

Your Health and Its Care

BY DR. WILLIAM BRADY M. D.
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STRAIGHTENING BOW LEGS

Best prevention of bowing of the legs is good nutrition—especially a regular ration of vitamin D thru-out infancy and the early years of childhood—too often the baby's vitamin D ration is stopped when the baby is a year old. Besides the daily ration of vitamin D, life in the open air and plenty of exposure of the young child is important to encourage the growth of strong straight bones. Finally plenty of exercise, active play, particularly running, riding tricycle, pushmobile, bicycle, horse-back and the like, aids the development of straight legs.

For youths or young adults the usual operation is subcutaneous osteotomy (cutting or sawing the bone across through a puncture or small incision in the skin), at the apex of the curve of the shin bone (tibia), then application of rigid plaster of Paris splints or cast from toes to groin, with the leg straightened, of course. The patient is kept off the feet for six weeks. Then the splints or casts are removed and the patient gradually resumes walking and general activity just as tho there had been a fracture of the leg.

I cannot inform any one what such treatment will cost. That is a matter to discuss with the surgeon. Likewise it is for the surgeon to decide which hospital the patient is to enter for the operation. Finally, of course no one can guarantee anything and no reputable physician or surgeon or specialist ever guarantees anything. If you undergo surgical treatment for bow-leg you do so at your own peril—precisely as you do for any other medical or surgical treatment.

If I had bow-legs and youth and the price I believe I'd have my legs straightened as nearly

them, just for my own peace of as such surgery can straighten mind.

QUESTIONS AND ANSWERS
In the instructions of removing a plug of wax from the ear do you mean to use a teaspoon of saleratus, baking soda and bicarbonate of soda—that is one spoon of each of the three of a teaspoon of the three mixed together? (Mr. G. C.)

Answer—They are different common names for the same thing—sodium bicarbonate. Use a heaping teaspoonful of it in quart of comfortably warm water to irrigate the ear canal.

Chronic Appendicitis
I have chronic appendicitis. Several have told me to take timothy seed, steep it and drink the tea. Would you advise this? Or just take them out and get it over with. Have just found out what ails me, after suffering off and on for a year or more.

Answer—Might be safer to take 'em out, show 'em a good time and then ask them if they will kindly refrain from giving you trick medical advice. There is no objection to drinking all the timothy seed tea you like. I don't know what "chronic" appendicitis would be—there is no such condition, so far as I can learn. My interpretation of the diagnosis is, well, old man, we're all at sea, so whadaya say we have a major biopsy, an exploratory operation, a look see? Mind you, this is precisely the treatment I'd want, as likely as not, if I were in your shoes.

Weight
A claims human head weighs 20 per cent of total body weight. B bet a pound of your favorite pipe fuel the head weighs not more than 10 per cent of the total body weight. We leave it to you. (C. L. S.)

Answer—Fresh full grown heads in prime condition weigh less than 8 per cent of the total body weight. Better let me try a pipful of the pipe fuel. I know, because I know there won't be enough left to do either of you any harm.

Late Delivery
I am 34 and my first baby has finally arrived. Please rush me your Baby Book so that I can relax and enjoy my son. (Mrs. D. C.)

Answer—Better late than never. I always say "Why don't you send for the booklet, also 'Preparing for Motherhood' months ago? For either booklet send 10 cents, for both 20 cents and a stamped pre-addressed envelope. Write of any service man you have either or both. If she provides stamped pre-addressed envelope.

Pap Not Good for Teeth
I am in my teens and have always had trouble with my teeth. I mean they seem to be soft and have a lot of cavities. Are malted and ice cream good for me? This is a question much argued in our crowd. (Miss J. M.)

Answer—Not particularly. The milk, if any, in the pap, is good for you and your teeth and your complexion and everything. So is any and every kind of cheese (not confections flavored and named to resemble cheese), egg yolks, greens, nuts, peanuts, vegetables good to eat raw (such as turnips, potato, carrot, cabbage) or slightly cooked. So is exposure to sunlight. So is vitamin D taken internally to supplement your diet, especially through the winter months. (Copyright, 1945, by John F. Dille Co.)

