

Your Health and It's Care

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IT ISN'T THE TAN BUT THE V-I-T-E



Just why do we regard a coat of tan as a part of the picture of health vigor and vitality? Offhand one might say it is because so many people return from vacations with a coat of tan and obviously improved health and fitness. We come to think of tan as synonymous with health, by association of ideas.

Freckles, too, in a way, I say "we", meaning people in general. Not we doctors. Darn it, a doctor looks at things through glasses of a different tint. I can't get my mind off from vitamin D when I see a coat of tan, even the best fitting coat on the figure. . . . And I can't admire good posture without thinking of scoliosis, lordosis, visceropostosis and other morbid things. Some readers may suspect I'm just a loafer, but the truth, I swear is that I frequent the bowling green because there, for two or three hours, as any devotee of bowls will testify, one forgets every blessed (or damned) thing in the world but the business of insinuating one's bowl between one's opponent's bowl and the jack.

There's nothing particularly healthy about brown. Nothing particularly sanitary or "antiseptic" about white. Some people are too easily misled by the association of ideas. The most frighful breaches of aseptic technique may occur in a hospital elaborately equipped with white enamel accessories, men in white and nurses gowned and masked as for a sequence on stage 7.

We should learn to associate tan with the manufacture of vitamin D. I do not mean to imply that this is all there is in sunshine and open air life. But we know, at any rate, that sunlight, direct or reflected or diffuse daylight in a shaded place

or even light screened through cloud, mist, fog, and the smoke or dust of city air, activates ergosterol in the skin and converts it into viosterol, vitamin D. So we should regard tanning as an index or measure of the state of the individual's calcium-phosphorus metabolism, for vitamin D controls calcium-phosphorus metabolism. If the supply of vitamin D is insufficient the assimilation, utilization and retention of calcium and the phosphorus in the body cannot be normal.

Normal calcium metabolism (never mind the phosphorus, it will be all right if the calcium metabolism is right) spells V-I-T-E. Can't stop to define vite now—consult the booklet "The 7 Keys to Vite", mailed on request if you inclose twenty-five cents and stamped self-addressed envelope. If you are concerned about growing children, send ten cents and stamped self-addressed envelope for the booklet "V-I-T-E spells Youth". But hold on here, I'm meeting myself coming—or so it may seem to the uninitiated. Don't toss the paper aside. I'm not giving you the run-around. I honestly believe good calcium metabolism, an adequate daily intake the calcium and vitamin D, is a prime factor of health, vite, youth whether you are seventy months or seventy years old.

QUESTIONS & ANSWERS
Injection Treatment of Internal Piles
Please recommend a doctor in your area who can give the injection treatment for hemorrhoids. (Mrs. A. J. C.)
Answer—The name of a physician in your city who gives the treatment. Almost any physician who treats hemorrhoids at all uses this method today, in preference to the crude old hospital method.

Bicycle Riding
I am very fond of bicycle riding, but have heard what sound to me like old wives' tales. (Mrs. A. J. C.)
Answer—They are. It is fine exercise for any one.
To Get a Better Job
My husband is anxious to get started on your Iodin Rating—he thinks it may help him get a better job than the one he has. (Mrs. A. F.)
Answer—Well, it would depend on how good his present job is. Send stamped self-addressed envelope for pamphlet "The Iodin Rating." (Copyright 1945 by John F. Dille Co.)

BEAST OF BELSEN TAKES STAND IN ATROCITY TRIALS

Lueneburg, Oct. 8—(U.P.)—Josef Kramer, commandant of the Belzen concentration camp, testified today in his own defense before the British military court trying him on charges of conducting nazi atrocities.

Kramer opened the story of his administration of the Belzen camp and his service in the notorious Oswiecim camp after his defense counsel, Maj. S. Winwood, told the court the prisoner should be called "not the beast of Belzen by the scapegoat of Belzen."

"It is the very foundation of Kramer's case that he was a member of the nazi party," Winwood said. "I hope the court will grasp the phrase that Kramer is a German."
He quoted the nazi laws against the Jews and said: "It was no very great step from the Nuremberg anti-Jewish laws to the chimneys of Oswiecim."
Winwood noted that the Germans had no copyright on concentration camps, recalling that the British employed concentration camps in the Boer war and had placed Greeks in Egypt in similar institutions.
Kramer gave his age as 38. He said he went into concentration camp duty in 1934 and was assigned to Oswiecim against his personal wishes.
He explained that in one affidavit he had denied knowledge about the Oswiecim gas chambers because he was bound by his "word of honor" never to reveal their existence. When the war ended, he said, he no longer felt bound.

