

# Your Health and Its Care

By DR. WILLIAM BRADY, M.D.

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265 El Camino, Beverly Hills, Calif.

## SO YOU'RE TAKING SHOTS?

Injection of medicine under the skin (hypodermic subcutaneous) or, by plunging the syringe needle straight in to the hill so that the liquid is injected into muscle—this is generally the simpler, less painful way—or intravenous injection by inserting the needle into a vein (as in taking blood for a Wassermann test or taking blood from a donor) has some advantages and some disadvantages.

Advantages of hypodermic administration are accuracy of dose, rapidity of action, availability (when for some reason medicine cannot be given by mouth or is not retained by the patient.) Disadvantages of hypodermic administration are comparatively unimportant—the chance of infection due to ignorance or failure to apply aseptic technique just as though for an operation, the chance of injuring a nerve by injecting the medicine into it, and the remote chance of injecting the medicine directly into the blood in a vein, which would make no serious difference provided the injection is made slowly as it should be in every instance.

On the other hand, I quote from a personal communication from a physician who does not entirely agree with my teachings about "shots." He writes: Dear Doctor:

The writer wishes you would try giving vitamin B1 and some other vitamins hypodermically. You will be astonished at the prompt response and the satisfied patient. Of course one does not have to charge more than \$2 for an office hypo!

Cordially,  
M. D.

This same physician recently published in one of the best medical journals an appeal to

doctors to guard against creating needle-shy patients by using rusty, choked or too large needles. Needle points should be carefully inspected and always kept razor-sharp. . . . the flashlight job, quick, painless—then give the injection slowly. . . . Patients who say the injection does not hurt are more likely to stay with the doctor and send others. Hypodermic medication should be painless. The physician using this method gets better results, sees his patient as frequently as may be necessary and gets better cooperation.

That last observation is significant. If the doctor sees the patient frequently and the patient cooperates better, the treatment is more likely to prove satisfactory, whether it consists of hypodermic injections or encouraging pats on the proximal protuberance.

There is a good deal of wisdom and professional sagacity in the good doctor's observations about this method of administration, although if I were the patient I'd prefer to take vitamin B-complex by mouth and I'd expect better from any amount of vitamin B-1 alone administered by injection. But then, I don't believe there is anything mysterious about "shots." Do you?

## QUESTIONS AND ANSWERS

**Saccharin**  
Unable to obtain sugar, a woman substituted saccharin in her coffee. Soon she began to feel irritable, logy and unable to sleep well nights. Her doctor said it was all due to the saccharin. (Miss C. D.)

**Answer**—I believe the use of up to five grains of saccharin a day, as a sweetener in tea, coffee and the like, in place of sugar, never does any one any harm.

**Leg Cramps**  
Been told you advised a reader regarding cramps in the legs. May I request that you repeat the recommendation? I suffer frequently during the night. . . . ST have had colitis for several years. (T. D. A.)

**Answer**—Dietary restrictions imposed by the colitis or colitis obsession have very likely cut down your calcium intake seriously. Most people who have colitis are deficient in calcium. Instructions in pamphlet "Adult Tetany and Growing Pains" mailed on request will indicate a good daily ration of calcium and vitamin D. Vitamin D is essential for assimilation and retention of calcium. (Copyright, 1945, by John F. Dille Co.)

## Court House News

### Marriages

Richard L. Olson and Martha Margaret Cody,  
Bernard Joseph Krug and Betty Jo Burns,  
James Patrick O'Duane and Doris Violent Mann,  
George S. Phillips and Mabel F. Smith,  
Harold Sewell Beckley and Margaret Mabel Strubel,  
Samuel Beta and Lenora Frieda Leslie,  
Frank Nester Adee and Muriel Hope Hocking,  
Carl L. Shermak and Carol Gladys Jeannette,  
Lewis Elias Conger and Margaret M. Shearer,  
Earle Robert Cox and Clare Frances Down,  
John Murray White and Evelyn Caldwell,  
Charlie G. Gordan and Mamie E. Vandiver,  
Earl Harrison Stuck and Mary Alice Threat.

