Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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SYMPATHY

Some time ago you had an article in which some one told of a fear of impending death.

Dr Brady

I have had the fear for the past year . . . (Mrs. D.R.H.)

Probably the article to which this reader refers was one in which I attempted to point out the difference between angina pectoris and the more frequent minor but alarming complaints that are mistaken for angina pectoris.

But let Mrs. H. continue:

This fear is with me constantly and doesn't seem to let up. I haven't the enrve to go any place or do anything. My nerves have become affected by this fear.

I've been to a local doctor and a psychiatrist (si-ki-a-trist, first two i's pronounced eye, third pronounced as in wrist, accent on the ki) several times but haven't got any relief . . . The psychiatrist wants me to go to a sanitarium but I can't afford that. However, if there is no other way I'll do it.

The reader gives no further information than the bare statement that she has had the phobia or morbid unreasonable fear for nearly a year.

Obviously it would be impossible for me to advise her by mail.

Still, I hate to send her a cold impersonal reply explaining that it is impracticable to give advice without having examined the patient or without having obtained information through personal observation or study.

On the other hand, Mrs. D.R.H. is just one of a good many readers who write me in similar fashion, and if I take time out to compose a message of sympathy for Mrs. H.'s trouble it would be only fair to do the same for all the others. Now I do take time out for that very purpose in some instances—dammit, after all, I'm Irish—but I doubt whether I am justified in doing so. The hardest kind of writing is the writing of a note of sympathy to a stranger without going morbid about it.

Still, I never could bring myself to shovel it out ready-made—syhpathy. So whatdya say, folks, shall we say God bless you all—and give our undivided attention to personal health service?

QUESTIONS & ANSWERS

Veneral Disease

Is there any way you can find out if a certain person has or has had a venereal disease? (R. F. H.)

Answer—Medical examination will determine whether the individual has gonorrhea syphilis or chancroid. There is no other way. Blood test (Wasserman) for syphilis, and bacteriological test for gonorrhea, not always conclusive, but usually confirm or cast doubt on the opinion or diagnosis.

Tired

Please send your pamphlet "How to Lose Weight." I work 9½ hours a day. At night I am so tired I never have time to exercise, and I believe I eat too much bread, potato and sweets. (D. G.)

Answer—Like most young persons, middle-aged persons and elderly persons, you probably get more than half of your daily calories from refined white flour, refined white sugar. That leaves you malnourished, even though you may be overweight, for your intake of vitamins and minerals is less than half what it should be, what it would be if whole wheat (instead of refined white flour) and old-fashion unrefined brown sugar and molasses (the kind everybody used up to the time of the Civil War) supplied the calories you get from refined white flour and refined white sugar. It's pretty sad, isn't it? But I'll tell you what I'll do—give me your dimensions—height, weight and age—and a stamped envelope bearing your address. I'll send you instructions for correction of the error in your everyday diet. If you heed the simple advice therein you'll gradually recover your former vite and say at breakfast every morning, "And God bless Ol' Doc Brady."

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Italy Pretty, Medieval and Kaput Writes Lieutenant Ross F. Swall, Serving With 91st Infantry Div.

Italy is pretty, medieval, nazy, emotional and "kaput," or wrecked, according to Lt. Ross F Swall of the 91st Infantry Division which has been serving in Italy.

"Italy is pretty. At times its picturesqueness reminds me of Walter Disney's fantasies," the lieutenant said in a letter to his wife, who resides at 19 Barneburg Road. "It is rugged in a delicate way. From viewpoints, its hills, cultivated fields of grapes and grain, small winding country roads present an untiring, delightful panorama, and atop each small pinnacle is a town, each characterized by its church tower. A landscape artist would go mad here trying to find the more perfect picture.

Towns Ancient

"Italy is medieval. People still live in towns that were built before the Caesars. Many of these have stone walls around them and may be entered only through gates. The people in these towns, many of them, still ply the trades and work at the arts that their ancesters worked at. Many of these have been famous for centuries for the one specific item the populace does for a living. Some specialize in liqueurs, some in art and some in just history.

"I have seen wooden plowshares. Threshing is done with a flail. Oxen are by far the most common means of heavy labor power and agricultural transportation. The natives call these oxen 'buova.' They are a large animal, about one-half again as big as our cows. They are white and have large horns like a Texas steer. These animals plow the fields, furnish meat, milk, leather and precious fertilizer. The rural life in Tuscang would stop if they were all to die at once.

