

# Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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## NOT CHOCOLATE BUT WHAT GOES WITH IT

Some physicians and authors of standard textbooks on dermatology believe chocolate is one of the innumerable causes or contributing factors of acne—excessively oily skin, blackheads and pimples.

I, Doc Brady, a specialist forsooth, just a plodding door-to-door practitioner totting his long, low rakish black bag on every call do not believe chocolate per se should be held responsible for any such skin trouble. I believe it is rather what goes with the chocolate that young persons with acne must go easy on, if not eschew.

Of course you know what I mean. The delectable refined carbohydrates, easy to eat even when you are not at all hungry and certainly do not need food. Yes, that's it—chocolate ice cream, chocolate pudding, chocolate cake, chocolate fudge, chocolate candy.

Remember, now kids, I'm as fond of most of these chocolate flavored or coated confections as you are. Why, on very warm days I get a considerable pleasure of a sort from just resisting the impulse to gobble one of those chocolate coated hunks of chocolate ice cream frozen on a stick, because I know I get too darn much refined carbohydrate in my everyday diet.

Now that, I believe, has a good deal to do with the development of pimples on the young skin. Excessive daily intake of refined carbohydrate (starch, sugar).

Even if a young person never indulged in any of the extra delicacies or treats mentioned, he or she would probably still get more refined carbohydrate than is required to maintain growth, strength and warmth, from white bread and other breadstuffs, cakes, pastries, etc., made of refined white flour and from

white sugar and refined syrups or so-called molasses, and so-called "brown sugar," which is not by any means the same thing as the brown sugar that was a staple in the days before the civil war.

It is not that refined flour, pure starch or refined white or "brown" sugar is itself harmful in any way. But if you get as much as half of your daily calories from these items, it is practically certain that you will not get enough minerals and vitamins from other foods to meet your daily requirements. In other words the more you depend on the quick calories in refined carbohydrates the more likely you are to suffer from nutritional deficiency—and in my crude opinion the pimples of youth may be a manifestation of just such nutritional deficiency.

**QUESTIONS AND ANSWERS**  
Baby's Bottle  
How long should baby's bottle be warmed? I couldn't find it in your baby book. (Mrs. R. V. M.)

Answer—Whether the baby takes from the bottle should be warmed to approximately the warmth of the body until the baby is a year old. If the baby has an occasional bottle feeding after that the food may be at ordinary room temperature. A milk, well-trained baby should be weaned from the bottle at the age of one year and take all liquid food from cup or spoon after the age of 13 months.

**Blood is Weak**  
Refused as Red Cross blood bank donor because my blood was found to be low in iron. Can I correct this? (Miss E. H. F.)

Answer—You owe it to yourself to have the benefit of a thorough health examination, which may reveal the cause of your anemia. Hemoglobin is the coloring matter in the red blood corpuscles—if it is deficient you have anemia, the blood cannot carry oxygen to the working cells and organs, and your vitality and functional efficiency will inevitably remain below par. Send 10 cents and stamped envelope bearing your address, for booklet "Blood and Health."

**Sympathy Again**  
I think I'm class B. As I understand it you have little if any sympathy for one with nervous trouble. (J. T. W.)

Answer—What you understand by "nervous trouble" I don't know. I have no more and no less sympathy for any one with disease of the nervous system than I have for any one with disease of the digestive system. But I surrender. I shall delete that definition of Class A and Class B notices from the green book, now in process of revision. Just as I deleted the definition of the revised edition of "Save Your Teeth."

## SCHOOL SYSTEM GIVES TO CHEST

Directors and member agencies of Medford Community Chest and War Fund expressed thanks to E. H. Hedrick, superintendent of Medford city schools, the office staff and members of Medford school system who subscribed so generously in the current campaign for funds.

The group contribution, amounting to \$750.53, is most outstanding, said a letter to Hedrick's office from A. M. Cannon, president of Medford Community Chest and War Fund. The letter stated that it is believed to be the largest the chest ever received from Medford schools.

## McLeod

McLeod, Oct. 30—Neighbors got together and gave Mr. and Mrs. Jim Casey a charivari at their home October 25. Attending were Larry Wilson, Mr. and

Chalkers Motel & Lodge OFFICERS' CLUB  
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### On the Radio Chains

STATIONS:  
Chain affiliation and where they are on the dial:  
KALE (MBS) 1230, Portland.  
KSA (NBC-Blue) 1190, Portland.  
KUA (NBC-Blue & MBS) 1210, Spokane.  
KGO (NBC-Blue) 510, San Francisco.  
KJW (NBC-Red) 650, Portland.  
KJH (NBC-Blue) 680, Portland.  
KJL (NBC-Red) 1070, Los Angeles.  
KOA (NBC-Red) 550, Denver.  
KOIN (CBS) 970, Portland.  
KOMO (NBC-Red) 850, Seattle.  
KPO (NBC-Red) 680, San Francisco.  
KSL (CBS) 1160, Salt Lake City.

