Your Health and Its Care

By DR. WILLIAM BRADY M. D.

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THE SINS OF THE FATHERS

By whatever name the call "shell shock" or "war neurosis" or "battle fatigue," I opined in a talk here last fall, the breakdown would have happened sooner or later, war or no war the breakdown would have been ascribed, I added, when I should have have closed my trap and called it a day, to "overwork," "worry, business cares, financial responsibilities, domestic strife, the stress and strain of modern life, whatever that may mean.

Dr Brady

Now I'll try to define the sins I had in mind.

First there is **alcoholic indulgence**, by which I mean the use of alcohol as a narcotic or, if you prefer to be headstrong about it, as a "stimulant." This includes most so-called "social" drinking and especially the cocktail habit, dropping in at the Refectory for a quick one on the way home to dinner, resorting to the drug alcohol to dull consciousness of one's shortcomings. I believe alcoholic indulgence is accountable for a great deal of the "nervous breakdown," "nervous weakness," "psychoneurosis," "neurasthenia" or whatever fancy name you please to call it. And do not lose sight of the fundamental physiological fact that the only kind of energy scientifically recognized is ordinary physical or muscular energy—no one has shown that a significant amount of energy is expended by the functioning of the brain or the nerves. Some laboratory investigators have thought their observations showed that a college student concentrating for a few hours on a difficult examination used all the energy from one or two peanuts, but it is scientifically fair to question the accuracy of such observations—the energy the investigators assumed the brain expended may have been expended actually by the heart or the breathing muscles or the alimentary muscle.

Next in the sings of the parents or the sings of the neurotic or psychoneurotic himself or herself is **wrong eating.** This sin is so common, covers so much territory and is so poorly comprehended by most people that I shall not attempt to define it in the space available here. It calls for detailed discussion in talks to follow. But please do not imagine it means overeating, or eating too much starch or sugar, or eating things difficult to digest, or eating wrong combinations of foods, or eating foods that (as the charlatans and their dupes have it) produce "mucus," "gas," "acidosis," "toxic waste" and the like. These queer fancies should not concern any one who has a knowledge of the rudiments of physiology.

Wrong eating, as will become manifest in the talks to follow, involves two characteristic American faults, as I see it, namely, nutritional deficiency due to our abnormal consumption of **refined food** and weak digestion due to **insufficient mastication.**

QUESTIONS AND ANSWERS

Let's Agree to Disagree

I swear by ALMOST all of your teachings, but I do wish you would realize the folly of the teaching that sudden change of temperature, wet feet, chilling, drafts, etc., are harmless. (Mrs. J. L. Y.)

Answer—I'm sorry, but I'm too set to realize it now. But you needn't fash yourself about it—there are thousands of old fogies practicing medicine who agree with you about that. Have you studied the booklet "Call it Crip?" Even you, ma'am, might learn somethin' from it—send 25 cents and stamped envelope bearing your address and ask for it. I'd be glad to send a copy with my compliments to any Doctor of Medicine who cares to see it if he asks for it on his professional stationery or card showing his degree. Near-doctors and queer doctors need not apply.

Bronchiectasis

Mr. G's cough is terrible, doctors say it is bronchitis and sinusitis. He is 59 years old and he has such hard coughing spells in the morning he gets weak.—(Mrs. C. G.)

Answer—Sounds like bronchiectasis—dilation or ballooning of bronchial tube or tubes. Patient should stand on his head or at least lie with thighs on bed and chest and hands on floor for five minutes first thing every morning to favor drainage. A tablet or capsule of two grains of terpin hydrate (nothing else with it) three times a day for ten days to two weeks, now and again, may help such cough. (Copyright, 1945, by John F. Dille Co.)

CIVIC CLUBS TO HEAR CALVERT STATE AGENT

V. A. Meagher, state representative for Calvert Distilleries out of Portland, will speak at a series of meetings in Medford this week. He will address the Junior Chamber of Commerce tonight at 7:30, the Lions club Wednesday and the Eagles Lodge Thursday. Junior chamber officials have invited young men from Ashland to hear the address.

Meagher will discuss the social and economic benefits of the repeal of prohibition. In addition, he will tell some startling facts about whiskey and will offer rules for sensible use of alcoholic beverages. He will bring with him dramatic exhibits with which he will explain the distilling industry's substantial contribution to the war effort.

Use Mail Tribune Want Ads

SUMMONS

In the Circuit Court of the State of Oregon for Jackson County.

F. LAWRENCE ROHL and RUTH C. ROHL, Plaintiffs,

vs.

W. L. WELCH and MRS. W. L. WELCH, his wife; EDWARD D. KAHLER and MRS. EDWARD D KAHLER, his wife; S A. PATTISON and Mrs. S A. PATTISON, his wife; JOSEPHINE KAHLER; the unknown heirs of: W. L. Welch, Edward D. Kahler and S. A. Pattison, and each of them; also all other persons or parties unknown claiming any right, title, estate, lien or interest in the real estate described in the complaint herein, Defendants.

