Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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THE MAD MAN FROM MECCA

The man with chronic bronchitis and bronchiectasis (that means dilatation, expansion or ballooning of bronchial tubes) wrote from Mecca or Bagdad or some such place in the Mojave desert in southern California near Palm Springs, you plutocrats will remember — to ask where he might find an equable, dry climate.

Dr Brady

It is all right for the Mad Man, as it is for any one else, anywhere in North America, to move from time to time if the landlord, the neighbors, the police, the weather or the flora and fauna are not to one's liking. It is fun, too, and puts more money in circulation, for one to go away from wherever one happens to reside at the moment to spend the winter or the summer or a week or two at any time of year.

But the Mad Man from Mecca asked my advice, and this was the advice I gave him:

It makes no difference at all where in North America you happen to live or sojourn. All that matters is how much of your time you live outdoors, how much of your body you expose to sunshine, skyshine, daylight.

Of curse if you know better about such things than I do, there is no point in asking my opinion or advice. And I estimate that nine out of ten who read this item believe they know better than I do.

The Mad Man from Mecca said he has been afflicted with middle ear infection since childhood, and more or less throat and sinus trouble which he used to call catarrh. (It was thoughtful of him to pay me such deference. You new readers may not understand, but I go into a veritable furor when a correspondent tries to tell me he or she has "catarrh," for that is a meaningless word, just quack bait, like "impure blood," "run down condition," "lazy liver."

Long continued suppuration (formation of pus), in the middle ear or in a sinus in childhood and youth is a common cause of bronchietasis. Therefore it behooves parents to have upper respiratory tract infections, particularly middle ear infection and maxillary sinusitis, persistently treated when children with such trouble develop persistent coughing spells bringing up large quantities of sputum.

We'll discuss bronchiectasis in articles to follow. Here I hope to leave in the mind of the reader at least this suggestion: Whatever your ailment and wherever you live, the important question is not how equable the climate nor how fine the weather but how much of your skin can you expose to sunshine, skyshine, daylight every day the year around with reasonable comfort?

QUESTIONS & ANSWERS

Hand Lotion for Mechanics

You recommended for mechanics and others who have to use harsh solvents, alkalis, etc., the regular use of a mixture of equal parts of lanolin and fresh castor oil on the hands after cleaning up at night, and before beginning work in the morning. It has become standard equipment in this plant now. It certainly keeps the skin in fine condition. (F. R. P.)

Answer—Thank you. Even houseworkers might keep it on hand and apply a few drops to hands or other rough, dry or irritated areas of skin daily. Always apply it only after washing and drying the skin.

Terpin Hydrate for Chronic Cough

My husband has taken terpin hydrate, as described in "Call It Cri" for a week on several occasions in the past few years (he has chronic bronchitis) and it has given much relief. (Mrs. F. E. M.)

Answer—It is a product of purified oil of turpentine (not the crude industrial turpentine)—two or three drops of purified oil of turpentine itself, in capsule or taken on sugar, twice daily, after food, for a week, will give considerable relief in cases of chronic cough. For the booklet "Call It Cri" send twenty-five cents and stamped envelope bearing your address.

Vitamin C and Allergy

Have you had any significant favorable reports from your readers on their experience in using vitamin C for allergy? (V. D. V.)

Answer—Not enough as yet to consider. Allergy is a condition subject to odd and abrupt onset and termination, and that makes it difficult to judge the effects of remedies. I hope enough reports from readers will accumulate in the course of the year to indicate whether vitamin C has as much value as some physicians believe it has. Any reader may have the pamphlet on "Relief for Allergy" on rekuest, if he provides stamped preaddressed envelope.

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OPA OPENS DRIVE TO HALT RISE IN CLOTHING PRICES

Washington, Nov. 25—(U.P.)—The administration today opened an intensive campaign to halt increases in clothing prices and thus plug the biggest hole in its hold-the-line dike on the cost-of-living front.

