Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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PLEDGE IS NOT SCIENTIFIC

Giving children the pledge against smoking and drinking may not be scientific, but I believe it is a powerful preventive measure against such indulgence in childhood and youth.

Dr Brady

Nearly always the first experience of a child — and by child I mean a minor, an individual who has not yet attained adult growth and development, the capacity to support himself, the degree of intelligence or judgment required to qualify him to vote or to serve in the armed forces—the first adventures in smoking or drinking are just the child's way of "showing off", taking a dare or proving he or she is not afraid or that he or she is not unsophisticated. If the others in the group, gang or party are smoking or drinking the child, invited to have a smoke or a drink, simply hasn't enough character to decline—he or she finds it much easier to take a smoke or a drink, especially if no one has made a serious endeavor to teach the child why he or she should not take that first smoke or drink.

The school teacher who asked me to give scientific reasons why boys should not begin smoking when they are fifteen years old. I can't. Best I can do is to give my opinion that it is harmful in every way to a boy to begin smoking before he has attained adult growth and development and the capacity to support himself or to serve in the armed forces.

I never understood clearly whether mother had scientific reasons for her stand, but at her request I gave her my pledge not to use tobacco or alcoholic beverage or liquor before I was 21, and I kept the pledge. Any son or daughter who has filial love would keep such a pledge.

If a boy or girl doesn't begin drinking before he or she has reached the age of intelligence and judgment required to qualify him or her to vote, the chances are he or she will contrive to worry along through life without the aid of alcohol, even just a social glass or cocktail. When a person enjoys good health he or she doesn't need the fake "good cheer" of alcohol to make him or her happy. A healthy person is happy just to be alive.

Numerous drinkers have told me they drink because they "want to feel better". What they mean, of course, is that they dull their consciousness with alcohol so that, for a brief period, they will not feel whatever unpleasant thing they are aware of — inferiority, fatigue, guilt, worry, envy, jealousy, hatred, there are many unpleasant things they are less conscious of when their higher faculties are benumbed by alcohol.

QUESTIONS & ANSWERS

Adenoids and Tonsils

Four children from 10 months to 9 years old. Every winter the three older ones have one cold after another and cough a lot, especially at night. (H. C. M.)

Answer—Send stamped envelope bearing your address and ask for pamphlet "Tonsils and Adenoids." If you would like also a copy of the booklet "Call It Cri," inclose twenty-five cents for it. It deals with prevention and treatment of the common respiratory infections, home made cough medicine, technique of blowing the nose, nasal allergy, etc.

Leg Cramps

I wish to thank you for your advice to take vitamin D and calcium—it cured my leg cramps which had disturbed my sleep many a night for two or three years. I am 74 and now enjoy good health. (H. F.)

Answer—People who suffer from leg cramps or just leg ache (as in growing children) should give the calcium-vitamin D treatment a try—this is food, not medicine, and so it can do no harm in any case. Instructions in pamphlet, "Adult Tetany and Growing Pains"—mailed on request (no clipping will suffice) if you provide stamped envelope bearing your address.

The Cleaning-Out Obsession

Can a person's digestive tract be cleaned out? (R. M. M.)

Answer—Digestion begins or should begin in the mouth (provided your masticating equipment is efficient) and continues in the stomach, small intestine, upper portion of large intestine. Putrefaction is a normal process in the large intestine (as you will learn if you can get hold of a textbook of physiology). I fear the nostrum mongers, charlatans, internal bath specialists and colon filling stations have planted a lot of morbid notions in your mind.

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Olive Barber's Observations

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Just in case you don't know, crack-filler is a composition paste used to fill in gaps between boards a carpenter intended should meet but which never. Boards are coy that way. Let a carpenter smuggle one board against another and they both get shy, shrink away from each other and time but widens the breach. So outside help is needed and crack-filler is to boards what the court of domestic relations is to married couples. "You were meant to cooperate," it says, "so now you two get together and present a united front to the world."

Having thus explained crack-filler to you, let's on with the story. Lately the profits of companies manufacturing crack-filler have soared into the financial upper brackets. Maybe you've noticed how stock in these companies has been declaring extra dividends to shareholders.

Droopy-eyed clerks have worked overtime making ever-mounting graphs of the ever-mounting business. To keep awake, those clerks have had to drink coffee so that even Brazil felt the repercussions of the crack-filler bull market. Postal clerks have had to be increased to deal with the blizzard of orders our local retail stores have sent to the crack-filler companies.

Maybe this last statement gives you a hint as to where all the crack-filler is being used—right in the cracks of the kitchen at Hillside. For the kitchen is being renovated and while there are a few boards in the walls, yet only enough to justify calling the wide open spaces between them cracks.

The side boards of our window casings, for instance, have always refused to have any intimate contact with the top and bottom boards though living under the same roof for years. That is, they refused to do so until a man came along who knew about crack filler. And the ruts in the road to Hillside this summer were formed by the truck traffic bringing in loads of this.

