Your Health and Its Care

By DR. WILLIAM BRADY, M. D.

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THE IODINE SHORTAGE IN MICHIGAN CORRECTED BY IODIZED SALT

In the pamphlet "Instructions for Taking an Iodine Ration" (copy mailed on request if you provide stamped envelope bearing your address, a clipping will not suffice) I say:

Dr. Brady

In young persons a shortage of iodine is commonly responsible for simple goitre. In various cities in Ohio, Michigan and other states, as many as thirty per cent of all the school children show some enlargement of the thyroid gland; in one Grand Rapids high school half of the pupils had goitre, and out of 12,631 school boys examined in Grand Rapids, 2,603 had goitre, and out of 14,548 girls 5,236 had goitre, many of these boys and girls less than ten years old . . ."

The Grand Rapids Chamber of Commerce executive executive secretary writes me that "one of our members has just brought to our attention . . . we checked up this matter with our city health officer. . . . He informs us that the condition quoted in your pamphlet was true 25 years ago . . . but that . . for several years past the incidence of goiter in Grand Rapids is insignificant if not almost nil. Much of the credit for this is given to the widespread use of iodized salt. Therefore we believe it is not fair for you . . . to give the reader of your pamphlet the implication that the condition exists today . . . we are not proud of that record.

There is an error in the passage quoted from the pamphlet, an obvious error. It reads: "All the school children show some enlargement of the thyroid", where obviously it should read "all the school children showed some enlargement of the thyroid", for the past tense is used in the rest of the allusion to Grand Rapids.

My thanks to the Grand Rapids Chamber of Commerce. I am particularly glad to have the assurance of the Grand Rapids health officer that simple goitre has been practically prevented in an area where it was so prevalent some years ago, by merely seeing to it that every one gets an adequate amount of iodine in one form or another—and as the Chamber of Commerce letter says, most of the credit for this is given to the wide-spread use of iodized salt.

If I had my way there would be no plain table salt sold in this country, that is, for use as a condiment. Only iodized salt would be sold. The infinitesimal amount of iodine (in the form of potassium iodide) in iodized salt may possibly suffice for some persons who use more than the ordinary amount of salt daily, but is probably less than you would get in a helping of, say, canned salmon or dried codfish or almost any fresh, dried, salt or canned sea fish or shell fish you like), for there is only about 1½ grains of potassium iodide in a whole pound of iodized salt.

QUESTIONS AND ANSWERS

No Address

I never fail to read your articles, in fact I use them to instruct mothers of children in my class whenever the subject seems pertinent. Here's hoping you continue to teach us the same valuable lessons for many years to come. (M. J. D.)

Answer—Thank you. If you will give me your title and address I'll send you a lot of little lessons in the ways of health, to help you in your teaching.

Hay Fever

Since I received your pamphlet on "The Calcium Shortage" about two years ago I have had two seasons of almost complete freedom from hay fever, the first for over 15 years. I inclose 35 cents, with stamped envelope bearing my address, for a copy of "The Calcium Shortage" (10 cents) and "Call it Cri" (25 cents). You have become an institution in our family—we have been reading your fine column for years.

(C. R. H.)

Answer—Calcium is the element most likely to be deficient in the American dietary. A lot of people could enjoy better health and live longer if they assimilated and retained enough calcium.

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First Family Escapes Japs

In this first picture from Manila is shown Mrs. Sergio Osmena, wife of the Philippine president and their three children, Ramon, 22; Rosie, 20; and Victor, 11; after they had escaped from the Japanese-held area of the city by walking 30 miles across the mountains. (U. S. Signal corps radiotelephoto from New Guinea.)

VETERANS AFFAIRS BILL IS CHANGED; PLAN NEW STUDY

Salem, Ore., Feb. 16—(U.P.)—House bill 271, the measure designed to establish a department of veterans affairs, will go back to the house soon, the house military affairs committee decided after a hearing on the bill Wednesday.

It will be printed to incorporate some suggested amendments and then will be re-referred to the committee for further study.

Two sets of proposed amendments to the bill were told at the meeting one embodied the suggestions set forth by a group of veterans' organizations to eliminate some objections they had to the original measure. The second set includes a number of suggestions which have been made to the committee by a number of sources.

The veterans' organization's suggestions included provisions for an advisory board of five members, to be selected by the governor from nominations by the five nationally chartered veterans' groups. The committee would aid the direcor who in turn would be directly responsible to the governor. The director also would be required to post a fidelity bond equal to twice the amount of money over which he exercises discretion.

The powers of the director would be somewhat less under these provisions than under the original bill.

The second set of suggested amendments broaden the scope of the whole proposed setup by creating a seven-man committee, with five veteran representatives and two public members to be selected by the governor.

Closing time for Classified Ads 8 a m — Too Late to Classify 12:30 p m

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

Bronchial COUGHS
(Resulting From Colds)
Buckley's Famous "CANADIOL" Mixture Acts Like a Flash

Spend a few cents today at any 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.

Walgreen's East Side Pharmacy, Heath's Drug Store, Western Thrift.