In the first of a series of actions, the office of price administration announced that it was placing dollars and cents ceiling prices on cheaper clothing for infants and children and ordering a reduction of "overfinishing" and "fancying-up" of various clothing fabrics.

For children's clothing, OPA said, it will fiv "simple, easy-to-understand" ceiling price tags on some 30,000,000 low-priced garments for which 40,000,000 yards of materials already have been set aside.

The actual prices will be released in a few days, but OPA said sample retail prices would be 38 cents for boys' underwear shorts, 44 cents for girls' panties, $1.05 to $1.25 for children's overalls, and $1.15 to $1.25 for infants' and children's dresses.

STATE EMPLOYEES GET MERIT PLAN

Portland, Ore., Nov. 25—(U.P.) Members of the Merit System Council today announced a new plan for the continuous recruiting of employes for several departments of the state government on the basis of frequent examination for the state classified service over the merit system.

Applications will be accepted at any time and examinations will be given whenever enough applications are on hand. The first of these tests will be given December 16 and will include applications for case workers, stenographers, typists, clerks and accountants.

The tropical American shrub latana camera became a plant pest in Hawaii shortly after its introduction to beautify the islands.

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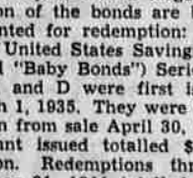
BOND REDEMPTION SMALL PER CENT, SUMMARY SHOWS

Jackson county war bond sale officials have received the following summary of savings bond redemptions, refuting the recent report that a large proportion of the bonds are being presented for redemption:

(1) United States Savings (so-called "Baby Bonds") Series A, B, C, and D were first issued March 1, 1935. They were withdrawn from sale April 30, 1941. Amount issued totalled $4,420 million. Redemptions through October 31, 1944 totalled $783 millions, or 17.71% of amount issued. In other words 82.29% of the $4,420 million invested in Series A, B, C, and D bonds remain invested in them.

(2) United States Savings Bonds (Defense and War) Series E, F, & G, were first issued on May 1, 1941. Since that date through October 31, 1944 the amount issued totalled $38,299 million. Redemptions through October 31, 1944 totalled $4,292 million or 11.21% of amount issued. Therefore, 88.79% of the funds invested in Series E, F, & G Bonds since they were first offered for sale is still invested in these bonds.

(3) United States Savings Bonds (Defense and War) Series E, amount issued through October 31, 1944 aggregated $27,420 million. Redemptions through October 31, 1944 totalled $3,918 million or 14.29% of total amount issued. As of October 31, 1944 85.71% of the $27,420 million bonds (Series E) issued remain in the hands of the public.



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MONKEY BUSINESS AT PORTLAND ZOO STIRS DIRECTOR

Portland, Ore., Nov. 25—(U.P.) There has been too much monkey business going on at the Portland zoo.

An appeal to the public for assistance in preserving natural life in the city's zoo was made today by Commissioner Kenneth L. Cooper, in charge of the park bureau, and Arthur M. Greenhill, director of the zoo.

Greenhill said that spectators have been throwing small mirrors in the monkey's cages and causing them to break the glass when they became frightened at seeing their faces in them.

Another form of teasing is that of girls who throw in lipstick. The monkeys, probably the weaker sex, dabble in it, and sometimes eat enough to cause sickness.

On top of all that Cooper and Greenhill reported the theft of two native screech owls from their cage. The owls may not be worth much, but just the same the commissioner and the director would like to have them back.

KNEE ACCIDENTS COME IN PAIRS

Portland, Ore., Nov. 25—(U.P.) Accidents, it seems, comes in pairs for Mrs. Arne Aasen of Portland.

She entered a hospital here November 9 for treatment of a knee injury received last July in an automobile accident.

Yesterday, while Mrs. Aasen was on her way home from the hospital, the car in which she was riding collided with another and she was taken back to the same hospital and to the same bed she had just vacated, to be treated for an injury to the same knee.

