

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.
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SOME PRACTICAL USES FOR LIME

When using lime to disinfect it is necessary to use it liberally. Ordinary lime, unslaked, quicklime, is cheap enough so that there is no reason for sparing use on the ground of expense.

For disinfecting excreta an amount of freshly prepared milk of lime about equal to the bulk of matter to be disinfected should be mixed with the matter. In using lime to disinfect matter containing typhoid bacilli, the material thus treated should be allowed to stand two hours.

Milk of lime is made by putting 1 part of quicklime in 4 parts of water — about two pounds in the gallon. It should have the consistency of thick cream. Use an amount of this about equal to the amount of matter to be disinfected, and let the mixture stand at least two hours before final disposal.

This is the most practical agent for disinfecting privies, latrines, or trenches in camp. Only enough milk of lime should be prepared to last for three or four days at most, for on standing it changes into inert carbonate of lime, which has no disinfectant value; neither has airslaked lime any value as a disinfectant.

We are talking about ordinary lime, such as is used for whitewashing. It is not to be confused with the very pungent "chloride of lime", chlorinated lime, hypochlorite, that comes in sealed cans and gives off the characteristic odor of chlorine.

Frequent application of white-wash — a mixture of a few pounds of quicklime with a bucket of water — to the walls of cellars, barns, animal pens and

the like keeps such places clean, disinfected, prevents dampness and mould.

Dry lime is little value for these purposes.

Prepared chalk is the purified calcium carbonate used as an antacid in various kinds of hyperacidity or sour stomach and often as a mild astringent for relief of acute diarrhea. In the booklet "So You Have Indigestion?" (copy for ten cents and stamped self addressed envelope) I recommend the use of five grains of ten grains of calcium carbonate as preferable to either sodium bicarbonate (saleratus, baking soda) or magnesia (milk of magnesia) to neutralize excessive stomach acidity and relieve such symptoms as heartburn, waterbrash and "gas". One such dose gives relief for hours, and unlike soda this antacid does not itself generate much gas (carbon dioxide) on reacting with acid in the stomach, nor does it form purgative salts.

QUESTIONS & ANSWERS

Tonsils
Since my son is eight he is 13 now, the school nurses have insisted that we should have his tonsils removed. But our doctor says the boy's tonsils are swollen, not diseased. The boy has repeated attacks of tonsillitis during the winter. A. F. R.

Answer—Disregard gratuitous advice and follow only your doctor's advice. Repeated attacks of sore throat may warrant simple tonsillectomy (not radical tonsillectomy or an attempt to remove every bit of tonsil tissue from the throat). But in general, if there is any doubt as to the treatment, I'd say let the tonsils alone. Send a stamped envelope bearing your address, and ask for pamphlet "Tonsils and Adenoids."

Chronic Appendicitis?
Doctor told my son (22) he has chronic inflammation of appendix. Is there any other treatment than operation for this? (C. W.)

Answer—A diagnosis of chronic appendicitis or chronic inflammation of the appendix is a blind guess, in my opinion. I don't mind an ordinary appendicitis operation or anything of the sort, but I'd hate to be opened for inspection on any such tentative ground as that.

Poor Kid
Two years ago our boy had acute nephritis. He made a fine recovery, but the doctor said he must never catch cold or get his feet wet. (S.F.P.)

Answer—If he were my boy he could get his feet wet and go swimming and go as nearly naked as he liked whenever he liked.

Other articles distributed to prisoners-of-war for their health and comfort include special food packages to those in hospitals, first aid kits, capture kits including clothes and toilet articles, home bulletins giving news of events in this country and recreation kits from the Junior Red Cross.

V-mail forms for writing to prisoners-of-war may be obtained without charge at the post office while post cards for writing to Japanese prisoners may be had at the Red Cross office. Boxes or cartons for shipping packages to prisoners-of-war may be obtained at the Red Cross office.

Relatives of men held in countries just liberated by the Allies will be notified of any change of status, it was stated.

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MAC'S AIR FORCES DROP 150 TONS BOMBS ON CELEBES

Eight Jap Ships Sunk—Planes Dominate South Philippines.

Allied Headquarters, Southwest Pacific, Sunday, Sept. 10.—(U.P.)—Liberators dropped 150 tons of bombs on the Menado port area on Celebes island's northernmost tip Thursday, as aircraft ranging over the Philippines, Palau, Halmahera and the East Indies sank or damaged at least eight Japanese vessels, Gen. Douglas MacArthur announced today.

The heavy bombers caused many fires and explosions in warehouses and dock areas at Menado, within 200 miles of the southern Philippines, and destroyed oil stocks.

