Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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AN EXCELLENT ANTISEPTIC DRESSING

In my opinion a large wet dressing of plain soap and water—any laundry or toilet soap, with a slight margin in favor of yellow laundry soap—is at least equal to any other antiseptic treatment or dressing one can apply to an infected wound, sore, hangnail, boil, carbuncle, inflamed varicose ulcer or other break in the skin where "blood poisoning" is to be prevented.

Dr Brady

Such a dressing should be voluminous, yards and yards of washed cheesecloth (surgeon's gauze, applied loosely and thickly over the wound or sore, held in place with a losely applied bandage, and kept moist with soapy boiled water — pour additional soapy boiled water on the dressing every hour or two, and keep the moist or wet dressing undisturbed for twenty-four hours.

By actual bacteriological tests, as reported here in talks on soap as an antiseptic, we know this treatment is at least as efficacious as the most "powerful" and malodorous stuff the little tin doctor is so fond of using—and incidentally the soap poultice is NON-POISONOUS.

Soapy water acts by forming a microscopic film around the germs and causes their death by excluding them from their nutritive medium. Likewise soap forms a film around germ toxins—such as the toxin of diptheria and the toxin of tetanus (lockjaw) and so prevents or retards its absorption and action on the body cells. This is proved by mixing a lethal dose of either toxin (lethal to guinea pig) with a little soapy water—than the guinea pig can survive a dose 100 times as large.

The young man on the bowling green was born in 1859, according to the Blue Book, and I have been trying for years to persuade him to tell us all his secret of youth. At last he consented to let me in on part of it. "For one thing," he said, "smoking never did me any harm"—you see, he has never smoked. I'm afraid I had my pipe with me that day.

The only harm too much bathing, too hot water, excessive use of soap or too strong soap is likely to do any one is to cause a comparatively trifling dryness, irritation and pruritus or burning and itching of the skin—and even this seldom occurs in young persons, usually in people whose skin is old to begin with. Even they can prevent it by using a suitable skin oil to replace the natural sebum or skin oil removed by hot water and soap.

Brushing the teeth and bathing will never do you any harm, no matter whether you brush 'em and bathe twice a day or twice a season.

QUESTIONS & ANSWERS

Rules for Recovery From Tuberculosis

Please tell me who published "Rules for Recovery from Tuberculosis," which you recommended so highly. You said it was by Lawrason Brown, M. D., but I have been unable to find it at bookstores. (B. L. H.)

Answer—I intended to mention that it was published 25 years ago by Lea & Febiger, New York and Philadelphia. It should be available in your public library. Similar books for patients and their friends have been published since, but I have not seen any as good as Lawrason Brown's.

Sore Tongue

Have been going to doctor a year now. He says I have glossitis, inflammation of the tongue. (Mrs. F. E. B.)

Answer—Some causes of obstinate sore tongue are (1) Galvanic burn from the miniature battery set up by presence of two dissimilar metals in the fillings or other dentures. (2) Hypochromic anemia—if you are anemic send ten cents and stamped self addressed envelope and ask (do not send clipping) for booklet Blood and Health. (3) Prolonged moderate vitamin B-complex, particularly riboflavin deficiency—daily consumption of not less than three pints of milk is best source of riboflavin. (4) If soreness is localized to one or two spots, trench mouth, leucoplakia (smoker's patch) and mucous patches or the primary syphilitic sore must be kept in mind. Incidentally at least half of the victims of syphilis are infected innocently, so no moral stigma necessarily attaches.

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MENTAL WIZARD REPRIMANDED IN DIVORCE COURT

Nek York, Oct. 3—(U.P.)—Mind reader Joseph Dunninger was admonished twice by Justice Dennis O'Leary Cohalan in supreme court today for disrupting a hearing of Chrystal Spencer Dunninger's suit for a declaration of their marriage and a separation from the "mental wizard."

Cohalan first ordered Dunninger to sit which his back to the witness stand because his grimaces disturbed Mrs. Dunninger as she related the story of their common law marriage ceremony.

Later, when Dunninger arose and attempted to speak to the judge, Cohalan ordered him to "step down and sit down . . .this is a courtroom and not a vaudeville stage."

The "ceremony" Mrs. Dunninger said, took place in her apartment on April 28, 1928, after a civil ceremony had been called off because Dunninger did not want to upset his mother, recently deserted by her husband.

"I had prepared a cake with icing on it," Mrs. Dunninger said. "He brought champagne; I brought ice. I laid out a table cloth, fixed up the things, put candles on the table, and everything was prepared.

