Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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THE ONSET OF OLD AGE

At first blush, if you have not lost that faculty, it may seem absurd when I say that in my judgment a person who can roll a somersault (of course never for an instant losing contact with floor or ground) and come up on his feet smiling and fit to navigate is young regardless of chronological age. And vice versa.

Dr Brady

In the pink 'un, **Invitation to the Somersaultauqua,** which tells what rolls are good for and describes the technique (for copy send stamped envelope bearing your address — but I shall not regard a clipping of this item as a request) I say: "I believe this medicine is so good that I take it myself". And that, brethren and sistren, is praise from Sir Hubert.

I say also in the pink 'un that half a dozen or more rolls before breakfast every morning and half a dozen or more at any time in the middle of the day and half a dozen or more at bedtime every night will do as much toward keeping you young as any other prophylactic or treatment I can conceive or suggest.

I need not add here that what I don't know about the nature, prevention and treatment of old age fills many ponderous tomes—and that clearly distinguishes authorities on the subject of old age from the conductor of this column, for I tell what I don't know about it in a few little pamphlets, an occasional talk in this column like this one, which I mean seriously enough but so many readers choose to take otherwise, and such personal messages as I may be able to send to correspondents who seem to have arrived at the borderland.

After all what do we — I should say the authorities or real doctors or I know about the onset of old age? Who can say even approximately when or how old age sets in? For that matter can any recognied authority on the subject or any real doctor devise a better test of an individual's functional or physiological age than the individual's ability to roll a somersault, and come up on his feet smiling and neither dizzy nor sea-sick nor flustered about it?

Remember the familiar saying that a man is as old as his arteries—and a woman as old as she looks. I don't know who said it first nor who brought the woman into it, but in my judgment, and here again I assure you I am not trying to be facetious, there is more truth in the part about the woman, for a reason which I shall try to make clear.

Almost at a glance even a child distinguishes a colt from an old horse, a cub from an old bear, a pup from an old dog or a playmate from the playmate's grampa by the unmistakable bounce, resiliency in the young one and lack of it in the old one. The daily rolling of somersaults, I believe, tends to preserve bounce, resiliency, elasticity and to retard the onset of stiffness, which is old age.

QUESTIONS & ANSWERS

It Is D with Calcium, Not B-1

Have been taking the calcium and B-1 shots twice a week. Have to wait around a long while for the nurse to give these shots. Isn't it possible to take it by mouth? (Miss R. H.)

Answer—From your inquiry, and numerous others like it, I fear there may have been a misprint. I know of no particular reason for taking vitamin B-1 with calcium. In my opinion calcium is best taken by mouth in 99 cases out of a hundred. Only in rare emergencies are "shots" (a moron word for hypodermic injections or injections into muscle or injections into the vein) necessary or justifiable. Not vitamin B-1 but sunshine vitamin D should be taken with calcium—vitamin D is in fact essential for assimilation, utilization and retention of calcium, whether it be the calcium in food (milk, cheese, green leafy vegetables, peanuts, beans, etc.) or calcium in medicinal form. Send stamped self addressed envelope and ask for (no clipping) the pamphlet "Calcium and Rheumatiz" or the pamphlet "Adult Tetany and Growing Pains." If you want both pamphlets inclose ten cents.

Obesity and Maternity

I expect my baby in February and the doctor says I should lose weight, as I weigh 170 pounds and am 63 inches tall. He just said vaguely to cut down on starches and fats. (Mrs. A. J. T.)

Answer—Too serious a problem—if your doctor can't handle it, he should refer you to another.

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Charles Laughton In New Hit

Charles Laughton in the title role, and Margaret O'Brien and Robert Young are starred in "The Canterville Ghost," starting at the Craterian.

AIRPLANES SHOOT HOLES IN HOMES

Santa Monica, Calif., Sept. 22—(U.P.)—Army and navy officials today investigated reports of two frightened housewives that .50 caliber machine gun bullets ripped through their homes less than two blocks apart as they heard planes flying overhead.

Mrs. Dorothy Winters, whose husband is stationed at Fort Lewis, Wash., said a slug knocked plaster from her kitchen ceiling down on her head, knicked a table and landed on the floor.

