Religious symbol
38—Passage in theater
39—Twelve
40—Dry watercourses
42—Divinity degree
43—Symbol for stannum
45—Put on
46—Employ
47—Beam of light
49—Printer's measure
51—Hindu word

ANSWER To PREVIOUS PUZZLE

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BLONDIE

BUZ SAWYER

L'IL ABNER

THE NEBBS