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Belgians Massacred by Nazis



This heap of dead women and children in Belgian town of Stavelot gives mute evidence of brutal atrocities committed by the German army in its western front drive. Signal Corps radio-telephoto.

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) 1310, Spokane
KGO (NBC-Blue) 810, San Francisco
KGW (NBC-Red) 820, Portland
KJW (NBC-Blue) 1030, Seattle
KXN (CBS) 1970, Los Angeles
KOA (NBC-Red) 850, Denver
KOB (CBS) 970, Portland
KOMO (NBC-Red) 930, Seattle
KPD (NBC-Red) 880, Salt Lake City
KSL (CBS) 1160, Salt Lake City
Time shown is PWT

Olive Barber's Observations
The home in which I'm staying has an electric range and many radiators. Yet I'm thinking wistfully of a certain wood stove I know; a little stove one of whose lids is cracked; a little stove with a rusty oven. As I'm writing this, I'm sitting in a big easy chair. The bed I slept in last night was soft; the covers warm and light as down. The stairs down which I came to this delightful living room were wide and thickly carpeted. In the dining room I see a beautifully carved buffet and the table has candles on it and an ornate holiday centerpiece. Yet I'm wistful for a little wood stove with a rusty oven. Where I'd stuff the fire box with good thick fir bark, place one of the wobbly kitchen chairs before it, let down the oven door and stick my feet in the oven. For the temperature here in Seattle is 22 and radiators, no matter where, are just a bunch of iron. They can be gilded and fancifully scrolled and they're still just cold iron, uninfluenced by the hot water which, theoretically, flows through them.

You can draw up a chair and plant your feet on their gilt and their scrolls and develop chilblains in no time at all. I might blister my feet in the rusty little oven but between chilblains and blisters, I'll take the latter every time. For no matter how deluxely acquired, a chilblain is still a chilblain. If I must freeze to death, I'd like to do it in a dramatic manner; say in the far North with the aurora borealis bantering my departing spirit into the great beyond. And the lonely howl of a wolf is just my idea of a fitting prelude to harp twanging.

But this romantic departure is denied me. Nothing so musical as a wolf's howl will float above my bier but instead the tortured bleating from the radio of a live band. And what soul, I ask you, can depart with proper decorum to the strains of boogie woogie!

Frozen to death in an upholstered chair with my feet planted on a radiator! What a prosaic death for a woman who had hoped that, however commonplace her life had been, her death might be dramatic!

MORE VICTORY SHIPS
Portland, Ore., Jan. 2—(U.P.)—Officials of the Kaiser shipyard today started preparations for building 25 more Victory ships at the Oregon yard and six more tankers at the Swan Island yard.

THE SHORTEST DISTANCE
By GLUYAS WILLIAMS
REFUTING THE CLAIM THAT A STRAIGHT LINE IS THE SHORTEST DISTANCE BETWEEN TWO POINTS, MANY A PARENT HAS LEARNED THAT TO CROSS THE LIVING ROOM AT THIS TIME OF YEAR IT'S SHORTER TO GO THROUGH THE DINING ROOM AND PANTRY, ACROSS THE KITCHEN, OUT THROUGH THE HALL AND IN AT THE OTHER LIVING ROOM DOOR.



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FRIEND AND FOE NOT OPTIMISTIC OVER WAR'S END

With American Forces on the Western Front, Dec. 30—(U.P.)—Battle-weary soldiers at the front—both American and German—have no optimistic outlook for an early end of the war and take a grim view of what lies ahead in 1945.
Lt. Col. John H. Mason, 30, (1131 Bellagio St., Los Angeles, Calif.,) winner of the Silver and

Bronze Stars and wearer of the Purple Heart, gives the average feeling of men in the front lines.
"Ever since I landed in France two days after D-day," he said, "I've heard people say the war will be over in another 10 days but I don't believe it."
"I think I'll be away from home at this time next year, either because the situation over here still calls for American troops or because I'll be in no shape for my family to receive me. Perhaps I'll be battling in China."

Mason, commander of the 3rd battalion of the 357th infantry of the 90th division, felt pretty blue as he recalled how his outfit pulled back across the Saar after 16 days in the Dillingen area.
"That's the first time we ever retreated from any place and we sure hated to do it," he said. "I guess you can say I expect to do lots of fighting in the new year."