What's Doing at U. S. O.'s

Miss Harriet Alberbright, program director of the Riverside USO left Thursday for Hawaii to take up USO duties there.

According to Mrs. Harry Nordwick, temporary program director, the USO's social schedule for this week is as follows:

Sunday — Regular Java Session—9:00-12:00 a. m.

Tune Time (Katherine Gentner at the piano)—4:00-5:00 p. m.

Chili Supper given by Lady Lions—5:00-6:00 p. m.

Movie—"Crazy House"—7:00 p. m.

Monday — Sadie Hawkins dance; prize to hostess who dances with the most soldiers—8:00 p. m.

Wednesday—Dance tickets to community dance to be given away; cigar wheel (managed by Cpl. Bill Blanton)—7:00 p. m.

Friday—"A Night in Greenwich Village," (master of ceremonies, Pvt. Larry Kelly) 8:00 p. m.

Saturday — Dance tickets to community dances to be given away; movie — "The Amazing Mrs. Holliday."—7:00 p. m.

FRISCO MEET SET

San Francisco, Nov. 25—(U.P.) Ninety-one entries, including most of the biggest names in professional golf, have been entered in the $10,000 San Francisco open golf tournament here on Dec. 1, 2, 3 and 4.

On the Radio Chain

STATIONS:

Chain affiliation and where they are on the dial:

KALE (CBS) 1330, Portland; KEX (NBC-Blue) 1190, Portland; KGA (NBC-Blue and 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

Sunday

5:00 p. m.—Charlie McCarthy, NBC; News, CBS; Mediation Board, MBS
5:30 p. m.—One Man's Family, NBC; Rhythm Inn, CBS; Joe E. Brown, BN.
5:45 p. m.—Gabriel Heatter, MBS.
6:00 p. m.—Merry-Go-Round, NBC; Walter Winchell, BN; Radio Reader's Digest, CBS; Steel Horizons, MBS.
6:15 p. m.—Hollywood Mystery Time, BN
6:30 p. m.—American Album Familiar Music, CBS.
6:45 p. m.—Jimmie Fidler BN.
7:00 p. m.—Hour of Charm, NBC; Goodwill Hour, MBS.
7:30 p. m.—Fannie Brice, CBS; Keep Up With the World, BN.
8:00 p. m.—Greenfield Village Choir BN; Crime Doctor, CBS; Great Gildersleeve NBC
8:15 p. m.—Story Behind the Headlines, NBC; Dorothy Thompson, BN.
8:30 p. m.—Symphony Hour, NBC; Quiz Kids BN; Blondie, CBS. Tonight at Hoagy's, MBS
9:00 p. m.—Bill Lance, CBS.
9:15 p. m.—Rex Miller, MBS
9:30 p. m.—Human Adventure, MBS; Jack Benny, NBC.
10:00 p. m.—News, NBC; Five Star Final.
10:15 p. m.—Wartime Women, CBS.
10:30 p. m.—Music America Loves Best, NBC; Builders of Faith, BN.
11:00 p. m.—St. Francis Hotel Orch. NBC; Emery Deutsch, MBS; Henry Busse Orch., CBS; Concert Hour, BN.

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.

The Colorado river drains one-thirteenth of the land area of the United States.

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.

CALIFORNIA TOLL

Sacramento, Nov. 25—(U.P.)—California's death toll resulting from traffic accidents had reached 1,868 on October 25, compared with 1,885 on the same date a year ago, with increases during July.

KYLE'S RESTAURANT
CHICKEN AND STEAK DINNERS
Open 6 p. m. to 2 a. m
Phone Central Point 472 for reservations. On the Pacific Highway at Central Point. Out of Bounds for Service People

CHILDREN POISONED

Los Angeles, Nov. 25—(U.P.)—Two East Los Angeles children died today after eating sodium arsenic they got from a weed-killing pump.

Use Mail Tribune Want Ads.

