Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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THE CRI NEEDS SUGAR COATING

Dr Brady

Sometimes I get pretty depressed about the situation. To be sure, it is an everyday occurrence for correspondents to speak of cri in their letters, but what maddens me is the way nearly all of them interject a parenthetic comment, half explanatory, half humorous, lest I misunderstand. Then, too, once in a long while I see the word cri in print—I mean elsewhere than in this column. Even such precious items are usually spoiled by the use of quotatio nmarks around the quotation marks around the inference as to its significance. The earliest proper use of the word I can find in my scrap book is an item published in the Atlantic Constitution on or about May 3, 1927, telling that the mayor was forced to retire to his home on account of a slight indisposition—the mayor was stricken with cri (said the item and no funny business either).

Then, too, there are so many Wiseacres who get a half-baked notion that I am trying to popularize a new name for the common cold for no particular reason and anyway what difference does it make what you call it?

What I have been trying to do is to teach the truth about common respiratory infections (indispositions, illnesses and complications responsible for three-fourths of the practice of physicians and surgeons), and here are some of the fundamentals which neither layman nor physician, nor health authority can evade or gainsay:

1. Neither the victim, nor his customers, employers, parents, teachers, corner druggist, nor even his physician can tell in the early stage what his cri (presumably one of the common respiratory infections) will prove to be.

2. Calling it cri (pronounced kree) in this stage of the indisposition or illness is playing fair. For that is acknowledged that of course you don't know whether you are coming down with measles, infantile paralysis, simple coryza, pneumonia, influenza, or any one of a dozen more or less communicable diseases whose onset is characterized by similar symptoms.

3. If you are mulish and ignorant and vicious and brazen enough to attempt to palm it off on your associates or the public as a "cold"—well, in that case I hope it kills you before you pass the infection on to any innocent bystander.

4. There is no such specific indisposition, ailment, illness or disease as "the common cold"—and any physician or health officer who prates about "the common cold" is just prating.

5. You can find no description or definition of "the common cold" in scientific medical literature. Of course not. How could even a professional medical textbook writer define or describe a condition without entity?

QUESTIONS AND ANSWERS

Foot Itch

We have tried various preventatives and remedies for foot itch and it is the belief of most of the students here that Whitfield's ointment is most effective—as you told us some years ago. (L. R. D.)

Answer—Your experience is similar to the experience of many others. On request (no clipping will do) I'll send any reader who provides stamped pre-addressed envelope, pamphlet on Foot Itch which tells how to use Whitfield's ointment, powder, liquid and other preventatives and remedies for dermaphytosis, ringworm, athlete's foot.

Postcard Received

Please send me your pamphlet on Allergy, instructs a correspondent, on a postcard.

Answer—Ol' Doc Brady furnished the pamphlet But he refuses to pay the freight, too. So try again, my economical friend, and don't forget to send a stamped envelope bearing your address.

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The Value of Small Astronomical Telescopes

By J. Hugh. Pruett
Astronomer, General Extension Division, Univ. of Oregon

In 1609 A. D. Galileo, professor at Padua University in Italy, learned that the Dutchman Lippershey had so combined two spectacle lenses that through them the weather vane on a distant cathedral appeared larger. Soon Galileo made several telescopes of his own, the largest of which had a front lens of scarcely more than two inches diameter.

In 1610, Galileo turned one of these little "optick tubes" on the starry skies and forthwith announced that the moon was rough and mountainous, and the sun had black spots on it; that Venus showed phases like the moon, and Jupiter had four moons of its own; and that the Milky Way was a cloud of countless tiny stars. The small instrument today, as always, has a very useful place in the study of the heavens.

Over the world, thousands of amateur astronomers with their telescopes of modest size, but excellent quality, are in many ways such as the discovery of comets and observations of meteors, variable stars and occultations making a real contribution to scientific knowledge. And most of them are making it possible in their own communities for hundreds to obtain optical views of celestial objects.

