Your Health and Its Care

By DR. WILLIAM BRADY, M. D.

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THE TIME TO STAY YOUNG

I do not agree with Dr. Osler, Oliver Wendell Holmes or any one else who may have thought or taught that longevity is a matter of inheritance. Osler opined that a person's life expectation depends upon the quality of the rubber in one's tubes — that is to say, the material in the arteries. And it was Holmes, I hope, who cracked that the state of your arteries or your chance of living long was determined a hundred years before you were born.

Dr. Brady

But I do believe that what you eat and how you live and what your mom eats and how she lives the nine months before you are born determines how long you will stay young. What you eat and how you live from the age of, say, 30 days to the age of 30 years is far far more important in this respect than all your dieting and health habits after you have fully grown up.

Some of us attain adult development or maturity as early as the 18th year, most of us become adults at 21 or 22, not a few of us attain maturity at the age of 25 years.

The other day I described the plight of the young woman with three small children and a house to care for—she complained of feeling extremely tired and irritable at the time and said she found some relaxation (refreshment) in drinking tea—an average of ten cups a day, with two teaspoonfuls of sugar in each cup. She added incidentally that she wanted to reduce.

Malnutrition, nutritional deficiency particularly vitamin B deficiency, was my long-distance diagnosis. "Extremely tired and irritable all the time."

That is a common complaint of people who are growing old too fast. They feel weary and crabbed. Nutritional deficiency. Neither the ordinarily harmless stimulant, tea or coffee, nor the quickly absorbed energy food, sugar, can give more than a short pick-up or refreshment. The young woman is not utilizing her food—because her diet does not provide enough vitamin B to insure normal metabolism of carbohydrate. Her constant weariness and irritability are, in my opinion, manifestations of the vitamin B shortage, or say they are manifestations of her unsatisfied hidden hunger.

The time to stay young is now. One way to stay young is to chew wheat I say this in earnest. On written request, if you inclose stamped envelope bearing your address, I'll send you a pamphlet telling how to use plain wheat in your everyday dietary. Wheat is the best food source of vitamin B.

QUESTIONS AND ANSWERS

If There's Cursing to Be Done

This typographical error in your column is just too good to pass up. We enjoy your column immensely. (Mrs. S. T. M.)

Answer—I tried to say "my files bulge with letters from patients the doctor has cured with ambulant treatment,"—but the paper made it CURSED with ambulant treatment. Still, on the whole, they let me off lightly these days. I wish they'd leave the cursing in this column to me.

74 and Rolls His Own

Six somersaults in the morning and six at night will add years to any one's life and life will be much more worth living, too. I am 74 and can today turn somersaults better than my grandchildren. I work in five states, do a lot of driving. At night when I get off my clothes after a long day's drive, I do half a dozen somersaults, relax, go to sleep and wake next mornin' fit for the day ahead. (.....)

Answer—You were probably unimpressed by the tired old man hokum the politicians tried to hand the dumb public last fall. Readers who would like to try somersaults send stamped pre-addressed envelope and ask for "Invitation to the Somersaultauqua."

Rattlesnake Bite

A friend who lives in the desert country tells me he has been bitten several times by hidden rattlesnakes. He immediately lanced the wound, sucked out the blood, then took two pills of methylene blue compound to keep the poison out of the blood stream. He says he has suffered no notable effects, no pain, no after effects. He takes the pills every four hours for several days. (D. W. F.)

Answer — The immediate lancing and sucking of the wound is excellent treatment. I doubt the methylene blue has any effect except to impress your friend's imagination by imparting the color of methylene blue to the urine.

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PUBLIC HEALTH NURSING DAY IS OBSERVED TODAY

Reminding the public of the many services carried on in this country by the public health nurse, Mrs. Blanche Frisbie, supervisor of Jackson county public health nurses, yesterday announced local observance of National Public Health Nursing day Friday, Jan. 26.

"The main objective of the observance," she stated, "is to help all the people of the county to gain a better understanding of the public health nursing services, which are available to them. The slogan for the day is 'Know your public health nurse —who she is, what she does'."

There are now seven public health nurses in active service in Jackson county. They are: Mrs. Frisbie, Mary Ellen Bell, Elizabeth McGalliard, Jean Whitehouse, Frances Klink, Bernice Wilson and Helen Parish.

