

# 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.

## PLEASE MA'AM, NOT SO FAST!

Five months ago I went on the diet given in your pamphlet (How to Lose Weight—copy available on written request if you provide stamped envelope bearing your address). I have lost 60 pounds to date. I would like to lose 20 more which would make 80 pounds, the correct weight for my age and height. . . . I feel wonderful. I swim now and take a sun bath every day. . . . My nails and hair have taken on new growth and life, it seems, and I feel ten years younger—perhaps because I am so proud of my new figure. . . . I know you don't like long-winded letters, but I could write a book about what your diet and my will power have done for me. (Signed, Mrs. . . .)

At first blush it seemed you were tearing down in a tearing hurry, Ma'am, and that is always unwise, I assure you. A reducing regimen should be not only rational, physiological, practical and easy to follow, but if it is to be successful it must tend to build-up general health, vitality, well being, vte and never impair or destroy health. The test of a reducing regimen is just this: It should leave the individual not just six, sixteen or sixty pounds lighter in weight but feeling and looking better and actually fitter than at any time while carrying the handicap.

Any one who contemplates reducing, whether his or her motive is health, good looks, comfort, efficiency or longevity, would do well to learn this elementary lesson thoroughly before adopting a reducing regimen of any kind: If one does not feel and look better after losing any number of pounds, there is something wrong with the regimen and it is dangerous to continue with it.

In the pamphlet "How to Lose Weight" I suggest that a loss of from two to five pounds a week is within reason. But I do not say for how many weeks such reduction should occur. The correspondent lost sixty pounds in 21 weeks, or not quite three pounds a week. That is plenty fast enough for any one to reduce, and for most persons one or two pounds a week is better. Remember, you didn't accumulate the excess faster than a pound a week or more likely a pound a month. It will go as easily as it came, if only you keep your head and don't fall for the Hollywood hokum.

Persons with glandular obesity will find special chapters on the subject in the booklet "Rules for Reducing" (for copy send twenty-five cents and stamped self addressed envelope). There is a description of the basal temperature method of

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LEGAL NOTICES  
SUMMONS  
IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY.  
ARTHUR FLOYD WELLS and MARIE WELLS, husband and wife, Plaintiffs, vs. LEONA WATSON and THOMAS WATSON, wife and husband; GEORGE WELLS and MAILE WELLS, husband and wife; and any and all other persons or parties unknown having or claiming an interest or estate in the property described in the Complaint, Defendants.  
TO Leona Watson, Thomas Watson, George Wells, Marie Wells and any and all other persons or parties unknown having or claiming an interest or estate in the property described in the Complaint, the above named Defendant.

IN THE NAME OF THE STATE OF OREGON, you are hereby notified and required to appear in the above Court and cause and answer the Complaint of Plaintiffs now on file therein against you, or otherwise plead thereto, within four (4) weeks from September 26, 1945, the date of the first publication of this Summons upon you; and if you fail to so appear and answer within the time required, for want thereof, plaintiffs will apply to the Court for the relief prayed for in their Complaint, a succinct statement of which is as follows, to-wit:

For a partition of the following described real property: The South half of Lot seven (7) Block two (2) of Cottage Home Addition to the city of Medford; and the East 90 feet of Lot three (3) Block six (6) of Riverside Subdivision in and to the city of Medford, all in Jackson County Oregon, according to the official plats thereof now of record. The date of the Order for this service by publication is September 26, 1945.

DON R. NEWBURY, Attorney for Plaintiffs Room 207, United States Nat'l Bank Bldg., Medford, Ore.

Body and Fender REPAIRS, PAINTING Get Out Estimates! We Guarantee to Please. BURBANK'S BODY SHOP 246 N. Riverside

regulating the use of thyroid extract, and a chapter telling how one with hypopituitary obesity may reduce on four square meals a day.

