

# Your Health and Its Care

By DR. WILLIAM BRADY, M.D.

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## BLOOD, BONES AND ARTERIES

When the diet is not rich in milk and green vegetables — a fault of the diet of most Americans — the calcium (lime) in the bones will be drawn upon, for a certain amount of calcium is used up and excreted daily in health even when the daily intake of calcium is less than the amount required for maintenance of good health. Thus the aging adult whose diet has been poor in calcium for years, perhaps for most of his or her life time, has what physicians or pathologists call osteoporosis — absorption of bone so that it becomes porous and brittle or fragile. This state of the bones in the aged, it should be clearly understood, is due to deficiency of calcium in the bones and not to the imaginary, increase in the proportion of mineral matter which our quaint school physiology books told us when you and I were young.

Unfortunately many of us, laymen and physicians too, have been too much impressed by the fact that something like 98 percent of the calcium or lime in the body is in the bones and teeth. We have too often lost sight of the fact that the remainder of the calcium or lime in the healthy body present in nerve tissues, muscle, glands, some organs and secretions, still greatly exceeds the amount of iron in the entire body, and the fact that the calcium or lime in the blood and other tissues is as important as the iron in the blood.

Here are a few of the functions of calcium in the body:

1. Necessary for clotting of blood — If there is calcium deficiency the clotting time is lengthened and bleeding is more likely to occur or to be excessive.
2. Necessary for vigorous contraction of the heart muscle.

3. Prevents excessive permeability of capillary endothelium — that is to say, seepage, leakage or escape of fluid part of blood through the smallest (microscopic) blood vessels or from the capillary spaces, into the tissues (as in dropsy or inflammatory swellings) or upon the surface, (as in weeping eczema, temperamental rhinitis, watery nose, hay fever).

4. Regulates excitability of nerve fibres and nerve centres, prevents neuro-muscular irritability (as in asthma, leg cramps and bed-wetting in growing children).

It is my notion that calcium deficiency may have something to do with coronary occlusion, coronary thrombosis and angina pectoris. That is, I imagine — and please understand this is merely my theory — that an adequate intake of calcium and, of course, vitamin D, combats or lessens the tendency to coronary artery casualties regardless of the cause of the trouble, because, I believe, calcium tends to prevent spasm or constriction of the coronary arteries. I do hope I make it clear that this is purely theoretical, and that calcium and vitamin D in such cases is not an emergency remedy. At best it can only tend to prevent attacks; at worst it can do no harm.

**QUESTIONS AND ANSWERS**

**Old Old Doc**  
I've read your column daily since I've been in the hospital and enjoy it very much. I'm preparing for a coming event and this time I don't want to play the role of stooge. Please send my wife copies of *Preparing for Maternity* and the *Brady Baby Book*.  
— EM 3/6 U. S. Naval Hosp.

**Answers**—The booklets are free to any service man's wife, 10 cents each to others. Inclose stamped envelope bearing the address to which they are to be mailed.

**Irritated, Dry, Itchy Eyelids**  
Physicians and a specialist call it xerema of eyelids due to allergy... seven months now. (Mrs. P. C.)  
Answer—Unquestioned cause of such a condition in some instances is mild arsenic poisoning from exposure to arsenic sprays or from ingesting arsenic residues on greens, fruit. Another cause sometimes overlooked is xeroderma (vitamin B). deficiency from too little cheese milk, greens in diet. (Copyright, 1945, by John F. Dille Co.)

# Employment and Education

Postwar Work Depends Upon National Income

By Roger Babson  
Babson Park, Florida, Feb. 2 (Special Correspondence)—Postwar full employment depends upon keeping the national income up to \$120 billions or more. This compares with a prewar figure of \$80 billions. Some increase!

**Preventing Unemployment**  
Three times in the past, the U. S. was up against a similar problem. (1) In 1845-8, following the Mexican War, there would have been a revolution in the U. S. except for the acquisition from Mexico of Texas and seven other states. (2) In 1874-9, following the Civil War, there would have been economic chaos except for the development of the railroads. (3) In 1919-23, following World War I, there again would have been an economic collapse had not the "horseless carriage" saved the day.

To jack up national income 50% and prevent unemployment, some new great industry must be born, or some radical change must take place in education. I believe that—following World War II—some revolutionary change will take place in our system which now "Educates" 30,000,000 people and spends billions of dollars annually.

Hence, I repeat that postwar employment depends upon our school committees.

**Memories Vs. Brains**  
Here is my forecast: First, schools will give less attention to memory work and more to brain development. Such memory work, as is given, should be concentrated on spelling, arithmetic tables and vocabularies which knowledge will help students get and hold jobs. Second, schools will give much more attention to training students to think and solve original problems—work which they dislike to do.

