

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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MONKEYING WITH BLOOD PRESSURE

Mrs. W. informs me she has been taking garlic pills for her high blood pressure, but the pills are so expensive . . .



There is a lot of high blood pressure about the country, too, and from the queries about it in the daily mail I infer that a great deal of it is sadly neglected or maltreated, as in the case of Mrs. W.

I am taking the lady's high blood pressure on her own statement—she does not say that a physician found the blood pressure too high. In many instances wisecracks assume the blood pressure is too high when in fact the blood pressure is not higher than it should or must be to maintain good circulation.

It is difficult to comprehend why so many people believe garlic or something made from it has some influence upon the pressure of the blood in the arteries. Can it be ascribed to the power of suggestion—the fact that nostrums containing garlic or a garlic derivative are exploited as remedies for high blood pressure?

Even if garlic or anything else were a specific cure or remedy for high blood pressure, and a dose or a month's medication with it would bring high blood pressure down to normal, the wisdom or safety of using such a remedy would still be questionable.

Blood pressure is what makes the blood circulate: It is comparable with the water pressure in the municipal water supply—the normal pressure is sufficient for all ordinary requirements, but in some emergencies a fire engine may be necessary to increase the water pressure and get the water to where it is needed. Just so, it is sometimes necessary to increase blood pressure to get the blood through in sufficient amount to where it is needed.

Momentary or sudden increase in blood pressure occurs under emotional excitement—nature's way of preparing the

Individual for fight or flight, as circumstances may require.

This change in blood pressure occurs, be it noted, whether the individual actually does fight or run away or just strives to restrain the impulse and preserve decorum.

Besides repressed or unexpressed emotions, probably the abuse of tea, coffee or tobacco—I say the abuse of these things—contributes to the development of pathological conditions of which increased blood pressure is one manifestation, notably cardiovascular degeneration. If you would learn more about this consult CVD, booklet about heart and artery wearing out, available on request (no clipping) if you inclose ten cents and stamped self addressed envelope.

The sensible thing to do about high blood pressure is to leave it to your doctor to deal with it—as you would high temperature or elevation of pulse rate, wouldn't you?

QUESTIONS & ANSWERS

A Nip of Iodine
I am 23 years old and just seem to be tired all the time. I work at an easy job from 7 to 5 and when I get home I can go right to bed and sleep till next morning—it is getting so that I do nothing but work and sleep and am too tired to go out in the evening.

Answer—In two pages you tell precious little about yourself, daughter, but it can do no harm, at any rate, to begin taking an iodine tablet—a drop of two of Milt's Tincture of Iodine in water two or three times a week. Send a stamped envelope bearing your address, and ask for (do not send a clipping) "Instructions for Taking an Iodine Tablet." This is advisable for all growing children, youths and young adults who are not under medical care and especially if the "tiredness" is associated with gloomy spirit or lack of the normal cheerfulness of youth.

Cough Medicine
Last winter I read in your booklet "Call it Cri!" about terpin hydrate capsules for winter cough. I started taking one twice a day for about six weeks, and had no more cough all winter. Would it be all right to take one again this winter, if or when I get bronchitis again? God bless . . .

Answer—Yes, God bless America, a free country, and yet some of the medical brethren submit that very suggestion of mine to certain susceptible publishers and editors as evidence that my teachings and advice are dangerous to the public. It is all right to repeat the course of terpin hydrate this coming winter if you need it. On p. 32 of the same booklet you will find instructions for making and using fool-proof Cough Medicine—for man, woman or child, and on p. 22 you will find "What to Do about the Cri" ("cold" to you, dumpkop). For the booklet send 25 cents in a stamped envelope bearing your address. When I say envelope I mean an ordinary size, not a toy envelope. (Copyright 1944, John F. Dille Co.)

Magazine Story Concerns Medford Business Woman

An interesting article in the August issue of the "Pepsi-Cola World" concerns two Medford business women, Mrs. Maude Snider and Miss Mary Snider of 528 Pennsylvania avenue. The article, entitled, "Women Can Sell, Too," follows:

"You men who consider women the 'weaker sex' might change your minds after a visit to the Pepsi-Cola Bottling company of Medford, Oregon, a hard hitting sales organization directed and managed entirely by two women, Miss Mary Snider and her mother, Mrs. Maude Snider. The Snider family first started bottling Pepsi-Cola in 1937 under the capable management of John Warren Snider, brother of Mary Snider and son of Mrs. Maude Snider. When the army claimed John's services in 1941, his mother and sister were left to shift for themselves. That is exactly what they did, and they have been boosting Pepsi-Cola sales in Medford ever since. John Snider is now a corporal stationed at Camp Carson, Colo.

