

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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ARTERIAL HAZARDS

You may recall that I said here that Dr. Osler believed (Practice of Medicine, Appleton's 6th ed., '06) that inheritance of poor material for the tubing (arteries) is the chief cause of atherosclerosis (hardening of the arteries), but that he abated a lot or little to add that "more commonly the atherosclerosis results from the bad use of good vessels."

By the bad use of good vessels Osler meant overeating, alcoholism, syphilis, overwork of the muscles, and the stress and strain of modern life — I'm quoting his own words. The great medical teacher also mentioned hypertension (high blood pressure) renal disease (kidney disease), nephritis, chronic Bright's disease and the involution process accompanying old age, an expression of the natural wear and tear to which the tubes (arteries) are subjected. This involution process is commonly called degeneration, meaning gradual replacement of functioning muscle and elastic tissue in the arterial wall by inelastic fibrous tissue — this is what physicians mean by the term cardio-vascular degeneration.

Dr. Osler was much impressed by the part played by overeating in inducing atherosclerosis. He said there are many cases in which there is no other factor, and he quoted advice given by George Cheyne, who reduced from 448 pounds to 150 pounds in his early thirties (about 1804) and lived to the age of 72, writing an essay on health and long life. Cheyne's advice was never more needed than by the present generation, wrote Osler a century later. Cheyne said:

Every wise man, after Fifty, ought to begin to lessen at least the quantity of his Aliment (food), "and if he would continue free of great and dangerous Distempers" (ailments, com-

plaints) "and preserve his Senses and Faculties clear to the last he ought every seven years go on abating gradually and sensibly, and at last descend out of Life as he ascended into it, even into the Child's Diet" (milk).

Of course we disregard the seven-year suggestion — whatever people imagined in Cheyne's day we know now that there is no seven-year cycle in life, no particular change that takes place in seven years, or seven months for that matter. Change takes place every hour, every week and year as long as one lives. To estimate that any particular organ, tissue or part of the body undergoes "complete" change from old to new in seven years, months or days is just speculation.

Cheyne's advice, which Dr. Osler thought people needed in his time, is as good today as it was for Osler's day. Anyway all three of us, O' George, Sir William and Doc Brady, heartily endorse and recommend milk — let us say an average daily consumption of three pints of milk for every mature adult who wants to keep his or her arteries nice and soft and elastic as long as possible.

QUESTIONS & ANSWERS

Home Has First Priority My husband went the bed once or twice a week. It never happens unless he drinks beer or whiskey. I beg him to stop drinking, but he ignores me. I don't think I can stand it much longer. — Mrs. S. W. H.

Answer—An alcoholic addict must leave his home and remain in a sanitarium until he is able to control himself. The indulgence regarding his wife, family, children or self-respect. But there is one thing you can do and should do—try to get your husband to get in touch with an Alcoholics Anonymous group in your vicinity. Look in the classified section for notice of the postoffice address of a group.

Cancer Not Communicable Aunt has cancer of liver. I am scared, as she lives with us and we have to take care of her. — Mrs. M. J. Answer—Cancer is not infectious, contagious or communicable. Ordinary soap and water cleaning is ample protection for the members of the household or for those who take care of the patient.

Blopy Year ago developed pain in left breast. Lump felt. Physician said moved portion for biopsy. Laboratory report: Fibroid tumor. Physician did not advise operation. Is it safe to have given up the advantage of biopsy (microscopic test of the character of the lump). Better remain under your physician's observation and do as he advises. (Copyright 1944, John F. Dille Co.)

Similarly, because of a finite, material sense of things, mankind are mistakenly believing that God's universe is material; that it is peopled by material beings who are animated by conflicting, selfish interests; and that fear and suffering, want and woe, disaster and death, are inevitable. Owing to the spiritual enlightenment which Christian Science imparts, however, we are learning that God's universe is wholly spiritual; that it is peopled by spiritual ideas; and that its only law is the law of ever-present Life and Truth and Love. Referring to this wholly good universe of reality, this creation of Spirit, which pulsates with helpfulness to all who are capable of discerning its beneficent nature, the Scripture reads: "And God saw every thing that he had made, and behold, it was very good. . . . Thus the heavens and the earth were finished, and all the host of them."

