Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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EXERCISE AND HEART DISEASE

Dr Brady

There is a widespread popular notion—and from what readers say in their letters I infer that some physicians share it—that a person with heart disease must carefully avoid exercise or physical activity, lest the exertion or effort strain, damage or overtax the heart.

This is unfortunate. It is wrong. In the great majority of cases of heart disease it is injurious to the heart and to the patient's prospects. I am expressing here, not just my idea but the present consensus of medical opinion. Of course it is a question of professional opinion and not one of fact.

If I had, say, coronary thrombosis, coronary occlusion, angina pectoris, myocarditis, valvular leakage, or other serious organic disease of the heart, I might remain more or less at rest for a while, under the care of my physician, but not for long. As soon as the alarming episode, let us call it, had passed I'd resume reasonable daily activity, such as strolling around the block a time or two today, around two blocks three or four blocks the next day and so on.

When I had covered my beat fairly well in that way, I'd set my course for the bowling green, evrey day. The first day or two I'd just sit around kibitzing and maybe condoling the poor geeks who paid me election bets again and ..again — they're past all learning—but in a few days I'd begin playing.

In recent years numerous reports have appeared in medical journals, by physicians with large experience in dealing with heart disease, indicating that this general policy of graduated or gradually increasing physical activity is the best managmeent of almost any kind of heart disease.

In a general way the best gauge of the effect such therapeutic exercise or activity is the way you feel, that is, the way you feel physically, not your worry or imagination. If you feel all right, or better just after your day's activity, then you may rest assured the exercise has really done you good, your heart and your longevity.

On the other hand, if you do not feel so good after the day's activity, then it may be that you should go slower or take it easy for a bit. But for goodness sake don't get fussy or alarmed about it—some of the surveys and reports above mentioned testify strongly to the fact that the heart disease patient who takes sufficient exercise regularly is likely to outlive the one who avoids all activity, exercise, work or play in the belief that it is harmful or dangerous.

QUESTIONS AND ANSWERS

Count 'Em and Let 'Em By

I am five feet three and weigh nearly 180 pounds. I have to count my calories. In order to reduce two pounds a week I suppose I have to keep my calories down to less than 900. Mrs. L. M. P.)

Answer—After all, what's a calory or two between meals? Don't count 'em so carefully. In the earlier weeks of a sound reducing regime there may be little or no loss of weight, but only reduction of bulk or measurements. Water retention. This is self-regulating. Send stamped pre-addressed envelope and ask for (do not use a clipping) the pamphlet "How to Lose Weight."

Emergency Emetic

Please repeat the name of the quick emetic you recommended for use in case a child swallows poison. Mrs. C. G.)

Answer—A grain or two of copper sulfate (blue vitrol) given in a spoonful of water, works almost instantaneously. This is the right emetic dose for an infant. For older child or adult four or five grains may be given, dissolved in tablespoonful of water. If the druggist hesitates to sell you copper sulfate on the ground that it is "poison," I don't know how you can get it. Soluble one-grain tablets are supplied to ophthalmologists by manufacturers, for use in making solutions of "bluestone" for treating eye inflammations. The U. S. Pharmacopoeia authorizes as emetic dose five grains of copper sulfate. I once used it with prompt and satisfactory results, when my own baby got hold of tablets of corrosive sublimate (bichloride of mercury) and swallowed some.

Postcard

Please send a few copies of the booklet "Save Your Teeth." I don't quite see how any person who knows so little about teeth, can write so much about them. (....., D. D. S.)

Answer—I'm sorry, doctor, but a postcard request will not do. If you will provide a stamped envelope bearing your address I'll be glad to send a copy of the booklet.

(Copyright, 1944, John F. Dille Co.)

THROUGH THE STREETS OF GERMANY—Marching in single file, an infantry unit of the U. S. Ninth Army moves out of Alsdorf, Germany, toward the front lines farther ahead. This was the unit's initial attack during the drive inside the Fatherland. Note roofs of houses partially stripped by bombs.

THE GRANGE

Griffin Creek Grange

At the regular meeting of Grange Tuesday evening plans were made to install our own new officers at the next meeting. Mrs. Jessie Minear is to be the installing officer. At our previous meeting it was voted to except the invitation to Central Point for being this is an afternoon meeting very few would be able to go.

H. E. Chairman Lulu Sturgill also reminded everyone to keep in mind the bazaar and cooked food sale to be held the 16th at The Furniture Exchange in Medford.

H. E. C. will meet Thursday the 14th at the home of Jessie Minear for 1 o'clock dessert luncheon. Each one is asked to bring a small gift for the Christmas exchange.

Refreshments for the evening were served by Mr. and Mrs. Leo Yound and Mr. and Mrs. Bill Werner.

