

# Your Health and It's Care

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## WHO CARES ABOUT PUB- LIC HEALTH EDUCATION?

My intrusion into the news papers, daily and Sunday, was inspired by a physician who, in a way, had beaten me to it for Dr. Oliver Holmes published The Auto-erect of the Breakfast Table in 1858. It was the Auto-erect and the Professor that gave me the idea.

For the first ten years my medical colleagues regarded my departure with suspicion if not open reproach, but I finally gained the cordial cooperation of the American Medical Association and for a while we worked together in a fine spirit—until the advent of the Big Noise, who wanted to market a health column of his own as a sideline, so in due time the A. M. A. and I fell out and the official organ of the association even began printing serious editorial assaults upon me and my wretched column.

All I know about the good or harm I do is what I read in the many letters I receive from readers. Obviously I can't assay the educational value of the service by that test, for the daily lessons may do good or harm to thousands who never write to thee one who tells me about it.

It would seem that health education should be in the hands of the medical profession or specialists in that field of medicine. But the traditional and now antiquated policy of dignified silence has fettered the medical profession until we have become almost negligible in health education. It is my opinion that health education today is administered mainly by the aggressive commercial interest — nostrum

## makers, food manipulators, household supply manufacturer, clothing, cosmetic, surgical supplies, soap makers—and any one who ventures to question any of their teachings does so strictly at his own peril.

For most of my life, for all of my professional lifetime up to a year ago I kept up my membership in county, state and national medical societies and tried to be a good little boy. A year ago I got burned up about certain abuses in my county medical society, and quit in a huff—you know me, all. Resigning from the county medical society automatically terminated my membership in the state medical society and my fellowship in the American Medical Association. I imagine my dear friend the Pooh-Bah noted my defection with some satisfaction. Anyway, my copy of the Jour. American Medical Association now comes addressed "Estate of Wm. Brady M.D."

## QUESTIONS AND ANSWERS

**How to Lose Weight**  
Is it possible to lose weight at my age? I am 42 years old and have taken on a lot of fat on my abdomen and hips and I am not a large eater.

Answer—Moderate reduction—not over two pounds a week—is safe at any age. Send stamped envelope bearing your address, ask for pamphlet "How to Lose Weight."

Kindly give me some information about Alcoholics Anonymous. Can they cure me? (Mrs. L. H.)

Answer—No, ma'am, and they do not promise or pretend they can cure anything. They are a group of earnest people, men and women, who have mastered the drink habit or are now making the fight, and they merely want to help others do so. Get the address (perhaps post office box) of a group from your telephone directory or perhaps from the classified section and go to their meetings. It is the best possible course for any alcoholic habitué. I believe.

**Don't Drop a Girl's Hair**  
I am a girl 10 years old and every time my hair grows long my mother cuts it. She says every time you cut it it gets stronger. Will be looking in the paper every day for your answer.

Answer—I hope you haven't given up looking. Alas, your mother errs in thinking clipping or cutting the hair makes the hair grow heavier, faster or stronger. Of course, it has no such effect.  
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## BUSINESS DIRECTORY

**Chimney Sweep**  
CHIMNEY sweep flue and stove cleaning quick service. Phone 2759 or call at 1220 E Jackson.

**Roofing**  
ROOF contracting and roof repairs. All types of roofing. Franchised Patco distributors Workmanship and materials guaranteed. Time estimate. Free estimates. Dial 3121.  
EKERS' PAINT & ROOF STORE  
28 S Bartlett Phone 2943

**Painting**  
PAINTING—Interior and exterior. Free estimates. Phone 2824.  
PAINTING AND DECORATING SERVICE—A first-class job by first-class mechanics on interior and exterior work. Free estimates. Harold M. Majors Contractor and Builder. 522 South Holly street. Phone 3092 for all your decorating and building problems. A Complete Job Under One Contract.

**Tile Work**  
FOR CERAMIC tile work: Walls, floors, drainboards, store fronts, call Mr. Lambert, 7239 915 W 4th.

**Moving**  
EADS TRANSFER & STORAGE CO. Our own padded vans serving the entire Pacific coast. Dial 1121.  
FURNITURE MOVING anywhere any time. C.I.V. Transfer & Storage. Phone 4064.

