Your Health and Its Care

BY DR. WILLIAM BRADY M. D.

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WHEN THE HAIR FALLS OUT

Following a severe illness the hair of child or adult may fall out because vitality has been sapped or exhausted by the illness, and not vice versa. It is never necessary to clip the hair with the idea of conserving the patient's strength. So far as health, vigor or vitality may be concerned, there is only one reason for clipping hair short—to facilitate delousing when the hair is heavily infested with head-lice and nits. Ordinarily it is not necessary to cut hair even for this purpose if the infestation is recent and not extreme.

Dr. Brady

For that matter excessive falling of hair is generally a result or sign of poor health, nutritional deficiency or advancing age.

Nutritional deficiency here does not mean that the individual doesn't get enough to eat. On the contrary in most instances persons with nutritional deficiency eat too much food, particularly too much refined carbohydrate food but in gorging on refined carbohydrates they get principally calories and not enough of the essential minerals and vitamins.

The excessive falling of hair and early baldness of old age, like hardening of the arteries, may begin or appear at thirty in some cases, at fifth or sixty in others. But don't take this too seriously, for it is merely a general observation. My arteries are still nice and soft, or reasonably so, although I was sporting a promising bald spot at thirty.

Massage of the Scalp

Daily massage of the scalp by grasping it with the hand and squeezing folds in your hand as you would squeeze water from a sponge, going over the entire scalp in this way for a minute or two night and morning, is worth while for excessive falling of hair and to prevent premature baldness. I doubt that any mechanical massage is as good as self-massage or hand massage by barber or hair dresser. Only this kneading massage is advisable, not rubbing or friction.

Hair Restorers

A number of medicaments are beneficial when applied to the scalp for treatment of disease of the scalp, just as some remedies are useful for the relief or cure of skin disease when applied to the skin. It is absurd to imagine any such agent can either "nourish" or "feed" the hair or "restore" the growth of the hair.

Hair Oil

Every hair has its individual oiling system. The duct of the oil gland empties oil into the follicle of cup-shaped depression in which the root of the hair is embedded. Normally this is the best oil, pomade or dressing and it is secreted in just sufficient quantity to keep the hair in perfect condition. The glands that secrete the oil are identical with the sebaceous glands that secrete skin oil upon the entire skin surface except palms, soles and backs of terminal phalanges of fingers and toes.

QUESTIONS AND ANSWERS

Anyway Don't Cut the Girl's Hair

Come, come, you can't have it both ways. Either a heavy mop of hair keeps an invalid cool or keeps her warm—can't you make up your mind? (J. E.)

Answer—I still believe a perfectly bald-headed man cannot endure high body temperature better than a man with his hair on. Anyway, there is no justification for clipping a girl's hair when she has a fever. Send 10 cents and stamped self-addressed envelope for booklet "The Hair and Scalp."

Sunshine

How many days a week or hours a day should a person be exposed to sunshine? Can a person get too much sunshine? (S. M. J.)

Answer—As many days or hours as possible. One cannot get too much sunshine, short of sunburn.

So They Still Have Croup

My young son, Butch, has what I think is croup off and on. The other children never have it. So I'm anxious to learn why. (Mrs. C. L. E.)

Answer—Send stamped self-addressed envelope for pamphlet on "Croup." How many other children? What difference in environment? If Butch has "catarrhal" or "spasmodic" croup and no mistake, it would be interesting to know why he has it and the other children do not. But then, I had inferred that croup is passing, because I rarely receive inquiries about it today, whereas it was one of the subjects most frequently asked about in the early years of this service.

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SHE WEARS THE STRIPES—One of the highest ranking mascots on the Western Front, puppy Yvonne wears a first sergeant's stripes on her coat. She also sports the insignia of the Third Army's 35th Division, and you can tell by the expression on her face that she's thoroughly conscious of her rank.

Novel Yule Card Is Received From Former USO Head

A novel Christmas card mailed from Holland by George Upton, former director of the Riverside USO here, was received during the holidays by Dr. Bert R. Elliott, Route 2. Upton left Medford nearly a year ago to resume work with the Y. M. C. A., and for the past few months has been overseas.

The Christmas greeting contained several humorous sketches showing the activities and location of the unit with which Upton is working in Holland. One of the 12 little sketches was a sign reading "To S'Hertogenbosch." The card had been printed by "VTK", Antwerp.

Upton may be reached by addressing him in care of George Broadland, 2901 Windom, Tacoma, Wash., Dr. Elliott states.

Cleric Defends Fortune Tellers

Denver, Colo., Jan. 4—(U.P.)—Bishop Frank Rice of Denver's Liberal Church, Incorporated, came today to the defense of fortune tellers and clairvoyants.