Of thought which is in accord with reality, Mary Baker Eddy, on page 314 of her notable book, "Science and Health with Key to the Scriptures," writes as follows: "Understanding the control which Love held over all, Daniel felt safe in the lions' den, and Paul proved the viper to be harmless. All of God's creatures, moving in the harmony of Science, are harmless, useful, indestructible. A realization of this grand verity was a source of strength to the ancient worthies. It supports Christian healing, and enables its possessor to emulate the example of Jesus."

MICA AND ELECTRICITY More than 90 per cent of the world's production of sheet mica is consumed by electrical industries. It provides the most effective insulation.

FIBER GLASS IN SPONGES Strands of radio-opaque fiber glass yarn now are incorporated in surgical sponges. If a sponge is left inadvertently in a wound, it may be detected by X-ray.

Closing time for Classified ads 4 p. m. — too late to classify, 12:30 p. m.

How To Relieve Bronchitis

Cremulsion relieves promptly because it goes right to the seat of the trouble to help loosen and expel mucus, and soothe and heal raw, tender, inflamed bronchial mucous membranes. Tell your druggist to sell you a bottle of Cremulsion with the understanding you must like the way it quickly allays the cough or you are to have your money back.

CREMULSION for Coughs, Chest Colds, Bronchitis

High School News



Student Reporter Margo Gammill

Again this year the History, Economics and Civics association is sponsoring the sale of war stamps and bonds. Stamp sales are being directed by Geraldine Jerome, and the student salesmen include: Elaine Walker, Betty Medley, Myra Bale, Margaret Drysdale, Virginia Allen, Beverly Autry, Maxine McKinney, Janet Horsley, Wilmer Kyle, Betty Baker, Roger Sterton, Helen Ferris, Shirley Pankey, Rhoda Williams, Fred Stammen, Mary Jo Kirtley, and Nancy Swem. Jerry Liebman will handle the advertising and Mrs. Johnnie Smith, adviser of the club, will supervise.

Selection of choir officers was held two weeks ago in room 33 under supervision of Miss Mabel Nansen, with Gerald Pence elected as president. Elected to other offices were: secretary-treasurer, Donna Dawes; librarian, June Williams; and assistant librarian, Barbara Meadows. Miss Nansen stated that the choir needs more male voices and urged any boys who are interested to see her.

According to Editor Jerry Liebman and associate Editor Norma Stearns of the Crater annual, the following staff will assist them with the 1945 yearbook: Lorraine Persgard, Janet Horsley, Joan Hoppe, Barbara Meadows, Elaine Hoffman, Maxine McKinney, Jack Thompson, Corrine La Tourette, Barbara Olsen, Loree Montieth, Marjorie Thompson, Coral Morton, and Lillian McDonough.

At a meeting of the pep team during third period on October 24, it was decided that the group should establish a regular club with a set of rules. Plans for the club include a schedule of money-making schemes for financing trips to out-of-town games, especially the state football and basketball tournament, in the event that Medford wins.

Yell Queen Marjorie Thompson will hold the office of club president, with Jack Holmes, yell king, assisting her. Other members of the pep team are as follows: Janet Horsley, Jo Ann Smith, Phyllis Whitlock, Mary Lou Swoape, Barbara Sands, and Joan Hoppe.

At a meeting of the sophomore class on October 17, the following officers were elected: president, David Dow; vice president, Nick Greene; secretary, Harriet Walker; treasurer, Jac Kirtley; and class representative, Keith Newton. Mrs. Gladys Herron and Ed Kirtley, class advisers, both gave short talks on student cooperation.

The first radio program this year was broadcast October 25, with the new pianist, Phyllis Furry, playing "On Medford." A. S. B. President John Bullock gave a short talk, followed by a vocal selection from June Williams, accompanied at the piano by Nancy Swem. Jerry Liebman reviewed the latest sports events and Marjorie Thompson summarized school news. In broadcasts, which will occur every two weeks the Radio

BEAUTIFUL — ROGUE RIVER LODGE IS NOW OPEN Delicious Dinners Cocktail Lounge Dancing On Crater Lake Highway Near Trail Telephone Trail 1404

BLACK EYE By GLUYAS WILLIAMS BUSTERS INTO HOUSE, ANNOUNCING PROUDLY THAT HE GOT A BLACK EYE IN GAME TODAY. DESCRIBES WITH RELISH HOW HE TACKLED EXCELLENCE AND EMBRIE KNEE, ZANGAY, AND IN THE END, HE SAVED THE GAME. EXPLAINS THE TRICKS OF APPLYING ICE TO BLACK EYE AND DISCOLORS FUTURE. SAYS HE SEES NOTHING THE PARTNER WITH IT.

