

Your Health and It's Care

By DR. WILLIAM BRADY M.D.

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SUSCEPTIBILITY TO POLLINOSIS

Pollinosis is "hay fever" or "rose cold" to you, stupid. Real pollinosis is seasonal, occurs only at the time of year when the causes it is given off by the grass tree, weed or plant and carried in the air.

Spurious "hay fever" is actually chronic ethmoidal or sphenoidal sinusitis in some cases it is the allergic reaction to the orris root patient's wife, let us hope, uses as a cosmetic.

In most instances whether genuine or spurious, the symptoms are manifestations of allergy — not that I have the faintest idea what the nature of allergy may be, but it sounds as though I might know something about it, doesn't it — or it did, I thought, until the movies and radio took over the word.

But I have been mulling over the mystery for a long while and reading what many thousands of sufferers from allergy say about their experience, and I have become convinced that one reason if not the reason why so many more individuals have allergic troubles now than ever before is our national nutritional deficiency, that is, practically everybody's deficiency of calcium and vitamin D.

We get insufficient calcium because we do not take enough of the calcium-rich foods — milk, egg yolks, cheese, vegetables raw or cooked, greens, peanuts and nuts. We get insufficient vitamin D because there is not enough of it in milk, cream, butter, egg yolks and canned salmon (practically the only foods containing significant amounts) and we do not expose ourselves as much as we should to sunshine.

or skyshine the ultraviolet rays of which if they reach the skin, activate cholesterol in the skin, converting it into vitamin D. Remember, vitamin D is essential for assimilation and utilization of calcium in building and maintaining normal, strong bones, teeth, nerves, glands, blood arteries — and I was going to say capillaries but that would be confusing — no one has ever seen a capillary — what the old timers conjured up as capillary vessels are not vessels at all, but just spaces between cells — through which spaces the blood oozes or seeps from the finest arterioles visible under the microscope to the finest venules.

It is my belief that individuals who suffer from allergic troubles — hay fever, asthma, skin reactions, any form of allergy — acquire at least partial immunity in most instances, complete immunity in many instances, if they regularly supplement their diet with an adequate daily ration of calcium and vitamin D.

QUESTIONS & ANSWERS

Baby Never Cried
My baby has never cried since he was born. He is now four months old and still never cries, only grunts quite loud.

Nearsighted
I work at watch making and engraving. I am so nearsighted I can hardly read a street sign across a narrow street. Should I give up this work. Had my eyes tested two years ago and am still wearing the glasses I got then, although they now seem not strong enough.

Pilonidal Cyst
Have a cyst just over my tail bone was going to have it removed when it began draining and has never troubled me since. Should I still have it operated on or let well enough alone?

Answer—If it gives you no trouble why do anything about it? Pilonidal cyst is a swelling of sac containing a bit of hair. Sometimes such a cyst over lip of spine becomes a fistula and requires surgical treatment.
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bronze battle participation stars to his European-African-Middle East theater ribbon.

Lt. Harold Sleight
A 7th AAF Heavy Bomber Base in the Marianas—Lieutenant Harold L. Sleight, of Medford, Oregon, Liberator pilot, serving with the 11th bombardment group, has received the air medal for meritorious achievement on aerial flight against the enemy.

His parents, Mr. and Mrs. Elmer Sleight, reside at 117 Tripp street in Medford. He was graduated from Medford Senior high school and attended Oregon State College. He entered the service in May 1942.

Pvt. Gallon Gentry
With the 43rd Infantry (Winged Victory) Division on Luzon—Pvt. Gallon O. Gentry, infantryman in the 43rd Infantry (Winged Victory) division, has been awarded the combat infantry badge for exemplary conduct displayed in combat against the Japanese on Luzon. He is the son of Mrs. Bessie Mae Nole of Central Point, Ore.

During 32 months overseas, the 43rd division has participated in four campaigns: Guadalcanal, northern Solomons, New Guinea and Luzon.

Shirley Roseberry
Shirley J. Roseberry, WAC, daughter of Mrs. Lena L. Roseberry, 1002 Sunset Avenue, Medford, has been promoted to the rank of technician fifth grade at McCloskey General Hospital, Temple, Texas, where she is assigned as clerk-typist in the quartermaster office. T/5 Roseberry has been in the service two years and four months and holds the WAC service medal and good conduct medal.

Robert Damon
Robert Loren Damon, 20, seaman first class UNNR of Lake Creek, is at the Naval Training Station, Norfolk, Va. undergoing training for duties aboard a destroyer of the Atlantic Fleet. He recently completed a period of training at Fort Lauderdale, Fla.

Son of Mr. and Mrs. Lloyd Damon
Lloyd Damon of Lake Creek, Oregon, has a brother Lee 18 a private in the Army. He graduated from high school at Medford and attended Oregon State college.