### PRICE OF PEACE TO BE TOPIC ON COMMUNITY DAY

"The Price of Enduring Peace" is the subject to be discussed before the men and women of Medford on World Community day, November 3, at 8 p. m. in the Nazarene church, corner Holly and First streets. Taking up the matters of relief and rehabilitation, Ben Schmidt, secretary of the Y. M. C. A., will open the discussion; Mrs. Justin Smith, president of the Jackson County League of Women Voters, will speak on phases of economic independence, while the problems of the home front will be the topic of the address by Rev. Delbert W. Daniels, pastor of the First Christian church.

### CLARK GABLE

"TAKE HER DOWN" with WALTER HUSTON as commentator  
In coming weeks hear other Great Stars in Great Radio Plays on the CAVALCADE OF AMERICA  
NOV. 6—LORETTA YOUNG  
NOV. 13—CHARLES LAUGHTON  
DU PONT

### TONIGHT 8 O'CLOCK Hear Ralph L. CARR Ex-Governor of Colorado

Authority on government affairs, give some of the compelling reasons why enlightened Americans should vote for—  
DEWEY-BRICKER  
Medford High School Auditorium  
Mr. Carr Will Also Speak Over KMED Tonight 6-6:15  
Paid Adv.—Jackson County Republican Central Committee

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### SECRET WRITING

By GUYAS WILLIAMS  
Illustrated by THE DICK BRIDGEMAN, 1943-20-44.  
INSISTS ON PRIVATE LISTENING TO AUNT PATIENCE'S LETTER BECAUSE IT'S FOR EVERYONE. READS ALOUD.  
REALIZES LETTER HINT MAKING MUCH SENSE, EVEN BY SCRAMBLING, OR HOLDING IT FAR ON NEAR, SHE CAN'T MAKE OUT SOME OF THE WORDS.  
DECIDES TO STOP THAT PAGE, BUT CAN'T MAKE OUT WHICH PAGE IS NEXT.  
TAKES A CHANCE, BUT FINDS WRITING BECOMES ILLEGIBLE ON ACCOUNT OF BEING CRYPTIC.  
GETS A DAD CRICK IN NECK TRYING TO FOLLOW WRITING AROUND CORNERS, AND UP AND DOWN MARGINS.  
COMES TO END AT LAST, AND WONDER'S WHAT AUNT PATIENCE SAID.

accomplish alone. Representing 10,000,000 Protestant church women, the council is effective as church women unite in their local communities for study and action. World Community day is one of three annual observances sponsored by the United Council of Church Women, the others being World Day of Prayer in February and May Fellowship observance.

### STRANGE AS IT SEEMS

By ERNEST HIX  
ANGLER'S PARADISE!  
NEAR SINGAPORE, 100 DIFFERENT KINDS OF FISH CAN BE CAUGHT IN ONE PLACE!  
FOR 40 YEARS - CALCUTTA GOT ALL OF ITS ICE FROM BOSTON! IT WAS SHIPPED HALF WAY AROUND THE WORLD IN SAILING VESSELS... 1850-1870  
ANTI-TANK DOGS  
SO RUSSIAN DOGS TRAINED TO ATTACK CAMBS TO ENEMY TANKS BY A SECRET METHOD. COMPLETELY ROUTED A GERMAN TANK ATTACK ON THE CALININ FRONT! 1943  
TODDROW FRANKENTEN ROBOMBS!

### BARNEY GOOGLE AND SNUFFY SMITH

I JES' HEERED TELL YOU'RE DEADEN A DOORKNOB SNUFFY  
YE DONT SAY, H.T.?  
TOKYO NEWSBOYS ARE SCREECHIN' TART YORE HAID UUZ WHACKED OFF AT SUN-UP  
HAW-HAW!! YE MEAN I'M A GEN-U-INE BONEY-FIDEE LIVIN' HANT NOW HAWKY-TAWKY??  
DING-DONG!! THE PAM O' MY HAND FAIRLY ETCHES FER THE GOUVINT INSURANCE O' MINE

### BUZ SAWYER

INTO TRICKS! CATCH YANKEES! HURRY!  
STEP ON IT, SULTRY! HERE COMES ATANK! IT'S SHOOTING—  
WE'RE HIT! FIRE! THE HAY'S AFIRE, BUZ!  
GOD! THAT'S JUST WHAT WE NEED—A SMOKE SCREEN.

### BLONDIE

WHO DIDN'T HANG UP HIS CLOTHES?  
IS THE ANSWER ADAM?  
HONEST, DEAR, I THOUGHT YOU WERE JUST ASKING RIDDLES!

