

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.
Readers should address inquiries to: Dr. William Brady
265 El Camino, Beverly Hills, Calif.

IF I WERE TO HAVE A BABY

Shall we consider the obvious wisecracks as made? With that out of the way we may get down to brass tacks.



Dr. Brady

I'm as great a coward as one can be without incurring popular obloquy. In my early professional life, believe it or not, I felt sorry for patients who had to submit to major operation, often wondered how, even without anesthesia such as is now generally employed, they could face the experience so bravely. But luckily my own turn came in due course, acute gangrenous appendicitis, and after five hours of anxiety or distress (not pain) instead of being fearful I was greatly relieved when the doctor decided on immediate operation. The experience taught me a good deal I could never have learned objectively. I have never wasted much sympathy on such patients since. Any one who undergoes such an operation must thank his lucky stars for American surgery, and especially any one who knows what may happen without it.

I've been around—intern in a large city hospital, country practitioner, city practitioner, hospital staff service, accoucher at the birth of my children, kibitzer in absentia at the birth of my grandchildren, so I'm entitled to have an opinion about childbirth.

If I were to have a baby I'd prefer my own home for the event to any hospital. That is, provided I had a home fit to have a baby in. And provided I could afford the attendance of a trained nurse. And provided my doctor and nurse were available. And provided I could take time out to lie abed for three or four days. And provided—

Come to tot up all the incidents it is not so remarkable that the Joneses and their friends or neighbors are so easily persuaded to go to the

hospitals to have their babies. And of course the obstetrician has things much easier in the hospital—indeed can materially shorten his working time, thanks to the nurses and interns, and the neat rule excluding the expectant father from the delivery room.

There is one factor of vital importance which we have not considered here at all. That is the factor of safety from septicemia, puerperal or childbed fever, infection, blood poisoning, I believe I'd be much safer having my baby at home than I would in any hospital—provided I had a hope fit to have a baby in, a doctor and a trained nurse in attendance, and time to lie abed for three or four days.

If I seem to want but little time out to have a baby, that is not because I'm so old-fashioned, but because I am convinced, by my own professional observation and experience and by the newer concepts of physicians, surgeons and obstetricians, that one gets along better and gets back in the game earlier if one lies abed only three or four days after childbirth than if one lies abed two or three times as long.

QUESTIONS & ANSWERS

Hemorrhoids—I wish to thank you for recommending Dr. [Name] as skilled in the ambulant injection treatment. He has done wonders in the cure of my hemorrhoids of long standing and apparently incurable. (D. A. H.)
Answer—Thank you. Your doctor is one of the most successful practitioners of ambulant treatment, not only of hemorrhoids but also for hemorrhoids and varicose veins. There is an art about such treatment that too many five-fingered surgeons just can't savvy. They try it, botch it, and conclude the method is "no good."

Iodine for Cold Feet—As soon as the weather gets the least bit cold I begin to have cold feet. I believe you suggested that people troubled with cold feet need iodine. (Mrs. B. W.)
Answer—Many do. Send stamped self-addressed envelope, ask for "Instructions for Taking an Iodine Rub"—I say ask for it, do not send a clipping.

Expectancy and Reducing—Please send your pamphlet "How to Lose Weight" and "Preparing for Maternity." (Mrs. K. F.)
Answer—No, Ma'am. It would be extremely unwise for a pregnant woman to attempt reduction, except under supervision of her physician. I'll send the booklet "Preparing for Maternity" on request to any one who sends ten cents and stamps for enclosed envelope. I'll send the pamphlet "How to Lose Weight" to any one over eighteen who asks for it and incloses self-addressed stamped envelope. If an expectant mother asks for the latter she must assure me it is not for herself. (Copyright 1944, by John F. Dille Co.)

MOBILE UNIT TO X-RAY FOR T. B. PLAN IN OREGON

The coming of the "mobile unit," which will provide a chest X-ray for every individual in the wide-spread program for eradication of tuberculosis is the big talking point in Oregon today. That's the message brought to Jackson county by Miss Jane Allen, field representative of the Oregon Tuberculosis association. It will not be hard to get people to work in the public health field this year, she declared, this is one of the strongest talking points we have ever had to offer.

Speaking before the executive board of the Jackson County Public Health association at the recent business and social meeting at the home of Mrs. Lewis Ulrich, Miss Allen said she was full of just one subject "mobile unit."

The mobile unit is the X-ray on wheels, which is being equipped to go into every county of Oregon, offering all citizens the X-ray advantages, which have been given factory and defense workers in Portland. Just when it will come is dependent upon receipt of equipment, she explained, but it is coming and it should make the annual Christmas seal sale to finance the battle against tuberculosis more successful than ever.

Mrs. Ruth E. Bauer, chairman of the 1944 seal sale in Jackson county, reported important progress already made in preparations for the sale to open November 27. There are now 2000 names on the mailing list, she stated.

Following the business meeting refreshments were served with Mrs. Elwood Heiberg, association president, presiding at the tea table.