The first nurse was sponsored in Jackson county by the Jackson County Public Health association, which still assists in the payment of nurses' salaries. This lay organization assists in various projects of the county health department and interprets the work of the public health nurse, educating the people whenever necessary to the benefits of her service.

Today the United States has approximately 32,000 public health and industrial nurses. Of this number 11,506 are hired by health departments. In 1944 it is estimated that public health nurses made 23 million visits to the people, in homes, clinics and classes, fighting disease, teaching families the ABC's of healthful living, helping workers stay well and on the production line, giving skilled nursing care to men, women and children in all circumstances, in all sections of the nation.

Of all these visits 45 per cent were to give nursing care to the sick at home, 15 per cent were to mothers before, during and after childbirth and 40 per cent were to help families with health problems and the care of children.

Although public health nurses have been classified by procurement and assignment service as "essential until replaced," at least 2,500 are in military service. These 2,500 represent 18 per cent of all public health nurses within the age requirements. Today, it is certain that many more public health nurses have entered military services since the figures were released by the Red Cross in 1943. In addition many are serving overseas with the United Nations relief and rehabilitation administration.

SEAL SALE OVER $4000 IN COUNTY

With $2,608.96 in for Medford alone, and $1500 sent from outlying districts of the county, Mrs. Ruth E. Bauer, chairman of the Jackson county seal sale, reported the largest drive in history for the 1944 campaign against tuberculosis. Making her financial report to the executive board of the Jackson County Public Health association, which sponsors each year's campaign, Mrs. Bauer stated that the Ashland returns are not yet in and the total above $4,108.96 at this date.

This is the largest amount reported before the closing of any Christmas seal sale. Following the meeting of the health association board last Thursday at the home of the president, Mrs. Elwood Hedberg, the Junior group met at the home of Mrs. John S Day to wind up the last details of the sale.

$1000 MONTH BALM

New York, Jan. 26—(U.P.)—Puk Parris, blonde Danish model, was awarded a separation today from Millionaire Industrialist Dr. Joseph Gevaert after a day long conference in which $1,000 monthly alimony was agreed upon.

Use Mail Tribune Want Ads

How To Relieve Bronchitis

Creomulsion relieves promptly because it goes right to the seat of the trouble to help loosen and expel germ laden phlegm, and aid nature to soothe and heal raw, tender, inflamed bronchial mucous membranes. Tell your druggist to sell you a bottle of Creomulsion with the understanding you must like the way it quickly allays the cough or you are to have your money back.

CREOMULSION

for Coughs, Chest Colds, Bronchitis

BRONCHIAL COUGHS!

If Bronchial Irritations Due to Colds Buckley's Famous "CANADIOL" Mixture Acts Like a Flash

Spend a few cents today at any good drug store for a bottle of Buckley's CANADIOL Mixture (triple acting). Take a couple of sips at bedtime. Feel its instant powerful effective action spread thru throat, head and bronchial tubes. It starts at once to loosen up thick, choking phlegm, soothe raw membranes and make breathing easier.

Sufferers from those persistent, nasty irritating coughs or bronchial irritations due to colds find Buckley's brings quick and effective relief. Don't wait—get Buckley's Canadiol today. You get relief instantly. Beall's Drug Store, Wainscott's East Side Pharmacy, Western Thrift.

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

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.—Del Castillo, Organist, CBS; News, BN.

Saturday

8:00 p m.—Youth on Parade, CBS Orchestra, BN; Know Your Symphony NBC.
8:30 p. m.—Boston Symphony, BN Detroit Symphony, MBS; News, NBC
8:45 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 Sons 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.

High School News

By Student Reporters
Margo Gammil Joan Hoppe

During the past week, seven former Medford high students returned from overseas duty and while in town, visited the school publications office. The boys included: Dale Vincent, Chet Ricks, Art Johnson, and Ben Collins, all with the navy.

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During the Student Council meeting Tuesday, Jan. 22, members checked the Girls' league constitution to see if it was satisfactory. According to President John Bullock, the school has purchased two large American flags. Poles for these are being made by the shop department, under supervision of L. A. Mentzer.

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The office announced that John Bulock, A. S. B. president, has been named as second alternate at West Point. John leaves in March for Fort Lewis to take his validating examination. Also, Earl Bradfish and John Bullock have passed their Eddy test, given by the navy to determine those eligible for radar.

