

Your Health and Its Care

BY DR. WILLIAM BRADY M. D.

Readers should address inquiries to: Dr. William Brady
285 El Camino, Beverly Hills, Calif.

YOU LOOK AS YOU FEEL

Long before we ever heard of anti-gray hair vitamins readers of this column, scores and scores of them, assured me that after a year or more of the iodine ration (that is, taking a wee nip of iodine once or twice a week the year around (instructions sent on request if you provide stamped pre-addressed envelope) their gray or graying hair had regained its pristine natural color. I never quite believed it. Indeed I expressed my skepticism from time to time and suggested that one's feelings, spirits or temperament at the moment may have a good deal to do with it. That is, when one is feeling depressed, a bit blue, tired or melancholic (as one with an iodine shortage is so likely to feel) one sees so many gray hairs, wrinkles and other signs of on-coming age in the mirror. On the other hand when one is feeling cheerful and fit one notices with satisfaction how very few gray hairs, wrinkles or other signs of advancing age the mirror reveals.

Even if that accounts of it, I still think most people who are beginning to turn gray need more iodine than their regular food and drinking water provides.

When it comes to the restoration of natural color to gray hair by the anti-gray hair vitamins, I must admit it does happen. I do not mean miraculous rejuvenation, but in numerous instances I have observed considerable restoration of color to gray hair when the individual has continued to supplement his or her regular diet with iodine and the anti-gray hair vitamins for a sufficient length of time.

In any case if the anti-gray hair vitamins retard or check graying of the hair it is through improvement of general nutrition and vitality. Here again one's spirits are concerned — when one feels just fine and

dandy instead of feeling tired, worn and listless, a few gray hairs or wrinkles scarcely matter.

Come to think of it, a physician learns considerably more than you may think when he takes your pulse. He learns how you feel—how your arteries feel, how your skin feels, how your muscles feel (state of muscle tone)—and so he knows how old you really are. How much hair you have or how much you have lost and the degree of grayness in your hair, if any, and whether your skin shows wrinkles are questions of little significance to the physician.

It should be remembered that hair normally grows at the rate of one-half to three-fourths inch a month. It is therefore vain to expect any striking improvement in the color of the hair in less than six months. In numerous instances it has required a year or more to bring about this effect. The individuals continued taking the anti-gray hair vitamins, iodine, B-complex and D, because they had experienced the improvement of general nutrition and vitality in the first few months and so they found it well worth while to continue the experiment for a sufficient length of time.

QUESTIONS AND ANSWERS

Girl Goes Off Handle
Daughter, 15, dieting, as she says, but starving herself, as I believe. She weighed 138 pounds, but in two weeks has gone down to 123 pounds. She hardly eats a thing and goes without lunch entirely. She looks so thin and gets so tired out.

Answer—Reducing at that rate is enough to ruin any one's health, vitality, good looks if any and chance of happiness in life. If the girl is not utterly and really demented, it may still save her to read "Rules for Reducing"—for copy send 25 cents and stamped pre-addressed envelope. First thing she knows she will find she has developed an assortment of wags and slacks and that she is unable to regain her natural resiliency, elasticity, vigor, pep, vim or bounce—which is the feature that distinguishes natural youthful beauty from the sad sack type.

Prenatal Sex
Is it possible to determine the sex of the child before birth, either by X-ray examination or by the rate of heart-beat? (Mrs. G. J.)

Answer—No. Notion that more rapid fetal heart beat indicates a male has been borne out by observations in large maternity hospitals—the rate varies so much from time to time that no reliable prediction of sex is possible. (Copyright, 1944, John F. Dille Co.)

RED CROSS WINS SOLDIER'S HEART WITH COFFEE AND DOUGHNUTS

Writing that the coffee and doughnuts which the Red Cross provided sometimes constituted the only meals he had, Sgt. Sheldon Eller recently wrote to Mr. and Mrs. Ernest Smith, 1013 South Oakdale avenue, including a description of the Red Cross services and highly praising the work of the organization with overseas men. Sgt. and Mrs. Eller made their home with the Smiths for a year while the sergeant was stationed at Camp White. The sergeant wrote from Italy:

"Since I've come over here I've become an admirer of the Red Cross," the sergeant wrote. "I'll have to admit that before I came into the army I didn't think much of their organization, feeling that the administration was misdirecting some of its funds for other than charitable purposes.

