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.

HAVE CHILDREN WHILE YOU MAY

From the indignant tone of numerous recent letters I infer that some readers did not like what I said here recently about having children when you are young and fit and happy.

Dr. Brady

Mrs. M. C. hopes the time will come when social living (just what social living means I am not sure, unless it means the state) will guarantee couples like herself and her husband two babies, no more, no less, the health and education of every child will be responsibility of the State, no stigma will be attached to any child, childbirth will be painless, and doctors who cherish the pagan notion that a reasonable amount of suffering is good for a wife or mother . . .

What makes Mrs. S's view interesting is the fact that she is the mother of two children, all paid for, too, she says. She adds that it will take her husband and herself a few more years to get out of debt, but they are paying for their home and they are now getting a taste of happiness. I don't see what that has to do with happiness. Having a baby or two, fair health and youth—that has a good deal more to do with happiness.

G. H. A. discharged from the army because of a physical deficiency, is 29 and asserts he does not intend to buckle down and raise a family until he has enjoyed some of the things he has been denied so many years—things I'll probably call superficialities but G. H. A. bets I have them and enjoy them and would dislike being without them . . . Well, I don't know what things the young man means and he does not tell.

Then this misguided but characteristically self-assured young man mentions things which have set him against the very idea of bringing children into the world—the stupidity of mankind blowing itself to bits in this barbarous war; the experience of parents he has heard say they would never have had children if they knew what they know now; the idea that the kid in the foxhole probably wishes he had never been born; and finally the sad preview of the future one gets from a visit to the veterans' hospital. To G. H. A. life is a steam roller—don't get in the way or it will smash you down.

In that article I said:

"Very well. You're a man, not a rat. You'll be happy if you have a baby, even if you haven't as fine clothes, furniture or front as many of the rats you know."

"Or is there enough of the rat in you, after all, to make you think it would be better to wait a year or two and have some fun or get the furniture, car or house paid for or a lease with a clause in it before you have a baby?"

That's what I mean. Now, my boy, are you a man or a .....?

QUESTIONS AND ANSWERS

How to Breathe

I and three others can not see how to breathe deeply from the inclosed clipping. Why not some instructions on the method you advise? (..... D. D. S.)

Answer—Detailed instructions in the pamphlet "Belly Breathing" mailed on request if you inclose stamped self-addressed envelope. How natural breathing aids circulation, the heart; combats anoxia and "neurasthenia," and illustrated instructions for the correct Schafer method of resuscitation, are given in booklet "How to Breathe"—for copy inclose 25 cents.

Sweets

For two weeks I have excluded all pastries and sweets from my diet and I reduced four pounds. Is it safe to continue this for several more weeks? I do eat my fill of meats, vegetables, bread and butter. (Mrs. A. L. R.)

Answer—Yes. In fact it would be beneficial to nutrition, health, vite and good looks, if most adults would restrict their intake of sugar, candy, sweets, whether they need to reduce or not; that is, if they kept their intake of vegetables, fruits, greens or salads at top level.

Correct Method of Resuscitation

I am a St. John Ambulance first aid aid worker. I understand there is a proper method for resuscitation. (J. V. O.)

Answer—Thirty-ninth edition of the St. John Ambulance association's authorized textbook is one of few authoritative works containing the CORRECT method, with illustrations. The correct method is illustrated and described in booklet "How to Breathe"—for copy send 25 cents and stamped envelope bearing your address. Method "approved" by the American Red Cross is incorrect.

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High School News

By Student Reporters
Margo Gammil Joan Hoppe

February 15 the Junior class sponsored an assembly featuring a play called "Grandpa Goes Hunting." Students in the play were Jim Cave, Alan Kircher, Joan Hoppe, Barbara Meadows, Jerry Liebman and Bernett Yorton. The Triple Trio sang two songs: "Make Believe" and "My Buddy." Members of the Triple Trio are: Phyllis Wendt, Charmaine Brault, Harriet Houghton, Jean Zacharisen, Virgie Vanderpool, Dolores Wilkinson, Loree Montieth, Jean Hickman and Astrid Hansen.

