

## Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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## THE VALUE OF CALCIUM

Contributing cause of the common nutritional deficiency in children, growing youths, young adults—remember what Sherman said—no, no, no. Not Gen. Wm. T. Sherman but Prof. Henry Clapp Sherman, Columbia University—do you don't? Tech, tech! How many times must I tell you?

Dr. Brady said (Chemistry of Food and Nutrition, Macmillan). "A food supply may appear liberal and varied, and yet lack milk and green leafy vegetables are well represented in the calcium-poor. Hence the dietary mixed diet of Americans and Europeans, at least among dwellers in cities and towns, is probably more often deficient in calcium than in any other chemical element."

Contributing to this calcium deficiency in childhood, youth, middle and mature adult is the combination of habits—customs, circumstances and emotions which in one way or another discourage, forbid or prevent exposure to sunshine or diffuse sunlight is the usual way for the body to manufacture vitamin D, and vitamin D is essential for the normal assimilation, utilization and retention of calcium (and phosphorus). So it is necessary to try to include plenty of milk (milk products) and green leafy vegetables in the daily diet and to expose the body to sunlight, or else take as a supplement to the diet a good ration of vitamin D, to insure normal calcium metabolism or utilization.

side from prevention or relief of rickets and tetany, and function of calcium and vitamin D (and phosphorus)—calcium seems to regulate phosphorus metabolism, or perhaps more accurate to say vita-

min D maintains the balance between calcium and phosphorus—in the formation of normal bones and teeth and protection against dental caries (decay of teeth), an adequate daily intake of calcium and vitamin D, at least in my opinion, prevents or relieves a great many of the vague disabilities which sufferers commonly call "chronic rheumatism." Indeed this is precisely what I recommend in the pamphlet "Calcium and Rheumatism" which you may have on request (if clipping is not a request) if you enclose a stamped envelope bearing your address. Mind, though, this is not a cure-all for joint diseases.

If it seems at all inconsistent to ascribe to calcium and vitamin D such influence on bones, teeth, muscles and nerves or on ailments involving such widely different tissues or structures, don't let it worry you. We haven't told you the half of it—calcium and vitamin D have great influence on the coagulability or clotting time of the blood and on the force of the heartbeat and one with calcium and vitamin D deficiency is more likely to bleed excessively from minor wounds and to have poor circulation because of weakness of heart action.

## QUESTIONS &amp; ANSWERS

Low Basal Metabolism. Please tell me what doctors mean by low basal metabolism and the treatment for such condition.

Answer—If a doctor uses such terms in giving his opinion or advice to a patient, the patient should interrupt him. If the doctor fails to explain, and ask him what it means.

Round Back. Is there any way one can get rid of a rounded back from not standing correctly? Can it be cured by exercise, massage or a brace or supporter of any kind?

Answer—Round back, round shoulders, anterior-posterior postural deformity, weak back, spinal curvature, kyphosis are different names for the condition. Neglect of physical education in school, silly wearing of high heels in childhood, rickets in childhood, other nutritional deficiencies are common causes. Send ten cents and stamped envelope bearing your address for booklet "V-L-T-E Spells Your Cause" or brace or other artificial support can be of little avail so far as correction is concerned. Proper exercises, suited to the individual condition, contribute much to correction. (Copyright 1944, John F. Dille Co.)

## On the Radio Chains

## STATIONS:

Chain affiliation and where they are on the dial:  
KALE (MBS) 1330, Portland.  
KCN (NBC-Blue) 1190, Portland.  
KAL (NBC-Blue & MBS) 1510, Spokane.  
KGO (NBC-Blue) 810, San Francisco.  
KJW (NBC-Red) 620, Portland.  
KJR (NBC-Blue) 650, Seattle.  
KPN (NBC-Red) 680, San Francisco.  
KSL (CBS) 1160, Salt Lake City.

