Your Health and Its Care

By DR. WILLIAM BRADY, M. D.

Readers should address inquiries to: Dr. William Brady 265 El Camino, Beverly Hills, Calif.

MANIFESTATIONS OF CALCIUM DEFICIENCY

A familiar bit of hokum taught by the school physiology books in the last century is this, quoted from Fourteen Weeks in Human Physiology, by J. Dorman Steele, published by A. S. Barnes & Co., 1874:

Dr. Brady

"The composition of the bones at maturity is about one part animal to two parts mineral matter. The proportion varies with age. In youth it is nearly half and half, while in old age the mineral is greatly in excess."

To the average layman this may sound right. It seems consistent with the common popular motion that the bones of the elderly are more brittle, more liable to break, than the bones of younger persons because in the elderly too much mineral matter (calcium phosphate) is in the bones.

The truth is that, as Boas describes it in his book "The Patient Past Fifty" (The Year Book Publishers, Inc., Chicago), "as a result of the calcium deficiency in the American diet adults experience a steady, long-continued loss of calcium through the years . . . as a result of this constant depletion the bones become poor in calcium and more fragile."

But, after all, this osteoporosis (as the porosity and absorption of calcium from the bones is called) is a late manifestation of aging. Some authors state that this change in the bones may be a result of long-continued calcium shortage and not necessarily an accompaniment of aging, and that it probably could be prevented by "greater calcium storage in earlier years."

Greater calcium storage in earlier years — in youth, in adulthood in middle age. But then, in earlier years who cares about the osteoporosis of advanced age? When we're young we are concerned about having a good time—we leave it to the old folks to worry about calcium storage.

Greater calcium storage in earlier years means more liberal consumption of milk and milk products, particularly cheese, nuts, green leafy vegetables, greens, salads, and more exposure to sunshine or daylight to enable the body to manufacture adequate vitamin D to insure assimilation, utilization and retention of calcium (and phosphorus), or when or if such exposure is impossible, then daily eating of sufficient vitamin D.

In a booklet on "The Calcium Shortage" (mailed on request if you inclose ten cents and stamped self addressed envelope) numerous common complaints due to calcium deficiency are described. If young folks were more familiar with these earlier manifestations of calcium deficiency they could not only avoid many of these troubles, by keeping calcium metabolism at a high level, but they could keep young longer. But, shucks, there we go again, preaching to deaf ears. As the old proverb expressed it: They who would be young when they are old must be old when they are young.

QUESTIONS AND ANSWERS

Croup

Son, 8½ years old, gets three or four attacks of croup during the winter. First attack when he was 5, after removal of his tonsils. (Mrs. P. H.)

Answer—If the tonsils were merely enlarged perhaps it was a mistake to remove them. Send stamped envelope bearing your address, ask for pamphlet on Tonsils and Adenoids, inclose 10 cents for it. For either pamphlet alone send just stamped addressed envelope.

Sulfur

Mother thinks flowers of sulfur good to clean out the intestines and it will not do any harm. (M. M.)

Answer—Sulfur is merely a mild laxative—washed sulfur (Sulfur lotum, U. S. P.) rather than flowers of sulfur (Sulfur sublimatum, U. S. P.) is generally used for internal medicines—for instance the familiar "compound licorice powder," often given to mothers after childbirth, is a mixture of senna, licorice and washed sulfur. Your Ma is right—sulfur is no more harmful than any other laxative, although just between ourselves she is wrong about "cleaning out"—but then, let us not blame her for her ignorance.

(Copyright, 1945, by John F. Dille Co.)

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

Sunday

5:00 p. m.—Eddie Bracken Show, NBC; Mediation Board, MBC.
5:30 p. m.—Eddie Bracken Show, NBC; Trading Post, CBS; Joe E. Brown, BN.
5:55 p. m.—Bob Trout, News, CBS.
5:45 p. m.—Gabriel Heatter, MBS.
6:00 p. m.—Merry-Go-Round, NBC; Walter Winchell, BN, Radio Reader's Digest CBS, Steel Horizons, MBS.
6:15 p. m.—Louella Parsons, BN.
6:30 p. m.—Hollywood Mystery Time, BN.
6:30 p. m.—Star Theatre, CBS American Album of Familiar Music, NBC; Cedric Foster, MBS.
6:45 p. m.—Jimmie Fidler, BN.
7:00 p. m.—Hour of Charm, NBC; Take It or Leave It, CBS; The Life of Riley, BN.
7:30 p. m.—Fannie Brice, CBS Comedy Theater, NBC.
8:00 p. m.—Greenfield Village Choir BN, Crime Doctor, CBS; Great Gildersleeve, NBC.
8:15 p. m.—Dorothy Thompson, BN.
8:30 p. m.—Symphony Hour, NBC; Quiz Kids, BN; Blondie, CBS.
9:00 p. m.—Bill Lance, CBS; Glen Hardy, MBS; Sam Hayes, News, BN.
9:15 p. m.—Rex Miller, MBS.
9:30 p. m.—Jack Benny, NBC.
10:00 p. m.—News, NBC; In Focus BN.
10:15 p. m.—Korn Kobblers, NBC.
10:30 p. m.—Pacific Story, NBC; Trans-Atlantic Call, CBS.
10:45 p. m.—Orchestra, BN.
11:00 p. m.—News, BN; St. Francis Orch., NBC; Talks, CBS.