### Divorces Filed

Merle Louise Vance vs. Cecil Leroy Vance,  
George E. Clark vs. Margaret E. Clark,  
Edith Buchanan vs. Joseph M. Buchanan,  
Russell B. Ashley vs. Deltha K. Ashley,  
Lillian Orr vs. Lee F. Orr,  
Gosta Wannberg vs. Blanche Wannberg,  
Lucille A. Fredenburg vs. William Fredenburg,  
Helen D. Reigel vs. George F. Reigel,  
Gertrude Kurtz vs. Robert E. Kurtz,  
Camille Hales vs. Lloyd Hales,  
Katie May Davis vs. Luke W. Davis,  
Freda M. Lawrence vs. Fred E. Lawrence,  
John Stillman vs. Rose Stillman,  
Madeline J. Hiner vs. Richard O. Hiner,  
Bill J. Lorton vs. Katherine M. Lorton,  
Grace Curry vs. Arthur L. Curry,  
Philip Eddieleman vs. Carolyn Eddieleman,  
Pauline Wisley vs. Evin James Wisley.

### Probate Court

Estate of Olive M. Turner, deceased,  
Estate of Joseph O'Meara, deceased,  
Estate of Genevieve Smalley, deceased,  
Estate of Frank L. Nelson, deceased,  
Estate of William G. Turner, deceased,  
Estate of George P. Waller.

## TRUCKS FOR RENT

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Jeannette Carlton, executrix, to Louis M. Winard, executrix, deceased.  
Jeannette Carlton, executrix, to United States National corporation, executrix, deceased.  
Jeannette Carlton, executrix, to Charles T. Clarke and Margaret M. Clarke, executrix, deceased.  
P. D. Benson and Marie E. Benson to Isabel H. Mackie, warranty deed.  
Southern Pacific company to William H. Fluhner and Margaret A. Fluhner, warranty deed.  
City of Ashland to John E. Robert and Augusta Robert, warranty deed.  
Leo M. Potter to Everett Michael and Marie Michael, warranty deed.  
Howard L. Barto and Vivian Norman Barto to W. A. Kelley and Selma Kelley, warranty deed.  
Medford Irrigation district to Elfreda E. Whitman, warranty deed.  
Worth B. Hardesty and Marjorie Anne Hardesty to Donald North and Mildred North, warranty deed.  
Wallace A. Denman and Grace M. Denman to V. D. Miller and Myrtle B. Miller, warranty deed.  
Sherman S. Smith and Mary Louise Smith to E. D. Norwood and Helga L. Norwood, warranty deed.  
A. Belle Anderson to W. J. Montgomery and Ida May Montgomery, warranty deed.  
Arthur Davis and Amelia Davis to Roy A. Clarke and Neva Inez Clarke, warranty deed.  
Laura M. Abbott to Wilson Carson and Wilma O. Carson, warranty deed.  
E. D. Norwood and Helga L. Norwood to Dennis P. Bickett and Minnie A. Bickett, warranty deed.  
Emma E. Darland to D. P. Bickett and Minnie A. Bickett, warranty deed.  
J. F. Carson and G. Carson to Medford corporation, warranty deed.  
Mary Hazel Barker Welch and Hilliard Welch to Medford corporation, warranty deed.  
Charles Z. Boyden and Grace E. Boyden to O. M. Murphy and Corinne Murphy, warranty deed.  
Albert T. McIlvain and Una E. McIlvain to M. T. Lakey and Nettie M. Lakey, warranty deed.  
M. T. Lakey and Nettie M. Lakey to Mary J. Snach, warranty deed.  
John A. Phillips and Edna H. Belle Anderson, Crit C. Tolman, Viola Tolman, Ernestine E. Swanson and Swanson to Yelma Martin, quitclaim deed.  
Harold L. Brown and Lulu W. Brown to August G. Glutch and Lucile J. Glutch, warranty deed.  
Jackson County Federal Savings and Loan association to Oscar L. Peterson, warranty deed.  
Clark B. French to Donald French, warranty deed.  
Mathew Ray and Molly Ray to G. L. Berry and Bertha Berry, warranty deed.  
Earl B. Bicalow and Barbara F. Bicalow to Marshall Minger and Erna L. Minger, warranty deed.  
C. O. Leonard and Lura L. Leonard to B. D. Hughes and Stella Hughes, warranty deed.  
Goldie Snyder to D. A. Snyder, warranty deed.  
John H. Chastain, guardian, to C. A. Thatcher and Verna M. Thatcher, warranty deed.  
The California Oregon Power company to J. G. Shearin and Celia S. Shearin, warranty deed.  
Eric O. G. Olson to George Handy and Ada Handy, warranty deed.  
Scott W. Davis and Ida H. Davis to A. A. Davis and Ida Davis to V. Davis, warranty deed.  
Scott W. Davis and Ida H. Davis to Alice McClure Getchell, warranty deed.  
Paul R. Halbert and Jennie F. Halbert to J. McDade Calderwood, warranty deed.  
Mrs. J. McDade Calderwood and J. F. Calderwood to Harry G. Spencer and Irene Spencer, warranty deed.  
Lella S. Owen to Oscar M. Anderson and Lenore E. Anderson, warranty deed.  
Lella S. Owen to Oscar M. Anderson and Lenore E. Anderson, warranty deed.  
Lella S. Owen to O. M. Murphay and Corinne Murphay, warranty deed.  
John Pohland and Alla A. Pohland to Charles Miller Hilkey and Mae Helen Hilkey, warranty deed.  
C. G. Hedgeth and Mabel L. Hedgeth to Charles M. Hilkey and Mae Helen Hilkey, quitclaim deed.  
William W. Edminton to Charles Hilkey and Mae Helen Hilkey, quitclaim deed.  
Walter Turdette to Paul Ray Peterson and Floy E. Peterson, warranty deed.  
W. H. Stafford to Fred J. Boening and Lucile V. Boening, warranty deed.  
Kathryn B. Neill to William C. Harnden and Violet L. Harnden, warranty deed.  
Earl W. Conner and Jessie Conner to M. R. Seay and Tillie Seay, warranty deed.  
Louis Vimont and Ideasa C. Vimont to William Younker, warranty deed.  
Harvey W. Wood and Ann C. Wood to California Oregon Power company, right of way.  
L. J. Bigham and Joy Bigham to Jack Crump and Fern Crump, C. O. Devey and Georgia Devey, warranty deed.  
Oscar Hush Adams and Flora Riegel Adams to Williams H. Zumwalt and Helie E. Zumwalt, warranty deed.  
J. I. Fenton to Louella May Fenton, warranty deed.  
Edith Gilchrist and Jess Gilchrist to Oscar Wolf, warranty deed.  
C. P. Bobbett and Marie Bobbett to George Davis, warranty deed.  
Jackson county, Oregon, to Talent Irrigation district, quitclaim deed.  
George A. Kerby and Ada Kerby to Charles O. Long and Elia Long, warranty deed.  
J. H. Iscott and Anna Iscott to Cleo Johnson and Selma Johnson, quitclaim deed.  
B. Kilburn and Mrs. Edna Kilburn to Ruben L. Janzen and Lenore M. Janzen, warranty deed.