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STRANGE AS IT SEEMS By ERNEST HIX

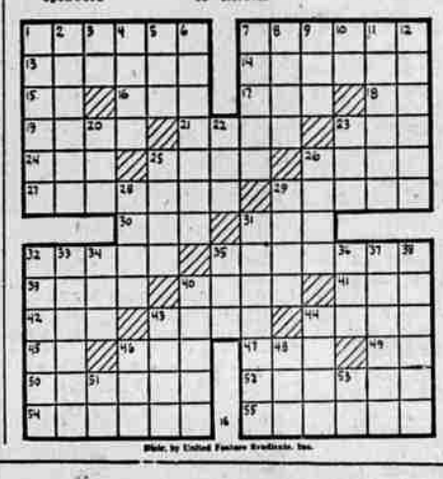
Crossword Puzzle

ACROSS

1—A liberated country
7—A British dominion
8—Body of quiet water
9—Break
10—Alternating current (abbr.)
12—Turf
17—Fruit drink
18—Street (abbr.)
19—Sneer
21—Expertness
23—Took food
24—A number
25—Most unusual
26—Maturer
27—Fabric of openwork
29—Wound marks
30—Beast of burden
31—Oriental coin
32—Closes tightly
35—Church spire
38—Long and lean
40—Harvest
41—Roland (abbr.)
42—Superlative ending
43—Bottom of ship
44—Crazy (slang)
45—And (Fr.)
46—Spenserian heroine
47—Card game
49—Prefix: son of
50—Afternoon church service
53—Permit
54—Obliterates
55—Refutes

DOWN

1—Vessel with handles
2—City in Wisconsin
3—Silver (symb.)
4—Part of face
5—Dove's call
6—Make precious
7—Hunt
8—Helper
9—No (Scot.)
10—Toward
11—Cleaner
12—Fall flowers
20—Wager
22—Noah's vessel
23—Turkish officer
25—Maker of U. S. flag
26—Skin ailment
28—Stroll
29—Leak slowly
31—Halted
32—Arm covering
33—Spring fete
34—Insert
35—Realize
36—Paid athlete
37—Region
38—Runs away
40—Rises up
43—Leg joint
44—Money interest is paid on
46—Periods of good fortune
48—A number
51—A continent (abbr.)
53—Prefix: two



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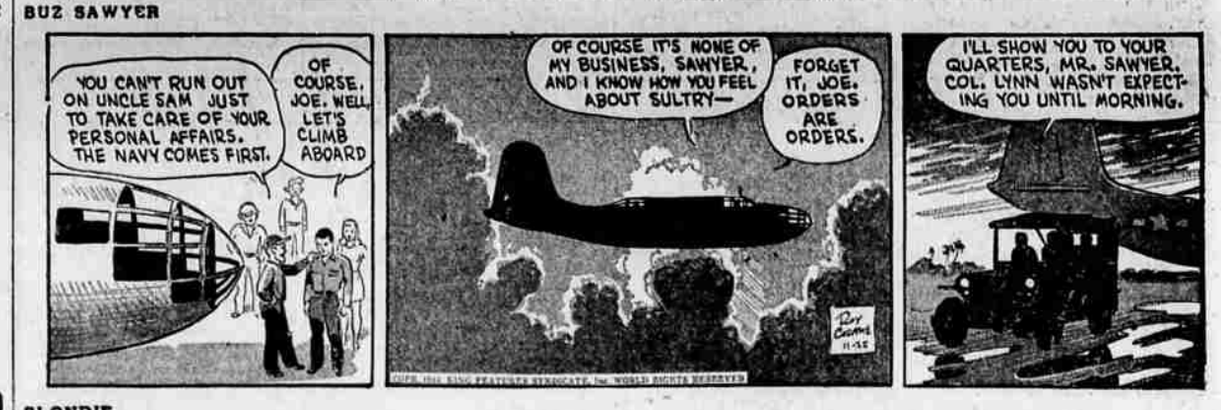
ANSWER TO PREVIOUS PUZZLE

BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER



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