

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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LADY OUT OF LUCK

The temperature in our office is maintained in the high seventies, often almost eighty, and the windows are kept closed and locked (complains the Lady Out of Luck). As a result my head becomes stuffy and each afternoon I get a nasty dull headache which decreases my efficiency and causes much misery.

The feeling some of the others in the office have is that draughts cause colds and hot air is the only thing that will prevent colds.

I still wear light summer clothing, which is far from comfortable when waiting for a bus 40 minutes on an open corner. I remove as much clothing as I decently can when in the office, and I drink lots of cold water.

I thought "colds" were caused by germs which breed in hot air. I know I have never had so much "crl" as since I began work in this office. Their theory doesn't seem to work so well—the average absent time of people in this office in two months is more than I have had in two years.

My only solution seems to be to leave the job. I don't want to do that, for I like my work, my bosses are grand, and I need the security I have here. Can you suggest any alternative? I really feel desperate. (Miss)

You are out of luck, Lady, because not only the large majority of your fellow workers and your bosses, but a majority of old fogey doctors and the so-called health authorities in your benighted community believe draughts cause disease and you may as well save your breath as try to change the alleged minds of such people. An old fogey is an old fogey and he or she just knows better about such things than any doctor does.

Here is a typical exhibit. In a

metropolitan newspaper the city health officer warned recently that the season for coughs and colds was directly ahead . . . and urged people to safeguard themselves against sickness by avoiding overeating, drinking, fatigue, drafts, sudden chilling and contact with persons already ill. And as though that wasn't enough hokum, the health officer "pointed out" that lower body resistance usually brings on a cold. The health officer knows as much about "body resistance" as I do about ectoplasm—and so does any one else. I can suggest one remedy for the trouble. Install in one or more windows full sash size screens of unbleached muslin. In schools, offices, sleeping rooms and work rooms this method of air conditioning has been found satisfactory. Wind, drafts, snow, dust, insects, rain are excluded, but fresh air and desirable moisture are admitted. The comfort and efficiency of occupants are increased, fuel is saved, skin and mucous membranes are less dried out and irritable, respiratory diseases are less prevalent.

QUESTIONS & ANSWERS

Schillatting Scotomata. I am subject to spots when I seem to get a sort of half-blindness and light scintillates as one side of my eyes for half an hour, and then follows a headache. A doctor said these attacks are scintillating scotomata but there is nothing to do for it. (H. F.)

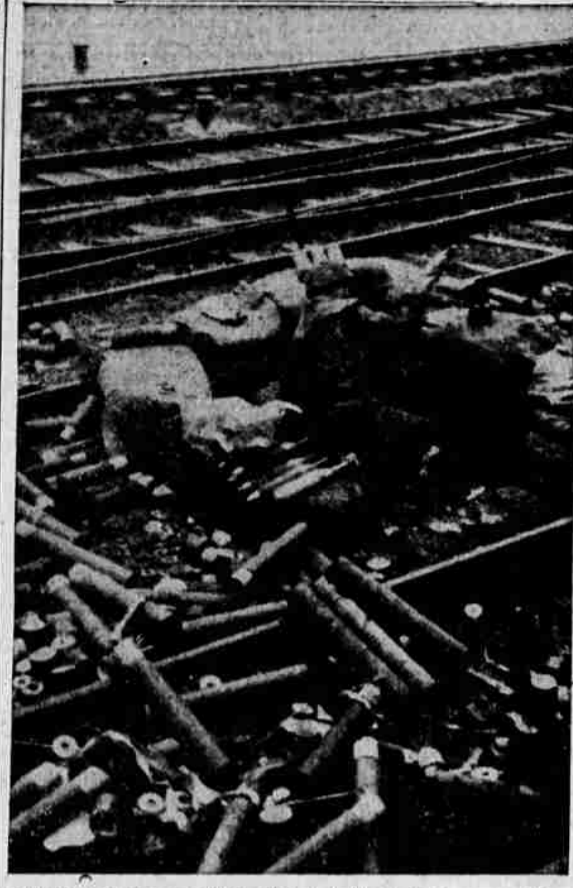
Answer:—You describe mild migraines. Send stamped envelope bearing your address, ask for pamphlet "Why Have Headache."