On the Radio Chain

- Chain affiliation and where they are on the air:
- 8:15 p.m. Dick Tracy, ABC; Superman, MBS; Betty and Bob, NBC
 - 8:30 p.m. Voice of Firestone, NBC; News, CBS; Jack Armstrong, ABC; Captain Midnight, MBS
 - 8:45 p.m. News, CBS; Rosa Rio, ABC; Tom Mix, MBS
 - 9:00 p.m. Screen Guild Players, CBS; Contented Hour, NBC; Radio Auction Gallery, MBS
 - 9:15 p.m. Lowell Thomas, MBS
 - 9:30 p.m. Dr. Q. Nip, Thanks to the Yanks, CBS; Lone Ranger, MBS; Heavly 5, A. B. C.
 - 9:45 p.m. Supper Club, NBC; Lum and Abner, ABC; Michael Shayne, MBS; Man Named Jordan, CBS
 - 10:00 p.m. Jack Smith Show, CBS; Footwear Lawton, NBC; Hedda Hopper, ABC
 - 10:30 p.m. Cavalcade Theatre, NBC; Hawthorne House, ABC; Joan Davis, CBS
 - 10:45 p.m. Blind Date, ABC; News, CBS; Inner Sanctum, CBS; Curtain Time, ABC; Amos and Andy, NBC
 - 11:00 p.m. Salute to our Heroes, MBS
 - 11:30 p.m. Vox Pop, CBS; Green Hornet, ABC; Jimmy Fidler, MBS; Lee, CBS; Jimmie, NBC
 - 11:45 p.m. Dick Tracy, ABC; Superman, MBS; Betty and Bob, NBC
 - 12:00 p.m. News, CBS; Jack Armstrong, ABC; Captain Midnight, MBS
 - 12:15 p.m. Swing, ABC; Gabriel Heatter, MBS
 - 12:30 p.m. Inner Sanctum, CBS; Curtain Time, ABC; Amos and Andy, NBC
 - 1:00 p.m. Rea Stories, MBS
 - 1:15 p.m. Fibber McGee and Molly, NBC; American Forum, MBS; The Docteur Fights, CBS
 - 1:30 p.m. Bob Hope, NBC; Service to the Troops, CBS; Country, ABC
 - 1:45 p.m. Fulton Lewis, MBS
 - 2:00 p.m. Hildegarde, NBC; Hollywood News, CBS
 - 2:30 p.m. Supper Club, NBC; Lum and Abner, ABC; Jack Kirkwood Show, CBS
 - 3:00 p.m. Fleetwood Lawton, NBC; Jack Smith Show, CBS; News of Tomorrow, ABC
 - 3:30 p.m. Johnny Presents, NBC; Theater of Roman's, CBS; Alan Young Show, ABC; The Falcon, MBS
 - 4:00 p.m. Everything for the Boys, NBC; Big Town, CBS; Glen Hardy News, MBS; Dark Venture, ABC
 - 4:15 p.m. Best Seller, MBS
 - 4:30 p.m. Light and Mellow, NBC; Murder Will Out, ABC
 - 5:00 p.m. News, NBC; Charlie Chan, ABC
 - 10:15 p.m. On Our Bandstand, NBC; Island Show, ABC

What the Girl Scouts Are Doing

Troop 22 Elects
Jerrie Herring was elected president of Girl Scout Troop 22 at the second meeting held last week at the home of the troop leader, Mrs. Max Leischner. Mrs. Leischner was assisted by Mrs. John Larwood.
Other officers elected were Janet Walton, vice-president; Norma Jane Ward, secretary; Joan Herring, treasurer; Alice Gault, program chairman; Joan Dean, assistant program chairman.
Tussie-mussies and wrist corsages were made by the troop under the instruction of the leader.
The troop, made up of girls in the eighth grade at Junior high school, now has 18 registered members. They are Nancy Adams, Eleanor Bragg, Joan

Dean, Joan Herring, Jerrie Herring, Dolores Morris, Jackie Henbest, Karla Johnson, Betty Larwood, Bebe Millaps, Leah Peabody, Alice Gault, Jean Runtz, Carole Sams, Sidney Smith, Janet Walton, Marjorie Williams and Norma Jane Ward.
Troop 22 will meet each Tuesday afternoon after school at the Leischner home.

