# 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.

### If HE BE CAUGHT YOUNG

In awarding the accolade to Ernst P. Boas, M. D. for his book (for medical readers) "Treatment of the Patient Past Fifty" The Year Book Publishers, Chicago) I quoted here last Sunday the following:

Dr. Brady

". . . adults experience a steady, long-continued loss of calcium through the years. This does not become superficially manifest because the great calcium stores in the bones constantly make up for the calcium losses in the blood and tissues . . ."

The loss of calcium in itself is a perfectly normal physiological process. That is, the body in health excretes or loses about a quarter of a teaspoonful (one gram or fifteen grains) of calcium daily. If the diet fails to supply that much and a little more calcium daily to make up the loss, then the body suffers from calcium deficiency.

Dr. Boas explains that, as Sherman has repeatedly emphasized, the ordinary American diet is more deficient in calcium than in any other element. He adds that the best sources of calcium are milk, which contains about a gram (quarter of a teaspoonful, fifteen grains) to the quart cheese and green leafy vegetables.

Now had I been writing what I quote from Dr. Boas I would have said this does not become superficially manifest because the great calcium stores in the bones AND TEETH constantly make up etc. And I suppose most dentists at first blush would scout this idea. It is now as well established that there is constant calcium metabolism in the bones and teeth just as there is in the nerve tissues and other living tissues. If this were not so, the teeth of the expectant mother whose nutrition is deficient (in calcium and vitamin D particularly) would not suffer so much from softening and decay during pregnancy. You see, if the expectant mother has fairly sound teeth to begin with, the developing fetus seizes upon most of the calcium and vitamin D the mother's inadequate diet supplies, so that there is insufficient calcium available to prevent softening and decay of the mother's teeth.

That is the reason why the expectant motner must get not only an adequate ration of calcium and vitamin D, the same as any one else, but an overage or an extra amount of both essentials to insure normal growth and development of the baby and protection of her own health. The old saying that the expectant mother must "eat for two" is wrong so far as calories go but not so wrong as to the daily intake of minerals and vitamins.

Today it is the general custom to give every baby a daily ration of vitamin D in one form or another at least through the first year, not only to prevent rickets but to promote development of strong straight bones and sound even teeth. To that, I (Brady) would add steady nerves. And if you ask me—you never do, but if you ever happen to inquire about it I'd say there is no good reason for discontinuing the practice of supplementing the everyday diet with vitamin D before the child has reached his or her late 'teens.

### QUESTIONS & ANSWERS

**Biology Is Good**

Why condemn the field of Biology because some teachers are untrained? In behalf of these highschool teachers may I say a word. Would you spend thousands of dollars and several years time getting such education to qualify you to teach in highschool for a compensation which barely sustains the standard of living the community expects the teacher to have? (D. E. M., M. S.)

Answer—Not unless I felt too proud to work. I did not condemn biology. I ridiculed the nonsence of debating whether the skin is an organ or some similar nonsense in the highschool "biology" class.

**Phony Eye Specialist**

I M. Told by eye specialist that I should avoid all salt, even that contained in such foods as meat, fish, milk, eggs, as there is a suspicion of cataract forming. G. H.)

Answer—I'd refer the "eye specialist" to the Marines. I'd take my normal everyday ration of salt. I'd take pains to get an optimal daily ration of vitamin G (riboflavin) by consuming a quart of milk, in one form or another, daily. Also I'd get plenty of calcium and vitamin D or sunlight on naked skin or both.

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## On the Radio Chain

STATIONS

Chain affiliation and where they are on the dial.

KALE (MBS) 1330, Portland; KEX (ABC) 1190, Portland; KGO (ABC) 810, San Francisco; KGW (NBC) 620, Portland; KJR (ABC) 1000, Seattle; KNX (CBS) 1070, Los Angeles; KOA (NBC) 850, Denver; KOIN (CBS) 970, Portland; KOMO (NBC) 950, Seattle; KPO (NBC) 680, San Francisco; KSL (CBS) 1160, Salt Lake City.

Time Shown is PWT.

