Your Health and Its Care

BY DR. WILLIAM BRADY M. D.

Readers should address inquiries to: Dr. William Brady 255 El Camino. Beverly Hills Calif.

LIME AND BRITTLE ARTERIES

Dr. Brady

Fourteen Weeks in Physiology, by J. Dorman Steele, Ph.D., published by A. S. Barnes & Co., 1874, was the textbook foisted upon us school children when you and I were young, Maggie. Through the kindness of a namesake I have finally obtained a copy of the quaint little book. And here, sure enough, is the source of that persistent error which has led most laymen and, I fear many physicians, astray. I quote:

The composition of the bones at maturity is about one part animal to two parts mineral. The proportion varies with age. In youth it is nearly half and half, while in old age the mineral is greatly in excess . . . .

This notion that increased proportion of calcium (lime) in the bones accounts for the brittleness of the bones of the aged is plausible, if you think of calcium or lime as so much chalk. But the truth is quite the contrary. The calcium or lime in bones, as in other tissues is no more like a piece of chalk than the calcium in milk is—and milk, you must remember, is the richest and best source of calcium or lime for infants, children, youths or adults.

Here is what a recent medical work by Ernst P. Boas, M.D., (1941) on the Treatment of the Patient Past Fifty says about calcium or lime deficiency and aging:

"Sherman has repeatedly emphasized that the ordinary American diet is more deficient in calcium than in any other element. As a result, adults experience a steady, long-continuel loss of calcium through the years. This does not become superficially manifest because the great calcium stores in the bones constantly make up for the calcium losses in the blood and tissues." (Perhaps it would be clearer to say that when the calcium supply is inadequate the blood and nerve and gland tissues seize on it, leaving the bones and the teeth with too little.) "As a result of this constant depletion the bones become poor in calcium and more of bone so that it becomes porous and more fragile) may be fragile. Osteoporosis (absorption the result of a dietary fault and not an inevitable accompaniment of old age."

Still another modern medical author, Martin Gumpert, M.D., says in his popular "You are Younger Than You Think" (Duell, Sloan & Pearce, N. Y., '44):

"This calcium deficiency usually becomes manifest only in advanced age, when the fragility of the bones increases—a symptom of old age that could probably be prevented by a greater calcium storage in earlier years."

Now, then, old timers, boop your calcium intake and your calcium retention or storage and keep your bones and your arteries from becoming brittle. But you should start doing this long before they begin to creck and crack.

QUESTIONS & ANSWERS

Diathermy Extirpation of Tonsils

Four years ago you recommended Dr. ..... for diathermy extirpation of infected tonsils. I received the treatment and it was a perfect success. Our regular family physician says my throat is as clean as it could have been after a tonsillectomy. (S. M.)

Answer—Tonsillectory (with guillotine and snare or by dissection) is, in my opinion, a crude atrocity to inflict on a patient by way of treatment for mere hypertrophied or enlarged tonsils. Of course diathermy (electrocoagulation) requires more skill, more patience, but it is far safer, far less painful or disabling. As for ultimate results. I'd submit to the atrocity only when or if diathermy had failed to produce the desired effect.

Every Third Month

I can't understand from your pamphlet whether you mean one should take one drop of Mild Tincture a day or. (Mrs. H. K. R.)

Answer—Take one drop every day in February, May, August, November, always in a half glassful or more of water. Instructions for Taking an Iodin Ration mailed on request if you provide stamped envelope bearing your address.

Craving for Sweets

We are girls 24 and 22 working in an office. We are putting on too much weight. Both of us have a terrific craving for sweets. (E. R. and V. M.)

Answer—Get some plain wheat at feed or seed store, from farmer, mill or market, carry a little in your bag or pocket, and take a good chew of it instead of drinking a sweetened drink or eating fudge, ice cream and the like. It is better chewing than gum.

(Copyright 1945 by John F. Dille Co.)

1 hleiyoury mETAOINETAOIN

Court House News

Marriages

Warren S. Richards and Hazel A. Gilbert.

Earl D. Speck and Adelyne Lillian Fiath.

Joseph P. Arant and Gladyse Mae Gale.

Vernon Edison Williams and Mary Jane Jacobs.

Ellsworth Ring and Lois Elaine Johnson.

Divorces Filed

Bayard T. Houston vs. Mary May Houston.

Mary J. Durst vs. Lewis H. Durst.

