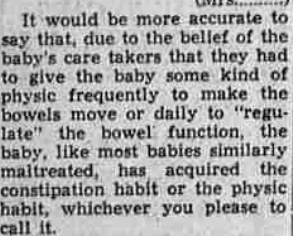


# Your Health and It's Care

By DR. WILLIAM BRADY, M.D.  
Readers should address inquiries to: Dr. William Brady,  
285 El Camino Beverly Hills, Calif.

## THE POOR MALTREATED INFANTS

Due to my husband being in the service and different ones taking care of my baby (complaints one of thousands of young mothers) the baby has developed a bad case of bowel trouble. I have to give him something every night to make them move. He is now nearly three years old.



Dr. Brady

It would be more accurate to say that, due to the belief of the baby's care takers that they had to give the baby some kind of physic frequently to make the bowels move or daily to "regulate" the bowel function, the baby, like most babies similarly maltreated, has acquired the constipation habit or the physic habit, whichever you please to call it.

Most people with young babies to raise are not merely ignorant of the first principles of infant care—as we should expect, in view of the exclusion of such instruction from the common school curriculum. They are downright muttonheaded about it and practically impervious to enlightenment and they insist on dishing their unhappy children with physic regardless—feeling justified in such mistreatment by the incessant harangue of the medicine vendors.

The very phrases "regulation of the bowel" betrays the ignorance of physiology upon which the evil of physic (meaning cathartics, laxatives, purgatives, enemas and other unnatural forms of interference) rests. There is as much sense in that quick concept as there is in resorting to a regular nip of digitals to "regulate the heart" or strychnine to "regulate the breathing."

The trouble is that the glib Yankee public has been so thoroughly indoctrinated for generations, that most people have come to believe it is all so, and

like the Nazi youth, they will not listen to any one who tries now to tell them it isn't so. Then too, there is an army of "nurses," Saireygams, little tin doctors and phony healers who, when they can't think of anything else to do to the gullible, advise physic of one kind or another, to "eliminate toxic poisons." What poisons are not toxic or what is toxic if not poison they do not trouble to explain.

I flatter myself that possibly one out of a thousand persons reading the booklet "Constipation Habit and Colon Hygiene" (copy on written request if you send ten cents and stamped self addressed envelope) derives enough inspiration and confidence to break the habit as I describe in the booklet. Likewise I estimate that less than one in a thousand persons reading this article will wonder if I know what I'm talking about when I assert that the baby will never require anything to "make the bowels move" if those who care for the baby have enough intelligence, or enough courage, to refuse to give the baby that first dose of castor oil or other cathartic or that first enema or suppository.

## QUESTIONS & ANSWERS

**Long Distance Diagnosis**  
I have been taking two or three drops of iodine a day for several months. I have gained about eight pounds in weight (am now underweight according to weight tables) and my family are well because I look so poorly — they fear the iodine will damage my heart. (Mrs. W. M.)  
Answer—The question to the physician who prescribed the iodine, I hope you do not imagine I advise taking so much iodine. I recommend only sufficient iodine to supply nutritional requirements, do not advise taking iodine or iodides in medicinal doses. Send a stamped self addressed envelope and ask in writing for pamphlet "The Iodine Ration" — a clipping will not suffice.

**Hay Fever**  
What do you prescribe for hay fever? Mine begins about July 20 every summer. (C. W. L.)  
Answer—A trip to Duluth, the Adirondacks, Salt Lake City, Santa Barbara, Albuquerque, Banff, Nova Scotia. Or if you must shed tears at home send stamped self addressed envelope for pamphlet on Hay Fever Inoculation — ten cents if you want the pamphlet on Allergy.

**Gallon of Blood**  
How much blood does a person have?  
Answer—A man a little over a gallon, a woman a pint less. (Copyright 1945 by John F. Dille Co.)