THURSDAY

5:00 p m Sam Hayes and the News, MBS; O.K. for Release, NBC; Terry and the Pirates, ABC; News, CBS.
5:15 p m Dick Tracy, ABC; Superman, MBS; Betty and Bob, NBC.
5:30 p m Jack Armstrong, ABC; Captain Midnight, MBS; News, NBC.
5:45 p.m. Tom Mix, ABC; Elmer Peterson, NBC; Night News Wire, MBS.
6:00 p.m. Orchestra, NBC; Andre Kostelanetz, CBS; Gabriel Heatter, MBS; The Real Story, ABC.
6:15 p m Hidden Valley Gang, ABC.
6:30 p.m. Bob Burns, NBC; Variations of Van Cleve, ABC; Hobby Lobby, CBS; Starlight Serenade, MBS.
7:00 p m Abbott and Costello, NBC; First Line, CBS; One Foot in Heaven, ACS; Music, MBS.
7:15 p m News, MBS.
7:30 p m. Your AAF, ABC; Red Ryder, MBS; Rudy Valee, NBC; Powder Box Theater, CBS.
8:00 p m Supper Club, NBC; Man Named Jordan, CBS; Bulldog Drummond, MBS; Lum and Abner, ABC.
8:15 p m Fleetwood Lawton, NBC; Lum and Abner, ABC; Jack Smith Show, CBS.
8:30 p m. Burns and Allen, NBC; Masie, CBS; America's Town Meeting of the Air, ABC; Rogue's Gallery, MBS.
9:00 p m. News, MBS; Adventures of Topper, 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, BN.
10:00 p m News Reporter, NBC; News, ABC; San Francisco Opera, MBC.
10:15 p m Charlie Chan, ABC.
10:30 p m Fenneman's Nite Club, ABC; Sweetheart Swingtime, NBC; Orchestra, CBS; News, MBS.
11:00 p m News, ABC.

FRIDAY

5:00 p m Terry and Pirates, ABC; O.K. For Release, NBC; News, MBS.
5:15 p m Dick Tracy, ABC; Superman, MBS; Betty and Bob, NBC.
5:30 p m. Jack Armstrong, ABC; News, CBS; Capt. Midnight, MBS.
5:45 p m Elmer Peterson Commentary, NBC; Raymond Swing, ABC; Tom Mix, MBS; News, CBS.
6:00 p m. Famous Jury Trials, ABC; Gabriel Heatter, MBS; People Are Funny, NBC; Ginny Sims, CBS.
6:15 p m Real Life Stories, MBS.
6:30 p.m. Waltz Time, NBC; Those Websters, CBS; The Sheriff, ABC; Spotlight Bands, MBS.
7:00 p.m. Mystery Theater, NBC; Man from G-2, ABC; Durante and Moore Show, CBS.
7:15 p m News, MBS.
7:30 p m. Easy Listening, CBS; Lone Ranger, MBS; Bill Stern, NBC; Johnnie Russell, ABC.
8:00 p m Man Named Jordan, CBS; Supper Club, NBC; Adventures of Nero Wolfe, MBS.
8:15 p m Fleetwood Lawton, NBC; Jack Smith Show, CBS.
8:30 p m Duffy's Tavern, NBC; It Pays to be Ignorant, CBS; This is Your FBI, ABC.
9:00 p m Night Editor, NBC; Ambassador Hotel, ABC; News, MBS; Aldrich Family, CBS.
9:15 p m Cited for Valor, NBC.
9:30 p m Kate Smith Hour, CBS; News, ABC; Three Sons, NBC.
10:00 p m Fulton Lewis Jr., MBS; News, NBC.
10:30 p m Orchestra, NBC; Orchestra, CBS; San Francisco Opera, NBC.
11:00 p m Orchestra, NBC; Orchestra, CBS.

Legislators in New South Wales receive no pay except free transportation on Government railways and street cars.


DINAH SHORE by GROUCHO MARX

"A woman is only a woman—but when she's DINAH SHORE, that's good enough for me! Dinah's delishful singing and bigtimey comedy ½ hour are rating top Marx with air audience. Hear her tonight on coast-to-coast NBC net. I'll be there, too (guesting). See you in Birds Eye Open House!"

KMED 9:00 pm



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## LEGAL NOTICES

**Notice of Final Settlement**

IN THE COUNTY COURT OF THE STATE OF OREGON FOR JACKSON COUNTY.

IN THE MATTER OF THE ESTATE of L. M. WHITE, also known as LEMUEL MADISON WHITE, Deceased.

The undersigned has filed in the County Court of Jackson County, Oregon, the final account of her administration of the above estate, and said Court has fixed the 6th day of November, 1945, at the hour of 10 o'clock in the forenoon of that day, at the County Court Room in the Jackson County Court House, at Medford, Oregon, as the time and place for the settlement of said estate. All persons interested in said estate are hereby notified and required to make or file their objections to said final account, if any they have, on or before the time aforesaid fixed for the hearing and settlement thereof. Date of this notice and the first publication thereof is Oct. 4th, 1945.