Gladys M. Davis vs. Paul B. Davis.

John William Pitts vs. Monie Copeland Pitts.

Mary DeFord vs. Frederick J. DeFord.

Probate Court

Estate of Worth McVey, deceased.

Guardianship of Arleda Julia Royston, a minor.

Estate of John Albert Inman, deceased.

Estate of Mary E. Hughes, deceased.

Guardianship of Carolyn Hungate, a minor.

Estate of L. W. Coghill, deceased.

Deeds

Gus Newbury and Maude Newbury to Bert R. Elliott, warranty deed.

Julia Grubb Elliott and Bert R. Elliott to Gus Newbury, warranty deed.

Gordon A. Kimball and Winifred A. Kimball to Clarance Ray Shuman and Pearl May Shuman, warranty deed.

J. R. Clark and Garnett Clark to F. O. Earnest and Lessie L. Earnest, warranty deed.

F. O. Earnest and Lessie L. Earnest to Frank D. Age and Myra Mae Age, warranty deed.

Wayne J. Bateman and Amy M. Bateman to Ralph L. Athey and Lalia H. Athey, warranty deed.

Lucile Perkins and C. L. Perkins to Frederick W. Combs and Helen B. Combs, warranty deed.

Talent Irrigation district to John E. Robert and August Robert, quitclaim deed.

Ray W. Archer and Lulu Josephine Archer to Lloyd L. Caton and Beulah F. Caton, warranty deed.

W. C. Cowles and Jessie V. Cowles to Myron J. Murdock and Doris D. Murdock, warranty deed.

Marie J. McClain and George C. McClain to Dorothy M. Watkins and Lloyd P. Watkins, warranty deed.

Sarah Josephine Brown to Donald Bieberstedt and Minnie E. Bieberstedt, warranty deed.

Edward F. Balfour and Verna B. Balfour to John C. Lewis and Bertha G. Lewis, warranty deed.

Kenneth Clinger and Wilma M. Clinger to Marie Gertrude Fortier, warranty deed.

James E. Harris, Gertrude M. Harris, Jesse A. Fleener and Cora M. Fleener to Gillis J. Fleener, quitclaim deed.

William John Pickett and Clara A. Pickett to Anna E. Fairchild, warranty deed.

Claude M. Frazier and Betty V. Frazier to W. W. Robison and Mabel A. Robison, quitclaim deed.

E. W. Wilkerson, W. L. Wilkerson and K. C. Wilkerson to F. D. Cooper and Della H. Cooper, warranty deed.

Charles E. Warner to Jessie G. Flickinger, warranty deed.

Jessie G. Flickinger and David M. Flickinger to Howard P. Flickinger, warranty deed.

W. C. McGlasson and Effie Lee McGlasson to Will S. Emmingham and Essie M. Emmingham, warranty deed.

W. W. Gregory and Martha E. Gregory to Charles P. McBeth and Adelaide L. McBeth, warranty deed.

L. R. Janes and Wilda Janes to Neil Jones, warranty deed.

Neil Jones and Sherman Jones to Harry V. Gideon and Jessie M. Gideon, warranty deed.

Cealia Taylor to Frank Perry and Carol B. Perry, warranty deed.

Frank Perry and Carol B. Perry to Nettie Grover, warranty deed.

J. H. Issott and Anna Issott to J. W. Kelsoe, quitclaim deed.

W. J. Deakin to Elizabeth R. Speers, quitclaim deed.

Margaret Greene to Elizabeth R. Speers, quitclaim deed.

Benjamin E. Jones and Florence Straw Jones to Elizabeth R. Speers, quitclaim deed.

Ingomar M. Oseth and Constance Straw Oseth to Elizabeth R. Speers, quitclaim deed.

Joseph E. Ramsdell and Lottie A. Ramsdell to T. B. Waller and Cleo M. Waller, warranty deed.

Elizabeth M. Cobb to M. R. Boucher and Bertha M. Boucher, warranty deed.

J. Boyce Kellogg to Margaret A. Kellogg, deed.

Margaret A. Kellogg to J. Boyce Kellogg, deed.

William K. Wahlert and Nellie B. Wahlert to Jack C. Beattie and Patricia A. Beattie, warranty deed.

Mary L. Blood and Bertha H. Dolley to Eugene M. Mee and Frances Mee, warranty deed.

