Your Health and Its Care

By DR. WILLIAM BRADY M. D.

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HYPERPIESIA

High blood pressure, in most cases, is one of the signs or manifestations of the constitutional or organic disease the patient has. It should not and cannot be properly interpreted or treated, by medicine, diet rest, climate or anything else, any more than, say high temperature or high pulse rate should be, without regard for what ails the patient.

Dr. Brady

Instruments for precise measurement of blood pressure date from 1828 when the U-shaped mercury manometer was devised. The type of instrument now generally used by physicians to measure blood pressure (arterial tension), called sphymo-manometer, became standard 50 years ago, and is as familiar as the stethoscope or the headlight and speculum among the paraphernalia every good doctor carries in his bag or keeps close at hand for examining patients in his office.

Although I have harped incessantly on the fact that high blood pressure or arterial hypertension or hyperpiesia is not a disease or a complaint susceptible of interpretation or treatment in itself, nine out of every ten correspondents who query me about it obviously expect that, however incompetent the doctor or doctors at home may be, a doctor far away need only know that the blood pressure measures so-and-so over so-and-so in order to prescribe the right diet, medication and mode of living.

Two familiar popular misapprehensions deserve special mention here. The first is that a person with high blood pressure should eat little or no meat, particularly red meat. There is no scientific foundation for this notion and in many instances the individual's health suffers from the malnutrition that inevitably develops from long-continued exclusion or restriction of meat in the diet. People who harbor quaint notions about meat eating should know how exclusive meat diet for a full year affected the blood pressure of the Arctic explorers, Stefansson and Andersen. Stefansson's blood pressure remained at 105 systolic, 70 diastolic, throughout the year. Anderson's was 140 systolic, 80 diastolic at the beginning of the year, 120 systolic, 80 diastolic on completion of the year of exclusive meat diet.

The other common misapprehension is that one with high blood pressure should take saline cathartics frequently. This is based upon the notion that the patient's blood is "too thick" or that the patient has "too much blood". The truth is that one with high blood pressure generally has only the normal amount or thickness of blood, although such a person is as likely to be anemic as is a person with normal blood pressure or one with low blood pressure.

QUESTIONS AND ANSWERS

Give It to the Red Cross

Please accept the contribution inclosed toward your service to the wives of men in the army and navy. I am an old veteran and I know how much your fine booklets "Preparing for Maturnity" and "Brady Baby Book" have helped some of these young mothers or expectant mothers whose husbands are away. (A. M. T.)

Answer—Thank you for the spirit of your contribution, but the booklets are free to service men or their wives who ask for them and provide stamped addressed envelope—so your contribution will do as much or more good if you turn it over to the Red Cross or the USO.

Tonsil Question

Dr. ....., says I must have my tonsils removed. Do you advise having the mremoved? If I should, how can I overcome being afraid? Is it harmful? I am 14. (Worried.)

Answer — Yes, sometimes tonsils should be clipped, I should say, not "removed," if that implies an effort to remove every bit of tonsil tissue. Write again and don't be so mysterious—inclose a stamped envelope bearing your name and address and I'll send you a pamphlet telling all about "Tonsils and Adenoids."

Hair Turn White Overnight?

Discussion in our science class as to whether hair ever turns white overnight. Teacher said no, because hair gets color or doesn't get it from the roots and hair can't grow that fast, but one girl said she knew of a case. (B. W.)

Answer—The teacher is right. "Science" covers a lot of territory, doesn't it? Send 10 cents and stamped envelope bearing your address, for booklet "The Hair and Scalp"—but do not send a clipping.

POLIO RESEARCH MAKES HEADWAY, REPORT STATES

National Foundation Uses Funds to Seek Disease Cause, Aid in Epidemics.

New York — The encouraging news that "some of the mystery of infantile paralysis is being dispelled" is contained in the annual report of The National Foundation for Infantile Paralysis, made public today by Basil O'Connor, its president.

Listing grants and appropriations totalling $1,828,859 authorized by the National Foundation between Sept. 30, 1943 to May 31, 1944 for research, education and the training of physical thereapists, the present report covers only one eight months period because of a change in the fiscal year. Future annual reports will cover operations from June 1 to May 31.

