

# 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.

## SO YOU HAVE AUTOTOXICATION?

In an instructive article on Food Fads and Fallacies published in the Health Education Journal of the Los Angeles City Schools for December, 1944, Drs. Henry Borsook and Roger Stanton dis- miss "Auto-Intoxication" with this illuminating comment: "Before we leave the subject of constipation, a word 'auto-intoxication.' It is a name given the notion that the body poisons itself by absorbing toxic substances from the intestine. The reader can be assured that what the body absorbs does no harm. The liver sees to that. Discomfort accompanying constipation is the result of a nervous reaction. It has nothing to do with the absorption of toxins."

when I read his book "Colon Hygiene" and pencilled notes on the margins as I read, I thought the doctor was a bit obsessed by the "autointoxication" theory—which was then of some vogue even among regular medical practitioners. Today, however, the view expressed by Drs. Borsook and Stanton in the passage above quoted fairly represents prevailing medical opinion. The "autointoxication" idea is exploited now by Charlatans, diet humbugs, colon filling stations and vendors of certain laxatives.

### QUESTIONS & ANSWERS

**I find an error in your statement. A scar on the forehead of a child WILL grow toward the hair line as the child grows older. I had a scar from a deep cut on forehead when I was five. Now at 23 the scar is up over the hairline—any style of hair dressing conceals it completely.** (Mrs. J. A. L.)  
**Answer—**Prevention of scar and treatment of scar are discussed in book "Cosmetic Elements" mailed on written request (no clipping) if you inclose ten cents and stamped self-addressed envelope.

### Milk, Cheese, Eggs, Fish, Fowl

Recently had all my teeth extracted. Due to not eating meat, is eating more than twice a day harmful? (L. N.)  
**Answer—**Meat or no meat, eat as many eggs a day as you like. So far as nutrition is concerned, milk, cheese, eggs, pork, beef, mutton, fowl and fish are virtually the same food. It is safe to comment on our boasted Yankee intelligence that a person hardy of mature age must be deprived of his or her teeth.

### How to Gain Weight

I am almost eighteen, hoping to enter the service. I'm 70 inches tall and weigh 143 pounds. Can I get by at that weight? If not, would you please give me information on gaining weight? (H. A.)  
**Answer—**You should get by—that is the average weight of boys of your age and height. If you are thin, you should eat more and exercise less. "How to Gain Weight" sent stamped envelope bearing your address. (Copyright, 1945 by John F. Dille Co.)

Organized soil conservation districts cover the entire farming areas of four states—Alabama, Delaware, South Carolina and Rhode Island.

... but it is impossible to have constipation without intestinal autointoxication. The fact that the symptoms of toxemia do not occur in every case is no evidence that they are not present.

Come to think of it—I hope this will not set you worrying about the matter—the fact that we have closed the refrigerator door is no evidence that the little light inside is out. Suppose it burns on for hours and hours, using up electric power to no advantage. Maybe you had better have a quick look before you go to bed, and make sure. Maybe it is not fair to go back 30 years to quote the Sage of Battle Creek in this fashion. I hate to do it, because I have always held the name and fame of Dr. Kellogg in high esteem. I still have a great deal of admiration and respect for the teachings of Dr. John Harvey Kellogg. But 30 years ago,



Carrying water to the elephants has been one of the sacred prerogatives of the American boy since Tom Sawyer's day and there are few grownup boys of the present time who can view a scene such as this without a touch of nostalgia. Russell Bros. big Pan-Pacific railroad circus will exhibit here Thursday at 3 and 8 p.m., the doors opening one hour before each performance. Circus grounds will be at Central and Riverside.

## On the Radio Chain

**STATIONS.**  
Chain affiliation and where they are on the dial.  
KALE (CBS), 1230, Portland  
KX (NBC-Radio), 1190, Portland  
KGA (NBC-Radio and MBS), 1510, Spokane, KGO (NBC-Radio) 810 San Francisco, KGW (NBC-Radio) 620, Portland; KJR (NBC-Radio) 1090, Seattle; KNN (CBS), 1070 Los Angeles, KVA (NBC-Radio) 430, Denver, KOIN (CBS), 970, Portland; KJMO (NBC-Radio) 950, Portland; KPD (NBC-Radio), 680, San Francisco; KSL (CBS) 1160, Salt Lake City  
Time shown is P.M.T.

## Greetings from—

# JIM KELLER

The new owner and operator of the—

# MOBILGAS SERVICE STATION

At Central and Jackson Streets

—featuring—  
**COMPLETE LUBRICATION**  
Washing and Polishing  
Tire and Battery Service

PICK UP and DELIVERY SERVICE with YOUR CAR INSURED against possible damage while in our care. ALL WORK GUARANTEED. —and service backed by 10 years experience in this field.