"The rural women here run the 'buova' a close race for first place in the agrarian scheme of things. They use the flails, prepare the fields, compost the manure, cut the grain, drive the carts, carry the water do the household chores and incidentally, raise a family. Women seem to be in the majority here.

Share Croppers.

"By its very nature, the system of ownership and management of the farms in Italy is semi-medieval. In America we call it 'share-cropping.'

"Italy is lazy—that is in the terms of American life and viewpoint. I say they are lazy in that they hold to the siesta idea. The town shops are closed from 1 o'clock to 4 o'clock. Fiestas come often and are indulged in by all. The average Italian disengaged from the rigors of farm life is no 'flash' in his desire to work. The army of Italy, when actually engaged in fighting, does a good job. But in garrison life I think it could be called a lazy man's life and a lazy army.

"Italians are emotional. Need I say more—what with shouting, waving of hands and all. But with it all, I find them very expressive. Although I do not know their language, everyone I have tried to talk to I have been able to understand; their pantomime, facial expression, inflection all tend to easy understanding.

Little Kaput

"Finally, Italy is a little 'kaput,' a good German word I remember from school that means wrecked. Have you seen pictures of Cassino? It is not all bad as that, but much of it will require some repair.

"Incidentally, Italy is divided into two portions by Italians. That portion north of Naples and that portion south. The southern part is 'cativo,' bad, the northern 'buono,' good. Neapolitans have a dialect that most northern Italians consider terrible. Northern Italy is the cultured, artistic, romantic Italy. Avero?"

Belgian Regency Plan For Interim

Brussels, Sept. 13—(U.P.)—Well informed political circles in Brussels said today that pending King Leopold's release from captivity in Germany the Belgian government probably would form a regency, choosing either Prince Charles, the king's brother, or Queen Elizabeth, the king's 69-year-old mother.

Some quarters thought it possible the government might form a regency composed of both.

Toy Manufacturers Buy Yo-Yo Material

Minneapolis, Sept. 13—(U.P.)—One of the first production casualties of the war is coming back.

Lt. Robert McCollom, area disposal officer of the AAF air technical command, said today that alert toy manufacturers have snapped up 37,000 obsolete circular discs used in airplane manufacture. Toy makers estimated the discs can be converted into 18,500 metal yo-yos.

Use Mail Tribune Want Ads.

KYLE'S RESTAURANT
CHICKEN AND STEAK DINNERS
Open 6 p. m. to 2 a. m.
Phone Central Point 472 for reservations. On the Pacific Highway at Central Point. Out of Bounds for Service People

Your Fat's in the Fire

Pfc. James Echols of Atlanta, Ga., shows a flame thrower in action. The tanks on his shoulders hold fuel oil and nitrogen. Fuel oil, forced up by the nitrogen, feeds the flames that spurt out to a distance of 180 feet. Used fat is an essential ingredient in the manufacture of this fuel. What used to be thrown away in the kitchens, now throws back our enemies.

DRINKER CURFEW UNCHANGED FOR MEN IN SERVICE

Camp White—"But Not for Me" could very aptly be the wistful theme song for all the GI Joes, gobs and marines who might have had ideas of taking advantage of newly established closing hours in Oregon night clubs.

Though a recent ruling by the Oregon Liquor Control commission now permits bars to remain open for business until 1 a. m., it will not affect the regularly established curfew on drinks for military and naval personnel, according to a directive from the office of Maj. Gen. McCoach, Jr., commanding general of the Ninth Service Command.

Regulations for men in uniform remain the same. Beer may be purchased between 10 a. m. and midnight by military personnel not on duty and not under arms. Intoxicating liquors for use off the premises may be purchased only between 4 p. m. and 8 p. m.

Servicemen who are buying liquor, or the chaser for it, for consumption on the premises are still limited to the usual hours of 5 p. m. to midnight.

The directive also states: "Those portions of such establishments where intoxicating liquor is sold, serviced or consumed are denied to military and naval personnel between midnight and 10 a. m."—thereby nipping in the bud any of GI Joe's schemes to find a legal loop-hole in the ruling by loitering around while his civilian friends "buy" the drink, then pass the liquid ammunition on to him.