John Pohland and Alla Pohland to Kenneth G. Clinger and Wilma M. Clinger, warranty deed.

Emmett Johnson and Bernice Johnson to Lillian Fritsch, warranty deed.

Emmett Johnson and Bernice Johnson to Lillian L. Fritsch and Delores Hanna Sharritt, warranty deed.

R. A. Grout and Mary Hadley Grout to John H. Sugg and Nellie J. Sugg, warranty deed.

W. E. Buchanan and Rose Buchanan to E. F. Weinzetl, warranty deed.

E. F. Weinzetl to Leo Charles Martin and Frances Elizabeth Martin, warranty deed.

L. C. Rusho and Grace T. Rusho to Wiley T. Hotchkiss and Lillian Hotchkiss warranty deed.

Scott E. Brill and Olga F. Brill to Charles Bateman and Vivian Coss Bateman, warranty deed.

Charles Bateman and Vivian Coss Bateman to Russell E. Stambaugh and Sibyl R. Stambaugh, warranty deed.

Russell E. Stambaugh and Sibyl Stambaugh to Charles Bateman and Vivian Coss Bateman, warranty deed.

Ira C. Williams and Viola Pearl Williams to E. G. Robertson and Lorena A. Robertson, warranty deed.

Howard S. Waggener and Flora Mae Waggener to Edwin H. Taylor and Mildred E. Taylor, deed.

Leroy L. Casey and Velma L. Casey to Ore Joseph Capello, warranty deed.

William P. Lange and Helen B. Lange to A. Ralph Doty and Dorothy May Doty, warranty deed.

Emil Schiesel and Minnie Schiesel to Arthur G. Nutting and Emma R. Nutting, warranty deed.

Jackson County Federal Savings and Loan Association to Wesley L. Wilson and Iva L. Wilson, warranty deed.

Bessie Edsall Keas and Charles Leo Keas to Mrs. F. W. Edsall, quitclaim deed.

Harold R. Edsall, Elma E. Edsall, Earl K. Edsall, Katherine Edsall, Bessie Edsall Keas, Charles L. Keas and Aletha W. Edsall to Mrs. F. W Edsall, quitclaim deed.

Aletha Edsall to Mrs. F. W, Edsall, quitclaim deed.

Robert B. Edsall and Lillian Edsall to Mrs. F. W. Edsall, quitclaim deed.

Mrs. F. W. Edsall to James H. Toft, warranty deed.

S. S. Abbott and Emily Abbott to Oscar Wolf, warranty deed.

Cora M. Dodge Fleener, Thelma Dodge VanDorn, Ethel Dodge Waall, Paul W. Waall, Letha Dodge Borgen, Audrey Dodge Wilder and E. Glen Wilder to Ivern Keller Selby, quitclaim deed.

J. A. Fleener to Ivern Keller Selby, quitclaim deed.

Grant Selby and Ivern Keller Selby to W. D. Jackson and Anna I. Jackson, warranty deed.

W. S. Campbell and Hazel Campbell to F. N. Tygart and Pauline Tygart, deed.

Carl B. Bylthe, Magdalene Blythe, Vivian Norman Barto and Howard L. Barto to California Oregon Power Company, right of way.

William Larson and Margaret Larson to California Oregon Power Company, right of way.

James A. Tinkle and Bertha V. Tinkle to California Oregon Power Company, right of way.

J. A. Youngs and Viola M. Youngs to Mildred Miles and Myron W. Miles, warranty deed.

Wm. M. Briggs and Dorothy Briggs to John W. Mills and Dorothea Mills, warranty deed.

Joe Leveque to G. S. Butler, warranty deed.

Clara A. Borah to Milo P. O'Harra and Carrie M. O'Harra, warranty deed.

Clarence E. Eads to Helen Drummond, warranty deed.

William Lowe Mason and Florence A. Mason to Scottie E. Parrick and Mignon E. Parrick, warranty deed.

Vivian Milliard and D. E. Miliard to Scottie E. Parrick and Mignon E. Parrick, warranty deed.

Talent Irrigation District to Frank S. Dunkin and Grace Delores Dunkin, deed.

Frank C. Hyde and Phoebe G. Hyde to Charles W. Ingham, warranty deed

Frank C. Hyde and Phoebe G. Hyde to Charles W. Ingham, quitclaim deed.

