

Your Health and Its Care

By DR. WILLIAM BRADY, M.D.

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ANY VITAMINS TODAY, FOLKS?

Today most physicians prescribe vitamins for or administer them to many patients every day.

Recently 200 volunteer medical students and technicians at Duke University were divided into 5 groups, and each group given either shotgun vitamin tablets, or liver extract tablets, or yeast extract tablets or placebo tablets, all of the same size and appearance, to take for a month.

The investigators concluded from the experiment that administration of vitamin supplements to these apparently normal persons, consuming the usual American diet (which, I suppose, means food anyway), had no demonstrable beneficial effect.

In the first place, if the volunteers were really in the best possible health it would be pretty silly to expect that any vitamin or combination of vitamins could improve their health, vitality, sense of well being, capacity to work or anything else.

In the second place, if any of them did have any impairment of health due to deficiency of one or more vitamins, it would be pretty silly to expect to remedy the trouble by simply adding a vitamin supplement to the diet for a month. These Duke University investigators evidently confuse vitamins with drugs. I'm just a plodding old country doctor and probably I don't know much about the prophylactic or therapeutic use of vitamin concentrates or vitamin supplements, but somehow I have acquired the notion that it takes several months of optimal (several times more than just average daily requirements) vitamin feeding to restore vitality in such cases. Vitamins are foods, and the systemic effects of a year or several years of semi-starvation do not yield to a month of proper nourishment. These self-appointed debunkers of the vitamin craze were

years behind the march in finding out about the newer principles of nutrition, as the "authoritative" utterance above quoted (from one of their voluble leaders) so well illustrates.

From the naive requests I receive in the daily mail I know that the education of the public about vitamins has been taken over by those old masters of public health education, the quacks and nostrum manufacturers—and one or the other category should include producers of bread, milk, oleomargarine, breakfast cereals and what have you. But, right or wrong, the laity is now too sophisticated to be impressed by the quaint attitude of the slow-footed medical profession. After all it is absurd for the doctors, individually or through their organization, to maintain, on the one hand, that one should take vitamins only when one's physician has diagnosed a specific lack of the vitamin or vitamins concerned; and on the other hand that bread should be doctored with synthetic or concentrated vitamins such as thiamine (B1), riboflavin (B2 or G), D etc., to insure that everybody who eats store bread shall get a kind of shotgun dose of vitamin every day regardless. But then, isn't the stand taken or approved by the national medical organization usually like that?

QUESTIONS & ANSWERS
Window screen Ventilator
Kindly advise if commercial cloth screen of any size used for window is sufficient for bedroom window ventilation?

Answer—Yes. Even ordinary unbleached muslin screens, full wash size, have served very satisfactorily for ventilating schoolrooms, offices, workrooms, bedrooms, during the season when artificial heating is required. Send stamped envelope bearing your address, ask for pamphlet on Air Conditioning.

Twins
Why is it that some twin girls can become mothers while others cannot?

Answer—Being twins has nothing to do with capacity for motherhood. Child Nipped by Dog
Daughter nipped in cheek by puppy. School nurse sent her to hospital. Health department ordered detention of dog which we do, and immediate Pasture treatment. Should the Pasture treatment be given?

Answer—My advice is that you pay no attention to the health department, the school nurse, the neighbors or the cop on traffic post, but do precisely as your own family physician advises. (Copyright 1945, John F. Dille Co.)

Olive Barber's Letter

Pvt. Buck, writing from the Marianas, is as one might expect of an Irishman, always gently whimsical, tender-hearted seeing humor in situations which would irritate most. But a letter from a lad in Belgium shows a chap of another caliber altogether. His words have a forthright slugging quality. He can take anything the war can hand out, but he's a realist and isn't being fooled for a minute. He just plain growls about things in a grumpy, wholly masculine way.

First, he tells about the weather; it has rained and snowed. After polishing off that topic, he gets down to business and says, "The Germans kind of stole the show here during December, but

not for long. The Russian Bear wasn't hibernating. The Germans are taking a lot of punishment, but they deserve it. "I'm certainly thankful I have a home in the United States. I know war has had a lot to do with conditions over here, but there is evidence that things weren't good ever before the war. They really have the blackest of black markets over here. You can buy most anything—if you have the price! As high as things are at home, they're three times higher here, with many worse than that. Most of the people are shiftless and don't have much ambition."

