

Your Health and It's Care

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PREVENTION OF NEARSIGHTEDNESS

In the talk about myopia (nearsightedness, shortsightedness, a few weeks ago we said that the child who inherits a dolichocephalic head (skull long from front to back and comparatively narrow from ear to ear) will not necessarily develop sufficient myopia or nearsightedness to require glasses at the age of ten or later, no matter how near-sighted one or both parents may be. Whether the individual with this Teutonic shape of skull, as compared with the brachycephalic shape of skull, short and broad, the American Indian type, shall become seriously near-sighted in youth and early adult life depends upon the amount of strain to which the eyes are subjected in childhood, upon neglect or prevention of nutritional deficiency in the developing period, upon prescribing or proscribing of glasses by any one other than a physician, and upon the amount of open air activity, play, exercise, sport or work the individual gets during childhood and youth.

The young person predisposed to nearsightedness by heredity or shape of skull must be carefully protected from excessive study or close work of any kind indoors, from use of the eyes for any kind of close work during and for a few weeks after such illnesses as measles, scarlet fever, whooping cough, mumps, indistinct or very fine print strains the eyes seriously. Neither evident redness nor other eye symptoms show whether or not there is eyestrain. Poor illumination in school and at home is a common, contributing factor of near-sightedness. Poor illumination or lighting will be considered in detail in a talk to follow. It concerns or should concern everybody, regardless of the present state of his or her eyes and eyesight.

According to Dr. A. A. Knapp (American Journal of Ophthalmology, Dec., '39) better nutrition, especially in relation to the vitamin supply, explains why there are fewer cases of progressive myopia today than there were thirty years ago. Dr. Knapp believes the rarity of myopia in the American Indian, the fact that rural people are freer from myopia than people residing in cities and the fact that fewer people residing in high altitudes, are explained by the greater supply of sunshine vitamin D they get. The great prevalence of myopia in China is due to the vitamin deficiencies and the general poor nutrition in that country. Dr. Knapp advises supplementing the patient's diet with vitamin D and calcium. Dr. H. H. Husted (The Optometric Weekly, Feb., '44) gives his observation of many years that if myopic children get plenty of sunshine or vitamin D internally and drink plenty of milk (best food source of calcium) or if they will not drink milk then an adequate daily ration of calcium to supplement the poor diet, their myopia is fairly well controlled, does not progress and become more severe as they get no into the 'teens.

In the booklet "V.I.T.E. Spells Youth" (for copy send 10 cents envelope) a well-known horse-and-buggy doctor advises that nearly all growing children and youths who are not as strong and vigorous as they should be, ought to eat half a dozen tablets of vitamin D, thiamine and riboflavin every day to supplement the ordinary deficient American diet. This is the most agreeable form of vitamin D for young people to take. Whether to check the progress of myopia (gradual increase of nearsightedness in the 'teen and early adult life) or to prevent development of such weaknesses as spinal curvature, round shoulders, fatigue posture, sway-back, weak ankles, pronated feet, this daily ration of vitamin D, vitamin B1 (thiamine) and G (riboflavin) is essential food, not medicine, and must be continued daily for years, like bread and cheese.

Individualism of the teen-agers' dancing is indicative of their political activity when grown up, then indeed democracy is safe, for they will follow no set pattern. Seemingly following the beat of a single drummer, yet while some few moved about with an almost stately decorum, others gyrated with all the abandon of intoxicated Mexican beans. One of those which intrigued me most was a maid of perhaps 15 summers. Bespectacled and dressed in a gingham frock right out of Godey's her hair was done in pigtails. Only the use of a monkey wrench could have accomplished those tight little braids. They stuck out from her head as though they would escape, if they could, from the abandoned behaviour of the slippered feet which carried them about. Finally the white bow on one braid did escape and lay on the floor, a poor little butterfly come to rest. I wished I could rescue it but soon it was past all rescue, crushed by the feet of the dancers.

One lad was in overalls and danced with his knees bent at what to me seemed a punishing angle. He ricocheted rather than danced, hurried about by some invisible force outside his own control, but he never missed a dance. I wished he and the maid with the braids would get together. That would have been something. But they never did. One lad lighted a cigarette but hastily unlighted it at the descent of a scandalized chaperone. He had not, he apologized, known of the restriction. Since youngsters will dance, I can think of no finer move toward defeating delinquency than that matrons see they have a supervised opportunity to do so.

The Fourth of July is not the real anniversary of the signing of the Declaration of Independence, according to the Encyclopedia Britannica. Instead, Congress ordered it engraved and signed on July 19, 1776. The last signature was not affixed until 1781.

Poor Digestion?
Headachy?
Sour or Upset?
Tired-Listless?

