# 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.

## BREATHE NATURALLY AND KEEP YOUR HAIR ON

Although I have never had one myself still I make no bones about my qualifications to advise and instruct potential or prospective mothers about having babies. Likewise I feel competent to advise about premature loss of hair. If you have a bright remark to make about the doctor not trying his own medicine, please take your place in line—we'll listen to you early next week. Incidentally, I might explain, if you've noticed anything missing, that nobody ever told me these things when I was a young man—come to think of it, I may as well add before you suggest it, probably nobody could tell me anything then.

Dr. Brady

It is my belief, although of course I can't prove it, that a shallow breathing habit predisposes to premature aging, shorter life, earlier loss of hair and a natural breathing habit tends to prolong youth, favor longevity and keep your hair on.

Shallow breathing is chest breathing. Natural breathing is belly breathing. Using your belly as nature intended—as a bellows. In natural breathing the bellows or belly expands or inflates with each inspiration or intake of air; deflates like a rubber bag with expiration or outflow of air.

I began practicing belly breathing too late to save my hair. I believe it has done me a lot of good, however. I don't know whether this little exercise will correct wrong breathing habit (chest breathing) even in the very young person but I believe it will to a reasonable degree counteract many of the evil consequences of the shallow breathing habit. For instance the functional difficulties of young women whose education (physical education) has been sadly neglected.

There is so much confusion in the popular mind, and also, I regret to say, in the medical mind, about the physiology of breathing, that it is practically impossible to teach people how to breathe in a few paragraphs. I've tried it as earnestly as I have tried to teach people to call any illness or indisposition that is very likely one or another respiratory infection cri until the trouble has been diagnosed, and I am painfully aware that I have failed sadly as a teacher. I don't know what it is about my style or way of telling 'em, but, dammit, it just seems to make 'em want to tell me!

The theory—of course it is a theory only—that more efficient breathing will prevent premature loss of hair is not original with me. In my files are several articles by medical authors who have advanced the theory. But the authors who mention the remedy at all speak only of "deep breathing" and so, as I think, they missed the bus.

To advise a layman or, in many instances, a doctor, to practice "deep breathing," without teaching him how to breathe deeply, is futile. He will just puff and blow and get nowhere.

So I suggest instead, send twenty-five cents and stamped envelope bearing your address, for the booklet "How to Breathe." Not a word about hair in the booklet, but I promise you what you will learn by reading it will not do your hair or your health any harm.

### QUESTIONS AND ANSWERS

**The Lighter Side**

I am happier than I have been for many years, and I have you to thank for it. I weighed 188 pounds 1½ years ago and I was miserable about it. I had tried several reducing diets and could not continue . . . I wrote for your pamphlet and followed the simple regimen laid down therein. Result: In four months I reduced 39 pounds. I then resumed my ordinary diet, and remained stationary in weight for about three months. Then another course of about ten weeks on your regimen, during which I lost 16 pounds more. Now I am not only where I should be, but I feel like a million and every one says I look years younger. (Mrs. L. McC.)

Answer — Le'me see—39 plus 16 makes a grand total of 55 pounds lost in the course of ten months. Evidently that was not too fast for you, but I should say most overweight persons had better reduce more slowly. On request I'm glad to send any correspondent the pamphlet "How to Lose Weight," if he or she provides self-addressed stamped envelope.

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

# RETURNED BRITISH CHILDREN PREFER LIFE IN AMERICA

## Corn On Cob, Banana Splits Now Out As Refugee Youngsters Return Home

By Corrinne Hardesty
United Press Correspondent

London, Dec. 27—(U.P.)—America now is just a memory of corn on the cob, comic books, snowdrifts, banana splits, and plenty of dates to British youngsters returned after being farmed out among American families for four years.

About 1,500 children among thousands evacuated by the United States committee for the care of European children and other groups have returned to their families in Britain. Most of those interviewed by the United Press counted their American sojourn a happy one, and some found readjustment to British life, especially to school curricula, difficult.

**Likes Corn On Cob**

"Corn on the cob is the most wonderful thing in the world, and next to that is maple syrup," according to Simon, 5, who had seven meadows to play in on a Connecticut farm and since then has found the neat yards and hedges of Oxford confining.

His sister, Sally, 9, loved "hotel elevators and the hooting of horns" in New York City. Her Yankee accent bewildered her parents and she complained she would have to teach them "how to talk."

Now Sally calls a flannel a "wash cloth" and insists two weeks is two weeks and not a fortnight. Her mother looks forward to the day when Sally no longer begins every statement with—"I tell you what . . ."

**Longs To See Snow**

Francis, 14, who spent four years on a farm near New London, Conn., said: "I would walk all the way to Scotland just to see snow again." He is the son of an Oxford professor. His mother took him and his sister and brother to America at the outset of the blitz and left them with a childless couple.