He then admits the war might have something to do with that, but the inference is that Americans would keep on the hump at something besides black marketing. You may object to his critical attitude. Well I don't. Nor neither must the censor, for the letter got through. The boy has a good wholesome and hearty disgust with sub-standard prejudices and sub-standard characters. He measures people and their ways with the yardstick of life as lived in the United States and when things don't qualify, he says so. Which is one of the privileges he's daily risking his life for.

Anent plumbing in that part of Europe—well, this column faces a stricter censorship than evidently did his letter, for I dare not quote him directly. But the gist of his remarks—public toilets are troughs running along the sides of the streets. The French and Belgians have no inhibitions about using them when the need arises.

And then the usual cry, "I hope the people in the states don't forget us when the war is over. I don't think they will for every family has one or more in the service." And then he closes with, "The more I see of these countries, the gladder I am that my home is in the United States."

Prescription Filled Over 15 Million Times

Recommended to do just two things: relieve constipation and gas on the stomach. This successful prescription is now put up under the name of ADLERIKA. Get a bottle of Adlerika next time you stop at your druggist's and see for yourself how quickly gas is relieved and gentle but thorough bowel action follows. Good for old and young. Caution, use only as directed. Get Adlerika from your druggist today. Health's Drug Store, Inc.

GET UP IN THE MORNING FEELING LIKE \$1,000,000

Thousands of men and women have found that time-tested Stuart Tablets bring quick, happy relief to sleeplessness, symptoms of acid indigestion, gas, and upset stomach. Taste delicious, easy to take—no mixing, no bottle. Try them—have a good night's sleep and wake up in the morning feeling like a \$1,000,000. Get genuine Stuart Tablets at your druggist—only 25c, 50c, or \$1.20 under maker's positive money-back guarantee.

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REMEDIES FOR STOMACH ULCERS
Heart Rheumatism Asthma Catarrh Piles, Prostate Gland Eczema and all disorders of Liver Kidney Trouble and other complaints disappear after using
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On the Radio Chain

STATIONS:
Chain affiliation and where they are on the dial:
6:15 a.m. CBS, 1330, Portland; KEX (NBC-Blue), 1150, Portland; KGA (NBC-Blue and MBS), 1310, Spokane; KGO (NBC-Blue), 810, San Francisco; KGW (NBC-Red), 620, Portland; KXN (CBS), 1570, Los Angeles; KOA (NBC-Red), 530, Denver; KOIN (CBS), 970, Portland; KOMO (NBC-Red), 220, Seattle; KPO (NBC-Red), 1160, Salt Lake City.
Time shown is PWT.

Thursday
5:00 p.m.—Sam Hayes and the News, MBS; OK for Release, NBC; Terry and the Pirates, NBC.
5:15 p.m.—Dick Tracy, BN; Superman MBS; Betty and Bob, NBC.
5:30 p.m.—Jack Armstrong, BN; Harry Flannery, News, CBS; Tom Mix, MBS; News, NBC.
5:45 p.m.—Capitol Midnight, BN; Elmer Peterson, NBC; Night News, MBS; News, CBS.
5:50 p.m.—Supper Music, BN; News, BN.
6:00 p.m.—Bob Burns, NBC; Spotlight Bands, BN; Corliss Archer, CBS; Treasure Hunt, MBS.
7:00 p.m.—Abbott and Costello, NBC; Fred Waring, NBC; BN, First Lady, CBS.
7:15 p.m.—Lowell Thomas, MBS; 7:30 p.m.—March of Time, BN; Ryder, MBS; Rudy Vallee, NBC; Here's to Romance, CBS.
8:00 p.m.—Super Club, NBC; Jack Kirkwood Show, CBS; Building Drummond, MBS; Earl Godwin, BN.
8:15 p.m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music That Satisfies, CBS.
8:45 p.m.—Frank Morgan, NBC; Death Valley Sheriff, CBS; America's Town Meeting of the Air, BN; San Francisco News, CBS; Dinah Shore, NBC; Elmer Peterson, CBS; America's Town Meeting of the Air, BN.
9:15 p.m.—Rex Miller, MBS.
9:30 p.m.—The Saint, NBC.
9:30 p.m.—News, MBS; NBC News, BN; Fulton Lewis, MBS.
10:15 p.m.—Sport Program, BN; San Francisco News, CBS; Dinah Shore, NBC; Elmer Peterson, CBS; America's Town Meeting of the Air, BN.
11:30 p.m.—News, BN.

