Your Health and Its Care

By DR. WILLIAM BRADY, M. D.

Readers should address inquiries to: Dr. William Brady 285 El Camino, Beverly Hills, Calif.

IF THE HOME IS F IT FOR THE BABY

Kindly suggest a few doctors and hospitals who will not refuse to admit the husband and the rest of the family to the delivery room. (Mrs. H.F.J.)

Dr. Brady

What, only the family? shouldn't we have the neighbors and the members of the bridge club on hand too?

Right now I don't know of a doctor who is willing to have the husband present during delivery. As for hospitals, all I know is what I have said here repeatedly—they will try to exclude the husband from the delivery room as long as they can get away with it, because they naturally prefer to keep the public ignorant of what sometimes happens in the delivery room — I mean the frightful breaches of surgical asepsis.

But I can recommend one fine place to have a baby, Ma'am, a place where your husband may remain at your side, where a real man should be, without any permission from anybody. That is your own home.

If the home is fit for a baby it is the very best place to have a baby, in my judgment. Of course the doctor attending confinement in the home may have to give more of his time to the case than he would in the hospital—for in the hospital, if the patient isn't too exacting, he can leave a good deal to nurses or intern. So his fee may be larger for attending home confinement. However, in my opinion, no hospital is quite as safe for mother and child as is the home of the average American family. I hope readers will not bombard me with arguments in favor of getting away from home to have a baby—we are not concerned here with the care of the other children in the family and all that.

I contend there is too much hifalutin hokum and fancywork attached to having a baby today. The brass "specialists" have moved in and taken over the business. If the term "brass specialists" puzzles you, let me define it. A "brass specialist" is a doctor who constitutes himself a specialist as soon as he gets his license to practice—and probably you do not know that a license to practice medicine and surgery qualifies a doctor, so far as the law is concerned, to hold himself out as a specialist in whatever branch he chooses to practice. Real specialists attained that reputation through years of general practice and gradual development of special aptitude or skill—and they depended on their medical colleagues to refer unusual cases to them for special advice or treatment or to call upon them for consultation in difficult cases. There are few real specialists left.

QUESTIONS AND ANSWERS

Craving for Carbohydrate

I crave laundry starch and I want to stop eating it because I believe it is a bad habit. What causes a person to crave starch . . .? (Mrs. T. S.)

I can't find the bread and cake substitutes you suggest in "Rules for Reducing" . . . (H. A. H.)

Age 34 height 5' 2", weight 117 lbs., I get panicky if I try to deprive myself of candies, sweet cookies, cakes and sweetened carbonated beverage, although I know if I continue to indulge in such "cheat food" my health will suffer. (Miss E. F. C.)

Answer—I believe the craving for excessive quantities or proportions of refined carbohydrate (starch, sugar) is due chiefly to defiiency of vitamin B complex in the refined diet. Food stores, especially those purporting to supply "health" foods, should have the non-carbohydrate or low carbohydrate bread and cake substitutes. You should study "Rules for Reducing" (for copy send 25 cents and stamped envelope bearing your address and "Climate Makes the Man," by Clarence A. Mills, M. D., (Harper & Bros.) which should be available in your public library.

Arthritis

Have you a pamphlet on arthritis and neuritis? If so I'll be grateful for a copy in the stamped addressed envelope inclosed. (O. H. A.)

Answer—Pamphlet on Arthritis is on the way. I have nothing about neuritis—that is too vague or general to attempt to discuss as a definite ailment.

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VOLUNTEER NURSE AIDE TRAINING IS GIVEN EACH WEEK

Due to the large response from women interested in Red Cross Volunteer Nurses' Aide training classes, two classes are now being conducted it was stated today. Both are night classes and are held three nights each week in Sacred Heart and Community Hospitals.

Both housewives and business women are enrolled and are showing unusual interest and enthusiasm in the course, it is reported.

Nurses aides are needed more and more to assist in hospitals during the war emergency, it is stated, since more registered nurses are being called into army and navy service. "Medford is very fortunate in having such a generous response from public spirited women who, despite their ardurous home and business duties, still find time to devote to nurses' aide service in our hospitals and clinics" according to Mrs. Don Newberry, chairman of the aide corps for the local chapter.

Aides Certified

Since 1941 a loyal group of aide graduates has pioneered in this service in the valley, Mrs. Newbury states, giving hundreds of hours of valuable help. In Medford and Ashland this has amounted to 16,042 hours. Fifty-two nurses aides have been certified through the Red Cross here and, including the 25 recent enrollees, 99 women have enrolled since 1941.

Women in the current classes will graduate in unit one early in March, the chairman reports, and will complete their unit two practice work as rapidly as possible in order to become graduate aides and be ready to serve.