To each, every and all of the above named defendants:

In the name of the State of Oregon. You, and each of you, are hereby required to appear and answer the complaint filed against you in the above entitled suit on or before the last day of four weeks from the date of the first publication of this summons and if you fail so to appear and answer said complaint, for want thereof, the plaintiffs will apply to the Court for the relief demanded in their complaint, succintly stated as follows, to-wit: That a decree be entered adjudicating any and all right, title, estate, lien or claim which you, or any of you, have, or claim to have, in, to, or upon the real property described as follows, to-wit:

Lots 1, 2, 3, 4, 11, 12, 13, 14 and 15, in Block 2 of Oak Park Addition to the City of Central Point, Jackson County, Oregon, according to the official plat thereof, now of record.

And declaring any and all such claims to be null and void; and decreeing that the said Plaintiffs are the owners, in fee simple, of said premises, and of the whole thereof, free and clear of any and all right, title, estate, lien or interest of said defendants, or any of them, and that each and all of the defendants herein, and each and all persons claiming, or to claim, by, through, or under them, or any of them, be forever enjoined, restrained and barred from asserting, attempting to establish, or claiming any right, title, estate, lien or interest in or to said property, or any portion thereof, and that Plaintiffs' title to said premises be forever quieted and set at rest.

The date of the order for publication of this summons is February 26, 1945. The time prescribed for publication of this summons is once each week for four consecutive weeks. The date of the first publication of this summons is February 27, 1945.

HARRY C. SKYRMAN,
Post Office address: Medford, Oregon.
Attorney for Plaintiffs.

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ARTHRITIS PAINS?
Try Tyamol on This Money-Back Guarantee

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Time Shown is PWT.

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.
7:30 p. m.—Hildegarde, 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; Roy Rogers, MBS.
9:00 p. m.—Everything for Boys, NBC; dig Town, CBS; Glen Hardy News, MBS.
9:15 p. m.—Rex Miller, MBS.
9:30 p. m.—Murder Will Out, BN; Mysterious Traveler, MBS.
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, NBC; News, BN

Wednesday

5:00 p. m.—Terry and Pirates, BN; OK for Release, NBC; Mary Martin, CBS; 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; Adventures of Tom Mix, MBS; News, NBC.
5:45 p. m.—Elmer Peterson, NBC; Night News Wire, MBS; Capt. Midnight, BN; News, CBS.
6:00 p. m.—Frank Sinatra, CBS; Eddie Canton, NBC; Gabriel Heatter MBS.
6:30 p. m.—Spotlight Bands, BN; Mr District Attorney, NBC; Which is Which CBS; Brownstone Theater MBS.
7:00 p. m.—Kay Kyser's Kollege, NBC; Great Moments in Music, CBS. Dale Carnegie, MBS.
7:15 p. m.—Lowell Thomas, MBS.
7:30 p. m.—Lone Ranger, MBS; Let Yourself Go, CBS.
8:00 p. m.—Supper Club, NBC; Jack Kirkwood Show, CBS; Main Line, MBS; Ted Malone, BN.
8:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music That Satisfies, CBS.
8:30 p. m.—Carton of Cheer, NBC. Counterspy, BN; Dr Christian, CBS.
9:00 p. m.—Mr and Mrs. North NBC; Jack Carson, CBS; News, MBS. Music, BN.
9:30 p. m.—Who's Lucky Tonight, NBC.
10:00 p. m.—News, NBC; Carlson and News, BN; Fulton Lewis, MBS.
10:30 p. m.—Orch., CBS; Fenneman's Nite Club, BN; Sweetheart Swingtime, NBC.
11:00 p. m.—News, BN; Man Named Jordan, CBS.

FRANK HULL, JR., TELLS OF PACIFIC EXPERIENCES

An article in the March issue of "Youthadelphia," publication of the Philadelphia Central Y. M. C. A., states that Frank Hull, Jr., Y1/c, had written to staff members telling of action in the Philippine islands. Hull wrote a column for Youthadelphia while stationed at the Philadelphia naval base.

A letter to his parents, Mr. and Mrs. Frank Hull, Sr., 517 South Grape street, stated that four Jap Zero planes had attacked the LST on which Hull is a crew member and that two had been shot down. Young Hull participated in the landing on Luzon island.

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BOWLING

In Classic league last night Jim's Super Service took two out of three games from Domestic Laundry (Merriken 218-601). Rolling Pin won two out of three from Medford Feed and Seed (Swanson 226-Amburgey 579) and Signal Oil defeated Maid-Rite two out of three (Proctor 216-610).

ICE SKATE TO-NITE
and Every Nite Except Monday
7:45 to 10:15
SAT. & SUN. MATINEE
Medford Ice Arena
619 S. Grape Phone 4511

STRANGE AS IT SEEMS By ERNEST HIX

DO YOU KNOW?

that 9495 people have applied at the local Red Cross Chapter for information and help? 23,837 telephone calls have made 4 telephones necessary to carry on the work.

