

Your Health and It's Care

By DR. WILLIAM BRADY, M.D.
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285 El Camino Beverly Hills, Calif.

MALNUTRITION

Nutrition is the sum of the processes by which man, animal or plant absorbs or takes in and utilizes food. It includes digestion, absorption, assimilation, metabolism (oxidation or combustion of the material assimilated), and excretion of the by-products, end products, or ash.

Dr. Brady So the term nutrition means much more than just vitamins; or having plenty of good food, and malnutrition occurs in the homes of millions of well-to-do people in Yankee land, and by Yankee land I mean North America not any one section of the continent.

Malnutrition means faulty or imperfect nutrition. An infant, growing child, youth, adult or elderly person who does not have perfect nutrition and the health and vigor (vite) that goes with it obviously has malnutrition, then for, scientifically if not practically, anything short of perfect nutrition is malnutrition.

Now, I believe less than one in ten of the people in the entire North American continent have good nutrition. The other nine tenths of us, babies, school children, jitterbug—I mean children in their teens, young adults, mature adults and elders suffer more or less from malnutrition. Believing this, I harp a good deal on the calcium shortage, for one thing, and a good deal more on everybody's vitamin needs.

Some readers may have inferred from my remarks that I'm not fond of taking medicine. Little Mary or Johnny kicking up a squall over a threatened dose of castor oil—and more power to the kid, says O' Doc Brady—is an angel compared

with O' Doc Brady when anybody other than his attending physician suggests a dose of any medicine at all. But I take my calcium and vitamin ration along with breakfast every day without any fuss at all. Of course I regard it as essential food, not medicine — food I should get in my nice refined diet but don't because it isn't there. Because the refined diet of the average American is deficient in calcium, vitamin D, and vitamin B-complex, I recommend this practice to Tom, Dick and Harry, knowing it can do no harm in any instance. The calcium is not so essential if one consumes not less than a quart of milk a day; otherwise it is as important as the vitamin D and B-complex.

QUESTIONS AND ANSWERS

Fifty-fifty

We love children and have tried to sublimate our feelings by loving the children of our friends. But after 18 years of childless marriage my husband seems more disappointed.

Answer—In about half of such childless marriages, according to the estimates of competent physicians, the husband is the sterile partner. Too often the wife is assumed to be the sterile partner and subjected to unnecessary treatment. The step first in order is a microscopic examination to determine whether the husband is fertile. This is a matter for a physician.

Poeture

Thank you so much for the pamphlet on Hygiene for Girls. I notice the remedy you suggest for dysmenorrhea is breathing exercise. I know my daughter is a shallow breather and I suspect her trouble is physical deficiency. I have tried to make her posture conscious—do with the health directors in schools would take more active interest in this phase of public training and development.

Answer—Impossible, madam. The physical education department is merely tolerated by the public school authorities. I doubt it is so much a lack of active interest on the part of the school authorities, the principal, the board of education, the teachers in other departments, and apathy on the part of parents and even physicians who so often conspire to help the pupil evade physical education.

The pamphlet "Hygiene for Girl and Health for Women," is available on request (a clipping is not a request) you provide stamped envelope bearing your address. In this column presently you will find a series of talks about posture.

several kinds of daffodils and narcissus. Enjoying the meeting were Mrs. Gentner, Mesdames Kies, Holderness, Simlar, Routh Jones, Thompson, McLean, Tular, Norris and Gilchrist.

P. N. G. Club met Thursday at the home of Mrs. Mabel Hittle. A nice program was given. Next meeting will be with Mrs. Viola Moore the 2nd Thursday in May.

Ruth Wright entered the Osteopathic clinic Wednesday for observation and treatment of an infection that has been affecting her ear and eye.

Gene McGonagle, who fell from his father's car receiving multiple bruises and scratches, returned to school Thursday.

Mrs. W. M. Tetherow received a letter recently from her grandson, Harold Meyer, stating that he had completed his course in gunnery and expected to leave soon for overseas. Harold has been stationed at Treasure Island the last few weeks.

O. E. S. held their annual birthday party Tuesday. Hall and tables were attractively decorated and the party was well attended.

Mrs. George Hayes has been ill the past week with a severe cold.

The annual spring revue by the music department of the school, under direction of Harry L. Meyers, presented Friday evening in the gymnasium was well attended. Several numbers were given by the orchestra, the band and the girls' chorus.

Mrs. Hannah Routh, who has been visiting in Arizona and California, returned to her home here last week accompanied by her sister, Mrs. Rosie Simlar, of Exeter, Calif.

HANNOVER PLANTS MADE EQUIPMENT UP TO LAST DAY

German War Factories Continued Production Despite Heavy Assaults by RAF.

By Clinton B. Conger
United Press Correspondent

Hannover, April 16 — (Delayed) — Hannover's war factories it was revealed today, turned out tanks and guns up to a few days before the city's capture, despite Royal Air Force incendiary raids which had made 80 per cent of the buildings uninhabitable.

