

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.
Readers should address inquiries to Dr. William Brady
265 El Camino, Beverly Hills, Calif.

COME, COME, BE YOUR AGE

As I was saying, medicine has to be good if I take it myself. At least I must believe it is good medicine. And so I take my morning somersaults seriously.

In the talk about the onset of old age I made clear, or as clear as I could, that the best index of a person's functional or anatomical and physiological age, regardless of chronological age, is bounce. Count yourself growing old when you realize you have lost bounce, elasticity, resilience, the characteristic that distinguishes the cub from the old bear, the colt from the old gray mare.

You've lost bounce if you can't run half a mile—at your own speed, no matter whether slow or fast; if you can't jump four feet high; if you can't roll have a dozen somersaults on floor or ground and come up on your feet smiling and fit to navigate—not flustered or seasick or dizzy.

No sooner does a person begin to lose bounce or resiliency than he or she begins to stiff—perhaps he or she tries to call it being dignified as he gets on of mature age. That doesn't fool anybody. Stiffness is only false dignity.

When this stiffness, which is the natural consequence of gradual replacement of muscle cells and elastic tissue by scar tissue, fibrous tissue, which can serve no function—for instance the cells and elastic tissue of the artery walls replaced by dense inelastic fibrous material, progresses to a degree the victim can no longer pretend is dignity, other and more specific names are applied to the condition, such as hardening of the arteries, chronic tired feeling, rheumatism. Remember, in the talk here

recently, we said: "Among the infirmities or complaints of elderly folk whose daily intake of vitamin B-complex, vitamin D, calcium and phosphorus is deficient, deficient not only this week, month or season but deficient through the years, these are the most frequent:

1. Lack of "pop", need for a "good tonic".
2. Rheumatism.
3. Cramps in legs (sometimes in arms) disturbing rest nights—adult tetany, I call it.
4. Fatigability.

None of these complaints nor all of them together spell old age. They spell nutritional deficiency. On request, if you provide stamped self-addressed envelope (no clipping will suffice) I'll be glad to mail you a pamphlet "Young Folks and Old Folks" which tells how to correct such nutritional deficiency.

QUESTIONS & ANSWERS
Thrombo-embolic Outlets
My doctor says I have a disease and that I must absolutely quit smoking. I am thirty and have been smoking for twelve years. Please send me any information or advice you have on thrombo-embolic outlets. The doctor says this is the medical name for it.

Answer—Impossible for me to tell from your given name whether you are a man or a woman. Send ten cents and stamped self-addressed envelope and please use your title, whether Mr. or Mrs. Miss, and ask for booklet CVD. It contains a chapter on Burger's disease.

Mother, 44, has developed inguinal hernia. She asked her doctor about the simplest treatment you recommend. He told her: "Only quacks use it." Can you recommend a physician in the Los Angeles area who is qualified to give her the ambulatory treatment? (N. B. R.)

Answer—Your mother's doctor is right where a good many doctors are, where I was twenty years ago. If I had hernia I'd prefer ambulatory treatment—in fact I'd submit to radical operation ONLY after ambulatory treatment had failed—as it does fail in nearly as many cases as the radical operation does. I knew of two good doctors in the Los Angeles area who were in military service. Surely not all the doctors left there are old fogies like my mother's.

Of Interest to a Bride
I'd like to have my pamphlet "Preparing for Maternity."
Answer—Send ten cents and stamped envelope bearing your address, for the pamphlet.
Copyright, 1944, John F. Dille Co.

SUGAR SHORTAGE CUTS SUPPLIES IN HOME CANNING

Because sugar consumption in the United States has risen considerably higher this year than had been anticipated and because refineries are from six to eight weeks behind schedule in production, sugar allowances for home canning cannot be raised, according to local and district OPA officials.

Only exception is for people who grow their own fruit and in this instance it is pointed out that sugar is granted for not-

ing less than 100 quarts and payment of blue points at the rate indicated in current point charge is exacted. At present this rate would be 3000 blue points for each 100 quarts of fruit.

Canning without sugar is recommended by the department of agriculture for producers having fruit which spoils if not processed according to Willard Case, district OPA food rationing representative, who said that many requests are being received for extra sugar. Unsweetened fruit may be processed the same as sweetened, according to Case.

