

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

Readers should address inquiries to: Dr. William Brady
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MULL BEFORE YOU MOVE



Dr. Brady
(Mrs. F. M.)

We are moving to California. Please inform me which locality would be better for me, as I have chronic bronchitis and asthma spells. We would like to be fairly near a government plant as my husband is a machinist. We plan to drive out with our trailer, so the housing problem is out of the way.

My answer to your query, Ma'am, is probably not the conventional one. I have less faith in the remedial value of season, locality residence or climate than most people have. I base my opinion on the vital statistics. The U. S. government has established numerous hospitals and sanitariums for tuberculosis and other diseases, in every part of the country—in places where the temperature falls to 20 below zero as well as in places where there may be the little change of temperature the year around. Evidently the government is not prejudiced for or against any climate or locality. Patients in these institutions recover as well in one place as in another.

Some persons with chronic bronchitis, emphysema, bronchiectasis, asthma, sinusitis, or an undiagnosed complaint they are content to call "catarrh" are more comfortable in a cold dry locality such as the Adirondacks in New York or the Rockies in Colorado or British Columbia. Others live more comfortably in moist warm places such as Florida, Bermuda.

There is a good deal too much speculation and fancy in the popular idea of climate. Tuberculosis occurs in every climate or locality in North America, with little variation in incidence

per thousand population. Like-wise recovery from tuberculosis occurs as frequently in one climate or locality as it does in another. If this is true, by the vital statistics, it is no doubt just as true in regard to other diseases for which change of climate or residence is popularly deemed necessary or advisable.

To the correspondent who asks where she should live, I say perhaps right where she lives now. But if she and her husband are determined to migrate, then perhaps they should park the trailer first in or near any village or small city in southern California and see how they like it. The climate of southern California is moderately warm and dry.

QUESTIONS AND ANSWERS

Good Nutrition
I have eaten no refined sugar in the last five years (if so it was because I did not avoid it). My diet consists of fruit and vegetables, fresh, canned, raw or cooked. Daily I eat without sugar and to me it has a more delicious flavor. My muffins, cake or cookies are baked with whole wheat flour which I have more than I ever know when I lived largely on white flour and white sugar.

Answer—Using whole wheat flour
with nothing whatever removed in grain, and natural sugar instead of refined sugar, the average person gets about 550 more international units of daily more international units of vitamin B1 than he gets if he uses white flour and white sugar as usual. In the average per capita amount naturally in the vit. B1 and general well being are more nearly what they should be. It is difficult to change even partly to whole wheat unless you buy and grind your own. Send stamped envelope bearing your name and address to "What to Eat"—which tells you how to use plain wheat in the everyday family diet. It makes a good nutrition and good economy.

Happy Birthday, Little Sergeant
I was a member of the Wac. I married a sergeant. He was killed in a plane crash, and I have been discharged because I am expectant. My doctor has given me some pamphlets, but I want to get whatever you have for the expectant mother.
(Mrs. F. J.)
Answer—Copies of "Preparing for Motherhood" and "The Brady Baby Book" are on the way to you. I am glad to send these to any service man or his wife with our best wishes. Others may send 10 cents for each booklet and stamped self-addressed envelope to the publisher.
(Copyright, 1944, by John F. Dille Co.)

SGT. DAVIDSON'S GROUND CREW IS CITATION WINNER

An Eighth Air Force Bomber Station, England—Sergeant Floyd E. Davidson, 37, of 1055 North Riverside street, Medford, Ore., is a member of a crew of ground mechanics at this Eighth Air Force B-17 Flying Fortress base who have been cited by the commanding general of this heavy bombardment division for "outstanding service" in maintaining the aircraft in their charge at peak operating efficiency over an extended period. The citation was announced by Colonel Karl Truesdell, Jr., of Washington, D.C., group commander.

The citation of the crew stated, in part: "Through the superior technique and industry of this maintenance crew the aircraft entrusted to their care participated in 32 heavy bombardment missions against the enemy without having to return because of mechanical failure. The diligent workmanship and high degree of skill displayed by these non-commissioned officers are a high tribute to themselves and the Army Air Forces."

