

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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HARDENED WAX IN EARS

Medical colleagues told here recently about the common occurrence of ear trouble—such as deafness, rumbling or other unpleasant noises in the ears, dizziness, sometimes a harsh, obstinate cough, from accumulation of hardened or dried cerumen or ear wax. The specialist said some of his patients had even resigned themselves to deafness to the extent of wearing hearing aids—which they discarded after the doctor removed the plug of inspissated cerumen.

One of the first private patients who took a chance with me in Penn Yan—I assure you there is such a place—was a hustling young grocery clerk with an honest, uncomplicated complaint—an elephant cough. Well, sir, that boy gave me an uncomfortable two or three weeks. I went over him again and again, and nary a thing could I find to account for his frightful cough. He was wholly co-operative and staid with me while I floundered around in baffled until one Monday morning the boy came in with a new complaint—since his Saturday night bath there had been a great rumbling in his ear. Thereupon with head-tilt and speculum I examined his ear, found a plug of wax, syringed it away, and that was the end of the head noise and the cough.

Since my colleague told us here of the remarkable number of patients who come to him at regular intervals to have their ears so freed from hardened plugs of ear wax, many readers have asked me to give them the name and address of the ear specialist.

Nonsense. Any doctor can take care of such trouble as well as the fanciest or highest-priced specialist can.

For that matter any intelligent member of the family can syringe the ear, whether to remove hardened ear wax, a foreign

body or perhaps a live insect that has entered the ear canal. Here is how. Use a fountain syringe or reservoir which hangs not more than a foot above level of ear. Use only boiled water that is comfortably warm (never too hot or too cold). Dissolve a heaping teaspoonful of salteratus (baking soda, bicarbonate of soda) in a quart of water. Let patient sit or lie with a basin against neck under ear, to catch the outflow. Use only a straight nozzle, and hold nozzle close to, but not touching the outer opening of ear canal. Hold ear backward and upward with your left hand while you direct the stream straight into the ear canal. Let the entire quart of water thus flow into the basin.

Usually the hardened plug of ear wax comes away in small pieces. Sometimes it is necessary to repeat the syringing daily for several times. One good rule to remember: Never in any circumstance insert anything smaller than your elbow in your ear. If syringing in this way is insufficient, then the next step is treatment for the doctor to determine.

QUESTIONS & ANSWERS

Correspondents sometimes ask whether I recommend the Sargent Clinic, let us say, or the Farway hospital, or the Ketchum Diagnostic Laboratories, or the Heath and Home Institute.

Answer—What for? They may serve good people, or have some pretty girls dressed up like nurses. If you seek medical service I advise you to consult a physician, not an institution.

Shampoo—Due to an injury after I had a permanent wave I was unable to have a shampoo for about six weeks. By then I had a lot of dandruff. As I never had much dandruff before I wonder if it was best to wait so long for a shampoo. (Mrs. R. F.)

Answer—Perhaps. Send stamped envelope bearing your address, for pamphlet "Care of the Hair and Scalp." Dandruff can be kept under control if you apply the simple formulae regularly as instructed in the pamphlet.

Spinal Curvature—Daughter has rotary curvature of the spine. She is 12 years old, swims, dives, etc., but has no physical education at school. From your column I believe the booklet "V-I-T-E Spinal Youth" might be of help. (J. E.)

Answer—Shame on the school, or should I say the parents, for such neglect of the child's education. What a backward community yours must be. For the booklet "V-I-T-E Spinal Youth" send 10 cents and stamped envelope bearing your address. (Copyright, 1944, John F. Dille Co.)

On the Radio Chains

STATIONS:
Chain affiliation and where they are on the dial:

WEEK (MBS) 1230, Portland.
KEX (NBC-Blue) 1100, Portland.
KJIA (NBC-Blue) 1510, Spokane.
KGO (NBC-Blue) 810, San Francisco.
KJW (NBC-Red) 880, Portland.
KJH (NBC-Blue) 1510, Seattle.
KJL (NBC-Red) 1070, Los Angeles.
KOA (NBC-Red) 550, Denver.
KJH (NBC-Blue) 970, Portland.
KJH (NBC-Blue) 1510, Seattle.
KJL (NBC-Red) 1070, San Francisco.
KAL (CBS) 1100, Salt Lake City.

Time shown in PWT

Wednesday
8:00 p. m.—Fletcher Wiley, CBS.
9:00 p. m.—Pirates, NBC.
9:30 p. m.—Superman, MBS.
10:00 p. m.—Jack Armstrong, NBC.
10:30 p. m.—Harry Flannery, CBS.
11:00 p. m.—Night News, NBC.
11:30 p. m.—District Attorney, NBC.
12:00 p. m.—Frank Sinatra, CBS.
12:30 p. m.—News, NBC.
1:00 p. m.—Jack Carson, NBC.
1:30 p. m.—Night Bands, NBC.
2:00 p. m.—District Attorney, NBC.
2:30 p. m.—Kay Kyser's Kollege, NBC.
3:00 p. m.—Great Moments in Music, CBS.
3:30 p. m.—Lowell Thomas, MBS.
4:00 p. m.—The Colonel, CBS.
4:30 p. m.—Scrammy Amby, NBC.
5:00 p. m.—Mercury's Music Shop, NBC.
5:30 p. m.—Love a Mystery, CBS.
6:00 p. m.—Fleetwood Lawton, NBC.
6:30 p. m.—Lum and Abner, NBC.
7:00 p. m.—Carton of Chester, NBC.
7:30 p. m.—Bob Burns, NBC.
8:00 p. m.—Loretta Archer, CBS.
8:30 p. m.—Mr. and Mrs. North, NBC.
9:00 p. m.—Mr. and Mrs. North, NBC.
9:30 p. m.—Fulton Lewis Jr., MBS.
10:00 p. m.—News, NBC.
10:30 p. m.—Sunny Dunham, CBS.
11:00 p. m.—News, CBS.

