

# Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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## CRANK ABOUT EXERCISE

Members of my family sometimes complain bitterly that whatever they complain of seems always to call for fresh air and exercise. Meaning they have to groan like the devil to get an okeh for any medicine from me. But then, a doctor, even a real doctor, should never attempt to treat members of his family or even more distant relatives.

I do believe a reasonable amount of exercise is good for nearly everybody. It is perfectly evident, to my mind, that a great many people suffer from lack of, neglect of or insufficient cultivation of daily exercise—physical work, playing games, athletics or just gymnastic or calisthenic exercise.

For the geek who conducts this column a fair minimum amount of exercise for a day consists of say a dozen rolls, a dozen of each of the movements of the Last Brady Symphony as indicated and illustrated in "The 7 Keys to Vite" (for copy send 25 cents and stamped pre-addressed envelope), half a dozen runs up and down one flight of stairs, a walk of seven blocks to the bowling green, one or two games of lawn bowls, a walk back home, three or four sprouts upstairs to the studio to see that all the girls punch the time clock, etc., and so another day. That is the minimum amount of physical activity for a mature adult, I believe.

Now listen to this Montreal lad. He is 64 and for five years every morning in bending exercises, in spite of the views of some authorities about the dangers of exercise for persons past 60 or 60. Moreover he does 1000 of the standing-and-touching-toes bends, or else 1000 lying-on-back-a-n-d-raising-legs-to-vertical. A thousand times at a seance, mark you!

## Eagle Point

Eagle Point, Dec. 6—Gertrude Stanley is busy commuting between here and Medford, making sure that the new granddaughter who arrived at the Community hospital December 1, is getting every attention toward her comfort. The little miss is the daughter of Mr. and Mrs. Berland Stanley and weighed 8 pounds on arrival. Grandpa Roy is perfectly willing to cook his own dinners for he thinks it won't be long until the precious object of attention will be cooking for him.

Ben Moomaw and Miss Nettie Halder of Coquille, arrived here Sunday for a few days visit with his nephew, Ray Harnish, and family, also other relatives.

A son was born to Cpl. and Mrs. Wm. Inglebert at Camp White hospital November 25, and was named William Lee. The little fellow hasn't been very well but was somewhat improved on last report. Mrs. Inglebert was brought back to her home Monday but the baby will be kept at the hospital until stronger.

Mr. and Mrs. Alfred Overdick moved to Kiamath Falls recently to make their home, having bought property, and both have positions there. Mrs. Overdick's parents, Mr. and Mrs. Wm. Hurst plan on leaving soon for there also to make their home.

Mr. and Mrs. James Fleming of Medford were dinner guests of Mr. and Mrs. Orvil Henderson last Saturday.

Sympathy of friends in this community is extended the family of Mrs. Mollie Holmes who passed away at her home in Central Point November 20. Her warm, sincere friendliness and ready smile will be greatly missed by a host of friends.

Mr. and Mrs. Jack Sowell of Butte Falls called at the Henderson home Saturday.

Mr. and Mrs. Glen Hale and son, Lloyd, Mrs. Hale's mother, Mrs. Media Budge of Medford, Mr. and Mrs. Neal Ballard and small son, and Wm. Inglebert were dinner guests Thursday of Mr. and Mrs. Ray Harnish.

Mrs. Beulah Lemmon and two small children will arrive in Eagle Point Tuesday evening to stay with Mrs. Lemmon's mother, Mrs. Millie Tingleaf, until after Christmas, when they will return to their home in Sacramento, Calif.

Eagle Point Extension unit will meet at the home of Mrs. Flo Newland Thursday, Dec. 14, commencing at 10:30 a. m. They will serve a planned luncheon and the subject will be "War

## ZERO CLUB

Out of bounds, civilians only. Delicious chicken and steak dinners 7:00 p. m. 8 a m except Sunday Phone day time 5300 night 9101

# ESCAPE FROM JAP SLAUGHTER BOAT TOLD BY SOLDIER

## Sergeant Captured on Bataan Among Those Surviving Torpedoing.

Houston, Tex., Dec. 6—(U.P.)—A hair-raising story of imprisonment in the Philippines for two and a half years and final escape from his captors by diving from a Japanese "slaughter boat" was told today by Tech. Sgt. Denver R. Rose, home after his Pacific nightmar.

Rose, a defender of Bataan and Corregidor and one of those forced to take the infamous "march of death," considers himself the luckiest man in the world.

The 23-year-old Houston soldier, a native of Fort Smith, Ark., escaped from a Jap prison ship during a prisoner transfer in the Philippines some months ago. He escaped once after the ship was torpedoed, swam four miles to an island, was recaptured, and escaped again.

