

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.
Readers should address inquiries to: Dr. William Brady
285 El Camino, Beverly Hills, Calif.

OBESITY IS MALNUTRITION

There is a common notion that moderate obesity, superfluous flesh, overweight, corpulence or stoutness is an indication of robust health. Probably the notion had its origin in feudal days when the lords had plenty and their vassals barely enough to eat; and from the observation that emaciation, loss of flesh, consumption or wasting occurs in the advanced stages of numerous diseases.

With one notable exception—pulmonary tuberculosis—even 5 per cent excess weight is regarded as unfavorable to health and longevity today. Statistics seem to show that moderate stoutness, up to 5 per cent overweight, is at least not detrimental to persons up to the age of thirty-five years. After the age of thirty-five years, however, any excess flesh is unfavorable to health, efficiency and longevity.

So there you are, folks. Why carry around a handicap of slacker flesh when it isn't required by law? Most of the slacker flesh lumbering about the earth today is built out of the prodigious amounts of the delectable, cheap, plentiful, easy to eat carbohydrates in our modern, refined, denatured, unbalanced American diet.

Refined white flour and refined white sugar and syrup and molasses yield more than half of the calories in the daily food of the average person in America. Calories from refined white flour or refined white sugar are just as good as calories from any other food material. An ounce of lean meat yields the same

QUESTIONS AND ANSWERS

Friend declares she was once too fat but friend drinking vinegar and lost weight. She now has a lovely figure. Is vinegar drinking is any food especially slimming? (Dolores H.)

Answer—Neither vinegar nor any food is slimming. That is a silly notion. If you are 10 or over, send stamped envelope bearing your address, asking for pamphlet "How to Lose Weight." Do not send a clipping. It is not an advance to me, engaged in sedentary occupation, to take vitamin B-complex daily? I am of nervous disposition and believe they help me quite a lot. (C. D. J.)

Answer—As I have tried to explain in several current articles, most Americans get insufficient D and B-complex, but vitamin B or B-complex is as beneficial to the muscles (including the eating muscle and the heart muscle) of those whose daily intake of it is deficient as it is for the nerves. If you will send a stamped envelope bearing your address, and ask for it (a clipping will not suffice), I'll mail you the pamphlet "Young Folks and Old Folks," which explains all in detail. (Copyright, 1944, John F. Dille Co.)

Gold Hill

Gold Hill, Nov. 14—Mrs. Leatha Hepp of Anacortes, Wash., has spent the past several weeks here visiting her parents, Mr. and Mrs. Clarence Butterfield, and her son, Ronnie Davis.

Home Extension Unit met recently in W.R.C. hall with a pot luck lunch at noon. Miss Marion Farrell headed a discussion in "Housework the Healthful Way."

Pft. Harry Frederick, wife and baby Sandra spent a day last week visiting his sister, Mrs. Noel Kellogg and family here.

Miss Janie Marsden of Medford visited over the week end with her father, Lee Marsden. Kenneth Cook, A/s, taking his boot training at Farragut, Idaho, is confined to the hospital with scarlet fever.

Milton Steinmetz of Berkeley, Cal., visited over the week end and election day with his family here.

Mrs. Joe Lewis spent the past week in Central Point caring for her mother, Mrs. Wm. Musty, who is critically ill.

Mrs. Wm. Pugh left Thursday for Scotia, Cal., to visit relatives.

Mrs. Gertrude Rosecrans left Thursday for Portland to visit her daughter and family and other relatives.

Mrs. T. C. Buckingham left Thursday for Canada to be with her mother, who is seriously ill.

Roy L. Pedersen and wife of Tacoma, Wash., arrived here Thursday for a short visit with Mrs. Pedersen's parents, Mr. and Mrs. Alva Cook. Roy is with a medical unit stationed at Fort Lewis.

Terry Clement, second class seaman, visited his parents, Mr. and Mrs. Jim Clement and sisters, Rae and Patricia, Wednesday, returning to his ship Thursday.

Dotchell Rosecrans, U. S. A., and brother, Leo of the navy, spent several days here the past week with their parents, Mr. and Mrs. Chas. Rosecrans and family.