THE NEBBES Political Pickers. ENORMOUS CROWDS ARE GREETING JUDGE NEBUCK ON HIS SPECTACULAR TOUR BY HELICOPTER! BUT THE CROWDS SHOW MORE INTEREST IN THE WINDMILL PLANT THAN IN THE NEAREST BOMB SHELTER, JUDGE! I WONDER WHAT GOOBER HAS UP HIS SLEEVE? WHAT DIFFERENCE DOES IT MAKE? WELL, TO LIKE TO BE PREPARED FOR IT I'M PREPARED FOR ANYTHING EXCEPT VICTORY ON ELECTION DAY!

club plans to present short plays under direction of Miss Barbara Compton, club adviser.

Members of this organization include: Phyllis Furry, Bonnie Edwards, Marjorie Thompson, Don Fairweather, Jack Phillips, Gene Higgins, Helen Ferris, Madolyn Ward, Ralph Rothermel, Jackie Nelson, and Jerry Liebman.

First regular meeting of Hi-Y club was held October 18, at the Y.M.C.A. building. The meeting was to elect a new president to replace Gerald Pence, as he was already president of the Torch Honor club. Vice-president Alton Hayes was elected to the president's position, and Earl Bradford succeeded Alton.

Y.M.C.A. Secretary Ben Schmidt announced that future evening meetings will be at the Y.M.C.A. building instead of the high school as previously planned.

On the Radio Chains

Chain affiliation and where they are on the dial: KALE (MBS) 1330, Portland. KEX (NBC-Blue) 1190, Portland. KUA (NBC-Blue & MBS) 1510, Spokane. KGO (NBC-Blue) 810, San Francisco. KJRH (NBC-Red) 620, Portland. KJR (NBC-Blue) 1000, Seattle. KNA (CBS) 1070, Los Angeles. KOA (NBC-Red) 850, Denver. KQV (MBS) 750, Portland. KOMO (NBC-Red) 850, Seattle. KPO (NBC-Red) 860, San Francisco. KSL (CBS) 1160, Salt Lake City.

Time shown is PWT

Friday 5:00 p. m.—Terry and Pirates, BN. Fletcher Wiley CBS, OK for Release, NBC. 5:15 p. m.—Duck Tracy, BN. Supermarket, MBS. 5:30 p. m.—Jack Armstrong, BN. Harry W. Flannery news, CBS. Adventures of Tom Mix, MBS. 5:45 p. m.—Elmer Peterson, Commentator, NBC. Capt. Midnight, BN. Night News, MBS. News, CBS. 6:00 p. m.—Waltz Time, NBC. Gabriel Heatter, MBS. 6:20 p. m.—People Are Funny, NBC. Navy Day Celebration, BN. That Brenner Boy, CBS. Double or Nothing, MBS. 7:00 p. m.—People Are Funny, Arpan and NBC. Music and More, CBS. Dale Carnegie, MBS. 7:15 p. m.—Lowe's Thomas, MBS. Red Malone, BN. It Pays to Be Ignorant, CBS. 7:30 p. m.—Gov. Bricker, NBC. Stage Door Canteen, CBS. Lone Ranger, MBS. 8:00 p. m.—Music Shop, NBC. I Love a Mystery, CBS. Flights, MBS. 8:15 p. m.—The Parker Family, BN. Press Club, CBS. 8:30 p. m.—Duffy's Tavern, MBS. Gang Busters, BN. It Pays to Be Ignorant, CBS. 9:00 p. m.—Furlough Fun, NBC. News, MBS. Aldrich Family, CBS. 9:30 p. m.—Fulton Lewis Jr., MBS. Adventures of Thin Man, CBS. 10:00 p. m.—News, NBC. Rupert Hughes, Dem. for Dewey, MBS. 11:00 p. m.—News, BN.