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Miss Mary Gray, national Red Cross nursing representative, spoke to the home nursing students about the cadet nursing program, and gave them a picture of nursing on the battle front. Miss Helen Bullis, chairman of the Home Nursing committee, then presented certificates and pins to students of last semester who have completed the course in Home Nursing.

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Last Saturday night, after the Ashland-Medford basketball game, the Ice Skating club sponsored a school dance. General chairman for the dance was Helen Robertson. Chairman of decorations was Jerry Liebman, and entertainment chairman was Lila White. In charge of refreshments was Ferney McKibben.

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A special assembly was called February 19, third period, for Medford high students to hear a girls' symposium team from the University of Oregon. The topic was "Our Post-War Relations with Russia." Members of the team were Mary Landry, from Klamath Falls, Gloria Cartozian from Portland, Karen Martin from Creswell, and their director, Robert D. Clark.

Following the symposium a number of questions from Medford students were answered by the visiting team.

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The annual H.E.C.A. Washington Day assembly was held February 22. Regina Smith was general chairman, assisted by June Williams. Outstanding historical events from the colonial period to the present time were silhouetted on a screen and interpretations were given with each silhouette. Bill Hedrick, Bill Patton, Bob Boyer and June Williams were the narrators. A quartet sang songs to fit the various periods. Members of the quartet are: June Williams, Audrey Jarmin, Jerald Pence and Carl Winklebleck.

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Medford students were given a chance to see actual construction pictures of the Alaskan highway in the film "Highway to Alaska" shown February 21 in the auditorium. The picture also showed many beautiful Alaskan scenes of lakes, streams, and high mountains.

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Mrs. Roe Southerland, manager of the ladies' ready-to-wear department of the M. and M. Department store, on February 8 gave the Home Economics club a short preview of styles and colors that will be good for spring and summer.

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According to Crater yearbook editor, Jerry Liebman, there was a sell-out of tickets two weeks after the sale had been launched. Leading other salesmen in the race, Jackie Nelson sold 160 of the ducats; runner up for first place was Elmer Kyle.

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Assisting with the column this week were Darlene Cook, Daphine Martin and Lillian McDougall.

Prospect

Prospect, Feb. 23.—Prospect Home Extension unit met at the high school building, Feb. 16, with Miss Marion Farrell of Medford giving the interesting lesson on "Professional Touches to Home Sewing." Potluck lunch was served by Mrs. Everett Shafer, Mrs. David Neville, and Mrs. Otto Pitchford. Mrs. T. J. Richey, unit chairman, presided at the business meeting. Mrs. Fred Middlebusher gave a resume of the Associated Women of the World conference she attended recently. Mrs. Helen Huffman entertained the unit members' pre-school children at her home with games, and a potluck lunch.

Mrs. Hiene Hertager was hostess for the Nazarene Missionary Society, Feb. 16, at her home. Devotionals were led by Mrs. L. L. Glines and Mrs. Murt Daily was in charge of the missionary study. Quilting took up the time after lunch. Attending were Rev. Fendall, and Mesdames L. L. Glines, Ted Bevens, M. E. Daily, S. Moore, Raymond Artmire and daughter, Frances, George Jaros, John Hakkerup, Lional Pease, Fred Bak, Charles Magerle Frances Pearson, and H. Hertager. Next meeting will be at the home of Mrs. John Hakkerup.

Jantzer Girls' club met at the home of Mrs. Ralph Lacy, Feb. 15. After business meeting, a social afternoon was enjoyed, followed by refreshments. Mrs. Darrell Stone and little daughter, Sandra, and Mrs. L. E. Robertson were visitors, and members attending were: Mrs. Paul Snook, Mrs. Ralph Mallory, Mrs. Archie McKillop, Mrs. Charles B. Broonfield, Mrs. Everett Shafer, Mrs. Ben Haynes and Mrs. Lacy.

Raymond Artmire underwent major surgery at the Sacred Heart hospital, the morning of Feb. 21.

Mrs. Everett Shafer and Mrs. Archie McKillop, project leaders for the March home extension meeting, attended project school at Medford, Feb. 20.

