

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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A FEW GRAY HAIRS

I have been taking the anti-gray hair vitamins and also the iodine ration for five months. Both of them have aided me greatly, but my hair has not regained its natural color. It is still disconcertingly streaked with gray. I am 42 years old. As far as I know my health is good. Do you think I have the treatment a fair trial?

(Mrs. C.B.L.)
What treatment, Ma'am? I have recommended the anti-gray hair vitamins and the Iodine Ration (my spelling of iodine) only as prophylaxis or prevention to prevent premature onset of old age of which graying of the hair is just one manifestation.

For twenty years I have been receiving reports from readers who declare that after taking the Iodine Ration (instructions mailed on request if you provide stamped self-addressed envelope) for a year or more they have found their gray or graying hair getting its natural color. At least they assure me this is so. I have formerly attributed this to the more cheerful spirit or outlook induced by the correction of iodine deficiency—that is, I think the iodine-deficient individual sees and counts his or her gray hairs and the individual who gets enough iodine sees and counts rather the hairs that still have their pristine color and life.

In the past four or five years, however, it has become fairly well established by animal experimentation and, I think, corroborated by human experience,

that certain vitamins, components of the natural vitamin B-complex, are essential to prevent premature aging, of which premature graying of the hair is a familiar manifestation. As in taking an Iodine Ration or getting your iodine, in whatever way you can, so in supplementing the ordinary diet with the so-called "anti-gray hair vitamins", the primary effect to be sought is rejuvenation, increased sense of well being, more energy, less fatigue. If you get this effect after a few months, then stay with it and maybe in a year or so—well, let Mrs. H. T. describe her experience, she'll be right here tomorrow.

QUESTIONS AND ANSWERS
Hernia
I have what is called a prospective hernia. Have you any suggestions which I should follow? (H. E. M.)
Answer—Pamphlet on "Hernia" describes simple exercises which tend to prevent and cure small recent hernias. For copy send stamped self-addressed envelope. No attention can be paid to clippings or unsigned requests.

Words Are Adequate
The relief of experiences is like magic and these words of gratitude are totally inadequate. . . . the first two days I took the potassium as described in the Allergy pamphlet, with no noticeable improvement. On the third day, I added the calcium treatment as described in the Hay Fever pamphlet, and by the third evening all symptoms had cleared up—no more any trouble returned. (M. B.)

Answer—Thank you. Your words seem adequate enough. On request I'll mail any reader who provides stamped self-addressed envelope a pamphlet "Relief for Allergy" or one on "Hay Fever". If you ask for both pamphlets include 10 cents with stamped self-addressed envelope.

Why can't one take a fat-spoofing, more or less, of lime water instead of all these calcium pills and tablets? Yes, of course, we need the vitamins, but we are getting them all the time in various foods. (G. B. E.)

Answer—I'm afraid we don't get much vitamin D in our foods, and D is essential for utilization of calcium (lime) whether in food or in medicine. Lime water contains scarcely as much calcium as milk does. If you wish to get the rights of the calcium (lime) question send stamped self-addressed envelope and ask for (no-clipping, please) pamphlet "The Calcium Shortage". (Copyright, 1944, John F. Dille Co.)

Flee From Path of War



Fleeing from path of war that devastated their tiny village near Leyte, women and children hurry from their homes as American troops invading Philippines move in to clean out Jap snipers still infesting the town.



Olive Barber's Observations

After many years' absence he returned to our town to visit the place where he'd been born and where he'd spent the greater part of his boyhood. The old house had been replaced by a modern home and the young orchard he had watched his father set out was now an old one but there were certain natural features which time had no power to change: such as the bay fronting the little farm; "The same old bay!" he remarked, his voice and eyes both tender and merry.

The passage of time had placed a kindly patina over the unpleasant, leaving clear, even enhancing, happier events. Happenings which had seemed anything but funny in that long ago became so as he viewed them in retrospect.

For instance, there had been his boyish inability to shut gates behind him, so that the call of "Shut the gate!" became an automatic charge from his parents when he went to let the calves out or take the horse to water. He chuckled over the memory of this, saying his own son had the same weakness.

Then his chuckle turning to open laughter he said, "I'll never forget the time I monkeyed with one of the bee hives. They

were mad to the last bee in less time than it takes to tell it. They swarmed out and settled over my face and arms and went to work. They were over the rest of me too, just waiting to do their bit when they could find a place to do it to.

"Frantic with pain, my one thought was to get to the bay and dive into the water. To reach the bay, I had to go through the yard. My mother was standing on the porch. Covered with bees, surrounded by them, my mother was no less frantic than I; no doubt even more so for she knew better than I the results of too many bee stings.