For astronomical work most careful telescopic manufacture is essential. A high-grade 2-inch instrument will give far more satisfactory views than a 10-inch of poor quality. The ordinary draw-tube spy glass costing only a few dollars is usually of no value in this work. Seldom can a satisfactory 3-inch be bought for less than $70. In addition, there is needed a firm tripot or post on which the instrument may be mounted. No hand is steady enough to hold it.

Telescopes are of two types: refractors, in which the principle optical part is a convex lense at the upper end of the tube; and reflectors, in which the upper end is open and a concave mirror is in the lower end.

The present writer is compiling a list of amateur telescope owners in western United States and Canada where this column is published. Those of whom he does not know will confer a favor by reporting the size and type of their optical equipment.

Riviera

Riveria, Nov. 20—Gold Hill health unit held the first meeting this fall at the W. A. Boye home. The afternoon was spent preparing Christmas seals for mailing. Plans were made for a rummage sale to be held in Medford December 12 and 13. Enjoying the afternoon were Mesdames Martin, Cameron, Gail, Long, Thorne C. Boye, Hill, Miller, Potter, Darwin, Bloodygood, Kofahl, George Smith, Evans, Miss Helen Parish of Medford and the two hostesses, Mesdames W. A. and Arthur Boye. Next meeting will be at the Cameron home December 4. Everyone is to bring articles for rummage sale at this meeting.

T/4 Edward Lukowski who has seen action in the south Pacific has been confined to the hospital there for some time, but last reports indicated he was improving. Mrs. Lukowski and infant daughter reside with her parents, Mr. and Mrs. E. R. Prefontaine.

The local sewing club met November 15 at the John Garrison home with covered dish luncheon at noon. Present were Mesdames Bennett, Daily, Freauf, Chase, Cameron Martin, Potter, Miller, Lance, Wolgamott, Barnes and the hostess, Mrs. Garrison. Election of officers was held, Mrs. Wolgamott being chosen for chairman, Mrs. Lance, secretary; Mrs. Daily, treasurer. Names were drawn for gift exchange at the next meeting to be held Thursday afternoon, December 14, at the Lloyd Miller home—this being the Christmas party meeting.

TO EXTEND SECURITY

Washington, Nov. 20—(U.P.)—The federal security board recommended to state governors Saturday that unemployment insurance be extended to 3,000,000 persons now unprotected because they work for small firms.

BRITAIN ACCEPTS

Chicago, Nov. 20—(U.P.)—Britain Saturday accepted the compromise plan for civil aviation worked out by the American, British and Canadian delegates at the international air conference.

Now Many Wear
FALSE TEETH
With Little Worry

Eat, talk, laugh or sneeze without fear of insecure false teeth dropping, slipping or wabbling. FASTEETH holds plates firmer and more comfortably. This pleasant powder has no gummy, gooey, pasty taste or feeling. Doesn't cause nausea. It's alkaline (non-acid). Checks "plate odor" (denture breath). Get FASTEETH at any drug store.

"I LOST 52 Lbs.! WEAR SIZE 14 AGAIN" MRS. C. D. WELLS, FT. WORTH

As Pictured Here

You may lose pounds and have a more slender, graceful figure. No exercise. No drugs. No laxatives. Eat meat, potatoes, gravy, butter. The experience of Mrs. Wells may or may not be different than yours, but why not try the Ayds Plan? Look at these results.

In clinical tests conducted by medical doctors more than 100 persons lost 14 to 15 pounds average in a few weeks with the AYDS Vitamin Candy Reducing Plan.

With this Ayds Plan you don't cut out any meals, starches, potatoes, meats or butter, you simply cut them down. It's simple and easy when you enjoy delicious (vitamin fortified) AYDS before each meal. Absolutely harmless. 30 days supply of Ayds only $1.39. If not delighted with results, MONEY BACK with the very first box. Phone

WAINSCOTT'S PHARMACY
400 E. Main

On the Radio Chains

STATIONS:

Chain affiliation and where they are on the dial:

KALE (MBS) 1330, Portland. KEX (NBC-Blue) 1190, Portland. KGA (NBC-Blue & MBS) 1510 Spokane; KGO (NBC-Blue) 810 San Francisco; KGW (NBC-Red) 620, Portland; KJR (NBC-Blue) 1000, Seattle; KNX (CBS) 1070 Los Angeles; KOA (NBC-Red) 850 Denver; KOIN (CBS) 970, Portland; KOMO (NBC-Red) 950 Seattle; KPO (NBC-Red) 680 San Francisco; KSL (CBS) 1160 Salt Lake City.