"Many of their services I still have little knowledge of. When we were waiting to board ship for our long trip the workers came down and passed out doughnuts and coffee. It made you feel pretty good, as you were pretty bewildered and just a little bit scared, maybe. On about the second day out every man was presented with a little towel cloth kit that could be used to carry shaving and toilet articles in. Inside the kit was a multitude of small but useful items. I used everything in my kit and carry it wherever I go now.

"Over here the Red Cross does a little, and a great deal, of everything. They have helped me locate friends in other outfits. Notice the stationery—it is free for the asking. They have mobile doughnut units which come right up to the front. The doughnuts and coffee they give out so generously have more than once been the one and only meal I've had all day. At these units they give out late "Stars and Stripes" and "Yank" magazines.

"At army rest centers the Red Cross provides a number of services, one of the most important being the Snack Bar where you can get coffee, pastries and in some cases real ice cream for just a few cents. They also conduct free tours through interesting cities, wrap gifts you wish mailed and provide dance and other entertainment.

"Our division has a Red Cross unit attached to our quartermaster's company. The girls pick a truck with doughnuts and drive up to the various outfits and hand out the doughnuts and talk to the fellows in English. The men really like it. Yesterday the girls also passed out soap, razor blades, handkerchiefs, wash cloths, tooth paste and inexpensive size razors. Some of the girls stand 10 to 12 hours a day handing out articles and talking to the fellows. Believe me, talking to some of them is a real job in itself. I'm not trying to 'sell' you Red Cross, but as far as I'm concerned, I'm giving it a boost."

On the Radio Chain

STATIONS:
Chain affiliation and where they are on the dial:
KALB (CBS) 1330, Portland, OR
KEX (NBC-Blue) 1190, Portland, OR
KOA (NBC-Blue and MBS) 1310, Spokane, WA
KGO (NBC-Blue) 810, San Francisco, CA
KJW (NBC-Red), 820, Portland, OR
KJZ (NBC-Blue), 1000, Great Falls, VA
KJZ (CBS) 1810, Los Angeles, CA
KOA (NBC-Red) 850, Denver, CO
KOIN (CBS) 970, Portland, OR
KOMO (NBC-Red) 850, Seattle, WA
KPO (NBC-Red) 680, San Francisco, CA
KSL (CBS) 1160, Salt Lake City, UT

Time Shows in 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, MBS
6:00 p. m.—Son is Born, NBC; Radio Theater, CBS; Gabriel Heatter, MBS
6:15 p. m.—Screen Test, MBS
6:30 p. m.—Information Please, NBC; General Motors, BN
6:50 p. m.—Screen Guild Players, CBS; Henry Gladstone, MBS; Raymond Gram Swing, BN
7:00 p. m.—Franklin D. Roosevelt, NBC; Ted Malone, BN
7:15 p. m.—Dr. I. Q., NBC; Thanks to the Stars, CBS; Horace Heidt Orch., BN
7:30 p. m.—Merger's Music Shop, NBC; J. Kirkwood, CBS
8:15 p. m.—Hedda Hopper, CBS; Lum and Abner, BN
8:30 p. m.—Cavalade of America, NBC; Frank Sinatra, CBS; Michael Shuman, MBS; Countryry, BN; News, MBS; The Whistler, CBS; Symphony Hour, NBC
9:30 p. m.—Fulton Lewis, Jr., MBS; Vox Pop, CBS; Noah Webster Says, NBC; Sherlock Holmes, MBS; War-time Women, CBS
10:30 p. m.—Sweetheart Swingtime, NBC
11:00 p. m.—Serenade, CBS

Tuesday
5:00 p. m.—Terry and Pirates, BN; Fisher 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, MBS; News, CBS
6:00 p. m.—Mystery Theater, NBC; Gabriel Heatter, MBS; Burns and Allen, CBS; Army Show, NBC
6:15 p. m.—Screen Test, MBS
6:30 p. m.—Fiber McGee and Molly, NBC; Spotlight, BN
7:00 p. m.—Raymond Gram Swing, BN; Bob Hope, NBC
7:15 p. m.—Lowell Thomas, MBS; Ted Malone, BN
7:30 p. m.—Sen. Truman, BN
7:50 p. m.—Hildegard, NBC; Red Rider, MBS; Manhattan Melody, CBS; Horace Heidt, BN
8:15 p. m.—Merger's Music Shop, NBC; I Love a Mystery, CBS
8:30 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music, CBS
8:50 p. m.—Fulton Lewis, Jr., MBS
9:30 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

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LEAGUE HEAD DIES
Lake Forest, Ill., Dec. 18—(U.P.) Private funeral services will be held tomorrow for Maj. Frederick McLaughlin, 67, owner of the Chicago Blackhawk team of the National Hockey league and president of the coffee importing firm of W. F. McLaughlin and Co., who died yesterday in Lake Forest hospital.