Farmers in the U. S. are expected to harvest 481,690,000 pounds of 19 kinds of grass and legume seeds this year, or almost 84,000,000 pounds more than in 1943.

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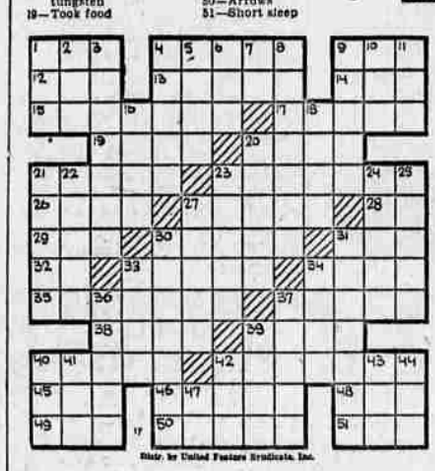
STRANGE AS IT SEEMS By ERNEST HIX

Crossword Puzzle

ACROSS
1—Joker
6—Kind of lily
9—Scheme
12—Lifetime
13—Bay window
14—Fruit drink
15—Tune
17—Dart
19—Binds
20—In middle of
21—Tracks
23—Mar
26—Building wings
27—Rough
28—Symbol for tungsten
29—Took food
30—"Teddy bear" of Australia
31—Plowed
32—Compass point
33—Headband
34—Injure
35—Costly fur (pl.)
37—Statues
38—Concludes
39—Lichen growth
40—Nuder
42—Kind of tobacco
45—Go astray
46—Make happy
48—Mimic
49—Period of time
50—Arrows
51—Short sleep

DOWN
1—Part of "to be"
2—Past time
3—Christian
4—Clusters of pine seeds
5—Curves
6—Tell falsehood
7—French article
8—Public walk
9— — Gras
10—Fuzz
11—Church seat
16—Troubles
18—Hoarfrost
20—Bird's rudimentary wing
21—Legumes
22—Change
23—Naughty children
24—Begin
25—Searches
27—Pigeon coops
30—Relationship
31—Kalinin's nationality
33—Climbing plant
34—Clean corn
36—Gay
37—Wearies
39—Mongrel
40—Bottom of brook
41—The Altar
42—Sailor
43—Resort
44—Marching cry
47—Musical note



ANSWER TO PREVIOUS PUZZLE

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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

6:00 p. m.—Youth on Parade, CBS Orchestra, BN.
6:30 p. m.—Boston Symphony, BN Detroit Symphony, MBS.
6:45 p. m.—News, CBS; Elmer Peterson, NBC
7:00 p. m.—Barn Dance, NBC; This is My Story, CBS
7:30 p. m.—Spotlight Bands, BN; Can You Top This? NBC.
8:45 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.—Views and Interviews, BN; Hit Parade, CBS; News, MBS.
9:15 p. m.—Dream Boat, MBS
9:45 p. m.—Don't You Believe It, CBS; Lee Simms, Pianist, NBC.
10:00 p. m.—News, NBC; Soldiers With Wings, BN
10:15 p. m.—Hollywood Barn Dance, CBS.
10:30 p. m.—Orchestra, NBC.
11:00 p. m.—Orchestra, CBS; News, BN; Orchestra, NBC.

Approximately 3,000 residents of Defiance county, Ohio, were given X-ray examinations free of charge in a tuberculosis survey.

Notice Of Final Settlement

In the County Court of the State of Oregon, for Jackson County. In the Matter of the Estate of Nannie Shaw, deceased.

The undersigned has filed in the County Court of Jackson Couhty, Oregon, the final account of his administration of the above entitled estate, and the judge of said Court has fixed Monday, March 12th, 1945, at the hour of 10:00 A. M., of said day, at the Court Room of said Court, at the Court House in Medford, Jackson County, Oregon, as the time and place for the settlement of said estate.

All persons interested in said estate are hereby notified and required to make or file their objections to said final account, if any they have, on or before the time aforesaid, fixed for the hearing and settlement thereof.

Dated and first published this 9th day of February, 1945.

JAMES B. SHAW
Administrator of said estate.
Glenn O. Taylor,
Attorney for estate, 126 East Main St., Medford, Oregon.

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