C. F. Carter, Frank Carter and Etta Carter to B. H. Burke, quitclaim deed.

Mabel R. Lay to Ray M. Spalding and Betty Jane Spalding, warranty deed.

James Archie McLeod, Jr., and Sophia R. McLeod to John G. Perdue and Annie Perdue, warranty deed.

L. R. Hawley and Mary C. Hawley to F. A. Spitzmiller and Rosabelle Spitzmiller, warranty deed.

Harold von der Hellen, Nurn von der Hellen, Roger von der Hellen, Louise von der Hellen, Theodosia Riley and Phillip E. Riley to Harvey Nelson and Frankie Claire Nelson, warranty deed.

A. L. Lamb, Lillian P. Lamb and G. S. Butler to Louise Perozzi, Lucille Perozzi and Thelma Perozzi Dorsch, quitclaim deed.

City of Ashland to Louise Perozzi, Lucille Perozzi and Thelma Perozzi Dorsch, quitclaim deed.

Ralph William Coates and Violet E. Coates to Wynne P. Grier and Marie Grier, warranty deed.

United States of America to John Hoffman, land patent.

Alice M. Groves and J. H. Groves to H. L. Turner and Ruth Turner, warranty deed.

Ruth Turner to Grover N. Bryant and Mary Bryant, warranty deed.

C. H. Putney to Ethel C. Putney, warranty deed.

Alloch A. Abercrombie and Bertha V. Abercrombie to W. O. Gilmore and Jewel R. Gilmore, warranty deed.

Audrey Benn and Walter G. Benn to Edyth Wert, quitclaim deed.

Hiram McFall and Violet McFall to Edyth Wert, quitclaim deed.

Edyth Wert and W. Dale Wert to A. K. Owens, warranty deed.

Lulu A. Wilson to L. T. Robinson and Nellie B. Robinson, warranty deed.

Edward R. Davis and Maud E. Davis to Walter Frank and Mildred Frank, warranty deed.

Martin G. Paulson and Dorothy M. Paulson to L. E. Johnson, warranty deed.

Jackson County Bank to Eino K. Hemmila and Ruth M. Hemmila, warranty deed.

G. F. Kincheloe to Olive Starkey, warranty deed.

Newbry Orchards to Lawrence Warehouse company, lease.

R. L. Manning and Emily S. Manning to Clare W Shores and Lela Shores, warranty deed.

Belle D. Songer to Harold Jones, warranty deed.

Lorenzo S. Hackler and Agnes M. Hackler to W. A. Kyniston and Nellie I. Kyniston, correction warranty deed

Verne J. Templer and Georgia M Templer to Arthur M. Newman and Elva M Newman, warranty deed.

Siskiyou Memorial Association to Jack F. Moore, deed.

Jackson County Federal Savings and Loan Association to A. E. Powell and Virginia Powell, warranty deed.

Eugene M Mee and Frances Mee to May E. Eaton, warranty deed.

O. J. Piemme and Anna M. Piemme to W. R. Vance and Juanita Vance, quitclaim deed.

Mildred Violet Hornecker to Charles Frederick Hornecker, quitclaim deed.

EX-SOLDIER SENTENCED

San Francisco, Jan. 16—(U.P.) Luther Coffman, 28, a former soldier, was sentenced to life imprisonment in San Quentin today for the slaying of Pvt. James B. Stanley in a hotel here last June.

extradited.

Closing time for Sunday Too Late to Classify 5:30 Saturday afternoon—Please remember

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

TUESDAY

5:00 p. m.—Terry and Pirates, BN; OK for Release, NBC; News, MBS.

5:15 p. m.—Dick Tracy, BN; Superman, MBS

5:30 p. m.—Date with Judy, NBC; Jack Armstrong, BN; Harry Flannery News, CBS. Adventures of Tom Mix MBS.

5:45 p. m.—Capt. Midnight, BN; Night News Wire, MBS; News, CBS

6:00 p. m.—Mystery Theater, NBC; Gabriel Heatter, MBS; Inner Sanctum, CBS.

6:15 p. m.—Jimmy Fidler, MBS; News, BN.

6:30 p. m.—Fibber McGee and Molly NBC; Spotlight Bands, BN; American Forum, MBS.

7:00 p. m.—Bob Hope, NBC.

7:15 p. m.—Lowell Thomas, MBS; Andy Russell Show, BN.

7:30 p. m.—Hildegrade, NBC; Red Rider, MBS.

