

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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WHERE DID YOU GET THAT MORBID NOTION?

Typical Wiscare in a letter to the editor of a popular magazine uttered half a column of what purports to be sarcasm on the subject of the President's ride around New York in the rain, deliberately running the risk of catching cold, the Wiscare explains, in order to prove that his health was good. It irked the letter writer, evidently, to observe that the President was applauded for doing what little boys get spanked for, and so on.

It would not yet occur to this person or a hundred million others who think they know all there is to know, that the President may not share the notion that getting wet affects the health or susceptibility to illness.

This fact applies to standing, walking, sitting, working or playing outdoors in the coldest weather with your head bare or with insufficient clothing. The experience has no effect upon health or susceptibility to disease or illness of any kind—except frostbite or freezing.

You could hardly be expected to know any better, considering the source of education in physiology, hygiene, pathology, sanitation and all that nasty business. You learned what you think you know about such things from the almanac, from the old woman of the neighborhood, from the testimonials (genuine and fake) published by the nostrum mongers, from the screaming, illustrated announcements of the manufacturers of over-the-counter and under-the-counter material and heating equipment, and from such ponderous utterances as that letter to the editor cited above. In short you picked up your fund

of knowledge about these subjects wherever you happened upon it, like a street urchin collecting snips. You had to get it that way if at all, for such things are simply not taught in school, not if the commercial interests concerned are aware of it.

This harangue will make no impression whatever upon the minds of readers whose minds have set like plaster of Paris and can no longer take a new impression. I have no illusions about that. But who knows? It may interest a few younger folk, and they're my meat. Catch 'em young and you get 'em thinking for themselves, before the cold phobia becomes fixed and incurable, that's my purpose.

QUESTIONS AND ANSWERS

Courage
Please give the address of the magazine "Courage" which you recommended so highly for people who have lost a limb. (Mrs. E. L. M.)

Answer—Courage, a buck a year, published by Paul J. Campbell, 240 Arcade Bldg., East St. Louis, Ill. Mr. Campbell founded The Fraternity of the Wooden Leg. This little monthly magazine is well named. Every one who has lost a limb should read it. In Canada it is \$1.20 a year.

The Hypochondriac
I will be grateful for any suggestion you may give me to stop or prevent premature graying of my hair. Our doctor pooh-poohed when I asked him—he said it is a vain idea, hypochondriac. (Mrs. C. L.)

Answer—Send pre-addressed stamped envelope, ask for pamphlet "Care of the Hair and Scalp." It contains information on prevention of premature graying. Too few physicians practice preventive medicine. Formerly they neglected it because they didn't know enough about it. At present they neglect it because they haven't time for it—perhaps when the war is over and the best doctors get back home more attention will be paid to preventive medicine, geriatrics and personal hygiene.

Problem Child
Daughter, 23, allergic to citrus fruits, prunes, spinach, potatoes and chocolate. She can eat celery, but no carrots, olives, onions, tomatoes, peas, navy beans—gets severe itching back of ears and in throat when she takes even a wee bit of any of these, then has an intense coryza and a prolonged incessant sneezing. Her diet is a problem, yet she passes physical tests with high standard. (Mrs. G. L.)

Answer—You say she was brought up on "citrus fruits, vegetables, milk, eggs and meat." Yet you say she is allergic to citrus fruits. Ad what to do? What she was brought up on, and she'll get along o.k. Send 10 cents and pre-addressed stamped envelope for pamphlet "Relief for Allergy" and "The Calcium Shortage." (Copyright, 1944, John F. Dille Co.)



SCENIC PRIZE—This photograph of the Capital's first snow of the year took first prize in the scenic division of annual photographers' exhibition of the White House Photographers Association in Washington, D. C. Shot was made by George Gaylin, of Acme.

On the Radio Chain

STATIONS:
Chain affiliation and where they are on the dial:

KALE (CBS) 1320, Portland, ME (NBC-Blue) 1190, Portland, ME (NBC-Blue and MBS) 1210, Spokane, WA (NBC-Blue) 1110, San Francisco, CA (NBC-Red) 620, Portland, ME (NBC-Blue) 1090, Seattle, WA (NBC-Blue) 1070, Los Angeles, CA (NBC-Red) 820, Denver, CO (CBS) 970, Portland, ME (NBC-Red) 1180, Seattle, WA (NBC-Red) 680, San Francisco, CA (CBS) 1160, Salt Lake City.

Time shown is PWT.

Thursday
5:00 p. m.—Terry and Pines, BN; OK for Release, NBC.
5:15 p. m.—Dick Tracy, BN; Superman, MBS.
5:30 p. m.—ack Armstrong, BN; Harry Flannery, News, CBS; Tom Mix, MBS.
5:45 p. m.—Captain Midnight, BN; Night News Wire, MBS; News, CBS.
6:00 p. m.—Music Hall, NBC; Mayor Bowser, CBS; Gabriel Heatter, MBS; Carlson and News, BN.
6:15 p. m.—Screen Test, MBS; Lou Holtz, BN.
6:30 p. m.—Bob Burns, NBC; Spotlight Bands, BN; Corliss Archer, CBS; Eight Serenade, MBS.
7:00 p. m.—Abbott and Costello, NBC; Faymorn 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 Hall, 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 Waring 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.

