Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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FEELING A BIT OLD AND CRABBED?

Widow with three young children and a house to care for complains of feeling extremely tired all the time and being irritable. She finds some relaxation in drinking tea—an average of ten cups a day, with two teaspoonfuls of sugar in each cup. She wonders why, in spite of the exercise she gets doing all her own work, food "seems to turn to fat". She wants to reduce.

Dr. Brady

Twenty teaspoonfuls of sugar would yield about 600 calories—the equivalent of about 1½ pints of milk.

But never mind the calories. What makes the young woman tired and irritable?

Putting on my long-distance diagnostic specs I divine that she is suffering from malnutrition—and I am not unmindful of her superfluous flesh.

The poor girl is caught in a vicious circle, along with several million others.

Feeling tired or weary she indulges in a cup of sweetened tea. The tea briefly stimulates and the sugar, being quickly absorbed, yields immediate energy. Together the tea and sugar give a little refreshment or sense of well being.

But owning to the lack of sufficient vitamin B in the young woman's daily diet, her body cannot metabolize carbohydrates (starches and sugars) as well at it shoud to maintain vigor and vitality, so she quickly tires again and any one in that state of chronic malnutrition or nutritional deficiency is bound to be crabbed and irritable.

So you see the more tea and sugar—or the more white bread and refined cereals, cornstarch, sweets, cake, sugars, syrups, candy, sweetened pop and the like—the poor girl takes the more crabbed, irritable and tired she grows, to say nothing of the accumulation of slacker flesh. Not because these refined foods and drinks are so fattening but because they provide little or no vitamin B and, as we know now, the larger intake of carbohydrate the larger the intake of vitamin B must be or else. (If any medical reader questions the scientific soundness of this I'll be happy to cite authorities—but not for any other readers. Other readers must take my word for it—or leave it.)

I advised the poor girl to (a) cut her tea drinking to mid-forenoon and mid-afternoon, (b) to use about a quarter-grain saccharin tablet to sweeten her tea instead of a teaspoonful or two of sugar, (c) to keep plain wheat in the house and use it in the everyday family dietary as described in pamphlet "Wheat to Eat" I'm glad to send on request if you provide stamped self addressed envelope (a clipping of this item is not a request), and (d) to eat daily eight or ten tablets containing vitamin B (thiamin), vitamin G (riboflavin) and vitamin D, as a supplement to her regular diet. In another talk we'll see why the vitamin G and vitamin D.

This is the best way out of the vicious circle, I believe, for any man or woman who may be in the same fix.

QUESTIONS & ANSWERS

Carrots and Yellow Skin

If a person eats a lot of carrots will it give his or her skin a yellow tinge?

Answer—It may temporarily cause the skin of palms and soles to look yellow, but not the skin of face or body.

Aspirin Is Dope

Please advise whether this statement, made by a health official, is true: Aspirin not only makes colds more bearable but also helps to cure them. (H. S. R.)

Answer—In my opinion aspirin is of no remedial value, only analgesic (pain or sense deadening). Personally I should take a dose of it ONLY when or if I could not bear to endure the pain or ache or distress without it. Aspirin is less dangerous dope, analgesic, pain-killer than acetanilide, in fact it is the least dangerous dope I know when dope must be used. But there is no evidence that it has any remedial action other than relief, for a while, of pain or distress.

Poor Training

Two sons aged 8 and 9 have begged for a long while to be allowed to smoke life everlasting or rabbit tobacco as we call it. I have refused to permit it, believing it would lead them to smoking real tobacco. (Mrs. S. S. F.)

Answer—It would probably do the kids no harm to have a try at it—satisfy their curiosity and thereafter they would not care to smoke it or other stuff, such as cornsilk, dock and the like. But you should have a smoke along with them when they try it.

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TOUGH BREAK—A mere man wouldn't know, but the hat the lady's wearing is out of season now. It was one of the fall creations, and was only worn to see how model looks in different styles. She looks O. K.

