

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.

COME ON OUT—NEVER MIND YOUR HAT

Describing the fine health and the fine teeth of the 2000 people in the Loetschental Valley, a mile above sea level, in the Swiss Alps—people who have lived in a world unto themselves, with neither physician nor dentist, with their own homespun clothing, exclusively on their own home grown food, Dr. Weston A. Price, in his book "Nutrition and Physical Degeneration" says it is clear why they have healthy bodies and sound teeth. Examination of the school children between seven and sixteen years of age revealed that only one out of three had a cavity or a defective temporary or permanent tooth.



The nutrition of the people there, particularly that of growing children, consists of whole rye bread, cheese, fresh milk of goats or cows, meat perhaps once a week, and some green garden stuff grown in the short summer season. Notice, for the sake of your general health, vite and longevity, if not for the sake of your children, that the young ones in the valley do NOT fill up on pap and cheat food—things made mainly of white flour, starch, sugar—nor do they gulp down quantities of refined white sugar in pop and similar stuff whenever they feel the need of refreshment.

Some readers may recall what a do to here was made of the finding of a youth about eighteen years old, early in the draft, who had ALL of his teeth and no cavities. The boy explained, we learned through the inadvertence of the real censors of such things, that he had never brushed his teeth and he had always eaten whatever he liked. The children there get a more liberal daily ration of vitamins and of calcium and phosphorus than the average American youngster does.

Dr. Price speaks of the children playing bareheaded and barefooted in water running down from the glacier in the late evening's chilly breezes "in weather that made up wear our overcoats and gloves and button our collars." Oh, well, what's the use of trying to tell American Wiseacres such nonsense? The old ones I mean. If you are still young enough to unlearn some of the things you learned from Doctor Horsefeathers Almanac, may I suggest, what Dr. Price left for the reader to infer, that going bareheaded and barefooted or barelegged there in our alley enables the body to manufacture some of the vitamin D it needs to build sound teeth, strong bones, steady nerves, in short, V-I-T-E.

So I say to all young folk who read this: So far as your health and freedom from illness go, it is always good hygiene to go without your hat, your overcoat, your shoes, stockings, rubbers, heavy underwear, or any other clothing you may be more comfortable without. Always, I say, in any climate, season or weather. Whatever you find most comfortable to wear or to leave off is most healthful for you—provided you are not feeble-minded and unable to know when you are comfortable or uncomfortable.

QUESTIONS & ANSWERS Alcoholism who craves whiskey and wants to be cured of it. I hope you can suggest something to help him. But don't recommend Alcoholics Anonymous, for he thinks that is all honey. (Mrs. D. W.) Answer—I'm sorry, but that is just what I do recommend to him. If he is going to take that attitude how can an physician or any one else help him? However, besides A. A., you will find other suggestions in the booklet "Dysomania"—for copy send ten cents and stamped self addressed envelope.

West of the Willamette Meridian, according to the plat of said Subdivision on file and of record in the office of the County Recorder in and for said Jackson County, Oregon. This said sale will be made through the offices of Messrs. Neff & Frohnmayer, Cooley Theatre Building, Medford, Oregon, attorneys for guardian herein, and any information regarding said property may be obtained from them. Dated: September 28, 1945. CATHERINE G. ELMHIRST, Guardian.

CHALKER'S WILL BE CLOSED FRIDAY NIGHT, OCT. 12th For Future Reservations Call Gold Hill 474

8:30 a.m. Life of Riley, NBC; Songs by Johnnie Russell, ABC; Mayor of the Town, CBS. 9:00 p.m. Gang Busters, ABC; The Twelve Players, CBS; News, MBS; 9:15 p.m. Dream Boat, MBS; 9:30 p.m. Orchestra, MBS; Three Sons, NBC. 9:45 p.m. Don't You Believe It, CBS; Lee Sims Pianist, NBC. 10:00 p.m.—News, NBC; Kay's Kanteen, ABC. 10:15 p.m. Paul Carson, ABC. 10:30 p.m. Hollywood Barn Dance, CBS. 11 p.m. Orchestra, CBS; News, ABC; Orchestra, NBC.

Political Group Is Refused Auditorium San Diego, Oct. 12.—(U.P.)—The San Diego Board of Education today was on record as opposing the use of city school auditoriums for political rallies which "might provoke riots and damage to school property."