## On the Radio Chain

STATIONS:  
Chain affiliation and where they are on the dial:  
K.A.L.A. (CBS) 1330, Portland.  
K.A. (NBC-Ries) 1150, Portland.  
K.G.A. (NBC-Ries and MBS) 1310, Spokane.  
K.G.O. (NBC-Ries) 810, San Francisco.  
K.G.W. (NBC-Ries) 620, Portland.  
K.J.R. (NBC-Ries) 1070, Los Angeles.  
K.O.A. (NBC-Ries) 650, Denver.  
K.O.J.N. (CBS) 910, Portland.  
K.O.M.O. (NBC-Ries) 830, Seattle.  
K.P.O. (NBC-Ries) 680, San Francisco.  
K.S.L. (CBS) 1150, Salt Lake City.

Time shown is PWT

Wednesday  
8:00 p.m.—Merry and Pirates, BN.  
OK for Release, NBC; Man Named Jordan, CBS; News, MBS.  
9:15 p.m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC.  
9:30 p.m.—Jack Armstrong, BN; Harry Flannery News, CBS; Adventures of Tom Mix, MBS; News, NBC.  
9:45 p.m.—Elmer Peterson, NBC; Night News, MBS; Capt. Midnight, BN News, CBS.  
9:50 p.m.—Frank Sinatra, CBS; Eddie Cantor, NBC; Gabriel Heatter, MBS.  
10:30 p.m.—Spotlight Bands, BN; Mr. District Attorney, NBC; Which is Which, CBS.  
11:00 p.m.—Kay Kyser's Kollege, NBC; Great Moments in Music, CBS; Summer Welles, MBS.  
11:15 p.m.—Lowe's Thomas, MBS.  
11:30 p.m.—Lone Ranger, MBS; Let Yourself Go, CBS.  
12:00 p.m.—Show, CBS; Main Line, Kirkwood Show, CBS; Main Line, MBS; Ted Malone, BN.  
12:15 p.m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music That Satisfies, CBS.  
12:30 p.m.—Dick Tracy, BN; Music That Satisfies, CBS.  
12:45 p.m.—Mr. and Mrs. North, NBC; Harry Flannery News, CBS; Tom Mix, MBS; News, NBC.  
1:30 p.m.—Who's Dancing, NBC.  
2:00 p.m.—Mr. and Mrs. North, NBC; Harry Flannery News, CBS; Tom Mix, MBS; News, NBC.  
2:15 p.m.—Captain Midnight, BN; Elmer Peterson, NBC; News, MBS.  
2:30 p.m.—Music Hall, NBC; Major Bowes, CBS; Gabriel Heatter, MBS; News, BN.  
3:15 p.m.—Supper Music, BN.  
3:30 p.m.—Hurry, Hurry, NBC; Spotlight Bands, BN; Corlia Archer, CBS; Treasure Hour of Song, MBS.  
4:00 p.m.—Abbot and Costello, NBC; Fred Waring, NBC; BN, First Line, CBS.  
4:15 p.m.—Lowell Thomas, MBS.  
4:30 p.m.—March of Time, BN; Red River, MBS; Rudy Vallee, NBC; Here to Romance, CBS.  
8:00 p.m.—Supper Club, NBC; Jack

