

# Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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## EXPOSURE TO DAYLIGHT

This is the time of year to consider the health value of sunbathing. For the next six months, in the northern hemisphere not one person in a thousand will enjoy as much exposure to daylight as he or she should have for the good of health.

When I say sunbathing I mean exposure of as much of the surface of the body as possible to direct or indirect (diffuse) sunlight or daylight, no matter whether it is New Year or the Fourth of July or whether you live in Montreal or Los Angeles, Saskatoon or Miami. In other words, from the health viewpoint, the less clothing or cover one wears in any circumstances the better, of course with due regard for comfort and convenience.

Although the mid-day sun in mid-summer has the highest proportion of ultraviolet rays, even the diffuse daylight of mid-winter contains some ultraviolet—enough to help any one in good health if he or she does not avoid or neglect adequate exposure of the skin to daylight.

Old fossils who read this may save themselves the time and me the bother of reading screeds if they will refrain from telling me I should know better. Young people who read this will, I hope be assured it is my advice and it applies in all kinds of weather, in all seasons of the year, in all variations of climate. No man, woman or child should ever wear one stitch more than he or she finds comfortable in the circumstances, so far as health is concerned—provided the individual has sufficient intelligence to know whether he is comfortable.

In many towns what little ultraviolet there is in the winter daylight is largely shut out by smoke, dust, fog. Nevertheless enough gets through even the darkest screen to supply the re-

quirement of health if the body is sufficiently exposed.

As I explained in the talk published Oct. 8th, this question of sufficient exposure to daylight is particularly important in the prevention of rheumatic fever and chronic rheumatism.

So I urge all intelligent parents, grandparents, uncles, aunts, guardians, teachers and doctors who are not obsessed by superstition and phobias, to leave it to the children to wear or go without any and all clothing in any and all circumstances, as the children may prefer. I mean so far as health is concerned. And of course I assume the children are not idiots—they know when they are comfortable, and they know it better than you or I possibly can.

This teaching and advice seemed radical and dangerous to the "authorities" or the doctors who purported to be authorities a generation ago. But the trend of popular and even medical opinion has been slowly towards good hygiene and good sense and away from red flannel in the past thirty years.

### QUESTIONS & ANSWERS

**What's the Matter With You Girls?**  
I am in my early twenties, five feet two and weigh one hundred eighteen. I would like to lose about eight pounds. (Miss P. L. W.)

**Answer**—A girl in her early twenties, five feet two inches tall, should weigh not less than 120 pounds. What in turn makes you girls want to look holy frights, anyway? I suspect it is because your physical education has been neglected. You are flabby, lack vit. need, no reduction, but development of your muscles so they will support you in good form, good posture. Send twenty-five cents and stamped self-addressed envelope for book "The Seven Keys to Vite."

**Premature Aging**  
From an allusion to premature aging and premature graying of hair, in your column, I gather that you have a pamphlet on the subject. If so, how may I obtain a copy? (Mrs. B. L.)

**Answer**—Send stamped envelope bearing your address, and ask for pamphlet "Old Folks and Young Folks" and also "Anti-Gray Hair Vitamins."

A reader kindly sends in a recent copy of the magazine "Courage" for which correspondent who inquired about the magazine. The magazine is published by Paul J. Campbell, 240 Arcade Bldg., East St. Louis, Ill. It offers much help to members of the Fraternity of the Wooden Leg. This is not the issue from which I quoted, but I'll be glad to mail it to the correspondent if he or she will give me the address again. (Copyright 1944, John F. Dille Co.)

# ESCAPED YANKEES REVEAL STORY OF NIPP BRUTALITY

## 83 War Prisoners Find Haven with Filipino Guerrillas After Sinking.

Gen. Douglas MacArthur's headquarters, Leyte, Philippines, Sunday, Oct. 22—(UPI)—Eighty-three American officers and men who were Japanese prisoners of war in the Philippines for two and a half years were rescued several weeks ago and all but two who elected to remain with Filipino guerrillas are now safe in hospitals in Australal. Gen. Douglas MacArthur revealed today.

Two of the liberated Americans, First Lt. Richard L. Cook of Los Angeles and Staff Sgt. Joseph T. Coles, Caso, Ala., elected to stay with the guerrillas who assisted them after their escape from Japanese ships transporting them to Nipponese camps, the special release disclosed.

"All of the men are in good condition, except five recovering from bullet and grenade wounds. None is listed as serious," the announcement said.

The men will soon be sent back to the United States from the military hospitals.

Revealing the story of the men who escaped from Japanese hands aided by Filipino guerrillas and lived for more than two years in Japanese-occupied areas, MacArthur told a grim story of cold-blooded murder.

The Americans, after performing forced labor on an enemy airfield in the southern Philippines, were being shipped north when their convoy was attacked by an American submarine.

The Japanese guards deliberately fired on the Americans trapped in the holds and seeking to escape from the sinking ship. "Others were hunted down and killed in the water as they sought to swim for shore two miles distant. Some were picked up by enemy patrol boats and at least 30 were later brutally executed.

