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.

DISPOSITION AND BLOOD PRESSURE

X is a crack bowler when he is sober. I mean when he is himself, that is, not mad at anybody. A kindly, lovable fellow indeed — until some clumsy boob, his partner or his opponent, often enough I, sends one down the green that undoes all the fine work X has done. Then X glares and pouts and sulks and complains bitterly and kicks the bowls about, for all the world like a naughty boy, and you can almost see his blood pressure mounting.

Dr. Brady

Y is a better bowler than X, in fact Y is one of the best in the business. Y is never licked until he has delivered his last bowl —and as long as a win is still mathematically possible I'll bet on Y to do the trick with that last wicked wood. Y, I believe, is a few years older than X. I have never felt the pulse of X or Y, but five will get you ten that Y's arteries are younger than X's. They tell me that in the more than fifty years that Y has been carrying on his racket no one has known him to get visibly irked or to fly off the handle about anything — and from what I have seen him take on the bowling green without even a muttered cuss, I believe it. I have needled him a good deal, just by way of scientific investigation of this phenomenon, but the man appears to be endowed with equanimity to an extraordinary degree. He takes life serenely.

I hesitate to dwell on this relation of disposition to blood pressure because heretofore I have sniffed at the common idea that business cares and responsibilities have anything to do with the high casualty rate from cardiovascular disease (heart-artery wearing out — arteriosclerosis, angina pectoris, coronary thrombosis, chronic nephritis (Bright's disease) and apoplexy (cerebral hemorrhage, stroke or shock of paralysis). I still maintain it is wrong to ascribe CVD to the cares of business or to heavy responsibility. It is more accurate and more honest to say the poor fellow doomed from the beginning—he lacked equanimity.

Now that radio and the movies are making the public conscious of the fact that emotions involving conflict, hostility, resentment and anxiety tend to produce or aggravate gastric hyperacidity and perhaps gastric ulcer, I'm afraid I'll have to modify my teaching about "nerves" a jot or tittle—but don't rush me, please. I must take time to think it over.

QUESTIONS & ANSWERS

Potassium and Vitamin C

About two years ago I tried potassium chloride as you suggested in your pamphlet "Relief for Allergy." It seemed to have little effect. But recently I had another go at it, this time using the improved potassium chloride and vitamin C combination. Call it coincidence or not, the effect of the combination is extraordinary. My allergy, I believe, is to redwood, in which I work. This improved combination has given me more comfort than I had known for several years. (D. C. McK.)

Answer—Thank you. I don't know a thing about allergy. Many sufferers have found the combination of vitamin C and potassium chloride more effective than either alone. Readers subject to allergic reactions may have the pamphlet "Relief for Allergy" on written request (no clipping, please) if they provide stamped self addressed envelope.

Surgical Propaganda

Did you notice the article in the Popular Magazine, about the wonderful effectiveness of surgery for hernia? It gave the impression that the Army does not recognize the ambulant (injection) treatment at all. (B. E. H.)

Answer — The army accepts men cured of hernia, regardless of how they have been cured. A cure is as likely to be obtained from the injection treatment as from the radical operation. Both methods fail in about the same proportion of cases.

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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, 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; Mystery Theater, NBC

6:15 p m Jimmy Fidler MBS Super Music, BN

6:30 p m — Fibber McGee and Molly NBC, Spotlight Bands, BN American Forum MBS

7:00 p m.—Bob Hope NBC; Transatlantic Quiz, BN; Service to the Front, 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 Marshall Dana in San Francisco, MBS

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

10:45 p. m.—Barbara and Boys.

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.—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.—Whos 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

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

NOTICE TO CREDITORS

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

In the Matter of the Estate of ELINOR HANLEY BUSH, Deceased.

NOTICE IS HEREBY GIVEN that the county court for Jackson County, Oregon, has appointed me executor of the estate of ELINOR HANLEY BUSH, deceased. All persons having claims against said estate are hereby required to present the same with proper vouchers within six months from this date at the offices of Neff & Frohnmayer, Cooley Theatre Building, Medford, Oregon.

Dated: April 24, 1945.

MICHAEL F. HANLEY, Executor.

NOTICE

In the County Court of the State of Oregon in and for Jackson County.

In the Matter of the Estate of John N. Matney, Deceased.