ELIZABETH WHITE FITCH, Administratrix.
O. H. BENGTSON, Attorney for Administratrix.

**Call For Bids on Warrants**

Willow Springs School District 14 will offer for sale a series of five negotiable interest bearing warrants payable one annually. Four at $669.99 and one at $670.01. These warrants to be dated October 11, 1945. Sealed bids will be received by Mrs. Robert H. Field, Clerk, Central Point, Oregon, Route 1. Bids are asked on both principal and interest rate. Bids will be received up to 7 p. m. October 11, 1945.

Mrs. Robert H. Field, Clerk District 14.

**Summons For Publication**

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY.

HIRAM P. BURLESON, also known as H. P. BURLESON, Plaintiff, vs. BETHA ABLE, a widow; MYRTLE MYERS and GEORGE MYERS, wife and husband; WILLIAM ZIMMERLEE and MARY ZIMMERLEE, husband and wife; DENNIS ZIMMERLEE and and PEARL ZIMMERLEE, husband and wife; MINNIE BLAESS and CHARLES E. BLAESS, wife and husband; MERREL EVANS and NORA EVANS, husband and wife; PAULINE PAXTON and VERNE PAXTON, wife and husband; ED FISHER, also known as ED FOSTER, a single man; MIRIAM D. WAY and ARTHUR WAY, wife and husband; each and all of the unknown heirs of each and all of the above named defendants; also, all other persons or parties unknown claiming any right, title, estate, lien or interest in the real estate described in the complaint herein, Defendants.

TO EACH AND ALL OF THE ABOVE DEFENDANTS EXCEPT THE DEFENDANTS, BETHA ABLE, a widow; MYRTLE MYERS and GEORGE MYERS, wife and husband; WILLIAM ZIMMERLEE and MARY ZIMMERLEE, husband and wife; MINNIE BLAESS and CHARLES E. BLAESS, wife and husband; ED FISHER, also known as ED FOSTER, a single man.

IN THE NAME OF THE STATE OF OREGON, You and each of you are hereby required to appear and answer the complaint filed against you in the above entitled suit on or before the last day of four weeks from the date of the first publication of this summons, and, if you fail so to appear and answer said complaint, for want thereof, the plaintiff will apply to the Court for the relief demanded in their complaint, succinctly stated as follows, to-wit:

That each and all of the defendants herein be required to fully set forth any and all right, title, estate, lien, claim or interest whatsoever that they, or any of the, may have, or claim, in, to, or upon the real property described in the complaint herein, or any part or parcel thereof which said real property is situated in Jackson County, Oregon, and more particularly described as follows, to-wit:

TRACT A: Lots One (1), Two (2), Three (3), Four (4), Five (5), Six (6), Seven (7), Eight (8), Nine (9), Ten (10), Eleven (11), Twelve (12) in Block Twenty-three (23) of Railroad Addition to the Town of Phoenix, Jackson County, Oregon, according to the official plat thereof, now of record.

TRACT B: Lots Seven (7), Eight (8), Nine (9), and Ten (10) in Block Twenty-nine (29), of the Railroad Addition to the Town of Phoenix, Jackson County, Oregon, according to the official plat thereof, now of record.

TRACT C: Lots Eleven (11), Twelve (12), Thirteen (13), Fourteen (14), Fifteen (15), Sixteen (16) and Seventeen (17) in Block Twenty-nine (29) of the Railroad Addition to the Town of Phoenix, Jackson County, Oregon, according to the official plat thereof, now of record.

That each and all of the claims that may be made on the part of any or all of said defendants herein, in or to said real property herein described, or any part thereof, be adjudged and declared to be null and void; that the plaintiff herein be decreed to be the owner, in fee simple, of said real property, free and clear of any right or claim whatsoever on the part of said defendants, or any of them.

That each and all of the defendants herein, and each and all persons claiming, or to claim, by, through or under them, or any of the, be forever enjoined, restrained and barred from asserting, attempting to establish, or claiming, any right, title, estate, lien or interest whatsoever in, to, or upon said real property, or any part or parcel thereof, and that plaintiff's title to said premises be forever quieted and set at rest.

This summons is published by order of the Honorable H. K. Hanna, Judge of the Circuit Court of Jackson County, Oregon, Made and entered on the 26th day of September, 1945.

The time prescribed in said order for publication of this summons is once each week for four consecutive weeks. The date of the first publication of this summons is the 27th day of September, 1945.