"After escaping death from savagery and hours of hardship, 83 of the American officers and men made shore and were cared for by Philippine guerrillas until picked up and taken south by submarines and planes.

**Finds Teeth Pulling Easy**  
Indianapolis, Ind. (UPI)—Having his teeth pulled will no longer be such a hateful task for 11-year-old Donald Shaffer, who accidentally discovered that his dog could pull out his teeth without "hurting a bit." Donald and his Dalmatian puppy were having a tug-of-war in the back seat of the family car when the boy playfully grabbed his pet's tail between his teeth and started biting. The dog yanked suddenly and out came one of Donald's incisors.

## On the Radio Chains

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.  
KOW (NBC-Red) 620, Portland.  
KJR (NBC-Blue) 1000, Seattle.  
KNA (CBS) 1070, Los Angeles.  
KOA (NBC-Red) 830, Denver.  
KOB (CBS) 970, Portland.  
KOMO (NBC-Red) 950, Seattle.  
KPO (NBC-Red) 680, San Francisco.  
KSL (CBS) 1160, Salt Lake City.

Time shown is PWT  
Sunday  
5:00 p. m.—Charlie McCarthy, NBC; News, CBS; Meditation Board, MBS.  
5:30 p. m.—One Man's Family, NBC; Rhythm Inn, CBS; Geo. Fenemans, BN.  
5:45 p. m.—Drew Pearson, BN; Gabriel Heatter, MBS.  
6:00 p. m.—Jerry-Go-Round, NBC; Walter Winchell, BN; Radio Reader's Digest, CBS; Good Horizons, MBS.  
6:10 p. m.—Hollywood Mystery Time, BN.  
6:30 p. m.—American Album Family Music, NBC; Summer Star Theater, CBS.  
6:45 p. m.—Jimmie Fidler, BN.  
7:00 p. m.—Hour of Charm, NBC; The Life of Riley, BN; Take It or Leave It, CBS; Goodwill Hour, MBS.  
8:00 p. m.—Tremayne Gleason, NBC; Fannie Brice, CBS; Keep Up With the World, BN.  
8:15 p. m.—Story Behind the Headlines, NBC; Dorothy Thompson, BN.  
8:30 p. m.—Sundown Hour, MBS; Quiz Kids, BN; Blondie, CBS; Tonight at Hoagy's, MBS.

# The STANDARD HOUR

17th Anniversary of Radio's Longest Established Network Program

## "CARMEN"

Starring  
Risè Stevens  
Charles Kullman  
Virginia MacWatters  
Francesco Valentino  
Conducted by  
Gaetano Merola  
Sunday 8:30 P.M.  
KMED

## POISON OAK?

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

## ROBERTS ESTATE OVER A MILLION

Portland, Ore., Oct. 21—(UPI)—The estate of the late Thomas Roberts, founder of Robert Brothers Department Store, will exceed \$1,000,000, George E. Bronaugh, attorney, announced today.

The will sets up trust funds as foundations for Annie E. Roberts, wife of the deceased, and the late Henry Roberts, his brother. The Annie E. Roberts Foundation sets aside \$51,000 for the 36 counties of Oregon, excepting Multnomah and Lake, each county receiving \$1000 for an educational scholarship.

One-third of the farmers of the United States receive two-thirds of the country's agricultural income.

## 4 P. M. TODAY JACK BENNY TIME!

with MARY LIVINGSTON PHIL HARRIS ROCHESTER DON WILSON

Presented by LUCKY STRIKE L.S./M.F.T.

EVERY SUNDAY—NBC  
4 P.M. KMED

## SNELL PROCLAIMS FRIDAY NAVY DAY

Salem, Ore., Oct. 21—Governor Earl Snell today called upon the citizens of Oregon to join in the observance of Navy Day Oct. 27.

The date marks the anniversary of presentation of the bill creating an independent navy to the continental congress in 1775, and is also the 80th anniversary of the birth of Theodore Roosevelt, widely credited with being the father of the modern American navy.

Plans for the observance of Navy Day in the five Pacific northwest states are under the direction of Rear Admiral S. A. Taffinder, commandant of the Thirteenth Naval District. One of Oregon's speakers will be Comdr. Corydon M. Wassell, hero of the navy's medical corps.

## OREGON WILL GET ARGENTINE CORN

Portland, Oct. 21—Livestock, dairy, and poultry men from Oregon and Washington are anxiously awaiting the arrival this week of some 10,000 tons of Argentine corn being shipped by the commodity credit corporation.

Leon S. Jackson, secretary of the Oregon Feed and Seed Dealers association announced that 4000 tons will be distributed to Oregon feed mixers.