Pepper For Paying Vets' Bonus Now

Denver, Sept. 13—(U.P.)—Sen. Claude Pepper, (D., Fla.), today declared himself in favor of a bonus for the veterans of World War II, payable at the time that the man leaves the service.

In a speech at the 23rd national convention of the Disabled American Veterans, Pepper said that if a bonus is to be paid—"and it should be"—it should be paid now when the veterans are forming a new life and need it.

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

Gas on Stomach
Relieved in 5 minutes or double your money back
When excess stomach acid causes painful, suffocating gas, sour stomach and heartburn, doctors usually prescribe the fastest acting medicines known for symptomatic relief—medicines like those in Bell-ans Tablets. No laxative. Bell-ans brings comfort in a jiffy or return bottle to us for double money back. 25c.

On the Radio Chains

STATIONS:

Chain affiliation and where they are on the dial:

KALE (MBS) 1330, Portland; KEX (NBC-Blue) 1190, Portland; KGA (NBC-Blue & MBS) 1510 Spokane; KGO (NBC-Blue) 810 San Francisco; KGW (NBC-Red) 620, Portland; KJR (NBC-Blue) 1000, Seattle; KNX (CBS) 1070 Los Angeles, KOA (NBC-Red) 850 Denver; KOIN (CBS) 970, Portland; KOMO (NBC-Red) 950 Seattle; KPO (NBC-Red) 680 San Francisco; KSL (CBS) 1160 Salt Lake Cit,

Time Shown Is PWT

Wednesday

5:00 p. m.—Fletcher Wiley, CBS, Terry and Pirates, BN; OK for Release, NBC.

5:15 p. m.—Superman, MBS; Dick Tracy, BN

5:30 p. m.—Jack Armstrong, BN; Harry Flannery, news CBS; Adventures of Tom Mix, MBS

5:45 p. m.—Louis P Lochner, NBC; Night News Wire, MBS, Hop Harrigan, BN, News, CBS

6:00 p. m.—Alan Young Show, NBC; Gabriel Heatter MBS Hop Harrigan, BN; Frank Sinatra, CBS.

6:15 p. m.—News, BN; Screen Test, MBS

6:30 p. m.—Mr. District Attorney, NBC; Jack Carson, CBS; First Nighter, MBS; Spotlight Bands, BN

7:00 p. m.—Kay Kyser's Kollege, NBC, Raymond Gram Swing, BN; Great Moments in Music, CBS.

7:15 p. m.—Lowell Thomas, MBS; Ted Malone, BN; The Colonel, CBS.

7:30 p. m.—Lone Ranger, MBS; Scrammy Anby, BN

8:00 p. m.—Mercer's Music Shop, NBC, Paul Neilson, news, BN, I Love a Mystery, CBS Main Liner MBS

8:15 p. m.—Roy Maypole, NBC; Lum and Abner BN; Passing Parade, CBS

8:30 p. m.—Beat the Band, NBC; My Best Girls, BN; Dr. Christian CBS; Bulldog Drummond MBS

9:00 p. m.—Mr. and Mrs. North, NBC; Allan Jones with Woody Herman's Orch., CBS; News, MBS; Dunninger BN

9:30 p. m.—Fulton Lewis, Jr., MBS

10:00 p. m.—News, NBC; Bal Tabarin Cafe Orch., BN.

10:30 p. m.—Sonny Dunham Orch., CBS; Thomas Peluso Orch., NBC.

10:45 p. m.—Ambassador Hotel Orch., BN

11:00 p. m.—Biltmore Hotel Orch., NBC; News, CBS

Thursday

5:00 p. m.—Terry and Pirates, BN; Fletcher Wiley, CBS; OK for Release, NBC.

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

5:30 p. m.—Jack Armstrong, BN; Harry Flannery, news, CBS.

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, BN

6:15 p. m.—Screen Test, MBS; news, BN

6:30 p. m.—Charlie Chan, NBC; Spotlight Bands, BN, Corliss Archer, CBS; Starlight Serenade, MBS.

7:00 p. m.—Harry Savoy, NBC; Raymond Gram Swing BN; First Line, CBS; Henry Gladstone, MBS

7:15 p. m.—Lowell Thomas, MBS.

7:30 p. m.—Joe E. Brown, BN; Here's to Romance, CBS; Red Ryder, MBS.

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

NEIGHBORHOOD LEAGUE By GLUYAS WILLIAMS

8:00 p. m.—Mercer's Music Shop, NBC; I Love a Mystery, CBS; Paul Neilson, 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.