Our next Grange meeting is also our Christmas party where we have a gift exchange and each one brings something in the line of Christmas treats for the evening.

Pomona Grange

State conference for all Granges of Jackson county will be held at Central Point Grange hall December 14, with state officers present for the meeting at 1 p. m.

Installation of officers will be held in the evening and all Grangers who wish to avail themselves of this opportunity should see that their officers are notified. Would especially urge that all Pomona officers be present. There will be a pot-luck dinner at 6 p. m. and each H. E. chairman of the various Granges should see that a balanced meal is brought for the number attending from their Grange.

All 4th degree members may attend and it will be helpful to newly elected officers, as there will be demonstrations of floor work, and special conferences for masters, lecturers, secretaries, H. E. chairman, and agricultural committee.

Talent Grange

At the last regular meeting of the Talent Grange, Thursday, Dec. 7, the charter was draped in memory of Mrs. Lydia Gardner. Three new members were also added at this meeting.

The Grange county conference will be held at Central Point Thursday, Dec. 14. Installation of newly elected officers will take place at this meeting. The time of day has not yet been definitely decided and will be announced later. Should it take place in the evening, those without transportation who wish to attend are to gather at the Bates home in Talent.

L. H. Gallatin was appointed chairman of the bond drive which will begin immediately. However each member is asked to help all they can as well as the appointed committee.

A Christmas program is being planned for the next meeting, December 21. Each Granger and family members are asked to be present and bring a gift for the gift exchange. The gift not to exceed 25 cents in cost. Anyone having apples and nuts suitable for the occasion are to leave them with Mrs. Bates.

Jacksonville

Jacksonville grange will meet on Thursday, Dec. 14, at 8:30 p. m. The finance committee will show actual pictures of the war in Europe, during the lecture hour. Members please be present as plans will be made for the annual Christmas party. The Dunfords and Arnolds will serve refrshments.

Roxy Ann

All officers and officers-elect of Roxy Ann grange are asked to meet at the hall on Tuesday, 8 p. m., for practice.

The Home Economics club will meet Wednesday at 1 p. m. at the grange hall. Roxy Ann Christmas gifts will be exchanged and new names drawn.

Friday, Dec. 15, is regular short meeting night of the month. Members are reminded to bring inexpensive gifts for the tree. A social hour and program will follow the business session.

HOME FROM EUROPE

With First Infantry Division in Germany, Dec. 9—(U.P.)—Several hundred officers and men, including 2nd Lt. Walter D. Ehlers, of Manhattan, Kans., who was commissioned on the battlefield and chosen to receive the congressional medal of honor, left here today en route for the United States under a policy of rotated leaves.

FEARS CARTEL CHANGE

Washington, Dec. 11—(U.P.)—Sen. Joseph C. O'Mahoney, D., Wyo., today called on the senate to give a close study to President's new state department appointments to make certain there will be no change in the anti-cartel policy laid down by former Secretary of State Cordell Hull.

Closing time for Sunday Too Late to Classify 5:30 Saturday afternoon—Please remember.

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Yes, people the nation over have reported GRAYVITA Vitamins WORK, and that their gray hair is returning to its natural color. GRAYVITA Vitamins contain the same amount of "anti-gray hair vitamin" (PABA) as 450 Int. units. But as tested by a leading housekeeping magazine. Of those tested, 88% had return of hair color. GRAYVITA Vitamins are non-fattening, can't harm you. "permanent" 30 day supply, $1.50; 100 days, $4.00. Phone 2440

On the Radio Chain

STATIONS:

Chain affiliation and where they are on the dial:

KALE (CBS) 1210, 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) 830, 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.
6:15 p. m.—Screen Test, MBS.
6:30 p. m.—Information Please NBC; General Malone, 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; Jack Kirkwood, CBS.
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; Symphony Hour, NBC.
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.—On Our Bandstand, NBC; Sherlock Holmes, MBS; Wartime Women, CBS.
10:30 p. m.—Sweetheart Swingtime, NBC.
11:00 p. m.—Serenade, CBS.

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.
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.—Hildegrade, 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, Jr., 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.

Olive Barber's Observations

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Maybe I never would have been asked to the University Women's club here in Seattle if it had been known that about my only contact with college life was the time I went to see the son graduate (blessed day!) and once when I went to visit the museum. Talking to a woman I found she could speak not only English but Spanish and Swedish. Well, I'm no slouch at languages myself, having a fair command of both English and Loggerese; or do they call it Loggerese.

Mrs. Royal Arch Gunnison was the speaker. Mrs. Gunnison is on the easy side of middle age, has a trim figure (Japanese prison fare no doubt had something to do with that) a soft voice, brown hair and pronounces "again" just like Mr. Roosevelt.