A 30-year-old German prisoner, a sergeant, who in peacetime is a woodworker near Kassel, felt much the same way.
"I guess," the sergeant said, "there will be lots of bitter fighting in the days ahead and I'm glad I am a prisoner so I don't need to be in it. I don't know anything about new secret weapons planned for 1945 but I think we still have a chance to win. I'm happier than I was at this time last year, even though I'm a prisoner, because I'm still alive."

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STRANGE AS IT SEEMS By ERNEST HIX



THE RAREST BOOK IN THE WORLD!

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE
ACROSS
1-Cooks under open fire
2-Freshener
3-Money paid kidnapper
4-Beast
5-Western Indian
6-Smaller
7-Encrie
8-Promont
9-Weed
10-Foker set
11-Prefa: half
12-Kanaroo (colloq.)
13-Land measure
14-Dryish
15-Natives of Britany
16-Lampbrush
17-Smelter waste
18-Dominion
19-Bonities
20-Dowise
21-Hearing organ
22-Lowest
23-Asian race
24-Toothsome
25-Compass point
26-Merice
27-Track food
28-All
29-Kind of acid
30-Rocks
31-Kind of whisky
DOWN
1-Contusion
2-Terrier
3-A number
4-Part of "to be"
5-Idle
6-Brainiac
7-Minister
8-Within
9-Latin America
10-American compound
11-Kind of bird
12-Church officers
17-Connected person
20-Small thread loom
21-Ship's meal
22-Pedal dist
23-Pista
24-Monster
25-Locks of hair
26-Large groups
28-Aster
29-Oape
30-Steel-drying cement
40-Oration
41-Clubs lines for horse
42-Voice range
47-Kind of bird
49-Heretic poem
53-Artifice
58-Musical note
61-Toward

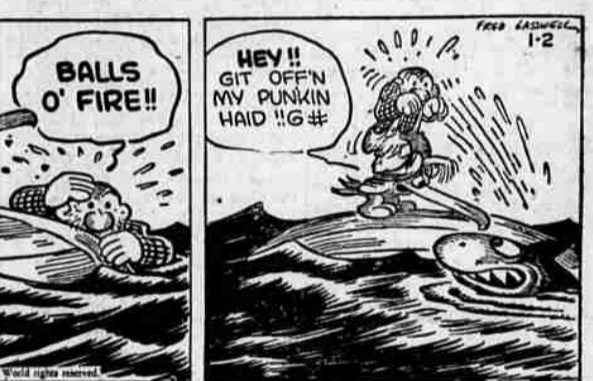
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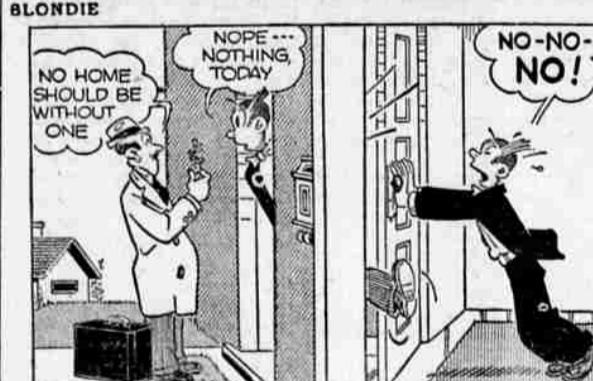
BUZ SAWYER



BLONDIE



L'TL ABNER



THE NEBBES



LOSERS TO DIE

San Quentin, Calif., Jan. 2—(U.P.)—The murderer of a six-year-old Lassen county boy and the killer of two persons in a gun brawl outside a Los Angeles dance hall will die in San Quentin prison's gas chamber at 10 a. m. January 5, Warden Clinton Duffy announced today.

'LOSES HER GRIP—On her gun, that is. Ella Raines is the lovely laying her pistol down under the influence of John Wayne's disarming tactics. They're co-starred in "Tall in the Saddle," RKO mystery drama. Wayne's too handsome a guy for a lady to shoot anyhow.

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