Your Health and It's Care

By DR. WILLIAM BRADY, M.D.

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

The president complained suddenly to a cousin, Miss Laura Delano, of a splitting headache, and placed his right hand to the back of his head. Then his eyes closed as he lapsed into unconsciousness.

His last yords were: "I have a terrific headache."—News report.

Cerebral Hemorrhage

From a study of 40 patients with essential hypertension (very high blood pressure in persons who, so far as standard tests or examinations show, have no other pathological sign) Drs. R. D. Taylor and Irvine H. Page, Indianapolis, inferred that the following five signs and symptoms consistently occur when hemorrhage (a stroke of paralysis) impends:

Dr. Brady

1. Severe occipital or nuchal (nape of neck) headaches.
2. Vertigo (sensation of things whirling around) or syncope (fainting).
3. Motor or sensory disturbances.
4. Nosebleeds.
5. Retinal hemorrhages (minute extravasations of blood in the back of the eye, which may be seen only with the retinoscope).

I hope that citing these facts here will do more good, in the way of prevention, than harm by giving anxiety or alarm to any one who should not be alarmed for his or her own sake.

Any one who is or thinks he is subject to very high blood pressure (160 or over) owes it to himself or herself to have a physician examine the retina at least once a year for signs of minute hemorrhages from the arterioles which are visable through the retinoscope. Even if there is no sign of such retinal hemorrhages, the visibility of the arterioles enables the physician to judge to what degree the patient's arteries have become sclerotic or hardened—the changes in the arteries are visible there long before hardening of the arteries become evident to outward appearances or to general examination.

The average age of 19 patients who died of cerebral hemorrhage was 46.8 years. As already mentioned, all of these had most of the five signs or symptoms mentioned and as nearly as could be determined the total duration of the hypertension had averaged nine years, varying from four years in one case to 19 years in another.

Of the 40 patients with essential hypertension, 20 were men, 20 women. Of the 19 patients who succumbed to a stroke, seven were women, 12 men.

There may be such a thing as essential hypertension or very high blood pressure existing for many years without the development of any other pathological sign or symptom. But if you ask me, I say persistent or constant high blood pressure is pathological whether you call it "essential" or not, and I am trying to tell you in these talks what there is to do about it.

(Protected by John F. Dille Co.)

POLES WILLING TO TREAT WITH REDS

London, April 24—(U.P.)—The London Polish government, in a last-minute bid for participation in the San Francisco conference, announced today its willingness to negotiate a treaty of alliance with Russia.

Spokesmen for the London Polish government said a memorandum expressing its willingness to come to terms with Moscow was handed to Great Britain and the United States last Saturday, 24 hours before the Soviet Union announced the signing of its mutual aid pact with the Polish provisional government at Warsaw.

The memorandum recognized the necessity for establishing good neighbor relations between Russia and Poland and said the London government was willing to discuss all existing disputes with the Soviet Union.

Guest in the House Play Selected For Next Presentation

"Guest in the House" has been selected as the next play which the Medford Little Theater group will present, it was announced today. The play is by Hager Wilde and Dale Eunson from a story by Katherine Alberty.

It is planned to stage the production early this summer and Angus Bowmer of Southern Oregon College of Education, Ashland, will direct. Reading of the play will take place this evening at the Outpost at 7:30 p. m. and tryouts will be held Wednesday and Thursday.

The Little Theater group was organized here last winter and produced its first play as a Red Cross benefit.

BAPIST ESCAPES

Camp Beale, Calif., April 24 (U.P.)—Herbert Reid, 20-year-old Negro convicted of rape by an army court martial, escaped from a hospital here today, army authorities announced. Camp Beale officers were searching for the prisoner who was last seen wearing pajamas and a maroon robe.

The cowboy was well remembered in the naming of Texas towns. There's a Blanket, a Bronco, a Lariat, a Loop and a Spur.

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Eagle Pt. P.-T. A. Program Given to Gain Lunch Funds

Eagle Point, April 24—Eagle Point P.-T.A. presented an "amateur night" program Friday in the high school gymnasium to provide cafeteria funds.

First and second prizes were offered in each group. First prize winners in the grade school group were Barbara and Ruth Powell. Their brother, Bud, won the second prize. With her original piano solo Evelyn Rutledge won an honorable mention.