## Time Shown is PWT

Tuesday  
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.—Date with Judy, NBC; Jack Armstrong, BN; Harry Flannery, news, CBS; Adventures of Tom Mix, MBS.  
5:45 p. m.—Hop Harrigan, BN; Night News Wire, MBS; News, CBS.  
6:00 p. m.—Mystery Theater, NBC; Gabriel Heatter, MBS; Burns and Allen, CBS.  
6:15 p. m.—Screen Test, MBS.  
6:30 p. m.—Words at War, NBC; Spotlight Bands, CBS; American Forum, MBS.  
7:00 p. m.—Charlotte Greenwood, NBC; Raymond Gram Swing, BN.  
7:15 p. m.—Lowell Thomas, MBS; George Hicks, BN.  
7:30 p. m.—Hildegarde, NBC; Red Ryder, MBS.  
7:45 p. m.—Mersey's Music Shop, NBC; I Love a Mystery, CBS; Paul Nelson, news, BN.  
8:15 p. m.—Roy Maypole, NBC; Lum and Abner, BN; Passing Parade, CBS.  
8:30 p. m.—Johnny Presents, NBC; Big Town, CBS; Nit-Wit Court, BN; Freedom of Opportunity, MBS.  
9:00 p. m.—Everything in the Boys' NBS; News, MBS; Theater of Romance, CBS; Let Yourself Go, BN.  
9:15 p. m.—Roy Miller, JR., MBS.  
9:30 p. m.—Fulton Lewis, JR., MBS.  
9:45 p. m.—News, NBC; Count of Monte Cristo, MBS; El Taborin Cafe, BN.  
10:15 p. m.—Ted Straeter, NBC.  
10:30 p. m.—Edwin C. Hill, CBS; Ambassador Hotel, BN; Strings for Meditation, NBC.  
11:00 p. m.—Talks, CBS; Baltimore Hotel, BN.

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.—Hop Harrigan, BN; Night News Wire, MBS; News, CBS.  
6:00 p. m.—Alan Young Show, NBC; Gabriel Heatter, MBS; Hop Harrigan, BN; Spotlights Bands, CBS.  
6:15 p. m.—News, BN; Screen Test, MBS.  
6:30 p. m.—Mr. District Attorney, NBC; Jack Carson, CBS; First Nighter, NBC; Spotlight Bands, BN.  
7:00 p. m.—Ray Kever's College, NBC; Raymond Gram Swing, BN; Moments in Music, CBS.  
7:15 p. m.—Lowell Thomas, MBS; Ted Malone, BN; The Colonel, CBS.  
7:30 p. m.—Louise Rainer, MBS; Scrammy Amby, BN.  
8:00 p. m.—Mersey's Music Shop, NBC; Paul Nelson, news, BN; I Love a Mystery, CBS; Main Line, 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 Girl, BN; Dr. Christian, CBS; Bulldoze Drummond, MBS.  
9:00 p. m.—Mr. and Mrs. North, NBC; Allan Jones with Woody Herman's Orch., CBS; News, MBS; Dan Duncan, BN.  
9:30 p. m.—Fulton Lewis, JR., MBS.  
9:45 p. m.—News, NBC; El Taborin Cafe, BN.  
10:30 p. m.—Sunny Dunham, NBC; Thomas Peluso, BN; NBC.  
11:00 p. m.—Ambassador Hotel, BN; News, CBS; Baltimore Hotel, BN.

## Medford's Fighting Lieutenant Leads Force Deep In Jungle To Wipe Out Platoon of Japanese

With the Americal Infantry Division somewhere in the thickest Pacific—Lt. Raymond H. Ross, Medford, Ore., one of the most successful soldiers ever to operate from this rear division, his men driving into the jungle to an isolated Jap outpost, wiping out at an enemy platoon and retreating to their own lines with one man wounded and none dead.

The patrol, composed of a reinforced Americal platoon, one Italian sergeant and four native soldiers, had been assigned mission of moving to a village along a trail, judge the effects of air activity, reporting enemy activity, in the beginning of the month, they were in enemy territory.

March All Day. For an entire day they pushed forward then bivouacked at night. They then picked up a trail through the jungle followed it the next day, at noon of the second day began finding signs of the enemy. A few hours later they overtook a Japanese garrison well dug in positions, holding a commanding hill.

Ross and his scouts spent most of the afternoon crawling around the edge of the Nippon, checking their forces, checking their activities and planning for an attack. The soldiers reported a garden and a waterhole in the vicinity. The entire patrol pulled back the jungle for the night. At time all of the men were in the plan of attack. Capt. E. Dill, 11327 N. Hollywood, North Hollywood, Calif., led a group around the hill. The Australian sergeant and his native soldiers covered waterhole. Other groups edged so that the entire hill was naked by fire. They watched a Jap officer around the area talking to his group. A hut with a rickety looking Japs, covered by blankets, was in the entire area had pillboxes under the buildings. The officer went into another hut where he could be seen by a couple of others. At noon of the third day a man was in position, completely surrounding the Jap garrison. Men had been posted to every trail so that no new soldier could come in. At exactly 10:00 the men covering the garden fire. Immediately, the American began pumping into their assigned targets. They riddled all the Japs in it. Everyone then began firing about six inches above the

## HOUSE BALKS PAY FOR WAR WORKERS' TRAVEL

Washington, Sept. 19.—(U.P.)—In two roll call votes, the house today refused to yield to senate demands for inclusion of travel pay for discharged war workers and unemployment compensation for federal employees in the George reversion bill.