N. C. Swindler, seaman first class, from Shoemaker, Cal., spent the past week here visiting his wife and children, and his mother, Mrs. Edith Thompson, brothers Roy and Junior Swindler and sister Nadine Swindler.

Mrs. Ada Dusenberry visited Thursday with her son, Arthur Iverson and family of Medford, Cal., is visiting her daughter Mrs. F. M. Rivter of Oakland,

transacting business here in re- and family of Rogue River, and guards to the sale of her home in the colony.

Mrs. Richard Cleland of Coronado, Cal., arrived Friday for a two weeks' visit with her parents, Mr. and Mrs. Virgil Gribble, and sister, Bunsey.

Mr. and Mrs. Wm. Ritchie, Jr., returned Wednesday from a business trip to Los Angeles, Cal. Mrs. Ritchie, Sr., cared for their children while they were gone.

Mr. and Mrs. Paul Holderness and Gene moved last week from the Gilchrist home to the Cecil Bell home. The Gilchrist home was sold recently to Slim Wolf.

Reverend Platz of the Methodist church is urging the people of the community to attend the Sunday services. Sunday school at 10 a. m. Preaching service at 11 a. m. Young Peoples' services in the evening at 7:30.

Gealie Ritchie, small son of Mr. and Mrs. Wm. Ritchie, Jr., underwent a tonsillectomy Friday.

Mrs. George Brown and children, George Lee and Marilyn of Medford, spent Sunday with Mrs. Brown's parents, Mr. and Mrs. Tom Z Smith and family.

The P. N. G. club met at the home of Mrs. Geo. Dorman Thursday. After the business meeting the ladies sewed on kits and pajamas for the Red Cross.

Mrs. Woodrow Nealy and two children of Grants Pass have moved into the house recently completed by Lester Thompson. Mrs. Nealy is a daughter of Mr. and Mrs. Fred Jones of Gold Hill. Her husband is in the navy and stationed at Charleston, S. C.

Mrs. Florence Hunter, and three children, who have been living in the Sargent house moved to Medford Friday, where Mrs. Hunter is employed by the Standard Oil Company.

Gold Hill Garden club would appreciate it if families in this community who have sons or daughters in the service would give them their names and addresses so they may be remembered at the holiday season.

NEXT BIG JOB
Dayton, O., Nov. 14—(U.P.) Lt. Gen. William S. Knudsen, director of the air technical command at nearby Wright Field, today predicted that "next to winning the war, contract settlement will be the greatest job America has ever faced."

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USO HOSTESSES DISCUSS RULES, PLAN PROGRAMS

Junior hostesses of the Riverside USO made several important decisions at a meeting held Sunday afternoon to discuss rules governing their USO participation and to outline parties and programs for the coming Thanksgiving and Christmas holidays. The group agreed that they should be admitted to club activities upon presentation of their membership card, which they receive after their three references have been checked. The new system is to go into effect immediately. Plans were made for a formal dance to celebrate Thanksgiving. Melva Morrell is chairman of the committee on arrangements, working with Mildred Shellabarger, Beth Thompson, Beverly Mee, and Marianne Casper.

Servicemen and Junior Hostesses attending the Hollywood party last night "let their hair down" with a comical "Booms-a-daisy" dance taught by Master of Ceremonies Larry Kelly and Harriet Argenbright. Girls impersonated the favorite Hollywood glamour girls for the evening, and did their share of swooning over Frank Sinatra, Clark Gable, and other heroes of Hollywood as impersonated by the G.I. Joes. Refreshments were a la Hollywood also, in the form of fancy sandwiches as so often seen in movies, and bright green punch.

All senior volunteers are being urged to attend the meeting to be held at 8 o'clock this Tuesday evening, in order that all awards earned for past USO service may be given, and plans made for Thanksgiving home hospitality for the servicemen at Camp White.

Germans May Be Faking Deaths Of Party Officials

Recent reports of the deaths of many Nazi party officials may be part of an elaborate hoax designed to mask the formation of an underground movement that will continue to fight after Germany has been defeated, the Stockholm newspaper Aftonbladet said in a dispatch reported to the office of war information today.

