

# Your Health and It's Care

By DR. WILLIAM SHADY M.D.

Readers should address inquiries to: Dr. William Brady, 265 El Camino Beverly Hills Calif.

## WHAT TO DO ABOUT HYPERTENSION

In a talk recently on high blood pressure I tried to indicate the fallacy of (1) restricting the eating of meat, (2) taking salts and (3) assuming that there are certain specific remedies, cures or treatments that one with high blood pressure (hypertension, by periphrasis) must or should have or should have.

Dr. Brady —that the high pressure is what ails the patient, when as a matter of fact it is only one sign of something wrong.

Whenever I tell what not to do about a complaint or what does not cause the trouble I am conscious of the inevitable queries that will come in—what in fact does cause it then, or what should one do about it? In the first place, when I say here that there is no scientific or physiological foundation for the notion of many doctors and most laymen that there is "nervous energy" apart from ordinary physical or muscular energy I'm trying to teach hygiene, how to keep well. It does not imply that I can tell you why you feel so exhausted even though you do no hard work or muscular work, etc.

If you insist on asking me to diagnose or prescribe for your trouble I can only remind you that the instructions printed regularly with this column bar such letters from consideration.

Now here are some things I believe every one with high blood pressure should do. Whether you do these things or not is up to you—I cannot advise you further about it, no matter how much information you may give me about your history. History—that's what I'm grousing about, folks. It is not within my province. Please spare me multiple letters about it.

One with high blood pressure should

1. Have a complete health examination at least once a year preferably by the same physician or physicians every time.
2. Have a retinoscopic examination by a physician who uses the ophthalmoscope or retinoscope (not necessarily an oculist).
3. Make a must of getting sufficient exercise every day to provide a vicarious outlet for blowing off steam (emotional tension) produced by trials, worries, vexations, or irritations of life.
4. Drink plenty of water—not less than two quarts a day.
5. Reduce if you are overweight.
6. Take life facetiously—but I'll explain this in the next week.

## QUESTIONS AND ANSWERS

**I have a great deal of pain in my finger joints and knees. Doctors say it is chronic arthritis. I have your booklet "This Called Rheumatism," but I can't seem to understand it.**  
**Answer**—If a reader of your evident intelligence does not understand what I say in the booklet, I'm ashamed and ashamed. Won't you help me, man, by marking say with a question mark or a cross, the paragraphs or sentences or words you do not understand and returning the booklet (I'll be grateful for your co-operation) and it may indirectly benefit many other readers.) Of course, nobody

**NOTICE TO CREDITORS**  
Notice is hereby given that I have been appointed by the County Court of Jackson County, Administratrix of the estate of Opal L. Mooter, deceased, and have qualified. All persons having claims against said estate are hereby notified to present them, with proper vouchers, and duly verified, to me at the office of Harry C. Skyrman atorney for said estate, at room 409 Medford Center Building, in Medford, Oregon, within six months from the date of this notice. Dated and first published March 28, 1945.

**CLAUDIA LOWD**, Administratrix  
**Harry C. Skyrman**, Attorney for Administratrix

**NOTICE**  
Notice is hereby given that the Board of Directors of the Medford Irrigation District, acting as a Board of Equalization, will meet at the office of the District in Medford, Jackson County, Oregon, on the 1st day of May, 1945, at 1:30 p. m. for the purpose of reviewing and correcting its assessment and apportionment of taxes, at which time and place any and all evidence of objections relating thereto will be heard and determined.

**J. M. SPENCER**, Secretary Board of Directors, Medford Irrigation District.

**LET'S GO ROLLER SKATING**  
MEDFORD ARMORY  
7:30 To 10:30  
WED., FRI., SAT. and SUN. NIGHTS  
Sunday Afternoon, 2:30 to 5  
SKATING PARTIES by SPECIAL ARRANGEMENT

# Japanese Military Experts Differ On Trend Of Battle

**By United Press**  
Two Japanese military experts were at odds Tuesday over whether Japan was winning or losing the war, Tokyo radio indicated in broadcasts recorded by United Press, San Francisco.

Adm. Sankichi Takahashi, president of the Japanese Retired Naval Officers association, asserted the "trend of the war situation is now turning in our favor," but an article in Tuesday's Tokyo Shimbun by Lt. Gen. Oritchi Okada, indicated Japan was preparing for extensive guerrilla warfare following allied invasion.

Okada, chairman of the board of directors of the Scientific Mobilization corporation, said that "simple, scientific arms for close-range combat may be

easily made in large quantities in underground factories scattered all over our country."

"National simple arms," he said, in the article, "are those arms made and used by the entire nation."

The aged Japanese admiral had said the war table had turned because of "combined assaults by Japanese surface and air units" against American invasion forces off Okinawa.

# BERLIN DEAD CITY SEEN FROM ABOVE

London, April 11—(U.P.)—Six American airmen took a low-level joy ride over Berlin today in perfect weather and reported that they drew not a single burst of fire from what appeared to be a "dead city."

The airmen visited Berlin in three fast reconnaissance planes. They looked down into streets where no person or vehicle could be seen moving. It appeared to be one of the best visual pictures of Berlin yet obtained by Allied airmen.

They said the outskirts of the city were not as badly wrecked as Cologne, but in the heart of the capital great areas had been blown out of existence.