Notice Is Hereby given that the Administratrix has filed her final account and report herein and the above-entitled Court has set May 31, 1945, in the County Court Room in Medford, Jackson County, Oregon, as the time and place for the hearing of any objections thereto, and any persons having any objections thereto are to appear at said time and place and make known the same.

Dated this 1st day of May, 1945. MARIE WIMER, Administratrix of the Estate of John N. Matney, Deceased.

SUMMONS FOR PUBLICATION

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY.

CLARENCE A. KEIZUR and ETHEL M. KEIZUR, husband and wife, Plaintiffs,

vs.

JAMES HAYES and JUNE HAYES, husband and wife; S. M. WAIT also known as SYLVESTER M. WAITE and MARY WAIT also known as MARY WAITE, husband and wife; BESSIE WILLEKE, a single person; each and all of the unknown heirs of each and all of the above named defendants; also, all other persons or parties unknown claiming any right, title, estate, lien or interest in the real estate described in the complaint herein,

Defendants.

TO EACH AND ALL OF THE ABOVE DEFENDANTS EXCEPT THE DEFENDANT, BESSIE WILLEKE, a single person:

IN THE NAME OF THE STATE OF OREGON, You and each of you are hereby required to appear and answer the complaint filed against you in the above entitled suit on or before the last day of four weeks from the date of the first publication of this summons, and, if you fail so to appear and answer said complaint, for want thereof, the plaintiffs will apply to the Court for the relief demanded in their complaint, succinctly stated as follows, to-wit:

That each and all of the defendants herein be required to fully set forth any and all right, title, estate, lien, claim or interest whatsoever that they or any of them, may have, or claim, in, to, or upon the real property described in the complaint herein or any part or parcel thereof, which said real property is situated in Jackson County, Oregon, and more particularly described as follows to-wit:

Lots Six (6) and Seven (7) in Block One (1) of Willeke's Addition to the City of Medford, Jackson County, Oregon, according to the official plat thereof, now of record.

That each and all of the claims that may be made on the part of any or all of said defendants herein, in or to said real property herein described, or any part thereof, be adjudged and declared to be null and void; that the plaintiffs herein be decreed to be the owners, in fee simple, of said real property, free and clear of any right or claim whatsoever on the part of said defendants, or any of them.

That each and all of the defendants herein, and each and all persons claiming, or to claim by, through or under them, or any of them, be forever enjoined, restrained and barred from asserting, attempting to establish, or claiming, any right, title, estate, lien or interest whatsoever in, to, or upon said real property, or any part or parcel thereof, and that plaintiffs' title to said premises be forever quieted and set at rest.

This summons is published by order of the Honorable H. K. Hanna, Judge of the Circuit Court of Jackson County, Oregon, made and entered on the 30th day of April, 1945.

The time prescribed in said order for publication of this summons is once each week for four consecutive weeks. The date of the first publication of this summons is the 1st day of May, 1945.

O. H. BENGTSON, Attorney for Plaintiffs, 126 East Main Street, Medford, Oregon.

NOTICE TO CREDITORS

IN THE COUNTY COURT OF THE STATE OF OREGON FOR JACKSON COUNTY.

IN THE MATTER OF THE ESTATE of D. A. LANDON also known as DAVID ALMOND LANDON, Deceased.

The undersigned, having been appointed Administratrix of the above estate, by the County Court of the County of Jackson, State of Oregon, and having qualified, notice is hereby given to all persons having claims against said estate to present them at the office of the undersigned's attorney, at 126 East Main street, Medford Oregon, properly verified and with proper voucher, within six months from the date of the first publication of this notice, which is the 1st day of May, 1945.

EMMA C. LANDON, Administratrix.

O. H. BENGTSON, Attorney for Administratrix.

NOTICE OF FINAL HEARING

IN THE COUNTY COURT OF THE COUNTY OF JACKSON IN AND FOR THE STATE OF OREGON.

In the MATTER of the Estate of IZORA E. STEWART, deceased.

Notice is hereby given that the undersigned executors of the will of the above named decedent have filed in the above entitled court and matter their final account of their administration of said decedent's estate and said court has fixed the 31st day of May, 1945, at the hour of 10 o'clock a. m. at the court room of the above entitled court at Medford, Oregon, as the time and place for the hearing of objections to said account and for the settlement thereof and of said estate.

IVA MAY STARK, OLEVIA BELL LEUTHOLD, Executors.