8:00 p. m.—Mercer's Music Shop NBC; Jack Kirkwood Show, CBS; Super Club, NBC; Ted Malone, BN.

8:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner BN, Music. CBS.

8:30 p. m.—Johnny Presents, NBC. Theater of Romance, CBS.

9:00 p. m.—Everything for Boys NBC; Big Town, CBS; Gracie Fields, BN; Glen Hardy, News, MBS.

9:15 p. m.—Rex Miller MBS

9:30 p. m.—Roy Rogers, MBS.

10:00 p. m.—News, NBC; Bal Fabarin Orch., BN.

10:30 p. m.—Edwin C Hill CBS

11:00 p. m.—Talks, CBS; Orchestra, NBC.

Wednesday

5:00 p. m.—Terry and Pirates BN; OK for Release, NBC; Burrell Wheeler, CBS; News, MBS.

5:15 p. m.—Dick Tracy, BN; Superman, 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.—Frank Sinatra, CBS; Eddie Cantor, NBC; Gabriel Heatter, MBS.

6:30 p. m.—Spotlight Bands, BN. Mr District Attorney NBC; Which Is Which, CBS; Cisco Kid, MBS.

7:00 p. m.—Kay Kyser's Kollege NBC, Great Moments in Music, CBS; Sumner Welles, MBS.

7:15 p. m.—Lowell Thomas, MBS;

7:30 p. m.—Scramby Amby BN, Lone Ranger, MBS; Let Yourself Go, CBS.

8:00 p. m.—Supper Club, NBC; Jack Kirkland Show, CBS; Main Line, MBS; Ted Malone, BN.

8:15 p. m.—Fleetwood Lawton, NBC Lum and Abner, BN; Music That Satisfies, CBS.

8:30 p. m.—Carton of Cheer, NBC Counterspy, BN; Dr. Christian, CBS; Cisco Kid, MBS.

9:00 p. m.—Mr and Mrs North NBC; Jack Carson, CBS; News, MBS.

9:30 p. m.—Fulton Lewis Jr MBS

10:00 p. m.—News, NBC; Pacific Reporter, BN.

10:30 p. m.—Gene Krupps Orch., CBS; Fenneman's Nite Club, BN.

11:00 p. m.—Milton Charles, Organist, CBS; News, BN.

WHEELER ASSAILS OAKS AGREEMENT

Washington, Jan. 16—(U.P.)—Sen. Burton K. Wheeler, D., Mont., today denounced the Dumbarton Oaks security council agreement as a plan to "underwrite tyranny." He proposed as a substitute a federation of European nations to prevent future wars.

Wheeler, the senate's most outspoken critic of the administration's conduct of foreign affairs, denounced the present trend of international relations and predicted in a lengthy senate speech that power politics eventually would lead to war with Russia.

He questioned the genuineness of unity among the big three allies, asserting that it was born of necessity and amounted to nothing more than "an international shotgun wedding."

PARTS and SERVICE
for all
Makes of WASHERS and REFRIGERATORS
YOUNGER'S APPLIANCE SERVICE CO.
31 N. Bartlett Phone 2419

ICE SKATE TO-NITE
and
every nite
except Monday
7:45 to 10:15
Sat. & Sun. Matinee
MEDFORD ICE ARENA
619 S. Grape Phone 4511

THE WORLD AT ITS WORST By CLUYAS WILLIAMS

YICK SO CHINESE HERB CO.

REMEDIES FOR STOMACH ULCERS
Heart Rheumatism Asthma Catarrh Piles. Prostate Gland Eczema and all disorders of Liver. Kidney Trouble and other complaints disappear after using
CHINESE HERBS
Removed to Sparta Bldg.
J. H. Leong, Herbalist Phone 5817

JAP LIEUTENANT IN FATAL ERROR

With U. S. Troops on Luzon, Jan. 16—(U.P.)—A nattily dressed Japanese lieutenant drove up to an American road block in the southern sector in a shiny Chevrolet sedan, probably one of the cars the Japanese captured in the Philippines in 1942.

Apparently fooled by the rapid American advance, he saw his mistake too late to turn around and a hail of bullets finished him.

The GIs carefully had aimed high enough to avoid hitting the engine or the tires and in a few minutes delighted American soldiers were taking turns driving the car.

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

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.

