Your Health and It's Care

By DR. WILLIAM BRADY M.D.

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ADD LIFE TO YEARS

Luigi Cornaro, more than 400 years ago wrote his treatise **The Sure and Certain Method of Attaining a Long and Healthful Life** when he was 83 and died at the age of 98, and that other famous exponent of longevity George Cheyne who weighed 448 pounds when he was thirty (1701) and reduced to 150 pounds by diet and exercise, recovered good strength and lived to the age of 72 years, a ripe old age for those days, leaving his essay on health and long life.

Dr. Brady

One of the youngest and toughest lads on the bowling green is a medical colleague who, according to the blue book, is 86 years old, but you wouldn't believe it if you could watch him play and I don't believe it, but that's what the blue book (American Medical Directory) says. I have tried to get some advice from the doctor on how he does it, but he is too modest to pretend to know. If he were not a doctor he'd probably tell the world how to live long and keep young. He did give out with a hint one day when I quizzed him as I lit my pipe. "That's one thing that never did me any harm," he said. "What is?" I asked. "Smoking," quoth the doctor. I did not pursue the argument further at the moment. As I smoked contemplatively I tried to assure myself it has never done me any harm either. I'm a temperate smoker — when I'm at work I never smoke until after dinner in the evening. If I'm out playing, out in the open air. I believe I can safely enjoy a few pipefuls in the afternoon.

People of mature age, particularly sedentary people, should bear in mind that respiration is more than just inhalation and exhalation of air. Respiration goes on in the body tissues and cells too—the absorption of oxygen and giving off of carbon dioxide. The oxygen is brought to the tissues and cells in the blood and the carbon dioxide is picked up by the hemoglobin (iron coloring matter) in the red corpuscles and carried in the veins back to the lungs for excretion in the outgoing air.

A reasonable amount of general exercise every day, of course within the individual's physical capacity, ideally a few miles of oxygen on the hoof, is probably the best way to maintain this absorption of oxygen in the tissues and cells, and so maintain vite and cultivate longevity.

Later we shall see how certain vitamins are concerned in this tissue and cellular respiration. Yes, and a wee bit of iodine. Breathing like a horse (or like a savage) a suitable daily ration of vitamins an iodine ration, a half dozen or more rolls every morning, temperance, nudity (absorbing your quota of sunlight (ultraviolet) and having a complete set of efficient teeth (your own or the best dentures you can buy) constitute the seven keys to vite.

Remember we are discussing gerontology, not geriatrics, with a view to adding life to years rather than years to life.

QUESTIONS & ANSWERS

Ask Your Doctor

I'm 27 years old, 65 inches tall and weigh 160 pounds. I'd like your pamphlet "How to Lose Weight." Would you advise one who is pregnant to follow a diet? (Mrs. A. E. P.)

Answer—I advice expectant mothers to follow no diet, take no medicine, make no change in their way of living or in their everyday habits without first obtaining the advice of their own physicians. Pamphlet "How to Lose Weight" available on request—send stamped addressed envelope—addressed to yourself, when you ask for it. No clipping, please. You had better inclose 10 cents for booklet "Preparing for Maternity" and, if you are anxious to make a good job of it, inclose another ten cents for "The Brady Baby Book." Both booklets available to service men or their wives on request, with our compliments—if they provide stamped self addressed envelope.

Right and Left

Prompted by a question answered here concerning the notion that ova from one ovary can develop into children of one sex only, three readers report that since removal of one ovary they have borne both male and female babies. Now, folks, that's that.

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Doenitz Offers to Remain As Leader

London, May 9—(U.P.)—Grand Admiral Karl Doenitz, appointed by Adolf Hitler to succeed him as fuehrer of Germany, offered today to remain at the helm of the government during allied occupation of the reich.

"When Germany is occupied," he told the German people in a broadcast over the Flensburg radio, "control will be in the hands of the occupying powers.

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) 850 Denver, KOIN (CBS) 970, Portland KOMO (NBC Red) 950 Seattle KPO (NBC Red) 680, San Francisco, KSI (CBS) 1160, Salt Lake City

Time Shown is PWT.

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—Billy Burke Show, 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, Arch Obeler Plays, MBS

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.

Thursday

5:00 p m—Sam Hayes and the News MBS OK for Release NBC Terry and the Pirates, BN; Man Named Jordan, CBS

5:15 p m—Dick Tracy BN, Superman MBS Betty and Bob NBC

5:30 p m—Jack Armstrong BN Harry Flannery News CBS Tom Mix MBS, News NBC

5:45 p m—Captain Midnight, BN Elmer Peterson NBC; Night News Wire MBS News CBS

6:00 p. m. — Music Hall, NBC; Shower of Stars, CBS; Gabriel Heatter MBS; News, BN.