Epidemic Fund

The report also contains the information that a special fund of $2,000,000 for Epidemic Aid and Other E.. ergencies has been established by the trustees, as of May 31, 1944, and that last summer's epidemic — the second worst outbreak of poliomelitis in the history of the United States —drew upon the newly created fund to the extent of $739,860 This expenditure, between June 1 and Oct. 31, 1944, while outside the fiscal period covered by the annual report is mentioned in it as demonstrating the necessity for the establishment of a special fund "for such unforseen epidemics and other emergencies." The $739,860 of National Foundation funds was used to supplement chapter funds in local communities hard hit by the 1944 outbreak.

During the eight months covered by the fiscal report, the National Headquarters received $5,191,148 as its share of the 1944 March of Dimes appeal, an additional $5,293,232 remaining with the National Foundation's county chapters. Receipts from other sources, including $240 000 donated by the producer of the motion picture "Forever and a Day," increased the total income of the National Foundation for the fiscal period to $5,452,593.

Cause Sought

That part of the report dealing with research into the nature of the disease is based largely on findings made during 1943, when the number of cases reported, 12,429, exceeded all previous years except 1916 and 1931.

Of the 1943 outbreak, the report has this to say:

"Not only was help sent to each epidemic area, but as far as facilities permitted the epidemics became the subject of special study. Grantees of the National Foundation concerned with epidemiology were kept posted on the spread of the epidemic. As information was received from the states it was relayed to these research workers. They then were able to go into the field with their trained staffs and to carry out their investigations early in the outbreak.

"Particularly were extensive investigations conducted in California, Texas, Illinois and Connecticut. Here workers were able to live in the field with the epidemic. The pattern of spread of cases was investigated. Thousands of specimens were collected in accordance with a carefully pre-arranged plan. Bodily secretions and blood specimens were secured from patients and their contacts. Material was collected from the environment in which these persons lived.

Animals Studied

"Wild and domestic animals and birds were studied. Particular attention was given to rodents and animals with any evidence of disease. Large numbers of these were trapped and sent to the laboratories. Food, water, sewage — all were collected.

"The examination of all this material calls for months of study. The laboratory procedures involved are difficult and expensive. They call for the use of high speed and ultra-centrifuges, for monkeys, and above all, skilled and trained laboratory workers.

"Much has been learned from this epid mic. The method of spread of the disease is better understood. Some of the mystery of infantile paralysis is being dispelled. But not enough has yet been learned to set into operation practical control measures. More epidemics need be studied; laboratory methods must be greatly improved before the final answer can be given.

"While this answer is not yet available the National Foundation has given its funds to equip and staff great laboratories where materials and apparatus have been assembled and where keen, intelligent men and women are devoting their lives to the mastery of infantile paralysis."

THE GRANGE

Phoenix Grange

Next regular meeting of Phoenix Grange, February 27 will be preceded by a covered dish dinner at 7 p. m. H. E. C. committee will furnish the meat dish. Other members are asked to bring a hot dish and salad or dessert dish.

At the last regular meeting a talk was given by Mr. Snider of the Rogue Valley Transit company. Later a resolution was read pertaining to continuing of the bus service.

Demits were granted to Brother and Sister Birdsall.

Literary program honored George Washington. A memorial in honor of Floyd Bell was presented.

Stars were placed on the service flag in honor of the Hockersmith's two sons and Milton Poe.

At the February 27 meeting the covered dish dinner and lecture hour are to celebrate the fourteenth birthday anniversary of Phoenix grange.

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CHINESE ADVANCE

CALCUTTA, Feb. 26—(U.P.)—Chinese 50th division troops crossed the Nam-Tu river to seize the rail station town of Mantu, 25 miles northwest of the key Burma road city of Lashio, it was announced today.

U. P. MANAGERS

Paris, Feb. 26—(U.P.)—Appointments of Clifford L. Day as European manager and Boyd Lewis as European news manager of the United Press were announced here today by Virgil L Pinkley, U. P. vice president and general European manager.

