

Your Health and Its Care

By DR. WILLIAM BRADY, M.D.

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THE NEIGHBORS

Dear Dr. Brady: I have never minded the cold and cannot remember ever having bundled up as most people do, since I was 12 years old. After my baby was born I wanted to take him out every day, and I did unless something prevented (never the weather). I've often taken him out in rain storms and snow storms and he loves it, but the neighbors, God bless them, for of course they do mean well, told me I am crazy to expose my baby like that and that I should think of myself anyway. But when I look at myself in a mirror and then at my fine healthy boy I'm glad I'm crazy. I believe we are healthier specimens than they could hope to be. I want to thank you for your fine teachings. My baby will be 23 months old Jan. 26. It is too bad more people cannot realize how beneficial open air and daylight are, even if the sun isn't shining as brightly as one could wish. (Mrs. S.E.W.)

Well, Ma'am, I can mention scores of reasons why people cannot realize that, among them, to take recent examples, the health officer of Los Angeles, the Metropolitan Life Insurance company, Dr. Chester W. Kurtz, associate professor of clinical medicine at the University of Wisconsin, Dr. E. R. Krumbiegel, Milwaukee health commissioner—I mention these reasons not because they happen to be the most than the conventional teachings of such "authorities," but because they happen to be the most recent items in my scrapbook. These "authorities" spout their hackneyed advice year after year with little or no change from 1900 to 1945 so far as I can see. They conceal their ignorance behind such meaningless and undefined terms as

"chilling," "drafts," "lowered resistance" and "the common cold." I say these terms are meaningless and undefined—I challenge these "authorities" or any medical or health authority to define precisely what he means when he uses any of these terms. Any one who seriously believes illness is caused by chilling, draft, dampness, exposure, sudden change, insufficient clothing and all that sort of thing, necessarily bases his belief wholly upon theory, fancy or speculation and arbitrarily rejects all experience. Coddled fire-side experts conjure up alarming pictures of what they think may happen to Uncle Phineas if he walks from his office to his club on a damp day without his rubbers on and brush aside as trivial and insignificant the experience of soldiers, hunters, sailors, woodsmen, surveyors, arctic explorers, men who know what exposure means, but also know that save frostbite or freezing no illness of any kind follows it.

QUESTIONS AND ANSWERS

Dry Eyes
Our 2-year-old daughter never has tears in her eyes when she cries. I have never seen tears in her eyes since she was born. Could this have any serious significance?

(Mrs. L. R. M.)

Answer—Without more knowledge of the child's nutritional state I can suggest only that vitamin A deficiency might cause such dry eyes (xerophthalmia). If the child's diet does not consist mainly of milk with cream, butter fat she may have vitamin A deficiency. Yolk of egg, beef or calf liver, are other foods high in vitamin A value. It might do no harm anyway to give her either a teaspoonful of fish liver oil daily or a 25,000-unit capsule of vitamin A daily to supplement her diet, for a few weeks and see.

Coronary Occlusion and Thrombosis
In your article on Exercise and Heart Disease you referred to coronary occlusion and coronary thrombosis. What is the difference between these two—I thought they were the same thing? (D. B. A.)

Answer—Thrombosis is formation of clot in the coronary artery beyond the point of narrowing, constriction or occlusion. Practically coronary occlusion is the same as coronary thrombosis, although occlusion may occur in a branch of the coronary artery without evidence of thrombosis following. This is as far, perhaps too far to go in trying to explain the pathology of heart disease to the non-medical reader. You may get some practical help from the booklet, "CVD"—for copy send ten cents and stamped self-addressed envelope.