Sugar consumption in the United States during the first eight months of this year was 450,000 tons more than in the same 1943 period and is considerably higher than anticipated by the War Food Administration, according to a recently published report quoted by the local war price and ration board.

CITATION

In the County Court of the State of Oregon for Jackson County. In the Matter of the Estate of Deborah Gilman, Deceased. To: Marjorie Gilman and Melvin Gilman and George P. Gilman, heirs at law of the above named decedent, and all persons interested in said estate: In pursuance of an Order of said Court made and entered of record on August 31, 1944, you and each of you are hereby notified and clear to appear in the above entitled Court and cause within four weeks from the date of the first publication of this citation upon you, if you be a resident of the United States outside of the State of Oregon; but if you, or either thereof, be within a foreign country then you are required to appear within 30 weeks from the date of the first publication of this citation upon you, which is September 6th, 1944, to show cause, if any you have, why an Order of this Court should not be made authorizing and licensing the administrator of said Estate to sell the Real Property belonging to said Estate at private sale to pay the claims against said Estate and the costs and expenses of administration. Said Real Property consists of the following:

"Lot Numbered Thirteen (13) Lumsden's Addition to the City of Medford;

Also 8.64 feet across the west end of lot four (4) block One (1) Lumsden's Addition to the City of Medford, Oregon." As described in volume 172, page 404 and volume 219, page 61, Deed Record Jackson County, Oregon.

And if you fail to appear within the time required and offer your objections to such petition the Court will make an Order for the sale of the said described Real Property at private sale for cash to the highest bidder.

In Witness Whereof, I have hereunto set my hand and affixed the seal of said Court this 6th day of September, 1944. (County Court Seal)

G. R. CARTER, County Clerk
By Della Bigham, Deputy
Gus Newbury, Attorney for said Estate.

HOSPITAL VESSEL LUXURIOUS HAVEN AT BLOODY NOSE

Marine Sergeant Finds Himself Whiskered Aboard When Arm Torn By Shell

By Richard W. Johnston

United Press War Correspondent
Aboard U.S.S. Samaritan off Peleliu, Sept. 18—(Via navy radio)—U.S. Marine Sgt. Paul L. Stevens began crawling up the lethal slopes of "Bloody Nose" ridge at 9 a. m. today. Glancing seaward from tiny Peleliu he saw this gleaming white ship move in and drop anchor.

Stevens called to a buddy in his signal corps wirerunning outfit:

"Look, hospital ships coming in!"

Before he got an answer Jap mortar shells were whistling down around the squad, bursting on the chalky cliffs. A fragment tore through Stevens' arm.

Welcome Change

Now it is noon, and Stevens, who is 24 and from Preston, Minn., is sitting on the afterdeck of the Samaritan, his arm dressed and waiting for chow, which will be a welcome change from three days of K rations.

Other wounded are making the shore to ship journey, coming up two gangways at the rate of one every minute, but few made such a dramatic transition from the explosive beaches and ridges as did Stevens.

He shakes his head and marvels at the change, looking hungrily at the clean wooden decks, shining ship sides, swift and efficient corpsmen and orderlies, and of course nurses, too.

The nurses of this open deck ward—for ambulatory cases—are too busy to chat with patients, but the mere sight of an attractive brown-haired, green-eyed girl, smiling and sympathetic, is a mighty morale boost for tired and dirty marines who have been fighting filth and Japs for more than 70 hours.

700 Wounded Aboard
By nightfall the ship will be moving with some 700 wounded marines aboard, assured of the best of care, encouraged by cheery surroundings, and luxuriating with ice cream and ice water.

I saw some of the marines fighting on the island yesterday. Some of them were brought aboard suffering terrible wounds from Jap mortar fire and grenades—arms or legs gone or smashed to bloody pulp, faces torn, or their bodies swathed in great blood-soaked bandages.

But many were less seriously wounded and we talked with a number of them.

There was S. Sgt. John Lasiw, Wellington, N. J., who was splattered with shrapnel while fighting with the fifth marines on the swampy eastern front this morning and evacuated through the same high-speed first aid station as Stevens.