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

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

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

DO YOU KNOW?

That the American Association of State Hiway Officials predict there will be continuous employment for more than a Million Men for three years after the war in street and hi-way construction.

ROGUE RIVER CHEVROLET

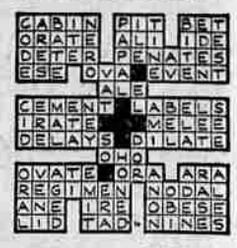
STRANGE AS IT SEEMS By ERNEST HIX

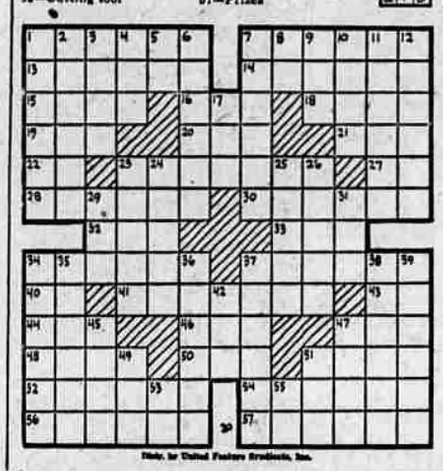
Crossword Puzzle

ACROSS
1—Loud noise
7—Woman
13—Closer
14—Speaker
15—Rod
16—Shade tree
18—Wrap
19—Pixie
20—Insect
21—Fairy queen
22—Avenue (abbr.)
23—Proportion
27—You (L.)
28—Holding
30—Slight signs
32—Cutting tool
33—Past
34—Caria
37—Upright posture
40—Part of "to be"
41—Afternoon show
43—Adjective ending
44—Worked with shovel
46—Land measure
47—Malt drink
48—Greek patriots
50—Male sheep
51—Examine
52—Forgive
54—Is that so!
55—Declares
57—Prizes

DOWN
1—Go over again
2—Unfold
3—Money
4—A number
5—Musical note
6—Three times
7—Stir up
8—Comparative ending
9—Spoil
10—Tiny particle
11—Having lobes
12—Place of darkness
17—Meadow
22—Plump
24—Sphere of action
25—Kind of cloth
26—U. S. bird
29—Pester
31—Dove's call
34—Long boots
35—Lucky charm
36—Begins
37—Blood disease
38—Ground up
39—Loses blood
42—Man's name
45—Festive
47—Ripener
49—Fix
51—Harem
53—Compass point
55—Northwest (abbr.)

ANSWER TO PREVIOUS PUZZLE





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

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.—Hoagy Carmichael Show, 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; Carlson and the News, BN.
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

TUESDAY

5:00 p m.—Terry and Pirates, BN OK for Release NBC, News, MBS
5:15 p m—Dick Tracy BN, Superman, MBS; Betty and Bob, NBC.
5:30 p m—Date with Judy NBC Jack Armstrong BN, Harry Flannery News CBS Adventures of Tom Mix MBS
5:45 p m.—Capt Midnight BN Night News Wire, MBS, News CBS
6:00 p m—Mystery Theater NBC Gabriel Heatter MBS; Inner Sanctum CBS; News, BN
6:15 p m—Jimmy Fidler, MBS Supper Music, BN
6:30 p m—Fibber McGee and Molly NBC Spotlight Bands BN; American Forum MBS
7:00 p m.—Bob Hope, NBC; Trans-Atlantic Quiz, BN.
7:15 p m—Lowell Thomas MBS Musicsl Silhouettes, BN.
7:30 p m—Hildegrade NBC; Red Rider, MBS One Man's Family, BN
8:00 p m.—Supper Club, NBC; Jack Kirkwood Show, CBS; Ted Malone, BN
8:15 p m.—Fleetwood Lawton, NBC; Music, CBS, Lum and Abner, BN.
8:30 p m—Johnny Presents NBC, Theater of Romance, CBS; Allan Young Show BN
9:00 p m—Everything for Boys NBC; Big Town, CBS; Glen Hardy News, MBS.
9:15 p m—Rex Miller MBS
9:30 p m.—Roy Rogers, MBS; Murder Will Out, BN.
10:00 p m—News, NBC, Carlson and News, BN; Fulton Lewis, MBS.
10:15 p m.—On Our Bandstand, NBC; Sports Program, BN.
10:30 p m.—Edwin C Hill, CBS, Fenneman's Nite Club, BN; Sweetheart Swing Time, NBC.
11:00 p m—Talks CBS, Orchestra NUC; News, BN