Enrolled in Community Hospital, under the instruction of Miss Betsy Rolland, R. N., are Miss Joan Aya and the Mesdames Roy J. Miles, A. Port Early, G. F Schneider, William J. Naumes, Charles W. Crary, Paul Bauer, Caryl G. Van Valzah, Robert Schenck, David Kreer, Robert Herriott, Orval Hayes and Ralph E. Gillmore.

Enrolled in Sacred Heart Hospital, under the instructions of Sister Joseph Amable, R. N., are Miss Dorothy Fasel, Miss Audrey Wentworth, Miss Betty Latham, Miss Florence Holmes and the Mesdames Ray Pursel, Paul R. Van Dyke, Hubert Beer, Dale Allen Roper, David E. Osborn, James Gould, Edward Cacheilin and Donald Wilson.

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

Thursday

5:00 p. m.—Sam Hayes and the News, MBS; OK for Release, NBC; Terry and the Pirates, BN; Man Named Jordan, CBS.
5:15 p. m.—Dick Tracy, BN; Superman MBS; Betty and Bob, NBC.
5:30 p. m.—Jack Armstrong, BN; Harry Flannery, News, CBS; Tom Mix, MBS; News, NBC.
5:45 p. m.—Captain Midnight, BN; Elmer Peterson, NBC; Night News Wire, MBS; News, CBS.
6:00 p. m.—Music Hall, NBC; Major Bowes, CBS; Gabriel Heatter, MBS; News, BN.
6:15 p. m.—Supper Music, BN.
6:30 p. m.—Bob Burns NBC; Spotlight Bands BN; Corliss Archer CBS; Treasure Hour of Song, MBS.
7:00 p. m. Speech by Gov. Thomas E. Dewey, NBC; Fred Waring Orch, BN, First Line, CBS.
7:15 p. m.—Lowell Thomas, MBS.
7:30 p. m.—March of Time, BN; Red Ryder, MBS; Rudy Vallee, NBC; Here's to Romance, CBS.
8:00 p. m.—Supper Club, NBC; Jack Kirkwood Show, CBS; Sammy Kaye, MBS.
8:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music That Satisfies, CBS.
8:30 p. m.—Coffee Time, NBC; Death Valley Sheriff, CBS; America's Town Meeting of the Air, BN.
9:00 p. m.—News, MBS; Dinah Shore, NBC; Ellery Queen, CBS.
9:15 p. m.—Rex Miller, MBS.
9:30 p. m. — The Saint, NBC.
10:00 p. m.—News Reporter, NBC; News, BN.
10:15 p. m.—Sport Program, BN.
10:30 p. m.—Gene Krupa Orch. CBS Fenneman's Nite Club BN; Sweetheart Swingtime, NBC.
11:00 p. m.—News, BN.

Friday

5:00 p. m.—Terry and Pirates BN OK for Release, NBC; Sam Hayes News, MBS; Man Named Jordon, 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.
6:15 p. m.—News, BN.
6:30 p. m.—People Are Funny, NBC; Blue Brewster Boy CBS Double or Nothing MBS Spotlight Bands BN
7:00 p. m.—Amos Andy NBC; Durante and Moore, CBS; Music, 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; Tom Brenenean, 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; Orchestra, CBS.
11:00 p. m.—Del Castillo, Organist, CBS; Orch., NBC.

GEORGE ACT DUE FOR HOUSE FUSS

Washington, Feb. 8 — (U.P.) — The George bill—vehicle for the congressional conflict over the cabinet nomination of Henry A. Wallace—was headed today for a fight in the house rules committee.

Chairman Adolph J. Sabath, D., Ill., said the committee probably would meet tomorrow to give the measure a go-ahead. Although Democratic leaders have been pushing for speedy approval of the bill with no basic changes, they did not plan to bring it before the house until next Wednesday.

The bill, passed by the senate last week in a move to clear the way for Wallace's nomination as secretary of commerce, would remove the federal loan agency, including the Reconstruction Finance Corp. from the commerce department.

Chicago, Feb. 8 — (U.P.) — Efforts toward world peace will fail unless the United Nations stop "treating the peoples of the world as little children" and give them freedom of news, John S. Knight, publisher of the Chicago Daily News and other newspapers, told the Chicago Bar Association last night.