## Books Listed

New books received at the Jackson county library include:  
**Fiction**  
Ashton, Yeoman's Hospital; Baylis, The Bolinvars; Cohen, Danger in Paradise; Crane, The Indigo Necklace; Farnham, The Tollivers; Fust, Patrick Henry and the Frigate's Keel; Fletcher, Lusty Wind for Carolina; Graves, Wife to Mr. Milton; Haycox, Canyon Passage; Hutchison, Interim; Irwin, Young Bess; Kauffmann, This Time Forever; Laverty, Never No More; Laverty, No More Than Human; Lawrence, A Time to Die; Lehmann, The Ballad and the Source; Lewis, The Captain's Wife; Marshall, The Upstart; Martin, The Outsiders; Miller, Wicked Sister; Molloy, Pledge's Way; Raddall, Roger Sudden; Sharp, Cluny Brown; Thirkell, The Headmistress; Train, Mr. Tutt Finds a Way; Voynich, Put Off Thy Shoes; Westcott, Apartment in Athens; Westmacott, Absent in the Spring; Willoughby, The Golden Totem; Wylie, Night Unto Night; Yates, Wind of Spring.

**Non-Fiction**  
Lewis, How to Read Better and Faster; Baruch, A Primer for and About Parents; Morlan, How to Influence Yourself; Woodward, Strictly Private; Chase, The Bible and the Common Reader; Brown, How to Think of Christ; Kirkland, Of the Imitation of Christ Today; Zelomek, Here Comes Tomorrow; Hayek, The Road to Serfdom; Chase, Democracy Under Pressure; Richter, Re-Educating Germany; Huff, Twenty Careers of Tomorrow; Auger, What are Cosmic Rays? Hawley, Seeing the Invisible; Noble, The Nature of the Beast; Dubkin, Murrum of Wings; Manchester, New World of Machines; Binger, The Doctor's Job; Goodnow, The Technique of Nursing; Orison, A Handbook for Nurse's Aides.

**Pamphlets**  
U. S. Department of Agriculture: Growing Sweet Corn for the Cannery, Safe Use and Storage of Gasoline and Kerosene on the Farm; Plowing with Mouldboard Plows, Part-Time Farming, Pattern Alternative.

**Whitting Book:** Thomas, Book of Knitting Patterns; Erskine, What is Music; Look, Movie Lot to Beachhead; Cherney, Chessboard Magic; Benet, We Stand United, and Other Radio Scripts; Taylor, The Phoenix and the Dwarfs; Cerg, S. R. O.; Baker, Party Line; Breger, "G. I. Joe" ("Private Breger"); Phillips, Private Purkey's Private Peace; Thurber, The Thurber Carnival; Doble, A Texan in England; Ludwig, How to Treat the Germans; Forman, Report from Red China; Busoni, Stanley's Africa; Coffin, Mystains of Maine.

**Brogan, The American Character;** Anderson, Swede Homestead; Rennie, The Argentine Republic; Pacific Is. Year Bk. Wartime Edition (4th ed.); Burchett, Pacific Treasure Island; New Caledonia; For. Policy Assoc., The Arctic in Fact and Fable; Schmittling, Living Biographies of Famous Men; Pearce, The Beloved House; Baker, American Chronicle; Morgan, Edward Bellamy; Brockway, Sarah and I; Caruso, Enrico Caruso; Kesten, Copernicus and His World; Daniels, The Outer Edge; Espey, Minor Heresies; Ferguson, Home in the West; Gramme, First Whisper of "The Wind in the Willows"; Lovelidge, Many Happy Days I've Squandered; Porter, Papa was a Preacher; Yank, (Periodical), Best from Yank, the Army Weekly; Jordan, Beyond All Fronts; For. Policy Assoc., After Victory; Goris, Strangers Should Not Whisper; St. John, Lyle Calling; White, Green Armor; White, A Rising Wind; White, They Called it "Purple Heart Valley"; Thorburn, No Tumult, No Shouting; Jensen, Carrier War; Sharov, It's Good to be Alive; Parsons, Mob 3; O'Reilly, Pursur's Progress; Mauldin, Up, Front; Jackh, The War for Man's Soul; Stevens, Russia is No Riddle; Lattimore, Solution in Asia; Glick, Double Ten; Tong, China After Seven Years of War; Burbank, Burbank Among the Indians.