Phone or come in for prompt, courteous service!  
**TELEPHONE 9011**

## CHALKER'S

Will be closed until Saturday, June 9th, due to alterations  
Phone for Future Reservations to Gold Hill, 474.

## LET'S GO ROLLER SKATING

MEDFORD ARMORY  
7:30 To 10:30  
WED., FRI., SAT. and SUN. NIGHTS  
SKATING PARTIES by SPECIAL ARRANGEMENT

## COLORING MATTER

By GLUYAS WILLIAMS  
(Continued from The Big System, Dec. 6-7-45)

JUNIOR ANNOUNCES HE'S GOING TO DRAVY WITH HIS NEW CRAYONS. HIS PARENTS FEEL PLEASED HE'S LEARNED TO AMUSE HIMSELF.

INTERUPTS FATHER'S READINGS TO ASK HIM TO SHARPEN HIS CRAYONS, PLEASE.

GETS SET AT LAST AND ASKS WHAT TO DRAVY, VETOING ALL SUGGESTIONS ON THE GROUNDS THAT HE DOESN'T KNOW HOW.

FATHER SUGGESTS HE COLOR PICTURES IN OLD MAGAZINES. JUNIOR GETS ARMFUL AND STREWS THEM OVER FLOOR.

LOOKS THROUGH THEM AND DECIDES THE ONE HE WANTS TO COLOR IS THE ONE FATHER IS READING.

FATHER RELINQUISHES IT, AND DECIDES TO TAKE AWAY JUNIOR, CALLING HE'LL GO WITH HIM.

Romance, Rhythm and Ripley, CBS, 8:00 p.m.—Supper Club, PHU; Jack Kirkwood Show, CBS, Building 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; Har- cule 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

### DANCE TONIGHT

to the music of  
**Smoky, Danny & Bill**  
PLAYING EVERY NIGHT EXCEPT FRIDAY  
**Take-It-Easy Lodge**  
Featuring Chicken, Steak and Spanish Dinners  
1/2 mi up Savage Creek where Jackson meets Josephine

### ROGUE RIVER LODGE

Delicious Dinners  
Cocktail Lounge — Dancing  
Open Every Night  
Except Mondays  
Phone Trail 1404

### ZERO CLUB

Out of bounds, civilians only  
Delicious chicken and steak dinners. 7:00 p. m. to 3:00 a.m. except Sunday. Phone day time 5300; night 9101.

# DO YOU KNOW?

YOUR USED CAR will bring its Highest Price NOW. Put your idle used car to work. Get a price quotation from—

## ROGUE RIVER CHEVROLET

## STRANGE AS IT SEEMS By ERNEST HIX



FRANKIE CARLE, BY GIVING HIS COMPOSITION 'SUNSHINE SERENADE' SUDDENLAY LOST THE USE OF HIS FINGERS. 18 MONTHS LATER HE SUDDENLAY RECOVERED USE OF THEM WHILE TRYING TO PLAY THE SAME SONG!  
C.L. KING LIVED ALL HIS LIFE, 86 YEARS, IN THE SAME HOUSE AND DIED IN THE SAME ROOM IN WHICH HE WAS BORN!  
GREAT SC. 1944

## Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31	32	33
34	35	36	37	38	39	40	41	42	43	44
45	46	47	48	49	50	51	52	53	54	55
56	57	58	59	60	61	62	63	64	65	66

ACROSS  
1—Test  
2—Spill  
3—Base of Sharn  
12—Exciting diagra  
14—Lieutenants (abbr.)  
15—Fabulous monster  
17—Street (abbr.)  
18—Mother  
19—Lane  
20—Catty  
22—The honey-creep  
24—Male deer  
26—Born  
27—Price  
28—Prohibit  
30—Provide weapons  
31—Mockery

DOWN  
1—Spiced meat dish  
2—Star in Aquila  
3—Mountains  
4—Symbol for phenyl  
5—Swan girl  
6—This planet  
7—Plus  
8—By force of  
9—Form  
10—Shien  
11—Value  
12—Name of Babylon  
16—Famed sailor  
18—Essential part  
21—Wild donkey  
22—Thrown away  
23—Male sheep  
24—Nobility  
25—Large bird  
26—Male sheep  
28—Butcher  
35—Oak seeds  
36—Short jacket  
40—Bicycle built for two  
43—Mother of Ishmael  
47—Man's name  
48—Yellow clay  
49—Mar's name  
50—Ancient city of Phoenicia  
53—Bone  
54—Bone  
55—Atlantic (abbr.)  
56—Each (abbr.)

## BARNEY GOOGLE and SNUFFY SMITH

I HOPE HAWKY TRAWKY DOESN'T KNOCK HIMSELF OUT, TRYIN' TO FIND SNUFFY HERE IN WASHINGTON

HERE HE COMES NOW

DIDJA LOCATE SUPREME SMITH, H.T.?