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STRANGE AS IT SEEMS By ERNEST HIX

Crossword Puzzle

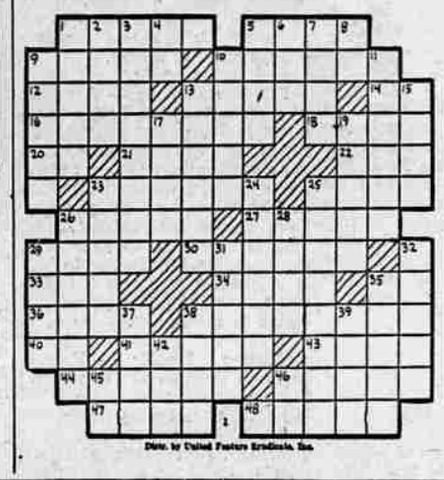
ANSWER TO PREVIOUS PUZZLE

ACROSS

1—Plate-shaped objects
8—Man (L.)
9—Division of poem
10—Coaches
12—Staple Chinese food
13—Spanish title
14—Thorium (symb.)
15—Passing away
16—Measure of land
20—Suffix denoting tens
21—Fastens
22—Steal
23—English bird
25—Went on horse
26—Paint color
27—Solitary
29—Bell like instrument
30—Branching
33—In debt to
34—Persian elf
35—Goddess of Dawn
36—Tear
38—Military storehouses
40—Hesitant expression
41—Moon's path
43—Gaelic
44—Man's name
45—On the move
47—Dispatched
48—Piece of armor

DOWN

1—Each day
2—Peruvian Indian
3—Pacing
4—Prefix: with
5—Suspended
6—Ear (comb. form
7—Moss used for stuffing
8—Correlative of either
9—Island in Mediterranean
10—Rigid
11—Walked with big strides
12—One who does wrong
15—Goddess of Youth
17—Carol
18—Ugly woman
22—Cloth made from flax
24—Least exciting
25—Redness
26—High parts of castles
28—Knowledge
29—Blood
31—Spring month
32—Problem
33—Girl's name
37—Weighty book
38—Encourage
39—Schemes
42—Go swiftly
45—Because
46—Hawaiian lava



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THE NEBBS

FURTHER CUT IN CIVILIAN GAS TO MEET ARMY NEED

Washington, Feb. 8 — (U.P.) — Substantial increases in military demands for gasoline, fuel oil and other petroleum products may necessitate further cuts in the civilian ration of those products, the petroleum administration for war warned today.

Even without a larger military take, however, PAW said the end of the war in Europe probably will not bring relief for users of fuel oil.

"Already most of such oil diverted to the military is used in Pacific fighting," the PAW said, "and when the war in Europe ends, the forces consuming it in that theater may be shifted to the Pacific."

Petroleum saved by rationing has been "by no means" sufficient to meet military demands and the armed forces have not only taken all saved in this way but also every additional barrel which has been produced, PAW said.

"If the military demands increase further in substantial amount, it may be necessary to reduce the quantities made available for civilian use," PAW said.

Furthermore, there is no guarantee that there will be sufficient supplies to meet the present rationed demand, it said. PAW added, however, that it is "going to try to maintain the current civilian supply" and unless the military take goes up sharply it "hopes to do so."

Use Mail Tribune Want Ads

KLAMATH RIVER DIVERSION PLAN SET FOR STUDY

San Francisco, Feb. 8—(U.P.)—A California legislative committee will continue its investigation of the proposed diversion of Klamath river waters into the Sacramento river watershed at a hearing in Sacramento on Friday, Feb. 19, it was announced today.

The committee conducted a one-day hearing yesterday, at which time it requested written answers to its demands for more information from the federal bureau of reclamation and the army corps of engineers.

The new hearing will be held in advance of three public meetings called by the army at Klamath Falls February 20, Yreka, February 21, and Eureka, February 21.

"We are trying to find out what the army engineers are up to," said Sen. Randolph Collier, Yreka, chairman of the committee. He said the residents of areas affected by the plans are unanimously opposed to the plan.

Collier said the project would destroy salmon fishing and mining industries and lay waste the recreational areas "now enjoyed by 250,000 persons yearly."

Kaiser Plans Post War Steel Mills

San Francisco, Feb. 8 — (U.P.) —Henry J Kaiser, west coast industrialist, today announced his company plans postwar operation of the $100,000,000 Fontana, Calif., steel mill and is investigating the possibility of buying or leasing the government-owned Geneva, Utah, mill despite anounced plans by the U. S. Steel Corp. to buy or lease both.

ARMY ASKS MORE FISH

Washington, Feb. 8 — (U.P.) — The War Food Administration announced today that the armed forces and lend-lease will need about 15 per cent more canned fish in 1945, indicating a corresponding reduction in civilian supplies.

'THEORISTS' PLAN VIEWED 'RUINOUS'

Los Angeles, Feb. 7—(U.P.)—The Independent Petroleum Assn., of America today outlined what it called the plans of "Washington theorists" to import 1,000,000,000 barrels of oil daily for political rather than economic reasons, plans which it claimed would have a ruinous effect on the California fields.

Association President Ralph T. Zook asserted that the import of oil after the war from Venezuela and Arabia would cut California's oil output in half — from 900,000 to 450,000 barrels — and clamp oil prices at their present "low" level.

Closing time for Sunday Too Late to Classify 5:30 Saturday afternoon—Please remember

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