**MANY NEVER SUSPECT CAUSE OF BACKACHES**  
This Old Treatment Often Brings Happy Relief  
Many sufferers relieve nagging backache quickly, once they discover that the real cause of their trouble may be tired kidneys. The kidneys are Nature's chief way of taking the poisons and waste out of the blood. They help most people pass about a pint a day. When disorder of kidney function permits poisonous matter to remain in your blood, it may cause nagging backaches, rheumatic pains, leg pains, loss of pep and energy, getting up nights, swelling, puffiness under the eyes, headaches and dizziness. Frequent or scanty passages with smarting and burning sometimes shows there is something wrong with your kidneys' bladder.

**S. M. WADE**  
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Enthusiastic Italian and Yugoslav patriots, carrying signs of welcome, greet troops of British Eighth Army, entering Montefalcone, 15 miles from Trieste, Italy.

5:45 p. m. Elmer Peterson, Commentator, NBC, Capt. Midnight, ABC; Night News Wire, MBS, News, CBS, 6:00 p. m. News, ABC; Gabriel Heatter, MBS.

## On the Radio Chain

**STATIONS**  
Chain affiliation and where they are on the dial:  
KALE (MBS) 1330, Portland; KEX (ABC) 1190, Portland; KGO (ABC) 410, San Francisco; KGW (NBC) 570, Portland; KRN (ABC) 1900, Seattle; KXN (LBS) 1070, Los Angeles; KOA (NBC) 830, Denver; KGIN (CBS) 910, Portland; KOMO (NBC) 550, Seattle; KPO (NBC) 680, San Francisco; KSL (CBS) 1160, Salt Lake City.  
Time Show is PWT.

**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. Jack Armstrong, ABC; Tom Mix, MBS, News, NBC.  
5:45 p. m. Captain Midnight, ABC; Elmer Peterson, NBC; Night News Wire, MBS, News, CBS; Shower of Stars, CBS; Gabriel Heatter, MBS; News, ABC.  
6:00 p. m. Supper Music, ABC.  
6:30 p. m. Bob Burns, NBC; Variations by Van Cleave, ABC; Corliss Archer, CBS; Starlight Serenade, MBS.  
7:00 p. m. About and Costello, NBC; First Line, CBS.  
7:15 p. m. News, MBS.  
7:30 p. m. March of Time, ABC; Red Ryder, MBS; Rudy Vallee, NBC; Rocciano Rhythm and Ripley, CBS.  
8:00 p. m. Supper Club, NBC; Jack Kirkwood Show, CBS; Bulldog Drummond, MBS; Ear Godwin, ABC.  
8:15 p. m. Fleetwood Lawton, NBC; Lum 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; Elly 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.  
9:45 p. m. Orchestra, CBS.  
10:00 p. m. News Reporter, NBC; News, MBS; Fulton Lewis, Jr., MBS.  
10:15 p. m. Sport Program, ABC.  
10:30 p. m. Fenneman's Nite Club, ABC; Sweetheart Swingtime, NBC; Orchestra, CBS.  
11:00 p. m. News, ABC.

**FRIDAY**  
5:00 p. m. Tracy and Pirates, ABC; O.K. For Release, NBC; Sam Hayes, News, MBS; This Man Named Jordan, CBS.  
5:15 p. m. Dick Tracy, ABC; Superman, MBS; Betty and Bob, NBC.  
5:30 p. m. Jack Armstrong, ABC; News, CBS; Tom Mix, MBS.

**Food Rations Cut By Jap Government**  
San Francisco, July 5 — (U.P.) — Bombed and blockaded Japan today announced a 10 per cent cut in staple food rations for all its major cities to be effective until the October harvest.  
A Domel dispatch, recorded by the FCC, said that the production of flour cereals and other substitute foods would be increased to make up for the cut.

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**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.