Rear Attacks Score

There was Pfc Norman Klaus, Breda, Iowa, who figured in a fantastic incident, being hit in the fleshy part of the buttock by a sniper when he moved up to help a buddy wounded in the same spot. A corpsman came to their aid and the Jap sniper scored a third time—again in the same place. None were dangerously hurt.

Cpl. Wilford Schall, 23, Buffalo, N. Y., had five shrapnel wounds, none in vital areas. He was worried that his relatives might think he had lost a limb or eye, and this will reassure them and carry out a promise I made to him.

Schall had a mortar outfit and

RADIO SERVICE

All makes repaired or completely reconditioned
PHILLIPS' RADIO SERVICE
Phone 3859, 1307 N. Riverside

SUBURBAN HEIGHTS

By GLUYAS WILLIAMS

UNTIL AFTER THE ELECTIONS FRED PERLEY HAD TO GO UP LOOKING THROUGH HIS PAPER AT THE STATION IN THE MORNING BECAUSE HE SEES ANY POLITICAL VIEWS WITH WHICH HE DISAGREES HE GETS SO WORKED UP THAT HE MISSES HIS TRAIN

GUSHER FIRE COSTLY IN OIL AND RIGGING

Santa Barbara, Cal., Sept. 27 (U.P.)—More than \$100,000 worth of oil and equipment went up in billowing black smoke today as special asbestos-clad crews worked to extinguish a burning oil well that gushed flames 200 feet high on the Signal Hill company's state lease 15 miles north of here.

The well blew in yesterday at 5000 feet, spouting oil and fire that was estimated to be consuming gas at the rate of 20,000,000 cubic feet a day.

was attempting a forward observation when a Jap mortar shell burst nearby. He had come through the Guadalcanal and Cape Gloucester campaigns unscathed and only the day before had plumbd an incredible Jap blockhouse with cellars four stories deep.

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) 1310, Spokane.
KGO (NBC-Hue) 310, San Francisco.
KJW (NBC-Red) 670, Seattle.
KJR (NBC-Blue) 1000, Seattle.
KNN (CBS) 1070, Los Angeles.
KOA (NBC-Red) 150, Denver.
KOH (CBS) 970, Portland.
KOMO (NBC-Red) 950, Seattle.
KPD (NBC-Red) 680, San Francisco.
KSL (CBS) 1160, Salt Lake City.

Time shown is PST

Wednesday

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

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

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

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

6:00 p. m.—Eddie Cantor, 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; Spotlights, new BN.

6:45 p. m.—Kay Kyser's Kollege, NBC; Raymond Gram Swing, BN; Great Moments in Music, CBS.

7:00 p. m.—Lowell Thomas, MBS; Ted Malone, BN; The Colonel, CBS; Screen Moments in Music, MBS; Screen Test, NBC.

7:15 p. m.—Mercer's Music Shop, NBC; Paul Neilson, new BN; I Love a Mystery, CBS; Main Line, MBS.

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

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

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

9:15 p. m.—Fulton Lewis Jr., MBS; 10:00 p. m.—News, NBC; Bal Tabarin Cafe Orch., BN.

10:30 p. m.—Screen Test, NBC; 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 Piraless, BN; Fletcher Wiley, CBS; OK for Release, NBC.

5:15 p. m.—Dick Tracy, BN; Superman, MBS; Ray Harry, new CBS.

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

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

6:00 p. m.—Eddie Cantor, NBC; Gabriel Heatter, MBS; Hop Harrigan, BN; Frank Sinatra, CBS.

6:15 p. m.—News, BN; Screen Test, MBS; Lou Holtz, BN.

6:30 p. m.—Charlie Chan, NBC; Spotlight Bands, BN; 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; Ted Malone, BN; The Colonel, CBS; Screen Moments in Music, MBS; Screen Test, NBC.

7:30 p. m.—Mercer's Music Shop, NBC; Paul Neilson, new BN; I Love a Mystery, CBS; Main Line, MBS.

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

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

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

9:15 p. m.—Fulton Lewis Jr., MBS; 10:00 p. m.—News, NBC; Bal Tabarin Cafe Orch., BN.

10:30 p. m.—Screen Test, NBC; CBS; Thomas Peluso Orch., NBC.