## ASSOCIATED FOOTBALL SPORTCAST

MONDAY  
Washington vs. U. S. C.  
8:15 p.m.  
K.W.J.J. (1080 k.c.)  
K.V.J. (570 k.c.)  
TIDE WATER ASSOCIATED OIL COMPANY

9:00 p. m.—Bill Lance, CBS; News, MBS.  
9:15 p. m.—Rex Miller, MBS.  
9:30 p. m.—Mysterious Traveler, MBS; Jack Benny, NBC.  
10:00 p. m.—News, NBC; In Focus, BN.  
10:15 p. m.—Blue Preview, BN.  
10:20 p. m.—Bob Berkey Orch, CBS.  
10:30 p. m.—Transatlantic Call, CBS; Music America Loves Best, NBC.  
10:45 p. m.—St. Francis Hotel Orch, NBC; Emery Deutch, MBS; Jan Savitt Orch., CBS.  
Monday  
5:00 p. m.—OK for Release, NBC; Fletcher Wiley, CBS; Terry and Pirates, BN.  
5:15 p. m.—Superman, MBS; Dick Tracy, BN.  
5:30 p. m.—Voice of Firestone, NBC; Harry Flannery, News, CBS; Adventures of Tom Mix, MBS; Jack Armstrong, BN.  
5:45 p. m.—News, CBS; Captain Midnight, BN; Night News Wire, MBS.  
6:00 p. m.—Song in a Bottle, NBC; Radio Theater, CBS; Gabriel Heatter, MBS.  
6:15 p. m.—Screen Test, MBS.  
6:30 p. m.—Spotlight Bands, BN; Information Please, NBC.  
7:00 p. m.—Gov. Dewey, NBC; Screen Guild Players, CBS; Henry Gladstone, MBS; Raymond Gram Swing, BN; News, MBS.  
7:15 p. m.—Lowell Thomas, MBS; Ted Malone, BN.  
7:30 p. m.—Dr. I. Q., NBC; Thanks to the Yanks, CBS; Lone Ranger, MBS; Horace Heidt Orch, BN.  
8:00 p. m.—Merrill's Music Shop, NBC; I love a Mystery, CBS; Roy Henle, News, BN.  
8:15 p. m.—Mr. Lawton, NBC.

**WANTED APPLE PICKERS**  
Good Crop—15c box  
Harry Smith, Central Point, Box 122, Rt. 1, 1 1/2 miles west C. P. on Taylor Road.

**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. CLOED MONDAYS  
Thursdays Private Parties Only—For Reservations Ph Guild Bldg 474

**KYLE'S RESTAURANT**  
CHICKEN AND STEAK DINNERS  
Open 6 p. m. to 3 a. m.  
Phone Central Point 472 for reservations. On the Pacific Highway at Central Point Out of Bounds for Service People

## STRANGE AS IT SEEMS By ERNEST HIX



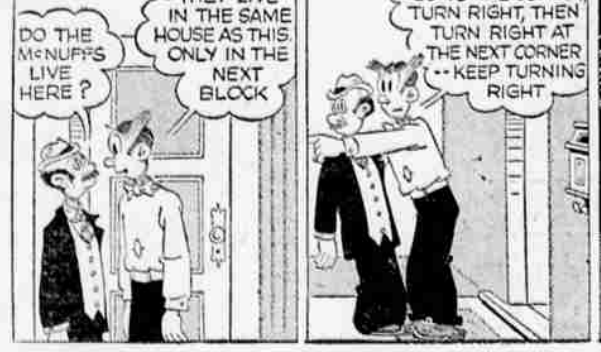
## BARNEY GOOGLE and SNUFFY SMITH



## BUZ SAWYER



## BLONDIE



## L'TL ABNER



## THE NEBBES



## Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE  
ACROSS  
1—Present  
2—Flows out  
3—Dull finish  
4—Employer  
5—Ingredient of beer  
6—Army entertainment group  
7—Step  
8—Girl's name  
9—Apparatus  
10—Nobility  
11—Defensive armor  
12—Conducted  
13—God of War  
14—Passageway  
28—Plus (abbr.)  
29—Took food  
30—Cris of bacchanth  
31—Wife  
32—Compas point  
33—Water bird  
34—Heavenly body  
35—Golf mark  
37—Use  
38—Mr. Marner  
41—Glide in air  
42—Tushl  
44—Russian stockade  
47—Puss  
48—Venture  
50—Defensive armor  
51—Belt  
52—Belt  
53—Dimple  
DOWN  
1—Man's nickname  
2—Adherent of  
3—Duke prominent  
4—Groups of three  
5—Printer's  
6—Wives society  
7—Stapleless man  
8—Water society  
9—Hushed  
10—Pale  
11—Anything  
12—Free of  
13—Curved molding  
14—Officer's turban  
15—Gilt  
16—The Weeping  
17—Woman  
18—Human  
19—Apparatus  
20—Fruit  
21—Ancient city  
22—Missouri  
23—Place for subsisting  
24—Temple  
25—Scheduled  
26—Bitterman  
27—U. S. poet  
28—Fruit  
29—Go away!  
30—Fruit  
31—Age  
32—Pastor  
33—Stereotype ending  
34—For example

