

Your Health and It's Care

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DON'T TAKE LIFE SERIOUSLY

In the preceding talk in this series about high blood pressure I said one with high blood pressure should take life face-tiously. Now I am not quite so cold-blooded, so sarcastic and so singularly in sympathy as some correspondents who want a long-distance diagnosis or prescription seem to think I am. Yet when I'm off my feed as for instance when rain makes the greens too wet to bowl it's a near thing for any well-meaning member of the family to inquire how I'm feeling now. If I'm not feeling fine and dandy it puts me into a vicious temper to talk about it. Talk? Huh. I should say grunt.

scious conflict." You may have heard a college sophomore spouting newly discovered "psychology." Well, that's about the size of it. However, as most people know, mere anxiety or worry even about the result of the examination, can and often does increase the blood pressure, and recognizing this good doctors generally do not take the first measurement as a fair test, but wait till the patient, candidate or applicant is calm and indifferent—whether an hour or a day or two later—and then get an accurate gauge.

Another technical difference between the good doctor and the charlatan is that the good doctor rarely or never informs the patient how many millimeters or "points" the systolic and/or diastolic pressure is now. And if you ask me, it is none of the patient's business. As a patient I have had numerous blood pressure measurements and I have never inquired whether it was high, low, jack or game. The effect of the emotions on blood pressure and on gastric hyperactivity and peptic ulcer has become a familiar "gag" in contemporaneous humor. There is considerable truth in it, nevertheless.

There is a flare, maybe a flash in the pan, just now for what the aggressive medical publishers and the professional textbook writers call "psychosomatic medicine." Articles and text books suddenly appearing under this title go all out with the sophistic idea that the fundamental factor of hypertension is "emotional stress" or "unconscious conflict."

QUESTIONS AND ANSWERS
Fluorine for the Teeth
I understand that fluorine when added to water in minute quantities has been highly successful in preventing decay of the teeth.

ANSWER—Mass experiment is being made in two eastern cities, adding minute quantities of fluorine to municipal water supply. Too early to draw any conclusions. If you monkey with fluorine at all, you had better have the advice of your dentist. A little may be good, but just a little more may be very bad. There is a chapter on the subject in the booklet "Save Your Teeth"—for copy of booklet send 25 cents and stamped envelope bearing your address.

A Pack a Day
I am 20. I have been smoking since I was 16. I smoke over a pack a day. Want to stop, but don't seem to have the will power. I think smoking is what keeps me on the edge. I am 5 feet 3 and weigh barely 100 pounds. How could I stop, slow down or break off at once?

ANSWER—If you can't ration yourself to ten cigarettes a day this week, give a day's rest to your lungs. Then just one cigarette each of your three daily meals for a week or you are a weak character. After that, you then, you acknowledge your physical, mental and moral deficiency when you say you haven't the will power to stop. Send stamped envelope bearing your address, ask for sample let on the tobacco pack. Ask for a clipping will not do.

My husband was advised by the doctor to make arrangements for an operation of his hernia, which would keep him two months off from his work. Your "harping" on amputatory treatment started us searching for a doctor who would give such treatment, same was found, injections (w. n. husband cured, no time lost.

On job and for this we both thank the Future BN you. (C. M.)
ANSWER—I play the appropriate instrument, however you classify me. On request I'm glad to send a pamphlet on hernia (rupture, breach) to any reader who provides stamped self-addressed envelope.

On the Radio Chain

STATIONS:
Chain affiliation and where they are:
KALE (CBS), 1330, Portland
KEX (NBC-Hits), 1190, Portland
KGA (NBC-Hits and Hits), 1510, Spokane
KGO (NBC-Hits), 810, San Francisco
KJW (NBC-Med), 1000, Portland
KJH (NBC-Blue), 1000, Seattle
KJL (NBC-Red), 850, Los Angeles
KJL (NBC-Red), 850, Denver
KJL (NBC-Red), 850, Portland
KJL (NBC-Red), 850, San Francisco
KJL (NBC-Red), 850, Salt Lake City
Time Shows is PWZ.

Foots Creek
Foots Creek, April 19.—Club met April 12 with Mrs. Frank Daily. Attending were Messrs. Dames Chase, Freaut, Miller, Potter, Bennett, Lance, Reinken, Cimpfl, Alexander, Fitzgerald, Barnes, McLallen, Cameron and Martin. Next meeting will be May 10, with Mrs. Maude Martin.

Mr. and Mrs. Harms have sold their property on the right fork of the creek, known as the Horner property, and Mr. Harms will enter the service. Al Pontz has sold his adjoining property known as the Short property to Charles parties. Mrs. Bert Hartley, daughter Sharon and son Bert of Seattle, spent last week with her parents, Mr. and Mrs. Vance Wolgamott. Sunday guests of the Wolgamotts were Mr. and Mrs. Roy Mershon and Mrs. Myrtle Campbell of Medford.

