

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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DIS-USE, ATROPHY, AND DIS-EASE

A tooth one can use in one's business of living is easily worth ten times what it costs to have the finest possible denture installed—to any one but a tramp.

Critical inspection of the mouth of the pyorrhea patient usually reveals that the patient has neglected to have necessary dental treatment or repairs in earlier years or has indulged in the false economy of makeshift work by quacks who can remain in business as long as there are new suckers to be lured into the strategically situated "parlors."

Don't look now, my dental friend, but it is at least notable that most of these pyorrhea patients are and for years have been the most conscientious users of toothbrushes and dentifrices. It may seem unkind-like to mention it here, but in my rude way—after all, my old man was just an honest but poor blacksmith until he got smashed up, and after that the family (seven members) subsisted on a monthly income of \$35, plus what potatoes, chickens, milk, cream, butter, ham, corn, beans, squash, bacon, spare ribs, salt pork, apples, cabbage, pears, currents, cherries, pickles, jellies, jams, pigs' knuckles, sausage, fresh fish, fresh eggs and the like we could raise on vacant patches here and there or harvest on shares or catch or gather one way or another—gosh, we were poor but withal well nourished—in my rude way I often wonder whether the poor geek with pyorrhea would have gotten himself into such a sad predicament had he invested in good dentistry all the money he squandered through the years on toothbrushes and glorified soap.

Dis-use of the teeth, gums, muscles, mucous membranes, glands, bones which are concerned in the function of mas-

tication, inevitably leads to atrophy, wasting, weakening of the face, muscles, mucous membranes, glands, bones and teeth. This shrinking and weakening advances slowly or rapidly, according to the number of teeth crippled or lost and not immediately repaired or replaced with functionally efficient dentures. Dis-use, dystrophy (which means bad or poor nutrition), and sooner or later it dawns on you or your dentist that you have dis-ease—pyorrhea.

Now please don't get me wrong, children. In truth I use a toothbrush often—maybe three times a day, but, say, once a week. It is just right for cleaning the type on this writing machine which purports to be "noiseless." So I do not hold that toothbrushes are entirely useless. I merely say that in my judgment any one who brushes his teeth in the belief that brushing saves the teeth from decay or disease is just too credulous for this world.

No doubt I'll suffer for this, but I won't mind if only the world will remember I said it.

QUESTIONS AND ANSWERS

Which Hospital? Please recommend two or three doctors who can do this or that operation and state which hospital each is in. (C. A. S.)

Exercise Should a woman 63 years of age indulge in daily setting-up exercise of a fairly strenuous nature? (Mrs. C. L.)

Answer—Perhaps not if she has not ordinarily had much daily exercise. Each individual is a law unto herself in regard to the amount of daily exercise she requires to keep her as fit as she should be. The half-dozen exercises described and illustrated in "The 7 Keys to Vite" are about right. Booklet mailed on request if you inclose 25c and stamped envelope bearing your address. It adds about diet, rolls, insulin, ration, etc., too.

Wife was taking calcium and vitamin D under doctor's orders preparing for maternity. I read your recommendation of it for sinus trouble, began taking it, and the benefits gained were amazing. (P. E. H.)

Answer—Pamphlet "The Calcium Shortage" mailed on request if you enclose stamped self-addressed envelope. (Copyright 1944, John F. Dille Co.)

Medford Sergeant In Plane Crew Which Carried Paratroopers Into Southern France During Invasion

Somewhere in the Mediterranean Theater (Delayed)—Already a veteran of one invasion (Italy) Technical Sergeant Robert A. Stewart added invasion number two to his record when as a crew chief aboard an unarmed, unarmored C-47 transport plane, of a troop carrier group, commanded by Colonel John Cerny of the Twelfth Air Force, he flew into southern France on D-day, August 15, 1944, to drop paratroopers and airborne troops in gliders behind enemy coastal defenses on the French Riviera.

T/Sgt. Stewart has been overseas for more than 25 months and is the wearer of the air medal. He also wears the North African-European theater ribbon with four stars, the Asiatic theater ribbon with one star, the American theater ribbon, and the good conduct medal.

In Burma Theater After serving in North Africa and Sicily T/Sgt. Stewart and part of his troop carrier group were suddenly assigned to the China-Burma-India theater of operations. There the group distinguished itself by flying troops and supplies in support of allied armies fighting in Burma and resupplying the allied troops battling around Imphal, India.

