

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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MULTIPLE SCLEROSIS

My sister, never ill a day in her life until this affliction, has three healthy children ranging in age from nine to 15 years. As a girl of about 10 she spent a week on a farm where she drank milk fresh from the cow, until her stomach turned against it, and she never drank milk in a year or more again. At the age of 28 she became awkward and unsteady on her feet, then had to take hold of a chair for support when she tried to walk, and finally had to take to a wheel chair, and even had difficulty using her hands and considerable slowness and stammering in speech. . . . Numerous physicians agreed her trouble is multiple sclerosis. I was struck by what you said in an article about multiple sclerosis—that vitamin A treatment has apparently given benefit in some cases. I thought my sister's exclusion of milk (as well as cream and butter) from her diet since she was ten years of age may have had something to do with the development of her trouble, as I gather that milk, cream and butter are the richest food sources of vitamin A. (H.S.F.)

All I know is what I read in the textbooks, medical journals and letters from doctors and laymen. In one book (Nutrition and Disease, by Edward Mellanby, M. D., F. R. C. P., F. R. S., published by Oliver and Boyd, London, '34) I read this: "I shall now briefly describe my experience with 13 cases (of multiple sclerosis) treated with a diet high in vitamin A—it includes 1 to 2 pints of milk a day, 2 eggs, marmalade (any animal that suckles its young) liver, green vegetables and carrots, and cod-liver oil, about two teaspoonfuls twice daily." Dr. Mellanby went on to say that he was impressed by (1) the great improvement that took

place in the early cases, however severe, from which up to the time of writing his book there had been no relapse; and (2) the stationary condition of the more chronic or long-standing cases—they got no better but no worse. It should be remembered that in multiple (sometimes called disseminated) sclerosis, regardless of whether any particular treatment is used, remissions may occur and these remissions sometimes last for years during which there is no further progress of the trouble or no further impairment of muscle or other functions. So, I suggest in the Green Book—"Nerves and Nutrition," for copy send twenty-five cents and stamped pre-addressed envelope—it may be more convenient and effective to take three 25,000-unit capsules of vitamin A daily—that is, natural vitamin A—not carotene—than it is for most persons to try to follow the high vitamin A diet Dr. Mellanby describes. Two months should be a sufficient time to determine whether vitamin A will help the victim of multiple sclerosis. If no improvement is apparent in that time it would be useless to continue the treatment any longer.

QUESTIONS & ANSWERS
Factory Canned versus Home Canned
You said scurvy in a mild degree is common among all classes in America today, especially in bottle fed babies who do not receive a daily ration of orange or tomato or fruit juice or FACTORY CANNED tomato juice. Do you make a distinction of factory-canned from home canned tomato, and if so, what is it? (C. M.)
Answer—Yes, the vitamin C in fresh fruit, fresh vegetable, greens, etc., is destroyed by oxidation. That's why fruit juice expressed from the fruit and kept for hours or overnight loses its vitamin C to a considerable degree. The commercial canning process is a vacuum process—fresh fruit or juice hermetically sealed before cooking—which prevents oxidation. If the fruit, vegetable or juice completely fills the container so no air space remains, and the container is hermetically sealed before heating, cooking or sterilization, and the seal not broken, then the home canning process is just as good as the factory vacuum process so far as preserving the vitamin C is concerned.
No Data on Dentists
My doctor and dentist both advise extraction of five upper teeth. Please name a dentist in my city who puts false teeth or dentures in right away—my dentist doesn't believe in that practice and will not tell me who does it. (Mrs. P. A. W.)
Answer—I'm sorry I have no data on dentists. (Copyright 1944 by John F. Dille Co.)

A WORD WELL SAID

Alfred Plastino—United Features Syndicate

HAP HOPPER
WELL HAP, I'M GLAD THE WAR MAY SOON BE OVER, AND I CAN BUY THAT FUR COAT I'VE BEEN SAVING FOR.

HOLD IT, HOLLY! YOU'RE WAY OFF THE BEAM. REMEMBER, WE'RE JUST STARTING ON THOSE JAPS AND YOUR MONEY IN SIXTH WAR LOAN BONDS WILL HELP FINISH 'EM.