It instructed house conferees to insist on striking out both provisions—the two major points of difference which had deadlocked the measure in conference.

The vote to reject unemployment compensation for federal employees was 174 to 156.

## \$15,203 MONTHLY IN THIS AREA FOR SOCIAL SECURITY

857 Payments Made Monthly Through Klamath Falls Social Security Board.

Klamath Falls.—With "social security" benefit rolls just past the million mark, Charles L. Maginnis, manager of the Klamath Falls field office of the social security board asserted that his office is handling a greatly increased work-load in all old-age and survivors insurance activities and makes 857 monthly payments totaling \$15,203.98 a month.

Maginnis' office serves Jefferson, Deschutes, Klamath, Jackson, Crook and Lake counties in Oregon and Modoc county in California.

The monthly benefits in the Klamath Falls office area are distributed as follows: 401 retired workers, age 65 or over, receiving \$9,982.54 a month; 93 wives, age 65 or over, of retired workers, receiving \$1,059.88 a month; 29 young widows with children under 18, receiving \$606.27 a month; 245 children of deceased or retired workers, receiving \$2,929.06 a month; 81 widows, 65 or over, of insured workers, receiving \$1,520.93 a month. Monthly benefits are paid also to aged dependent parents of fully insured workers who leave no wife or child.

Benefits to young widows with children are of especial importance in keeping families together when the father dies, Maginnis said. "They give the citizens of tomorrow the chance to grow up in normal home surroundings, with a mother's care," he added. "Without them, many homes would be broken up and the children separated from their mothers and their brothers and sisters. They supplement life insurance or savings, and the mother can take a job without sacrificing the monthly payments to the children, though she does give up her benefits for each month in which she earns more than \$14.99 in covered employment.

"Though most mothers prefer to remain with their children while they are young, some find it necessary to supplement social security with earnings. The mother, of course, can go off and on the benefit rolls as often as necessary, insofar as working or not working, is concerned. She usually will make more in covered employment than her benefit amount and, if she works in noncovered employment, she stays on the benefit rolls while working."

Wives Also Benefit. It is significant also, Maginnis said, that approximately one of every four retired workers has a wife who is also drawing benefits—half as much each month as her husband.

Wives, widows and children outnumber 448 to 401 the retired workers on the benefit rolls, Maginnis pointed out, which emphasizes the family

value of this federal insurance program. Benefit payments in the nation have passed an annual rate of \$220,000,000 and the volume will increase steadily as more workers die or grow old and retire.

Every field office of the social security board is glad to give full advice and necessary assistance to every person who thinks he or she may be eligible to receive benefits, Maginnis said, and he urged anyone who is in doubt to inquire at the nearest office of the board.

Two events, particularly, should suggest an immediate contact with the social security office, the manager said. These are: when a worker who has been employed in private industry or commerce reaches age 65, whether or not he plans to retire, and when a member of the family dies after working in private industry or commerce.

Families who follow that advice will play safe and not risk the loss of any benefits that may be coming to them," Maginnis said.

Handling claims is only one

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of the many important functions of the field office. Every worker in business or industry needs a social security account number card, and the field office issues these at a rate of approximately 9000 a year. The field office also obtains duplicate cards for those workers who lose them.

The field office helps any worker to check up on his wage record—on which benefits depend largely—and if there are any omissions or errors, assists in obtaining corrections.

Every social security office considers it a serious responsibility to give information, advice and assistance to employers, who must make quarterly reports of the wages paid to every worker under that worker's name and to correct account number, and to workers and their families who are concerned about their rights and responsibilities.