Saturday 5:00 p. m.—Youth On Parade, CBS. Eddie Condon, BN. 5:30 p. m.—Knoss Your Symphony, NBC. Gilbert and Sullivan, BN. Music, MBS. 5:45 p. m.—Night News Wire, MBS. News, CBS. 6:00 p. m.—Sen. Truman, NBC. This Is My Story, CBS. 6:30 p. m.—Spotlight Bands, BN. 6:45 p. m.—Saturday Serenade, CBS. 7:00 p. m.—Guy Lombardo Orch., MBS. 7:15 p. m.—Remember BN. Mayor of the Town, CBS. 7:30 p. m.—Grand Ol Opry, NBC. Red Ryder, MBS. March of Time, BN. 8:00 p. m.—Downbeat Derby, MBS. Early American Music, BN. America in the Air, CBS. 8:15 p. m.—American String Quartet, NBC. 8:30 p. m.—Rudy Vallee, NBC. Inner Sanctum, CBS. Leland Stowe, BN. 9:00 p. m.—Music From Hollywood 55, BN. Parade, CBS. News, MBS. 9:15 p. m.—Dream Boat, MBS. 9:30 p. m.—Three Suns Trio, NBC. 9:45 p. m.—Hickman's Yip, Heloise II, CBS. Lee Simms pianist, NBC. 10:00 p. m.—News, NBC. Music by Gill, BN. 10:15 p. m.—Musical Americana, NBC.

ASSOCIATED FOOTBALL SPORTCAST

Saturday Washington vs. U. C. 2:15 p. m. KUIN, 1340 kc and Mutual Network TIDE WATER ASSOCIATED OIL COMPANY

10:30 p. m.—Henri Busse Orch. CBS. 11:00 p. m.—Sweetheart Swingtime, NBC. Jan Ravitt Orch. CBS. This

FIRST ELECTRIC CLOCK The first clock run by household electricity and regulated

by controlled current impulses from a powerhouse was invented in 1916. Closing time for Sunday Too Late to Classify 5:30 Saturday afternoon—Please remember

STRANGE AS IT SEEMS By ERNEST HIX



THE DIVINE SARAH! SARAH BERNHARDT, AT THE AGE OF 54, PRODUCED AND STARRED IN A DRAGON. TAKING THE PART OF HARLEQUIN'S SON AT 17, SHE CONTINUED TO STAR IN THE 60'S BEYOND THE AGE OF 60! 1915-1900

BARNEY GOOGLE and SNUFFY SMITH



BUZ SAWYER



BLONDIE



L'L ABNER



THAR THEY GOES AGIN'



THE NEBBES



Chalker's Motel & Lodge OFFICERS' CLUB Dine-Dance-Refreshments Chicken and Steak Dinners Most Unique Place in So Ore CLOSED MONDAYS Thursday Private Parties Only—For Reservations Ph Gold Hill 474

ZERO CLUB Out of bounds, civilians only Delicious chicken and steak dinners 7:00 p. m., 3 a. m. except Sunday. Phone day time 5:00 night 9:01

Crossword Puzzle

Crossword puzzle grid with clues: ACROSS 1-Warbler, 2-Let it stand, 3-Pixie, 4-Smell, 5-Cold of India, 6-Nothing, 7-Norfolk, 8-South American, 9-Indio, 10-Large antelope, 11-Measuring device, 12-Patulous bird, 13-Officer, 14-Kind of wood, 15-Kind of type, 16-Extended, 17-Representative, 18-Grieved, 19-Part of shoe, 20-Good Irish, 21-Mutual note, 22-Consecration, 23-Serial dog, 24-Biblical man, 25-Suck to breath, 26-Nut, 27-Drug source, 28-Word-rooting, 29-Officer, 30-Word, 31-Word, 32-Word, 33-Word, 34-Word, 35-Word, 36-Word, 37-Word, 38-Word, 39-Word, 40-Word, 41-Word, 42-Word, 43-Word, 44-Word, 45-Word, 46-Word, 47-Word, 48-Word, 49-Word, 50-Word, 51-Word, 52-Word, 53-Word, 54-Word, 55-Word, 56-Word, 57-Word, 58-Word, 59-Word, 60-Word, 61-Word, 62-Word, 63-Word, 64-Word, 65-Word, 66-Word, 67-Word, 68-Word, 69-Word, 70-Word, 71-Word, 72-Word, 73-Word, 74-Word, 75-Word, 76-Word, 77-Word, 78-Word, 79-Word, 80-Word, 81-Word, 82-Word, 83-Word, 84-Word, 85-Word, 86-Word, 87-Word, 88-Word, 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