

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.

HINTS FOR EXPECTANT FATHERS

Nowadays one might infer from the letters they write that the chief concern of the expectant father is the selection of a specialist. When I was a prospective father we had little use for specialists and we had no difficulty at all about engaging the best doctor in town.

Dr. Brady had engaged him about three years before the baby was born. It was easy to make the choice, for I was the only one who had had experience with the doctor.

And considering the circumstances that I had to contend with no less than three trained nurses—two of them relatives—I'll say the doctor did well enough. There was one tense moment when one of the trained nurses, presuming upon her connection with the family, demanded that we send at once for a blankety-blank specialist she knew far away.

We compromised by calling a local colleague of mine in consultation—and he proved a stout fellow. He sized up the situation and we retired to my private office to consult. When we were shut in there together the doctor summed up succinctly, "Brady" he said, "damn the women!" From that moment everything went all right. But I confess the women nearly got me. I learned my lesson the hard way: A doctor should never attempt to treat a member of his own family.

What is the sense, the old women and fishwives are likely to ask the young prospective mother if they get a chance at her, what is the sense of running to a doctor at this early stage? We'll tell you what to do. This is precisely where the young expectant father takes a hand—if he is a man and not a rat.

It is never too early to have proper medical instruction and advice, never too early for the man or the woman. The expectant mother should visit her doctor as soon as she knows or believes she is going to have a baby and her husband should

go along with her and listen as carefully as she does to the doctor's advice. Then he should see that the doctor's advice is followed and no one's else.

A little knowledge is not only dangerous but often frightening, where a reasonable knowledge may bring a good deal of comfort and assurance. This surely applies to the baby business from the very beginning. Every expectant father should try to learn, along with his wife, enough embryology (study of development before birth) to realize the absurdity of most fish-wife yarns about "marking," if for no other purpose. One good source of such knowledge is Gray's Anatomy, which of course is available in every public library.

A recent book which might well be required reading for expectant parents is "Childbirth Without Fear" by Granly Dick Read, M. A., M. S., published by Harper & Bros., New York, '44. This, too, should be available in the public library.

QUESTIONS & ANSWERS

Sex in Life
Without facetious allusions to birds and bees, what pamphlet or booklet would you suggest for my 16-year-old son, on the sex side of life? (A.B.H.)
Answer—Biology: Sex in Life, by Paul Popenoe, Sc. D., a pamphlet obtainable from The American Institute of Family Relations, 607 S. Hill St., Los Angeles 14, Calif., price 25c. It is equally suitable for a growing girl.

Contact Lenses
Do you recommend or disapprove of contact lenses worn in place of glasses? (Mrs. A. K.)
Answer—I want to wear 'em if ordinary glasses were an impediment to my career.

Business Before Pleasure
I read your column before the funnies. If we have to give up either we can do without the funnies, preferably. I am interested in a recent allusion to the anti-gray hair vitamins. You imply that retarding or postponing the graying of the hair is one of the less significant benefits derived from taking such vitamins. (H. J.)
Answer—You will find it explained in the booklet on the hair and scalp. For copy send ten cents and stamped envelope bearing your address—please do not send a clipping of this item for what you want.

Good Pills
Several of our relatives call us pills because we (1) endeavor to keep our 18-month-old baby away from perils who purport to have "a little something" (2) do not want the baby to drink from a glass which any one else has just used, and (3) do not want aunts or grandmothers to use their own handkerchiefs to wipe the child's nose. (B. L.)
Answer—Your baby is fortunate to have such good pills for parents. You are entirely right. (Copyright 1944 by John F. Dille Co.)

GMB/c, is home on 30-day leave. First Lt. Frank Rogers is home on leave after making many missions from a base in England and Pvt. Don Williams is back in the United States from the Aleutian islands where he served 20 months with the army engineers. Sgt. Paul C. Pierce is on furlough from an army engineers' base in the Asiatic Pacific theater where he served 30 months.

Charles Whillock has returned to Medford after serving with the army transport command for a considerable period and is now at the Medford airport with United Airlines. Sidney Thurston, Y1/c, recently completed a special mission to a Pacific area for the navy and has now returned to Washington, D. C., where he is on the staff of a naval research laboratory.