Time Shown Is PWT

Monday

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; Night News Wire, MBS.
6:00 p. m.—Song is Born, NBC; Radio Theater, CBS; Gabriel Heatter, MBS; Army Variety Show, BN.
6:15 p. m.—Screen Test, MBS.
6:30 p. m.—Information Please, NBC; Spotlight Bands, BN.
7:00 p. m.—Screen Guild Players, CBS; Henry Gladstone, MBS; Raymond Gram Swing, BN.
7:15 p. m.—Lowell Thomas, MBS; Ted Malone, BN.
7:30 p. m.—Dr. I. Q., NBC; Thanks to the Yanks, CBS; Horace Heidt Orch., BN.
8:00 p. m.—Mercer's Music Shop, NBC.
8:15 p. m.—Hedda Hopper, CBS; Lum and Abner, BN.
8:30 p. m.—Cavalcade of America, NBC; Frank Sinatra, CBS; Michael Shane, MBS, Counterspy, BN.
9:00 p. m.—Blind Date, BN; News, MBS; The Whistler, CBS.
9:30 p. m.—Fulton Lewis, Jr., MBS; Vox Pop, CBS; Noah Webster Says, NBC; Green Hornet, BN.
10:00 p. m.—News, NBC; Five Star Final, CBS.
10:15 p. m.—None But the Lonely Heart, NBC; Sherlock Holmes, MBS; Wartime Women, CBS.
10:30 p. m.—Sweetheart Swingtime, NBC.
11:00 p. m.—Serenade, CBS; Freddy Martin Orch., MBS.

Tuesday

5:00 p. m.—Terry and Pirates, BN; Fletcher Wiley, CBS, OK for Release, NBC.
5:15 p. m.—Red's Gang, CBS; Dick Tracy, BN; Superman, MBS.
5:30 p. m.—Date with Judy, NBC; Jack Armstrong, BN; Harry Flannery news, CBS; Adventures of Tom Mix, MBS.
5:45 p. m.—Capt. Midnight, BN; Night News Wire, MBS; News, CBS.
6:00 p. m.—Mystery Theater, NBC; Gabriel Heatter, MBS; Burns and Allen, CBS.; Army Show, BN.
6:15 p. m.—Screen Test, MBS.
6:30 p. m.—Fibber McGee and Molly, NBC; Spotlight Bands, BN.
6:45 p. m.—Gov. Snell, MBS; Edgar Smith, Political, CBS.
7:00 p. m.—Raymond Gram Swing, BN; Bob Hope, NBC.
7:15 p. m.—Lowell Thomas, MBS; Ted Malone, BN.
7:15 p. m.—Sen. Truman, BN.
7:30 p. m.—Hildegarde, NBC; Red Rider, MBS; Manhattan Melody, CBS; Horace Heidt, BN.
8:00 p. m.—Mercer's Music Shop, NBC; I Love a Mystery, CBS.
8:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music, CBS.
8:30 p. m.—Freedom of Opportunity, MBS; Johnny Presents, NBC.
9:00 p. m.—Everything for Boys, NBC; Big Town, CBS.
9:15 p. m.—Rex Miller, MBS.
9:30 p. m.—Million Dollar Club, CBS; Fulton Lewis, MBS.
10:00 p. m.—News, NBC; Count of Monte Cristo, MBS; Five Star Final, CBS.
10:30 p. m.—Edwin C. Hill, CBS.
11:00 p. m.—Talks, CBS; Concert Hour, BN.

McLeod

McLeod, Nov. 20—Mr. and Mrs. Edward Stafford have gone to Bremerton, Wash., to visit relatives for a couple of months.

Mrs. Mae Allen is spending several days visiting her parents in Ashland.

Mr. and Mrs. Larry Wilson and daughter have gone to Los Angeles to make their home.

