Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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ONE TOOTH TO A PERSON

Dr. Brady

A lady from .... told me you write interesting health articles for the daily paper there and especially she mentioned one article in which you told the value of one tooth to a person. I was in an accident that knocked out one of my front teeth. It is now up for settlement and I have no idea what would be reasonable compensation for the loss of one tooth . . . (H.M.P.)

In the booklet "Save Your Teeth" (for copy send twenty-five cents and stamped pre-addressed envelope) on p. 10 you will see the author's statement that every tooth is worth a thousand dollars. But that is just my estimate. Probably I put a higher value on my own teeth than some doctors or dentists would place on any one's teeth. I know I'd have to be desperately in need of the money, more so than ever in my life—and I have desperately needed money more than once, just enough to pay the rent or buy some groceries or pevent the shutting off of the gas—before I'd give one of my teeth for a thousand dollars. From what readers tell me, I gather that a lot of people would rather have seveal teeth extracted than spend a hundred dollars fo some needed dentistry.

From the number of people who go partly edentulous for the rest of their short lives, once they have lost a numbe of teeth, I gather that a shamefully large portion of the population of Yankeeland, after all, are either too ignorant or too stingy or both to have proper dentistry when they need it.

From time to time readers ask whether they should let the dentist pull the last of their teeth, sound teeth, but teeth the dentist deems of no advantage or even a detriment to the patient who must wear plates. I'd leave that decision to my dentist.

Whatever value you or I may place upon a tooth, one's own tooth, should apply to a sound, functioning tooth. When many teeth have been lost the functional value of the few teeth that remain intact declines toward zero, for it is obvious that good mastication and good oral digestion and good salivary digestion (which in a normal person continues for half an hour or more after the food has entered the stomach) depends on a full equipment of good teeth.

So, if H.M.P. had all of his or her teeth working efficiently to keep him or her in good health, at the time the accident happened, I should say a thoudand berries would be a moderate compensation to ask for each tooth lost.

QUESTIONS AND ANSWERS

Lady Likes Iodine

I am 68. A few years ago I started taking your Iodin Ration. It was wonderful. Took away all tired feeling, gave me lots of pep, so I began doing all my own housework and it never tired me at all. I have been able to sleep better, too. What I want to ask is whether I can't take it every alternate month, instead of waiting till every third month. (Mrs. O. M.)

Answer—No, period. That's the trouble with you girls. On request I am glad to send any reader, who provides a stamped envelope bearing his or her address, "Instructions for Taking an Iodin Ration." That's all, folks. Any other use of iodine than I advise in the pamphlet must be at your own peril.

Vitamins and Reducing

Are vitamin B-complex tablets reducing? My friend started taking them and she has reduced 1½ to 2 pounds a week with little or no dieting, feels and looks fine. (Mrs. S. C. L.)

Answer—No. But up the vitamin intake and you will reduce more readily by whatever means. You will probably have a less intense craving for excessive carbohydrate. Send a stamped pre-addressed envelope for pamphlet "How to Lose Weight."

Varicose Veins

First our doctor told me a slight varicocele I have is "nothing at all," and then again he suggested an operation. Aside from consciousness that it is there it causes no trouble. I am happily married and have a fine 15 months old son—a Brady Baby. (B. B. W.)

Answer—It is a varicose condition of veins in the cord, usually causes no particular trouble, requires no particular treatment. Send stamped envelope bearing your address, for pamphlet "Varicose Veins."

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

SKY POOL QUEEN—Marceline Vaughan, former woman national amateur pocket billiard champ, was picked by Chicago aviators as girl they'd most like to play sky pool with. Game is aerial horse-play, where pilots seek air-pockets to knock each other into.

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; KGW (NBC-Red), 620, Portland; KJR (NBC-Blue) 1000, Seattle; KNX (CBS) 1070 Los Angeles; KOA (NBC-Red) 850 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

Wednesday

5:00 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.
7:00 p. m.—Kay Kyser's Kollege, NBC; Great Moments in Music, CBS; Raymond Gram Swing, BN; Sumner Welles, MBS.
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.—Mercer's 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 Girls, BN; Dr. Christian, CBS; Bulldog Drummond, MBS.
9:00 p. m.—Mr. and Mrs. North, NBC; Jack Carson, CBS; News, MBS; Dunninger, BN.
9:30 p. m.—Fulton Lewis, Jr., MBS
10:00 p. m.—News, NBC.
10:30 p. m.—Symphonette, NBC.
11:45 p. m.—On all night, BN.