QUESTIONS & ANSWERS  
Cocac Do you think drinking cocac every morning is harmful to one who is anemic? Very little cocac used—1/2 L. to a cup. (Mrs. J. O.)  
Answer—No. Certainly not if you make it a rule to have some fresh fruit in season or fresh fruit juice or factory canned tomato or tomato juice for breakfast.  
How to Gain Weight I have gained only five pounds in three weeks. My gaining regimen requires that I eat at each meal to the point of nausea. (J. M.)  
Answer—Your regimen is unphysiological and wrong. Send stamped envelope bearing your address, for pamphlet "How to Gain Weight". (Copyright 1945, John F. Dille Co.)

Gold Hill  
Gold Hill, Oct. 3—Gold Hill Extension unit met Sept. 20 at the home of Mrs. Viola Moore. Program chairmen and project leaders were named. Next meeting will be Oct. 12; subject "Sugar Extending Cookery." Mrs. Lottie Frost is project leader.  
Mr. and Mrs. Leo Washburn left Thursday evening for eastern Oregon on a hunting trip. Opal's Beauty Shop will be closed for a week while Mrs. Washburn is away.  
Ray Shunterman, Wm. Hawes, Norman Campbell and Chas. Gray made up a party to hunt in eastern Oregon. They left Thursday to get camp made and be ready as soon as the season opened.  
Leo Walker, SC 1/c and Mrs. Walker of Minneapolis, Minn., came Wednesday for a visit with his parents, Mr. and Mrs. Clyde Walker and other relatives and also to enjoy hunting season.  
Pfc. Creighton Thompson, paratroop infantry has received his discharge and he and Mrs. Thompson are now at the home of his parents, Mr. and Mrs. Paul Thompson.  
Leroy Carter A/S. navy V-12, who has spent the past three years at the Iowa State college in Ames, Iowa has been elected to membership in the honorary fraternity, Pi Tau Sigma.  
Chas. Kell left Wednesday for Portland to join Mrs. Kell who has been visiting there and both will go to Detroit, Mich., for a months visit with relatives.  
Pat Becker who recently received his discharge from the navy is visiting his father, Abe Becker.  
Mr. and Mrs. Leonard Kell of Bellingham, Wash., are parents of a baby boy born Sept. 25, weighing 7 lbs. The baby has been named David Ernest. Mr. Kell, a local boy served overseas until receiving his discharge.  
Sgt. Ernest Kell returned home Tuesday after receiving his discharge at Ft. Lewis and visiting in Bellingham, Wash., and Portland Ore.  
Mrs. Wallace Griffis left Wednesday for Chattanooga, Tenn., for a visit with relatives. She will also visit in Rome and Atlanta, Georgia, returning by way of Portland, Ore., where she will also visit.  
Mr. and Mrs. W. G. Tasker, of Taft, Calif., are visiting Mrs. Tasker's sister and husband, Mr. and Mrs. J. G. Kofahl.  
Mr. and Mrs. Sidney Darwin have sold their property in the colony and returned to Los Angeles, their former home.  
Mrs. Nena L. Crane and son Jim O. Blair of Terrebonne, Ore., have moved into the apartment in the Reynolds house and Mr. Blair is employed at Pacific Portland Cement Plant.  
Mrs. Milton Steinmetz and son Harry Leigh visited over the weekend in Portland with Mr. Steinmetz who is working in Seattle and came to Portland to meet them.  
Mr. and Mrs. Nels Young of McCloud, Calif., visited last week with Mrs. Young's sister, Mrs. Jess Durkee and family.  
Mrs. N. C. Swindler of Springfield visited Thursday with her parents, Mr. and Mrs. T. Z. Smith and family.

MEDAL FOR MARSHALL  
Washington, Oct. 3—(U.P.)—The House Military Affairs Committee today approved a joint resolution to present a special gold medal to Gen. George C. Marshall, army chief of staff.

Use Mail Tribune Want Ads  
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.

## On the Radio Chain

STATIONS Chain affiliation and where they are on the dial  
KALB (540) 1230 Portland, KKA (410) 1190 Portland, KGO (ABC) 410 San Francisco, KGW (NBC) 620 Portland, KJZ (ABC) 1000 Seattle, KJN (CBS) 1070 Los Angeles, KOA (NBC) 850 Los Angeles, KJIN (CBS) 970 Portland, KOMO (NBC) 930 Seattle, KOB (NBC) 850 San Francisco, KSI (CBS) 1160 Salt Lake City  
Time shown is PWT.