Swiss observers, the newspaper reported from Basle, believe that the large number of obituaries of Nazi leaders published in German newspapers were faked and that the party chieftains actually were going into hiding and assuming false names. Through this ruse, it added, the Nazis hope to escape allied retribution and, at the same time, to work underground in Switzerland, Sweden, and Germany itself.

GI's Worry Over Comic Characters

At Forward Hospital, Leyte, Philippines, Nov. 14—(U.P.) Patients at this hospital, all of them weary from constant fighting and many of them seriously wounded, momentarily forgot their water-filled foxholes and the deadly chatter of machine-gun fire Monday while they worried over the plight of favorite comic strip characters.

"Hell, I had forgotten what a pickle Lil Abner gets himself into," said one big, strapping fellow who with 17 other Americans helped repulse a fierce Japanese counterattack yesterday.

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THANKS! PILE RELIEF THIS QUICK! FAST WAY

Simple piles need no rack and torture you with maddening itch, burn and irritation. Smart's Pile Relief Suppositories bring quick, welcome relief. Their grand medication means real comfort, reduces strain, helps tighten relaxed membranes, gently lubricates and softens. Protective and anti-chafing, so easy to use. Get genuine Smart's Pile Relief Suppositories at your drug store without delay—60¢ and \$1.20—on maker's money-back guarantee.

Should Tyamol fail to give satisfaction by relieving your torturing pain, soreness or stiffness in muscles or ligaments, just return empty tube and the manufacturer will refund your money.

You will find Tyamol pleasantly distinctive among preparations of its class. Guaranteed to be free from narcotics and done. Sold by leading druggists everywhere. Caution: Use only as directed. Always in stock at

STRANGE & DRUG STORE

By GLUYAS WILLIAMS

SUBURBAN HEIGHTS

THE NEIGHBORHOOD IS LOSING SLEEP BECAUSE IF HIS NEIGHBOR GETS A CAMPAIGN SPEECH ON HIS RADIO, FRED PERLEY TRIES TO DROWN HIM OUT WITH AN OBSCURE BROADCAST, AND NEITHER IS WILLING TO BE THE FIRST TO SHUT OFF HIS RADIO.

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Removed to Sparta Bldg. J. H. Leong, Herbalist Phone 5817

On Rialto Bill



Roy Rogers, in his most exciting adventures, "San Fernando Valley," comes tomorrow to the Rialto. Scheduled as the companion feature, "Hopalong Cassidy stars in 'Forty Thieves' with Jimmy Rogers.

On the Radio Chains

Chain affiliation and where they are on the dial:

KALE (MBS) 1330, Portland; KEX (NBC-Blue) 1190, Portland; KGA (NBC-Blue & MBS) 1310, Spokane; KGO (NBC-Blue) 1110, San Francisco; KJW (NBC-Red) 820, Portland; KJN (NBC-Blue) 1000, Seattle; KXN (CBS) 1070, Los Angeles; KOA (NBC-Red) 850, Denver; KOIN (CBS) 970, Portland; KOMO (NBC-Red) 930, Seattle; KPO (NBC-Red) 860, San Francisco; KSL (CBS) 1160, Salt Lake City.