## WISHING WELL

Registered U. S. Patent Office.  
5 6 3 8 2 7 4 6 5 3 8 2 6  
A Y C A H W G O N O N E U  
3 7 2 5 4 6 3 8 2 7 6 3  
N E A O O R T E T I O 6 1  
6 8 3 7 5 8 2 6 7 3 6 4 5  
D W N G N D E E H U A O T  
2 6 8 3 5 7 6 4 8 2 5 3 6  
D I E E I A S D L D M T W  
4 3 6 2 8 5 7 3 6 8 2 6 5  
D O O E I E R S R V B T T  
6 2 5 7 3 6 4 8 2 5 3 6 8  
H A R I T W A E T E U H R  
6 5 3 4 2 7 6 3 8 7 5 2 6  
T A D Y E S L Y Y K T S E

HERE is a pleasant little game that will give you a message every day. It is a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner of the rectangle and check every one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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**SHOE-SHINE**  
By GLUYAS WILLIAMS  
PROTESTS HE DOESN'T SEE WHY HIS SHINE NEED SHINING, THEY LOOK ALRIGHT TO HIM  
GOES UPSTAIRS MUTTERING AND DABS A LITTLE SHOE POLISH ON SHOES  
DISCOVERS HE ALSO GOT SHOE POLISH ON CHAIR, AND IN TRYING TO Wipe IT OFF, SPREADS IT ON ALL THE FURNITURE LIBERALLY

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## Dutch Girl Sends Thanks In English

Gainesville, Tex., (U.P.) — "I take myself all that I know from English language," said a little Dutch girl, "and I try for write a letter to the mother of my friend."  
That's how the letter began that Mrs. Jack Conley received from a little native of Holland who had met her son, T. 5 Mike Conley, when he was stationed there.

**ROGUE RIVER LODGE**  
Delicious Dinners  
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Open Every Night  
Except Mondays  
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509 So. Riverside  
REOPENED FOR BUSINESS  
Has been closed a week on account of sickness.  
**STEAKS, CHOPS and DINNERS**  
DALE & DORN  
Proprietors

## STRANGE AS IT SEEMS By ERNEST HIX



CONCHITA JURADO SPENT HER LIFE IMPERSONATING AN IMAGINARY MAN OF WEALTH WHO TRICKED PEOPLE INTO BELIEVING THEY WOULD DO ANYTHING FOR MONEY. HER TOMB IN DOLORS CEMETERY, MEXICO CITY, IS THE SCENE OF AN ANNUAL GET-TOGETHER OF HER 'VICTIMS'!

## BARNEY GOOGLER AND SNUFFY SMITH



## BUZ SAWYER



## BLONDIE



## LIL ABNER



## THE NEBBS



# DO YOU KNOW?

CHEVROLET owners get the best CHEVROLET service from their CHEVROLET dealer.

## ROGUE RIVER CHEVROLET

## Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

1	2	3	4	5	6	7	8	9	0
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	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

ACROSS  
1—Deer animal  
6—Greek market place  
11—Permitted  
12—Coach  
14—Musical note  
15—Discourage  
17—Military group  
18—Interior  
20—Shield  
22—Self (pl.)  
23—Whip  
24—Father  
25—Negative  
27—Sanctus doctrine  
28—Observer  
29—Happen again  
31—Part of fishbones  
32—Deep sleep  
33—Eun  
35—Township (abbr.)  
36—Oddest of grain  
40—Garden sewer  
43—Harshness  
44—Kind of dance  
46—Girl's name  
47—Whiter  
48—Breed: two  
49—Edible seed  
51—Much  
52—Water bird  
53—White bird  
54—Emperor of Ethiopia

DOWN  
1—Repeated clanging  
2—Albert  
3—Factions  
4—Wide mouthed  
5—Permit  
6—Toward  
7—Belly vessel  
8—Pallid  
9—Edge  
10—Score  
11—Foreign  
12—Asportation  
13—Blues up  
14—Observer  
15—Monster  
16—Mania  
17—Showers  
18—Roman coin  
19—Kind of actor  
20—Sailing boat  
21—Hot drink  
22—Mistake  
23—Noble  
24—Pitfall  
27—Swig wine  
28—Drawing room  
29—Man's name  
31—Crew  
32—Second set in quadrille  
33—Large vehicle  
34—Within  
35—Astrum (term)