Mary Snider, a comely brunette of 29, graduated from the University of Oregon with a bachelor of science degree. Now the acting manager of the Medford organization, she has convincingly demonstrated the ability of American women to take over when their men are called to war. The company has flourished under her management, despite the many problems with which she has been confronted since 1941. The huge defense industries of Oregon drained off practically all the male labor left behind by the army. Miss Snider answered the challenge by employing women and training them to fill vacancies in practically every department. Miss Snider trained her women workers so well, that she is now of the opinion that they are in many instances more capable than her former male workers. The women have learned quickly, and what is more important, like their work. This is directly traceable to Miss Snider's far sighted and progressive personnel program. All employees receive a bonus at Christmas time. During the summer, the company gives a picnic, a very popular and successful affair that goes far towards increasing goodwill and fraternity among the employees. Two Pepsi-Cola vending machines are installed in the plant and the proceeds from them are used for company parties. The two machines sold enough Pepsi-Cola last year to provide three parties for all hands. The women, and the men as well, are enthusiastic about their work and as a result the company enjoys a remarkable esprit de corps.

Miss Snider is rightly proud of the swell promotion job she has turned in at Camp White. When this army camp was first established, the Pepsi-Cola Bottling company of Medford provided money to the men stationed there and they used it to furnish their own recreation room. The room is called the "Pepsi-Cola Day Room," and offers a bar, library, games, piano juke box, fireplace and writing facilities. A new dance floor, complete with radio, and a kitchen for special parties, are to be installed in the near future. The Pepsi-Cola Day Room is popular with the men and is crowded during the evenings and when ever else the men have any spare time. The original company stationed at Camp White presented a scroll to the Pepsi-Cola Bottling company of Medford, endorsed with individual signatures of the men, as a token of their appreciation of the facilities offered them by the Day Room. Mrs. Maude Snider represented the company at a formal dedication when the room was first opened, and this ceremony was followed by a gay reception and banquet. Sales have flourished at Camp White ever since, with Pepsi-Cola glasses and other reminders in the Day Room doing a constant advertising job. The Sniders also

have the satisfaction of knowing that they have made a real contribution to the happiness of the men stationed at Camp White, which was their principle object in furnishing the Pepsi-Cola Day Room.

There was no slow-up in production or distribution when Miss Snider started replacing the men who were so badly needed in Oregon's defense industries. Customers appreciated the problem and chipped in with a cooperation that won Miss Snider's sincere appreciation. The women employees were enthusiastic, Miss Snider tells us, and took to their work with a zest that more than made up for their lack of training. Miss Snider's management has been marked with an efficiency and winning personality that has made her many friends and kept sales rising year after year. The territory has a population of more than fifty thousand people, and 14 trucks are used to service it. The payroll boasts about 55 employees during the summer, with less than a 20 per cent reduction during Oregon's cold weather. In addition to their Pepsi-Cola activities, the two Snider women operate their own Dairy and Produce company, founded by Mrs. Maude Snider and her husband, J. W. Snider, in 1904. Mr. Snider died in 1930 and Mrs. Snider took over the business at that time and has been running it successfully ever since. Mrs. Snider, despite her many activities, still finds time for U.S.O. work, her victory garden and her grandson.

Corporal John Snider, United States army, will find a flourishing business awaiting him when the war is over, thanks to two American women with enough determination and business sense to pinch hit for him when Uncle Sam called."

News of Tom Mix, MBS, 8:45 p. m.—Elmer Peterson, NBC; Night News Wire, MBS; Capt. Mid-Night, BN; Private CBS.
8:50 p. m.—Mr. District Attorney Gabriel Heister, MBS; Carlson and News, BN; Frank Sinatra, CBS; Eddie Cantor, NBC.
9:15 p. m.—News BN; Screen Test 9:30 p. m.—Jack Carson, CBS; Spotlight Bands, BN; Mr. District Attorney, NBC.
9:30 p. m.—Kay Kyser's Kollege, NBC; Great Moments in Music, CBS; 7:15 p. m.—Lowell Thomas, MBS; The Colonel, CBS; Sammy Walter, MBS.
7:30 p. m.—Scramby Amby, BN; Nelson Eddie, CBS.
8:00 p. m.—Mercer's Music Shop, NBC; News, BN; I Love a Mystery, CBS.
CBS: Main Line, MBS, 8:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Passing Parade, CBS.
8:30 p. m.—Carton of Cheer, NBC; My Best Girl, BN; Dr. Christian, CBS; Bulldoze Drummond, MBS.
9:00 p. m.—Mr. and Mrs. North, NBC; Allan Jones with Woody Herman's Orchestra, CBS; News, MBS; Duninger, BN.
9:30 p. m.—Fulton Lewis Jr., MBS; 10:00 p. m.—News, NBC.
10:30 p. m.—Sonny Dunham Orch., CBS; Symphonette, NBC.
11:00 p. m.—News, CBS, MBS.

Closing time for Sunday Too Late is 9:30 Saturday afternoon—Please remember.