Gambling With Teeth. Four years ago started having back aches in upper part of back. Two years ago had all upper teeth out in hopes of curing back, but no soap. Lower teeth not too bad, but am advised to have them all out. (Mrs. G. J.)

Answer:—My advice is, keep your teeth as long as you can. Have a tooth extracted ONLY when your physician AND your dentist are both of the opinion that it should be extracted.

Potential Diabetes. Recently you stated that diabetes is inheritable. That was a surprise to me, as I had thought the disease itself was not inheritable, only the tendency. (Mrs. C. W.)

Answer:—If you can point out my statement or tell me just when I made the statement, I'll send you a set of the complete works of Dr. Dox Brady with my compliments. The tendency or potentiality, not the disease itself, is transmitted to children. Send ten cents and stamped envelope bearing your address, for pamphlet, "Training for Diabetes." (Copyright 1945, John F. Dille Co.)



AIMING AT RHINE CITY—Firing shells at Kehl across Rhine River, members of mortar crew of U.S. 7th Army crouch behind hastily erected sandbag position in Strasburg railway yards. Germans had destroyed three bridges spanning Rhine between cities.

time myself, for dog exercising; maybe I needed to get around more and meet the neighbors. But I told her I was doing all right. "That young couple to the south of us is spoiling the baby. The mother knows it, but says she can't do much about it because her sister lives with them. I told her if her sister would only marry Joe like she's been promising him she would, maybe she'd have a baby of her own to spoil. But no, she just keeps on telling him she can't make up her mind."

"It was a good thing I met her as she was going to work this morning. She'd played with her sister's little girl just before she left the house and her coat messed up! But by the time I got through brushing her off, she was pretty presentable." The young matron is a fine person, but there's no use to deny it—she has a wandering mind. There I was talking about the baby getting Marion messed and she up and changed the subject in the next breath. She said, "and I've lived right here for three years!" Yet not once had I mentioned anything about how long she'd lived here. Not a logical thinker, that woman.

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) 1010	Portland
KJR (NBC-Blue) 1090	Seattle
KXN (CBS) 1010	Los Angeles
KQA (NBC-Red) 850	Denver
KOLN (CBS) 910	Portland
KOMO (NBC-Red) 830	Seattle
KPB (NBC-Red) 680	San Francisco
KSL (CBS) 1160	Salt Lake City

Time shown in PWT

Millions Switching To Mutton Suet And Medication

"Old Reliable" For Relieving Chest Muscle Tightness-Coughing, Rheumatic Pain, Simple Bruises and Many Other Home Uses.

Grandma liked to "rub" miseries of chest colds and other simple pain. She medicated her rub but insisted it contain mutton suet. She took the way mutton suet disappeared as it helped carry medication to nerve ends in skin to relieve pain. Today science has modernized Grandma's old-time pain relief principle to bring you Penetro, the salve that contains mutton suet plus active ingredients. Mothers now thank Grandma for her old idea that created this newer relief.

In this cold season, Penetro is especially helpful in easing chest muscle tightness, chest rawness, loosening phlegm, relieving coughs. That's because Penetro melts instantly, quickly vanishes to act 8 ways (1) To relieve pain at nerve ends in skin. (2) To ease chest muscle tightness by counter-irritation. (3) To soothe irritated breath passages through inhaled aromatic vapors. Penetro is so helpful, too, in easing rheumatic and neuralgic pain, taking sting from chapped lips and nostrils, and as a soothing dressing for bruises, minor cuts. Today get clean, white, easy-to-use Penetro.