6:15 p m—Supper Music BN

6:30 p m—Bob Burns NBC Spotlight Bands BN Lorliss Archer CBS Treasure Hour of Song MBS

7:00 p m—Abbott and Costello NBC Fred Waring Orch BN First Line CBS

7:15 p m.—Lowell Thomas MBS

7:30 p m.—March of Time BN Red Ryder MBS Rudy Vallee NBC Romance, Rhythm and Ripley CBS

8:00 p m—Supper Club NBC Jack Kirkwood Show CBS Bulldog Drummond MBS Earl Godwin BN

8:15 p m Fleetwood Lawton NBC Lum and Abner BN Music That Satisfies CBS

8:30 p m—Frank Morgan NBC Death Valley Sheriff CBS America's Town Meeting of the Air, BN; Hercule Poirot, MBS

9:00 p m—News MBS, Dinah Shore NBC Ellery Queen, CBS America's Town Meeting of the Air BN

9:15 p m—Rex Miller MBS

9:30 p m.—Noah Webster Says, NBC News, BN

10:00 p m—News Reporter NBC News BN Fulton Lewis MBS

10:15 p m—Sport Program, BN

10:30 p m—Fenneman's Nite Club BN Sweetheart Swingtime NBC

11:00 p m—News, BN

NOTICE TO CREDITORS

In the County Court of the State of Oregon for Jackson County

In the Matter of the Estate of Ella G. Wortman, Deceased.

The undersigned has been appointed and qualified by the County Court of the State of Oregon for Jackson County as administratrix of the estate of Ella G. Wortman, deceased. All persons having claims against said estate are notified to present them, duly verified, with proper vouchers, to me at the office of Rawles Moore, Cooley Theatre Building, Medford, Oregon, within six months from April 18, 1945, the date of this notice.

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"Hotel Berlin" Wednesday Show

From the records of the fearless Underground, from captured Nazi archives and from the pages of Vicki Baum's prophetic book by the same name, Warner Bros. have fashioned the flaming story of "Hotel Berlin", due at the Craterian theatre tomorrow.

Starring Faye Emerson, Raymond Massey, Andrea King, Peter Lorre, and Helmut Dantine, "Hotel Berlin" is the moving tale of one man's courage against the brutal reign of the Third Reich. Revealed for the first time are the secret plottings of the German general staff and the evil that abounds in the capital of the Nazi nation.

SENATE CONFIRMS HANNEGAN CHOICE

Washington, May 9.—(U.P.)—President Truman's first cabinet shift bore senate approval today and Democratic National Chairman Robert S. Hannegan becomes postmaster general on July 1.

Hannegan's nomination was approved by the senate late yesterday, 60 to 2. The two votes against confirmation were cast by Sen. Forrest C. Donnell, R., Mo., and Sen. Robert A. Taft, R., O., chairman of the Senate Republican Steering committee.

SGT. LEWMAN IS WAR CASUALTY

Sgt. Kenneth Lewman, who formerly lived in the Berrydale district and attended Howard school, was killed in action over Germany March 25 according to information received by his aunt Mrs G G Stagg, 614 Berrydale avenue. The sergeant was serving with the 34th bombardment group.

Sgt. Lewman enlisted from Lakeview where he lived with his mother, Mrs H. I. Tetherow, after leaving Medford.

JACKSONVILLE I.O.O.F. CLEANS UP CEMETERY

Jacksonville, May 9. — Members of the Jacksonville I.O.O.F lodge observed clean-up day for the lodge cemetery last Sunday working in a body. In addition to cleaning the main cemetery plots the workers also grubbed out the brush on the additional two acres which overlooks town. The two plots include four acres of land.

Ruth Rebekah lodge members served dinner at noon in the lodge dining hall.

Sams Valley

Sams Valley, May 9—Mr. and Mrs. George McDonough are spending several days at Crescent City on account of Mrs. McDonough's health.

Mr. and Mrs. John Peffley left the first of the week for Wenatchee, Wash., to visit relatives and friends.

Mr. and Mrs. Ed Morgan and sons, Don and Leon, of Yreka, Calif., spent May 3 here calling on old friends and attending to business interests.

Mrs. Susan Koger went to Medford May 2 to stay for some time with her son and family, Mr. and Mrs. Ralph Koger. Mrs. Koger's health has not been so good the past month.

Mr. and Mrs. Elwood Abbott are visiting friends at Myrtle Creek this week.

Congratulations are extended to Mr. and Mrs. Lindsay Houston on the arrival of a fine baby boy at a Medford hospital May 2.

Word has been received here by friends that Art Stubblefield was a German prisoner in the prison camp Stalag 7A near Munich, Germany, that has been recently liberated by the Americans.

Mr. and Mrs. Elwood Abbott and family who lived on the Weaver ranch have sold their crop and machinery to Mr. Beaney, the new owner of the ranch and have moved onto what is known as the Edmonson orchard where they will live until fall.

Mr. and Mrs. Marion Bennett have received word from Camp Baker that their son, Jack, is being treated for a back ailment. Jack had several attacks of this same ailment before entering the service.

The community is sorry to hear that Mrs. Johnson was taken to the Grants Pass hospital May 4, seriously ill.

Sams Valley Ladies' Club skipped the first meeting in May and the second meeting will be held at the home of Ruth Peffley on Thursday afternoon, May 17.