**Transfer**  
CITY TRANSFER & STORAGE CO. Complete transfer moving and storage service. Also packing crating shipping by express work. 28 S Fir St. Phone 4664, night 2075.  
DAVIS TRANSFER & STORAGE CO. Modern storage service. Long distance hauling. Dial 2884 on South Fir.

**FURNITURE MOVING & STORAGE**  
I have an moving equipment for local and long distance hauling. Dry and clean storage. Concrete buildings with special insect rooms at low rates.  
SAMSON STORAGE WAREHOUSE. Phone 3746.

**EADS TRANSFER & STORAGE CO.**  
A complete trucking service to meet your needs. Dial 1121.  
40 YEARS OF SERVICE

**Capacity Crowd Hears Argraves War Experience**  
Before a capacity crowd at the high school auditorium on South Oakdale avenue yesterday afternoon, Cpl. Keith Argraves, son of Mr. and Mrs. J. W. Argraves, now of Portland, related his many exciting experiences while serving as an unarmed medic with paratroopers in the North African campaign and of life in German and Italian prison camps.

Cpl. Argraves told of the landing in Africa and many details of paratroop work. He explained conditions in enemy prison camps and the morale of the prisoners. Argraves also praised the work of the Red Cross and told how the organization had saved the lives of many men in enemy camps.

He was introduced by C. A. Scriven, Portland, who is president of the Oregon Seven-day Adventist conference.

Argraves, who wears the presidential citation, two British citations, one citation from France, and the purple heart will report soon for further duty with the army.

**TOURISTS NOTE**  
DNB announced today new regulations for German hotels require that guests bring their own bed linens, towels, toilet paper, matches, and candles (for when lights go out).  
"No complete baths will be allowed," the order said.

**ZERO CLUB**  
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.

**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

**THE WORLD AT ITS WORST**  
By GLUYAS WILLIAMS

**YICK SO CHINESE HERB CO.**  
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 CHINESE HERBS  
Removed to Sparta Bldg.  
J. H. LEONG, Herbalist Phone 5817

**On the Radio Chain**  
STATIONS:  
Chain stations and where they are on the dial.  
KALE (CBS), 1230, Portland.  
KXN (NBC-Blue), 1190, Portland.  
KGA (NBC-Blue and MBS), 1510, Spokane.  
KGO (NBC-Blue), 810, San Francisco.  
KJRW (NBC-Blue), 620, Portland.  
KJR (NBC-Blue), 1900, Seattle.  
KXN (CBS), 1970, Denver.  
KOHM (NBC-Red), 930, Seattle.  
KPO (NBC-Red), 880, San Francisco.  
KSL (CBS), 1160, Salt Lake City.  
Time shown is PWT.

**Orchestra Every Night at TAKE IT EASY LODGE**  
DINE AND DANCE EVERY NIGHT EXCEPT FRIDAY  
Chicken Steaks and Spanish Dinners  
1/2 Mile up Savage Creek

**Chalker's Motel & Lodge OFFICERS' CLUB**  
Dine-Dance-Refreshments Chicken and Steak Dinners  
Most Unique Place in Ore. CLARENCE ANDY'S Thursdays Private Parties Only. For reservations Phone 611 474.



**AMERICA'S 1916 ROBOT BOMBER!**  
IT FLEW TO ITS TARGET WITHOUT A PILOT. BY REMOTE CONTROL, IT DROPPED ITS BOMBS, THEN FELL APART IN MID-AIR!  
Developed by Robert Goddard...  
The complete robot bomber kit could be used in combat...  
Copyright, 1945, by Robert Goddard...  
Price \$1.95 per copy. 10 copies \$15.00. Postage paid.