"Flying in Burma and India was extremely dangerous business," recalled T/Sgt. Stewart. "We were constantly subjected to attacks by Jap Zeros. One of our planes absorbed 100 bullet holes, in addition to losing a wing tip. Still another of our C-47s was forced to belly land in the dense India jungle."

"One Zero didn't get away after attacking one of our planes. It swooped down on the tail of the transport, chewed off a big section of the vertical stabilizer and then crashed. Our twin-engine transport returned safely to its base and the pilot received credit for downing the Zero."

Carry Supplies Also When not participating in para-drops, T/Sgt. Stewart's troop carrier group carries food, equipment, a m m u n i t i o n and

TONIGHT SPECIAL BROADCAST NBC 10:00 P.M.

RUDY VALLEE RICHFIELD REPORTER MAJOR BOB JOHNSON Air Ace NBC ORCHESTRA A Great Special Events Broadcast TUNE IN NBC 10:00 P.M.

YICK SO CHINESE HERB CO. REMEDIES FOR STOMACH ULCERS Heart Rheumatism Asthma Catarrh Piles, Prostate Gland Eczema and disorders of Liver, Kidney Trouble, and other complaints disappear after using CHINESE HERBS Removed to Sparta Bldg. J. H. Leong, Herbalist Phone 5817

"Cobra Woman"



Playing this week at the Craterian, is "Cobra Woman," in technicolor with Maria Montez, Jon Hall, Sabu and Lon Chaney.

Greatest Battle Coming Soon Is Japanese Claim

By United Press Admiral Nobumasa Suetsugu, former commander-in-chief of the Japanese combined fleets, has predicted "the greatest and most decisive battle ever fought" will be joined in the near future between Japanese and American air and seapower in the Pacific, a Japanese broadcast said Wednesday.

A Japanese Domei News Agency dispatch recorded by FCC monitors said Suetsugu's statement was made in an interview with the newspaper Mainichi discussing "the enemy's activities aimed at recapturing the Philippines."

"These operations," Suetsugu was quoted, "indicate that the most crucial point has been reached in the war situation, prearguing the most important fighting."

Life, Love, Fortune Go Up In Smoke In WAC's Trash Fire

Denver, Oct. 5—(U.P.)—WAC Capt. Grace Polk of Corsicana, Tex., saw her life, love and fortune go up in smoke today. The captain's new maid inadvertently dumped her marriage license, promotion order, birth certificate, car title and war bonds in the trash can.

Captain Polk, commanding officer of the Buckley Field WAC detachment, suddenly became aware of the dilemma and rushed to the field's dump, only to arrive in time to see the precious documents vanish in white smoke plumes.

JOB FOR NELSON IN MEXICO IS OUTLOOK

Washington, Oct. 5—(U.P.)—War production board officials close to former Chairman Donald M. Nelson said today that they "wouldn't be a bit surprised" if he were named "economic envoy" and post-war industrial consultant to Mexico and South American nations.

In announcing Nelson's resignation from WPB Saturday, President Roosevelt said that the former Sears Roebuck & Co. executive would be "urgently needed in laying the groundwork for post-war economic cooperation with other nations."

A bust of Lincoln, presented by the people of North Dakota, stands in Frogner Park, Oslo, Norway.