O. H. BENGTSON, Attorney for Plaintiff, 128 East Main Street, Medford, Oregon.


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NORTHCHOON OF A SMALL BOY WHO, HAS BEEN PROUDLY DISPLAYING HIS NEW FOOTBALL OUTFIT DOWNTOWN, WHERE HE HAS RUN INTO HIS MOTHER CARRYING A LITTLE MORE THAN SHE CAN MANAGE, WHO HAS IMPRESSED HIS HELMET INTO SERVICE AS A SORT OF SHOPPING BAG FOR HER SMALLER PARCELS


DO YOU KNOW?

that Babe Ruth was the brightest star that ever gleamed in World Series play. He hit the most home runs—batted in the most runs—made the most hits—had the highest batting averages.

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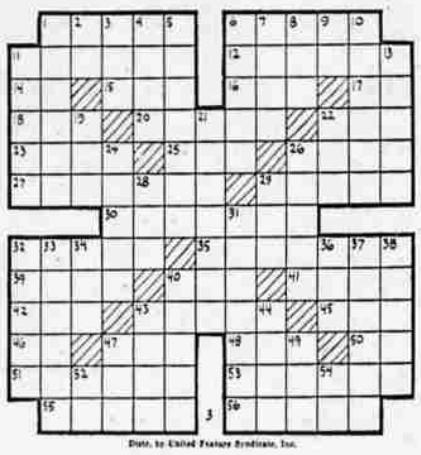
## STRANGE AS IT SEEMS By ERNEST HIX

## Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE



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ACROSS

1—Axiom
6—Large S. A. snake
11—Native of Brittany
12—Most tender
14—In direction of
15—Hearing organ
16—Weep convulsively
17—In this fashion
18—Take seat
20—Thin strips of cloth
22—Weapon
23—Egyptian goddess
25—Obtain
26—Visited
27—More inclined
29—Having ears
30—Oriental
32—Ready
35—Halts
39—Ship's diaries
40—Evergreen
41—Father
42—Also
43—Trite from use
45—Sly
46—Part of "to be"
47—Chapeau
48—Snare
50—Like
51—Employ again
53—Mock
55—Drugged
56—Hides

DOWN

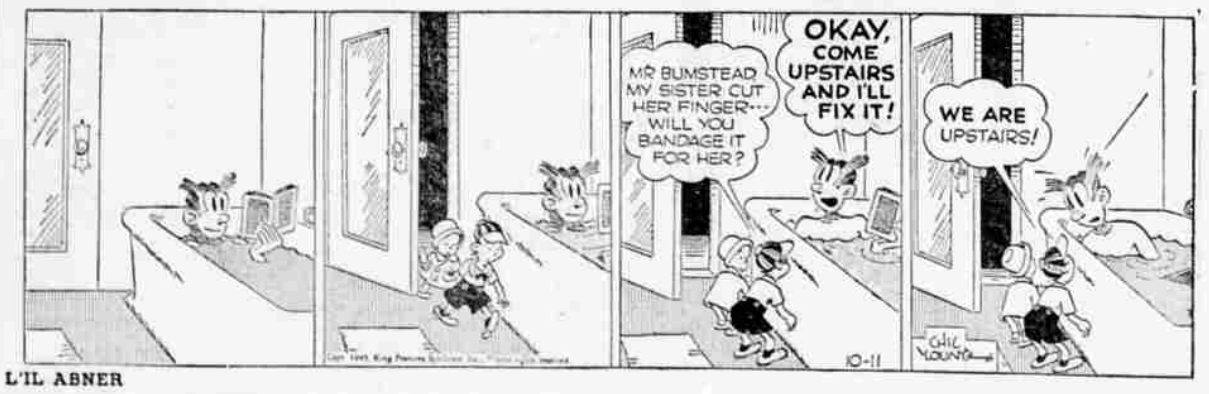
1—Painter
2—Prefix: down
3—Took food
4—Horned animal
5—Makes angry
6—Help
7—Derisive cries
8—Globe
9—Pronoun
10—Take something for granted
11—Foundation
13—Blended in color
19—Cravat
21—Have reference
22—Long-nosed fish
24—Wise men
26—Walking sticks
28—Fixed
29—Stray
31—Missions
32—Place of worship
33—Bulked large
34—Self
36—Drink slowly
37—Walks heavily
38—Realize
40—Destined
41—Nude
44—A vegetable akin to onion
47—Largest joint
49—Prefix: three
52—Word of greeting
54—Within

BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER




BLONDIE




L'IL ABNER

THE NEBBS