Mrs. Bart Margheria reported a bullet crashed through a bedroom window of her home, ripped holes in a folded bedstead and came to rest on the floor beneath the bed.

"Hell of A Fight" On Security Plan Wheeler Predicts

Washington, Sept. 22—(U.P.)—Sen. Burton K. Wheeler, D., Mont., leading foe of American participation in a world peace organization, predicted today there would be a "hell of a fight" when the senate is asked to approve the security plan now being fashioned at Dumbarton Oaks.

Declaring it "absurd" to pattern a new League of Nations before the final peace treaties are signed, Wheeler said he considered it far from certain now whether the plan would get the necessary two-thirds vote needed for senate ratification.

"That depends," he said, "upon what the American people think of it when they get a chance to see what's in it."

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

Simple Test Aids Thousands Who Are Hard of Hearing

Thanks to an easy no-risk 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 coagulated wax (cerumen), try the Storine Home Method test. You must hear better after making this simple test or you get yours money back at once. Ask about Outline Ear Drops today at Wainscott's Pharmacy.

THE WORLD AT ITS WORST — By GLUYAS WILLIAMS

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

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; Bop Hartigan, 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.

Saturday

5:00 p. m.—Thomas Peluso Orch., NBC; Youth On Parade, CBS; This Is Halloran, MBS; Eddie Condon, BN.

5:30 p. m.—Dorothy Desmond, NBC; Gilbert and Sullivan, BN; Music, MBS.

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

6:00 p. m.—Music Hall, NBC; This Is My Story, CBS.

6:30 p. m.—Charlie Chan, NBC; Spotlight Bands, BN; Pres. Roosevelt, CBS.

6:45 p. m.—Saturday Serenade, CBS.

7:00 p. m.—Guy Lombardo Orch., BN.

7:15 p. m.—Remember, BN; Mayor of the Town, CBS.

7:30 p. m.—Grand Ol' Opry, NBC; Red Ryder, MBS; March of Time, BN.

8:00 p. m.—News, NBC; Downbeat Derby, MBS; Early American Music, BN; America in the Air, CBS.

8:15 p. m.—American String Quartet, NBC.

8:30 p. m.—Able's Irish Rose, NBC; Inner Sanctum, CBS; Leland Stowe, BN.

9:00 p. m.—Music From Hollywood, BN; Hit Parade, CBS; News, MBS.

9:15 p. m.—Dream Boat, MBS.

9:30 p. m.—Three Suns Trio, NBC.

9:45 p. m.—Don't You Believe It, CBS; Lee Simms, pianist, NBC.

10:00 p. m.—News, NBC; Music by Gill, BN.

10:15 p. m.—Musical Americana, NBC.

10:30 p. m.—Hotel St. Francis Orch., NBC; Henri Busse Orch., CBS.

11:00 p. m.—Hotel Biltmore Orch., NBC; News, CBS; This Moving World, BN.

In Holly Hit

Starting today at the Holly for two days is "Rookies In Burma," starring Wally Brown and Alan Carney. Playing as the companion feature on the same program is Tex Ritter in "Oklahoma Raiders."

Ex-Gov. Ferguson Of Texas Passes

Austin, Tex., Sept. 22—(U.P.)—Former Gov. James Ferguson of Texas died today. He had been ill several weeks. The former governor was 73 years old.

The "Pa" of the famous "Pa and Ma" Ferguson combination which made Texas political history, was elected governor of the nation's largest state in 1914 when he defeated Thomas Ball.

CHINESE EXECUTE GENERAL

Chungking, Sept. 22—(U.P.)—Gen. Chen Mu Nung, commander of the Chinese 93rd army, has been executed on orders of the Chinese high command for failing to carry out instructions to defend Chuanhsien against the Japanese offensive in Kwangsi province, the official Chinese Central News agency reported today in a dispatch from Liuchow.

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

Back on the air TONIGHT
AMOS 'N' ANDY
with guest star **John Charles Thomas**
They're back! The one-and-only AMOS 'N' ANDY in a full half-hour of fun. John Charles Thomas, famous baritone, joins them tonight—and it's a riot! Don't miss this great Rinso program every Friday night.
KMED ● 7 P. M.