Night patrol planes off Celebes damaged a small freighter and several coastal craft.

Patrol bombers struck in daylight against Davao gulf on Mindanao, sinking or damaging three ships, and an enemy submarine chaser was severely damaged in an attack on Palau's airdrome areas. Three coastal vessels were blasted off Ceram island in the Indies.

MacArthur revealed that Allied troops were in control of Soepiori island, across a tiny channel from Biak island, with the statement that light naval craft and fighter-bombers supported amphibious troops in mopping up Japanese remnants.

JUNIOR HIGH BOY ADMITS SLAYING

San Leandro, Cal., Sept. 9.—(U.P.)—A 14-year-old San Leandro boy today confessed to police that he beat to death a 10-year-old girl who was caring for three sleeping babies next door to his home.

The boy, Robert George Andree, a junior high school student, was found hiding behind a tree in a field three blocks from the scene of the murder and readily confessed to Deputy Sheriff James Ruy.

The body of the girl, Shirley Pratt, was described by Deputy Coroner Claude Burrison as the "most brutally abused corpse" ever brought into the morgue.

Young Andree, 135-pound boy, seemed shocked but did not cry when questioned by police. He had no explanation for the crime.

SOLDIERS BATTLE FIRE

Sacramento, Sept. 9.—(U.P.)—A contingent of 150 Hamilton Field soldiers tonight joined 500 forest service fire fighters and sawmill workers battling a 1,000-acre fire which is raging in eastern Yuba and Butte counties near Clipper Mills. Rangers held hopes of corraling the blaze before dawn.

Allied Supreme Headquarters, London, Sept. 9.—(U.P.)—More than 1,500 U. S. heavy bombers and fighters today smashed at German war factories and communications in the Rhineland and the Ruhr for the second straight day in a campaign to starve out the Germans' Siegfried line garrisons.

Bombing through heavy overcast and weaving through intense flak, more than 1,000 Liberators and Fortresses battered war factories and railroad yards at the key cities of Mainz, Ludwigshafen, Mannheim and Düsseldorf and other targets in the Ruhr to complement a strong RAF night blitz against Nuremberg where the glow of fires could be seen 100 miles away.

FAIR NEXT YEAR
Sacramento, Sept. 9.—(U.P.)—The annual state fair "probably" will be resumed in 1945, Fred H. Bixby, Long Beach, president of the California State Agricultural Society, declared today.

UP TO BUSINESS
Sacramento, Sept. 9.—(U.P.)—Gov. Earl Warren laid in the laps of 350 California business tycoons gathered today for a state chamber of commerce meeting responsibility for the state's post-war economic recovery.

POISON OAK?
Try a bottle of ZEMACOL
You must be satisfied or your money cheerfully refunded. Get a bottle today at WESTERN THRIFT.

YICK SO CHINESE HERB CO.
REMEDIES FOR STOMACH ULCERS
Heart Rheumatism Asthma Catarrh Piles, Prostate Gland Eczema, and all disorders of Liver, Kidney Trouble and other complaints disappear after using
CHINESE HERBS
Removed to Sparta Bldg.
J. H. Leong, Herbalist Phone 5817

On the Radio Chains

STATIONS:
Chain affiliation and where they are on the dial:
KALE (MBS) 1330, Portland.
KEX (NBC-Hue) 1190, Portland.
KGA (NBC-Hue & MBS) 1510, Spokane.
KGO (NBC-Hue) 810, San Francisco.
KOW (NBC-Red) 620, Portland.
KJR (NBC-Blue) 1070, 1090, Seattle.
KCN (CBS) 1070, Los Angeles.
KOA (NBC-Red) 830, Denver.
KOIN (CBS) 970, Portland.
KOMO (NBC-Red) 950, Seattle.
KPO (NBC-Red) 680, San Francisco.
KSL (CBS) 1160, Salt Lake City.

