

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

Readers should address inquiries to: Dr. William Brady
265 El Camino, Beverly Hills, Calif.

OVEREATING AND MALNUTRITION

Continuing yesterday's talk (Obesity is Malnutrition) here are some scientific observations for everybody who carries superfluous flesh to consider:

1. Obesity is malnutrition.
2. More than half of the calories in the average American diet are from refined carbohydrate—starch or sugar.
3. More than half of the calories in the diet of Americans 100 years ago were from carbohydrate, but not refined carbohydrate. People in those days ate whole wheat flour—wheat ground in the old stone grist mill with nothing removed. They ate brown sugar and molasses from which nothing was removed in refining.

4. So, as Dr. Norman Jolliffe expressed it:
"It seems, therefore, that a 55% fraction of the calories in the American diet of 1840 containing a minimum of 600 international units of vitamin B has been replaced in the contemporary American diet by a like fraction containing only about 50 international units."

5. Although our great-grandparents didn't know it they got their vitamins in their bread, sugar and molasses.

6. As Dr. Robert R. Williams expressed it: "Man commits a crime against nature when he eats the starch from the seed" (that's what refined white flour is, mainly) "and throws away the mechanism for the metabolism of that starch." The vitamin B complex, in which wheat is rich, particularly the wheat germ and the bran and outer coat of the kernel—which is thrown away when nifty-pamby white flour is made from wheat—is indispensable for normal utilization of carbohydrate, especially vitamin (B), and prob-

ably other entities or factors of the natural B-complex.
7. If you eat plain wheat whole wheat from which nothing is removed or discarded, you get your vitamins, all right. Likewise if you eat real old-fashioned crude brown sugar or old-fashioned molasses (if you can find such unpopular groceries) you will get not only good amounts of vitamin B-complex, but also more of the calcium which refined food fails to provide.
8. Individuals who are overweight and too fond of starches and sugars are usually pleased to find that when they increase their vitamin intake they presently find that their appetite, hunger or craving for starch or sugar is satisfied with considerably less carbohydrate than they have habitually consumed. This is so because the increased vitamin intake insures better metabolism, oxidation, utilization of the food so they burn it up instead of storing it as fat.
9. For years I have been trying to teach people that vitamin B is "poor man's insulin"—meaning that it promotes utilization of carbohydrate (as insulin does) for the production of energy.

QUESTIONS AND ANSWERS
Sour Stomach.
No matter how little food or what kind of food I eat I have sour stomach, gas, heartburn. (B. P.)
Answer:—Would not a proper medical examination be a good investment? Foolish to monkey with diet and malnutrition if the cause of the sour stomach, gas and heartburn happens to be duodenal ulcer, gallstones, intolerance in use of tobacco or alcohol. . . . But send stamped envelope bearing your address and inclose 10 cents for booklet "So You Have Indigestion."

SHOPPING
Kindly send me the name of one or two physicians in — who are skilled in treatment of hernia and varicose veins by injection—besides Dr. — whom you recommended previously. (Mrs. M. J. & R.)
Answer:—The doctor I recommended is the only one there now that I can recommend for such treatment. So many good doctors are in military service that my lists are only tentative now.

DEODORANT
At what age may a girl begin using an underarm deodorant? My daughter is 12 and she needs something, as just soap and water are not sufficient. (Mrs. L. W.)
Answer:—At any age.
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"The Voice" In Sunday Picture



Starting Sunday at the Craterian is "Step Lively," with Frank Sinatra in his second screen appearance. Other stars in the cast are George Murphy, Adolphe Menjou, Gloria De Haven, Walter Selzak and Eugene Pallette.

On the Radio Chains

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

KALE (MBS) 1320, Portland
KEX (NBC-Hue) 1190, Portland
KIA (NBC-Hue & MBS) 1510
Spokane: KGO (NBC-Hue) 810
San Francisco: KLUW (NBC-Hue) 650, Portland
KJH (NBC-Hue) 1000, Seattle
KNX (CBS) 1070, Los Angeles
KOA (NBC-Hue) 850, Denver
KJIN (CBS) 970, Portland
KJMO (NBC-Hue) 850, Seattle
KPD (NBC-Hue) 680, San Francisco
KSL (CBS) 1160, Salt Lake City

Time Shown is PWT

Wednesday
5:00 p. m.—Terry and Piers, BN, OK for Release, NBC.
5:15 p. m.—Superman, MBS, Dick Tracy, BN, Relax in Rhythm, MBS.
5:30 p. m.—Jack Armstrong, BN, Harry Flannery, News, CBS, Adventure of Tom Mix, MBS.
5:45 p. m.—Elmer Peterson, NBC, Night News, MBS, CBS, Capt. Midnight, BN, News, CBS.
6:00 p. m.—Mr. District Attorney, NBC, Great Moments in Music, CBS, NBC, Great Moments in Music, CBS, Raymond Gram Swing, BN.
7:15 p. m.—Lowell Thomas, MBS, The Colonel, CBS, Sammy Weller, MBS.
7:30 p. m.—Screen Test, NBC, Nelson Eddy, CBS, Lone Ranger, MBS.
8:00 p. m.—Mercedez Music Show, NBC, News, BN, Jack Kirkland, CBS, CBS, Main Line, MBS.
8:30 p. m.—Fleetwood Lawton, NBC, Lum and Abner, BN, Young Parade, CBS.
8:30 p. m.—Cartoon of Cheer, NBC, My Best Girl, BN, Christian, CBS, Bulldog Drummond, MBS.
8:50 p. m.—Mr. and Mrs. Norris, NBC, Jack Carson, MBS, News, MBS, Dunninger, BN.
9:00 p. m.—Fulton Lewis Jr., MBS, 10:30 p. m.—Woody Herman Orch., CBS, Symphonette, NBC.
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8:30 p. m.—Fleetwood Lawton, NBC, Lum and Abner, BN, Young Parade, CBS.
8:30 p. m.—Cartoon of Cheer, NBC, My Best Girl, BN, Christian, CBS, Bulldog Drummond, MBS.
8:50 p. m.—Mr. and Mrs. Norris, NBC, Jack Carson, MBS, News, MBS, Dunninger, BN.
9:00 p. m.—Fulton Lewis Jr., MBS, 10:30 p. m.—Woody Herman Orch., CBS, Symphonette, NBC.
11:45 p. m.—On all night, BN.

Sunday
5:00 p. m.—Terry and Piers, BN, OK for Release, NBC.
5:15 p. m.—Dick Tracy, BN, Superman, MBS.
5:30 p. m.—Jack Armstrong, BN, Harry Flannery, News, CBS, Tom Mix, MBS.
5:45 p. m.—Elmer Peterson, NBC, Night News, MBS, CBS, Capt. Midnight, BN, News, CBS.
6:00 p. m.—Mr. District Attorney, NBC, Great Moments in Music, CBS, NBC, Great Moments in Music, CBS, Raymond Gram Swing, BN.
7:15 p. m.—Lowell Thomas, MBS, The Colonel, CBS, Sammy Weller, MBS.
7:30 p. m.—Screen Test, NBC, Nelson Eddy, CBS, Lone Ranger, MBS.
8:00 p. m.—Mercedez Music Show, NBC, News, BN, Jack Kirkland, CBS, CBS, Main Line, MBS.
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