Two 19-year-olds found the parting a sad one. Michael, whose father is a factory worker and who joined the navy on returning from Westborough, Mass., said he would like to return—especially to see one of the daughters in the family where he lived.

**Parties Plentiful**

"There are plenty of dates and dancing parties in America," he said a little wistfully. "You get to know a lot of people. There are no tight little communities like here. . ."

Next to dates, automobiles, and dances, Michael misses banana splits.

Lois, who returned from Beverly Hills, N. J., found all her old friends "joined up" and her family moved from their place in the country to a London flat. "American girls are more sophisticated and go about more than English girls," she said. "I guess I miss that, but I know I miss peaches most of all."

Comic books, frowned upon by his Oxford parents, were a delight to Allister, 11. He is now allowed an occasional one when it can be found in Oxford, but he says that now Latin comes first.

# NAVY' SEABEES CELEBRATE THIRD YEAR OF SERVICE

Washington, Dec. 27—(U.P.)—The navy's Seabees, who fight with one hand and build with the other, celebrate their third anniversary tomorrow with a record of participation in every major amphibious invasion in this war.

Since the first naval construction regiment was authorized just four days after the fall of Wake island in December, 1941, the navy's youngest service has consistently lived up to a tradition of getting things done.

Growing from an original nucleus of 3,300 men to more than 234,000 strong — more than three-fourths of whom are now overseas with thousands more scheduled to go in the near future—the Seabees have followed close on the heels of the invasion waves to build airstrips and bases as fast as the fighting troops secured the land.

**Forrestal Commends**

Secretary of Navy James E. Forrestal, in a message of congratulations to the Seabees, said: "On this third birthday of the Seabees, I extend my congratulations to an organization which chose for its motto the words, 'Can Do,' and then proceeded, by courage, skill and hard work to live up to it."

In one instance, the Japanese made their last desperate effort to drive American forces off Bougainville and their success depended on whether or not they could knock out the airfields the Seabees had built. Mortars and bombs poured down on the fields for nearly two weeks. But as fast as they fell the Seabees repaired the damage. At no time were the fields out of operation for more than 30 minutes, and not once were flights interrupted.

On another occasion, the 40th battalion was assigned to build an airstrip in no-man's land on Los Negros. From the seats of their bulldozers and power shovels, the navy's builders answered sniper fire with carbines, then proceeded to finish their assignment.


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

NOW OPEN!
TAKE-IT-EASY LODGE
Dine and Dance
Open Wednesday, Thursday, Friday and Saturday
One-Half Mile Up Savage Creek

BEAUTIFUL —
ROGUE RIVER LODGE
IS NOW OPEN
Delicious Dinners
Cocktail Lounge
Dancing
On Crater Lake Highway Near Trail
Telephone Trail 1404

KYLE'S RESTAURANT
CHICKEN AND STEAK DINNERS
Open 5 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

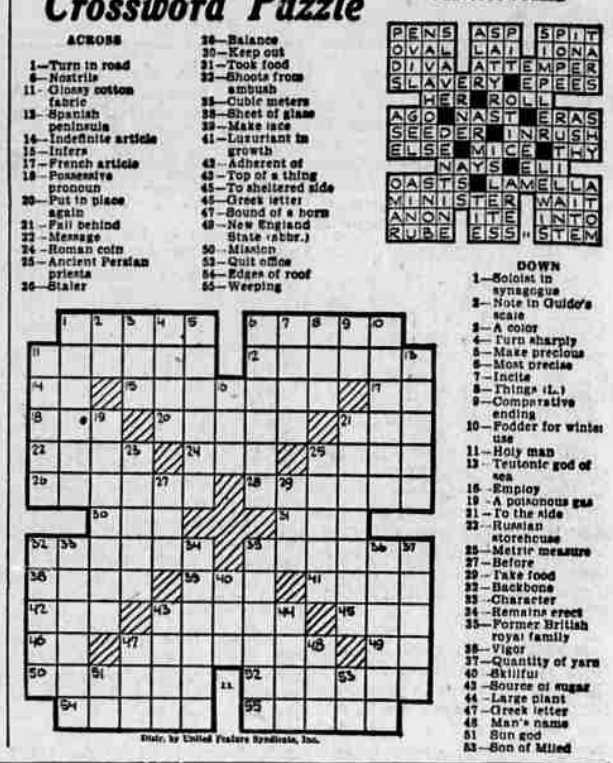
ACROSS

1—Turn in road
6—Nostrils
11—Glossy cotton fabric
13—Spanish peninsula
14—Indefinite article
15—Infers
17—French article
18—Possessive pronoun
20—Put in place again
21—Fall behind
22—Message
24—Roman coin
25—Ancient Persian priests
26—Stalar
28—Balance
30—Keep out
31—Took food
32—Shoots from ambush
35—Cubic meters
38—Sheet of glass
39—Make lace
41—Luxuriant in growth
43—Adherent of
43—Top of a thing
45—To sheltered side
46—Greek letter
47—Sound of a horn
49—New England State (abbr.)
50—Mission
53—Quit office
54—Edges of roof
55—Weeping