Among the news this week of valley men scattered far and wide by the war were stories about T/Sgt. Roger Tresham, who participated in the landing on Leyte, and Pfc. Dallas H. Zimmerman, with the 361st infantry regiment in Italy. Pvt. Cecil B. Clafin has been assigned to a B-25 Mitchell bombardment group in Corsica, serving with the 363d Infantry Regiment in Italy as 1st Lt. Lewis F. Tichie. Sgt. Thomas R. Ponder and 1st Sgt. Richard L. Barnes.

From England comes word that 1st Lt. Mark K. Miller, bombardier, has been decorated with the third oak leaf cluster and that Robert L. von der Helten has been promoted to captain. He is a Flying Fortress pilot. Glenn L. Jackson has been advanced in rank to full colonel. Col. Jackson, in Italy and attached to the staff of Gen. Ira Eaker, was awarded the legion of merit last June.

Five Medford servicemen held a reunion in England early in the winter and wrote home to say how much they all enjoyed it. The men, Andrew J. Florey, Don Wilson, Leon Evans and Leigh and Bruce Ewans, are all former students at Medford high school. All but Bruce are in armored divisions and the latter is in the air corps.

John C. Smith, CCM, and Ralph R. Swingle, MMS/c, of the Seabees, both serving overseas, submitted a story on the third anniversary of the "workingest, fightingest bunch of men in the armed forces." Neel Newland, CMM of the Seabees, recently returned home after 28 months overseas service.

A story from the marine base at Miramar, Cal., relates how cartoon posters drawn by Pvt. John F. Boyd and used in the post exchange are credited with the speedy service and orderliness noted at the exchange. The story stated that Boyd's posters humorously point out the advantages of placing orders properly, etc., and have considerable effect on the large numbers of men, mostly overseas veterans, who crowd the counters of the exchange.

Among the many service people home now or recently were Aviation Cadet Alan Fleischer who is entering basic flight training at Merced, Cal.; Lt. Henry Herman, who recently graduated as a military pilot from the school at Blackland field, Tex.; 2d Lt. Donald Herried, stationed at Glenview, Ill., as a marine air instructor; Aviation Cadet William R. Stout, who reports next to Columbus, Miss., for advanced training; Lt. Reese O'Neill, Strother field, Kan.; James Brinson, Frank Dixon and Elwood Hedberg, who came up from Treasure Island where they are taking advanced radio and radar.

Others home were Pfc. Joe Alansky from Santa Barbara; Pfc. Louis Powell from Camp Cook, Cal.; Bill Bauman and Bruce McKay from Willamette university; Pfc. Barton Clemens from the University of Oregon medical school; Don Falwell, CSK; L. C. Latham, CSK, both from Camp Parks, Cal.; Pfc. George Bryant from Ft. Riley, Kan.; Lloyd Kinsey, naval student from the University of California and his sister, Fern, in the Waves and stationed at San Francisco; Enz. MacDonald Devaney from Arizona; Betty Whip-

COY'S CHICKEN INN GOLD HILL
—will be open—
SAT—SUN—MON
Special dinner parties will be served by reservation at any time.
Phone 251 Gold Hill

POISON OAK?
Try a bottle of ZEMACOL
You must be satisfied or your money cheerfully refunded (Get a bottle to day at WESTERN TRIFLE.)

CHRISTMAS MORNING
BY CLYDE WILLIAMS
TRYING TO KEEP IN THE SPIRIT OF THE DAY, WHEN AFTER A LATE NIGHT FINISHING TRIMMING THE TREE AND WRAPPING PRESENTS, THE CHILDREN BURST IN AT SIX A.M. TO OPEN THEIR STOCKINGS ON YOUR BED

Paske Recovers From Plane Fall, Visiting Parents

Lt. (jg) C. H. Paske, Jr., recently returned to duty with the naval air corps following extended treatment in naval hospitals as the result of a plane crash in Glenview, Ill., is in Medford to visit his parents, Dr. and Mrs. C. H. Paske, Sr., 1010 South Oakdale avenue, and other relatives.

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 47.