Near Land "I was within 50 miles of land," Rose said, "when the Japs came up in small boats and caught about 30 of us.

"They tied our hands behind us and took us to another prison ship. They roped us together and stood us in a line along the rail. They then started shooting us, one at a time.

"Using his sword, a Jap cut the rope to loose the first man in line. He was taken to the stern of the boat and shot in the back. He fell into the water.

"Meanwhile, I found the frayed end of a steel cable by feeling with my fingers behind my back and rubbed the ropes across the sharp edges until I got free."

The sergeant exhibited scars to show his whis, arm had been to show how his arms had been

decided I'd just as soon be shot trying to get away as the other way, so I made a break for it.

"I ran to the front end of the ship and slipped down into the anchor hole. After a while, I heard shooting again, so I let myself down into the water."

Rose swam the four miles back to land, where friendly guerrillas cared for him and several Americans who had made good in the first escap. attempt.

Later, the group of escapees was picked up by U. S. Naval forces and taken to Australia, and thence to the United States.

## 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) 1210, Spokane; KGO (NBC-Blue) 810, San Francisco; KGW (NBC-Red), 620, Portland; KJR (NBC-Blue) 1090, Seattle; KXN (CBS) 1070, Los Angeles; KOA (NBC-Red) 830, Denver; KOIN (CBS) 970, Portland; KOMO (NBC-Red) 830, Seattle; KPO (NBC-Red) 830, San Francisco; KSL (CBS) 1160, Salt Lake City.

Time shown is PWT

Wednesday Pirates, BN: 8:00 p. m.—Terry and Pirates, 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; Adventures of Tom Mix, MBS.  
5:45 p. m.—Elmer Peterson, NBC; Night News Wire, MBS; Capt. Midnight, BN News, CBS.  
6:00 p. m.—Gabriel Heatter, MBS; Carlson and News, BN; Inner Sanctum, CBS; Eddie Cantor, NBC.  
6:30 p. m.—Spotlight Bands, BN; Mr. District Attorney, NBC; Which Is Which, CBS, BN.  
7:00 p. m.—Kay Kyser's Kollege, NBC; Great Moments in Music, CBS; Fulton Drummond, MBS.  
7:15 p. m.—Lowell Thomas, MBS; The Colonel, CBS.  
7:30 p. m.—Screamy Amby, BN; Nelson Edson, CBS; Lone Ranger, MBS.  
8:00 p. m.—Mersey 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, Dumaine, BN.  
8:30 p. m.—Carlton of Cheer, NBC; My Best Girl, BN; Dr. Christian, CBS.  
9:00 p. m.—Mr. and Mrs. North, NBC; Jack Carson, CBS; News, MBS; Dumaine, BN.  
9:30 p. m.—Fulton Lewis, Jr., MBS.  
10:00 p. m.—News, NBC.  
10:30 p. m.—Memphonic, MBS.  
11:45 p. m.—On all night, BN.

Thursday  
8:00 p. m.—Terry and Pirates, BN: OK for Release, NBC.  
8:15 p. m.—Dick Tracy, BN; Superman, MBS.  
8:30 p. m.—ack Armstrong, BN; Harry Flannery, News, CBS; Tom Mix, MBS.  
8:45 p. m.—Captain Midnight, BN; Night News Wire, MBS; News, CBS.  
9:00 p. m.—Music Hall, NBC; Major Bowes, 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.—Abbott 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 Vallee, 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; Death Valley Sheriff, CBS; Fred Warlock Show, BN.  
9:00 p. m.—News, MBS; America's Town Meeting of the Air, BN; Dinah Shore, NBC.  
9:15 p. m.—Rex Miller, MBS.  
9:30 p. m.—Elery Queen Mysteries, NBC; Fulton Lewis, Jr., MBS; Woody Herman Orch., CBS.  
10:00 p. m.—News Reporter, NBC.

THE GRANGE  
Applegate Grange  
Master Glen Best presided at the regular meeting November 24 of Applegate Grange.  
Prices and markets of clover

seeds and livestock were discussed by C. H. Elmore, agriculture chairman.

Home Economics Chairman Bessie Elmore reported that there will be no December meeting of the club and the January meeting will be at Marie Benedict's.

Applegate Grangers were cordially invited to attend a social evening with Williams Creek on December 7.