The only difference between fortune tellers and certain other people, such as psychiatrists, preachers, stock brokers and columnists, he said, is a $150 license fee.

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BELGIAN CIVILIANS TELL OF FIENDISH TORTURE BY NAZIS

Horrors of Inquisition Outdone by Hitlerites; Victims Make Written Reports.

By Ronald Clark
United Press War Correspondent

Twenty-first Army Group Headquarters, Western Front, Jan. 4—(U.P.)—An official British army report today revealed the details of fiendish tortures inflicted on men and women in the eight low country concentration camps by the Germans during the occupation.

The victims were mainly Belgian civilians and hundreds of them freed by liberating armies made sworn statements which were carefully documented in the report of more than 70 pages.

Accompanying the report were photographs of a torture chamber and instruments used at the Breendonk camp, where at least 350 persons were believed executed and another 300 died agonizing deaths at the hands of their nazi tormentors.

The investigation also covered camps at Brussels, Charleroi, Ostracher, Limbourg, Bourg-Leopold, Antwerp and Liege, but the horrors of the windowless, stone torture chamber at Breendonk were perhaps the worst.

There the victims were stripped, handcuffed and beaten about the sexual organs or the face with a truncheon or cat-'o-nine-tails; hauled to the ceiling by a rope and pulley, beaten and dropped onto the sharp edges of cunningly placed woden blocks; lashed to a table and burned about the body with lit cigar ends and electrically-heated metal plates or needles, their fingers crushed in a special press.

Prisoners every day were taken into the courtyard and forced to watch while their fellow captives were subjected to the nazi horrors. The most common punishment was 30 strokes on the bare back with a stick that flayed the flesh to a gruesome pulp. The following day the victim of this treatment customarily was ordered to work all day carrying bricks.

Olive Barber's Observations

• • •

The other day I bought a hat; buying a hat always goes to my head and no pun intended. A new hat atop my head will blitz the inside of my skull free of common sense in one second flat. Enamored like I was with the new hat, I forgot my first love and left it lying — well, where ever it was. It's always been my contention that two hats were more than I'm capable of dealing with. I've proved it. I didn't forget to pick up the four books I had with me; nor my brief case, a bundle of papers, one vase, two pairs of shoes I'd had half soled, my purse, some grapes, three sheets of music and a box of typewriter paper. So it wasn't that I was overburdened with other packages.

The next day, discovering my loss, I started canvassing stores. I'd failed to remember where I got the hat. There's an awful lot of stores here in Seattle. I never knew how many until I started sleuthing the missing hat. All up and down first, second and third avenues I politely explained I'd left a hat somewhere and was theirs the place.

I was then sent to the "lost and found" department. The "found" member of this partnership must have died years ago. At least it was inactive in any stores I visited. Sometimes the manager would be called. One explained his company had several stores located in various parts of the city. Had I called at their Ballard branch? Or the one out in the University district?

That little red hat had cost me plenty to start with. Including tax, I'd paid $2.79. It still had a lot of wear in it. That is, all but the veil. But this hole was strategically located, allowing my nose to stick out as well as up. Yet trying to find that hat so far has cost me one pair of shoe soles, three pairs of stockings and $3.20 in car fare. But I'm thrifty and I'll find that headgear if I have to canvass every store in King county. For even after I had worn it to shreds, Frank could use the shreds as a danger flag on the end of piling loads.

Yes, I'll keep on hunting, though after next week I'll have to do this barefoot.

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

Thursday

5:00 p. m.—Sam Hayes and the News, MBS; OK for Release, NBC.
5:15 p. m.—Dick Tracy, BN.
5:30 p. m.—Jack Armstrong, BN; Harry Flannery, News, CBS.
5:45 p. m.—Captain Midnight, BN; Elmer Peterson, NBC; Night News Wire, MBS; News, CBS.
6:00 p. m.—Music Hall, NBC; Major Bowes, CBS; Gabriel Heatter, MBS.
6:15 p. m.—News, BN.
6:30 p. m.—Bob Burns, NBC; Spotlight Bands, BN; Corliss Archer, CBS Treasure Hour of Song, 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; Here's to Romance, CBS.
8:00 p. m.—Supper Club, NBC; Jack Kirkwood Show, CBS.
8:15 p. m.—Fleetwood Lawton, 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; Dinah Shore NBC
9:15 p. m.—Rex Miller, MBS
9:30 p. m.—Ellery Queen Mysteries, NBC; Fulton Lewis, Jr., MBS; Gene Krupa Orch., CBS.
10:00 p. m.—News Reporter, NBC; Chester Bowles, BN.
10:15 p. m.—Henry Taylor, BN.
10:30 p. m.—Gene Krupa Orch., CBS.
11:00 p. m.—Hotel Biltmore Orch., NBC.