Friday
5:00 p. m.—Terry and Pines, BN; OK for Release, NBC.
5:15 p. m.—Dick Tracy, BN; Superman, MBS.
5:30 p. m.—Jack Armstrong, BN; Harry W. Flannery, News, CBS; Adventures of Tom Mix, MBS.
5:45 p. m.—Elmer Peterson, Commentator, NBC; Capt. Midnight, BN; Night News Wire, MBS; News, CBS.
6:00 p. m.—Waltz Time, NBC; Gabriel Heatter, MBS; Serenade, BN.
6:15 p. m.—Screen Test, MBS.
6:30 p. m.—People Are Funny, NBC; That Brewster Boy, CBS; Double or Nothing, MBS.
7:00 p. m.—A-Mos-A-Andy, NBC; Durante and Moore, CBS; Dale Carnegie, MBS.
7:15 p. m.—Lowell Thomas, MBS; Ted Malone, BN.
7:30 p. m.—Stage Door Canteen, CBS; Lone Ranger, MBS.
8:00 p. m.—Music Shop, NBC; Fights, MBS.
8:15 p. m.—The Parker Family, BN; Press Club, CBS.
8:30 p. m.—Duffy's Tavern, MBS; Gang Busters, BN; It Pays to Be Ignorant, CBS.
9:00 p. m.—Furlough Fun, NBC; News, MBS; Aldrich Family, CBS.
9:30 p. m.—Fulton Lewis, Jr., MBS; Adventures of Thin Man, CBS.

U. S. GETS VAST HAUL IN GERMAN AIRPLANE PARTS

Headquarters Air Service Command, England—(U.P.)—American fliers operating from bases in France may find themselves dropping bombs stamped "Made in Germany," taking pictures with the finest German aerial cameras, or even listening to operational instructions over German-made radios.

This strange situation was revealed recently with the announcement that vast quantities of Luftwaffe material have been captured by the American forces who over-ran France. Col. Eric T. Bradley of USAF air service command, described the material, mostly found lying intact on hundreds of railroad cars all over France as being worth "millions of dollars."

Useful to Allies
The equipment, which is being carefully catalogued by air service command technical intelligence

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CHRISTMAS ERRAND

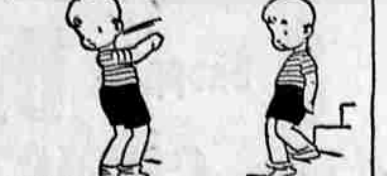
By GLUYAS WILLIAMS



IS SENT UPSTAIRS TO GET A HANKERCHIEF FOR MOTHER FROM TOP BUREAU DRAWER.



GOES BACK AND CALLS THAT DRAWER IS EMPTY. MOTHER REMEMBERS SHE MOVED THINGS TO BOTTOM DRAWER.



A MOMENT LATER HEARS A SHRIEK DON'T OPEN THAT DRAWER, MOTHER WILL GET HANKERCHIEF HERSELF.



DRAWER IS LOCKED. MOTHER REMEMBERS SHE PUT PRESENTS IN IT, BUT CAN'T RECALL WHERE SHE PUT HANKERCHIEF.



THEN CALLS IT'S ALL RIGHT TO OPEN DRAWER. SHE REMEMBERS THERE'S ONLY AUNT SUE'S PRESENT IN IT.



GOES BACK AND CALLS THAT DRAWER IS EMPTY. MOTHER REMEMBERS SHE MOVED THINGS TO BOTTOM DRAWER.



DISCOVERS SHE WON'T NEED HANKERCHIEF AS SHE IS SITTING ON HER JUNKIE REFLECTS THAT CHRISTMAS ERRANDS ARE COMPLICATED.



GOES BACK AND CALLS THAT DRAWER IS EMPTY. MOTHER REMEMBERS SHE MOVED THINGS TO BOTTOM DRAWER.



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gence officers includes thousands of different airplane accessories—most of which is useful to the allies.

The railcars, each containing parts vital to German aircraft production and operation, were tied up or derailed when United States precision bombing reduced nazi-controlled railroads to a mass of tangled wreckage.

Efficiency Breaking
The fact that much-vaunted German efficiency is slowly breaking down was graphically

illustrated by one captured carload which contained 1,000 identical parts for the famous Junkers 88. Grouping such a large consignment of a single part in one shipment, the loss of which would tie up production of an entire model, indicates a weakness in nazi planning, according to Col. Bradley.

"I guess there's no nazi equivalent of the old saw about putting all your eggs in one basket," said Bradley.

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STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLE AND SNUFFY SMITH



BUZ SAWYER



BOY JEEPERS! THIS NEW GARB BETTER BE CUT GEN-U-WINE SMOKEY MOUNTAIN STYLE OR THAR'LL BE SOME LAIGS WALKIN' HERE WIFOUT NO PUNKIN' HAIDS



BLONDIE



THE NEBBES



YO' HAIN'T NO ANGEL??



YO' LOOKS SO PURE AN' STERN. YO' MUST BE AN ANGEL—SO NATCHERLY, AH IS IN HEVIN. ER—IS MAH PAPPY HYAR?



YO' HAIN'T NO ANGEL??



NEW LORD MAYOR OF LONDON—Sir Frank Newson-Smith outgoing Lord Mayor, presents the mace of office to Sir Frank Alexander (right), the new Lord Mayor of London, during the swearing in ceremonies which were held in the Guildhall in London.

Veterinarians Urge Chicken Raisers to Cull Out Old Hens

Chicago—(U.P.)—The American Veterinary Medical Assn. has issued an appeal to farmers to

save feed and reduce winter poultry losses this year by culling old hens.

Dr. P. V. Neuzil, chairman of the association's committee on poultry diseases, said that many old hens are carriers of tuberculosis and if these are housed with the young birds, they can spread the disease.

Neuzil said that in some areas 50 per cent of the poultry flocks are afflicted by tuberculosis and that older birds are the principal carriers. Old hens lay 30 per cent less eggs than young ones, so farmers will waste less feed on inefficient layers by culling the old birds now.

Veterinarians also report evidence of tuberculosis being spread to swine by poultry.

Closing time for Classified Ads 9 a. m. to 7:00 Late to Classify 12:30 p. m.

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