WEST COAST VICTORY CARNIVAL
3 Only Three Days Left 3
Friday–Saturday–Sunday
RIDE ON THE Scooter Hi-De-Ho Tilt a Wheel Merry-Go-Round
RIDE ON THE Sky Ride Octupus Ferris Wheel Rollo Plane
SEE THE MOST AMAZING SIDE SHOWS
MARVEL AT THE WORLD'S LARGEST GORILLA
SEE THE PARADE OF FREAKS
FREE Bob Mathews and King Tuffy, the Lion with the Human Brain.
FREE A Solid Mile of Glittering Fairyland of Fun for Everyone.
AUSPICES DISABLED AMERICAN VETERANS
Medford, Oregon — Show Grounds Highway So. 99 and So. Central

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.

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

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

TREAT HER SATURDAY
Chicken and Steak Dinner
FUN ● DANCING
The Best Music in the Valley
OPEN EVERY NIGHT EXCEPT FRIDAY
TAKE-IT-EASY-LODGE
½ mi. up Savage Creek, where Jackson meets Josephine

STRANGE AS IT SEEMS by JOHN HIX

Crossword Puzzle

ACROSS
1—Woman in uniform
4—Heavy timber
8—Footprint
12—Stray
13—Water buffalo
14—Colorless
15—Immortality
17—Wolfhound
18—Assists
19—Father
21—Golf strokes
23—Budge
24—Blame
25—Witness before jury
29—Russian community
30—Lost cause
31—Formerly
32—Things that last forever
34—Murdered
35—Simple
36—Gone (poet.)
37—What a guest must do
40—Potato
41—Parched
42—Fee on borrowed money
46—Measure of distance
47—At hand
48—Boat propeller
49—Member of House of Lords
50—Lumps
51—No

DOWN
1—Tiny
2—Science
3—Animal
4—Orchestras
5—Goddess of Discord
6—Insect
7—Things to dance about
8—Extras
9—Fable
10—Spirit
11—Confined
16—Scratches (dial.)
20—Assert
21—Fleshy fruit
22—Single thing
23—Resolute
25—Scorching
26—Small reed organ
27—God of War
28—Salamander
30—Grow!
33—School book
34—Slanderous remark
36—Copyists
37—Humid
38—Great Lake
39—Heap
40—Strike with knife
43—Prefix: new
44—Ancient Arable weight
45—Attempt

ANSWER TO PREVIOUS PUZZLE

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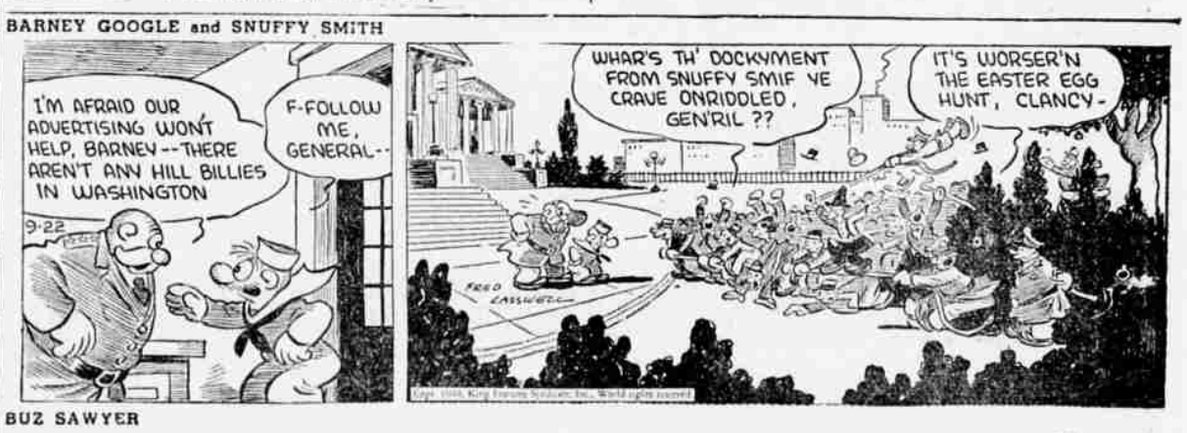

BUZ SAWYER

BLONDIE

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THE NEBBS