Time shown is PWT

Sunday
8:00 p. m.—Charlie McCarthy, NBC.
8:30 p. m.—One Man's Family, NBC.
9:00 p. m.—Hearst Music Shop, NBC.
9:30 p. m.—Dress Parade, NBC.
10:00 p. m.—Merry Go-Round, NBC.
10:30 p. m.—Greenfield Village Choir, NBC.
11:00 p. m.—Story Behind the Headlines, NBC.
11:30 p. m.—Symphony Hour, NBC.
12:00 p. m.—Jack Pinner Show, CBS.
12:30 p. m.—Night News, CBS.
1:00 p. m.—Night News, CBS.
1:30 p. m.—Night News, CBS.
2:00 p. m.—Night News, CBS.
2:30 p. m.—Night News, CBS.
3:00 p. m.—Night News, CBS.
3:30 p. m.—Night News, CBS.
4:00 p. m.—Night News, CBS.
4:30 p. m.—Night News, CBS.
5:00 p. m.—Night News, CBS.
5:30 p. m.—Night News, CBS.
6:00 p. m.—Night News, CBS.
6:30 p. m.—Night News, CBS.
7:00 p. m.—Night News, CBS.
7:30 p. m.—Night News, CBS.
8:00 p. m.—Night News, CBS.
8:30 p. m.—Night News, CBS.
9:00 p. m.—Night News, CBS.
9:30 p. m.—Night News, CBS.
10:00 p. m.—Night News, CBS.
10:30 p. m.—Night News, CBS.
11:00 p. m.—Night News, CBS.
11:30 p. m.—Night News, CBS.

The STANDARD HOUR.

Sunday 8:30 P.M.
KMED

Presents
An Opera Season
Preview of
"MARTHA"

★ Starring ★
Vivian Della Chiesa
Bruno Landi
Hertha Glaz
Lorenzo Alvary

Conducted by
Gaetano Merola

STANDARD OF CALIFORNIA

TONIGHT!

EDGAR BERGEN and CHARLIE MCCARTHY ED GARDNER
(Archie) of Duffy's Tavern
and RAY NOBLE'S ORCHESTRA
KMED 5 P.M.

Presented by CHASE & SANBORN COFFEE

IN NEGLIGENCE

By GUYAS WILLIAMS
IN THIS WHEN BACK DOOR HEARS RETREATING STEPS. FEEL, SINCE THANKS ON, SEE'S MAN NEXT DOOR NOW WRAPPING AND RING DOWN, THING IT'S THE LAUNDRY MAN.

THROUGH CRACK CALLS TO HIM, "WAS THAT THE LAUNDRY MAN?"

MAN NEXT DOOR CAN'T HEAR, AND STARTS OVER, REPEATING CLOSER DOOR AND RETREATS.

OPENS FRONT DOOR AND SEE'S POSTMAN WITH SOMETHING TO BE TRAINED FOR.

THE NEBBES

TELL HIM TO TALK LATER. I CAN HEAR EITHER.

WHAT? SAY THAT AGAIN!

OF ALL THE DIRTY TRICKS — THAT'S FOR YOU.

BETTER NOT DISCUSS IT ON THE PHONE... I'LL BE THERE.

NBC: Young People's Church of Air. MBS: Eddie Garr Show, CBS.

5:00 p. m.—ON for Release, NBC.
5:30 p. m.—Superman, MBS; Dick Tracy, BN.
6:00 p. m.—Voice of Firestone, NBC.
6:30 p. m.—Tom Mix, MBS; Jack Armstrong, BN.
7:00 p. m.—News, CBS; Hop Harrigan, BN; Night News Wire, MBS.
7:30 p. m.—Song Is Born, NBC; Radio Theater, CBS; Gabriel Heatter, MBS.
8:00 p. m.—Screen Test, MBS.
8:30 p. m.—Spotlight Bands, BN; Information Please, NBC; Man Named X, CBS; Army Air Forces, MBS.
9:00 p. m.—Concentric Hour, NBC; Screen Guild Players, CBS; Henry Gladstone, MBS; Raymond Gram Swing, BN.
9:30 p. m.—Lowell Thomas, MBS; Ted Malone, BN.
10:00 p. m.—Dr. I. Q., NBC; Thanks to the Yanks, CBS; Lone Ranger, MBS; Horace Heidt Orch., BN.
10:30 p. m.—Mersey's Music Shop, NBC; I Love a Mystery, CBS; Paul Neilson, News, BN; Boy Maypole, NBC.
11:00 p. m.—Lum and Abner, BN.
11:30 p. m.—Cavalcade of America, MBS.

The Mississippi-Missouri river is the longest river in north America, with a length of 4,221 miles.

Use Mail Tribune Want Ads

Chalkers' Motel & Lodge OFFICERS' CLUB
(Officers & Civilians)
Dine—Dance—Refreshments
Closed Mondays. Reservations
Thursday Private Parties Only.
No Cover Charge.
Phone Gold 1011 474

STRANGE AS IT SEEMS by JOHN HIX

THE FIRST RAILROAD LOCOMOTIVE IN AMERICA THE "STOUT BRIDGE LION" WAS ONLY RUN ONCE THEN STOKED, WHERE IT WAS PICKED UP BY SOUVENIR HUNTERS.