Well, I'm home again and in many ways it is as though I hadn't been gone. The kitchen clock still gains five minutes a day; the plumbing is still well still rural plumbing. The radio battery is down, the back porch still has a leaky roof and the woodshed still suffers from pernicious anemia. Angus, the collie, after a jaunt through the rain came and stood beside me and then, violently shook his drenched coat. Funny, how a dog, when wet, is unable to shake itself unless close to a dry person. Still more amazing is the unerring instinct with which such a dog will pick on the one dressed-up member of the family to shake beside.

The leak in the back porch roof has been named Ray Daughters after the physical exercise program director. The drip is just over the door and to get into the kitchen and evade it requires agility and a keen sense of timing. Coming on the porch and getting prepared to dash

through the door, we lengthen our stride to skip the puddle on the porch floor and walk on the balls of our feet as a further precautionary measure.

Too, we always duck as we pass under the drip. So get yourselves a leak over your back door and you'll take most of the exercises advocated by Ray Daughters, plus a few he never thought of.

Never, in the 23 years we've lived at Hillside, has it rained so persistently. Few gardens have been plarcted. Very little plowing has been done. But never has there been such a profusion of daffodils. They are golden polkadots over most farm yards and the more the rain comes down, the more golden they become. This whole area is a bulb growing heaven. Many are becoming conscious of this and so quite a number are going into the bulb raising business. One instance of this has proved very amusing, of which more later.

Yes, it's good to be home; and I'm to be home three weeks out of every four until I'm free to stay home all together. What with the plumbing being how it is, and having to crawl through a wire fence to get to Scribble Shack — and the drip on the porch — you might say that once again I'm comfortably uncomfortable.

The name Egypt means "the black country," referring to the black alluvial soil of the Nile valley.

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UNHAPPY SOUL WHO HAS BEEN INVEILED INTO ATTENDING ONE OF THESE LARGE RECEPTIONS ON THE PROMISE THAT HE'LL ONLY HAVE TO STAY A MINUTE OR TWO, AND WHO IMMEDIATELY FINDS HIMSELF SEPARATED FROM HIS WIFE AND HEMMED INTO A CORNER WITH EVERY PROSPECT OF HAVING TO STAY THERE UNTIL THE LAST GUEST HAS GONE

## INTEREST IN ASHLAND TAXI BUSINESS SOLD

Ashland, April 11—C. C. Culmer has purchased the interests of M. F. Goin in the Bus Depot Taxi here and will continue as a partner of Jim Daily of Medford in the firm, Daily announced today. Culmer, who has been an employee of the company for several years, will now devote full time to his new duties and will act as manager, Daily said. Culmer will abolish his transfer business but will maintain his express delivery route, according to Daily. Goin plans to go to southern California for his health, it is said.

**ROGUE RIVER LODGE**  
Delicious Dinners  
Cocktail Lounge  
Open Every Night Until Midnight, Except Mondays  
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Closing time for Sunday Too Late to Classify 5:30 Saturday afternoon—Please remember.

**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

## STRANGE AS IT SEEMS By ERNEST HIX

## BARNEY GOOGLE and SNUFFY SMITH

## BLONDIE

## BUZ SAWYER

## UTL ABNER

## THE NEBBS

**DO YOU KNOW?**  
that the week of April 8-16 is dedicated to collecting clothes for Europe's war-stricken people.  
Put your old clothes to a good use now.  
**ROGUE RIVER CHEVROLET**

## Crossword Puzzle

**ANSWER TO PREVIOUS PUZZLE**

**ACROSS**  
1-Pop  
2-Balloon filler  
3-Bivouac  
4-By  
5-Extinct wild ox  
6-Meadow  
7-Track  
8-Things remembered  
9-Withered  
10-Chooses by vote  
11-More unusual  
12-Hatman's tool  
13-Alteration of generations  
14-Mother  
15-Used a hoe  
16-Extinct bird  
17-Forrest (Scott)  
18-Bison's head  
19-Small auroch  
20-Island in East India  
21-Son  
22-Stringed instrument  
23-Sea eagle  
24-Vagabond  
25-Sea bird  
26-Go to right  
27-Fresh half  
28-Slippery  
29-Chair  
30-Flaw  
31-Prohibitionist

**DOWN**  
1-Unmarried woman  
2-Inside  
3-In safe keeping  
4-Raised up  
5-Something so chew  
6-Part of "to be"  
7-Babylonian  
8-Scion  
9-Wonderland  
10-Join  
11-Do by  
12-Flights alone  
13-Twisted fabric  
14-Lair  
15-The rest  
16-Black (Cottles)  
17-Scion  
18-Polite  
19-Roman coin  
20-Went around  
21-One who leads the way  
22-Carried on  
23-Freeze  
24-Black tea  
27-A beverage  
29-Split to mineral  
30-Atrow poison  
31-Abounds  
32-Large bird  
33-Comotion

## PAW -- IF MORE GONNA PRATCH UP TH' ROOF--TOP--THARS A MENED-LAMMER, SHINGLES, CLAW HAMMER AN' TIN-PINNY NAILS IN 'H TOOL SHED

## FLINT MAY NOT APPRECIATE YOUR RISKING YOUR NECK FOR ME, BUT I DO, BUZZO. IF EVER IT COMES MY TURN TO PAY YOU BACK, I HOPE I'LL BE MAN ENOUGH TO DO THE SAME AS YOU

## HE HAS A THOUSAND LIVES, HE'S DOOMED ONE!!

## LULUBELLE IS THERE ANY WAY OF ENTERING PORTERHOUSE EXCEPT THROUGH THE FRONT AND BACK DOORS?

## I GUESS YOU AINT WELL ACQUAINTED WITH SPIRITS, EXCEPT THESE KIND THAT COMES IN BOTTLES