The above two changes would mean that students will take home more problems to work out, but fewer textbooks to read. The present craze of lugging home a mass of textbooks, each day, results in less thinking. Encyclopedias and reference books can displace memories; but nothing can take the place of brains. Employers can install machines to do every thing but THINK. Hence, students should be taught to pioneer and create jobs, rather than to memorize and hunt jobs.

**Need of Good Habits**  
The third important change will be in helping students develop good habits and self-control. The student should be taught to discipline and govern his own will, worry, anger, fear, etc. Upon these emotional traits, his health, happiness and economic value largely depend. Students will frankly be told that body, mind and soul are one; that work in the small laboratories of their private individual lives is more important than work in the large laboratories of schools and colleges.

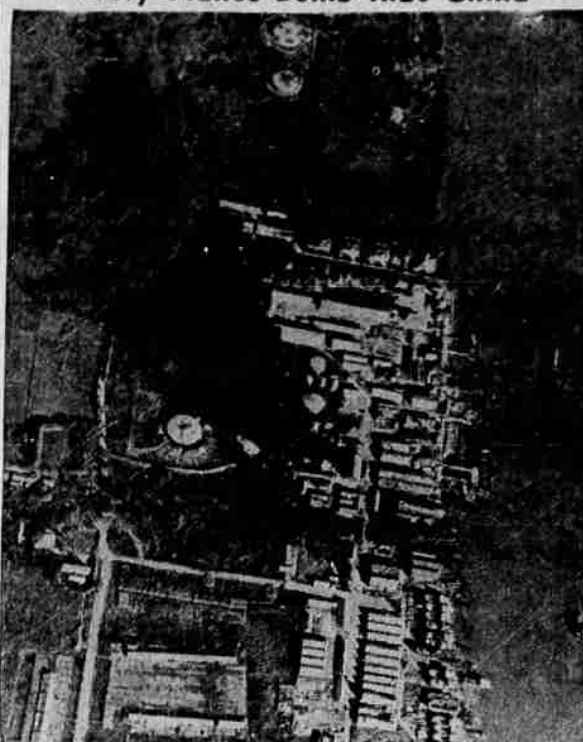
School committees will realize that the student's greatest need is for self-discipline, so necessary to co-ordinate body, mind and spirit. Our present school system worked fairly well before the days of mass production and modern conveniences; but if continued along present lines will result in much postwar unemployment. The present universal



**WASN'T EXPENDABLE**—Allies mourn loss of Lt. Gen. Sir Herbert Lumsden of the British Army, who was killed by enemy air action on Jan. 6, while he was standing on the bridge of a U. S. warship in Pacific waters. He was a brilliant general.

**GET UP IN THE MORNING FEELING LIKE \$1,000,000**  
Thousands of men and women have found that time-tested Stuart Tablets bring quick, happy relief to sleep-robbing symptoms of acid indigestion, gasiness, and upset stomach. Taste delicious, easy to take—no mixing, no bottle. Try them—have a good night's sleep and wake up in the morning feeling like a \$1,000,000. Get genuine Stuart Tablets at your drugist—only 25c, 50c, or \$1.25 under money-back guarantee.

# Navy Planes Bomb Indo-China



(Acme Telephoto)  
Black plumes of smoke rise from this Japanese oil storage tank at Saigon, French Indo-China, bombed by Navy carrier-based planes during fleet's first intrusion into China Sea in three years. U. S. Navy photo.

fear of unemployment and the increasing demand for "security legislation" clearly indicate the present lack of a pioneering and independent character.

**Spiritual Energy**  
Unfortunately school committees are mistaking material wealth, in terms of dollars, for human progress, in terms of usefulness. Christian philosophy, biology and psychology, as they relate to each student, are very important. The development of this spiritual field, following World War II, can be as effective in preventing postwar unemployment as was the Louisiana Purchase following the Mexican War, the building of the railroads following the Civil War and the automobile industry following World War I. Certainly, it can be shown that acquiring self-mastery to use one's energy constructively is in the self-interest of every student. This is the religious awakening for the need of which the world is today suffering. True intelligence needs spiritual energy, kindly feelings, insight and imagination. Find out the one thing in which each student is most interested. When this is discovered, it is easily possible to convince him of the necessity of self-mastery. By so revising the educational program, school committees can both best serve the students' and the nation's future welfare.