Sgt. Lawrence Wills
An Eighth Air Force Bomber Station England — Staff Sergeant Lawrence C. Wills, 21, of Rogue River, Oregon, ball turret gunner of a B-17 Flying Fortress of the 95th Bombardment Group has been awarded the 3rd Oak Leaf Cluster to the Air Medal for "meritorious achievement" while participating in Eighth Air Force bombing attacks on vital industrial targets in Germany.

The AAF gunner is the son of Mr. and Mrs. W. F. Wills of Rogue River, Oregon.

Blue Goose Bugler
New House Organ of American Fruit

Local officials of the American Fruit Growers are receiving many complimentary letters concerning the new company news paper, the Blue Goose Bugler which the Oregon division of the firm has been publishing in recent months. Gordon R. Green, division manager reports.

The Bugler is sent to about 1800 persons in all parts of the United States and in many foreign countries in the Central Americas, South America, Europe and in the Orient, Green states. He reports that the complimentary letters have been received not only from persons connected with the firm but from others as well.

Mrs. Jean Lutz is editor of the Bugler.

Sgt. Samuel Stayton
With the Fifth Army, Italy—First Sergeant Samuel A. Stayton of Phoenix, Ariz., had a narrow escape on the 5th army front when a shell hit the house which he was inspecting during the allied offensive which resulted in unconditional surrender of all German forces in Italy.

Samuel's wife, Lella Mae, and their nine-year-old daughter, Edith Ray, live in Eagle Point, Ore.

Cpl. Gifford Hemmerling
With a 12th AAF B-25 Mitchell Bomb Group in the Mediterranean Theater—"Skillful and dogged effort" by Cpl. Gifford A. Hemmerling of Medford, Ore., a sheet metal specialist, and his fellow soldiers were commended by 12th Air Force staff officers for their outstanding efforts to bring about final victory in Italy.

The sheet metal man's parents live on Route 1, Medford, Ore. He has been overseas more than 27 months and has earned seven

On the Radio Chain

STATIONS Chain affiliation and where they are on the dial:
KEX (ABC) 1190, Portland; KGO (ABC) 810, San Francisco; KGW (NBC) 620, Portland; KJAZ (ABC) 1090, Seattle; KNX (CBS) 1070, Los Angeles; KOA (NBC) 850, Denver; KOB (CBS) 970, Portland; KOMO (NBC) 850, Seattle; KPO (NBC) 880, San Francisco; KSL (CBS) 1160, Salt Lake City.
Time shown is PWT.

WEDNESDAY
5:00 p. m. Terry and Piatras, ABC; O.K. For Release, NBC; This Man Named Jordan, CBS; News, MBS; 5:15 p. m. Dick Tracy, ABC; Superman, MBS; Betty and Bob, NBC; 5:30 p. m. Jack Armstrong, ABC; Nelson Friddle, News, CBS; Adventures of Tom Mix, MBS, NBC; 5:45 p. m. Elmer Peterson, NBC; News, Wire, MBS; Capt. Midnight, ABC; News, CBS; 6:00 p. m. Ray Noble, CBS; Eddie Cantor, NBC; Gabe Heatler, MBS; 6:30 p. m. Mr. District Attorney, NBC; Detect and Collect, CBS; Spotlight Parade, MBS; 7:00 p. m. Kay Kyser's Kollege, NBC; Great Moments in Music, CBS; 7:30 p. m. Let Yourself Go, CBS; 8:00 p. m. Super Club, NBC; Jack Kirkwood Show, CBS; Main Line, MBS; News, ABC; 8:30 p. m. The Gay Ray Featherstone, NBC; Contrapty, ABC; Dr. Christian, CBS; Fresh Up Show, MBS; 9:00 p. m. Mr. and Mrs. North, NBC; Jack Carson, CBS; News, MBS; Spot-lighting the War, ABC; 9:15 p. m. Golden Harmonies, ABC; 9:30 p. m. Orchestra, CBS; Fenneman's Nite Club, ABC; Sweetheart Swingtime, NBC; 11:00 p. m. News, ABC; Orchestra, CBS.