Kirkwood Show, CBS; Sammy Kaye, MBS; Earl Godwin, BN.  
8:15 p.m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music That Satisfies, CBS.  
9:00 p.m.—Coffee Time, NBC; Death Valley Sheriff, CBS; America's Town Meeting of the Air, BN.  
9:30 p.m.—News, MBS; Dinah Shore, NBC; Elery Queen, CBS.  
9:45 p.m.—Rex Miller, MBS.  
9:50 p.m.—The Saint, NBC.  
10:00 p.m.—News Reporter, NBC; News, BN; Fulton Lewis, MBS.  
10:15 p.m.—Sport Program, BN.  
10:30 p.m.—Gene Krupa, CBS; CBS Fenemans' Nite Club, BN; Sweetheart Swingtime, NBC.  
11:00 p.m.—News, BN.

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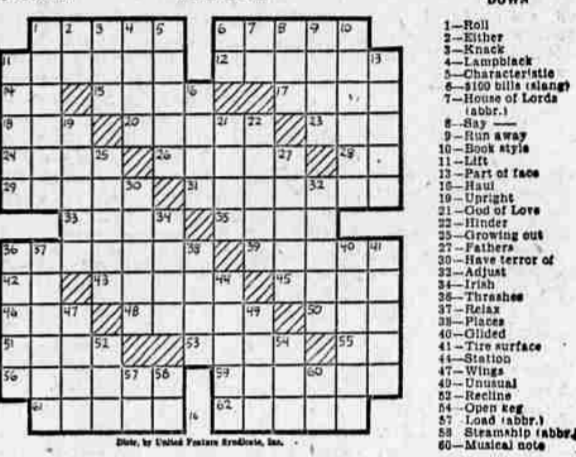
## Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60

ACROSS  
1—Cous  
2—Ridiculous  
3—Great fear  
4—Kind of rat race  
5—Hoop  
6—Member of  
7—Winner of award for bravery  
8—Adherent of  
9—Wearied  
10—Flightless bird  
11—Narrate  
12—Quarrel  
13—Biblical words  
14—In direction of  
15—Drift  
16—Made a speech  
17—Large victim  
18—Concave

DOWN  
19—Roll  
20—Ethereal  
21—Knack  
22—Lampblack  
23—Characteristic  
24—5100 bills (slang)  
25—House of Lords (abbr.)  
26—Ray  
27—Run away  
28—Book style  
29—Lift  
30—Part of face  
31—Haul  
32—Upright  
33—God of Love  
34—Hinder  
35—Father  
36—Growing out  
37—Fathers  
38—Have terror of (abbr.)  
39—Irish  
40—Threshhold  
41—Relax  
42—Places  
43—Clotted  
44—Tire surface  
45—Station  
46—Wings  
47—Unusual  
48—Recline  
49—Opera (abbr.)  
50—Load (abbr.)  
51—Steamship (abbr.)  
52—Musical note



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1 pkt. Carrots, Gill's Oregon .10  
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1 pkt. Lettuce, N.Y. Supreme .10  
1 pkt. Onion, Utah Sweet .10  
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1 pkt. Parsnips, Gill's Tender .10  
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\$1.10

**Thursday**  
"GARDEN TALKS"  
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Subject February 22  
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2-15-45

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