Do you feel headachy and upset due to poorly digested food? To feel cheerful and happy again your food must be digested properly. Each day, Nature must produce about two pints of a vital digestive juice to help digest your food. If Nature fails, your food may remain undigested—leaving you headachy and irritable. Therefore, you must increase the flow of this digestive juice. Carter's Little Liver Pills increase this flow quickly—often in as little as 30 minutes. And, you're on the road to feeling better. Don't depend on artificial aids to counteract indigestion when Carter's Little Liver Pills aid digestion after Nature's own order. Take Carter's Little Liver Pills as directed. Get them at any drugstore. Only 25c.

QUINTUPLETS
always use it—best proof it's
GREAT FOR COLDS
To relieve coughs, sore
muscles of chest colds
RUB ON MUSTEROLE

Olive Barber's Letter
The teen-agers were having a dance. Asked to look in on the affair, I did so. My first reaction was amazement. I expect dress styles to change but I had always assumed the human anatomy, like the tides and solar activity, was fixed; at least would remain the same during my lifetime. But such, I saw, was not the case. Not only do present day teen-agers have joints they never had in my teen-age day but they have more knee and hip gear shifts; all in the speedier brackets. Too, spines have developed a fluid action foreign to an earlier day. And no longer can dancing be called the poetry of motion; or if it is, it's free verse; anyway free. Also if the rugged

Rescue Work for POW's



Sgt. Harold T. Hedges, Oklahoma City, Okla., tail runner on B 29 and only crewman to survive when Jap suicide plane hit his Superfort over Nagoya, Jan. 3, 1943, is rescued from Jap prison camp. U. S. medical officers aboard USS Benevolence, look over his scarred wounds, (left to right), Capt. S. T. Allison, New York City; Sgt. Hedges and Capt. F. L. McDaniel, Alexandria, Va. (Photo by Tom Shafer, Acme photographer for WPP, photo transmitted by Acme transceiver from USS Iowa via Navy Radio Telephone).

On the Radio Chain

Chain affiliation and where they are on the dial:
KALE (MBS) 1310 Portland, KEN (ABC) 1190 Portland, KGO (ABC) 810 San Francisco, KGW (NBC) 670 Portland, KJH (ABC) 1000 Seattle, KXN (CBS) 1070 Los Angeles, KOA (NBC) 850 Denver, KOIN (CBS) 970 Portland, KOIN (NBC) 930 Seattle, KPO (NBC) 650 San Francisco, KSL (CBS) 1100 Salt Lake City.
Time Show is PWT.

WEDNESDAY
8:00 p. m. Terry and Pirates, ABC. OK For Release, NBC. Milton Charles Organist, CBS. News, MBS.
8:15 p. m. Dick Tracy, ABC. Superman, MBS. Betty and Bob, NBC.
8:30 p. m. Jack Armstrong, ABC. National News, CBS. Adventures of Tom Mix, MBS. News, NBC.
8:45 p. m. Elmer Peterson, NBC. Night Great Moments in Music, CBS. Night, ABC. News, CBS.
9:00 p. m. Crime Photographer, CBS. Wednesday With You, NBC. Gabriel Heatter, MBS. Curtain Time, ABC.
9:15 p. m. Live Life Stories, MBS.
9:30 p. m. District Attorney, NBC. Detect and Solve, CBS. Night Bands, MBS. Jones and I, ABC.
9:45 p. m. Ray Asker's Kollege, NBC. Great Moments in Music, CBS. Courtesy, ABC. Human Adventure, MBS.
10:00 p. m. News, MBS.
10:30 p. m. G. I. Luffs, CBS. Lone Ranger, MBS. NBC. Terry and the Pirates, ABC. Milton Charles Organist, CBS.
10:45 p. m. Dick Tracy, ABC. Superman, MBS. Betty and Bob, NBC.
11:00 p. m. Jack Armstrong, ABC. For MBS. News, NBC.
11:15 p. m. Captain Midnight, ABC. Elmer Peterson, NBC. Night News Wire, MBS.
11:30 p. m. Music Hall, NBC. Orchestra, CBS. Gabriel Heatter, MBS. The Real Story, ABC.
11:45 p. m. Hidden Valley Gang, ABC.
12:00 p. m. Philo Vance, NBC. Variations of Van Cliburn, ABC. Hobby Lobby, CBS. Starlight Serenade, MBS.
12:15 p. m. Mystery in the Air, NBC. First Line, CBS. Reconversion and Jobs, MBS. One Foot in Heaven, ABC.
12:30 p. m. News, MBS.
12:45 p. m. Match of Time, ABC. Red Ryder, MBS. We Came This Way

THE GRANGE
Applegate Grange
Master Benj. Ellis presided at the regular meeting Aug. 24, of Applegate Grange. Eight officers were present. Vice chairman of Home Economics club announced that some suggestions were being solicited on ideas for refreshments for the meetings the rest of the year. Worthy Chaplain Grace Hunter read a timely article on "Good News and Bad."