Monday

5:00 p. m.—OK for Release, NBC; Terry and Pirates, BN; News, MBS.
5:15 p. m.—Dick Tracy, BN, Superman, MBS; Betty and Bob, NBC.
5:30 p. m.—Voice of Firestone NBC; Harry Flanney, News, CBS, Jack Armstrong, BN; Tom Mix, MBS.
5:45 p. m.—News CBS Captain Midnight, BN Night News Wire MBS.
6:00 p. m.—Music of Manhattan, NBC; Lux Theater, CBS; Ed Wynn Show, BN; Gabriel Heatter, MBS.
6:30 p. m.—Information Please NBC, Spotlight Bands BN.
7:00 p. m.—Screen Guild Players CBS; Anita Ellis, MBS; Guy Lombardo Orch., BN; Contented Hour, NBC.
7:15 p. m.—Lowell Thomas, MBS.
7:30 p. m.—Dr. I. Q. NBC; Thanks to the Yanks, CBS; Lone Ranger, MBS.
8:00 p. m.—Supper Club, NBC, Jack Kirkwood, CBS; Ted Malone, BN.
8:15 p. m.—Hedda Hopper CBS Lum and Abner, BN; Fleetwood Lawton, NBC.
8:30 p. m.—Cavalcade of America NBC; Michael Shane, MBS; Saludos Amigos, BN; Burns and Allen, CBS.
9:00 p. m.—Blind Date BN, News Glenn Hardy, MBS; The Whistler CBS; Telephone Hour, NBC.
9:30 p. m.—Vox Pop, CBS; Noah Webster Says, NBC; News, MBS; The Green Hornet, BN.
10:00 p. m.—News, NBC; Fulton Lewis, MBS.
10:15 p. m.—Sherlock Holmes, MBS, News, BN; On Our Bandstand, NBC.
10:30 p. m.—Sweetheart Swingtime, NBC; Finneman's Nite Club, BN.
11:00 p. m.—News, BN.

UNIONS ACCUSED IN SHAKEUP TRY

Washington, Feb. 17 — (U.P.)— Union attempts to take over management are "the real issues affecting war production in automotive plants," the industry charged today.

In a statement to the senate war investigating committee, the automotive council for war production accused union leaders of trying "to usurp the function, responsibility and authority of management."

The statement emphasized automotive manpower problems in the Detroit area. It asserted that "manpower has been the major limiting factor on war output since early 1943."

"This effort is being aided by policies and actions of some government agencies and officials. Most automotive workers cannot answer the question, 'who is bass?' Because of the confusion, they do not know whether they are responsible for their work and plant activities to management, union representatives or government represetatives."

CLARIFICATION ASKED BY FRENCH GOVERNMENT

Paris, Feb. 17 — (U.P.) — The French government announced today that it had asked America, Britain and Russia for "indispensable clarification" of the Crimea conference communique.

An official announcement said the request was made in notes presented today by the French ambassadors in Washington, London and Moscow to the governments to which they are accredited.

RUM PROBE LOOMS

Salt Lake City, Feb. 17—(U.P.) A legislative ivestigation of the Utah liquor controll commission appeared in the offing today following a special investigating committee report to the state senate yesterday, charging the commission with violating and permtting violation of the state and federal liquor laws.

Closing time for Classified Ads 9 a. m — Too Late to Classify 12:30 p. m

Cheyenne, Wyo., (U.P.) — A Cheyenne dog owner is looking for his missing Irish terrier, which carries his owner's brand. The initials "C.E.P," are tattooed on the animal's stomach, his owner reported.