Dinner guests of Mr. and Mrs. George Bowers November 13 were Mr. and Mrs. Clyde Stafford and Mr. and Mrs. Niel Hayez.

Mr and Mrs. Morris and family of Burbank, Cal., have bought the Larry Wilson place and have now taken possession.

The newly elected officers of Upper Rogue grange are, master, Roy Vaughn; overseer, Herb Carlton; lecturer, Carl Richardson; stewart, Paul Force; assistant Stewart, Ranold Axtell; chaplin, Florence Austin; treasurer, Frank Dilsworth; secretary, Ola Huston; gatekeeper, Oliver Austin; Ceres, Zelda Carlton; lady assistant stewart, Georgia Grieves; executive committee, Mae Richardson, Bruce Grieves and Ed Huston. Next grange meeting will be Thursday evening, December 21, with a Christmas potluck supper.

Mrs. Mae Allen had as dinner guests November 16, Mr. and Mrs. Harry Harding, Sr., and Mr. Bill Edler.

Mr. and Mrs. Frank Dolencheck and daughter and Mrs. Mae Allen were dinner guests of Mr. and Mrs. Jim Casey November 17.

Dinner guests of Mr. and Mrs. Clyde Stafford November 12 were Mr. and Mrs. George Witter and family of Medford and Mr. Bill Edler.

THE GRANGE

Talent Grange

Two new members joined Talent Grange at the meeting November 16. L. H. Gallatin reported $80 had been added to the war fund which makes a total of $889.86 collected through the Talent Grange.

H. E. C. will meet at the home of Mrs. Nora Wolters, December 5. All wishing to attend are to meet at the home of Mrs. Loyal Bates in Talent and transportation will be provided from there.

The program under direction of Lecturer Margaret Hamilton, carried out the Thanksgiving theme and opened with the Grange joining in singing "All Hail The Power," followed by reading of the 23rd Psalm by Elton Petri. Marie Furrier entertained with two accordion numbers and Loyal Bates gave a reading. Carl Borg, Jr., followed with harmonica numbers and jokes. The program concluded with awarding of a prize to Herman Cannon.

Eagle Point Grange

Eagle Point Grange will hold its annual wild game supper with basket lunch at 7:30 p. m. Tuesday, November 21.

At the regular session November 7 the following new members were added: J. P. Christensen, Laurine Christensen, Helen Pearson and by demit, Travis and Della Littlefield.

Due to the illness of Master Ousterhout, Wm. Perry acted as master pro tempore.

Visitors welcomed were Mr. and Mrs. Charles Taylor of Central Point Grange.

The following officers for 1945 were elected: master, G. E. Ousterhout; lecturer, Victory Hay; overseer, W. A. Hubble; steward, Jim Clark; chaplain, Bessie Elbert; treasurer, A. C. Mittlesteadt; secretary, Laura Clark; gatekeeper, Roy Smith; assistant steward, Tommy Vestal; lady assistant steward, Wilhelmina Vestal; Ceres, Ruby Wyatt; Pomona, Helen Harnish; Flora, Betty Lakey.

Chalker's Motel & Lodge
OFFICERS' CLUB
Dine-Dance-Refreshments
Chicken and Steak Dinners
Most Unique Place in So Ore
CLOSED MONDAYS
Thursdays Private Parties Only—For Reservations Ph Gold Hill 474

THURSDAY WAS PAY DAY

Manchester, N. H. (U.P.)—Instead of Saturday, stores and banks still keep open Thursday nights for shoppers. Manchester's "Thursday Night" is a survival of the custom which originated more than 150 years ago when pay day fell on Thursday.

Use Mail Tribune Want Ads.

ZERO CLUB
Out of bounds, civilians only
Delicious chicken and steak dinners 7:00 p. m., 3 a. m. except Sunday. Phone day time 5300; night 9101.

S. P. DIVIDEND

Portland, Nov. 18—A. T. Mercier, President of Southern Pacific Company, announced that the directors of the company at their meeting today, declared a quarterly dividend of seventy five cents a share on the outstanding capital stock, payable December 19, 1944, to stockholders of record November 27, 1944.