STRANGE AS IT SEEMS By ERNEST HIX

DO YOU KNOW?

That the experience of the repair men at Rogue River Chevrolet totals 242 years, or an average of more than 20 years' experience in mechanics per man.
For experienced workmen and guaranteed repair work, see — —
ROGUE RIVER CHEVROLET

Crossword Puzzle

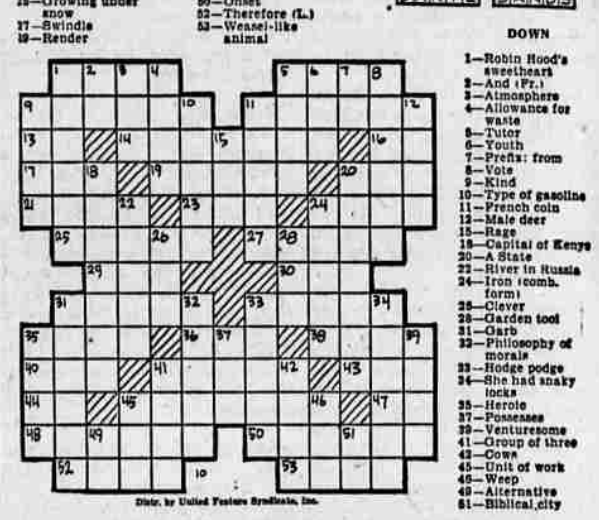
ACROSS

1—Flesh
5—Plebian
9—Sarcasm
11—Uproar
12—Alternative
14—Went to bed
16—Lieutenant (abbr.)
17—Run (Scot.)
18—Fasten about
20—Wing
21—Hopper
23—Desire (slang)
24—Whip
25—Growing under snow
27—Swindle
29—Render
30—Globe
31—Monte Cristo's title
33—Island in New Guinea
35—Napoleon's exile
36—Definite article
38—Hebrew measure
40—Hawaiian dish
41—Show gratitude
43—Clri's name
44—Pronoun
45—Prone to dispute
47—You and me
48—Relating to a chorus
50—Onset
52—Therefore (L.)
53—Weasel-like animal

ANSWER TO PREVIOUS PUZZLE

DOWN

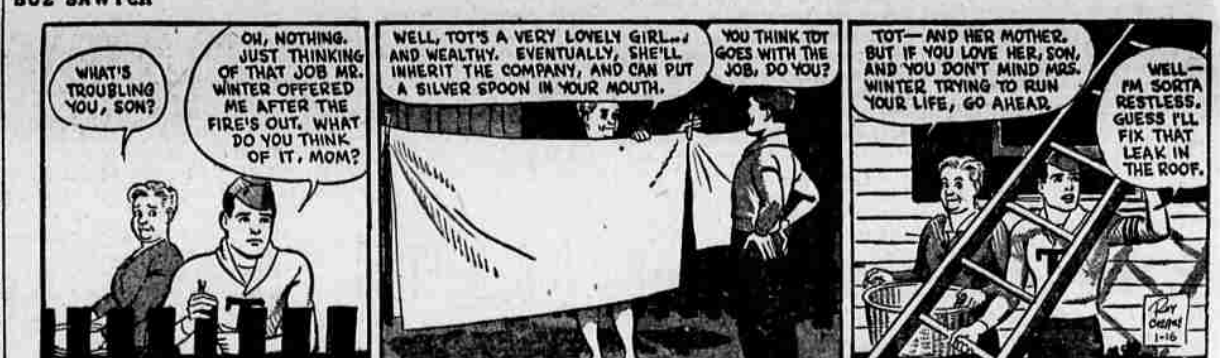
1—Robin Hood's sweetheart
2—And (Fr.)
3—Atmosphere
4—Allowance for waste
5—Tutor
6—Youth
7—Prefix: from
8—Vote
9—Kind
10—Type of gasoline
11—French coin
12—Male deer
15—Rage
18—Capital of Kenya
20—A State
22—River in Russia
24—Iron (comb. form)
25—Clever
28—Garden tool
31—Garb
32—Philosophy of morals
33—Hodge podge
34—She had snaky locks
35—Heroic
37—Possesses
39—Venturesome
41—Group of three
42—Cows
45—Unit of work
46—Weep
49—Alternative
51—Biblical city



Distr. by United Feature Syndicate, Inc.

BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER



BLONDIE

L'IL ABNER

THE NEBBS