9:15 p. m.—Rex Miller, MBS.

9:30 p. m.—Ellery Queen Mysteries, NBC; Fulton Lewis, Jr., MBS; Joe Saunders Orch., CBS.

10:00 p. m.—News Flashes, NBC; Town Meeting, BN

10:30 p. m.—Strings for Meditation, NBC; Henri Busse Orch., CBS.

11:00 p. m.—Hotel Biltmore Orch., NBC; News, CBS.

DOMINIONS MEET

London, Sept. 13—(U.P.)—The all-empire conference of British and Dominion labor leaders from Canada, Australia, New Zealand, and South America opened today with the Australian representative, T. C. Davies, placing special emphasis on the necessity for defeating Japan.

Medford Sending Large Number to Oregon This Fall

University of Oregon, Eugene—Medford will send the third greatest number of students to the University of Oregon for fall term according to figures compiled in the office of the registrar.

Applications on file indicate that around 3 per cent of the total registration will be Medford students. Portland will send more than a fourth of the total and Eugene will account for 12 per cent. Out-of-state students will be numerous and, according to applications already in, will represent 16 states of the Union, the District of Columbia, the Hawaiian Islands, Alaska, Canada and Jamaica, British West Indies.

Estimates are that the largest enrollment of women students on record will attend the state university fall term. More than 1800 women are expected and around 450 men.

SUBMARINE GUDGEON IS LOST IN PACIFIC

Washington, Sept. 13—(U.P.)—Loss of the 1,475-ton American submarine Gudgeon, presumably in the Pacific, was announced today by the navy.

It was the 29th American submarine lost since beginning of the war, the navy said.

Skipper of the Gudgeon, Lt. Comdr. Robert A. Bonin, of Milwaukee Wis., is listed as missing in action together with the normal complement of 65 crew members.

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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.

Chalker's Motel & Lodge
OFFICERS' CLUB
Dine-Dance-Refreshments
Chicken and Steak Dinners
Most Unique Place in So. Ore.
CLOSED MONDAYS
Thursdays Private Parties Only—
For Reservations Ph. Gold Hill 474

STRANGE AS IT SEEMS by JOHN HIX

Crossword Puzzle

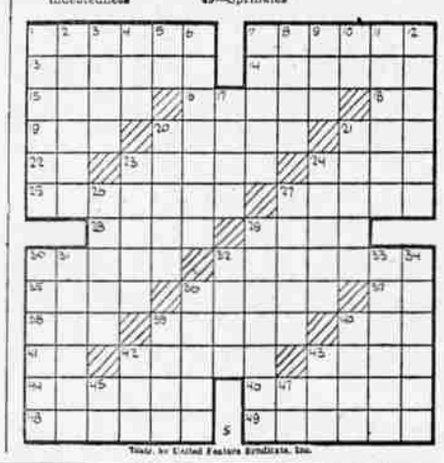
ACROSS

1—Beast
7—Mean looks
3—Twist
14—Stages
15—Roman road
16—Comes close
18—A State (abbr.)
19—Our Uncle
20—Heating device
21—Offspring
22—Hesitant expression
23—Suppose
24—Civil wrong
25—Figures
27—Bundle
28—Notes of indebtedness
29—Place of government
30—Mark of omission
32—French criminals
35—Mimics
36—Trap
37—Southern State (abbr.)
38—Thin pole
39—Comb. forms, healing
40—Palm fiber
41—Symbol for silver
42—Garden flower
43—Last passage of song
44—Properly
45—Spoke formally
48—Spookier
49—Sprinkles

DOWN

1—Ascends
2—Officer who certifies deeds
3—Entry in ledger
4—Spoil
5—In direction of
6—Seeds used in soup
7—Serious
8—Knowledge
9—Beast of burden
10—Right (abbr.)
11—Mistakes
12—Holy men
17—Ages
20—Squirt
21—Dixie
23—Wind instruments
24—Hint
26—Bogged down
27—Weeping
29—Finch
30—Glass water bottle
31—Highest point
32—Poker bet
33—Escaper
34—Leafy dishes
36—Half man-half horse
39—Land in water
40—Carry
42—Philippine tribe
43—Feline
45—Land measure
47—Sun god

ANSWER TO PREVIOUS PUZZLE



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