On the Radio Chains

STATIONS: Chain affiliation and where they are on the dial. KALE (MBS) 1230, Portland KEA (NBC-Blue) 1190, Portland KGA (NBC-Blue & MBS) 1510, Spokane; KGO (NBC-Blue) 810, San Francisco; KJW (NBC-Red) 620, Portland; KJR (NBC-Blue) 1070, Seattle; KXN (CBS) 1070, Los Angeles; KQA (NBC-Red) 850, Denver; KQBN (CBS) 970, Portland; KQML (NBC-Red) 850, 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; Captain Midnight, BN; Night News Wire, MBS, news, CBS. 6:00 p.m.—Music Hall, NBC; Major Bowes, CBS; Gabele Heatter, MBS; Carlson and News, BN. 6:15 p.m.—Screen Test, MBS; Lou Holtz, BN. 6:30 p.m.—Bob Burns, NBC; Spotlight Bands, BN; Corliss Archer, CBS; Serenade, MBS. 7:00 p.m.—Abbott and Costello, NBC; Raymond Gram Swing, BN; Dennis Corum, CBS; Press, Roosevelt, MBS. 7:15 p.m.—Lowell Thomas, MBS. 7:30 p.m.—Joe E. Brown, BN; Here's to Romance, CBS; Red Ryder, MBS; March of Time, NBC. 7:45 p.m.—Music Show, NBC; I Love a Mystery, CBS; Roy Henle, news, BN; Sammy Kaye, MBS. 8:00 p.m.—Suzette, NBC; Lum and Abner, BN; Pastora Parade, CBS. 8:30 p.m.—Coffee Time, NBC; Death Valley, CBS; Fred Waring Show, BN. 9:00 p.m.—News, MBS, America's Town Meeting of the Air, BN. 9:15 p.m.—Tex Miller, MBS. 9:30 p.m.—Elery Queen Mysteries, NBC; Fulton Lewis, Jr., News, Hampton, 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.—Hots-Baltimore 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 Flannery, news, CBS; Adventures of Tom Mix, MBS. 5:45 p.m.—Louis P. Lochner, NBC; Captain Midnight, BN; Night News Wire, MBS, news, CBS. 6:00 p.m.—Dewey, NBC; Gabriel Heatter, CBS; Hollywood Mystery Time, CBS. 6:15 p.m.—Screen Test, MBS. 6:30 p.m.—Music Show, NBC; Spotlight Bands, BN; That Brewster Boy, CBS; Double or Nothing, MBS. 7:00 p.m.—Suzette, NBC; Funny Amos-Andy, NBC; Durante and Moore, CBS; Earl Godwin, BN; Dale Carnegie, 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.—Music Show, NBC; I Love a Mystery, CBS; Fights, MBS. 8:15 p.m.—The Farmer Family, BN. 8:30 p.m.—Duffy's Tavern, NBC; Gang Busters, BN; It Pays to be Important, CBS. 9:00 p.m.—Furrough Fun, NBC.

WAYNE MORSE REPUBLICAN FOR U.S. SENATE

TONIGHT 6:45 P.M. KMED

TONIGHT! Back in their regular Thursday night spot. Abbott and Costello KMED 7 P.M. for CAMEL CIGARETTES

SPoon FEEDING By GLUYAS WILLIAMS. Illustrations of a mother feeding a child, with humorous text about spoon-feeding.

Italy Relief Plan in Coming Winter Told By Roosevelt. Washington, Oct. 5—(U.P.)—President Roosevelt today announced plans for the use of substantial allied supplies to help rebuild Italy so "the Italian people will be enabled to increase their ready significant contributions toward the defeat of the enemy."

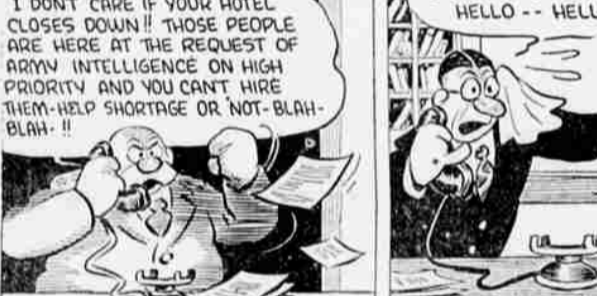
Chalkers' Motel & Lodge OFFICERS' CLUB Dine-Dance-Refreshments Chicken and Steak Dinners. ZERO CLUB Out of bounds, civilians only. Delicious chicken and steak dinners 7:00 p.m., 3 a.m. except Sunday. Phone day time 5300; night 9101.

STRANGE AS IT SEEMS By ERNEST HIX



AUSTRALIA'S HELEN KELLER—AUGUST BETTERIDGE—DEAF, MUTE AND BLIND, IS EDITOR OF THE BRILLIANT AUSTRALIAN MAGAZINE, A WRITER FOR OTHER LEADING MAGAZINES AND A PROFESSIONAL KNITTER AND TYPIST!

BARNEY GOOGLE and SNUFFY SMITH



and "fear" among Italian civilians during the coming winter, supplies will be poured into Italy on an expanded basis under the president's plans.

Mr. Roosevelt said that in addition to "substantial quantities" of food and clothing which already have been shipped into Italy, 150,000 tons of wheat and flour are now scheduled for shipment.

Crossword Puzzle

Crossword puzzle grid with clues for Across and Down words.