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According to Editor Jerry Liebman, the sale of Crater yearbook tickets will begin February 8, immediately after the Crater assembly. Salesmen for these tickets have been announced as follows: Teddy Windes, Lillian McDonough, Dolores Wilkinson, Elmer Kyle, and Helen Ferris. Additional salesmen will be announced later.

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Students at Medford high have been taking their semesterter tests during the past week. They will receive their cards on Friday and report for the new semester, Monday, Jan. 29.

Singers Invited To Attend Practice Of Chorus on Tuesday

(Contributed)

If you like to sing come to the music room at the high school on Tuesday evening at 7:30 and practice with the Rogue Valley chorus under the direction of Miss Mable Nansen, supervisor of music in the Medford public schools.

The sole purpose of the chorus is pleasure. The pleasure you will get from singing with a group and the pleasure which the group hopes to give to those who will hear them sing.

They have met for several rehearsals and have practiced on some very interesting numbers which have been suggested by members of the group—but it is still not too late to join, and it is not necessary that you have a trained voice to become a member.

If you like to sing—come.

HEAR CURLEY BRADLEY ON THE KC Jamboree
KMED SATURDAYS 8 A. M.

KYLE'S RESTAURANT
CHICKEN AND STEAK DINNERS
Open 8 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

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.

POISON OAK?
Try a bottle of ZEMACOL
You must be satisfied or your money cheerfully refunded. Get a bottle today at WESTERN THRIFT.

GREEN—
FIR SLABS
12 INCH OR 16 INCH LENGTHS
300 CU. FT. LOAD
$5.75
DIAL 2123 DIAL 2123
TIMBER PRODUCTS COMPANY
MEDFORD OREGON

Chalker's Motel & Lodge
OFFICERS' CLUB
Dine-Dance-Refreshments
Chicken and Steak Dinners
Most Unique Place in Se Ore.
CLOSED MONDAYS
Thursdays Private Parties Only—For Reservations Ph Gold Hill 474

NOW OPEN!
TAKE-IT-EASY LODGE
Dine and Dance
Orchestra Every Night
Open Wednesday, Thursday, Friday and Saturday
One-Half Mile Up Savage Creek

STRANGE AS IT SEEMS By ERNEST HIX

DO YOU KNOW?

That your used car will sell for its highest price now.

Before you sell your used car see—

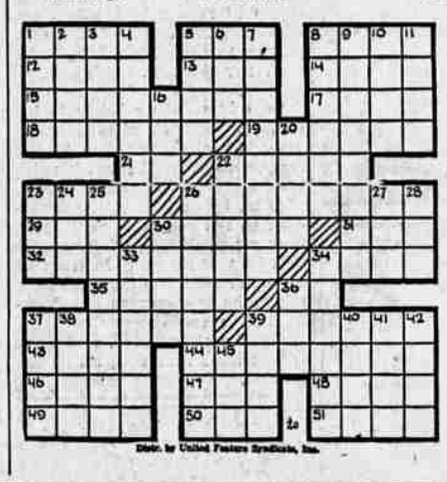
ROGUE RIVER CHEVROLET

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

ACROSS

1—Caroled
5—Distress call
8—Language of Gold Coast
12—English school
13—Make lace
14—Paragraph
15—Brutal act
17—State of tide
18—A season
19—Ocean vessels
21—Engineering degree (abbr.)
22—Hoarder
23—Church notices of marriage
26—Purify
29—Fruit drink
30—Careens
31—Mud
32—Cell products
34—Observed
35—Lubricated
36—Toward
37—Chronicles
39—Inclines
43—Girl's name
44—Change
46—Rich earth
47—Ibsen heroine
48—Girl's name
49—Coin of India
50—Recent
51—Profound



DOWN

1—Huge waves
2—Aleutian island
3—Median
4—Fabled little man
5—Arouse
6—Cereal grass
7—Fashion designers
8—Tinsmith
9—Lowest part of ship
10—Listen
11—Little devils
16—Letter "C"
20—Adherents to doctrines
22—Meditated
23—Expression of disgust
24—Fuss
25—Like a notorious Roman ruler
26—Football official
27—Pedal digit
28—Geologic period
30—Anguish
33—Poisonous atmosphere
34—Declared
36—Wing
37—In the mode
38—Midday
39—Meat dish
40—African river
41—Entice
42—Break
45—Employ

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BUZ SAWYER

BLONDIE

L'IL ABNER

THE NEBBS

THE WORLD AT ITS WORST By GLUYAS WILLIAMS