ORGONIANS BAND TO BAR JAPANESE

Gresham, Ore., Nov. 29.—(U.P.)—Oregon Anti-Japanese Inc., today launched a membership drive throughout Multnomah county to its organization aimed at preventing return of Japanese to Oregon. The group, comprising 26 farmers and professional and businessmen, organized here last night with the purpose of seeking an amendment to the state constitution to keep the Japanese out of the state. "We want to get this job done before the boys come back (from the war) because if we don't do it the returning service men will," one farmer was quoted as saying at the meeting. T. R. Wright, transfer firm owner, was elected chairman and H. N. Price, executive secretary and director. Other directors named were Dr. H. H. Hughes, mayor of Gresham;

NOW OPEN!
TAKE-IT-EASY LODGE
Dine and Dance
Open Wednesday, Thursday, Friday and Saturday
One-Half Mile Up Savidge Creek

PRINCETON CHIEF TELLS HOW BOMB DAMAGED VESSEL

Skipper Relates Last Minutes of Flat-Top Hit By Single Japanese Bomb

By Dan McGuire
United Press Correspondent
Pacific Fleet Headquarters, Pearl Harbor, Nov. 28.—(U.P.)—The skipper of the light carrier Princeton told today how a single bomb—probably a 500-pounder—from a Japanese plane caused fires and explosions that ultimately forced other American naval units to sink the 10,000-ton flat-top during the early stages of the second Philippine sea battle. Soft-spoken Capt. William H. Buracker of Winchester, Mass., told his story matter-of-factly until he described the final minutes of the eight-hour fight to save the Princeton and the heroism of her officers and enlisted men, 88 of whom were lost out of a total complement of 1,548.

Survivors Consolation

Then his voice broke several times as he said: "The number of survivors is the one consoling factor for me. The average American, be he officer or enlisted man, doesn't have to be told what to do. And loyalty—God knows they're loyal!" Early in the morning of that fateful day, the Princeton's combat air patrols shot down 36 of more than 100 enemy planes which made a futile attempt to break through and attack the task group with which the light carrier was operating.

The weather was murky as the ship started to land its patrols for refueling and rearming. Suddenly a divebomber broke out of a cloud in a glide run directly at the Princeton. Antiaircraft batteries immediately opened fire and Buracker snapped commands for evasive maneuvers. But the Japanese pilot put one of his bombs squarely on the Princeton's flight deck between her plane elevators.

Fires Started

"At first I was not particularly concerned, because I figured the bomb was a small one and that we quickly could patch up any damage to the flight deck," Buracker said. "But, unfortunately, the bomb went down into the hangar deck where TB's (torpedo bombers) were loaded with gas and torpedoes. Large fires started immediately. Explosives destroyed some of the wiring operating fire-fighting controls. Ammunition started going off." This was at 9:30 a. m. About 30 minutes later, torpedoes in the hangar deck started to explode. The flight deck buckled and the elevators blew up. "Men aft were trapped. They couldn't get through the smoke and fire. I turned the ship in order to change the direction of the smoke and allow the men to get forward."

Order Abandonment

Positions in the carrier's nerve center—the island—soon became untenable because of smoke and at 10:10 a. m. Buracker ordered all personnel except fire fighting and damage control to abandon ship. Two cruisers—the Birmingham and Reno—and four destroyers had been left behind by the task group, which had gone on to continue strikes against Luzon. At that time, the Princeton was about 150 miles off Manila.

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.

THE NEIGHBORHOOD LEAGUE

By GLUYAS WILLIAMS
HAVING READ HOW THE BIG TEAMS BREAK TRAINING AT THE END OF THE SEASON, THE ELM STREET TIGERS AFTER THEIR LAST GAME OF THE YEAR, HOPEFULLY SET OUT ON A TOUR OF THE NEIGHBORHOOD DETERMINED TO EAT ALL THE CAKE, COOKIES AND DOUGHNUTS THEY COULD RAISE, IF ANY

had the fire on the hangar deck pretty well under control. But at 1:15 p. m. enemy planes and a submarine were reported in the vicinity and the other ships had to pull away. The fire gained headway. At 3:15 p. m. there was a terrific explosion. Bombs in an auxiliary storage compartment near the waterline had gone off. "It was as surprising as it was terrifying," the captain said. "The explosion also damaged the other ships. Almost every one left on the ship was injured."

At this time, Buracker was on the flight deck with his relief, Capt. John Hopkins of Bethesda, Md., who was scheduled to take over command of the Princeton. Captain Losses Leg
"I saw Hoskins lying on the deck, his left leg hanging by a shred," the skipper said. "I yelled for a doctor. He got there and amputated the leg with a knife. Hoskins told me 'take her home Bill, you deserve to.'"