DOWN

1—Soloist in synagogue
2—Note in Guido's scale
3—A color
4—Turn sharply
5—Make precious
6—Most precise
7—Incite
8—Things (L.)
9—Comparative ending
10—Fodder for winter use
11—Holy man
12—Teutonic god of sea
16—Employ
19—A poisonous gas
21—To the side
23—Russian storehouse
25—Metric measure
27—Before
29—Take food
32—Backbone
33—Character
34—Remains erect
35—Former British royal family
36—Vigor
37—Quantity of yarn
40—Skillful
43—Source of sugar
44—Large plant
47—Greek letter
48—Man's name
51—Sun god
53—Son of Miled

ANSWER TO PREVIOUS PUZZLE

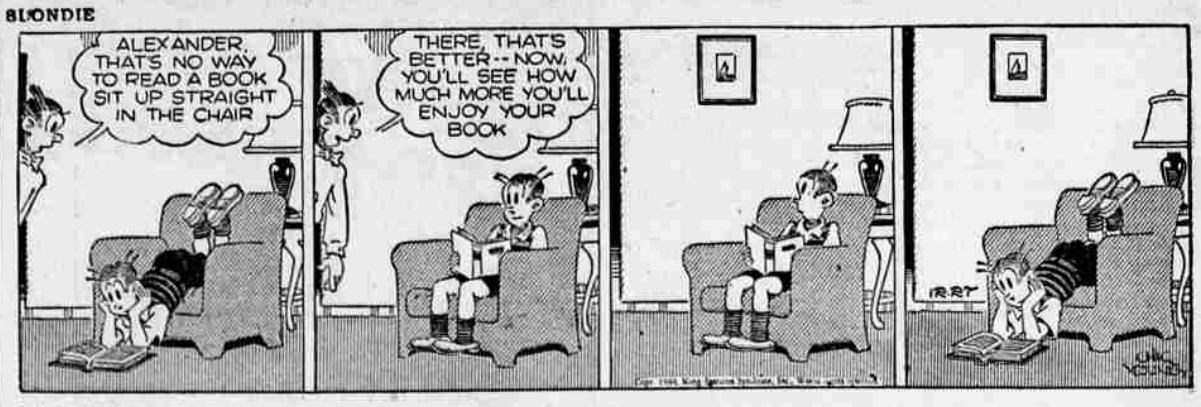


Distr. by United Feature Syndicate, Inc.

BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER

BLONDIE




L'TL ABNER

THE NEBBS

## 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) 920, Seattle. KPO (NBC-Red) 680, San Francisco; KSL (CBS) 1160, Salt Lake City.

Time Shown is PWT

Wednesday

6:00 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.


a heart-warming Christmas story

Wally Maher brings you a railroad story you'll long remember. Don't miss it!

TONIGHT 9:00

Southern Pacific's
* MAIN LINE *
KMED


# ALLIES CAPTURE 800,000TH NAZI

Washington, Dec. 27—(U.P.)—Eight hundred thousand German prisoners have been captured by allied forces on the western front since D-day June 6, the war department announced today.

The 800,000th German prisoner was taken Christmas eve.

It was disclosed on the basis of preliminary reports that at least 13,273 of the prisoners were taken during the present German offensive.

Total casualties to U. S. army ground forces from June 6 to December 1 in France, Germany and the low countries were 258,124, including 44,143 killed, 189,118 wounded and 24,863 missing. This represented a total of 57,775 casualties during November.

A French army spokesman in Paris early this month, summing up German casualties during the first six months after D-day, estimated that the Germans had lost 1,150,000 men in western Europe in killed, wounded and captured in that interval. During the same time he gave German casualties at 1,050,000 on the Russian front and 300,000 in Italy.

### CRUDE PRICE UPPED

Washington, Dec. 27.—(U.P.)—The office of price administration today authorized an increase of 20 to 75 cents a barrel in ceiling prices of crude oil produced by 23 stripper pools. OPA said the increases were granted as a result of adding the pools to the list of pools already granted similar increases for the purpose of stimulating crude oil production.


ZERO CLUB
Out of bounds, civilians only
Delicious chicken and steak dinners, 7:00 p. m., 3 a. m., except Sunday. Phone day time 5300; night 9101.

TONIGHT!
KAY KYSER
AND HIS KOLLEGE OF MUSICAL KNOWLEDGE
7-8 P. M. KMED
A full hour of Music! Songs! Fun! now presented by
PALMOLIVE SOAP
and
COLGATE DENTAL CREAM


THE WORLD AT ITS WORST — By GLUYAS WILLIAMS