Thursday

5:00 p. m.—Terry and Pirates, 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; Major Bowes, 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; 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 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.—Ellery Queen Mysteries, NBC; Fulton Lewis, Jr., MBS; Woody Herman Orch., CBS.
10:00 p. m.—News Reporter, NBC.

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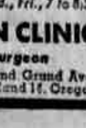

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Sacramento, Calif., Dec. 20.—(U.P.)—California consumers will find as much food on store shelves during 1945 as was available in 1944, A. A. Brock, director of agriculture, estimated today.

Chalker's Motel & Lodge OFFICERS' CLUB
Dine Dance Refreshments
Chicken and Steak Dinners
Most Unique Place in So Ore
CLOSED MONDAYS
Thursdays Private Parties Only—
For Reservations Ph Gold Hill 474

Daddy's Home for Christmas

(Acme Telephoto)

His paratrooper Daddy is home and what more could a little fellow want for Christmas? In this touching scene at Washington's Union Station, this youngster gets a good grip on his father's leg as his mother welcomes him home with an enthusiastic kiss.

RECOMMENDATION FOR RECLAMATION RECEIVES STUDY

Salem, Ore., Dec. 20.—(U.P.)—Three proposed legislative recommendations were under discussion by the Oregon reclamation congress after their first sessions today of the 32nd annual meeting of the group. It is the first meetnig held since 1941.

The legislitaive proposals which were originated by the operations section and referred to the legislative committee, included:

Provision for the transfer from the bond fund to the operations maintenance or general fund of any balance remaining when irrigation or drainage districts are free of debt;

Permission for irrigation districts to furnish domestic water to users outside the district or to non-assessed users inside the district;

And remedial legislation relating to payment of dues.

Other legislative recommendations will be made during the sessions here today and tomorrow.

During the morning, Niel Allen, Grants Pass, suggested a change in the constitution of the congress whereby the operations sections would include irrigation and drainage districts.

District organizations were urged to submit legislative recommendations to the convention in time for them to be acted upon.

Working today on the general subject of "reclamation today," the congress had scheduled meetings today with the Willamette valley project committee.

Olive Barber's Observations

• • •

I'm being serious in this column so get in a serious mood before you read further. All set? Here goes: The greatest benefactor to the human race would be the man or woman who could set in operation a matrimonial bureau which would have dignity and the approval of society.

Now maybe it's because I'm a matron and am happily married (well anyway married; and happily so when there's no carpenter work to be done) that a lot of young people, and some not so young, give me their confidence. I find as many men as women and girls who want, and can't seem to accomplish, what all want if they're normal, and that is to get married. Yet for some reason I can't understand they have been unable to do so. The men say, "I don't meet many girls; at least not the kind of girls I'd be willing to marry." The girls tell me the same.

Just this very morning a woman told me she'd give anything to meet and marry a decent man. "How decent?", I asked, having in mind the unreasonable demands some women make, forgetting they themselves may be no bargain.

"One who quit carrying a bottle when he was weaned," was the prompt reply.

Yet less than a week ago a man said to me, "A man has to carry a bottle these days to rate with the women; makes a guy sick!"

So it is my contention that a good move would be to get things organized; separate the sheep from the goats, so to speak. Get the bottle babies together and the weaned ones ditto.

Maybe I'd have the universal trouble if I were husband hunting but I doubt it. I'd go at it in a businesslike manner for after all, marriage is the most important business in the world.

The church which I attend is giving a banquet this week. Members were urged to bring service men. "Remember your own men are somewhere and maybe some one is inviting them to things. You do the same," we were told.

"But I don't know any service men," several women wailed. I didn't either. I hadn't known any Thanksgiving, but I got guests just the same. So I barged into the Service Men's club and told the hostess I wanted two men for Thursday evening. I could have had 20. The same goes for a puppet show being given by a group from the university. Of course I call my guests "Sonny" and they call me "Mom". Now the only difference I'd make were I husband hunting would be to ask for—but skip it; I'm not.

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

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THE NEIGHBORHOOD LEAGUE By GLUYAS WILLIAMS

Long's Motel Cafe
Central Point
Will serve Holiday Dinners Christmas and New Years
Will Open 7 A.M. - 11 P.M.

Big Arizona Cattle Holdings Are Sold

Bonita, Ariz., Dec. 20.—(U.P.)—W. T. Waggoner, Jr., Fort Worth, Tex., today had broadened his huge cattle holdings by purchasing the Eureka ranch, one of the finest grazing spreads in the southwest.

Waggoner, who has large cattle interests in Texas and New Mexico, reportedly paid more than $400,000 for the southern Arizona ranch, including about 2,000 head of fine Herefords. He was expected to build the herd to a range capacity of 3,000 head.