**BARNEY GOOGLE and SNUFFY SMITH**  
PARDON ME, MADAM—IS SUPREME THINGRADICOLE SMITH AT HOME?  
NO HE AINT!!  
I'M TRYING TO DO A HUNDRED THINGS AT ONE TIME.  
I'LL SET THE TABLE FOR YOU.  
I'D CONSIDER IT A PERSONAL TRIUMPH IF I COULD SET A WHOLE SUPPER TABLE IN ONE TRIP.  
EHEHEHE  
I'M WORRIED ABOUT IS THE BOWL OF HOT BEEF STEW ON MY HEAD.

**PIERRE MONTEUX**  
Conducting the San Francisco Symphony Orchestra

**Michael Strange**  
Narrating "THE LAST SUPPER"  
PROGRAM  
Passacaglia in G Minor... Handel  
Lohengrin... Wagner  
The Redemption... Franck  
Pavane... Debussy  
Academic Festival Overture... Brahms  
Program subject to possible change.  
Sunday 8:30 P.M.  
KMED

**BUZ SAWYER**  
WHEE! THAT'S THE FIRST BADGE THAT EVER LOOKED HIGH ENOUGH.  
HELLO! IT'S THE "GESTAPO!"  
NOW WHERE DID HE COME FROM?  
NEVER MIND ALL THAT, CHUM. MR. FLINT HAS INVITED YOU TO A LITTLE GAME CALLED "BRIDGE." YOU'RE TO BE THE DUMMY.

**LILL ABNER**  
EXCUSE ME FOR 'BUMPIN' INTO YOU, SUE, BUT THE FURNITURE MAN SAID T'LOP MAH HAID OFF!!  
FORTUNATELY I WAS IN THE DIPLOMATIC SERVICE IN THE ORIENT—I'LL MAKE THEM UNDERSTAND I CAN'T HAPPEN HERE!!  
THIS PEASANT SAVED HIS ELEGANCE THE INEVITABLE OF HODDADWISTAN FROM DROWNING!!  
TOUCHED THE NEARLY SUBLIMELY UNTOUCHABLE SUN!!  
AH YES—AND AS I RECALL IT, THE HODDADWISTAN CUSTOM IS THAT ONE MUST PAY FOR THAT PAST MOMENT OF ECSTASY WITH HIS LIFE!! I ASSURE YOU THAT LOPPING YOUR HEAD OFF UNDER THESE CIRCUMSTANCES WONT BE MURDER. IT'S PERFECTLY LEGAL!!  
THAT DOESN'T MEAN I KNOW!!

**THE NEBBY**  
I WISH YOU HAD BUT THE ONLY EVIDENCE IS THE BUSTED WINDOW AND THIS BULLET HOLE!!  
I STILL SAY I SHOT AND KILLED THE PAGERHOUSE MYSTERY MAN!  
CAN I HELP IT IF THE CORPSE GOT UP AND WALKED OUT?  
HE DIDNT GO BAR-HANDED!  
THERE WAS TWO SOLID SILVER GONDEL ABRA ON THIS MARTEL. NOW THEY'RE GONE!  
HOW CAN A CORPSE COMMIT ROBBERY?  
WHO ELSE COULDA DONE IT?  
THE NERVE OF THE GUY—THAT'S NO WAY FOR A DEAD MAN TO BEHAVE!

# DO YOU KNOW?



The ceiling price on your car is a ceiling price reduction today without any obligation from

## ROGUE RIVER CHEVROLET

**Crossword Puzzle**  
ANSWER TO PREVIOUS PUZZLE

**ACROSS**  
1—Mistle  
2—Lumber  
3—Tropical rodent  
4—Instrument  
5—Carpenter  
6—Wagon  
7—Wagon  
8—Wagon  
9—Wagon  
10—Wagon  
11—Wagon  
12—Wagon  
13—Wagon  
14—Wagon  
15—Wagon  
16—Wagon  
17—Wagon  
18—Wagon  
19—Wagon  
20—Wagon

**DOWN**  
1—Blunt eye quickly  
2—Intra coat of eye  
3—Estate  
4—Blind  
5—Blind  
6—Blind  
7—Blind  
8—Blind  
9—Blind  
10—Blind  
11—Blind  
12—Blind  
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