First prize in the high school group went to Ruth Rutledge; second, to Irene Kingery; and honorable mention to Neal Wyatt. First prize in the adult group was given to Yetta Olson and Victor Hay. Mrs. Blanche Smith was awarded second prize. Mrs. Dunford won honorable mention. The decisions were made by a group of judges from Medford — Mrs. Marjorie Hopkins, girl scout executive; Elizabeth Rice, second grade teacher at Roosevelt School, and Virginia Loomis, music teacher at Rogue River.

The program follows:

Grade School

Vocal duet, Ruth and Barbara Powell; trombone solo, Jimmy Smith; tap dance, Carol Ann Clark; violin solo, Charmayne Charley; vocal solo, Bud Powell; saxophone solo, Richard McColkle; piano solo, Charlene Carmean; vocal duet, Shirley and Arlene Stephenson; piano duet, Barbara Powell and Betty Brunswick; piano solos, Evelyn Rutledge, Donna Ensminger and Kay Dunford; clarinet quartet, Marlene Wilson, Shirley Damon, Marguerite Dillard, Billy June Curtiner.

High School

Clarinet trio, Neal Wyatt, Barbara Smith and Barbara McCune; vocal duet, Barbara Smith and Ruth Rutledge; guitar and vocal solo, Joan Damon; reading, Ruth Rutledge; clarinet solo, Neal Wyatt; vocal solo, Irene Kingery.

Adult

Piano solos, Mr. Powell and Georgiana Hussong; duet, Victor Hay and Yetta Olson; accordion solo, Mrs. Clymer; guitar duet, Johnny Woodrich and Curly Aiken; piano solo, Mrs. Blanche Smith; guitar solo, Ruth Zieborth.

HOMEY BURGLAR

Eureka, Calif., April 24—(U.P.) Eureka burglars believe in all the comforts of home. The one who entered the home of Joseph R. Cunsil over the week end not only stole jewelry and small change, but cooked a meal and took a bath before leaving.

NEW COMMAND

San Bernardino, Calif., April 24—(U.P.)—Brig. Gen. James W. Spry, just back from overseas, today assumed command of the San Bernardino air technical service command.

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CANNIBALISM OF PENNED-UP JAPS TOLD BY U. P. HEAD

Censorship Relaxation Permits Revelation of Ruthless Disregard for Dead.

...Editor's Note: After more than two years, United Press Vice-President Frank H. Bartholomew is at last permitted to disclose evidence of Japanese cannibalism which he obtained on a tour of Pacific fighting fronts back in the winter of 1942-43. Relaxation of army censorship restrictions on the subject finally enables him to present the following dispatch..... ....

Washington, April 23—(U.P.) The Japanese not only practiced bestialities upon allied prisoners so unfortunate as to fall into their hands, but actually carried out cannibalism on their own people, according to Lt. Col. Robert C. Williams, army ground forces observer just back from the Pacific.

Material captured on Leyte, he said, explained how Japanese soldiers could survive by eating human flesh, including such details as what parts of the human body were best for eating.

San Francisco, April 24—(U.P.) To the recent disclosures concerning the cruelty of the Japanese toward war prisoners, I can now add evidence that the Japanese have a callous disregard for war dead, including their own men, and that they practiced cannibalism in New Guinea.

The facts that I learned there and on other fronts emphasize the ruthless nature of our enemy, as do the recent wholesale atrocities in the Philippines and Adm. William F. Halsey's disclosure of cannibalism in Leyte.

Evidence Seen

During a tour of the New Guinea fighting front early in 1943 I was told by responsible allied officers that there was evidence that Japanese troops, cut off from supplies, ate parts of the bodies of American and Australian dead.

On a later visit to the north Pacific I learned that a pile of severed enemy right arms was discovered near a pile of enemy dead at Attu. The apparent intent was to return the arms to the homeland for ceremonial burial since limited shipping facilities due to a U. S. blockade made it impossible for the enemy to send out the bodies.

The cannibalism in New Guinea occurred among Japanese penned up on islands of dry ground on the north coast during actions at Buna, Gona, Sananandа and Huggins.

I flew over the Owen Stanley range to the front from Port Moresby at the turn of the year in 1943 and was shown grim evidence of savage practices in perimeters of dry ground in the jungle where the Japanese finally had been wiped out by mortar and field artillery fire followed by infantry charges.

Boiled Hands Picked

Lt. Col. L. T. Shave of the Australian forces showed me captured Japanese food cans containing boiled human hands from which all flesh had been picked. There also were picked ulna bones. The body of an American lieutenant with his left arm cut off was nearby.