Hannover is the outstanding example this correspondent has seen of fire raid technique. Block after block of buildings had been gutted by RAF night incendiary attacks. But the war plants went on working.

British prisoners freed here who had been brought to Hannover only last Thursday said they saw tanks, half-tracks, tank-destroyers and guns, obviously fresh from the Hannover war arsenals, rolling through the streets.

The Hannover commandant shrugged his shoulders when asked about the fire raids. "It blazed a lot and houses burned down," he said, "but they didn't kill anyone and the factories continued production."

He admitted that production usually was suspended or curtailed by the raids while the fires were being put out.

Hannover differs from Cologne in what the shells of the buildings remain. But row after row have been burned out.

What the fire bombs did was to drive the population, now estimated at 240,000 plus 60,000 slave workers, into cellars, shelters and bunkers. Others crowded into the relatively undamaged section of the city at the southwest corner below the Leine river.

The city commandant said cases of typhus and scarlet fever had appeared in the crowded shelters. The city water supply was low, encouraging the spread of typhus.

The liberated prisoners included at least 35 Americans, including several captured in the Ardennes.

Prisoners said the Germans recently evacuated 50,000 slave laborers from the Hannover area. In one camp near Hannover almost 1,000 women, political prisoners from France and the low countries were housed formerly. Only 80 remained when our forces arrived. They were ill in the hospital, unable to march when the evacuation was started.

WAR PROGRESS TRACED FOR ALL AT CAMP WHITE
Camp White — News-hungry soldiers and civilians can now keep up with the latest up-to-the minute war developments and can spot locations of battle grounds on a large display map placed last week at PX No. 1.

Built by post engineers and maintained by the I&E office, it provides them with latest Medford Mail Tribune teletype news reports and current battle lines.

Bakery goods become flakier and fluffier after being quick-frozen, thawed and reheated, according to National Frozen Food Locker Assn.

Chalker's Motel & Lodge OFFICERS' CLUB
Dine Dance Refreshments
Chicken and Steak Dinners
Most Unique Place in So Ore
CLOSED MONDAYS
Flourishes Private Parties Only
For reservations Ph Gold Hill 474

ROGUE RIVER LODGE
Delicious Dinners
Cocktail Lounge
Open Every Night Until
Midnight, Except Mondays
Phone Trail 1404

THE GRANGE
Gold Hill Grange
Gold Hill H.E.C. met at the hall April 11, 21 members enjoying the pot-luck dinner and quilting.

Waste fat and paper is being salvaged by the members. Several bundles of clothing will be taken to the clothing drive in Medford.

On the Radio Chain

Chain affiliation and where they are on the dial
KALE (CBS), 1330, Portland
KX (NBC-Blue), 1180, Portland
KJ (NBC-Blue and CBS), 1310, Spokane, KGO (NBC-Blue), 810, San Francisco, KGW (NBC-Red), 830, Portland, KJX (NBC-Blue), 1070, Seattle, KXN (CBS), 1070, Los Angeles, KQA (NBC-Red), 850, Denver, KOIN (NBC), 870, Portland, KUMU (NBC-Red), 930, Seattle, KPO (NBC-Red), 880, 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
This Man Named Jordan, CBS
5:15 p. m.—Dick Tracy, BN
Superman, MBS; Betty and Bob, NBC
5:30 p. m.—Voice of Reason, NHG; Harry Flannery, News, CBS; Jack Armstrong, BN; Tom Mix, MBS
5:45 p. m.—Midnight, BN; Night News Wire, MBS
6:00 p. m.—Hokey Carmichael, NBC; Lux Theater, CBS; News, BN; Gabriel Heatter, MBS
6:30 p. m.—Information Please, NBC; Spotlight Bands, BN
7:00 p. m.—Screen Guild Players, CBS; Anita Ellis, Sing, MBS; Guy Lombardo Orchestra, Contended Hour, NBC
7:15 p. m.—Lowell Thomas, MBS
7:30 p. m.—Terry and Pirates, BN; OK for Release, NBC; News, MBS; This Man Named Jordan, CBS
5:15 p. m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC
5:30 p. m.—Date with Judy, NHG; 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; Super Music, BN
6:30 p. m.—Fiber McGee and Molly, NBC; Spotlight Bands, BN; American Forum, MBS
6:45 p. m.—The Music of the Night, NBC; Atlantic Quiz, BN; Service to the Front, CBS
7:00 p. m.—Lowell Thomas, MBS
7:30 p. m.—Hillegarde, NBC; Red Hider, 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; Alan Young Show, BN; Roy Rogers, MBS
9:00 p. m.—Everything for Boys, NBC; All Town, CBS; Glen Hardy, News, BN
9:15 p. m.—Rev. Miller, MBS
9:30 p. m.—Murder, NBC; Carson and News, BN; Fulton Lewis, MBS
10:15 p. m.—On Our Bandstand, NBC; Sports Bureau, BN
10:30 p. m.—Edwin C Hill, CBS; Fenneman's Nite Club, BN; Sweetheart, NBC
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6:00 p. m.—Mystery Theater, NBC; Gabriel Heatter, MBS; Inner Sanctum, CBS; News, BN
6:15 p. m.—Jimmy Fidler, MBS; Super Music, BN
6:30 p. m.—Fiber McGee and Molly, NBC; Spotlight Bands, BN; American Forum, MBS
6:45 p. m.—The Music of the Night, NBC; Atlantic Quiz, BN; Service to the Front, CBS
7:00 p. m.—Lowell Thomas, MBS
7:30 p. m.—Hillegarde, NBC; Red Hider, 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; Alan Young Show, BN; Roy Rogers, MBS
9:00 p. m.—Everything for Boys, NBC; All Town, CBS; Glen Hardy, News, BN
9:15 p. m.—Rev. Miller, MBS
9:30 p. m.—Murder, NBC; Carson and News, BN; Fulton Lewis, MBS
10:15 p. m.—On Our Bandstand, NBC; Sports Bureau, BN
10:30 p. m.—Edwin C Hill, CBS; Fenneman's Nite Club, BN; Sweetheart, NBC
11:00 p. m.—Behind the Scenes, CBS; Orchestra, NBC; News, BN