Friday
5:00 p.m.—Terry and the Pirates, BN; OK for Release, NBC; Sam Hayes and the News, MBS.
5:15 p.m.—Dick Tracy, BN; Superman MBS; Betty and Bob, NBC.
5:30 p.m.—Jack Armstrong, BN; Harry Flannery, News, CBS; Tom Mix, MBS; News, NBC.
5:45 p.m.—Elmer Peterson, CBS; Capitol Midnight, BN; Night News, MBS; News, CBS.
5:50 p.m.—Supper Music, BN; News, BN.
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BRITAIN BUYS FILMS
London, March 8.—(U.P.)—Britain has spent nearly \$250,000,000 on United States films exhibited in England during the five years from 1940 through 1944, Sir John Anderson, Chancellor of the Exchequer, announced today. The amount spent by the U. S. for British films was not made known.

Canada Dry Water
Drinks spiked with Canada Dry Water sparkle with loud, "PIN-POINT CARBONATION" insures liveliness and zip... to the last sip.
BIG BOTTLE 15¢ Plus deposit

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DISPUTE CERTIFIED
Washington, March 8.—(U.P.)—The Labor Department today certified to the War Labor Board a dispute between the United Press Associations and the American Newspaper Guild (CIO). It said the dispute involves terms of a new contract.

News of 4-H CLUBS

By Jo Ann Gosnell and Doreen Straus

Sams Valley 4-H Sewing and Livestock club held a joint meeting at the school house March 3. Club songs and yells were lead by Jo Ann Gosnell. Dale Schulz gave a talk on how to raise a 4-H pig. Members of the sewing club are: First year, Pauline Messer; second year, Ruth Fate and Patricia Gosnell; third year, Delores Ruserberry, Jo Ann Gosnell, Marie Schulz and Doreen Straus. Officers are: President Marie Schulz; vice-president, Doreen Straus; secretary and treasurer, Jo Ann Gosnell.

Members of the livestock club are: Calf club, Dalton Straus, Don Straus, Doreen Straus, Leon Morgan, Richard Byles; Lamb club, Kit Day, Robert Perry, John Korner; Pig club, Marie Wright, Margaret Wright, Dale Schulz, Don Morgan, Marie Schulz and Delores Dusenberry. We are sorry to lose two of our members who have moved away, Arletta Libolt and Hubert Messer.

Next meeting will be at the school house, Saturday afternoon, March 10.

THE GRANGE

Roxy Ann Grange
Regular meeting of Roxy Ann Grange March 2, was called to order by Master Frank Hanson. Third and fourth degrees were given Mr. and Mrs. Paul Renner and Ronald Lahman. Mr. and Mrs. Offard and Mr.

Chalker's Motel & Lodge
OFFICERS' CLUB
Dine-Dance-Refreshments
Chicken and Steak Dinners
Most Unique Place in Ore.
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Out of bounds, civilians only
Delicious chicken and steak dinners, 7:00 p.m., to 3:00 a.m., except Sunday. Phone day time 5300; night 9101.

Orchestra Every Night

TAKE IT EASY LODGE
DINE AND DANCE
EVERY NIGHT EXCEPT FRIDAY
Chicken, Steaks, and Spanish Dinners
1/2 Mile up Savage Creek

and Mrs. Cameron served lunch. HEC will meet Wednesday, March 14, at 2 p.m., with a covered dish lunch.
Next Grange meeting will be March 16.
Plans are being made by Mr. and Mrs. L. Bish and Mr. and Mrs. J. Dunlap to give a public dance at the Grange hall Saturday night, March 24, for benefit of the Grange.
Roxy Ann 4-H Club will meet March 23 at Grange hall.

Central Point Grange
A talented and versatile Girl Scout troupe from Westside district gave an interesting demonstration before Central Point Grange March 2.
Reports by Grange members showed favorable progress in development of new weed killing sprays.

A representative of the Central Point Juvenile Grange asked that all Grangers turn in sales slips. They are sending in those collected this month.
Another dance is planned for March 10. One candidate was obligated and there were five proposals for membership.

Husbands! Wives! Want new Pep and Vim?

Thousands of couples are weak, worn-out, exhausted, listless because they lack pep, vim, vitality, try Doan's. Doan's Pills, you need for pep, vitality, vim, energy, listlessness, weakness, nervousness, indigestion, constipation, kidney trouble, backache, rheumatism, etc. Doan's Pills, you need for pep, vitality, vim, energy, listlessness, weakness, nervousness, indigestion, constipation, kidney trouble, backache, rheumatism, etc. Doan's Pills, you need for pep, vitality, vim, energy, listlessness, weakness, nervousness, indigestion, constipation, kidney trouble, backache, rheumatism, etc.

