

Your Health and Its Care

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HYGIENE OF THE CHILD WITH ENLARGED TONSILS

The child with enlarged tonsils and/or adenoids seem to have more frequent colds ("colds" to the uneducated). Dr. Kaiser (Children's Tonsils in and Out, Lippincott, '32) found that 4,400 children between four and seven years of age with enlarged tonsils in the schools in Rochester, N. Y., had slightly more "cold" in the course of the year than the same children had in the same period after removal of their tonsils. But Dr. Kaiser adds this pertinent observation: "After ten years of age, the incidence of colds in the children whose tonsils and adenoids were not removed" (2,200 children with enlarged tonsils) "declined with even greater rapidity than in the children of similar ages" (2,200 children with enlarged tonsils) "whose tonsils and adenoids had been removed."

Dr. Kaiser's actual statistics must have far greater weight than any off-hand theories or estimates advanced by doctors who have not made any comparable study of the question. Here I simply say that Dr. Kaiser's figures are real and the conclusions he draws from them are therefore significant. Yet it seems to me that he fell into the error which has long characterized the profession. As Dr. Kaiser sums up the examination of "The Common Cold: Relation to Tonsils and Adenoids:—

"Until the etiological factor" (our \$10 term for cause, folks) "is positively known, the control of the common cold in children will be concerned chiefly with environmental conditions, and the avoidance of such irritating causes" (sic) "as chilling, wet feet, wet clothing and draughts."

Now until I came upon that weird specimen of medical hokum I had included Dr. Kaiser's book in the 22 1/2-inch shelf of medical books I had bought in

the past twenty years that proved worth the money. Now, regretfully, I shall file it away up on the top shelf among the curios. What's the use? Until the hypothetical cause of the non-etiological "common cold" is positively known—which of course is talking through your hat—the old guard will continue making such utterances, and as long as the laity accepts this ponderous hokum distribution of the common respiratory infections will continue to provide three-fourths of the everyday illness doctors attend.

I ask you, who is going to worry about conversational, cough, or sneeze spray when "such irritating causes as chilling, wet feet, wet clothing and draughts" will explain everything?

QUESTIONS AND ANSWERS
Anyway There Are L. P. and O. D. B. At the age of 9 (I'm now 23) I took off my winter underwear in mid-winter and began wearing light, comfortable underwear—the same as I have worn the year around ever since. We children often sat in school with feet and clothes wet, but that didn't do us any harm. I wonder if you have all grown up remarkably free from respiratory troubles and the like. (L. P.)

Answer—That makes two of us who don't believe ordinary everyday "exposure" to cold dampness, drafts, sudden change, etc., does any harm. In the booklet "Call it Cr"—mailed on request if you include a self-addressed envelope bearing your address—I present with restraint, hope, the facts concerning the respiratory infections as opposed to the folklore and hokum. I advise not only to deal with the actual cause, but to have it in the home but to avoid spreading the infection to other members of the family, to follow vitamins, and the general public health advice which the medical profession hand out rules—such as "beware of chilling" and "keep your feet dry" or other almanac humor—are generally silent, or if they refer to it at all they put on the soft pedal.

How can I get a copy of your pamphlet "How to Lose Weight"? Do you recommend reducing candy? Does laughing make one gain weight? (Mrs. W. G.)
Answer—Send stamped envelope—standard size, not a 10¢ envelope—bearing your address for a pamphlet "How to Lose Weight" and "How to Live" and "How to Eat" and do not use dipping. Of course no candy, sugar, sweet or substitute for sugar reduce. Ordinary reducing candy or sweet of any kind has precisely the same value either as regards reducing or as regards health. Candy or fancy nostrum, trick sugar or special candy can have. Laugh and grow fat? Not a bit. The fact, when you are laughing coming in, it is better to give it full expression, as you would or should. (Copyright, 1944, John F. Dille Co.)

On the Radio Chains

STATIONS:
Chain affiliation and where they are on the dial:
KALE (MBS) 1230, Portland.
KEX (NBC-Blue) 1190, Portland.
KGA (NBC-Blue & MBS) 1210.
SPOKANS: KGO (NBC-Blue) 810.
San Francisco: KGO (NBC-Red) 680, Portland; KJR (NBC-Blue) 1000, Seattle; KXZ (CBS) 1070, Los Angeles; KOA (NBC-Red) 800, Denver; KSN (CBS) 870, Portland; KGMD (NBC-Red) 930, Seattle; KPO (NBC-Red) 880, San Francisco; KSL (CBS) 1190, Salt Lake City.
Time shown in PWT

Money
5:00 p. m.—OK for Release, NBC; 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.

VOTE 20 (X)



FLOYD K. DOVER

FOR CONGRESS 4th DISTRICT

He is —
A Born Leader
A Loyal American
A Friend to All People
An Experienced Executive
A Successful Business Man
A Trained Engineer and Builder
A War Veteran (wounded in action)

Dover for Congress Committee
Gus Walker, Mgr.

KEY OWNER GETS BRAK

Clearfield, Utah—(U.P.)—A key ring was left in a box car at the Clearfield naval supply depot after a crew finished loading the car. The keys were returned several weeks later. They were found in the box car—after it arrived in Oakland, Cal.

WEAR SIZE 14 AGAIN!
MRS. G. D. WELLS, FT. WORTH
You may lose pounds and inches more rapidly, gradually, or in one sitting. It's simple, you simply trim your diet. Eat meat, potatoes, grapes, butter. The restriction of CBS. You may not be different than you are now. Look at these results.