Time shown is PST

Tuesday
8:00 p. m.—Terry and the Pirates, BN; Fletcher Wiley, CBS; OK for Release, NBC.
8:15 p. m.—Red's Gang, CBS; Dick Tracy, BN; Superman, MBS.
8:30 p. m.—Date with Judy, NBC; Jack Armstrong, BN; Harry Finnery, CBS; Adventures of Tom Mix, MBS.
8:45 p. m.—Capt. Midnight, BN; Night News Wire, MBS; News, CBS; Gabriel, BN; Mystery Theater, NBC; Gabriel, BN; Mystery Theater, NBC; Gabriel, BN; Mystery Theater, NBC.
9:00 p. m.—Screen Test, MBS; 6:15 p. m.—Fiber McGee and Molly, NBC; Spotlight Bands, BN; 8:45 p. m.—Gov. Snell, MBS; Edgar Smith, Political, CBS.
9:00 p. m.—Raymond Gram Swing, BN; Bob Hope, NBC.
9:15 p. m.—Lowell Thomas, MBS; Ted Malone, BN.
9:30 p. m.—Sen. Truman, BN; 7:30 p. m.—Hildegard, NBC; Red Rider, MBS; Manhattan Melody, CBS; Horace Heidt, BN.
9:45 p. m.—Mercer's Music Shop, NBC; I Love a Mystery, CBS.
10:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music, CBS.
10:30 p. m.—Freedom of Opportunity, MBS; Johnny Presents, NBC.
10:45 p. m.—Mystery, BN; Boys, NBC; Big Town, CBS.
11:00 p. m.—Rev. Miller, MBS; 8:30 p. m.—Mystery, BN; Club, CBS; Fulton Lewis, MBS.
11:00 p. m.—News, CBS; Count of Monte Cristo, BN; Five Star Final, CBS.
11:30 p. m.—Edwin C. Hill, CBS.
11:45 p. m.—Talks, CBS; Concert Hour, BN.

Wednesday
8:00 p. m.—Terry and the Pirates, BN; OK for Release, NBC.
8:15 p. m.—Superman, MBS; Dick Tracy, BN; Relax in Rhythm, MBS.
8:30 p. m.—Jack Armstrong, BN; Harry Finnery, news, CBS; Adventures of Tom Mix, MBS.
8:45 p. m.—Elmer Peterson, NBC; Night News Wire, MBS; Capt. Midnight, BN; News, CBS.
9:00 p. m.—Mr. District Attorney, NBC; Hunter, MBS; Carlson and News, BN; Frank Sinatra, CBS; Eddie Cantor, NBC.
9:15 p. m.—Screen Test, MBS.
9:30 p. m.—Spotlight Bands, BN; Mr. District Attorney, NBC.
9:45 p. m.—Katie Kruger's Kollege, NBC; Great Moments in Music, CBS; Raymond Gram Swing, BN.
10:00 p. m.—Lowell Thomas, MBS; The Colonel, CBS; Sammy Welles, MBS.
10:15 p. m.—Screen Test, MBS.
10:30 p. m.—Scrappy Amby, BN; Nelson Eddie, CBS; Lone Ranger, MBS.
10:45 p. m.—Mercer's Music Shop, NBC; News, BN; Jack Kirkland Show, CBS; Main Line, MBS.
11:00 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Passing Parade, CBS.
11:30 p. m.—Cartoon of Cheer, NBC; My Best Girl, BN; Dr. Christian, CBS; Bulldog Drummond, MBS.
11:45 p. m.—Mr. and Mrs. North, NBC; Jack Carson, CBS; News, MBS; Dunninger, BN.
12:00 p. m.—Fulton Lewis Jr., MBS.
12:30 p. m.—Woody Herman Orch., CBS; Symphonie, BN.
1:15 p. m.—On all night, BN.

Hugh Bourne was English founder of Primitive Methodists.

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Want Relief From ARTHRITIS PAINS?

Try Tyamol on This Money-Back Guarantee

If you are suffering from the stinging pains of arthritis, rheumatism, sciatica or neuritis, go today and buy a tube of Tyamol at any good drug store. Apply this delightful absorbent to the painful joints and watch results. You should see a difference after the very first application.

Should Tyamol fail to give satisfaction by relieving your torturing pain, soreness or stiffness in muscles or ligaments, just return empty tube and the manufacturer will refund your money.

You will find Tyamol pleasantly distinctive among preparations of its class. Guaranteed to be free from narcotics and done. Sold by leading druggists everywhere. Caution: Use only as directed. Always in stock at

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Ward Suit Against Government Ousted

Chicago, Nov. 14—Federal Judge John F. Barnes Monday dismissed Montgomery Ward and company's suit charging the government had held illegal hearings of union grievances in connection with the Ward strike last spring.

Barnes said his decision was based on a supreme court ruling announced Monday denying a high court hearing of an appeal from a court of appeals decision that war labor board orders are advisory and not reviewable.

After a strike of the United Retail, Whole and Department Stores Employees of America, local 20, CIO, Montgomery Ward filed several suits contesting government action taken against the company.

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