Glass-windowed boxes, resembling small fire alarm boxes are placed at frequent intervals on the San Francisco-Oakland Bay Bridge so that distressed motorists may summon a tow car.

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One-Half Mile Up Savage Creek

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ROGUE RIVER LODGE
Will Close Dec. 23-24-25.
Make Reservations NOW for New Years Eve!
On Crater Lake Highway Near Trail
Telephone Trail 1404

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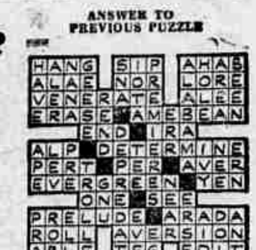
CHICKEN AND STEAK DINNERS
Open 6 p. m. to 2 a. m.
Phone Central Point 472 for reservations. On the Pacific Highway at Central Point. Out of Bounds for Service People

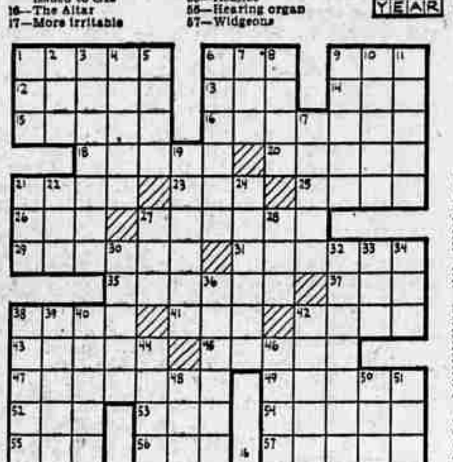
STRANGE AS IT SEEMS By ERNEST HIX

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE



ACROSS
1—Path of a curve
6—Female sheep
9—Malay coins
12—Muse of lyric poetry
13—Festive
14—Hebrew teacher
15—Street arab
16—Hand bomb
18—City in Illinois
20—Turn back
21—Weary
23—Negative
25—Postal numbers issued to GIs
26—The Altar
27—More irritable
29—Tell, as story
31—Being defeated
35—Jury lists
37—Prefix: new
38—Hominy
41—Bind
42—Short distance
43—Warble
45—Stale, as a saying
47—Let's go
49—Turkish inn
52—Babylonian god
53—Definite article
54—South American dance
55—Realize
56—Hearing organ
57—Widgeons



DOWN
1—Limb
2—Danish coin
3—Private
4—Practical
5—Aria
6—Egg drink
7—Conflict
8—Examiner
9—Hobo
10—Wireless
11—Eggs on
17—Approaches
19—Depress
21—Prohibit
22—Mineral earth
24—Ship's steering device
27—Greek letter
28—Dawn (comb. form)
30—A fruit
32—Hospital doctor
33—Born
34—Republican
36—Each of two
38—Butts
39—Water buffalo
40—Arabic measure of length
42—Vapor
44—Tardy
46—Adherents of
48—Chinese pagoda
50—Years of life
51—Varieties of moth

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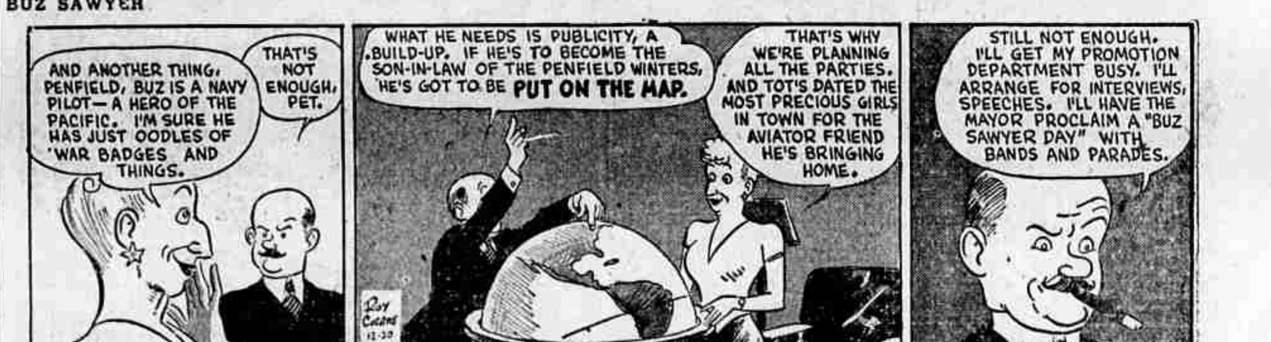
BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER



BLONDIE

L'IL ABNER

THE NEBBS