Though I'm happy at the result the carpenter has achieved, Alley the cat, isn't. Heretofore she's been able to return to the kitchen from a mouse hunting expedition in the attic through the cracks in the ceiling or lope in from the yard through many places besides the door. But not any more. Nor can Jerry, the horse or Star the cow, stick in their heads here and there for a bit of petting.

What the demand for crack-filler will do to the economic set-up when we start filling the gaps in our fences remains to be seen.

PIN-WORM ITCH MAY THREATEN YOUR CHILD'S HEALTH

Don't let your child suffer a single needless minute of misery with Pin-Worms! These pests are more than just a nuisance. Scientific facts now show that crawling Pin-Worms, living and growing inside your child's body, can cause real distress.

It is easy for anybody, anywhere, to catch this nasty infection, often without even knowing what is wrong. Learn the warning signs—the tormenting, embarrassing rectal itching; also, uneasy stomach, bed-wetting, nervous fidgeting, finicky appetite, and loss of weight.

If you suspect Pin-Worms, get a package of P-W tablets right away and be sure to follow the directions. P-W is the new Pin-Worm treatment developed by the laboratories of Dr. D. Jarne & Son, America's leading specialists in worm medicines.

Important Scientific Discovery

The small, easy-to-take P-W tablets contain a remarkable drug (gentian violet) that is being hailed by high medical authorities as the *most effective means ever* discovered for dealing with Pin-Worms. Thanks to this important discovery, P-W works in a special, gentle way to destroy Pin-Worms.

Ask your druggist: P-W for Pin-Worms!

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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

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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 City.

Time Shown Is PWT

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; Carlson and News, BN.
6:15 p. m.—Screen Test, MBS; Lou Holtz, 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.
8:00 p. m.—Rep. Nat. Comm., NBC; I Love a Mystery, CBS; Roy Henle news, BN; Variety, MBS.
8:15 p. m.—Night Editor, NBC; Lum and Abner, BN; Passing Parade, CBS.
8:30 p. m.—Coffee Time, NBC; Death Valley Sheriff CBS; Fred Waring Show, BN.
9:00 p. m.—News, MBS; America's Town Meeting of the Air, 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 Reporter, NBC; Town Meeting, BN.
10:30 p. m.—Sweetheart Swing Time, NBC; Henri Busse Orch., CBS.
11:00 p. m.—Hotel Biltmore Orch. NBC; News, CBS.

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; Hollywood Mystery Time, CBS.
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.—People Are Funny, Amos-Andy, NBC; Durante and Moore, CBS; Spotlite Band, BN; Dale Carnagie, MBS.
7:15 p. m.—Lowell Thomas, MBS; Ted Malone, BN.
7:30 p. m.—Bill Stern, NBC; Stage Door Canteen, CBS; Lone Ranger MBS; Ed Wynn, BN.
8:00 p. m.—GOP Nat. Comm., NBC; I Love a Mystery, CBS; Fights, MBS.
8:15 p. m.—The Parker Family, BN; Press Club, CBS.
8:30 p. m.—Duffy's Tavern, NBC; Gang Busters, BN; It Pays to Be Ignorant, CBS.
9:00 p. m.—Furlough Fun, NBC; News, MBS; Aldrich Family, CBS; Meet Your Navy, BN.
9:30 p. m.—Fulton Lewis, Jr., MBS; Adventures of Thin Man, CBS.
9:45 p. m.—Lee Simms, pianist NBC.
10:00 p. m.—News, NBC; Bal Tabarin Cafe Orch., BN.
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.

New Gas Detector Locates All Kinds

Washington, Sept. 21 —(U.P.)— The army, revealing details of several new chemical warfare weapons, said today that new portable kits for detecting presence of poison gases "are now in quantity production" at plants in St. Paul, Minn., and New York City.

The kits consist of a suction pump and scores of tiny tubes, each containing a chemical sensitive to a specific kind of gas. The operator, holding the pump close to the ground, draws air samples into each tube until he discovers what gas is present.

Use Mail Tribune Want Ads

CEBU JAPANESE SHELLACKED BY CARRIER FORCE

25 Vessels Destroyed, Many Damaged, 195 Planes Destroyed on Ground, Air.

By George Jones
United Press War Correspondent

Aboard Adm. Mitscher's Carrier off Philippines, Sept. 13—(Via navy radio) — (U.P.) — Our fighters and bombers peeled off on the island of Cebu yesterday shortly after dawn.

Below them the Jap was a man in a hurry. His gassed up planes on two packed airfields were taking off upwind and downwind, his ships were hauling anchor. Faint dots of smoke in the sky denoted ack-ack.

But it was far too late. The hoarse whine of Hellcat fighters diving out of the high overcast drowned out the futile sputts of the Zeros on the runways and there was just the faintest trace of wakes from moving ships in the harbor.