On the Radio Chain

STATIONS:

Chain affiliation and where they are on the dial:

KALE (CBS) 1330, Portland.
KEX (NBC-Blue) 1190, Portland
KOA (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

Friday

5:00 p. m.—Terry and Pirates, BN; OK for Release, NBC; Sam Hayes, News, MBS
5:15 p. m.—Dick Tracy, BN; Superman, MBS.
5:30 p. m.—Jack Armstrong, BN Harry W. Flannery, News, CBS; Tom Mix, MBS.
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; News, 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 Andy, NBC; Durante and Moore, CBS; Dale Carnegie, MBS.
7:15 p. m.—Lowell Thomas, MBS
7:30 p. m.—Stage Door Canteen CBS; Lone Ranger, MBS; Bill Stern, NBC.
8:00 p. m.—Fights, MBS; Jack Kirkwood Show, CBS; Supper Club, NBC
8:15 p. m.—Fleetwood Lawton, NBC;
8:30 p. m.—Duffy's Tavern NBC. It Pays to Be Ignorant, CBS; Stars of the Future, BN.
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; News, BN.
11:00 p. m.—Hotel Biltmore Orch., NBC; Milton Charles, Organist, CBS; News, BN.

Saturday

5:00 p. m.—Youth on Parade, CBS Orchestra, BN; Know Your Symphony NBC.
5:30 p. m.—Boston Symphony, BN. Detroit Symphony, MBS; News, NBC.
5:45 p. m.—News, CBS, Elmer Peterson, NBC
6:00 p. m.—Barn Dance, NBC; This is My Story, CBS
6:30 p. m.—Spotlight Bands, BN; Can You Top This? NBC.
6:45 p. m.—Saturday Serenade CBS
7:00 p. m.—Judy Canova Show, NBC.
7:15 p. m.—Mayor of the Town, CBS.
7:30 p. m.—Grand Ol' Opry, NBC; Red Ryder, MBS; The Man Called X, BN
8 p. m.—Early American Music, BN; America in the Air, CBS; Truth or Consequences, NBC.
8:30 p. m.—Gaslight Gayeties, NBC. FBI In Peace and War, CBS; Leland Stowe, BN.
9:00 p. m.—Meet Your Navy, BN; Hit Parade, CBS; News, MBS.
9:15 p. m.—Dream Boat MBS
9:30 p. m.—Three Suns Trio, NBC
9:45 p. m.—Don't You Believe it, CBS; Lee Simms, pianist, NBC
10:00 p. m.—News, NBC; Soldiers With Wings, BN.
10:15 p. m.—On Our Bandstand, NBC; Hollywood Barn Dance, CBS.
10:30 p. m.—Sweetheart Swing Time, NBC.
11:00 p. m.—Orchestra, CBS; News, BN.

Lowly feed sacks make unusual curtains, says the homemaking department of Successful Farming magazine. Hang them in double tier fashion, with rickrack borders.

BEAUTIFUL—
ROGUE RIVER LODGE
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Delicious Dinners
Cocktail Lounge
Dancing
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Near Trail
Telephone Trail 1404

KYLE'S RESTAURANT
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DO YOU KNOW?

That a stuck truck earns no money. A spinning wheel can cause much damage to tires, axle, and drive line.
Eliminate these hazards on your truck by installing a Thornton Automatic Locking Differential at —
ROGUE RIVER CHEVROLET

STRANGE AS IT SEEMS By ERNEST HIX

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

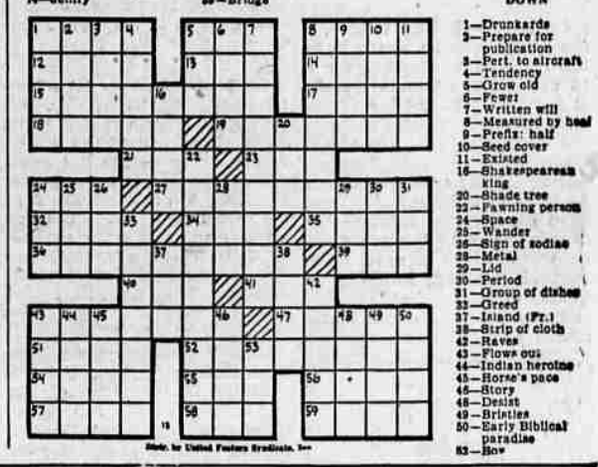
C	O	B	R	A	S			P	A	L	L	A		
O	R	I	O	L	E		I	A	M	B	U	S		
R	A	G		P	E	S	T	L	E		M	I		
A	T		E	S	P	Y		N	E	B	O			
L	O	A	D		S	C	O	W		D	E	N		
R	I	O	T		E	A	R		D	R	Y			
		S	M	U	G		R	E	M	I				
G	E	L		S	A	L		N	O	E	L			
R	O	E		K	R	I	S		O	S	A	R		
U	S	S	R		O	M	E	N		B	A			
B	E		A	G	O	N	E	R		R	E	I		
B	R	O	M	A	L		L	A	P	E	L	S		
Y	E	S	E	S			T	S	E	T	S	E		