JAP REVENGE

Washington, Feb. 26 — (U.P.)—Japan's answer to Gen. Douglas MacArthur's Philippines victories has been to torture and slaughter Filipinos on by-passed islands, Pedro Lopez said today.

PAYROLL CHECKUP IS INSTITUTED BY WLB'S INSPECTORS

Seattle, Feb. 26 — To check payrolls of 16 Salem, Ore., industries in the first of a series of wage compliance surveys in Washington and Oregon, inspectors of the Wage and Hour Division, U. S. Department of Labor, under Elwood Strumpf, Portland supervisor, will begin a week's investigation it was announced today by William A Babcock, Jr., regional attorney of the Northwest's 12-man regional War Labor Board, the government agency in charge of setting pay for 3,000,000 wage-earners in Washington, Oregon and Alaska.

"Payrolls in Salem will be checked," Babcock said, "to see if wage increases have been granted without approval of the region War Labor Board and to assist employers to comply with the government's wage stabilization regulations.

Many Branches

The investigation will include canneries, restaurants, auto repair shops, wholesalers, bottlers, building supply firms, department stores, laundries, machine shops and sheet metal shops will be visited in Salem, Babcock said.

Inspections in Salem will be followed by payroll checkups in Eugene and Portland, Oregon

The Salem pay investigations will launch an area-by-area and industry-by-industry canvass of Northwest payrolls. Babcock said, "designed to protect the majority of patriotic businessmen and employes complying with the government's wage stabilization program from the unfair competition of a minority of law-violators who offer illegal, unauthorized wages to lure employes from competitors."

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

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With this Ayds Plan you don't cut out any meals, starches, potatoes, meats or butter, you simply cut them down. It's simple and easy when you enjoy delicious vitamin fortified AYDS before each meal. Absolutely harmless. 30 days supply of Ayds only $2.25. If not delighted with results MONEY BACK with the very first box. Phone

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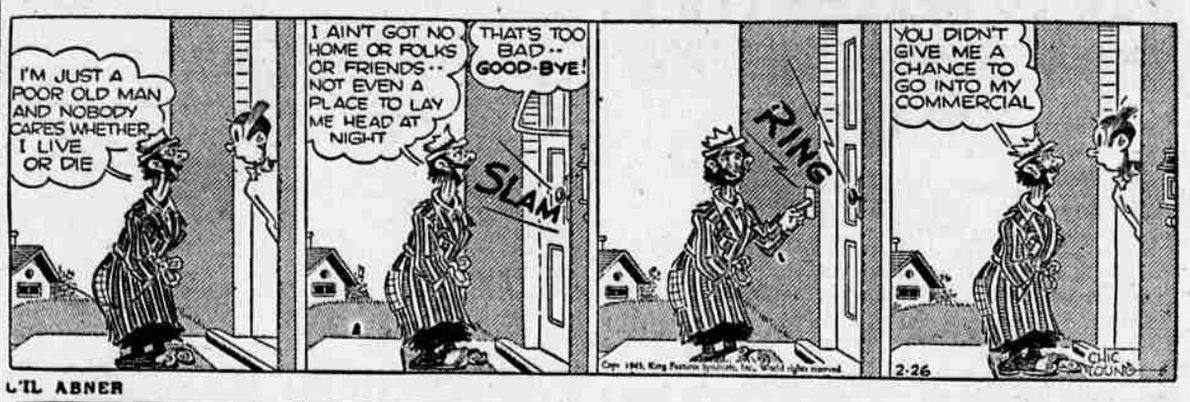

L'IL ABNER

THE NEBBS