Simple Test Aids Thousands Who Are Hard of Hearing

Thanks to an easy no-risk hearing test, many thousands who have been temporarily deafened now say they hear well again. If you are bothered by ringing, buzzing head noises due to hardened or coagulated wax (cerumen), try the Ourine Home Method test. You must hear better after making this simple test or you get your money back at once. Ask about Ourine Ear Drops today at

Wainscott's Pharmacy
400 E. Main

FRIGHT FATAL

Middleboro, Mass. (U.P.)—Wayne S. Thomas, 14, of Middleboro, died of fright in the dentists chair while waiting for a tooth to be extracted.

Relief At Last For Your Cough

Creomulsion relieves promptly because it goes right to the seat of the trouble to help loosen and expel germ laden phlegm, and aid nature to soothe and heal raw, tender, inflamed bronchial mucous membranes. Tell your druggist to sell you a bottle of Creomulsion with the understanding you must like the way it quickly allays the cough or you are to have your money back.

CREOMULSION
for Coughs, Chest Colds, Bronchitis

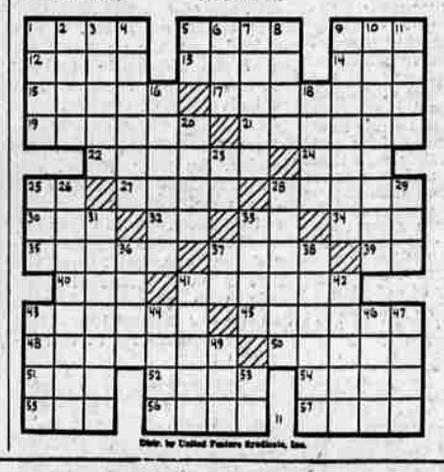
STRANGE AS IT SEEMS By ERNEST HIX

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

ACROSS
1—Young horse
5—Cry of regret
9—Afternoons (abbr.)
12—Away from wind
13—Sailor in training
14—Town in New Guinea
16—Thin boards
17—Defender of people
19—Samples
21—Tendencies
22—Russian wagon
24—Town in Oklahoma
25—April (abbr.)
27—Stern
28—Cubic meter
29—Take food
32—Cent (abbr.)
33—Prefix: with
34—Set of sails
35—Angle
37—Treaty
38—Negative
40—Wing
41—Moved to music
43—Old actor
45—Shipworm
46—Dirigible
50—Kind of race
51—Burmese tribe
53—Smooth
54—Story
55—High note
56—Close
57—Examiner

DOWN
1—Throw
2—Wide-mouthed jug
3—Smallest part
4—Ringworm
5—Jewish month
6—Fortune
7—Large artery
8—Arouse
9—Rob
10—Chinese official
11—Observes
16—Choose
18—Thrash
20—Chair
23—Grain (abbr.)
25—Roman copper
26—Magnificent
28—Kind of football game
29—The entire man
31—Winged boots or sandals
33—Hypocrisy
36—Harries
37—Dad
38—Conical
41—Prod
42—Linger
43—Satisfy
44—River in England
46—Valley
47—Kind of court
49—Legume
53—Near (abbr.)



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BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER

BLONDIE

L'IL ABNER

THE NEBBS

Chest Colds

Relieve Distress This Home-Proved Way

Now to help relieve congestion and irritation in upper bronchial tubes, muscular soreness or tightness, coughing spasms—most young mothers rub Vicks VapoRub on throat, chest and back at bedtime. And at once VapoRub

PENETRATES to upper bronchial tubes with its special medicinal vapors

STIMULATES chest and back surfaces like a warming poultice.

So soothing, comforting . . . VapoRub invites restful sleep and *keeps on* working for hours to relieve distress. And . . .

ONLY VAPORUB Gives You this special penetrating-stimulating action. It's the best known home remedy for relieving miseries of children's colds. Try it!

VICKS VAPORUB

BIGGER AND BETTER

PEPSI-COLA

5¢

THAT'S PEPSI ALL OVER

Franchised Bottlers: Pepsi-Cola Bottling Company of Medford

THE WORLD AT ITS WORST by GLUYAS WILLIAMS