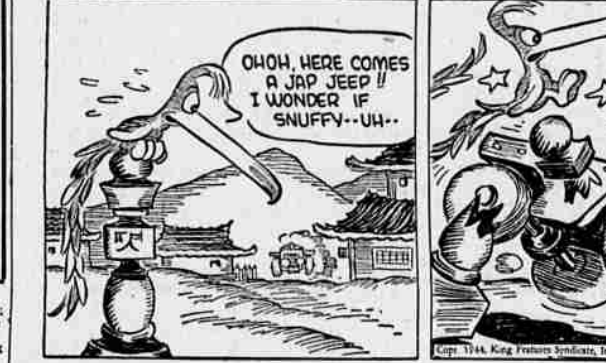
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BUZ SAWYER



BLONDIE



LIL ABNER



THE NEBBS



JAPAN WILL DO BEST IS WAR-WEARY WORD

By United Press
Premier Kuniaki Koiso told the Japanese people Monday in an address indicating weary resolution that "Japan will do her best to fight out this sacred war to the last, together with other axis nations."

Koiso's radio speech, delivered on the first anniversary of the east Asiatic declaration, was beamed to "the one billion peoples in east Asia," Tokyo radio, recorded by United Press at San Francisco, said.

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Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

1-Kind	21-Kind	31-Kind	41-Kind	51-Kind	61-Kind	71-Kind	81-Kind	91-Kind	101-Kind
2-Kind	22-Kind	32-Kind	42-Kind	52-Kind	62-Kind	72-Kind	82-Kind	92-Kind	102-Kind
3-Kind	23-Kind	33-Kind	43-Kind	53-Kind	63-Kind	73-Kind	83-Kind	93-Kind	103-Kind
4-Kind	24-Kind	34-Kind	44-Kind	54-Kind	64-Kind	74-Kind	84-Kind	94-Kind	104-Kind
5-Kind	25-Kind	35-Kind	45-Kind	55-Kind	65-Kind	75-Kind	85-Kind	95-Kind	105-Kind
6-Kind	26-Kind	36-Kind	46-Kind	56-Kind	66-Kind	76-Kind	86-Kind	96-Kind	106-Kind
7-Kind	27-Kind	37-Kind	47-Kind	57-Kind	67-Kind	77-Kind	87-Kind	97-Kind	107-Kind
8-Kind	28-Kind	38-Kind	48-Kind	58-Kind	68-Kind	78-Kind	88-Kind	98-Kind	108-Kind
9-Kind	29-Kind	39-Kind	49-Kind	59-Kind	69-Kind	79-Kind	89-Kind	99-Kind	109-Kind
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JAPS FORTIFY CHINESE COAST AGAINST YANKS

By Albert Ravenholt
United Press War Correspondent
Kunming, China, Nov. 7.—(U.P.) The Japanese are rapidly fortifying the China coast and converting Chinese ports into submarine bases in anticipation of a probable American landing on the Asiatic mainland after the liberation of the Philippines, the local Chinese Press reported today.

Japanese submarine bases were reported under construction at Amoy, resort and harbor city south of Foochow on the Fukien province coast; at Wenchow, on the Chekiang province coast; on islands around the harbor below Foochow; and possibly at Swatow, Kwangtung province port south of Amoy. The ports apparently were intended to serve as rear bases for underwater offensives in the event the present Japanese submarine pens at Formosa are neutralized in future operations. The Chinese report Japanese are constructing a large number of coolies to speed construction

of air bases in the Shanghai, Hangchow and Nanking area—the key transport and communications center for all of central and south China and potential focal point for Japanese defense of the China mainland.

Punch-Board Cigs Bring Fancy Price

Chicago, Nov. 7.—(U.P.)—Capt. John P. O'Malley said today he was investigating operations of a punch-board ring whereby the owner of the board received \$1.56 for two packages of cigarettes worth 18 cents per package. Matches at one cent a package accounted for six cents and the remainder of the \$1.56 came from 15 punches at 10 cents each with two packages of cigarettes as the prize.

WRONG OIL GIVEN BOYS IN INDUSTRIAL HOME

Tacoma, Wash., Nov. 7.—(U.P.) Six boys—3 to 5 years old—were in a hospital here today recovering from accidental poisoning after they were inadvertently given doses of camphorated oil instead of cod liver oil at the children's industrial home. Mrs. Edith Hughes, assistant superintendent at the home, said today she gave "some of the boys" a tablespoon of what she thought was cod liver oil before sending them to bed last night.

Commandoes Open Up Antwerp



Complete liberation of Walcheren Island, last obstacle on sea approaches to Antwerp, appears near as British Commandoes hurried the Germans back into the northern end of Flushing on the south coast and widened their west coast beachhead to at least four miles.

SURBURBAN HEIGHTS by GUYLAS WILLIAMS