KYLE'S RESTAURANT

CHICKEN AND STEAK DINNERS

Open 6 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

SUBURBAN HEIGHTS

by GLUYAS WILLIAMS

TRED PERLEY, FELT PRETTY SLEEPY WHEN WANTING TO GET HIS CAR OUT TO DRIVE DOWN TOWN, HE MADE THE MEMBERS OF THE WOMEN'S CLUB WHO WERE MEETING AT HIS HOUSE, BACK THEIR CARS OUT OF THE DRIVEWAY, CAUSING A TERRIFIC TRAFFIC TIE-UP IN THE STREET, AT WHICH POINT HE DISCOVERED HE COULDN'T START HIS CAR BECAUSE THE BATTERY WAS DOWN



CONGRATULATIONS—Very first WAC sworn into corps in Southern California in 1945, Marjorie Moran (left) receives congratulations from screen actress sister Dolores Moran. Marjorie enlisted on 20th birthday, minimum age limit for Women's Army Corps

Olive Barber's Observations

"What interesting neighbors we have!" I exclaimed to the young matron in whose home I am staying.

"Neighbors?" and her voice held astonishment and some incredulity.

"Oh, yes!" I enthused. "Now whoever would have thought that odd little old lady in the small house at the end of the block had traveled all over the world and could speak four languages! She certainly was lucky to get that job as nurse to a wealthy invalid with a fad for traveling. She lived in Maine

NOW OPEN! TAKE-IT-EASY LODGE

Dine and Dance

Open Wednesday, Thursday, Friday and Saturday

One-Half Mile Up Savage Creek

Planes May Dodge Birds

Collisions of aircraft with big birds may be avoided by using an electronic detector to determine at what height the birds are flying, and then clearing the planes at other levels.

BEAUTIFUL—ROGUE RIVER LODGE IS NOW OPEN

Delicious Dinners
Cocktail Lounge
Dancing

On Crater Lake Highway
Near Trail
Telephone Trail 1404

Chalker's Motel & Lodge OFFICERS' CLUB

Dine-Dance-Refreshments
Chicken and Steak Dinners
Most Unique Place in So. Ora.
CLOSED MONDAYS

Thursdays Private Parties Only—
For Reservations Ph. Gold Hill 414

STRANGE AS IT SEEMS By ERNEST HIX

THE FIRST COMMERCIAL PETROLEUM USED IN MARSHES KEEOSE FOR LAMPS, WAS SKIMMED FROM THE SURFACE OF FRESH WATER IN 1850

CONCRETE EATERS!

A SMALL, DELICATE SHELLFISH OF THE OYSTER FAMILY, IT PROTECTS ITSELF BY BORROWING INTO GRANITE AND WILL ATTACK AND DESTROY CONCRETE

DURING THE FIRST WEEKS OF THE YEAR, THE MARINE SERVICE HAD TO USE AN OX-CART, THE MOST UNLICKED AND UNCONVENIENT TO UNLOAD THE HEAVY PORTLAND CEMENT. THE MOST MODERN TRANSPORT METHOD!

BARNEY GOOGLE and SNUFFY SMITH

I RECKON I WONT GIT NO VITTLES TILL TH COOKS GIT DONE CURRYIN HAWKJY TAWKJYS TAIL FEATHERS

WAA-BLESS MAH BONES! SET THEM VITTLES RIGHT HERE ON TH--

VE FERGOT TH WOOSTER SAUCE! YE SHIFLESS SKONK!!

BUZ SAWYER

HELLO THERE, BUZ. MIND IF I COME UP?

WHY, CHRIST!

AM I FLATTERED! YOU'RE THE FIRST GIRL WHO EVER CLIMBED ON A HOUSE-TOP TO SEE ME.

GUESS AGAIN, I CAME TO PEEK DOWN YOUR CHIMNEY. I WANT TO LEARN HOW SANTA DOES IT.

SIT DOWN BEFORE YOU BREAK YOUR NECK.

I'M NOT ONE OF THOSE FLUTTERY, HELPLESS FEMALES IF YOU NEED ANY HELP, JUST PASS ME THE HAMMER AND NAILS.

BLONDIE

WHERE'S THE BATHTUB STOPPER?

I GUESS THE CHILDREN LOST IT

BLONDIE!

WILL YOU PLEASE HAND ME THE SOAP?

WHY COULDN'T YOU GET IT YOURSELF?