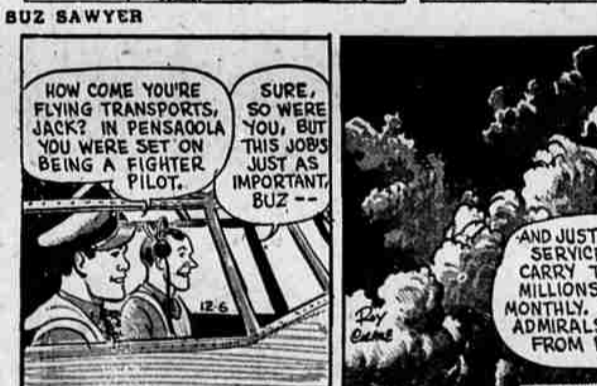
All members were urged to

Chalker's Motel & Lodge  
OFFICERS' CLUB  
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Chicken and Steak Dinners  
Most unique place in So Ore  
CLOSED MONDAYS  
Thursday Private Parties Only—  
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## STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLE and SNUFFY SMITH  
ME CATCH GOSSIP THAT EXALTED ONE IS MAKING PLANS TO DESERT TOKYO  
YOU LIE, YOU PIG!!  
IS STRAIGHT FROM ROYAL TONGUE OUT EXALTED MOUTH OF SUPREME ONE HIMSELF!!  
WE GOT ROOM FOR INFINITESIMAL ME PERHAPS YES??  
WE GO GROVEL AT EXALTED FEET

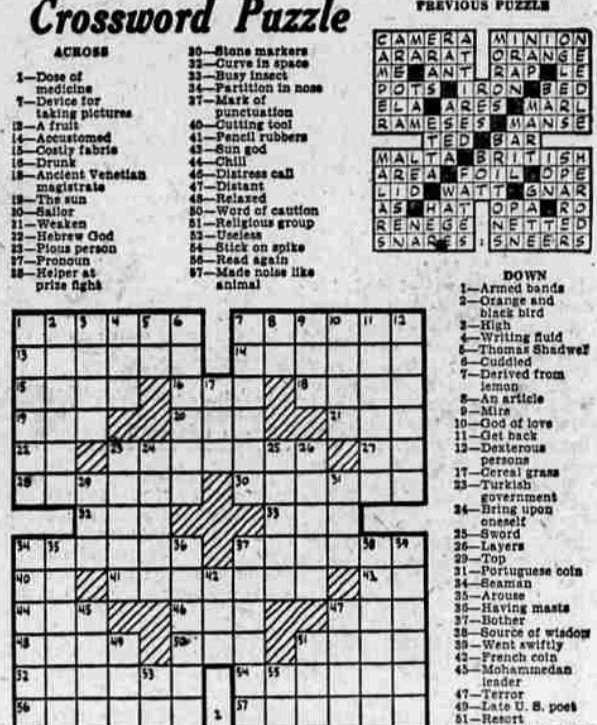


ing on December 8 as the annual Christmas party will be held on December 15 with everyone bringing a gift for exchange. The price is not to exceed 25c.

Over 30 airplane parts are made of compressed, resin

**KYLE'S RESTAURANT**  
CHICKEN AND STEAK DINNERS  
Open 8 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

## Crossword Puzzle



# USED CARS

## Urgently Needed!

SEE US BEFORE YOU SELL

### CRATER LAKE MOTORS

Sixth and Ivy Phone 2297

## THE WORLD AT ITS WORST

By GLUYAS WILLIAMS

12-2-44 WILLIAMS

## BUZ SAWYER

## BLONDIE

## LIL ABNER

## THE NEBBS

## Incubator Baby Grows Up To Be Health Champion

Chicago, Dec. 6—(U.P.)—A bright-eyed young woman who spent the first days of her life in an incubator because she was frail was named today as one of four national health champions. Elizabeth Ann Laughner, 18, Leetonia, O., a freshman at Wittenberg college, was one of the health champions selected today at the national 4-H congress. Besides being an incubator baby, she was ill during much of her childhood and underwent a serious operation when she was 8 years old. She said her health was largely the result of drinking milk with every meal. Miss Laughner is 5 feet, 3 1/2 inches tall and weighs 112 pounds.

## WHY QUINTUPLETS always do this for CHEST COLDS!

To Promptly Relieve Coughing—Sore Throat and Aching Muscles  
Whenever the Quintuplets catch cold—their chests, throats and backs are rubbed with MUSTEROLE. Powerfully soothing—Musterole not only promptly relieves coughs, sore throats, aching chest muscles due to colds—but also helps break up congestion in upper bronchial tract, nose and throat. Wonderful for grown-ups, too!

Is Strength **MUSTEROLE**