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HAGGARD EXHIBITS HM STRETCHER IN EASTERN CENTERS

Following two weeks spent in eastern cities where he demonstrated the unique H-M folding stretcher manufactured in Medford, C. C. Haggard returned home Saturday night by plane. Haggard interviewed firms and agency representatives in Chicago, Pittsburgh, New York City and Washington, D. C. Demonstrations of the new type stretcher were well received by representatives of the army, navy, British legations and National Safety Council. Haggard states, as well as representatives of the bureau of Mines, national forest service, departments of agriculture and labor, Red Cross, National Boy Scouts, national ski rescue patrol system and other organizations and agencies.

Arranged by C. C. Haggard, the trip, made at the request of an army officer interested in the new stretcher, were made by the Jackson County Chamber of Commerce and conference schedules in Washington were arranged by Congressman Harris Ellsworth. The co-operation of the local group and Congressman Ellsworth aided a great deal in promoting acceptance of the stretcher and because of the interest shown by these agencies and organizations, one of the largest national distributors of first aid equipment has entered into negotiations with Mr. Haggard and John B. Meehan, co-designers and manufacturers, for distribution rights, Haggard states.

The entire trip was made by air on a priority secured through an interested army officer. Of interest locally is the news that one of the new stretchers was used last week to transport a victim of infantile paralysis to a Portland isolation hospital. A report from the child's family was to the effect that the patient made the entire trip in comfort and safety in the family car, the stretcher being designed to fit into an ordinary automobile.

On the Radio Chain

STATIONS:
Chain affiliation and where they are:
KALE (CBS) 1230, Portland.
KEX (NBC-Bios) 1190, Portland.
KGA (NBC-Bios and MBS) 1310, Spokane.
KJW (NBC-Bios) 1190, San Francisco.
KOW (NBC-Med) 620, Portland.
KJW (NBC-Bios) 1240, Seattle.
KJW (NBC-Bios) 1210, Los Angeles.
KJA (NBC-Red) 530, Denver.
KGIN (CBS) 970, Portland.
KJW (NBC-Red) 830, Seattle.
KFO (NBC-Red) 680, San Francisco.
KSL (CBS) 1160, Salt Lake City.

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 Planes, NBC; Adventures of Tom Mix, MBS.
5:45 p. m.—Capt. Midnight, BN; Night News, MBS; News, CBS; Gabriel Heatter, MBS; Inner Sanctum, CBS.
6:15 p. m.—Jimmy Fidler, NBC; Supper Music, 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.—Johnny Thomsas, MBS; Andy Russell Show, BN.
7:30 p. m.—Blindfolded NBC; Red Rides, MBS; One Man's Family, BN.
8:00 p. m.—Mercer's Music Show, NBC; Jack Kirkwood Show, CBS; Supper Club, NBC; Ted Malone, BN.
8:15 p. m.—Fleetwood Lawton, NBC; Music, CBS.
8:30 p. m.—Johnny Presents, NBC; Theater of Romance, CBS; Allan Young Show, BN.
9:00 p. m.—Everything for Boys, NBC; Big Town, CBS; Gracie Fields, BN; Glen Hardy News, MBS.
9:30 p. m.—Lone Miller, MBS.
10:00 p. m.—Roy Rogers, MBS; and News, NBC; Carlson and News, 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; Man Named Jordan, CBS; News, MBS.
5:15 p. m.—Dick Tracy, BN; Superman, MBS.
5:30 p. m.—Jack Armstrong, BN; Harry Planes, NBC; CBS; Adventures of Tom Mix, MBS; News, NBC.
5:45 p. m.—Eimer Peterson, NBC; Night News, 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; CBS; Adventures of Tom Mix, MBS; Which is Which, CBS; Claco Kid, MBS.
7:00 p. m.—Kay Kyser's Music College, NBC; Great Moments in Music, CBS; Summer Welles, MBS.
7:15 p. m.—Lowell Thomas, MBS; NBC; Great Moments in Music, CBS; Let Yourself Go, CBS.
7:30 p. m.—Supper Club, NBC; Jack Kirkwood Show, CBS; Main Line, MBS; Ted Malone, BN.
8:15 p. m.—Fleetwood Lawton, NBC; Light and Amber, BN; Music That Satisfies, CBS.
8:30 p. m.—Carlton and Cheer, NBC; Country, BN; Dr. Christian, CBS; Bulldog Drummond, MBS.
9:00 p. m.—Mr. and Mrs. North, NBC; Dan Gurnon, CBS; News, MBS.
9:30 p. m.—Fulton Lewis, Jr., MBS; Who's Dancing, NBC; Carlson and News, BN.
10:00 p. m.—Gene Krupa, Orh. CBS; News, MBS; Club, BN.
11:00 p. m.—Milton Charles, Organist, CBS; News, BN.