Sgt. Davidson, son of R. H. Davidson of Chico, Calif., is a member of the 3rd Bombardment Division, which was cited by the President for its now historic England-Africa shuttle bombing of Messerschmitt aircraft plants in Regensburg, Germany, last summer. He formerly was cashier in a Big "Y" Supermarket in Medford.

The sergeant's wife, Mrs. Mildred Davidson, lives in Seattle, Wash.

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.
KGV (NBC-Red) 630, Portland.
KJH (NBC-Blue) 1090, Seattle.
KJL (NBC-Blue) 1070, Los Angeles.
KOA (NBC-Red) 890, Denver.
KOIN (CBS) 970, Portland.
KOMO (NBC-Red) 850, Seattle.
KPO (NBC-Red) 680, San Francisco.
KSL (CBS) 1160, Salt Lake City.

Time Shown in PWT
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 Is Born, 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, CBS; Raymond Gram Swing, BN; News, MBS.
7:15 p. m.—Lionel Thomas, MBS; Ted Malone, BN.
7:30 p. m.—Dr. J. Q. NBC; Thanks to You, CBS; Lone Ranger, MBS; Horace Heidt, BN; Shop, NBC; I Love a Mystery, CBS; Roy Henle, News, BN.
8:15 p. m.—Mr. Lawton, NBC; Hedra Hopper, CBS; Lum and Abner, BN.
8:30 p. m.—Cavalcade of America, NBC; Guy Nivette, CBS; Michael Shane, MBS; Counterspy, BN.
8:45 p. m.—Telephone Hour, NBC; News, BN.
9:00 p. m.—The Whistler, CBS.
9:30 p. m.—Fulton Lewis, Jr., MBS; Vox Pop, CBS; Nash Weaver Says, NBC; Green Hornet, BN.
10:00 p. m.—News, NBC; Music by Boyera, BN; Sherlock Holmes, CBS.
10:30 p. m.—Sweetheart Swingtime, NBC.
10:45 p. m.—Boy, Girl and Band, BN.
11:00 p. m.—Serenade, CBS.
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; Dick Tracy, BN.
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; Michael Shane, MBS; Counterspy, BN.
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; News, MBS.
7:15 p. m.—Lowell Thomas, MBS.
7:30 p. m.—Gov. Dewey, NBC; Red Ryder, MBS.
7:45 p. m.—Pres. Roosevelt, Nat'l War Fund, BN.
8:00 p. m.—Marsler's Music Shop, NBC; I Love a Mystery, CBS.
8:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; News, MBS.
8:30 p. m.—Everything for Boys, NBC; News, MBS; Big Town, CBS; Let Yourself Go, BN.
9:15 p. m.—Rea Miller, MBS.
9:30 p. m.—Million Dollar Club, CBS.
10:00 p. m.—News, NBC; Count of Monte Cristo, MBS.
10:15 p. m.—Handstand, NBC.
10:30 p. m.—Ed, MBS; CBS.
11:00 p. m.—Talks, CBS.

Cunningham Cheers Battle Wounded



(Acme Telephoto)
Lieutenant (Jg) Glenn Cunningham (right), USNR, former champion miler, exhibits burn scars on his leg to Marine Corp. Alexander J. Hawes of New York City, recovering from wounds in San Diego. Capt. Naval Hospital. The ex-track "great" toured hospital with Lieutenant Kinsey Warfield (left), USNR, to explain value of exercise in overcoming injuries. U. S. Navy photo.

Grange in charge of Louise Brockway.
Next regular meeting of Grange will be Oct. 24. Visiting members are always welcome.

Talent Grange
At the regular meeting of Talent Grange two new members were added. Booster Night will be observed Thursday, Oct. 26, at which time all Grangers, their families and friends are invited to a covered dish dinner to begin about 7 p. m. Grangers are requested to bring enough food for their invited guests. The program will follow the dinner.