VERSATILE ENOUGH to make his own snow camouflage cape, S/Sgt. Bertram T. Beagle stitches away on captured German sewing machine on western front. Veteran of Mexican Border Campaign in 1916 and World War I, Beagle is believed the oldest combat infantryman in service. (U. S. Signal Corps Photo.)

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; Betty and Bob, NBC.

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; That Brewster Boy CBS Double or Nothing MBS; Spotlight Bands BN

7:00 p. m.—Amos and 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. Tonight in Hollywood, CBS.

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 Breneman, BN; News, MBS; Aldrich Family, CBS.

9:30 p m.—Adventures of Thin Man CBS

10:00 p. m.—News, NBC; Fulton Lewis, MBS.

10:30 p. m.—Orchestra, NBC; Orchestra, CBS.

11:00 p. m.—Orch., 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, 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; Chicago Theater of the Air, MBS.

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

9:45 p m.—Don't You Believe It, CBS; Masters of Music, 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.

Eczema Itching, -Burning-Distress
Gets Quick Ease and Comfort

No sufferer can afford to pass up this honest offer of satisfaction or money back.

During the past 25 years thousands of bottles of Moone's Emerald Oil have been sold for just such troublesome surface skin conditions.

Go to your druggist today and get a small original bottle of Emerald Oil and use as directed. You'll get relief quicker than you ever expected and in short time aiding nature, it helps promote faster healing.

Act today on our absolute guarantee of satisfaction or money back.

Western Thrift Store

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

354,202 FEDERAL AIDES DEFERRED

Washington, Feb. 16—(U.P.)—Selective Service Director Lewis B. Hershey advised Congress today that 354,202 federal workers hold draft deferments.

Of these deferments, 265,909 were for men who were qualified for military service, but were deferred because of the essential nature of their government jobs. The great majority were men in army and navy establishments such as navy yards and arsenals.

This is more than double the 130,605 occupational deferments which had been granted to service-qualified federal workers a year ago.

The figures cover federal workers from 18 to 38 of Dec. 1, 1944. 88,293 federal workers hold deferments but are not qualified for induction into the armed forces for physical or other reasons.

Selective Service officials estimated last month that in the entire nation 6,725,000 men held occupational deferments.

When President Roosevelt completes his fourth term, he will have served 15 years, 10 months and 16 days as Chief Executive — longer than any other man. But he will not have equaled President George Washington's record as Commander-in-Chief of the armed forces — 16 years, 3 months and 24 days.

Use Mail Tribune Want Ads.

HAVE YOU HEARD KC Jamboree
STARRING CURLEY BRADLEY
IT'S TOPS FOR FUN!
KMED SATURDAYS 8 a.m.

KYLE'S RESTAURANT
CHICKEN AND STEAK DINNERS
Open 6 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.

Orchestra Every Night at
TAKE IT EASY LODGE
DINE and DANCE
EVERY NIGHT EXCEPT FRIDAY
Chicken, Steaks, and Spanish Dinners!
½ Mile up Savage Creek

STRANGE AS IT SEEMS By ERNEST HIX

DO YOU KNOW?

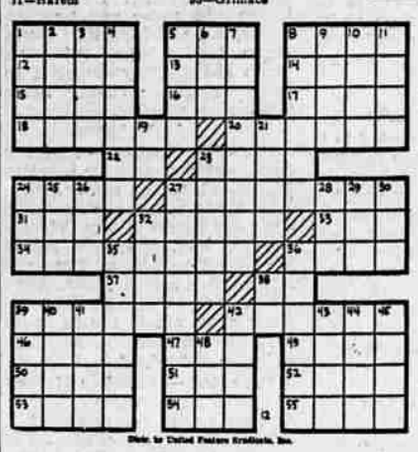
That the estimated stockpile of new cars available nationally for rationing is only 12,000.

Make your car last longer by keeping it in the best of condition mechanically.

ROGUE RIVER CHEVROLET

Crossword Puzzle

ACROSS
1—Fix
5—Fortune
8—Fret
9—Turkish official
14—Fury
16—Assistant
15—Mislead
16—Through
17—March date
18—Robs
20—Dissolve
23—Act
23—Amateur
24—Drains
27—Cafes
31—Harem
32—Bemoans
33—Open keg
34—Friendly
36—On alert
37—Snow runners
38—Pronoun
39—Thefted
42—Accumulates
46—Cloak
47—Sooner than
49—Cleaner
50—So be it
51—Rocky crag
52—Volcano on Sicily
53—Tall grass
54—Observe
55—Grimace



ANSWER TO PREVIOUS PUZZLE

DOWN
1—Cat's cries
2—Give off
3—African river
4—Pears
5—Edges
6—Mineral earth
7—Fearsome
8—Tar
9—Sailor's timetable
10—First garden
11—The Occident
19—Beholds
21—Periods of time
23—Follows closely
24—Distress call
25—Puss
26—Mocassin
27—Councils
28—Greek letter
29—Liquid when hot
30—Secret agent
32—Vigil
35—Isolated land
36—Stout
38—Sailor's cry
39—Heavenly body
40—Book
41—Curved molding
42—At this point
43—Memory
44—Large dog
45—Member of coast guard
48—Fish eggs

BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER

BLONDIE

L'IL ABNER

THE NEBBS