WEDNESDAY  
5:00 p.m. Terry and Pirates, ABC  
6:00 p.m. How to Lose Weight, NBC  
6:30 p.m. Dick Tracy, ABC  
7:00 p.m. Dick Tracy, ABC  
7:30 p.m. Dick Tracy, ABC  
8:00 p.m. Dick Tracy, ABC  
8:30 p.m. Dick Tracy, ABC  
9:00 p.m. Dick Tracy, ABC  
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10:30 p.m. Dick Tracy, ABC  
11:00 p.m. Dick Tracy, ABC

THURSDAY  
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# COUNTRY HAS TO COOPERATE, SAYS ROTARY SPEAKER

"The San Francisco World Charter will work if the thinking people of the world will it to work," George Peavy, district governor of Rotary International and president emeritus of Oregon State college told members of the Medford Rotary club yesterday. Speaking at a luncheon meeting at the Hotel Medford, Peavy voiced the hope that international understanding would become the destiny of Rotary, international in years to come.

"We've got to work with other countries. The World Charter depends upon the attitude of the common people of the world and the influence of a quarter-million Rotarians throughout the world can become an important factor in fostering this understanding," the speaker said. In commenting upon the discovery of the atomic bomb and other technological developments, Peavy stressed the fact that the world cannot survive another world war. "Today an uncolored force is capable of wiping out our entire civilization before breakfast."

Guidance of youth and improvement of labor-capital relations were cited as needing the thoughtful attention of Rotarians in this changing world, shrunk by rapid developments in communication and transportation. Last night Peavy met with committee chairmen and board members of the local Rotary club.

Use Mail Tribune Want Ads  
A "Jeepcopter"—a Jeep to which a rotor and tail are attached—actually has been flown successfully in England.

CARD OF THANKS  
We wish to express our sincere thanks to all our friends for their many kindnesses and beautiful flowers in our bereavement of our mother and grandmother, Mrs. Maud Bell and son James Bell.

HELD OVER!  
2nd Week by Popular Demand  
Don Siglow's  
Nationally Known Band  
Take-It-Easy Lodge  
Mac and Anne McBee  
Resuming Management

S. M. WADE  
Commercial and Domestic  
Refrigerators Repaired  
5302 — Phone — 4104

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

TRUSTWORTHY  
By GLUYAS WILLIAMS

## ARAB, JEWISH PROBLEM DRAWS BRITISH STUDY

Jerusalem, Oct. 3—(U.P.)—Two British warships anchored off Palestine today and high British officials conferred on mounting tension between Arab and Jewish factions.  
The cruiser Sirius and destroyer Haydon anchored off Jaffa and Tel Aviv. The Sirius is the flagship of Vice Admiral W. G.

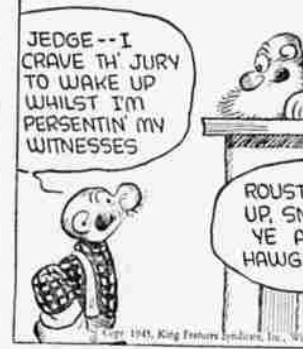
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ZERO CLUB  
Out of bounds, civilians only  
Delicious chicken and steak dinners 7:00 p.m. to 3:00 a.m. except Sunday. Fine day time 5:00; night 9:01.

## STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLE and SNUFFY SMITH



## Tennant flag officer in the eastern Mediterranean. Tenant arrived in Jerusalem to confer with Lord Golt, the British high commissioner for Palestine.

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Delicious Dinners  
Cocktail Lounge — Dancing  
Open Every Night  
Except Tuesdays  
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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. Fine day time 5:00; night 9:01.

## DO YOU KNOW?

all school districts intending to purchase new school buses should place their orders NOW for delivery in 1946 before allotments have been expended.

## ROGUE RIVER CHEVROLET



## Crossword Puzzle



## ANSWER TO PREVIOUS PUZZLE