Gen. Richard L. Eichelberger, who was the commander of combined allied advance forces, told me of the discovery among Japanese makeshift supplies of the late Japanese a large stock of flesh cut from Caucasian bodies and wrapped in banyan leaves for protection against quick decay in the tropics.

There was no evidence anywhere at that time that the Japanese were eating their own dead or that they had killed any allied soldiers for food. Instead, they ventured out into no man's land in the night and dragged back bodies not yet recovered by our forces.

On the Radio Chain

STATIONS:

Chain affiliation and where they are on the dial:

KALE (CBS), 1330, Portland KEX (NBC-Blue) 1190, Portland KGA (NBC-Blue and MBS), 1510, Spokane, KGO (NBC-Blue), 810 San Francisco; KGW (NBC-Red) 620, Portland; KJR (NBC-Blue) 1000 Seattle; KNX (CBS), 1070 Los Angeles, KOA (NBC-Red), 830 Denver, KOIN (CBS), 970, Portland, KOMO (NBC-Red) 950 Seattle KPO (NBC-Red), 680, San Francisco; KSL (CBS), 1160, Salt Lake City

Time Shown is PWT.

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, 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.—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; Word From the People, CBS.

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; Big Town CBS; Glen Hardy News MBS

9:15 p m.—Rex Miller, MBS

9:30 p m. — Murder Will Out, BN

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. — Behind the Scenes, CBS; Orchestra, NBC; News, BN

Wednesday

5:00 p m.—Terry and Pirates BN; OK for Release, NBC; This Man Named Jordan, 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 Cantor, 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 The Feeling is Mutual 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 Fresh Up Show, MBS

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; Marshall Dana in San Francisco, MBS.

9:45 p. m.—American Prisoners in Germany.

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; Orchestra CBS.

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12:00—Don Lee
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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

FEATURES
8:30—Take It Easy
9:15—Morton Downey
10:15—Lopez
12:30—Smoothies
1:30—Tommy Harris
3:45—Johnson Family
5:15—Superman
5:30—Tom Mix

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Frisco Conference 'Fantastic Dream' Avers Shimomura

By United Press

The San Francisco Security conference is nothing but a "fantastic dream," Dr. Hiroshi Shimomura, Japanese state minister, said Monday in a broadcast recorded by United Press, San Francisco.

Shimomura offered a made-in-Japan post-war peace plan based on what he termed "co-existence," "co-prosperity of neighbors," and "good neighbor policies with reciprocal economy."

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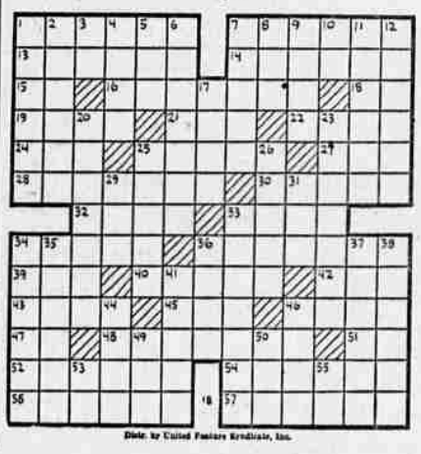
Crossword Puzzle

ACROSS
1—Porridge
7—Seamstress
12—Greek tablets
14—Pert. to high mountains
15—Sloth
16—Inability to stand
18—Southern State (abbr.)
19—Allow use of
21—Years of life
22—Stumble
24—Manuscript (abbr.)
25—Leading actors
27—A number
28—East Indian herb (pl.)
30—Race horse
32—God of War
33—Kind of fabric
34—Girl's name
36—Ill tempers
39—Relative (abbr.)
40—Basis of tax rate
42—Blacksmith's tongs
43—Utter painfully
45—Obtained
46—Confused
47—Land measure
48—Wandering
51—Dealer (abbr.)
52—Man's name
54—Meal course
56—Have thoughts
57—Plants grass again



DOWN
1—Book of Bible
2—Having nothing to do
3—Symbol for tellurium
4—Wolfhound
5—Empty talk
6—Large homes
7—Lower
8—Mohammedan official
9—Quarrel
10—Musical note
11—Source of power
12—Farm vehicle
17—Turkish officers
20—Attacks
23—V-2 weapons
25—Begrime
26—Upset
28—Cleverness
31—Beverage
33—Splash
34—Asiatic wild sheep
35—Moved closer
36—Portico
37—Required
38—Low meadows
41—Come to terms
44—Chinese wax
45—Works in play
49—Scratch (Scot.)
50—Chemical suffix
53—Compass point
55—Artificial language

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