"But habit is a funny thing. As I fled shrieking through the yard, habit influenced her more than fear. She shouted the one thing she'd automatically called through the years when I came in sight; she shouted, 'Shut the gate!'

After our laughter had subsided some one asked, 'Did you?'

He thought this over, then said, 'I honestly can't remember. But something tells me Mother wasn't the only victim

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PICTURE BOOK

By GLUYAS WILLIAMS



ASKS FATHER TO PLEASE TELL HIM WHAT THIS IS A PICTURE OF

SPREADS PICTURE BOOK OUT ON TOP OF FATHER, WHO IS UNABLE TO SEE IT



REVERSES POSITION, FATHER GRABS PICTURE BOOK, GETS OFF HIS STOMACH

GETS OFF FATHER'S STOMACH, BUT DROPS PICTURE BOOK ON FLOOR



FATHER WHO STILL CAN'T SEE, TO GET RID OF HIM, SAYS IT'S A CAMEL

SHRIEKS WITH LAUGHTER AS HE SHOWS FAMILY WHAT FATHER SAID WAS A CAMEL

of habit; as I recall it, the bees and I stopped long enough to shut that gate!"

"Never Closed" Reign Ends
Sedalia, Mo.—(U.P.)—A local cafe is going to have locks on the doors for the first time in over half a century. The business has remained open 24 hours a day for over 50 years, but the labor shortage is causing the present owner to close during early morning hours.

ZERO CLUB

Out of bounds, civilians only
Delicious chicken and steak dinners 7:00 p. m. to 11:00 p. m. except Mondays
Phone day time 5300; night 9101.

WARDEN RUES HIS TRIP
San Francisco—(U.P.)—While Oregon Assistant State Penitentiary Warden Gene Halley was in Oakland awaiting a hearing to return a prisoner to Salem, Ore., he was advised thieves had broken into his home to steal an electric range, four radios and other household equipment. And his pet dog died at the prison.

Use Mail Tribune Want Ads.

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Chicken and Steak Dinners
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DRINKS mixed with Water sparkle out loud. "PIN-POINT CARBONATION" insures liveliness and zip... to the last sip.

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Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

ACROSS

1-Auto
2-Bird
3-Tail
4-Fine needlework
5-Turn aside
6-Negative
7-Spanish here
8-First garden
9-Quick look
10-Head organ
11-Join
12-Unexcused
13-Author of "Gold Bug"
14-Article of clothing
15-Paragraphs
16-Post on stairs
17-Poker stake
18-Quail
19-Harmony
20-Soak up
21-Speak
22-Use needle
23-Engine
24-Wide open
25-Make lace
26-Indin in water
27-Children
28-Cut off
29-That girl
30-Through
31-Word of caution
32-Dove's call
33-Even (poet.)
34-Musical note

DOWN

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AUTO INVENTORY MUST BE POSTED

Portland—As an aid to prospective automobile buyers, all dealers must post lists of their current inventory of 1942 cars held for sale, Frederic F. Janney, district OPA rationing executive, announced today.

Cars must be listed by make, body type, serial number and engine number, and whether new or used. If the dealer has no 1942 cars for sale, a notice to this effect must be posted.

Dealers who refuse to sell a car to a prospective purchaser who has the cash and the necessary certificates may be barred from dealing in any cars now rationed or that may be rationed in the future, Janney explained, under the amended automobile rationing regulations which become effective November 4.

Service Clubs See Captured Pictures

W. A. Blisbee of Spreckles Sugar Co., San Francisco, showed war moving pictures to Lions club Tuesday evening and to Kiwanis at their noon luncheon Wednesday.

One of the pictures, entitled "Government's Report to the Nation," showed captured German and Japanese pictures while the other showed construction of carriers and the sinking of the Wasp.

Lend-Lease shipments of canned vegetables in 1943 amounted to 9.3 of an ounce per week per United States civilian.

Renews Suction of LOOSE FALSE TEETH

New Easy Home Method

NOT A PASTE
NOT A POWDER

Here is a NEW, EASY, MONEY-SAVING WAY TO QUICKLY make loose teeth FIT TIGHTER. Most apply NUTT to place and place in mouth. No heat needed. It soon solidifies, adjusting plate snugly to the shape of the mouth, making a better fit. No heat or boiling. Not a paste or powder you have to apply each day. NUTT becomes a part of the plate—solid, tasteless, harmless, natural pink in color, easy to clean and sanitary. Scientifically designed to compensate for tissue shrinkage and gum recession. Renew plates at home. Save money. One application lasts for months. Enjoy real mouth comfort. Try NUTT. MONEY BACK if not satisfied.

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