"Then Joe took down my family Bible. He said: "Before the eyes of God and man, I take you as my wife, Chrystal'. I said: 'Joe, before the eyes of God and man, I take you as my husband'. He then gave me this wedding ring," she said, removing the band so that it might be placed in evidence.

Relieve that Tormenting

PIN-WORM ITCH Too Embarrassing to Talk About!

It is no longer necessary to put up with the trouble caused by Pin-Worms. Don't let your child or yourself suffer that tormenting, embarrassing rectal itching, or take chances with the internal distress.

Medical science has now discovered a sure and highly effective way to deal with this stubborn and troublesome infection. This important scientific discovery is a remarkable drug known as gentian violet. It is the vital element in P-W, the new Pin-Worm treatment developed by the laboratories of Dr. D. Jayne & Son, America's leading specialists in worm medicines. P-W tablets are small and easy to take, and they act in a special way to destroy the ugly creatures.

Watch for the warning signs: Itching nose and seat, uneasy stomach, bed-wetting, uneven appetite. Remember that now there is a treatment that works on Pin-Worms as no old-fashioned "worm syrup" or "worm candy" could. So if you even suspect Pin-Worms, get a box of P-W right away, and follow the directions carefully.

P-W means Pin-Worm relief!

Sidney Hillman Urges CIO Men To Get Out Vote

Atlantic City, N. J., Oct. 3—(U.P.)—Sidney Hillman, chairman of the Congress of Industrial Organizations political action committee, today urged delegates to the 10th annual convention of the Industrial Union of Marine and Shipbuilding Workers (CIO), to return home and get out the vote and "then there will be no question but that Mr. Dewey will be the worst defeated presidential candidate during our life time."

Hillman said his only worry was that organized labor, especially the CIO, did not realize what was at stake, what the November 7th election meant to America, to labor and to the world. "If we could only realize," Hillman said, "there would be no question that the decision would be the proper decision. The only thing is that people take things for granted, so I plead with you to return home and get the people to register and vote. If we get a vote of 50,000,000 as we did in 1940, the opposition cannot win," Hillman added.

Sams Valleyite Furnishes Food For Coon Family

John Payne of Sams Valley, disturbed in his sleep the other evening by a cat meowing, arose to put milk and food out for the cat to quiet the noise. Next morning he discovered that the supposed cat had evidently been a mother coon and three kittens as coon tracks were found around the food dist and house.

Payne, well-known in the valley, returned several months ago from Alaska where he had been employed for about six months on dock work at Nellie Juan, Alaska. He returned to the states after a knee injury forced him to leave his job. His knee is now fully recovered, he stated.

Use Mail Tribune Want Ads

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MEDFORD'S YMCA SHARES BENEFITS OF CHEST FUNDS

Announcement was made today of establishment by the Medford YMCA of temporary quarters in the Masonic building on West Main street formerly occupied by the West Main USO, where plans are being made to appeal to the interests and needs of teen-age boys and girls with special attention to filling leisure time and development of citizenship.

A local board of management consists of Dr. Bert R. Elliot, president; Mrs. Richard Payne, vice president; I. E. Schuler, secretary; and Chas. Newland, treasurer; Tony Manno, Ralph Cook, Mrs. J. C. Tucker, Mrs. Carl rockhaus, Rev. Harry W. Hansen, Frank Redden, Mayor Clarence Meeker, Sam Colton, Herbert Grey, Lloyd Rupp, Archie Pierce, Robert Elder, and Mrs Dolph Phipps.

Activities Planned

The board is now busy developing active committee services and locating furnishings for the club rooms, to be operated under the direction of Ben H. Schmidt, director, formerly of Pasadena, Calif.

Mr. Schmidt has been working with youth for 32 years, 10 of which were spent in China. He received his education at Whittier College and Columbia University, New York. He says, "I feel the people of Medford are awake to the real need to serve their at home boys and girls, with the same enthusiasm and support that they have shown toward their men and women in the armed forces. This is a wholesome and healthy sign, and needs careful follow up through the years ahead. It will pay dividends in finer character and personality with a sound foundation."

Local plans make provision to cover a full program of interests of boys and girls and have the support of several organizations in the community, the nucleus having been the Medford Hi Y club, an outstanding high school activity under leadership of Professor J. C. Tucker. This group and others will be re-organized as soon as school gets under way. A leaders corps is being planned and with building and equipment available, will provide a training ground for leadership. Club program and activities will include games, feeds, discussions, parties, hobbies, trips, camp fires crafts and inter-club competition. A "Y-Teen" club will also be featured in the total program of the YMCA. The program committee of the local "Y" consists of: Ralph Cook, chairman; Mrs. Karl Brockhaus, Robert Elder and Professor J. C. Tucker.