CHINESE TROOPS CAPTURE ICHANG

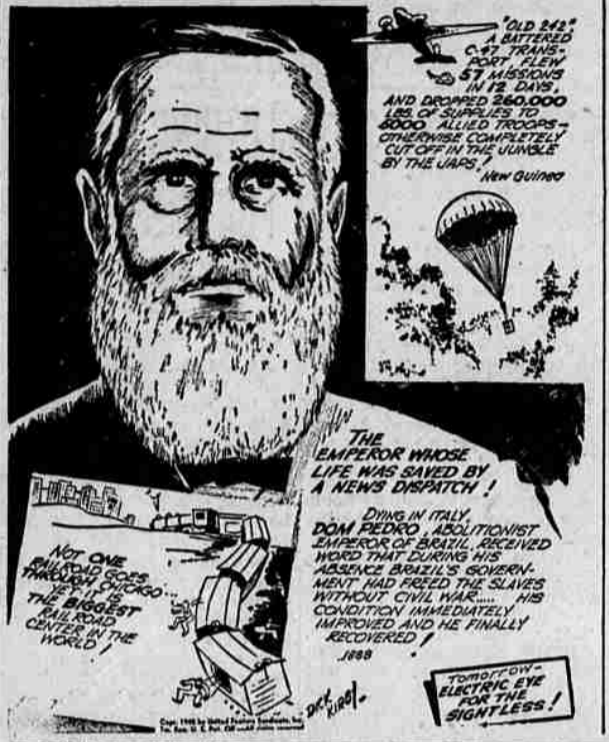
Chinese troops have captured a key enemy position four miles east of Ichang, in southern Hunan province on the Canton-

Hankow railway, a communiqué said today. The Chinese also repulsed a number of Japanese attacks in the mountains between Ichang and Pingshek. In Kwangtung province, to the east, the Japanese were revealed to have reached the area south of the airbase town of Namyung, 150 miles northeast of Canton, where they were engaged by Chinese troops.

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STRANGE AS IT SEEMS By ERNEST HIX



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Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

ACROSS
1—Supreme Being
4—Mate suitable for use
8—Man's name
13—Literary ascription
15—Large stream
16—Plant
17—Writing implement
18—Thin paper
19—Shower
21—Exclamation of surprise
22—Neutral color
23—Idle talk
27—Russian inland sea
31—Built into heavily
32—Make laws for country
34—Prof's away
35—Oriental coin
36—Cape in mountains
37—Upon
38—One skilled in food values
41—Marginal
42—Shade tree
44—Ripens
45—What was that?
47—Lowest part of a ship
48—Breath of life
49—Dried grape
57—Equality between nominal and actual value
58—Indian weights
59—Land measure
62—Fur piece
63—Soak

DOWN
1—Empty space
2—Unit
3—Daniel
4—Operatic solo
5—Industry
6—Avenue (abbr.)
7—Pondie
8—Group of three
9—Beast of burden
10—French coin
11—Wonder
12—Weep
13—Must
14—Old horse
15—Slope
16—Swift
17—Part of "to be"
18—Having two chambers
19—Sun god
20—Make up for
23—Imbue
24—Hawaiian wreath
25—Irrigate
26—Beef animal
29—For example (abbr.)
40—Kind
41—Silver (symbol)
42—Unit of alcohol
43—Strike
44—Comfort
45—Mineral spring
50—Dance step
51—Irrigate
53—Child
54—Out
55—Anger
56—Share
58—Behind!