(Captain Hoskins now is recovering in Philadelphia.) All remaining personnel then abandoned ship. Buracker left at 4:40 p. m. "The Princeton still was floating on an even keel," he said. "I wanted to tow her home."

Then the word that Buracker had dreaded came—the Princeton was to be sunk and the other ships were to rejoin their task group. At 5:50 p. m. torpedoes dug into the carrier's plate and she sank.

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.
KJW (NBC-Red), 620, Portland.
KJR (NBC-Blue) 1080, Seattle.
KJN (CBS) 1070, Los Angeles.
KOA (NBC-Red) 830, Denver.
KQIN (CBS) 970, Portland.
KQW (NBC-Red) 880, Seattle.
KPO (NBC-Red) 680, San Francisco.
KSL (CBS) 1160, Salt Lake City.

Time Shown is PWT

Wednesday
8:00 p. m.—Terry and 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 Flannery, News, CBS; Tom Mix, NBC.
8:45 p. m.—Elmer Peterson, NBC; Night News, MBS; Capt. Midnight, NBC; The Music Box, MBS.
9:00 p. m.—Mr. District Attorney, NBC; The Inner Sanctum, CBS; Eddie Cantor, NBC.
9:30 p. m.—Spotlight Bands, BN; Mr. District Attorney, NBC; Which is Which, CBS.
7:00 p. m.—Kay Kyser's College Kids; Great Moments in Music, CBS; Raymond Gram Swing, BN.
7:15 p. m.—Lowell Thomas, MBS; The Colonel, CBS.
7:30 p. m.—Scramby Amby, BN; Nelson Eddy, CBS; Lone Ranger, MBS.
8:00 p. m.—Mercury Music Shop, NBC; News, BN; Jack Kirkland Show, CBS; Main Line, MBS.
8:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Passing Parade, CBS.
8:30 p. m.—Carton of Cheer, NBC; My Best Girl, BN; Christian CBS; Milton Bruns, MBS.
9:00 p. m.—Mr. and Mrs. North, NBC; Jack Carson, CBS; News, MBS; Dimples, BN.
9:30 p. m.—Fulton Lewis Jr., MBS; 10:00 p. m.—News, NBC.
10:30 p. m.—The Sportsman, NBC.
11:45 p. m.—On all night, BN.

Millions Switch To Mutton Suet Idea For Chest Colds

Quickly Relieves Children's Colds' Coughs, Loosens Phlegm
Many mothers all over America are switching to this idea of getting fast relief for these chest cold miseries. They are simply following Grandma. For years she counted on mutton suet to help carry her home medication to do its pain-easing work on nerve ends in the skin. No wonder so many more now welcome Grandma's idea as improved by science—Penetro, with its multi-medicated formula in a base containing mutton suet—that acts both as counter-irritant and pain-reliever when you spread it on, and as a soothing aromatic when breathed in. And so today Penetro hurries along never help in the old reliable way—help that eases painful misery, lessens coughing, loosens phlegm, soothes chest rawness—so that you can rest more comfortably and give nature a chance to restore vitality. That's why millions are switching to Penetro today—why druggists are recommending it. Suet, double supply 35c. For all your family's chest cold miseries, be sure you get white, easy-to-use Penetro.

8:45 p. m.—Captain Midnight, BN; Night News, MBS; News, CBS.
9:00 p. m.—Music Hall, NBC; Major Howes, CBS; Gabriel Heatter, MBS; Carlson and News, BN.
9:15 p. m.—Screen Test, MBS; Lou Holtz, BN.
9:30 p. m.—Bob Burns, NBC; Spotlight Bands, BN; Corliss Archer, CBS; Starlight Serenade, MBS.
7:00 p. m.—Abbot and Costello, NBC; Raymond Gram Swing, BN; First Line, CBS; Henry Gladstone, MBS.
7:15 p. m.—Lowell Thomas, MBS.
7:30 p. m.—March of Time, BN; Red Ryder, MBS; Rudy Valley, NBC.
8:00 p. m.—Music Shop, NBC; Sammy Kaye, MBS.
8:15 p. m.—Night Editor, NBC; Lum and Abner, BN.
8:30 p. m.—Coffee Time, NBC.

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STRANGE AS IT SEEMS By ERNEST HIX

EVEN UNTO DEATH...
THE MAN WHO CLEARED AWAY EVERY LAST REMNANT OF THE REMAINS OF ADVANCING RED ARMIES ON THE CENTRAL FRONT, LEFT HIS NAME 'SUNVELEY' TO SIGN THAT THE WAR WAS OVER. AND ALTHOUGH HE WAS KILLED AT THE CROSSING OF THE FRONT, HIS HIGH STYLING THAT STRONG SIGN, 'SUNVELEY' TO INDICATE THAT ALL MINES HAVE BEEN REMOVED!