I'M USING MY BIG TOE FOR A STOPPER

L'IL ABNER

TH' MOON'S FULL! SO AH IN CONJURE UP TH' SPIRIT O' MAH LATE GREAT-GRANDMA MAMMY!--DOES YU HAPPEN T' HAVE A DAID HACKEREL ON YU, SUH?

USH!--NO--BUT--CAN GET ONE FOR YOU!!

MY--IT'LL BE TELL T' SEE HER AGIN!--AH GOODS HER ALL TH' GOSSIP FUM WHAR AH IS--AN SHE TELLS ME ALL TH' GOSSIP FUM--(GULP)--WHAR SHE IS. LIKEWISE SHE GIVES ME ADVICE--

AN' AH ALLUS FOLLYS! NO MATTER HOW FOOLISH WHUT SHE TELLS ME T' DO MAY SEEM--AH DOES IT?!

SPLENDID!--SHALL I LEAVE YOU TWO--ER--PEOPLE--ALONE?

CHECKS NO?--GRANNY ALLUS INJOYED GRANNY! STICK AROUND! HYAR AH GOES!!

THE NEBBES

MR. NEBB, THERE IS A MATTER OF CONSIDERABLE IMPORTANCE I SHOULD LIKE TO DISCUSS

BE SEATED, SUH. I'LL BE WITH YOU IN A MOMENT

SLUGGER! YOUR VOICE FOOLED ME

NO DOUBT THE SUDDEN CHANGE IS RATHER STARTLING

I HAVE TAKEN PAINS TO IMPROVE MY LANGUAGE AS YOU SUGGESTED

WELL, YOUVE CERTAINLY SUCCEEDED--YOU SPEAK LIKE A COLLEGE GRADUATE

SAY, YOU WANTA HEAR SOME BIG WORDS? I KNOW SOME LOLLA PALOOZAS

STICK TO THE SHORT ONES--THEN WELL BOTH KNOW WHAT YOU'RE TALKING ABOUT!

DO YOU KNOW?

That the Rogue River Chevrolet employs more people than any other automobile concern in Medford and that the Rogue River Chevrolet offers the people of Jackson County a FREE service every day—"The Swap and Sell" Radio Program.

ROGUE RIVER CHEVROLET

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLES

1-Ship	2-Ship	3-Ship	4-Ship	5-Ship	6-Ship	7-Ship	8-Ship	9-Ship	10-Ship
11-Ship	12-Ship	13-Ship	14-Ship	15-Ship	16-Ship	17-Ship	18-Ship	19-Ship	20-Ship
21-Ship	22-Ship	23-Ship	24-Ship	25-Ship	26-Ship	27-Ship	28-Ship	29-Ship	30-Ship
31-Ship	32-Ship	33-Ship	34-Ship	35-Ship	36-Ship	37-Ship	38-Ship	39-Ship	40-Ship
41-Ship	42-Ship	43-Ship	44-Ship	45-Ship	46-Ship	47-Ship	48-Ship	49-Ship	50-Ship
51-Ship	52-Ship	53-Ship	54-Ship	55-Ship	56-Ship	57-Ship	58-Ship	59-Ship	60-Ship

DOWN

1-Ship	2-Ship	3-Ship	4-Ship	5-Ship	6-Ship	7-Ship	8-Ship	9-Ship	10-Ship
11-Ship	12-Ship	13-Ship	14-Ship	15-Ship	16-Ship	17-Ship	18-Ship	19-Ship	20-Ship
21-Ship	22-Ship	23-Ship	24-Ship	25-Ship	26-Ship	27-Ship	28-Ship	29-Ship	30-Ship
31-Ship	32-Ship	33-Ship	34-Ship	35-Ship	36-Ship	37-Ship	38-Ship	39-Ship	40-Ship
41-Ship	42-Ship	43-Ship	44-Ship	45-Ship	46-Ship	47-Ship	48-Ship	49-Ship	50-Ship
51-Ship	52-Ship	53-Ship	54-Ship	55-Ship	56-Ship	57-Ship	58-Ship	59-Ship	60-Ship

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