Ernie Pyle on New Beat



(Acme Telephoto) Ernie Pyle (left), famous Scripps-Howard war correspondent, who recently left battlefields of Europe to cover the Pacific war theater, gets acquainted with two types of Devil Dogs—"Jeep," a scout and security patrol Doberman Pinscher, and a regular Marine guard watch near command post of Third Marine Division somewhere in the Pacific. Marine Corps photo.

DISOBEDIENT G. I. ORDERED HANGED

Camp Roberts, Calif., Feb. 6 (U.P.)—Pvt. Henry Weber, 26-year-old Vancouver, Wash., soldier stationed at Camp Roberts, was being held at the camp guard-house today pending final review of a general court martial sentence ordering him hanged for violation of the 64th Article of War. According to Capt. John Johnson, camp public relations officer, the 64th article of war includes assaulting or willfully disobeying a superior officer. Weber is said to have refused to drill with his squad on orders of a Capt. Carl Wooten.

Washington, Feb. 6 (U.P.)—Sen. Burton K. Wheeler, D., Mont., today demanded that the senate military affairs committee investigate conditions under which an enlisted man in a California army camp was sentenced to death for refusing to drill. Wheeler protested that if men were to be shot for refusal to drill he would urge the same punishment for "16,000 to 18,000 Canadians who, I understand, throw away their weapons."

VETS' CARE COST IN FAST SPIRAL

Washington, Feb. 6 (U.P.)—The rapidly soaring cost of caring for American war veterans was illustrated vividly today when the house appropriations committee recommended \$2,707,119,250 for the veterans administration during the 1946 fiscal year—an increase of 113 per cent over current expenditures. The veterans administration was one of a score of federal agencies for which the committee voted a grand total of \$3,218,808,497 in the independent offices bill for 1946. The overall figure was \$76,261,221 below the administration's requests and \$5,321,043,577 less than the same agencies received for the current fiscal year which ends June 30.

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SENATE VOTE ON ELLIOTT DELAYED

Washington, Feb. 6 (U.P.)—The senate today postponed for one week a vote on the nomination of Col. Elliott Roosevelt to become a brigadier general when Republicans demanded more time to consider the promotion of the president's second son. The delay was voted unanimously on motion of Senate Majority Leader Alben W. Barkley

DANCER IS MOTHER

Hollywood, Feb. 6 (U.P.)—Eleanor Powell, movie dancing star and wife of Actor Glenn Ford, gave birth to an eight-pound 14½-ounce son early this morning at Cedars of Lebanon hospital, Ford, who recently received an honorable discharge from the marine corps, is under contract at Columbia studios.

DIFFICULT DECISIONS



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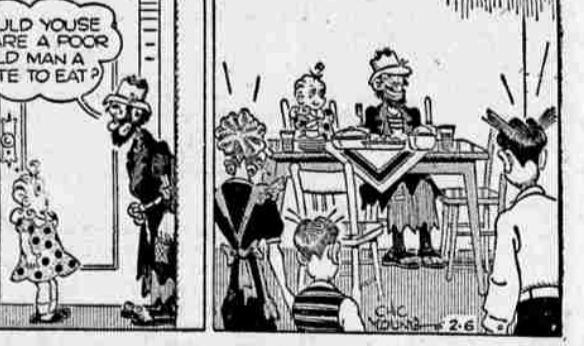
U-TL ABNER



SEAMAN GOOGLER SAID THAT



WHY, MOTHER!



THE NEBBS



AH IS REACHIN' TH' END O' TH' TRAIL!!!



IF IT WILL HELP YOU CAN POUR YOUR TROUBLES INTO MY SYMPATHETIC EAR, SLUGGER

