

# Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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## WHAT MAKES A MOUTH FILTHY?

"Probably no other country has so many dentists and such well trained ones as the United States," says Prof. Barnett Sure in his book "The Little Things in Life" (Appleton-Century 1937). "Toothache, however, due to abscesses and caries is common everywhere; so are inflamed and swollen gums, which frequently are associated with pyorrhea that results in loose teeth. . . . Clinical observations, however, indicate that the activity and extent of dental caries (decay, cavity-formation) may be quite unrelated to the degree of mouth cleanliness. Relatively clean teeth may be extremely decayed, and filthy mouths may contain sound teeth and healthy gums."

Whatever the Professor meant by "filthy" is beyond my comprehension. But if you ask me, I'll take the "filthy" mouth and sound teeth and healthy gums and you may have the "relatively clean" extremely decayed teeth. Here Professor Sure is expressing in polite language what Weston A. Price, D.D.S., has so clearly shown in his classical study "Nutrition and Physical Degeneration" (Hoebner of Harper & Bros., '40) and I, in my best bull-china-shop style, have been trying for years to pound into the heads of dentists, doctors and people who read this column when they have nothing interesting or instructive to read.

If brushing the teeth regularly could prevent tooth decay the American people should have the best teeth in the world, for surely no other people use toothbrushes and dentifrices as much as Americans do.

In a talk to follow I'll describe what I consider a clean

mouth and how to keep it clean. Here I merely confess I don't know what the dentist or the professor means by a "filthy" mouth or what makes it "filthy," if it is not the presence of cavities in the teeth or atrophy, wasting, degeneration of the gums. I sincerely believe that decay of the teeth (caries, cavity formation) cannot be prevented by the most meticulous use of toothbrush or dentifrice. I believe it can be prevented by good nutrition, good dental treatment and good mastication.

## QUESTIONS & ANSWERS

When Doctors Diagnose Our doctor prescribed green iron and ammonium citrate to increase the hemoglobin formation but generally there is enough copper present in various foods to fulfill the body's requirement—such foods as radishes, cucumbers, peas, tomatoes, oysters, cauliflower, celery, asparagus, beets, grapes, lettuce and watercress contain considerable copper. In the booklet "Blood and Health" (for copy send ten cents and stamped envelope bearing your address—do not send a clipping) I tell how to make up a homemade iron tonic containing a wee bit of copper.

**Mild Tincture of Iodine**  
You had better look up the formula of Mild Tincture of Iodine, U. S. P. XII. It does contain dilute alcohol. (S. K. Registered Pharmacist.)  
Answer—I hope the printer hasn't made me say what you imply I have said. Of course Mild Tincture of Iodine contains alcohol. I said Weak Solution of Iodine contains no alcohol.

**Succedaneum for Digitalis**  
I am 53 years of age and have been taking digitalis for rheumatic heart, but it does not seem to help me.  
Answer—Of course I have no idea what your condition or requirements may be. But let me say that an optimal daily ration of vitamin B-complex, say three spoonfuls of a potent syrup of B-complex which contains also a little iron, glutamine and manganese, along with digitalis, or as a succedaneum for digitalis, often acts as a real heart tonic.

**Help for Alcoholics**  
Please send your booklet "Dipsomania." I want to help my son, aged 30 years, or help him help himself.  
Answer—Best help for any alcoholic addict is to get in touch with an Alcoholics Anonymous group in his or her community—perhaps post-office address of a group may be found in the Classified Section. If you provide a stamped envelope bearing your address I'll send the booklet on alcoholism.  
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## Gold Hill

Gold Hill, Sept. 6.—Mrs. Marie Glover left for Seattle, having been guest of Mrs. Mollie Harrison.

Mrs. Ida Holley, Modesto, Cal., is visiting her daughter, Mrs. Hazel Tresham, of Galls Creek.

Mr. and Mrs. Fred Baker and children of Chico, Cal., are visiting Mr. and Mrs. James Hayes, parents of Mrs. Baker.

Mrs. Mabel Stello and son of Redwood City, Cal., have been visiting Mr. and Mrs. Tom West and family, Mrs. West and Mrs. Stello are sisters.