TEST MINING OPENS
Castle Rock, Wash., Oct. 28—(U.P.)—Operations have been started at the Camp Cowlitz mine to take out 19,000 tons of aluminum clay which will be shipped to the newly constructed plant at Salem, Ore., for experimental purposes.

Closing time for Classified ads 9 a. m. to 100 Late to Classify 12:30 p. m.

On the Radio Chans

Chain affiliation and where they are on the dial:
KEX (NBC-Blue) 1230, Portland.
KGA (NBC-Blue & MBS) 1150, Portland.
KGO (NBC-Blue) 810, Spokane.
KSN (NBC-Blue) 810, San Francisco.
KJR (NBC-Blue) 820, Portland.
KXN (CBS) 1070, 1000, Seattle.
KOA (NBC-Red) 850, Denver.
KOH (CBS) 970, Portland.
KOB (NBC-Red) 950, Seattle.
KPO (NBC-Red) 630, San Francisco.
KSL (CBS) 1160, Salt Lake City.

Sunday
8:00 p. m.—Charlie McCarthy, NBC.
8:30 p. m.—One Man's Family, NBC.
9:00 p. m.—Drew Pearson, NBC.
9:30 p. m.—Merry-Go-Round, NBC.
10:00 p. m.—Steel Horizons, MBS.
10:30 p. m.—Hollywood Mystery Time, NBC.
11:00 p. m.—American Album Familiar Music, NBC; Summer Star Theater, CBS.
11:30 p. m.—Jimmie Fidler, NBC.
12:00 p. m.—Hour of Charm, NBC.
12:30 p. m.—The Life of Riley, NBC.
1:00 p. m.—Tremayne Gleason, NBC.
1:30 p. m.—Fannie Brice, CBS; Keep Up With the World, NBC.
2:00 p. m.—Greenfield Village Choir, NBC.
2:30 p. m.—Doctor Behind the Headlines, NBC; Dorothy Thompson, NBC.
3:00 p. m.—Symphony Hour, NBC; Quiz Kids, NBC; Blondie, CBS; Tonight at Hoagy's, MBS.
3:30 p. m.—Bill Lance, CBS; News, NBC.
4:00 p. m.—Rex Miller, MBS.
4:30 p. m.—Mysterious Traveler, MBS; Jack Benny, NBC.
5:00 p. m.—News, NBC; In Focus, NBC.
5:30 p. m.—Blue Preview, NBC.
6:00 p. m.—Music America Loves, NBC.
6:30 p. m.—St. Francis Hotel Orchestra, CBS; Henry Buce, CBS.

Monday
5:00 p. m.—OK for Release, NBC; Fletcher Wiley, CBS; Terry and Piliates, NBC.
5:15 p. m.—Superman, MBS; Dick Tracy, NBC.
5:30 p. m.—Voice of Firestone, NBC; Harry Flannery News, CBS; Adventures of Tom Mix, MBS; Jack Armstrong, NBC.
5:45 p. m.—News, CBS; Captain Midnight, NBC; Night News Wire, MBS.
6:00 p. m.—Song in Born, NBC; Radio Theater, CBS; Gabriel Heatter, MBS.
6:15 p. m.—Screen Test, MBS.
6:30 p. m.—Spotlight Bands, NBC; Information Please, NBC; Dewey, NBC; Screen Guild Players, CBS; Henry Gladstone, MBS; Raymond Gram Swing, NBC; News, MBS.
7:15 p. m.—Lowell Thomas, MBS; Ted Malone, NBC.
7:30 p. m.—Dr. I. Q. NBC Thanks to the Yanks, CBS; Lone Ranger, MBS; Horace Heidt, NBC.
8:00 p. m.—Mystery Music Shop, NBC; I love a Mystery, CBS; Roy Henle News, NBC.
8:15 p. m.—Mr. Lawton, NBC; Hedda Hopper, CBS; Lum and Abner, NBC.
8:30 p. m.—Cavalcade of America, NBC; Gay Nineties, CBS; Michael Shane, MBS; Country, NBC.
9:00 p. m.—Telephone Hour, NBC; Blind Date, NBC; News, MBS; The Whistler, CBS.
9:30 p. m.—Fulton Lewis, Jr., MBS; Vox Pop, CBS; Noah Webster Says, NBC; Green Hornet, MBS.
10:00 p. m.—News, NBC; Music by Bovera, NBC; Sherlock Holmes, MBS.

10:30 p. m.—Sweetheart Swingtime, NBC.
10:45 p. m.—Boy, Girl and Band, NBC.
11:00 p. m.—Serrade, CBS.
A jump off a 10-foot diving tower with full pack and rifle, followed by swimming and floating toward the shore, is part of the amphibious landing training given Army Ordnance troops at Aberdeen Proving Grounds, Md. Use Mail Tribune Want Ads.