Saturday
5:00 p. m.—Terry and Pirates, BN
OK for Release, NBC; News, MBS; This Man Named Jordan, CBS
5:15 p. m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC
5:30 p. m.—Date with Judy, NHG; 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; Super Music, BN
6:30 p. m.—Fiber McGee and Molly, NBC; Spotlight Bands, BN; American Forum, MBS
6:45 p. m.—The Music of the Night, NBC; Atlantic Quiz, BN; Service to the Front, CBS
7:00 p. m.—Lowell Thomas, MBS
7:30 p. m.—Hillegarde, NBC; Red Hider, 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; Alan Young Show, BN; Roy Rogers, MBS
9:00 p. m.—Everything for Boys, NBC; All Town, CBS; Glen Hardy, News, BN
9:15 p. m.—Rev. Miller, MBS
9:30 p. m.—Murder, NBC; Carson and News, BN; Fulton Lewis, MBS
10:15 p. m.—On Our Bandstand, NBC; Sports Bureau, BN
10:30 p. m.—Edwin C Hill, CBS; Fenneman's Nite Club, BN; Sweetheart, NBC
11:00 p. m.—Behind the Scenes, CBS; Orchestra, NBC; News, BN

Sunday
5:00 p. m.—Terry and Pirates, BN
OK for Release, NBC; News, MBS; This Man Named Jordan, CBS
5:15 p. m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC
5:30 p. m.—Date with Judy, NHG; 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; Super Music, BN
6:30 p. m.—Fiber McGee and Molly, NBC; Spotlight Bands, BN; American Forum, MBS
6:45 p. m.—The Music of the Night, NBC; Atlantic Quiz, BN; Service to the Front, CBS
7:00 p. m.—Lowell Thomas, MBS
7:30 p. m.—Hillegarde, NBC; Red Hider, 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; Alan Young Show, BN; Roy Rogers, MBS
9:00 p. m.—Everything for Boys, NBC; All Town, CBS; Glen Hardy, News, BN
9:15 p. m.—Rev. Miller, MBS
9:30 p. m.—Murder, NBC; Carson and News, BN; Fulton Lewis, MBS
10:15 p. m.—On Our Bandstand, NBC; Sports Bureau, BN
10:30 p. m.—Edwin C Hill, CBS; Fenneman's Nite Club, BN; Sweetheart, NBC
11:00 p. m.—Behind the Scenes, CBS; Orchestra, NBC; News, BN

Monday
5:00 p. m.—Terry and Pirates, BN
OK for Release, NBC; News, MBS; This Man Named Jordan, CBS
5:15 p. m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC
5:30 p. m.—Date with Judy, NHG; 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; Super Music, BN
6:30 p. m.—Fiber McGee and Molly, NBC; Spotlight Bands, BN; American Forum, MBS
6:45 p. m.—The Music of the Night, NBC; Atlantic Quiz, BN; Service to the Front, CBS
7:00 p. m.—Lowell Thomas, MBS
7:30 p. m.—Hillegarde, NBC; Red Hider, 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; Alan Young Show, BN; Roy Rogers, MBS
9:00 p. m.—Everything for Boys, NBC; All Town, CBS; Glen Hardy, News, BN
9:15 p. m.—Rev. Miller, MBS
9:30 p. m.—Murder, NBC; Carson and News, BN; Fulton Lewis, MBS
10:15 p. m.—On Our Bandstand, NBC; Sports Bureau, BN
10:30 p. m.—Edwin C Hill, CBS; Fenneman's Nite Club, BN; Sweetheart, NBC
11:00 p. m.—Behind the Scenes, CBS; Orchestra, NBC; News, BN

Tuesday
5:00 p. m.—Terry and Pirates, BN
OK for Release, NBC; News, MBS; This Man Named Jordan, CBS
5:15 p. m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC
5:30 p. m.—Date with Judy, NHG; 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