She was with Mr. Gunnison when he, with many others, was taken prisoner by the Japanese. I'd read Mr. Gunnison's report of this but it lacked the reality his wife's face to face account gave it. She was right there before us, dressed as we were, had eaten with us. She was a real live person and not just a voice or printed words. I wonder how it would seem to have little brown men ordering one to go here, go there, do this do that, and have to obey.

The Japs never fed the prisoners at that camp. Such prisoners as had no money, had to go about begging food from those who had. The Japs never took their money and it was possible to get some food through the underground. Mrs Gunnison told of her and her husband having as one meal a loaf of bread. Just that and nothing more. They broke off chunks of the bread and she said so great was their hunger, they both agreed it was the tastiest meal they'd ever had.

Once they had a can of beans given them. Another prisoner got hold of the can and ate the beans. Mrs. Gunnison said they felt sad at losing the beans but such was the law of survival. You ate what you could when you could, regardless of ethics. She further said that without the help of the Filipinos, many of the prisoners would have starved. They smuggled food to the internees, even when the latter were unable to pay.

I'm deeply grateful to my hostess for making it possible for me to hear this lecture.

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Girl Brings Arrest Poker Playing Mama

Boston, Dec. 11.—(U.P.)—Her mother's loss of $185 in two sessions of an all-night poker game prompted a daughter to telephone police, who arrested six women on gaming charges last night. The girl informant explained to police that "mother just doesn't realize that the competition is too stiff for her."

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.

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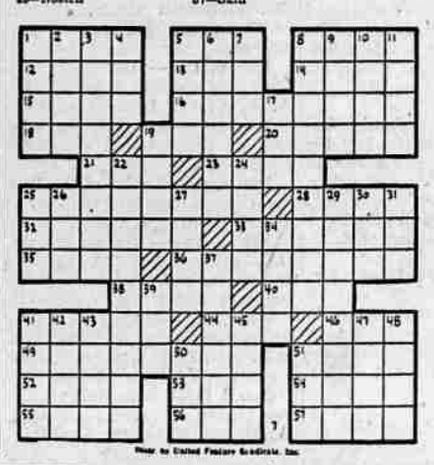
STRANGE AS IT SEEMS By ERNEST HIX

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

ACROSS
1—Rate of speed
6—Superlative ending
8—Biblical region
12—River in England
13—Health resort
14—Liquid rock
15—Fruit peel
16—Yelled
18—Put on
19—Tiny
20—Hebrew measures
21—Cover for sharp roof
23—Icelandic poem
25—Ominous
28—Nostril
32—Overcoat
33—Obtainer
35—Come together
36—Lifts up
38—Away from wind
40—Siberian river
41—View
44—Prefix: bad
46—Open keg
49—Calm
51—Certain
53—Gael
53—Worthless leaving
54—Norse god
55—Soaks
56—S-shaped worm
57—Skin



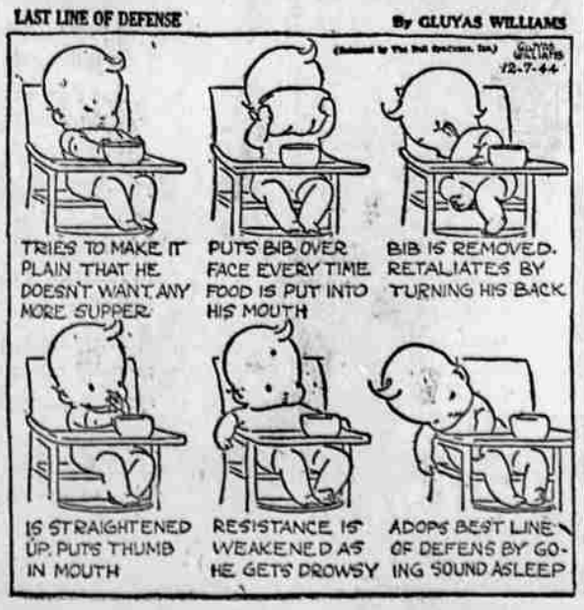
DOWN
1—City in Brazil
2—Greedy
3—Make smaller
4—Conclusion
5—Being, in abstract
6—Globular body
7—Sailor
8—Fundamental
9—Garden tool
10—Assert
11—Angry moods
17—Charged particle
19—Sagacious
22—Small bits
24—Insist on
26—Account
26—Island (Fr.)
27—Woody plant
29—Position of figure
30—Female ruff
31—Bitter vetch
34—Wrong
37—Monkey-like animals
39—Sheltered side
41—Burst forth
42—Wrap for burial
43—The Orient
45—High notes (mus.)
47—Seed cover
48—Confined
50—Enemy
51—Mop up

BARNEY GOOGLE and SNUFFY SMITH

BILL SAWYER

BLONDIE

LAST LINE OF DEFENSE By GLUYAS WILLIAMS



LIL ABNER

THE NEBBS