Next regular meeting of Grange will be Thursday, Nov. 2. It is hoped that every member will be present for this important meeting as it is time for election of officers.
L. H. Gallatin reporting on the War Fund drive, stated

there had been a good response throughout the community so far. He said he believed the drive will be a great success.

Upper Rogue Grange
Upper Rogue Grange met Oct. 19.
Sister Astell reported very good success so far in the Community Chest Drive.

All enjoyed the program put on by the young folks consisting of a skit, songs, and poems, also three accordion numbers by 10-year-old Dale Ward of Prospect. A delicious supper of apple and pumpkin pie with ice cream was served by the Vaughns, Austins, Richardsons and Frank Ditsworths.

ZERO CLUB

Delicious chicken and steak dinners 7:00 p. m., 3 a. m. except Sunday Phone day time 5300 night 9101

(Because of failure of matrices to arrive, by mail, "Li'l Abner" comic strip and the feature "Strange As It Seems", cannot be published today.)

Next meeting, Nov. 16, is election of state officers and every-one is requested to come who can.
Next serving committee is Brother and Sister Ulrich and Brother and Sister Herb Carlton.
Pomona Grange
Regular meeting of Jackson County Pomona Grange will be held at Central Point, Oct. 23 at 10 a. m. Noon meal will be served by ladies of Talent Grange, and those attending are requested to bring salad or dessert.
The Home Economics chairman asks that all entries for the "White Satin Sugar contest" be brought to the Pomona Grange meeting so they can be shipped to Portland for the state contest.

Ashland Man's Unit Top Bond Buyer In Eighth Air Force

An Eighth Air Force Fighter Station, England—Staff Sgt. Donald J. McCulloch, son of Lincoln McCulloch of route 2, Ashland, Ore., is one of the war

bond purchasers who helped his P-51 Mustang station reach a record-breaking total of \$111,000 in the eighth air force "Victory Squadron" bond drive, surpassing all other groups in the eighth fighter command.
Aiming at an original quota of \$53,000, he and his fellow soldiers—members of the fighter group commanded by Col. Harold J. Rau—more than doubled that figure in a five-week all-out bond drive. The money will go towards the purchase of a victory squadron of airplanes, bought entirely by personnel of the eighth air force.
S/Sgt. McCulloch, an airplane mechanic, has been stationed in England for 13 months.

The United States produced 1,455,671 ounces or \$50,948,485 worth of gold in 1940.

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Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE
ACROSS
1—Trude
2—Projecting parts of churches
3—Chicken's disease
4—Hall
5—Restricted
6—The Ailar
7—Carouse
8—Metric measure
9—Deany
10—Twisted
11—Tristram
12—Treschery
13—Shayana
14—Artifice
15—Engineering degree
16—Man's nickname
17—Trude
18—Wally
19—Monkey
20—Valley
21—Cider
22—Gold point
23—Bishop of Rome
24—Ledges entry
25—Bottle
26—Swissman
27—Over (sport.)
28—Russian
29—Industrial region
30—Luce egg
31—Pied
32—Ballies
33—Plaything
34—Hummingbird
35—Ordnance
36—Sharp end
37—Golf score
38—Writing guide
39—Plyer
40—Mile
41—Heartbeat
42—Salary increase
43—Turn back
44—Froth up
45—Fates of beaten Japs
46—Hawaiian wreath
47—Food
48—Sacred Egyptian bull
49—Old
50—Separate
51—Valley on moon
52—Business agency
53—Mile
54—Dude
55—Dudgel
56—River (Sp.)
57—Pen
58—Sun god
DOWN
1—Animals' foot
2—Hummingbird
3—Ordnance
4—Sharp end
5—Golf score
6—Chosen
7—Little pile (Fr.)
8—Pen
9—Golf score
10—Foot cover
11—Writing guide
12—Plyer
13—Mile
14—Heartbeat
15—Salary increase
16—Turn back
17—Froth up
18—Fates of beaten Japs
19—Hawaiian wreath
20—Food
21—Sacred Egyptian bull
22—Old
23—Separate
24—Valley on moon
25—Business agency
26—Mile
27—Dude
28—Dudgel
29—River (Sp.)
30—Pen
31—Sun god