A MODERN SUBMARINE TAKES ON 220 TONS OF WATER, IN ORDER TO SUBMERGE!

A FOREIGN AMBASSADOR, CALLING OFF THE WHITE HOLDS, HOLDS UP A SIGN THAT SAYS 'SUNVELEY' TO INDICATE THAT ALL MINES HAVE BEEN REMOVED!

TORPEDO—1905 SKY RUNABOUT!

BARNEY GOOGLE and SNUFFY SMITH

HARK!—THIS HUMBLE PERSON HEARS OMINOUS SOUNDS ISSUE FROM ROOM OF ROYAL DRAGON

IS TRUE!! MUST HASTEN TO SOURCE OF RUMBLE

GREAT BLACK DRAGON VIOLATES TWO THOUSAND YEARS OF UNBROKEN SILENCE

IS EVIL SIGN?

BUZ SAWYER

THERE'S THE TRANSLATION ON THE JAPANESE DOCUMENTS THE LIEUTENANT BROUGHT, SIR

HMM!

GREAT SCOTT!

WAIT THERE, SAWYER. I MUST SEE THE GENERAL

BLONDIE

IT'S GOOD TO GET HOME!

DOOR, POP! WE'RE ORGANIZING A SECRET SOCIETY!

LIL ABNER

YO! IS OVIN HINE FOOT HIGH?—SO ACCORDIN' T' TH SADDIE HAWKIN'S DEE RUMBLE, 'T' HAIN'T NECESSARILY NOOMIN'.

GULP! GOODYE, RUMTY!

HE HAIN'T HERN—BUT WHIT'S REALLY PITIFUL —IS HE HAIN'T NINE NETHER—OH, WAIL—THARS ALLUS NEXT THARS SADDIE HAWKIN'S DAY?

I'VE COME BASHBY!

I LOST MY BET?—I'M HAN OF HONOR—I'LL PAY THE PENALTY—WINNING A WAGER—THE SACRIFICE OF MY LIFE!

AN'LL BET WONT?

I'LL TAKE THAT BET?—I'LL DIE HAPPY—WINNING A WAGER FROM YOU?—HERE GOES!

HE MISSED!—I'LL WIN—AS USUAL!

THE NEBBES

NO SLUGGER MIGHT BELIEVE IN WORKING FOR A LIVING

THE BIG DOPE THINKS HE CAN MAKE A COME BACK IN THE PRIZE RING

YOU'D SOMETHING TRY SOMETHING ELSE FOR HIS BOYS SAKE

NO USE TRYING TO HELP A MAN WHO WONT HELP HIMSELF

I WOULDN'T GIVE UP WITHOUT TRYING AGAIN

HE NEARLY THREW ME OUT THE LAST TIME

MAYBE YOU WERENT VERY DISCREET

CERTAINLY I WAS DISCREET—DIDN'T I LEAVE BEFORE HE COULD SOCK ME?

HURLEY NOMINATED FOR AMBASSADOR TO CHINA

Washington, Nov. 29.—(U.P.)—President Roosevelt today nominated Maj. Gen. Patrick J. Hurley to be United States ambassador to China.

Of 116 localities covered by a war manpower commission

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CHICKEN AND STEAK DINNERS
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Phone Central Point 472 for reservations. On the Pacific Highway at Central Point. Out of bounds for Service People

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

ACROSS
1—Blended
2—Simplistic
3—Kind of sixth
4—Vegetables
5—Toward
6—Lounge
7—Accumulation
8—End
9—Crazy
10—Mohammedan prayer leader
11—Street show
12—Puff; with
13—Pert to ships
14—Savior

DOWN
1—Last wife of
2—Noun prefix
3—Recent
4—Previous
5—Beneath
6—Stretched
7—Puffs; not
8—Small drink
9—Wind in April
10—Botanist
11—Smooth fabric
12—British title
13—Burn
14—Religious plate
15—Stitch
16—Across with
17—Bridge of spans
18—Notoriety
19—Metric measure
20—Complete
21—Rail bird
22—Barter
23—Alert
24—Remainder
25—Puts in row
26—Backs of neck
27—Notoriety
28—Metric measure
29—Complete
30—Clut
31—Clever
32—Over there
33—Hebrew letter
34—Year (abbr.)
35—Night (abbr.)

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