In clinical tests conducted by a medical doctor more than 100 persons lost 10 to 15 pounds in a few weeks with the AYD Plan. Look at these results.

With this Ayde Plan you don't use any diet pills, you simply trim your diet. Eat meat, potatoes, grapes, butter. The restriction of CBS. You may not be different than you are now. Look at these results.

EVERYBODY JOINS IN USING HIM TO SHOW HOW HE CAN STAND UP TO CHANGE SUBJECT

MOTHER MAKES ANOTHER TRY PICKS HIM UP AND FORGIVELY SETS HIS FEET IN PLACE

FRUSTRATES HER BY LETTING LESS TURN TO RUBBER. DOESN'T MEAN TO BE DISOBLIGING, JUST PREFERS SITTING DOWN



Jack Matlack, publicity director of the J. J. Parker Theatres and newly appointed Oregon publicity chairman of the forthcoming Sixth War Loan Drive, is pictured here going over plans with O. J. Miller, exhibitor state chairman for the drive.

MATLACK NAMED CHILDREN TO BE PUBLICITY HEAD FOR BOND DRIVE

Cleveland (U.P.)—British children who have spent their formative years in the United States since the Battle of London will be "powerful factors" for real understanding between the two nations after the war, according to Cyril H. Cane, British consul general stationed in Detroit.

Cane told a recent meeting of the Child Welfare League of America here that the children will face a difficult problem of readjustment when they are returned home, but that "the pliancy of youth should help them solve it well."

"I cannot pass on without expressing with all the emphasis at my command, the deep appreciation of the people of Britain for the generosity and kindness of the American people in opening their homes to our youngsters," he said.

"The spontaneous response of the U. S. A. was one of the wonders of that anxious time (the blitz period in England) and it will never be forgotten in the United Kingdom."

Cane said his office had received many reports of British children who have returned home and that the great majority of them have settled down "remarkably quickly."

Betty Lee-Cane, a friend of the family.

THE GRANGE

Talent Grange
Annual election of officers took place at the meeting of

LISTEN BEFORE YOU VOTE MONDAY NIGHT 8:00 P.M. GOV. THOSE. DEWEY

All Networks
8:15 P.M. GOV. EARL SNELL
Special Statewide Network
Paid Adv. Rep. State Central Comm., Morgan Bldg., Portland, Ore.

Actor's Daughter Injured In Crash

Hollywood, Nov. 6.—(U.P.)—Thirteen-year-old Mary Brown, daughter of Comedian Joe E. Brown, was in Santa Monica hospital still in critical condition today and her sister, Kathryn, 10, was recovering from bad cuts as a result of a Saturday automobile collision in which former child star Freddie Bartholomew also was involved.

Brown's oldest daughter had a skull fracture, concussion of the brain and compound fracture of the leg suffered when she was thrown from the car, driven by

SIT DOWN STRIKE



Talent grange, November 2, with the following results: Master, Lloyd Lacey; overseer, Elton Petri; lecturer, Mrs. Ethel Lacey; steward, Harry Hamilton; assistant steward, Steve Lunak; chaplain, Mrs. Margaret Mathes; gatekeeper, Gordon Talbot; secretary, Mrs. Carol Stewart; treasurer, George Hartley; Ceres, Miss Margaret Strahan; Pomona, Mrs. Leona Talbot; Flora, Mrs. Anna Lunak; executive committee, C. E. Borg; lady assistant steward, Mrs. Margaret Hamilton, and musician, Mrs. B. R. Talbot.

Grange will hold a pie social at its next regular meeting, November 16 and each lady is asked to bring a pie. It is hoped all the grangers who can will turn out for this affair.

Trainees arriving at Wellesley college to keep dates with students recently found their evening auctioned off to the highest war bond bidder. The auction netted \$16,000, with mid-shipmen valued at \$50 a date.

STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLE and SNUFFY SMITH



CHOOSE A PEPSI... CHASE A THIRST

PEPSI-COLA

Peppi-Cola Company, Long Island City, N. Y.

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

OPERATE PIPER
RESISTANCE RATE
ARS DIT VITAL
TIER MEROS ME
ESNES RAT SIC
PUSSY GANT
PARENT OUIVETS
AREL INNER
SIO PLY TESTS
UL SILLS SPEN
RIVAL OAT FEE
ETAPD NIKRVANA
SYND SUTIKER

ACROSS
1—Male swan
2—Folk tales
3—Out wood
4—Fruit drink
5—Beagle ship
6—Sweet dessert
7—Code of good form
8—Form of poem
9—Death notice
10—Scandalous remark
11—A few
12—Pioneers
13—Playing cards
14—Train track
15—Engineering degree
16—Mohammedan leader
17—Embellish
18—Prohibit
19—Kind of meat
20—Trimmed
21—Old college men
22—Luggage
23—Other
24—Chili and fever
25—Kind of meat
26—Finnish coin
27—Whale spout
28—Curve in space
29—Requires
30—Mineral earth
31—Old mound
32—Piume-bearing bird
33—Grab

DOWN
1—Boulder
2—Lytic poem
3—Flatiron
4—Hindu queen
5—Touche
6—Precious stone
7—Solve, in Hawaii
8—Refining metal
9—Plant cell
10—Pined
11—Tiny
12—Do as told
13—Solve, in Hawaii
14—Leading actor in play
15—Thong
16—Make speech
17—Wear
18—Discerna
19—Bealme
20—Hopefully expectant
21—Golden (Fr.)
22—Oat bag
23—Indication
24—Harvest
25—Move to make
26—Ship away
27—First (obj.)
28—Doubt coin
29—Bird's beak
30—For example (abbr.)