Investigate Fire On Terminal Isle

Los Angeles, Oct. 23.—(AP)—A naval board today investigated a flash fire that in a short time Saturday left 12 naval and civilian workers dead or missing and nearly 100 injured—at least 30 seriously—at naval docks on Terminal Island.
The fire broke out in early afternoon—apparently ignited by a spark—after workmen had reported high-test gasoline floating on the surface of the water since morning.

P.-T. A. Activities

Roosevelt P.-T. A.
Everyone is talking about the child problem of our nation. All good parents are mightily concerned for their own children and also for their neighbors' because the neighbors' children influenced their own.
Tomorrow our children will be the nation. Try to imagine our country then, if we neglect our children now.
P.-T. A. is making child training its chief concern. Sign up this week with your local P.-T. A.
Roosevelt P.-T. A. has grown rapidly and the school classes are larger than ever. We quote you two reasons for P.-T. A. membership.
1. In time of war we can work only on essentials. Basic values for our children must be maintained because—
2. Children's needs won't wait. It doesn't take long to grow up. And growing up under a whole some or undesirable conditions means tragedy to the child and loss to the nation. The P.-T. A. helps prevent both.
The P.-T. A. groups of other schools will list further reasons why you should join the P.-T. A. now.
Watch for reasons 3 and 4.

THE GRANGE

Jacksonville Grange
Booster night was observed by Jacksonville Grange Oct. 10. The dinner at 7 was enjoyed by a large number of members and guests. Following dinner all adjourned to the hall, for the entertainment in charge of the lecturer.
Ike Dunford, the master, greeted the guests in a school address of welcome. Ten of Mrs. Eve Prentice's accordion students entertained with a varied program. Barbara Nathan gave two lovely vocal solos accompanied by her mother Beulah Nathan. Olive Floyd talked entertainingly on the war chest drive and asked for solicitors which were easily obtained. Remainder of the evening was given to folk dancing and

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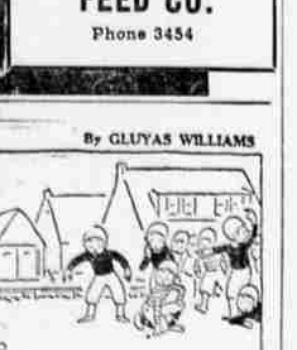
PHONE 3364 — 607 W. 2nd
Phone number under name Mrs. Fred Hall

NEIGHBORHOOD LEAGUE



By GLUYAS WILLIAMS
WHEN AFTER BEING CHASED THE LENGTH OF THE FIELD, THE BALL CARRIER WAS BROUGHT DOWN WITH A HAND TACKLE AND NEITHER PLAYER MOVED, THEIR TEAM MATES, ALARMED BECAUSE THEY HAD BEEN HURT, BUT IT SEEMS MERELY THAT THEY HAD FALLEN ON AN OLD WATERED ROCK OF CORN IN THE GRASS WHICH NEITHER OF THEM HAD SEEN BEFORE

BLONDIE



BARNEY GOOGLE and SNUFFY SMITH



BUZ SAWYER



IF I DON'T GET SOME REST PURTY SOON, I'LL GONNA HAVE ST. VIDEY DANCE OF THE EYE-BALLS



YE CAN RELAX NOW, H.T. - I'LL KEEP ON TH' ALARM AN' - UH -



THE NEBBES



BLONDIE!!



IT'S JUST EDMUND'S PET DUCK - HE'S KEEPING IT THERE, WHILE HE PLAYS DOWNSTAIRS



I'M GLAD EDMUND DIDN'T HAVE AN OCTOPUS FOR A PET



"I LOST 52 Lbs.!"

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