THE DISCO IN IMPERIAL TRUCKS HAVE BEEN SEIZED BY IMPERIAL ORDER FOR 100 YEARS!

Tommy Godwin - R.A.F. - MADE A BIKER 100,000 MILES IN 499 DAYS. AVERAGING ABOUT 200 MILES EVERY DAY!

England - Jan. 1930 - April 1931

BARNEY GOOGLE and SNUFFY SMITH

YES, CAPTAIN—I READ EGYPTIAN HIEROGLYPHICS, SANSKRIT GREEK LATIN, ARABIC OLD TURKISH AND...

FIGURE THIS OUT FLAGPOLE AND I'LL MAKE YOU SEAMAN 2ND CLASS

BLONDIE

BUZ SAWYER

WHY ARE YOU LOOKING AT ME SO STRANGELY?

I WAS JUST ADMIRING YOUR MAIDENLY CHARMS.

EVIDENTLY YOU DIDN'T HEAR WHAT I JUST TOLD YOU, SAWYER—YOU'RE TO FORGET THAT I'M A WOMAN!

I HEARD YOU, YOU WEAR PANTS, YOU TALK TOUGH, YOU PACK A GUN.

BUT YOU'VE PUT ON FRESH LIPSTICK AND THERE'S THE FAINT SCENT OF PERFUME BEHIND YOUR EARS. FRANKLY, ANGEL, I DON'T BELIEVE YOU MEAN IT. YOU'RE MUCH TOO ALLURING TO WANT A MAN NOT TO NOTICE.

OLE MAN MOSE, -WHUT DO IT MEAN??-??-??

IT HAIN'T NECESSARILY HOOMIN

WHO WERE YOU TALKING TO? WHAT HE SAY? AINT YOU GONNA TELL ME ANYTHING?

WHO WERE YOU TALKING TO? WHAT HE SAY? AINT YOU GONNA TELL ME ANYTHING?

NBC: Gay Nineties, CBS; Point Subline, MBS; Counterpoint, BN.

9:00 p. m.—Telephone Hour, NBC; Blind Date, BN; News, MBS; Adventures of Bill Lancer, CBS.
9:30 p. m.—Fulton Lewis, Jr., MBS; Vox Pop, CBS; Hawthorne House, NBC.
10:00 p. m.—News, NBC; Music by Bovera, BN; Sherlock Holmes, MBS.
10:30 p. m.—Sonny Dunham Orch., CBS.
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Thursday Private Parties Only.
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DECISION ROILS STATE CIO BOSS

Portland, Ore., Sept. 9.—(U.P.) Definite disapproval of the decision of the eWest Coast Lumber commission on two 1944 industry-wide lumber decisions and the manner in which the news was released was voiced today by Worth Lowery, president of the International Woodworkers of America, CIO.

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

Crossword Puzzle

ACROSS
1—Biblical wife of Abraham
4—Large knives used in Burma
10—The Blue
11—"Love apple"
13—Ignored
14—Near Eastern country
15—Smoke
16—Wajude rest
18—Part of body
19—Greek letter
20—Southern general
21—Rekindled
23—Push down
27—Gentle vetch
28—Gentle (Scott.)
30—Work
31—Habitat
38—Greek god of riches
39—Male duck
41—Literary scraps
42—And others (law)
44—Before
45—Band
46—Gives back
48—Courtroom
50—Gives extreme motion
51—Praised
52—Cabbage dish
53—Cust

DOWN

1—Hall
2—Bread
3—Crude
4—Maw's nickname
5—Swedish explorer
6—Beetle
7—Indian nurse
8—Baptist
9—Short talks
10—Yield to others
11—A bicycle built for two
12—Fertile spots
13—Make nest
14—Banned victim (slang)
21—Type of poem
24—Jitter
25—Liquor
26—Strain
28—Musical drama
31—Plates
32—Closest spacing
33—Hearing organ
35—Victor's
36—Jitter
37—Pried
38—Military hats
43—Clair's name
45—Shrine
47—Work hard (Scott.)
49—Dumbish coin

The decision involved the W.R. Lamette Valley Lumber operators and the Oregon Coast operators and denied requests for general wage increases from \$90 to \$115 an hour, union hiring, compulsory state compensation insurance and two weeks vacation with pay will be appealed, Lowery said.

KYLE'S RESTAURANT CHICKEN AND STEAK DINNERS

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Phone Central Point 472 for reservations. On the Pacific Highway at Central Point. Out of Bounds for Service People

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