Hollywood, CBS.  
8:15 p. m.—Fulton Lewis, Jr., MBS News, BN.  
8:30 p. m.—People Are Funny, NBC.  
That Drowsy Boy CBS Double or Nothing, MBS. Spotlight Bands, BN.  
7:00 p. m.—Amos and Andy, NBC.  
Durante and Moore, CBS. Dale Carnegie, MBS.  
7:15 p. m.—Lowell Thomas, MBS News, BN.  
8:30 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; Tom Brennehan, BN; News, MBS; Aldrich Family, CBS.  
9:30 p. m.—Adventures of Thin Man, CBS.  
10:00 p. m.—News, NBC.  
10:30 p. m.—Orchestra, NBC.  
11:00 p. m.—Del Castillo, Organist, CBS; Orchi, NBC.

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, CBS.  
5:45 p. m.—News, CBS; Elmer Peterson, BN.  
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, NBC.  
8 p. m.—Early American Music, BN; America in the Air, CBS; Truth or Consequences, NBC; Chicago Theater of the Air, MBS.  
8:30 p. m.—Gallant 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 Leave 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.

Use Mail Tribune Want Ads

## On the Radio Chain

Chain affiliation and where they are on the dial:  
KALR (CBS) 1330, Portland.  
KEX (NBC-Blue) 1190, Portland.  
KJIA (NBC-Blue and MBS) 1310, Spokane.  
KGO (NBC-Blue) 810, San Francisco.  
KGW (NBC-Red) 620, Portland.  
KJR (NBC-Blue) 1900, Seattle.  
KXN (CBS) 1070, Los Angeles.  
KOA (NBC-Red) 830, Denver.  
KOLN (CBS) 970, Portland.  
KOMO (NBC-Red) 950, Seattle.  
KPD (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; Nan Named Jordan, 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 Heister, MBS; Ona Munson in, BN.

**HEAR BARBARA MARSHALL ON THE KC Jamboree**  
STARRING CORNELIUS BRADLEY  
**KMED SATURDAYS 8 A.M.**

**THE CANTINEEN LUNCH ROOM REOPENS FEBRUARY 3rd**  
The delicious Home Made Chili and Soup..... 15c  
Try our Meatyburgers, the best sandwich in Medford 15c  
Hot Dogs 15c  
Fountain—Candy and Sometimes Cigarettes  
414 E. Main St.  
NEXT DOOR ROXY THEATRE

**DIFFICULT DECISIONS** By GLUYAS WILLIAMS  
SIX MONTHS AT A REMOTE POINT IN THE NEIGHBORHOOD SNOWBALL BATTLE, WITH STRICT ORDERS NOT TO LEAVE YOUR POST, YOU HEAR THE SOUND OF FIRE ENGINES NEARBY AND REALIZE IT'S AN EVEN CHANCE THAT THE ARMY MAY HAVE CALLED OFF THE WAR IN ORDER TO GO AND WATCH

**EAST IS WEST**  
Indianapolis, Ind.—(UP)—Passengers often get on the wrong streetcars and go the wrong way, but seldom do we hear of the streetcars going the wrong way. However, it happened here recently when a female "Wrong Way Corrigan"—and right in the rush hour—went west instead of east, and had to go clear to the car barn and begin over again. On her next run, the male passengers were heard to chorus, "No, no, don't turn here."

**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

**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

**CIGARETTES**  
GET THEIR NAME FROM THE GRASSHOPPER. SPANISH "CIGARRA" FOR "GRASSHOPPER"... 705-C-CO HAD A GARDEN IN GARDENS CALLED "CIGARRAS". OR "WHERE THE GRASSHOPPER SINGS!"

**FALSE ALARM BATTLE!**  
BECAUSE OF A MISTAKE, ADMIRAL DENY THOUGHT HE HAD LOST THE BATTLE OF MANILA. AFTER TWO HOURS OF FIGHTING HE HAD TO TURN LEFT—AND HE WAS TOO LAZY TO TURN BACK! AFTER WITHDRAWING DENY THOUGHT THERE WAS ANOTHER BATTLE. HE TURNED BACK AND SHORTLY AFTERWARDS THE SPANISH GAVE UP.