Those having birthdays in January, February and March will be honor guests at the birthday party following the next regular meeting. Members are urged to be on time so the meeting can adjourn before 11 o'clock.

Applegate Grange
Applegate grange meeting, Feb. 23, had Martha Terry and Meltha and C. G. Sease up for their first and second degrees. Ralph and Florence Bross took third and fourth degrees. Five new applications were turned in.
Charles Elmore gave a talk on experimenting in raising alfalfa and forage on new plots that have not been sprayed with arsenic.

Cloran Hunter escorted the new third and fourth degree men out and let them work their way back in. Serving committee for next meeting will be May and

Many Never Suspect Cause Of Backaches

This Old Treatment Often Brings Happy Relief
When disorder of kidney function permits poisons to remain in your blood, it may cause nagging backache, rheumatic pains, leg pains, loss of pep and energy, getting up nights, swelling, puffiness under the eyes, headaches and dizziness. Frequent or scanty urination with smarting and burning sometimes shows there is something wrong with your kidneys or bladder.
Don't wait! Ask your druggist for Doan's Pills, used successfully by millions for over 40 years. They give happy relief and help the 15 million of kidney tubes flush out poisons waste from your blood. Get Doan's Pills.

STRANGE AS IT SEEMS

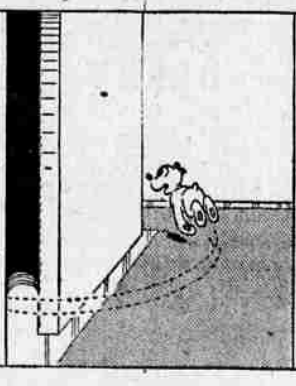
By ERNEST HIX



BARNEY GOOGLE AND SNUFFY SMITH



BLONDIE



LTL ABNER



THE NEBBES



G. Fields, Elsie and Lue Hansen, Berlina and Lester Hill, Villa and Cal Hill.
Due to an accident, the agricultural picture scheduled to be shown Friday night will not be available. We hope to have it by next grange meeting, March 23.
Grange Chaplain Grace Hunter extended an invitation to the meeting of the American Union Sunday school at the Applegate school house Sunday at 2 p.m. Glenn Hunter is superintendent; Grace Hunter, secretary and treasurer; Herbert Pernell, choirist; Lora Pernell, pianist. There will be classes for all ages. There will be church at 3 p.m. Ward Lamkin is pastor. All are invited to attend the services every Sunday.

Lapel Microphone For Air Troops Is Developed By Army

New York, (U.P.)—Airborne troops who leap into battle no longer are entirely on their own, for they can communicate with their mother plane by means of a newly developed crystal lapel mike, Aviation News, a McGraw-Hill publication, reveals.
The jumper snaps the set into "receive" position before leaving the plane and can switch to "transmit" by a lever which returns to "receive" when it is released. A length of flat braid running from the jumper's boot up his leg to the set serves as an antenna.

DO YOU KNOW?

that the Oregon Secretary of State R. S. Farrell, Jr., states, "I sincerely hope every Oregon driver will have his brakes checked during the nation-wide brake emphasis program." Have your brakes checked now at
ROGUE RIVER CHEVROLET

Crossword Puzzle

ACROSS
1—Picture taker
2—Beast
3—Kittledrum
4—Knobby
5—Butt
6—Pul crew on ship
7—Greek mountain
8—Benam
9—A unit
10—Title of respect
11—Heating expression
12—Peatbore
13—Qu (Latin)
14—Recompensed
15—Fruits
16—Put on
17—Conducted
18—Small tower
19—Added art
20—Indefinite article
21—Bard
22—Symbol for cerium
23—Health resort
24—Audience
25—Flowed
26—Side of door
27—Prex before 81—Shoots perfect golf
28—Lily Maid of Artois
29—Tennis
30—Native of Oklahoma

DOWN
1—Wheel on bureau
2—Dress
3—Moss up
4—Flow out
5—Sun god
6—Kind of oak
7—Toughen
8—Negative
9—Artificial language
10—Grows on rocks
11—Appointment
12—Pinda out
13—His name
14—Only's chaplain
15—Dowry dress
16—Tissue
17—Free from fault
18—Nominal value of bond
19—Quar
20—Hanging ornament
21—Remove from trap
22—Wigwag
23—Card game
24—Thicker
25—Vehicle
26—Woe is me! (Fr.)
27—Showed
28—Pearly fort (Fr.)
29—Paid athlete
30—Compare points
31—Italian river