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Crossword Puzzle

ANSWER TO PREVIOUS PUZZLES

ARAB	ANTE	TOP
SILE	BOOR	LEVE
WOMER	WASTER	
WAPER	SPORT	
SANITON	IN	
ALAR	EDLE	AC
SACERDOTALISM		
SIN	NGRO	SNEE
ISE	ESNE	TAN
ADAGE	STON	
REPENT	STONE	
ALI	DOES	ISLE
LED	STEM	LEAN

DOWN

- Push forward
- Kind of bacteria
- Bound (abbr.)
- Endure
- Adherent of
- Holds back
- Noisy breather
- Untraded earth
- Young salmon
- Comparative ending
- Pungent snuff
- Flery war
- Intake
- Large plant
- Haru rubber
- Intake
- Striped cat of India
- Student attack
- Short sleep
- Of Chile
- Marketable
- In a chair
- Character
- Dog's pest
- Search about
- Tomato up
- Perfume
- Close
- Godless of youth
- Took food
- Hairy gibbon
- Sun eye
- Red Cross (abbr.)

Olive Barber's Observations

She is eight years old and in the children's ward of one of the local hospitals, brought here from a small town to have a badly ulcerated tooth cared for. "Mommy found my tooth would be less espense here," she said. "She is out in the hall waiting for the doctor. She left Buddy with me for company," and she gestured to the apple-cheeked cherub sitting across the room. Buddy was swinging his fat legs in a violent manner. But what else was a four-year-old to do with his legs since he'd been put there and told not to walk about.

The legs and sleeves of Buddy's suit were much too short. Sister apologized for this: "That suit was too big for him last year and now it's too small!" she said, her one-sided little face concerned that Buddy should appear to such disadvantage before strangers.

Sister said she had ten brothers and sisters; "counting me that makes 11," and she gave the information gravely as though the problem might be beyond our computing. When asked where her Daddy worked, she hesitated, then said Daddy was away; no explanations, no embarrassment. There was a dignity about her childish reserve which closed the topic.

"I'll get behind at school, having to stay here," and the unswollen side of her face was troubled. Everything she said showed how responsibility sat on her shoulders—the 'es-pense' of her bad tooth, her distress over Buddy's inadequate suit, the shying away from the subject of her father's absence, her worry over her studies.

Asked about her home, even the eye swollen half shut grew stary. "In summer our trees have pears and apples and cherries on them," she fairly cooed. "Pears and apples and cherries" said the little Sir Echo on the chair and his fat legs flayed with increased vigor.

"Buddy has an awful appetite!" Sister mourned in her tender mother-voice. "If he hadn't eaten so much his suit would

At Craterian

Now playing at the Craterian is Alan Marshal and Laraine Day in "Bride by Mistake," with Marsha Hunt, Allyn Joslyn and Edgar Buchanan. The film ends tomorrow night.

still fit him," and her one good eye gently chided the little glutton.

But Buddy was not cast down; quite the contrary. "I eat and eat and eat and"—his boasts might have continued indefinitely but just then the mother came in. A small woman to begin with, much maternity had honed her down to a sharpness of outline it was not good to see. She tried to make her voice reassuring but there was a harried look on her face as she told the youngsters, "The doctor can't see us for a long time. We'll have to take a late bus home."

Sister's voice was tremulous with anxiety as she asked, "Will that be more es-pense, Mommy?" Buddy kept on swinging his legs. He could get a lot of kicking done while they waited for the doctor.

REASSIGNMENT SECTION AT CAMP INACTIVATED
Camp White — Camp White's reassignment section was inactivated as of December 11, by a post headquarters general order, it has been announced. The reassignment section first came into existence at Camp White when it was activated by a general order October 6, 1944.

WEATHER
Northern California—Scattered clouds today tonight and Tuesday with light rains north coastal counties. Little temperature change.

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