**ENGLAND'S KING EDWARD VII WAS OFFICIALLY A MATE.**  
BREWSTER—AND I'D HAD A LUG MAKING BEER.

**TOMORROW—FORCED TO LEAVE FROM A FORCED LANDING!**

# BARNEY GOOGLE and SNUFFY SMITH

**WHERE'S TH' CAPTAIN, YARD BIRD? I THOUGHT HE WUZ HAVIN' A CONFLAB WITH YOU IN TH' BRIG**

**HE WUZ TILL I STALKED OUT AN' SLAMMED TH' DOOR AHN'T ME**

**IT'LL LARN TH' OL' BLUBBER TUB TO GIT GAT WIF TH' NEWUNITED STATES ARMY!**

**WHY, BABY! MY PET! YOU'RE CRYING! WHERE'S BUZ?**

**GONE! GONE! HE—HE SAID I WAS COLD! HE SAID I WANTED A GLORIFIED BRIDGE PARTNER, NOT A HUSBAND.**

**SO THAT'S THE WAY IT IS, MOM. I'M NOT MARRYING TIT WINTER NOW, OR AT ANY OTHER TIME.**

**YOUR FATHER AND I HAVEN'T WISHED TO INFLUENCE YOU IN ANY WAY, BUZ.**

**WE FEEL THAT YOU MUST LIVE YOUR OWN LIFE. YOU'VE MADE YOUR DECISION, SON, AND I THINK IT A WISE ONE. I'M GLAD, AND I'M PROUD THAT YOU HAVEN'T ALLOWED THE WINTER'S GLITTER TO BLIND YOU.**

**BLONDIE**

**I'LL FLIP A COIN! HEADS, I CARRY IN THE LOGS... TAILS, I TAKE A NAP**

**HEADS! I CARRY IN THE LOGS**

**OR NOW WAIT A MINUTE... WAS IT TAILS, I CARRY IN THE LOGS?**

**I'M SURE IT WAS TAILS, I CARRY IN THE LOGS**

**IT'S BEING DONE!—AND WE CAN BE SURE IT WILL BE A THOROUGH JOB! HE IS THE TOP IN HIS (NEW) PROFESSION!**

**TO THINK THAT WE THREE—THE MOST HIGHLY RESPECTED GASOLINE MAGNATES IN THE WORLD—SHOULD BE FORCED TO HIRE A PROFESSIONAL KILLER TO PROTECT OUR INTERESTS!**

**IT'S COMIN' TO !!!**

**I'LL QUIT IT DOWN BEFORE I GIVES IT DE WORKS IF THEY DON'T SCREAM SO LOUD WHEN THEY'RE UNCONSCIOUS—**

**—NOT FAR AWAY—**

**AH JEST REMEMBERED WHO SMOKES THET PENNOYAR TYPE O' T-BACCY!! MAMMY!!!**

**THEN SHE'S TH' (GULP!) ONE IN THET S-SOUND PROOF ROOM—**

**THE NEBBS**

**I'M SORRY MISS WEEDY I CAN'T COME TO TEA BUT THANKS ANY WAY**

**THINGS SEEM TO BE GOING OKAY SA SLUGGER?**

**THEY'RE PRETTY GOOD BUT MOST OF MY CUSTOMERS ARE WOMEN**

**IT'S YOUR HE-MAN APPEAL**

**WAST WEEK "NO TOLD"**

**THAT'S WHAT THEY TELL ME**

**DON'T OVERLOOK THE SOCIAL ANGLE, IT'S GOOD FOR BUSINESS**

**WAST HAVE YOU TO LOSE**

**MAYBE IT IS—BUT THE LADIES DON'T INTEREST ME—ANY SLUGGER MIGHTN'T YOU SURPRISE ME**

**—BY HERE—**

**EXCUSE ME JIMMY BUTTHERE**

**DO YOU KNOW?**

That you can have winter long cooling system protection by using an alcohol base antifreeze with a General Motors overflow Return Tank. This tank, used by U. S. Army, prevents evaporation of anti-freeze.

**ROGUE RIVER CHEVROLET**

**Crossword Puzzle**

ACROSS  
1—Davenport  
2—By word of mouth  
3—Wine cup  
4—Egg-shaped ending  
5—Dumplings  
6—Jump  
7—Try  
8—Command  
9—Fiscal estate  
10—Belief  
11—Buddhist temple  
12—Green god of war  
13—A State (abbr.)  
14—Trish Free State  
15—Status  
16—Golf mound (abbr.)  
17—Forethought

DOWN  
1—Weep  
2—Egg  
3—Sounds of trumpet  
4—Turkish regiment  
5—Correlative of either  
6—Liquor  
7—Arab cloth  
8—Period of fasting  
9—Capital of Guam  
10—Spoon  
11—Encourage  
12—Meatless  
13—Take out  
14—Day of week  
15—A month (abbr.)  
16—Come out  
17—Olive oil  
18—Kind of fabric  
19—Come out  
20—A State (abbr.)  
21—Fashion  
22—Printer's measure  
23—Enrich  
24—Bird of prey  
25—A color  
26—Quarrel  
27—Glory  
28—The crust  
29—Unsettled wanderer  
30—Recent  
31—Burmeses tribe  
32—Prefix: half  
33—A State (abbr.)  
34—Symbol for thorium

**BUZ SAWYER**

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