Closing time for Sunday Too Late to Classify 5:30 Saturday afternoon—Please remember

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THE NEIGHBORHOOD LEAGUE By GLUYAS WILLIAMS

MOURNING FOR FDR TO CONTINUE FULL MONTH

Washington, May 9.—(U.P.)—The month's period of mourning proclaimed by President Truman for Franklin D. Roosevelt will run its full length—until next Monday—despite the victory in Europe.

The White House said today that the Stars and Stripes would remain at half-staff through Sunday.

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AMHERST WAR MEMORIAL

Amherst, Mass.—(U.P.)—A $1,000,000 war memorial honoring the 60 Amherst college men killed in World War II will be constructed on the Amherst campus.

DANCE TONIGHT

to the music of

Smoky, Danny & Bill

PLAYING EVERY NIGHT EXCEPT FRIDAY

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Featuring Chicken, Steak and Spanish Dinners

½ mi up Savage Creek, where Jackson meets Josephine

STRANGE AS IT SEEMS By ERNEST HIX

DO YOU KNOW?

that this is the Century of selling. The salesman holds the key to the present and future prosperity of America. Distribution is the problem—selling the solution.

ROGUE RIVER CHEVROLET

Crossword Puzzle

ACROSS

1—Join firmly
5—Secure
9—Large roofing slate
12—Doctor
13—Gen. Bradley
14—Little —
15—Syrup made of currants
17—Take seat
18—Escape
19—Wait
20—Child
23—Hebrew god
24—Bricklayer's tool
25—Drug source
27—Concern
32—Italian coin
33—Beverage
34—Suffix signifying action
35—Escorted
37—Great number
38—Roman coin
39—Italian river
41—Bitter vetch
42—Young goats
44—Amusement
47—Pother
48—Display signs
53—Golf mound
53—Wings
54—Moulding
55—S-shaped worm
56—Heavy weights
57—Gentlewoman

DOWN

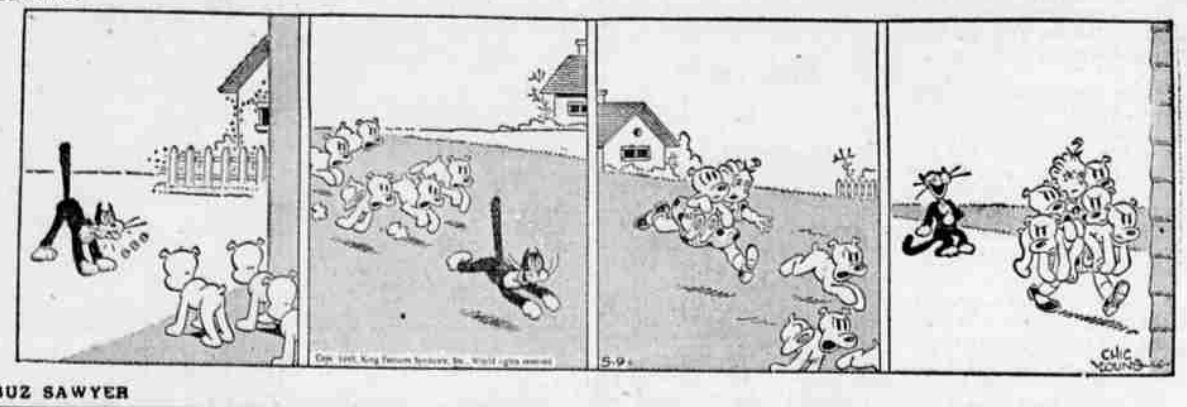
1—Jokester
2—Wander
3—Southern general
4—Norseman
5—Friendship
6—In middle of
7—Church (arch.)
8—Sooner than
9—Home
10—Greedy
11—Means of entrance
16—Hail!
19—Wearies
20—Fine powder
21—Hedge podge
22—Wind storms
24—That man
26—Roof edges
28—Born
29—Baby frogs
30—Mark of wound
31—Spreads for drying
36—Bone
40—Globe
42—Katherine
43—Date to beware of
44—Storage chamber
45—Scheme
46—Implement
48—Hit ball
49—Mohammedan
50—A radical
51—Algerian ruler

ANSWER TO PREVIOUS PUZZLE

W	I	N		C	A	L	F		M	A	N	E
A	R	A		A	R	E	A		A	P	E	R
R	E	P	O	R	T	E	R		N	E	A	R
			O	D	A	S		T	W	I	S	T	S
A	L	L	O	T		P	H	I	L			
T	I	E	R		S	E	E	S	A	W	E	D
O	R	O		S	E	N	S	E		I	R	A
P	E	N	I	T	E	N	T		G	N	A	T
			R	A	D	A		L	A	D	L	E
A	W	H	I	R	L		E	A	R	L		
F	I	A	T		I	N	C	U	B	A	T	I	E
A	N	T	I		N	O	R	D		S	E	W
R	E	E	S		G	N	U	S	,	S	E	E

BARNEY GOOGLE and SNUFFY SMITH

BLONDIE



BUZ SAWYER

L'IL ABNER

THE NEBBS