MEN WANTED

for ditch cleaning — $6.40 per day — transportation furnished. Apply at District Office or phone Medford 6111 or Ashland 8981.

TALENT IRRIGATION DIST.

DO YOU KNOW?

That Military requirements for automobile replacement parts are increasing NOT decreasing.

Always insist on genuine parts for longer wear.

ROGUE RIVER CHEVROLET

STRANGE AS IT SEEMS By ERNEST HIX

Crossword Puzzle

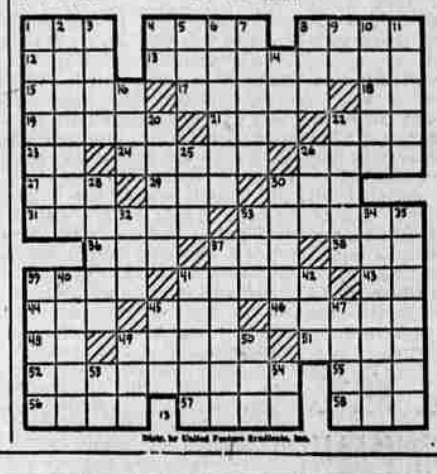
ACROSS

1—Human being
4—Extinct birds
8—Kind of fish
12—Commotion
13—Land "down under"
15—Hub of wheel
17—Bored
18—Lieutenant (abbr.)
19—Accumulate
21—Skip stone
22—Took food
23—Symbol for tantalum
24—Tendon
26—Openers
27—Goal
29—Indian tribe
30—Pronoun
31—Forever (poet.)
33—Hot root
36—Lively dance
37—Noun suffix
38—Fish eggs
39—Exact location
41—Mock
43—Musical note
44—Make lace
45—Romanian coin
46—Signet
48—Bone
49—The Devil
51—Symbol for authority
53—Positions
55—Evergreen tree
56—Shelter used by campers
57—Poodles
58—Ports (abbr.)

DOWN

1—The sea-cow
2—Unyielding
3—Star that flares up
4—Mother
5—Unconscious
6—Whispers
7—Grain stalk
8—Corrupt
9—Man's nickname
10—Dirty
11—Fills up to overflowing
14—Twilled cloth
16—S-shaped worm
20—Indications
22—Norse gods
25—Born
26—Young goat
28—Station
30—Rabbits
32—Rodent
33—Female ruff
34—Beg
35—Doctors
37—Enter by force
39—Weasel
40—Made of flour and water
41—Arrangement
42—Edge
43—Latvian coin
47—Fish spear
49—Hold court
50—Seine
53—Thoron (symb.)
54—Steamship (abbr.)

ANSWER TO PREVIOUS PUZZLE



Distr. by United Feature Syndicate, Inc.

BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER

BLONDIE

L'IL ABNER

THE NEBBS

The STANDARD HOUR

Presents

Witold Malcuzynski

Piano Soloist

with

Pierre Monteux

and the

San Francisco Symphony Orchestra

PROGRAM

Fantastic Symphony . . . Berlioz
Visions and Dreams
Waltz
Walpurgis Night
Piano Concerto in A Major . Liszt
Les Preludes . . . Liszt

Program subject to change

Sunday 8:30 P.M.

KMED

STANDARD OF CALIFORNIA

POISON OAK?

Try a bottle of ZEMACOL

You must be satisfied or your money cheerfully refunded. Get a bottle today at WESTERN THRIFT.

BUY NOW

RED FIR STOVE WOOD

CLEAN—no sawdust or chips
SOLID WOOD—little bark
READY SPLIT—rough 2x4 wood
PART DRY—not soaked in mill pond

16-inch Length Only

Order Early for Prompt Delivery

Big Heaping 300 cu. ft. load $7.50

CENTRAL POINT FUEL

Phone 333—Central Point

SUBURBAN HEIGHTS By GLUYAS WILLIAMS

PERSONAL

DORA Miller, palmist, crystal reader Friday only Ph 4405 1111 W 4th

PALMISTRY crystal reading D Miller Ph 3446 480 Mountain Av., Ashland

BUSINESS OPPORTUNITIES

FOR SALE — Complete restaurant equipment. Inquire at Waffle Shop in Ashland.

BUSINESS DIRECTORY

Chiropractor

DR. E. M. NELSON D. C., Chiropractor, 424 Medford Building. For appointment phone 5887. Hours 1 p. m. to 6:30 p. m.