Thursday
8:00 p. m.—Terry and Pirates, NBC.
8:30 p. m.—Dick Tracy, NBC.
9:00 p. m.—Superman, MBS.
9:30 p. m.—Jack Armstrong, NBC.
10:00 p. m.—Harry Flannery, CBS.
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KYLE'S RESTAURANT
CHICKEN AND STEAK DINNERS
Open 7 p. m. to 3 a. m.
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BEAUTIFUL— ROGUE RIVER LODGE
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Delicious Dinners
Cocktail Lounge
Dancing
On Crater Lake Highway
Near Trail
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It's a real victory grin that Comdr. David McCampbell of Los Angeles flashes from the cockpit of his carrier-based plane that bears "Meatballs"—emblematic of his record that makes him Navy's top-ranking ace. In his latest action he shot down 9 Jap planes in 95 minutes of combat. U. S. Navy photo.

allow the farmer to sell low grade dairy cattle which they are now compelled to keep at a loss.

Oposing the advertising of oleomargarine by our local stores, and ask that the point value be put on equal with butter.

That the OPA be asked to make public the ceiling price on farm products before the regular marketing season is at hand, such information to be simplified in understandable terms, thus preventing a great financial loss to the farmer.

Shady Cove

Shady Cove, Nov. 8.—Pvt. John and Basil Zimmerman, left this week for Camp Ord, Monterey, Cal., where they have been transferred from Camp Walters, Tex. They spent last week here with relatives and friends.

John, his wife and children, were guests Tuesday at a dinner party at the home of Mr. and Mrs. Alvin Conover. Other guests were Mr. and Mrs. W. R. Zimmerlee, Carrie, Billy and Janet, and Mr. and Mrs. Albert Cornelius.

John and Basil and a host of relatives and friends enjoyed dinner and a party Saturday evening at Rogue River lodge.

Mr. and Mrs. J. F. Johnson entertained the Zimmerlee family with a dinner Sunday.

Marie Johnson Shady Cove school student, and daughter of Mr. and Mrs. T. J. Johnson, underwent a tonsillectomy at Sacred Heart hospital.

Ens. James R. Davis has recently received his commission at Notre Dame university where he has been attending midshipman's school for the past two months. He has been assigned to Floyd Bennett field, New York City, as aerologist. He is the son of Mr. and Mrs. Paul L. Davis, proprietors of Roguedale store.

Chalker's Motel & Lodge OFFICERS' CLUB
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Chicken and Steak Dinners
Most Unique Place in So Ore
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For Reservations Ph. Guild 414

ZERO CLUB
Out of bounds, civilians only
Delicious chicken and steak dinners 7:00 p. m., 3 a. m. except Sunday Phone day time 6300 night 9101.

THE WORLD AT ITS WORST By GLUYAS WILLIAMS
WONDERING HOW SOON YOUR PARENTS, WHO HAVE LOOKED IN ON YOU ON THEIR WAY TO BED, WILL BECOME AWARE OF THE TELL-TALE SMOKE OF A WAGGING TAIL REVEALING THAT YOU HAVE TAKEN YOUR DOG TO BED WITH YOU AGAIN AGAINST STRICT ORDERS



SKY CRASH FATAL
Luke Field, Ariz., Nov. 8.—(U.P.)—Army Aviation Cadet Robert H. Boyles, 21, of Oak Park, Ill., was killed yesterday in the mid-air collision of two AT-6 training planes 15 miles south of Luke Field. Cadet Wallace Neal Brown, of Dothan, Ala., pilot of the second plane, parachuted to safety following the crash.

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TRADE MARK REG. U.S. PAT. OFF.
Now Available in the 4-oz. Family Jar

STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLE and SNUFFY SMITH



BUZ SAWYER



BLONDIE



THE NEBBES



WHY ER...



Cheerful Earful!
Drinks mixed with Canada Dry Water even sound better. "PIN-POINT CARBONATION" gives them a sparkle you can hear... a liveliness that lasts.

CANADA DRY WATER

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE
ACROSS
1—Woman soldier
4—Hairless
8—Roasting stick
11—Lard measure
13—Away from wind
14—Bain opening
15—Jelly
16—Made again
18—Soothing ointment
20—Sharp to taste
21—Hawallahava
22—Dawdle
23—Ripped
27—Spill
29—Vehicle
30—Spanish grammar
31—Arrive (abbr.)
32—Article of clothing
33—Symbol for silver
34—Contempt
37—God of flocks
38—Paid athlete
39—Biblical weed
40—Feline
41—Word of joy
42—Water animal
43—Biblical prophet
44—Mane
45—Salior
46—Spoken
47—Lager entry
48—Kilt (Irish)
49—Appointment
50—Waters
51—Thinge (law)

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