### LIL ABNER

AH HAIN'T TAKIN' ANY CHANCES ON YU GITTIN' AWAY BEFO' SADI HAWKINS DAY, YU SWEET LIT WORM! STOP WHIMPERIN' 'TIL SHE KETCHES FOTY WINKS!!  
OH, SODDIN' PAPPY!! AH JEST HEERD TH' WHUT'S EVEN MORE PITIFUL IS TH' FIX AN IS IN 'T' JOE SULLIVAN FREES ME!!  
SHE DO?—OH, HAPPY SADI HAWKINS DAY!!  
OH—UNHAPPY SADI HAWKINS DAY!! 'T' MINUTE SHE FREES ME AH GOTTA START RUNNIN' IN 'T' GADDE HAWKINS DAY RACE!! AN' WHO WOULD KETCH ME WHO DO YU THINK IS A-GONNA KETCH ME?

### THE NEBBES

AH IS TRAPPED LIKE A RAT BUT YO, MAH CHILE, GOT AT LEAST A FIGHTIN' CHANCE COME SADI HAWKINS DAY!! YO FEET IS WHAR YO IS STRONGEST IN, AN' THEY WILL CARRY YO 'T' VICTORY AN' FREEDOM. HALLELUJAH  
THEY'S SWEET TALK, PAPPY DEAR, BUT NOTICE TH' MONSTER STANDIN' NEX 'T' ME!! NOTICE THE MONSTER'S LAIGS!! SHE KIN WALK FASTER 'N AN KIN RUN!! AN AH WILL BE 'T' OBECK O' HER AFFECK SHUNS IN 'T' RACE.  
YO SAID IT SMALL DARK AN' HANSOME  
THEN YO' PORE CHILE, IS LIKEWISE A DAD DUCK!!  
NOT EGG-ZACKLY PAPPY! AH GOT IT ALL FIXED UP FO' DAISY MAE KETCH ME RIGHT OFF 'T' BAY! WILL SAVE ME FUM 'T' MONSTER!! BUT—OH! WHO WILL SAVE ME FUM DAISY MAE??  
LIL ABNER!! AH GOTTA BUST MAH EYEBALLS!! LIL ABNER!! AH GOTTA KETCH CLAMWHILE KETCH ME!! I'LL BLOW HISSELF UP AN' HIS BLOOD WILL BE ON MAH HAND!!

### THE NEBBES

LET'S HEAR WHAT GOOBER HAS TO SAY ABOUT MY AIRPORT PLAN  
...OF COURSE THE AIRPORTS WILL BE BUILT BUT WHO WILL YOU TRUST TO BUILD THEM?  
...MY OPPONENT WHO HAS HAD NO EXPERIENCE? OR MY ADMINISTRATION WHICH HAS GIVEN YOU HARD ROADS, BRIDGES AND BEST OF ALL...  
...THE GREAT HOKAPOKIE VALLEY GOOBER CONTROL SYSTEM WITH ITS GIANT DAM PROTECTING MILLIONS OF—URK!  
HES OFF THE AIR—I WONDER WHAT HAPPENED?  
DUE TO A SUDDEN EMERGENCY GOV. GOOBER HAS LEFT THE STUDIO...  
I TRUST IT ISN'T ANYTHING AS SERIOUS AS I HOPE IT IS!

**LEWIS FOR Y.D.R.**  
Minneapolis, Minn., Oct. 30—(U.P.)—Sinclair Lewis, Nobel prize winning author, who supported Wendell Willkie for president in 1940, favors the reelection of President Roosevelt this year, according to George B. Leonard, secretary of the Minnesota all party committee for Roosevelt.

### Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

1-ACROSS	23-Japanese
2-Petition	24-Graded
3-Rail	25-Chinese temple
4-Small	26-Fat (sl.)
5-Misplaced	27-Bother
6-High note	28-Fit
7-Carpet from India	29-Cannons
8-Other	30-School books
9-Legible	31-Lifetime
10-Piece of furniture	32-African
11-Wrath	33-Great Lake
12-Born	34-Oriental coin
13-Mutelage	35-Minute particle
14-Vista	36-African river
15-Turkish regiment	37-Appeal
	38-Kilns (var.)
	39-Chat

DOWN

- 1-Write
- 2-Margin
- 3-Rail bird
- 4-Interested culture
- 5-West Point student
- 6-Sate
- 7-Perfume
- 8-Book food
- 9-Rate
- 10-An exclamation
- 11-Damp
- 12-Part of "to be"
- 13-Pinal revelation
- 14-Engineering degree
- 15-Baby food
- 16-Wing
- 17-Hang down
- 18-Distress call
- 19-First garters
- 20-Smoke trap
- 21-Years (abbr.)
- 22-Slice for food
- 23-Child's word
- 24-Amount of money
- 25-Idle
- 26-Sprint
- 27-Overed molding
- 28-Group of trees
- 29-Bottom of foot
- 30-Opera song
- 31-Broad
- 32-Search
- 33-Peacock

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