Friday

5:00 p. m.—Terry and Pirates, BN; OK for Release, NBC; Sam Hayes, News, MBS.
5:15 p. m.—Dick Tracy, BN.
5:30 p. m.—Jack Armstrong, BN; Harry W. Flannery, News, CBS.
5:45 p. m.—Elmer Peterson, Commentator NBC; Capt. Midnight, BN; Night News Wire, MBS; News, CBS
6:00 p. m.—Waltz Time, NBC; Gabriel Heatter, MBS; Sunset Serenade, BN; Tonight in Hollywood, CBS.
6:15 p. m.—Fulton Lewis, Jr., MBS; News, BN.
6:30 p. m.—People Are Funny, NBC; That Brewster Boy, CBS; Double or Nothing, MBS; Spotlight Bands, BN.
7:00 p. m.—Amos 'n Andy, NBC; Durante and Moore, CBS; Dale Carnegie, MBS; Earl Godwin, News, BN.
7:15 p. m.—Lowell Thomas, MBS.
7:30 p. m.—Stage Door Canteen CBS; Lone Ranger, MBS; Ed Wynn, BN; Bill Stern, NBC.
8:00 p. m.—Stars of the Future, BN; Fights, MBS; Jack Kirkwood Show, CBS.
8:15 p. m.—Fleetwood Lawton, NBC;
8:30 p. m.—Duffy's Tavern, NBC; Gang Busters, BN; It Pays to Be Ignorant, CBS.
9:00 p. m.—Furlough Fun, NBC; News, MBS; Aldrich Family, CBS.
9:30 p. m.—Adventures of Thin Man, CBS.
10:00 p. m.—News, NBC; The Doctor Talks It Over, BN; Milton Charles, Organist, CBS.

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A GOAT—AND BEST WISHES

Clinton, Ill.—(U.P.)—Clarence Underwood got the goat of 350 Illinois Central railroad shopmen here when he retired after 33 years of service. The snow-white nanny was given to "Grandad" Underwood as a going-away present by his fellow-workers.

Use Mail Tribune Want Ads.

STRANGE AS IT SEEMS By ERNEST HIX

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That 200,000 cars and trucks are being junked each month. This means 6,666 cars and trucks are scrapped every day!

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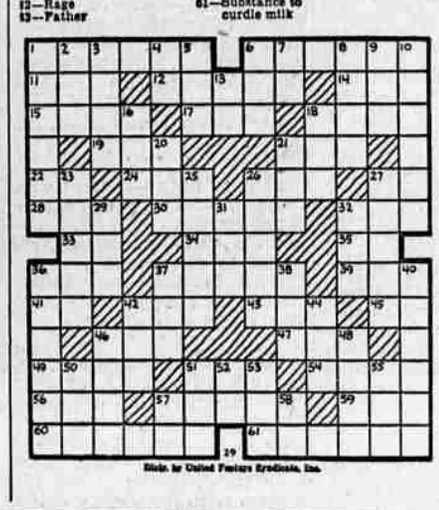
Crossword Puzzle

ACROSS

1—Border
6—Deprive
11—Expert pilot
12—Prod
14—Point gun
15—Pass
17—Kind of game
18—Helper
19—Piece of wood
21—Building wing
22—Above
24—Black liquid
26—Small fish
27—King of Bashan
28—Label
30—Engine
32—Rage
33—Father
34—Babylonian god
35—Musical note
36—Fondle
37—High voice
39—Seed cover
41—Like
42—Carrier
43—Carpet
45—Greek letter
46—Beseech
47—Pedal digit
49—Fable
51—Beast's foot
54—Political group
56—Self
57—Dish of greens
59—Part of "to be"
60—Message
61—Substance to curdle milk



ANSWER TO PREVIOUS PUZZLE

DOWN

1—Good luck charm
2—Perform
3—Stagger
4—Within
5—Void
6—Past
7—Pronoun
8—Railroad track
9—Spanish hero
10—Come out
13—Act
16—Kitchen utensil
18—Priest's garment
20—Leg (slang)
21—Hearing organ
23—Backs of necks
25—Garments
26—Grief
27—Winter constellation
29—Gun (slang)
31—A number
32—Little devil
35—Light color
37—Pull
38—Groove
40—Sweet to taste
42—Insect
44—Sailor
46—Smear
48—Spirit
50—Period of time
51—Level
52—Man's nickname
53—Strife
55—Unrefined metal
57—Compass point
58—Down (prefix)

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