NOTICE TO CREDITORS

IN THE COUNTY COURT OF THE STATE OF OREGON FOR JACKSON COUNTY.

IN THE MATTER OF THE ESTATE OF ARCHIE C. NASH, Deceased.

The undersigned, having been appointed Administrator of the above estate, by the County Court of the County of Jackson, State of Oregon, and having qualified, notice is hereby given to all persons having claims against said estate, to present them at the office of the undersigned's attorney, at 126 East Main street, Medford, Oregon, properly verified and with proper voucher, within six months from the date of the first publication of this notice, which is the 1st day of May, 1945.

FRITZ T. NASH, Administrator.

O. H. BENGTSON, Attorney for Administrator.

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Crossword Puzzle

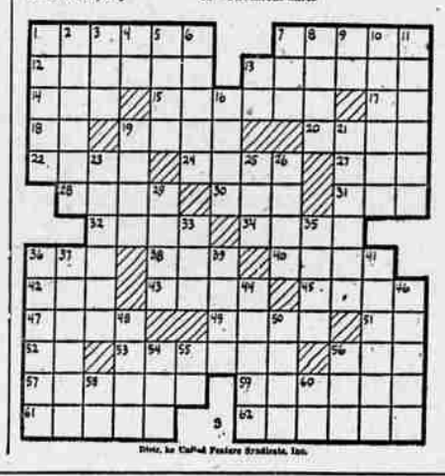
ANSWER TO PREVIOUS PUZZLE

ACROSS

1—Risk
7—Passageway
12—Punk
13—Aborigine
14—Label
15—Seed used in soup
17—Credit (abbr.)
18—And (Fr.)
19—Bristles
20—Resound
22—Dreadful
24—Cabbage dish
27—Cut
28—Glide
30—Norse god
31—Fool
32—Beat rapidly
34—Semester
36—Charge for service
38—No
40—Back of neck
42—Plowed
43—Sheep
45—Autocratic ruler
47—Skills
49—Lemon-like fruit
51—Thus
52—Geometric ratio
53—Loose fold in coat
56—Ear (comb. form)
57—Soul
59—Chewed
61—Plume-bearing bird
62—Chemical salts

DOWN

1—Detested
2—Fine violins
3—Goes with zig
4—Public notice
5—Actor's work
6—Songs for two
7—Cuckoo
8—Loading
9—Yes (Sp.)
10—Neglect to do a thing (law)
11—Donates
13—Pronoun
16—African river
19—Burn
21—Chew with force
23—Rabbit
25—Island in river
26—Small bird
29—Icelandic poetry
33—Beast's stomach
35—Pace
36—Frozen
37—Line to sails
39—Yap
41—Church festival
44—Blockade
46—Crosses
48—Sling around
50—Mountains (abbr.)
54—Amount (abbr.)
55—Father
56—In debt to
58—Comparative ending
60—Toward



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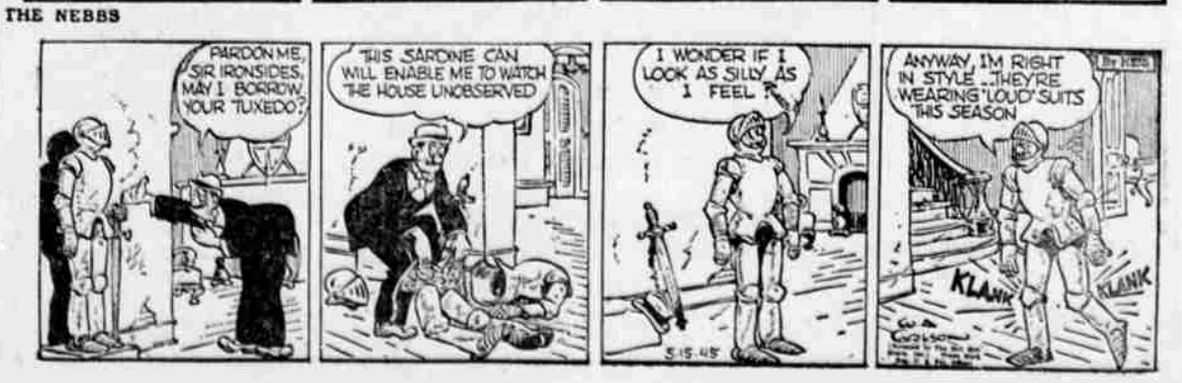

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