10:30 p.m. Edwin C Hill, CBS; Feneman's Nite Club, ABC; Sweetheart Swingtime, NBC
11:00 p.m. Talks, CBS; News, NBC; News, ABC

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

STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLE and SNUFFY SMITH

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

ACROSS

- 1—Dwarf
- 2—Mature
- 3—Complain (slang)
- 4—Unit
- 5—Period of time
- 6—Surrounding light
- 7—Cheroot
- 8—Furrow gap
- 9—Steady look
- 10—Water birds
- 11—Mountain range in China
- 12—Fable
- 13—Garden tool
- 14—Bedate
- 15—Plant
- 16—Biblical city
- 17—Went hurriedly

DOWN

- 1—Falcon birds
- 2—A group
- 3—Nativity
- 4—Autocrat
- 5—Roman coin
- 6—Depart
- 7—Prize
- 8—Animal living in desert
- 9—Coin of India
- 10—God of war
- 11—Nude
- 12—Portuguese color
- 13—Seaweed
- 14—Scandinavian
- 15—Ballet
- 16—Shura
- 17—Mineral earth
- 18—Fiction animal
- 19—Digitized poem
- 20—False hair
- 21—Astray
- 22—Curve
- 23—Eternal City
- 24—Dog house
- 25—Huge man
- 26—Immense
- 27—Twigs
- 28—Single time
- 29—Prefix half
- 30—Western heroine
- 31—New Zealand
- 32—Knowledge
- 33—Royal Navy (naval)

"The Ghost Train" To Be Staged By Little Theater and Navy Cast

Another smash hit, comparable to "Deadlier Than the Male," last spring's major Little Theater production, is in the offing for the residents of southern Oregon and northern California, when Arnold Ridley's three-act comedy-mystery "The Ghost Train" is presented here during the first week of November. The production will be given solely for army-navy relief.
This Little Theatre fall production, unlike the all women cast of "Deadlier Than the Male" features four female roles played by native Oregonians, and seven male roles, played by staff members of Camp White's naval hospital, hailing from all parts of the United States. The stage production will be handled by naval hospital patients as an occupational therapy program.
"Casting has been going on all week," said Lieut. W. B. Fletcher, Jr., last night, "and we now have the cream of the dramatic crop with which to begin intensive rehearsals."
Lieut. Fletcher, who recently returned from overseas, and who is directing the production, starred in the leading role of Teddie Deakin in "The Ghost Train" with the Abilene, Texas, Little Theatre shortly before enlisting in the navy. He studied dramatics under the famous Hugh Fellows at the New York Institute of Dramatic Arts.
"The Ghost Train," when originally playing at the Eltinge Theatre on Broadway, featured Claudette Colbert, Eric Blore, Henry Mowbray and Walter Wilson.



"Sure, your way is shorter. But we'll see more of the country my way!"

You may as well give up, Mister. But here's help! Before you start, take your Plymouth, Dodge, DeSoto or Chrysler to your dealer. Do that regularly and you needn't fear long journeys. And when you insist on MOPAR, you get parts engineered especially for your car or truck. Plymouth, Dodge, DeSoto, Chrysler Service is Good Service! Tune in Andre Kostelanetz, Thursdays, CBS, 9 P.M. EST.

THE GRANGE

Phoenix Grange
Regular meeting of Phoenix Grange will be held Tuesday at 8 p.m.
Attendance has been small during the last four months, due to many members being engaged in fruit work. Now that this work is drawing to a close, it is hoped that a larger crowd will be present and that interest and enthusiasm will pick up.
Home Economics Chairman Florence Tripp announces a covered dish supper to be held Oct. 17, for all Grange members. This is the regular meeting date of the Home Economics club, but the meeting will be held at night instead of during the day.
Griffin Creek Grange
The Booster Night program

WHY BE FAT?

Get slimmer without exercise

You may lose pounds and have a more slender, graceful figure. No exerting. No fatigues. No drugs. With this A.V.D. you don't eat any more, starches, potatoes, meats or butter, you simply cut them down. It's easier when you enjoy delicious (vitamin fortified) A.V.D. before meals. Absolutely harmless.

In clinical tests conducted by medical doctors, more than 100 persons lost 14 to 15 lbs. average in a few weeks with A.V.D. Candy Reducing Plan.

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HELD OVER!

By Popular Demand

Don Siglow's Band

Steak and Chicken Dinners
Jimmy O'Brien
Opening Oct. 14
Take-It-Easy Lodge
Mac and Ann McBe
Closed Tuesday

THE NEIGHBORHOOD LEAGUE



WHEN MRS. SELZER, PASSING BY, WAS HEARD TO SAY THAT SHE DIDN'T KNOW WHAT PARENTS WERE THINKING OF, TO LET BOYS PLAY OUT ON A DAY LIKE THIS AND SHE WAS GLAD THAT SHE AT LEAST COULD THINK OF EDDIE SAFELY INDOORS AT HIS MUSIC LESSON, EDDIE WAS GRATEFUL THAT HIS DIVING TACKLE THROUGH A MUD Puddle HAD RENDERED HIM TEMPORARILY UNRECOGNIZABLE.



BUZ SAWYER



BLONDIE



L'Ll ABNER



THE NEBBES