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

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

Friday

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

5:15 p. m.—Dick Tracy, BN; Superman, MBS; Ray Harry, new CBS.

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

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

6:00 p. m.—Eddie Cantor, NBC; Gabriel Heatter, MBS; Hop Harrigan, BN; Frank Sinatra, CBS.

6:15 p. m.—News, BN; Screen Test, MBS; Lou Holtz, BN.

6:30 p. m.—Charlie Chan, NBC; Spotlight Bands, BN; 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; Ted Malone, BN; The Colonel, CBS; Screen Moments in Music, MBS; Screen Test, NBC.

7:30 p. m.—Mercer's Music Shop, NBC; Paul Neilson, new BN; I Love a Mystery, CBS; Main Line, MBS.

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

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

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

9:15 p. m.—Fulton Lewis Jr., MBS; 10:00 p. m.—News, NBC; Bal Tabarin Cafe Orch., BN.

10:30 p. m.—Screen Test, NBC; CBS; Thomas Peluso Orch., NBC.

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

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

Saturday

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

5:15 p. m.—Dick Tracy, BN; Superman, MBS; Ray Harry, new CBS.

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

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

6:00 p. m.—Eddie Cantor, NBC; Gabriel Heatter, MBS; Hop Harrigan, BN; Frank Sinatra, CBS.

6:15 p. m.—News, BN; Screen Test, MBS; Lou Holtz, BN.

6:30 p. m.—Charlie Chan, NBC; Spotlight Bands, BN; 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; Ted Malone, BN; The Colonel, CBS; Screen Moments in Music, MBS; Screen Test, NBC.

7:30 p. m.—Mercer's Music Shop, NBC; Paul Neilson, new BN; I Love a Mystery, CBS; Main Line, MBS.

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

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

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

9:15 p. m.—Fulton Lewis Jr., MBS; 10:00 p. m.—News, NBC; Bal Tabarin Cafe Orch., BN.

10:30 p. m.—Screen Test, NBC; CBS; Thomas Peluso Orch., NBC.

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

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

Sunday

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

5:15 p. m.—Dick Tracy, BN; Superman, MBS; Ray Harry, new CBS.

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

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

6:00 p. m.—Eddie Cantor, NBC; Gabriel Heatter, MBS; Hop Harrigan, BN; Frank Sinatra, CBS.

6:15 p. m.—News, BN; Screen Test, MBS; Lou Holtz, BN.

6:30 p. m.—Charlie Chan, NBC; Spotlight Bands, BN; 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; Ted Malone, BN; The Colonel, CBS; Screen Moments in Music, MBS; Screen Test, NBC.

7:30 p. m.—Mercer's Music Shop, NBC; Paul Neilson, new BN; I Love a Mystery, CBS; Main Line, MBS.

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

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

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

9:15 p. m.—Fulton Lewis Jr., MBS; 10:00 p. m.—News, NBC; Bal Tabarin Cafe Orch., BN.

10:30 p. m.—Screen Test, NBC; CBS; Thomas Peluso Orch., NBC.

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

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

chairmanship of the Live Oak Grange committee and will appoint others from the Grange to help contact the public.

At close of the evening refreshments were served by the Grange ladies.

No H. E. C. meeting was held this month as everyone is busy with canning and fall work.

Sams Valley Grange

F. H. Hart, engineer for the federal bureau of reclamation, will speak at a meeting at the Sams Valley Grange hall Friday, Sept. 29, at 8:30 p. m. It was announced today. Mr. Hart's subject will be a report of the recent survey carried on by the bureau on the possibilities of reclaiming irrigable land in the Rogue River basin not now under irrigation.

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

It is stated that Mr. Hart will

particularly discuss the survey as it applies to the Sams Valley and Beagle districts. All those interested are invited to attend.

San Francisco, Sept. 27—(U.P.)

Barley C. Crum, San Francisco attorney and active Republican

who was a vigorous campaigner in behalf of Wendell Wilkie in the 1940 presidential race, announced today he will support President Roosevelt for a fourth term.

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

GRASS GROWS AT THE WORLD-FAMOUS CORNER OF HOLLYWOOD AND VINE! —