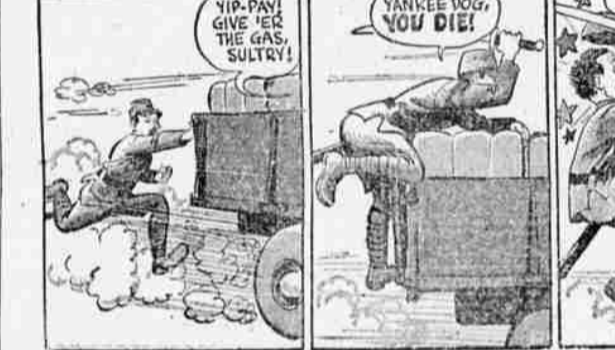
STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLE and SNUFFY SMITH



BUZ SAWYER



BLONDIE



LTL ABNER



THE NEBBES



Chalker's Motel & Lodge OFFICERS' CLUB
Dine-Dance-Refreshments
Chicken and Steak Dinners
Most Unique Place in So. Ore.
CLOSED MONDAYS
Thursdays 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 5300; night 9101.

Crossword Puzzle

ACROSS
1—Disrupt
2—Greek letter
3—Quarrel
4—Culture medium
5—Boy
6—Voice range
7—Reduce by a tenth
8—Turn sharply
9—Bermut
10—Laf
11—Tusk food
12—Delia
13—Boy's marble
14—Adherent of
15—Possessed
16—This country
17—Old Bill
18—Yield

DOWN
1—Walk in water
2—Lipener
3—Foot contact
4—Astronaut
5—Sista
6—Lark
7—Fruit drink
8—Petard
9—Delight
10—The street stop
11—Ripped
12—Houses
13—Purton
14—The Republicans
15—Sex vote
16—Society talk
17—Height
18—Opening
19—Discard call
20—Paid notice
21—Bleed
22—Gut
23—Pronoun
24—Foot-life part
25—Discourage
26—Zander
27—Alms box
28—Nones
29—Mr.
30—Away from wind
31—Sooty
32—Purpose
33—Fruit stone

Home Coming Is Observed Today, Nazarene Church

Medford Church of the Nazarene is observing Home Coming Sunday today in Sunday School and church services. Home Coming services are being observed throughout the entire denomination on this date. The local Sunday School is competing with Portland First Church and the Sellwood Church of the Nazarene in attendance.

Medford church extends a cordial invitation to its friends to be present at 9:45 a. m., as well as other services Sunday. October has been designated by the denomination as Church Mobilization Month. The competitive program will continue throughout November.

Rev. Fred M. Weatherford, Pastor, will speak today at 10:45 a. m., on "New Testament

WILLIAM P. TUCKER
Republican Nominee
For
Justice of the Peace Medford District
Present Incumbent
General Election Nov. 7, 1944
Native son; 23 years resident and tax payer. Past 11 years Deputy County Clerk.

Christianity, and at 7:30 p. m. on "The Next Eventful Epoch."

Music for the day is under direction of John Eby.

LITTLE TOWNSEND PLAN HELD RUIN

Portland, Ore., Oct. 28—(U.P.)—In a joint action, the Portland Chamber of Commerce and the Oregon State Federation of Labor (AFL) today declared that the adoption of the Little Townsend Plan would bring economic ruin to the state.

The proposed amendment, they declared, would levy upon every dollar received by an individual, firm or corporation, without regard for what portion of income might be net earnings or profits.

The result, they said, would be that the Oregon-made product could not compete in price with a similar product made in another state and Oregonians would have to have a high price for their products or take a loss.

Hollywood, Oct. 28—(U.P.)—Mock warfare held more danger than the real thing for Donald C. Peterson, 19-year-old motor machinist's mate, who filed a \$50,000 suit today against Twentieth-Century-Fox for injuries he said he suffered in the filming of "Guadalcanal Diary."

5100 MEXICANS TO GO
Portland, Ore., Oct. 28—(U.P.)—The War Food Administration Office of Labor reported that some 5100 Mexicans are preparing to leave the northwest as the harvest season draws to a close.

The STANDARD HOUR
Presents
THE SEATTLE SYMPHONY ORCHESTRA
Conducted by **CARL BRICKEN**
with **MARY LIVINGSTON PHIL HARRIS ROCHESTER DON WILSON**
Presented by **LUCKY STRIKE L.S./M.F.T.**
EVERY SUNDAY—NBC
4 P. M. KMED

Suburban Heights By CLYAS WILLIAMS

FRED PESLEY ONES HIS POLITICS SO SERIOUSLY THAT WHEN AN ARGUMENT OVER THE COMING ELECTIONS BROKE OUT BEHIND HIS BRIDGE GAME ON THE 25-CENT, HE BECAME SO EAGER TO JOIN IN THAT BEFORE HE KNEW IT HE HAD BID BIDDING IN HEARTS, MEANING TRICKS, AND TAKING A TOTAL OF THREE TRICKS.

"The Grange Reporter"
KMED
Thursdays 7:15 p.m.
KEX
Thursdays 6:15 p.m.
He tells you the Grange viewpoints, he gives you news of vital interest to every Oregon farmer. Every week this report will be broadcast. Don't miss a single program.
OREGON STATE GRANGE
71 years of service to Oregon farmers