Chiropodist

TREATMENT of All Foot Troubles Dr. A. M. Jepner Registered Chiropodist (Foot Specialist) 217 Fluhrer Bldg. Dial 3103

Radio

WE HAVE large stock of tubes and parts to give quick, reliable service on all types of radios. Dial 3859 Phillips Radio, 1307 N. Riverside.

WALT'S RADIO SERVICE—Repairing on all makes radios and public address equipment. 411 E. Main.

Corsetiere

SPENCER Health Supports and Foundation Garments Mrs. James Sullivan, registered Spencer Corsetiere Telephone 6419

Real Estate Listing Wanted

REAL ESTATE LISTINGS WANTED Prompt personal inspection and appraisal of all properties listed Walter Jones, Realtor. Phone 2570 Medford

Piano Tuning

PIANO TUNING REPAIRING VOICING J. W. Kellogg P. O. Box 502 Ashland Phone 4152

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

Lemon Juice Recipe Checks Rheumatic Pain Quickly

If you suffer from rheumatic, arthritic or neuritic pain, try this simple inexpensive home recipe that thousands are using. Get a package of Ru-Ex Compound, a two-week supply, today. Mix it with a quart of water, add the juice of 4 lemons. It's easy. No trouble at all and pleasant. You need only 3 tablespoonfuls two times a day. Often within 48 hours—sometimes overnight—splendid results are obtained. If the pains do not quickly leave and if you do not feel better, return the empty package and Ru-Ex will cost you nothing to try as it is sold by your druggist under an absolute money-back guarantee. Ru-Ex Compound is for sale and recommended by Western Thrift and drug stores everywhere.

BUSINESS DIRECTORY

Building

HAVE US DO your plastering, stucco and cement work. Frank Walton Telephone 4574.

BUILDING, modernizing, remodeling, repairing, roofing, painting and decorating. Complete job under one contract. H. M. MAJORS, Contractor and Builder, 532 South Holly street. Phone 5092.

FRED POWERS — Builder of better homes, also repairing Address Rt 4, Box 375-E Medford

Well Drilling

WATER WELLS drilled with modern equipment. Call 7372 Simpson and Shirley 1007 Ready ave

WELL DRILLING with modern equipment. See Goff Bros at Stampede and Goff Bros. Hardware 225 W Main Phone 3939 Medford Jacuzzi and Myers pumps sales and service

Insurance

INSURANCE For complete protection against loss by fire, burglary, liability, casualty, etc., phone Walter Jones, 2570

Moving

EADS TRANSFER & STORAGE CO Our own padded vans serving the entire Pacific coast Dial 7121

FURNITURE MOVING anywhere any time City Transfer & Storage Phone 4664

Transfer

CITY TRANSFER & STORAGE CO Complete transfer moving and storage service Also packing crating and shipping by expert workmen 38 S Fir St Phone 4664, night 2075

DAVIS TRANSFER & STORAGE Co Medford Modern storage service Long distance hauling Dial 2888 40 South Fir

FURNITURE MOVING & STORAGE We have van moving equipment for local and long distance hauling Dry and clean storage (concrete building) with special locker rooms at low rates SAMSON STORAGE WAREHOUSE Phone 3756

EADS TRANSFER & STORAGE CO A complete trucking service to meet your needs Dial 7121 40 YEARS OF SERVICE

Orchestra

WHEN in need of musicians for any occasion call J. Vernon Marshall Secretary of Medford Musicians Union Phone 7292

Septic Tank Cleaning

SEPTIC tank and cesspool pumping sanitary equipment Phone 9179.

Roofing

ROOF contracting and roof repairs All types of roofing Franchised Pabco distributors Workmanship and materials guaranteed Time payments Free estimates EKERSON PAINT & ROOF STORE 38 S. Bartlett Phone 3843

ROOFING—All types Hot composition or cedar also repairing No job too large or small Workmanship guaranteed Free estimates J. A. Westenser and G. L. Wood 138 Spring St. Phone 5087

Vacuum Repairing

ELECTROLUX for rent Repair all vacuums Phone 5624 Jack Wilson 1020 East 11th

Cotton yields in recent years have averaged 100 pounds above what was considered normal in the early '30's.

YICK SO CHINESE HERB CO.

REMEDIES FOR STOMACH ULCERS

Heart, Rheumatism, Asthma, Catarrh, Piles, Prostrate Gland, Eczema and all disorders of Liver, Kidney Trouble and other complaints disappear after using

CHINESE HERBS

Removed to Sparta Bldg.

J. H. Leong, Herbalist Phone 5817