Parties, carnivals, contests, talks, lectures, athletic leagues, father and son get-togethers, mother and daughter events community drives, dances and social evenings, holiday celebrations, devotional services with churches, movie nights, swimming meets, inter-city club nights, school and church services, P.-T.A. events, drama, public speaking, discussions, etc., will be featured.

Cooperation Aim

Dr. Bert Elliott, president of the board of management, says, "we feel that the most productive work for the boys and girls can be done by cooperation with the existing organizations and we are more than willing to work with the homes, churches, schools, P.-T.A., service clubs and lodges in our effort to develop Christian character in our Medford youth."

Director Schmidt said, "I count it a rare opening, to put my experience and keen interest into this YMCA venture, along with the citizens of Medford, and ask for your continued and growing cooperation. The sky is the limit, when we work together for the boys and girls of Medford."

The local YMCA youth program depends in considerable part for support on the Medford Community Chest and War Fund, along with 35 other agencies, campaign for funds for which is scheduled to begin here October 9.

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

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.—Capt. Midnight, 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.—Fibber McGee and Molly, NBC; Spotlight Bands, BN, American Forum, MBS.

7:00 p. m.—Bob Hope, NBC; Raymond Gram Swing, BN.

7:15 p. m.—Lowell Thomas, MBS.

7:30 p. m.—Hildegarde, NBC; Red Ryder, MBS.

8:00 p. m.—Mercer's Music Shop, NBC; I Love a Mystery, CBS; Watch World Go By, 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; Alan Young Show, BN; Freedom of Opportunity, MBS.

9:00 p. m.—Everything to Boys NBC; News, MBS Theater of Romance CBS; Let Yourself Go, BN

9:15 p. m.—Rex Miller, MBS.

9:30 p. m.—Million Dollar Club, CBS.

10:00 p. m.—News, NBC; Count of Monte Cristo, MBS, Bal Tabarin Cafe Orch. BN

10:15 p. m.—Ted Straeter Orch. NBC.

10:30 p. m.—Edwin C. Hill, CBS; Ambassador Hotel Orch., BN; Sweetheart Swing Time, NBC.

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

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.—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; 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 Serenade Amby, 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.

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JACKIE COOPER HEARS DECISION WEDNESDAY

South Bend, Ind., Oct. 3—(U.P.)—Juvenile Court Referee Albert Doyle announced today that he would give his decision at 10 a.m. tomorrow in the case of former film star Jackie Cooper and three others charged with contributing to the delinquency of two teen-aged South Bend girls.

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Crossword Puzzle

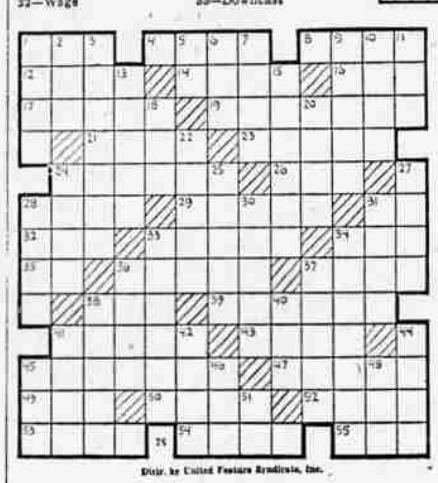
ACROSS

1—Wander about
3—Wagon
8—Wound cover
12—Drinker
14—Dirty
16—Oriental sash
17—Spend time with
19—Widen
21—Biblical weed
23—Notoriety
24—Over-decorated
26—Beast of burden
28—Dot
29—Type of violin
31—World speech
32—Wage
33—Steeple
34—Fixed
35—Man's nickname
36—Red vegetables
37—Woe is me!
38—Prefix: bad
39—Join with metal
41—Men
43—Require
45—Turns down
47—Noble
49—Fuss
50—Hopper
52—Bare
53—Saucy
54—Scheme
55—Downcast

DOWN

1—Donated
2—Mr. Baba
3—Ruin
5—Likewise
6—Take away
7—Part of wheel
9—Finales of fugues
10—Help
11—Compartment
13—Laughing
15—Find
18—Malay coin
20—Too
22—Russian stockade
24—Gem
25—Gives off
27—Makeshift beds
28—Member of Coast Guard
30—Crime with fire
31—Rise up
33—Choose
34—Hammers
36—Pail handle
37—Take away
38—Battalion chief
40—Irish Neptune
41—Ancient race
42—Halt!
44—Vehicle
45—Strike
46—Salt
48—Constellation
51—Father

ANSWER TO PREVIOUS PUZZLE



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