ACROSS

1—Place of government
5—High (mus.)
8—Melt
12—River in Germany
13—Go to right
14—At this point
15—Of great endurance
17—Mohammedan prince
18—Rock
19—Fruitless
21—Dative (abbr.)
22—Act of charity
24—Jellify
27—Those who live together
32—Sector
34—Part of "to be"
35—Learning
36—Economical
39—Fixed
40—A beverage
41—Dark oily liquid
43—Beg
47—Out of date
51—Italian seaport
52—Gifted
54—Political group
55—High note
56—Carry
57—Glut
58—A radical
59—Bridge

DOWN

1—Drunkards
2—Prepare for publication
3—Pert. to aircraft
4—Tendency
5—Grow old
6—Fewer
7—Written will
8—Measured by heel
9—Prefix: half
10—Seed cover
11—Existed
16—Shakespearean king
20—Shade tree
22—Fawning person
24—Space
25—Wander
26—Sign of zodiac
28—Metal
29—Lid
30—Period
31—Group of dishes
33—Greed
37—Island (Fr.)
38—Strip of cloth
42—Raves
43—Flows out
44—Indian heroine
45—Horse's pace
46—Story
48—Dentist
49—Bristles
50—Early Biblical paradise
52—Bow



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BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER

BLONDIE

L'IL ABNER

THE NEBBS

High School News

By Student Reporters
Margo Gammil Joan Hoppe

Yell Queen Marjorie Johnson opened last Friday's pep assembly by introducing our own Al Simpson. The coach asked the student body to show the visiting team respect and to co-operate with the Tornado in displaying good sportsmanship. Following this pep talk, the student body rallied with 15 "rahs" for Simpson. Members of the team were then called to the front of the room to be introduced. Before the assembly closed, there were two selections from the band and several routine yells, led by Marjorie Johnson, Jack Holmes and Chuck Shinn.

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The junior class is working on a play to be given to the senior high student body early in the new semester. The name of the play is "Grandpa Goes Hunting," and faculty member in charge will be Mrs. Gladys Herron. Included on the program will be a double duet including the following junior girls: Charmaine Brault, Phyllis Wendt, Jean Hickman and Loree Montieth.

• • •

Along with Bill Patton, chief student technician, three other high boys, Bill Moffat, Verne Shangle and Nat Bender, have been making an outstanding contribution to the programs sponsored by the department of visual education, according to Mrs. J. A. Smith, director. These boys made all technical arrangements concerning the "Great Virgil" program presented Jan. 16. Proceeds from the show will be used for new projection equipment in the school department of visual education.

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During the second semester Mr. J. W. Shelton will instruct high school students who are interested in aeronautics if 12 or more students enroll. This will be another of the high school courses preparatory for war work.

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Under the direction of Crater business manager, Carmen Wright, the following girls are soliciting for Crater yearbook advertising: Marjorie Thompson, Jeraldyne Jerome, June Bosworth and Joan Hoppe. These students will solicit advertising from all Medford business firms during the next two weeks.

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During student council meeting, third period Jan. 14, President John Bullock appointed Maxine McKinney, Nancy Swem and Jerry Liebman to read all the club constitutions to see if they conflict with the student body constitution. Jack Holmes was chosen to investigate the possibility of chartering a special bus to Klamath Falls Jan. 20, so that Medford students may see the basketball game. Also a motion was made that all clubs should turn in a monthly financial report to the office.

Closing time for Classified Ads 9 a. m. — Too Late to Classify 12:30 p. m.

OUT OF BONDAGE—With face uplifted as she breathes free air again, Red Army woman-parachutist Tamara tells story of digging traps and trenches for Nazi captors with 700 other Russian women at German front. She was freed by men of U. S. 83rd Division.

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.

Chalker's Motel & Lodge
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Chicken and Steak Dinners
Most Unique Place in So Ore
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TAKE-IT-EASY LODGE
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One-Half Mile Up Savage Creek

Hear
UNCLE SEBASTIAN
AND
UNCLE GIDEON
KC Jamboree
STARRING CURLEY BRADLEY
KMED SATURDAYS 8 a. m.

DIFFICULT DECISIONS By GLUYAS WILLIAMS