Mr. Charles Arthur, Portland, is visiting friends in Gold Hill and Medford this week.

Mrs. Leo Washburn is visiting friends and relatives in their former home at Santa Barbara, Cal.

The condition of Mrs. Charles Kell is somewhat improved. Mrs. Kell was taken ill in Portland while visiting at the home of her daughter.

Mr. and Mrs. B. A. Card and daughter, Marsha, of Holiday, N. D., are visiting at the Norman Gail home. They were called here by the sudden death of his sister, Mrs. Chas. R. Gail.

Mr. and Mrs. Wilbur Martin and daughter, Orpha, have moved to their new home in Weiser, Idaho. The Martins have been residents of Gold Hill for the past 18 years and will be greatly missed by their many friends.

Miss Irene Meunier has come from her home in Canada to be with her sister, Mrs. Anita Blair.

## HURL UGLY WORD SEDITION TRIAL

Washington, Sept. 7.—(U.P.)—Government Prosecutor O. John Rogge was called a "liar" by an angry defense attorney at the sedition trial today during a session that somewhat resembled the stormy early days of the 4½-month-old proceedings. J. Austin Lattimer, attorney for Defendant George E. Dethelage, called Rogge a liar and demanded a directed verdict of acquittal after an exchange between the prosecutor and another defense attorney. Lattimer insisted that Rogge mentioned Dethelage's name.

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## K-RATIONS FOR TWO



Pvt. Robert W. Hopper, left, of Huntsville, Ala., and Pvt. Robert Grant of Barberton, Ohio, indulge in K-Rations, each supplying his own. All K-Rations are wrapped in extra heavy cellophane and packed in a box with a protective wax coating to protect the contents from rain or tropical humidity. Used fat is a necessary ingredient in the manufacture of both the cellophane and the wax coating. The fat saved in kitchens helps preserve the food supplies of fighting men.

## TEEN-AGE CHILD DELINQUENCY DUE TO CHURCH LACK

Lack of Christian influence in the lives of young people is one of the greatest causes of juvenile delinquency according to Ben H. Schmidt, secretary of Medford's newly organized Y. M. C. A., who spoke at the meeting of the Medford Kiwanis club yesterday noon. Mr. Schmidt came to Medford a few days ago from Ontario, Cal., and has been doing Y. M. C. A. work both in this country and in the Orient for a great many years.

Many people fail to realize the force of personal influence, especially with the teen-age child, Mr. Schmidt declared, and added that this was one of the most difficult periods of youth because the teen-ager is "either too young or too old" and is habitually left out of activities because of this.

"Teen-aged young people of the present time are especially in need of wise guidance, he said, because they will be faced with the task of post-war problems and will be living through one of the most difficult periods of this nation's history. Servicemen away at war for many months want to return to an unchanged nation, Mr. Schmidt declared, and added that unless the young people at home are guided into the right paths, the returning soldier will not like the conditions he finds on his return.

Elaborating on the lack of Christian influence, Mr. Schmidt said he had had groups of young people in "Y" programs numbering as high as 30 without any having had any previous Christian contacts. He traced the boyhood lives of a few outstanding Americans, including William O. Douglas, present member of the supreme court, and showed how early personal and group influences had resulted in the men becoming outstanding leaders and citizens.

"I never met a truly bad child or man," Mr. Schmidt declared, and said that only when a lack of the proper influences resulted in bad characteristics being developed over the good did individuals become problems for society.

**PORTLAND CLAIMS RECORD**  
Portland, Ore., Sept. 7.—(U.P.)—Portland today claimed the national championship in waste paper salvage collection as a result of the recent drive which netted 8 pounds per capita, according to Roderick Finney, executive secretary of the Oregon state salvage committee.

Paraguay river is 1,500 miles in length.

Closing time for Sunday Too Late to Classify 3:30 Saturday afternoon—Please remember.

## SUBURBAN HEIGHTS

By GLUYAS WILLIAMS



ON TUESDAY NIGHTS "THE NEIGHBORS KNOW WHEN IT'S TIME TO START THE LAST RUBBER WITHOUT LOOKING AT THEIR WATCHES BECAUSE AT EXACTLY TEN O'CLOCK MRS. PERLEY RETURNS FROM HER WEEKLY COMMITTEE MEETING, NICKING THE CORNER OF THE GARAGE WITH A CRASH THAT CAN BE HEARD UP AND DOWN THE BLOCK."