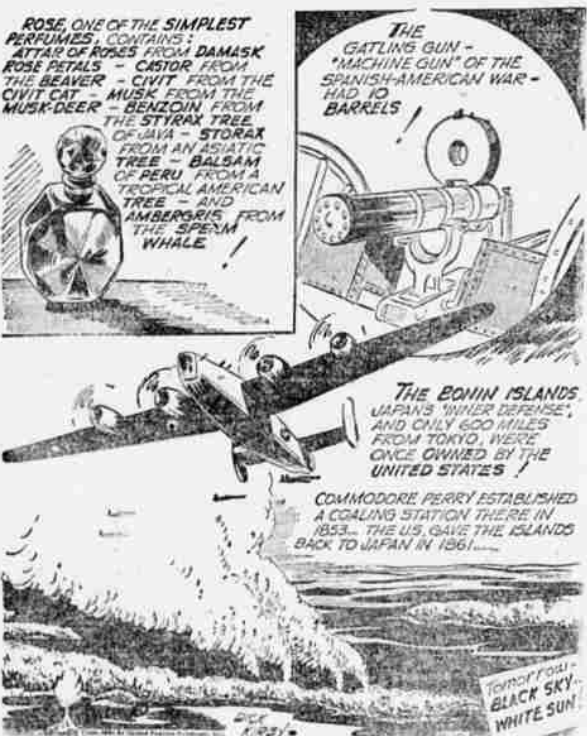
## THANKSGIVING NOV. 23

Santa Fe, N. M., Sept. 19.—(U.P.)—Gov. John Dempsey announced today that New Mexico will observe Thanksgiving day on the same date as most states, probably Nov. 23.

## ZERO CLUB

Out of bounds, civilians only. Delicious chicken and steak dinner 7:00 p. m., 3 a. m. except Sunday. Phone day time 5300; night 9191.

## STRANGE AS IT SEEMS by JOHN HIX



## BARNEY GOOGLE AND SNUFFY SMITH



## BUZ SAWYER



## LITTLE ABNER



## THE NEBBES



## THE GRANGE

Central Point Grange. Members of the drill team of Central Point Grange are asked to meet Wednesday, Sept. 20, at the Grange hall at 8:30 p. m. for practice.

## Roxy Ann Grange

Roxy Ann Grange held a short session Sept. 15 at which time plans were made for sending gifts to servicemen for Christmas.

H. E. C. chairman, Verda Quackenbush, reported on the last H. E. C. meeting and announced that the next meeting

would be held at the home of Mrs. Rose on Oct. 4 at 2 p. m. Serving committee for next Grange meeting will be Mr. and Mrs. C. Cordy and Mr. and Mrs. J. Dunlap. Refreshments for the last meeting were served by Mr. and Mrs. Don Elliott, Sr. A covered dish supper and party is planned by Mrs. Lehman, youth committee chairman, for Saturday, Sept. 30. Members are asked to bring covered dishes and come prepared for a good time. Cards and dancing will follow the supper which is to start at 7 p. m. Members are urged to attend.

See Mail Tribune Want Ads.

Smooth is no word for it!

No, sir, the word for Clicquot Club Ginger Ale is smooth... for that's what its mellow tang of flavor-aged ingredients is—refreshment at its smoothest!

CLICQUOT CLUB GINGER ALE

CLICQUOT CLUB BOTTLING COMPANY (A-1 Beverage Company) 301 No. Fir St.—Medford Phone 3873

## Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

ACROSS

- Italian reports
- Premium for exchange
- Fire residue
- Natives of U. S.
- Mad
- Ventured
- Go over again
- Biological eastern
- Tasty
- Conducted
- Gun girl
- Body of water
- Drive route
- Extend
- Medical degree
- Bruid trimming

DOWN

- Corrupt
- Wire cup
- Alar screen
- Angered
- Alternating current (abbr.)
- Long-nosed fish
- Gums
- Wine
- Wide open
- Collectivist
- Classified
- The same
- Average
- Licks up
- Dart throw
- mineral realm
- Knocking
- Yellow tree
- Olympics
- Cont. (abbr.)
- Measure
- Engineering degree
- Let in again
- English manor
- curia
- River in Maine
- Russian autoclave
- Isau
- Nothing at all
- Land measure
- Tool east
- Jewish group
- Century (abbr.)

AUTO-LITE presents

Dick Haymes-Bob Burns

AUTO-LITE'S HIT RADIO SHOW

"Everything For The Boys" featuring men and women of the fighting fronts

KMED-9 p.m.

## AUTO-LITE SPARK PLUGS AUTO-LITE BATTERIES AUTO-LITE IGNITION SYSTEMS

## SUBURBAN HEIGHTS by GUYAS WILLIAMS



## Simple Test Aids Thousands Who Are Hard of Hearing

Thanks to an easy hearing test, many thousands who have been temporarily deafened now say they hear well again. If you are bothered by ringing, buzzing, head noises due to hardened or congested ear (eustachian), try the Otisline Home Method test. You must better after making this simple test if you get your money back at once. Ask about Otisline Ear Drops today at Watson's Pharmacy.