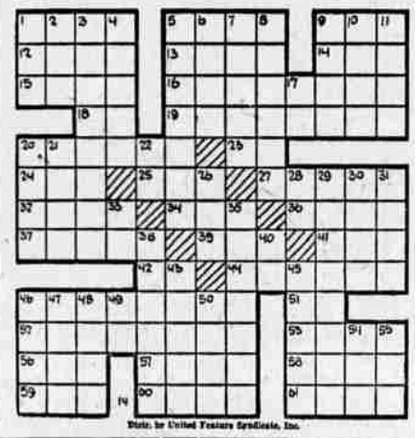
Give More—Give Now

ROGUE RIVER CHEVROLET

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

ACROSS
1—Black
5—Hangs
9—Mineral spring
12—Tied
13—At this point
14—Level of exchange
15—Jules Verne character
16—Bearded
18—Europium (symb.)
19—High explosive (pl.)
20—He sang "tit willow"
23—Prefix: down
24—Flow out
25—Fresh
27—Outer seed coat
32—Perishes
34—Strike
35—Astound
37—Hone razor
39—Weep
41—Artifice
43—Alternating current (abbr.)
44—White fur
46—Whisper
51—Conjunction
52—Hunters
53—One of a pair
56—Seed
57—Part of church
58—Deserve
59—Pipe joint
60—Leading actor
61—Child



DOWN
1—Lair
2—Avenue (abbr.)
3—Recall
4—Whip
5—Break into pieces
6—Pert. to aircraft
7—Chafe
8—Last lines of sonnet
9—Bridge
10—Top of head
11—God of War
17—Musical note
20—Spreads for drying
21—Death notice
22—Within
26—Woman soldier
28—Plural ending
29—Flight of steps
30—Twist
31—Poker bet
33—Thus
35—Tailor
36—Hooded tunics
40—Year (abbr.)
43—Moved slowly
45—Sacred music
46—Let it stand
47—Prod
48—Wise man
49—Upper case (abbr.)
50—One of the Bears
54—Annoy
55—Compass point

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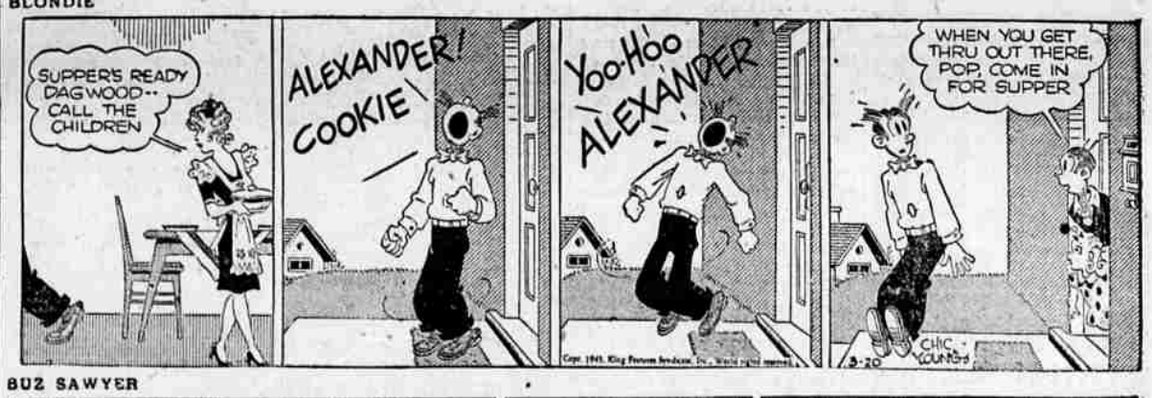
BLONDIE

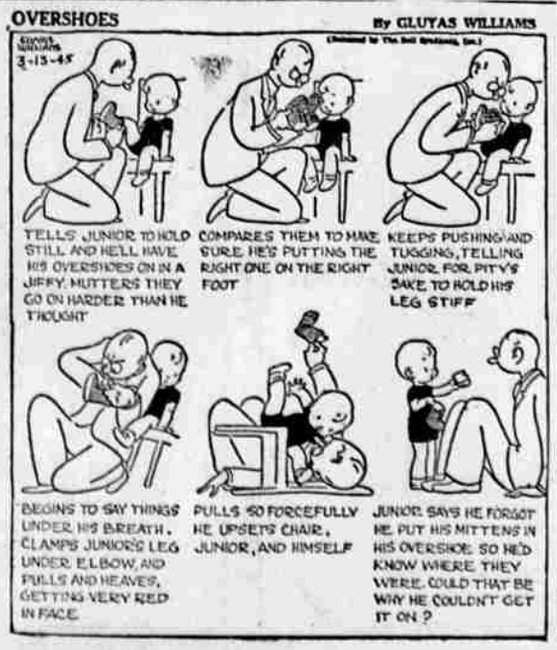


BUZ SAWYER

L'IL ABNER

OVERSHOES

By GLUYAS WILLIAMS



THE NEBBS