Dial 1340 for Mutual NEWS
8:00—Arthur Gaeth
9:00—Wm. Lang
10:00—G. Ann Hardy
11:00—Gedric Foster
12:00—Don Lee
1:00—Walter Compton
2:00—Don Lee
3:00—Griffin
4:00—Fulton Lewis, Jr.
4:15—Rex Miller
5:00—Sam Hayes
5:45—Night News Wire
6:00—Gabriel Heatter

Treat Her Tonight TO AN EVENING OF FUN and DANCING
EVERY NIGHT EXCEPT FRIDAY
Music by SMOKEY, DANNY and BILL
CHICKEN, STEAK and SPANISH DINNERS
Take It Easy Lodge
1/2 Mile Up Savage Creek, where Jackson Meets Josephine

SCATTER RUG
By GUYLAS WILLIAMS
STRAIGHTENS OUT RUG WHICH HAD GOT WRINKLED WHILE HE WAS SITTING IN EASY CHAIR
GETS IT LIVING NICE AND FLAT SMOOTHING IT WITH FAT OF FOOT
MOVES EASY CHAIR BACK IN PLACE, SCUFFING RUG UP AGAIN

Foots Creek store spent the week end in Portland. Mr. Arrison of Nebraska, who spent several days here last week visiting his son and wife, Mr. and Mrs. Jack Arrison left for his home April 14. Mr. and Mrs. George Drummond of Grants Pass are subdividing their river frontage between the Chalker Motel and the Montag property, into small tracts to sell.

ROGUE RIVER LODGE
Delicious Dinners
Cocktail Lounge
Open Every Night Until Midnight, Except Mondays
Phone Trail 1464

STRANGE AS IT SEEMS By ERNEST HIX
THE DUKE OF ORGANO, SOVEREIGN OF THE LATE KING OF POWDER, HAD NO LESS THAN 24 NAMES...

30-YEAR GRUBSTAKE!
IN 1906, PROSPECTOR HARRY CHASE GOT A 3500 ACRE GRUBSTAKE FROM A DEATHLY SICK GRUBSTAKER BY PROMISING TO PAY HIM BACK THREEFOLD. 30 YEARS LATER, SIR HAD PAID THEM NORTH \$200,000.00. SIR HAD PAID THEM \$60,000.00 AND HANDED THE OLD MAN EXACTLY \$750.

BARNEY GOOGLE and SNUFFY SMITH
YARBIRD SMITH IS IN THAT SHACK, RUSTY--AT'S CERTAIN!!
YEAH-- FAR AWAY WE SEE HIM--UP CLOSE HE DISAPPEARS

BLONDIE
YOO-HOO BLONDIE! ARE YOU AT HOME?
SOMEBODY MUST BE HOME--THE BATHWATER IS STILL HOT

BUZ SAWYER
DON'T BE SURPRISED IF I COME BACK MARRIED DADDY.
AND DON'T FORGET PENFIELD TO SEND BUZ A WIRE THAT WE'RE COMING.
BUZ RECEIVES "THE GOOD NEWS"
WHY SO PALE AND WORRIED, CHUM? NOTHING TRIVIAL, I HOPE.

U'L ABNER
HAVE YOU ALL THE WORDS FOR ORSON WAGGON'S HORROR PROGRAM "THE MONSTER'S REVENGE"?
YES--AND I'D LOVE TO NOTICE SOMETHING FAMILIAR ABOUT THEM?
YES, ABNER! THEY'RE ALL REAL--A REAL LEAD PIPE IT--AND THAT BLOW-TORN IS REAL TOO!!

THE NEBBY
SO THE GOOD LOOKING LADY LOST HER PRESENCE TO POTTS
AMBY WIRED ROSCOE PORTER HOUSE TO CHECK ON HER STORY
IF SHE REALLY WRITES DETECTIVE FICTION SHE COULD PICK UP SOME IDEAS FROM HERE
SHE ISN'T EVEN INTERESTED IN OUR MYSTERY
SHOULD WE FEEL INSULTED?

DO YOU KNOW?
that your brakes in good condition now may give some fellow motorist a "good break" later on.
Have your brakes checked now by a brake specialist.
ROGUE RIVER CHEVROLET

Crossword Puzzle
ANSWER TO PREVIOUS PUZZLE
ACROSS:
1-Explosive
2-Weapon
3-Children
4-Away from wind
5-End life
6-Arrow poison
7-Thread
8-Child's plaything
9-Tire
10-Pioneer
11-Slope over fence
12-Scrub need
13-Blonde
14-Blonde
15-Hence (L)
16-Craft
17-Acid salt
18-Large roller
19-Nude
20-In pinnae
21-Hesitant expression
22-Wire
23-Photographer
24-Generals
25-Sun's degree
26-Builds
27-Newspaper man
28-Boat carried by river
29-Scrub need
30-High, metallic noise
31-Cat's nickname
32-Still
33-Garden tools
34-Part of fishhook
35-Census of olive
36-Intends
37-Scrub
38-Put on
39-Right (abbr.)
40-Blade
41-Social
42-"Supercrust"
43-Philippine native
44-Group of seven
45-Creases
46-Cloak
47-Danish rook
48-Clo to right
49-Paddle
50-Blade
51-Suit
52-Skill
53-Skill
54-Portion
55-Blender
56-Cans in New York State
57-Complicated
58-Units of work
59-Take food
60-Restoring degree (abbr.)

Exciting, Thrilling, New Way HELPS CLEAR SKIN BLACKHEADS PIMPLES OVERNIGHT
Now, try this modern, scientific way to dry up pimples and clear up skin overnight. Blackheads and other blemishes, if externally caused, respond as if by magic with KLEEREX. Absolutely safe, quick-acting. Year to year, it's the only...
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MEDFORD ARMY
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WED., FRI., SAT. and SUN. NIGHTS
Sunday Afternoon, 2:30 to 5
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