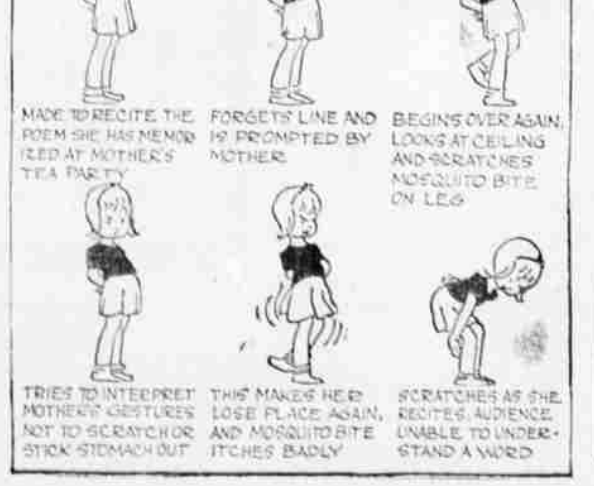
Sister Vella Hill reported on success achieved from use of "Weedone" on wild morning glory plants. With only one meeting between now and Boosters Night all members were urged to be thinking of something for the program that night. Due to the absence of the lecturer there was no program. Next meeting will be Sept. 14.

Chalker's Motel & Lodge
OFFICERS' CLUB
Dance and Refreshments
Chicken and Steak Dinners
Most Unique Place in So Ore
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Thursday Private Parties Only
For reservations Ph Gold Hill 474

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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

Let's Go
ROLLER SKATING
MEDFORD ARMORY
7:30 to 10:30
WED., FRI., SAT. and SUN NIGHTS
SKATING PARTIES by SPECIAL ARRANGEMENT

RECITAL
By GLUYAS WILLIAMS
MADE TO RECITE THE FORGETS LINE AND BEGINS OVER AGAIN, LOOKS AT CEILING AND SCRATCHES NECK AND BITES ON LEG.
FORGETS LINE AND 19 PROMPTED BY MOTHER.
TRIES TO INTERPRET MOTHER'S GESTURES NOT TO SCRATCH OR STICK STOMACH OUT
THIS MAKES HER LOSE PLACE AGAIN, AND MORNING BITES ITCHES BADLY
SCRATCHES AS SHE RECITES, AUDIENCE UNABLE TO UNDERSTAND A WORD



Price Control On Lumber Not Ended

Washington, Sept. 5—(UP)—Forget about that OPA announcement that price control on lumber and primary forest products has been suspended, the Office of Price Administration said today. It was a typographical error. Lumber and primary forest products appeared in a list of materials exempted or suspended from price control. The inclusion, OPA explained, was "inadvertent."

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Delicious Dinners
Cocktail Lounge — Dancing
Open Every Night Except Mondays
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Chicken and Steak Dinners
All Kind of Sandwiches
Music by Smokey, Danny & Blacky
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Managed and Operated by Smokey Stansberry

STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLE and SNUFFY SMITH



DO YOU KNOW?

Earl Lock, honorably discharged U. S. Navy veteran, has been employed by this firm as a mechanic. Earl is a local man and has had 10 years experience as a mechanic.

ROGUE RIVER CHEVROLET

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

1-Throw	20-Go astray
2-Away from wind	21-Characteristic
3-Tenor	22-Pur pocketpiece
4-Late U. S. post	23-Kind of fabric
5-Dazzled	24-Sinful
6-Marsh bird	25-Soda drink
7-Fruit drink	26-Injury
8-Tirefoot	27-Deserve
9-They're hard to get	28-Facts
10-Plush	29-Put back
11-Bredy	30-Snipe's hat
12-Tool filling	31-Painting
13-Pound (abbr.)	32-Romantic
	33-Foot-like part
	34-Part of church
	35-Settle

DOWN

1-Boulder	11-Chinese coin
2-Wing	12-Looping shot
3-Soin	13-Single thing
4-Sore	14-Exhaust
5-Street (abbr.)	15-Look closely
6-Looping shot	16-Yes vote
7-Single thing	17-Mitral
8-Full back	18-Go around
9-Exhaust	19-Rail bird
10-Look closely	20-Drub
11-Chinese coin	21-Water bird
12-Looping shot	22-Purrowed
13-Single thing	23-Indignant
14-Exhaust	24-Pridding
15-Look closely	25-Indignant
16-Yes vote	26-Smoked herring
17-Mitral	27-Kind
18-Go around	28-Nipping
19-Rail bird	29-Nuisance
20-Drub	30-Summit
21-Water bird	31-Indignant
22-Purrowed	32-Smoked herring
23-Indignant	33-Kind
24-Pridding	34-Nipping
25-Indignant	35-Nuisance
26-Smoked herring	36-Summit
27-Kind	37-Indignant
28-Nipping	38-Snare
29-Nuisance	39-Snare
30-Summit	40-Snare
31-Indignant	41-Snare
32-Smoked herring	42-Raised highway
33-Kind	43-Ace
34-Nipping	44-Snare
35-Nuisance	45-Snare
36-Summit	46-Snare
37-Indignant	47-Snare
38-Snare	48-Snare
39-Snare	49-Snare
40-Snare	50-Snare