Lt. Paske was accompanied here by his wife and two children, Ronnie and Billy. The naval aviator suffered severe burns in the Glenview crash, but is now sufficiently recovered to take up temporary duty at Sand Point naval base in

KYLE'S RESTAURANT
CHICKEN AND STEAK DINNERS
Open 8 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

Washington next week. Lt. Paske, who has been in the navy six years, served in the South Pacific for many months. He has survived nine plane crashes of various natures.

ROGUE RIVER LODGE
Don't Miss Our NEW YEARS EVE PARTY
Phone for Reservations On Crater Lake Highway Near Trail Telephone Trail 1404

MONTANA FAR OVER
Helena, Mont., Dec. 29—(U.P.) Montana bond buyers today passed the 150 per cent mark in their \$32,000,000 all-over sixth war loan quota drive, with sales totaling \$48,013,853.25, the state war finance committee announced.

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

STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLE and SNUFFY SMITH



Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

WAD	SHORE	SOD
ADO	LIVER	HUE
RAI	SAREE	DARN
SMELTER	SEED	
PIEL	SEASON	
KNOW	ILLER	NE
NEE	SNEER	BUS
IV	ALGAE	COST
TEASES	PROW	
LED	DWELLER	
DATA	TRANT	GO
PAR	TASKS	ASS

ACROSS
1—Young woman
4—To train
8—Downcast
9—Wing
11—Hair dye
12—Pasture
13—Dead
17—Possessive pronoun
18—Fishes creature
19—Female deer
21—Apple seed
22—Musical note
23—Clame in
27—Land measure
28—High note
31—Strange
32—A number
33—Tint (var.)

DOWN
1—Empty talk
2—Mountain
3—Prairie
4—Call for silence
5—Hawaiian wreath
6—Dinner course
7—Printer's measure
8—Tambourine
9—Blight error
10—Air comb. form
11—Father
12—Pish eggs
13—Oiler
14—Ask
15—Apply
16—Cover again
17—Memento
18—Rotates
19—Pine sap
20—Sisla Laurie
21—Noble
22—Beverage
23—Not in
24—Strip
25—Novel's craft
26—Tall
27—Detached
28—Raise
29—Legume
30—Collection
31—Regret
32—(An) star
33—Girl's name
34—Word ending
35—Boy's nickname

ON THE HOME FRONT

MEDFORD MAIL TRIBUNE

News From Jackson County for Men in the Armed Services

The Mail Tribune suggests you clip and mail this news roundup to a relative or friend in service.

Date _____
Dear _____

Christmas was a pleasant day in Medford, with bright weather for most of the day and many family circles made happier by the presence of the uninformed members who came from far and near. Many were the wondrous tales of "travel by thumb" and other devices used to reach home by the holiday. Some are lucky enough to be remaining for New Year's day.

Housewives were startled Christmas eve by the news that food rationing was being tightened, with stamps cancelled, points returned on some foods and points raised on others. Small neighborhood stores open for the holiday were swamped with customers caught with shelves empty of sugar, butter and other necessities.

Medford's new Junior Chamber of Commerce helped Santa Claus by installing a special telephone line for Santa's messages from the kiddies. More than 1,000 youngsters phoned Santa during the two days the lines were in operation.

This week finds both Judge H. K. Hanna and Judge J. B. Coleman III. Circuit Judge Hanna is in Portland seriously ill of an undiagnosed disease while County Judge Coleman is confined to his home following a coronary attack. He is reported improving.

A round-up after the sixth war loan drive shows that the county has over-subscribed its quota by more than 50 per cent.

Medford high school's basketball team extended their winning streak to three games over the past week-end when they took a two-game series from North Bend on the Medford court. Friday night Medford had a close call in winning, 38 to 35, the deciding shot being in the hemp as the final buzzer sounded. Saturday night, however, the

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

How To Relieve Bronchitis
Creomulsion relieves promptly because it goes right to the seat of the trouble to help loosen and expel mucus laden phlegm, and aid nature to soothe and heal raw, tender, inflamed bronchial mucous membranes. Tell your druggist to sell you bottles of Creomulsion with the understanding you must like the way it quickly allays the cough or you are to have your money back.
CREOMULSION
for Coughs, Chest Colds, Bronchitis