THURSDAY
5:00 p. m. Sam Hayes and the News, MBS; O.K. For Release, NBC; Terry and the Pirates, ABC; Man Named Jordan, CBS; 5:15 p. m. Dick Tracy, ABC; Superman, MBS; Betty and Bob, NBC; 5:30 p. m. Dick Tracy, ABC; Tom Mix, MBS; News, NBC; 5:45 p. m. Captain Midnight, ABC; Elmer Peterson, NBC; Night News, Wire, MBS; News, NBC; Shower 6:00 p. m. Music Hall, NBC; Shower 6:30 p. m. Gabe Heatler, MBS; News, ABC; 6:15 p. m. Super Music, ABC; 6:30 p. m. News, NBC; Variations by Van Cleve, ABC; Corliss Archer, CBS; Starlight Serenade, MBS; 7:00 p. m. Abbott and Costello, NBC; First June, CBS; 7:15 p. m. News, MBS; 7:30 p. m. Super Club, NBC; Rhythmic Rhythm and Ripley, CBS; 8:00 p. m. News, MBS; Jack Kirkwood Show, CBS; Bulldog Drummond, MBS; Ear Godwin, ABC; 8:15 p. m. Fleetwood Lawton, NBC; Lulu and Abner, ABC; Music That Satisfies, CBS; 8:30 p. m. Coffee Time, NBC; Death Valley Sheriff, CBS; America's Town Meeting of the Air, ABC; 9:00 p. m. News, MBS; Adventures of Tomper, NBC; Ellery Queen, CBS; America's Town Meeting of the Air, ABC; 9:15 p. m. Rex Miller, MBS; 9:30 p. m. Noah Webster Says, NBC; News, IN; 9:45 p. m. Orchestra, CBS; 10:00 p. m. News Reporter, NBC; News, ABC; Fulton Lewis, MBS; 10:15 p. m. Spot-lighting the War, ABC; 10:30 p. m. Fenneman's Nite Club, NBC.

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Our Men and Women in the Nation's Service

BOYD CHAPMAN GIVEN DFC FOR AERIAL ATTACK

Boyd Everett Chapman, 19, aviation ordnance man, second class, with the U. S. navy, has been awarded the distinguished flying cross for participation of an attack on an enemy ship in the southwest Pacific, according to information received from Thirteenth Naval District headquarters, Seattle.

Chapman, whose father, Ray E. Chapman, resides at Monterey Park, Calif., made his home at route 2, box 406, before entering the service. A gunner in a T.B.M., he has taken part in the battles of Palau, Leyte, Luzon, Philippine Sea and Iwo Jima.

The citation stated that Chapman distinguished himself by heroism and extraordinary achievement while participating in an aerial attack.

The citation further stated, "As a member of an aircraft based on an escort carrier, Chapman participated in an attack upon an enemy ship in the South West Pacific area. The coolness and determination which he displayed during this attack, though subjected to intense enemy fire, including the fire from main batteries of the Japanese ship were outstanding. The superior

skill and magnificent teamwork of Chapman as a member of this combat crew materially contributed to the success of the attack in which the enemy ship was seriously damaged. His conduct throughout was in accordance with the highest traditions of the navy of the United States."

Lt. Robert Cuffel
Lt. Robert C. Cuffel, who is with the 21st Bomber Command and is stationed on Saipan has twice won the air medal which is awarded for flying five missions against the Japanese homeland without fighter protection. For having won the medal the second time, he may now wear the oak leaf cluster. He is a B-29 flight engineer.

His wife, Lorraine, resides at 811 West 13th street.

Sgt. Lowell Grow
Marine Sergeant Lowell E. Grow of Medford is home on furlough after 27 months in the Pacific. He saw action at Bougainville, the Marshall Islands, Guam and Iwo Jima.

The son of Mr. and Mrs. Jack E. Grow, 17 Almond street, Grow enlisted in January, 1942. He wears the purple heart for wounds suffered on Iwo Jima.

Sergeant Grow was graduated from Medford high school in 1938. His brother, Lieutenant H. J. Grow, is serving with the army air forces.

Sgt. Samuel Stayton
With the Fifth Army, Italy—First Sergeant Samuel A. Stayton of Phoenix, Ariz., had a narrow escape on the 5th army front when a shell hit the house which he was inspecting during the allied offensive which resulted in unconditional surrender of all German forces in Italy.

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ABC, Sweetheart Swingtime, NBC; Orchestra, CBS; 11:00 p. m. News, ABC.

COAL PRICE HIKED
Washington, June 20.—(U.P.) The Office of Price Administration, directed by Economic Stabilization Director William H. Davis to increase consumer price of Anthracite, said today that the four principle household sizes — broken egg, stove and chestnut — will cost an extra dollar a ton from now on.

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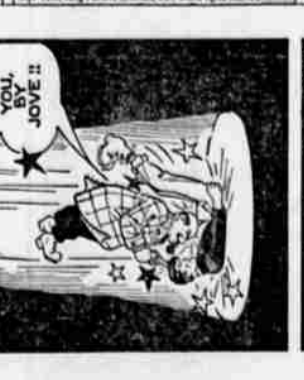
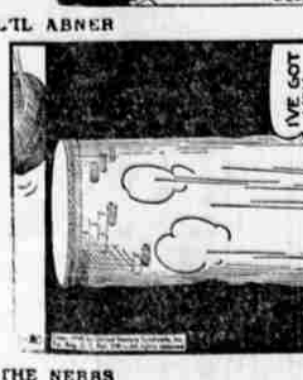
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