PUF—I BEEN F-F FIGHTIN' FOR MY LIFE, BARNEY—PUF

DID SOME PIGEONS GANG UP ON YA?

NAW—A BUNCH OF OLD HENS MISTOOK ME FOR A FRYER, STUPID

## BUZ SAWYER

BUZ STAYED WITH THE PLANE AFTER SWEENEY JUMPED. THE PLANE CRASHED... I FEAR GRIPS SWEENEY... PANIC...

WHERE ARE YOU?

I DIDN'T SEE HIM JUMP! BUZ!

HEY, SWEENEY

YOO! HOO!

HOT DINGIES! HE DID JUMP! HE'S ALIVE!!

OH! IT'S ONLY YOU—MR. SAWYER? I THINK HE CRASHED WITH THE PLANE. I BETCHA ANYTHING HE'S DEAD, SWEENEY, GEE? THIS IS EVEN MORE EXCITING THAN THE MOVIES, ISN'T IT?

EXCITING, IS IT? OPEN YOUR TRAP AGAIN, SONNY BOY AND I'LL FILL IT FULL OF BUSTED TEETH! DANG YOU! HELP ME FIND MR. SAWYER.

## BLONDIE

HELLO DEAR!

DO YOU CALL THAT PECK A KISS?

WHY DONT HUSBANDS MAKE LOVE LIKE ACTORS DO IN THE MOVIES?

IF YOU'D GIVE A HUSBAND TWO THOUSAND DOLLARS A WEEK, YOU'D SEE WHAT HE CAN DO!

## THE NEBBS

Y-YES, BOYS!!—AH IS (SDB) LIMEHOUSE ARRY, AH HAS COMMITTED 27 MURDERS, 444 ROBBERIES AN' 69 CRIMES TOO HEDDULS T' MENSUN!!—IT'S ALL IN MY RECORD!! A-REKRON AH IS TH' WORST LIVING BEAN THEV EVAN HOOED!!

YOUSE AIN'T KIDDIN'!!

NATURALLY, YOUSE IS IN HIDIN' FUM TH' LOPS.

OH AH MUST BE!!

WED BE MIGHTY PROUD IF YOUSE'D COME UP AN' MEET DE REST O' US RATIO!!

WE GOT SOME PRETTY HORRIBLE FEENDS IN OUR LITTLE GROUP, BUT, OF COURSE NONE O' EM IS AS HORRIBLE AS YOUSE!!

AH HOPES NOT!!—WHY DID AH SUT MAH PAPPY'S THROAT LIKE IT DAVS HAVVE—WHY!!—(SDB)

IT'S A SOLDIER!

CORRECTION PLEASE, I'M A UNITED STATES MARINE

YOU MARNES SURE GET AROUND BUT THIS IS PRIVATE PROPERTY

IT BELONGS TO ROSCOE PORTER—HOUSE

AND HE DONT LIKE TRES-PASSERS

WE JUST GOT RID OF ONE

I KNOW... MY DAD ASKED ME TO CHECK UP... I'M SERGEANT ROBER PORTER—HOUSE!

**PROMPT SERVICE**  
REASONABLE RATES  
ON  
MOVING VAN SERVICE  
PACKING, CRATING  
STORAGE  
DISTRIBUTION  
LOCAL CARTAGE

CALL US WHEN YOU NEED ANY OF THESE SERVICES

703 NORTH CENTRAL  
Phone 7104

## ATTENTION BUILDERS—CONTRACTORS

For your convenience, we offer a new...

## EQUIPMENT RENTAL SERVICE

- Air Compressors
- Air Tools
- Concrete Mixers
- Water Pumps
- Elevators
- Trailers
- Power Saws
- Power Drills
- Power Units

## EATHERTON'S FARM STORE

808 So. Riverside — Ph. 3146

This Summons is published by order of the Honorable H. K. Hanna, Judge of the above entitled Court, made and entered in said Court and cause on the 4th day of June, 1945, prescribing that this Summons be served by publication thereof once each week for four consecutive weeks in the Mail Tribune a daily newspaper published in Medford, Jackson County, Oregon, June 6th, 1945, is the date of the first publication of this Summons.

F. P. FARRELL,  
Attorney for Plaintiff, Post Office Address Room 306, Fluhrer Building, Medford, Oregon.

## GOOD HEALTH

Your Greatest Possession

Begin it by being relieved of Rheumatoid (Pain), Flu, Sore Throat, Headache (Pain), etc. Our method of treatment successfully used for 33 years. Liberal credit terms. Call for FREE booklet or send for FREE booklet.

Open Evenings, Mon., Wed., Fri., 7 to 9:30

**Dr. C. J. DEAN CLINIC**  
Physician and Surgeon  
N. E. Cor. E. Burnside and Grand Aves.  
Telephone EX-2115, Portland 1, Oregon