Smoke Veils Isle

Today the enemy is immobilized. Black smoke shrouds the island with its littered wreckage of aircraft, its gutted ships and docks, and the still burning oil tanks. The carrier-based planes from this task force visited spectacular destruction on Cebu, once a pleasant little port of call for ships plying between Luzon and Mindanao.

Cebu's racetrack and the big white administration building known as "The Sultan's Palace" were left untouched. So was "Osmena fountain" in the civic plaza. But not much was left of the harbor and its oil depots. The Asiatic Petroleum company's area covering two blocks was levelled and fires raged over its properties—warehouses and wharfs—once owned by American oil companies.

100 Ships In Harbor

While fighters patrolled overhead, American dive bombers and torpedo bombers peeled off endlessly on the airfields and Cebu harbor. There were about 100 ships in the harbor ranging from sampans to large cargo vessels of 10,000 tons or more.

More than 25 vessels were destroyed and many damaged, while at nearby Lahug and Mactan airfields more than 120 planes were destroyed on the ground and nearly 75 in the air.

Zeros moved down the runways, but only a handful got more than a few hundred feet into the air before they were shot down. Bombers started to take off, changed their minds and ran off the runways into clumps of trees; their pilots slithered out and took to the woods one jump ahead of the strafing Hellcats.

Our first fighter sweep returned to the ship after shooting down 14 planes in the air and destroying another 18 on the ground and—figuratively speaking — bearing blond, slight Lt. Al Seckel, Chicago, on its shoulders.

Squad's First Ace

Seckel, a 29-year-old Princeton graduate, became the squadron's first ace. By shooting down four planes he raised his total to five in the air in the past four days of attacks on the Philippines. He also destroyed five planes on the ground.

It was a just reward for this carrier's pilots who had looked for enemy planes from the Bonins to Palau and Mindanao without much success. Squadron Leader Cmdr. Hugh Winters, of Annapolis, said, "When we came down out of the clouds I just couldn't believe my eyes. There were 90 planes on the ground."

The pilots roared in, Winters himself shooting down three of the harried Japs.

Has Close Call

Lt. Fred Kinard, Lake City, Fla., had a close call. Kinard had released a bomb on a merchantman anchored by the pier when the Helldiver ahead of him blew up an oil dump and the blast sent his plane hurtling 1,000 feet into the air.

"I didn't know where I was or what I was doing upside down," Kinard said bewilderedly.

Roger Williams, driven out of Massachusetts, settled Rhode Island in 1636.

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.

Ceiling On Beer Exceeded Is Claim

Sacramento, Sept. 21—(U.P.)— The district office of price administration today filed a complaint for treble damages amounting to $327,002.31 against the U. S. Brewing Corporation, Red Bluff, a beef manufacturing and sales corporation.

The complaint charged the company sold bottled beer under the name Mount Shasta beer without making application to the OPA for a maximum price ceiling, and after a ceiling was set in April sold the beer over the ceiling price.

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

The Coffee Pot Drive-In

Chicken & Steak Dinners, Sandwiches and Fountain Specialties

Outside Tray Service

STRANGE AS IT SEEMS by JOHN HIX

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

ACROSS
1—Four-base hit
6—Seize
10—Exist
12—Part of battery
13—Act of refreshing
15—Sandy beach (Eng.)
16—Fissure
17—A constellation
18—Is that so!
20—Containers
21—Negative
23—Quick to learn
24—Young woman (slang)
25—Bother
26—List
29—Thus
30—Correlative of neither
31—Son of Miled
32—Sun god
33—Flap
34—Land measure
35—Deer horn
37—Cuckoo
38—Gluttonous person
39—Simian
40—Clutch of eggs
41—Garden inhabitant
43—Garden tools
45—Part of "to be"
46—Twirled
47—Join with metal
50—Beg
53—Volcano on Sicily
55—Prefix: down
54—Greek letter
55—Criminal burning

DOWN
1—Possessed
2—A number
3—Class proctor
4—Residence of 41 across
5—Musical note
6—Welcomes
7—Rip up
8—Social insect
9—Live
10—Farm building
11—High note (pl.)
14—Lament
16—Loud noise
19—Bravery
20—Seaman
21—Book by Zola
22—Smell
24—Harmonized
27—Surgical saw
28—In right mind
29—Death notice
33—Hangings
35—Purpose
36—Island in "Gulliver's Travels"
38—Gone by
41—Overcome
43—Norseman
43—Quarrel
44—Pitcher
46—Observe
48—Sign of zodiac
49—Beast's home
51—Symbol for rubidium
52—Father

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THE NEBBS

Never says die!

SUBURBAN HEIGHTS By GLUYAS WILLIAMS

BUZZBOMB INVENTOR ARRESTED AT NANCY

London, Sept. 21—(U.P.)—The Daily Mail today reported that Georges Claude, French scientist, had been arrested at Nancy and charged with being the inventor of the German V-1 flying bomb.

Claude, who invented the Neon light, was said to be a royalist and one of the earliest French collaborators.

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