## On the Radio Chains

### STATIONS:

Chain affiliation and where they are on the dial:  
KALE (MBS) 1330, Portland.  
KEX (NBC-Huey) 1190, Portland.  
KJA (NBC-Huey & MBS) 1510  
Spokane; KGO (NBC-Huey) 810  
San Francisco; KGW (NBC-Huey) 620, Portland; KJR (NBC-Huey) 1000, Seattle; KSN (CBS) 1070  
Los Angeles; KOA (NBC-Huey) 850  
Denver; KOIN (CBS) 970, Portland; KOMO (NBC-Huey) 950  
Seattle; KPN (NBC-Huey) 680  
San Francisco; KSL (CBS) 1180  
Salt Lake City.

### Time shown is PWT

Thursday  
5:00 p. m.—Teeny and Poodles, NBC; Fletcher Wiley, CBS, OK for Release, NBC.  
5:15 p. m.—Dick Tracy, BN, Superman, MBS; Relax in Rhythm, NBC; Harry Fannery, news, CBS; Tom Mix, MBS.  
5:45 p. m.—Louis P. Lochner, NBC; Roy Harrigan, BN, Night News Wire, news, CBS.  
6:00 p. m.—Music Hall, NBC; Major Bowes, BN, Gabriel Heatter, MBS; Sunset Serenade, BN.  
6:15 p. m.—Screen Test, MBS, news, BN.  
6:30 p. m.—Charlie Chan, NBC; Spotlight Bands, BN, Corbin Archer, CBS, Starlight Serenade, MBS.  
7:00 p. m.—Harry Savoy, NBC; Raymond Gram Swing, CBS, First Line, CBS; Henry Grubbins, MBS.  
7:15 p. m.—Lowell Thomas, MBS; Hercy Sheriff, CBS.  
7:30 p. m.—Romance, CBS, Clack, MBS.  
8:00 p. m.—Mercury Music Shop, NBC; I Love a Mystery, CBS; Paul Nelson, news, BN, Variety, MBS.  
8:15 p. m.—Night Editor, NBC; Lum and Abner, BN, Passing Parade, CBS.  
8:30 p. m.—Those We Love, NBC; Death Valley Sheriff, CBS.  
9:00 p. m.—News, MBS; Freddy Martin, BN, Hollywood Mystery Time, CBS.  
9:15 p. m.—Rex Miller, MBS.  
9:30 p. m.—Elery Queen Mysteries, NBC; Harry W. Lewis, Jr., MBS.  
10:00 p. m.—News Flasher, NBC; Town Meeting, BN.  
10:30 p. m.—Strings for Meditation, NBC; Sonny Dunham Orch., CBS.  
11:00 p. m.—Hotel Baltimore Orch., NBC, news, CBS.

Friday  
5:00 p. m.—Teeny and Poodles, 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. Lewis, Jr., MBS; Adventures of Tom Mix, CBS.  
5:45 p. m.—Louis P. Lochner, NBC; Roy Harrigan, BN, Night News Wire, 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 Braver Boy, CBS; Double or Nothing, MBS.  
7:00 p. m.—Boston Blackie, NBC; Duane and Moore, CBS; Earl Godwin, news, BN.  
7:15 p. m.—Lowell Thomas, MBS; Ted Metcalf, 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 Nelson, news, BN.

8:15 p. m.—Roy Marpole, 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; Ice 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 Tatarin 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 Baltimore Orch., NBC; This Moving World, BN; News, CBS.

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**DEFEAT NO CURB**  
Chungking, Sept. 7.—(U.P.)—Government Spokesman P. H. Chang told correspondents today that Chinese reverses in Hunan will have no political nor economic consequences so far as China's resistance is concerned.

Hollywood, Sept. 7.—(U.P.)—Blonde Kay Williams repeated the oft-spoken Hollywood phrase "We're just friends—we have no plans for marriage," today, when asked to confirm reports she would wed Actor Clark Gable.

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## Crossword Puzzle