On the Radio Chain STATIONS Chats affiliation and where they are on the dial. KALB (MBS) 1330, Portland; KEX (AUC) 1190, Portland; KGW (NBC) 810, San Francisco; KGW (NBC) 810, Portland; KJR (ABC) 1000, Seattle; KX (CBS) 670, Los Angeles; KOA (NBC) 850, Denver; KQIN (CBS) 970, Portland; KOIM (NBC) 850, Seattle; KPO (NBC) 850, San Francisco; KSL (CBS) 1160, Salt Lake City. Time Shown is P.W.E.

FRIDAY 5:00 p.m. Merry and Pirates, ABC; O.K. For Release, NBC; News, MBS; 5:15 p.m. Jack Travy, ABC; Super-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. What's T.M. in, 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. E. J. Listening, NBC; 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. Famous Lawton, NBC; Jack Smith Show, CBS. 8:20 p.m. Duty'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; Al-drich 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.

Closing time for Sunday Too Late to Classify 4:00 Saturday afternoon. Please remember.

ROGUE RIVER LODGE Delicious Dinners Cocktail Lounge—Dancing Open Every Night Except Tuesdays Phone Trail 1404

CHICKEN and STEAK DINNERS KING'S CAFE Owned by OTTO and WAVE KING Highway 99 at Talent Come Out and See the Bears!

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

HELD OVER! 3rd Week By Popular Demand Don Siglow's Band Steak and Chicken Dinners Jimmy O'Brien Opening Oct. 14 Take-It-Easy Lodge Mac and Anne McBea Closed Tuesday

GERMAN P. W.'S ESCAPE Butte, Mont., Oct. 12.—(U.P.)—W. G. Banister, special agent in charge of the FBI, announced today that three German prisoners of war have escaped from the camp at Harlem. The prisoners were among several thousand harvesting sugar beets in the state. Closing time for Sunday Too Late to Classify 4:00 Saturday afternoon.

Let's Go ROLLER SKATING MEDFORD ARMOY WED., FRI., SAT. and SUN NIGHTS SKATING PARTIES by SPECIAL ARRANGEMENT

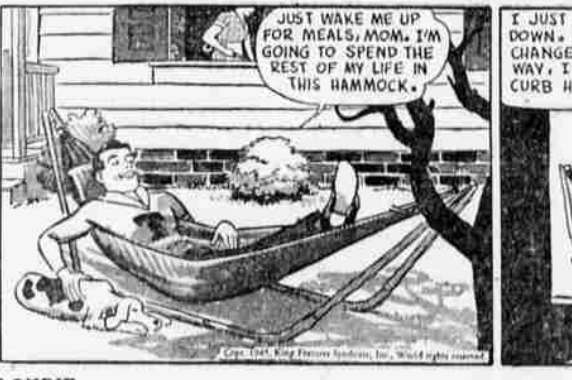
STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLE and SNUFFY SMITH



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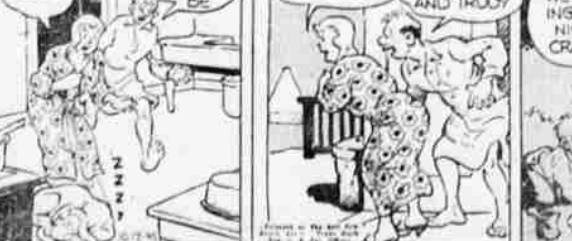
BLONDIE



L'TL ABNER



THE NEBBES



DO YOU KNOW? that Vernon Gomez of New York Yankees was never defeated as a pitcher in a World Series—winning six straight. It's hard to beat Chevrolet! ROGUE RIVER CHEVROLET

Crossword Puzzle

Crossword puzzle grid with clues for Across and Down. Clues include: 1-Station, 2-Indian trophy, 3-Sea soldier, 4-Spiral stocking, 5-Turkish officer, 6-Evergreen tree, 7-Butch, 8-In good (abbr.), 9-In (abbr.), 10-Tie (abbr.), 11-Mary, 12-Supplement, 13-Hills (Pl.), 14-Crow in, 15-Lives, 16-Salt cell, 17-Salt. Down clues include: 1-Dick, 2-Period of time, 3-Cosmopolitan title, 4-Single time, 5-Indian's home, 6-Dog, 7-Night, 8-Toward, 9-Intermediate, 10-Peter, 11-Parish house, 12-Wide-mouthed, 13-Jug, 14-African antelope, 15-Roman magistrate, 16-New Englander, 17-Road plant, 18-Watered silk, 19-Louis egg, 20-Chemical symbol, 21-Vow, 22-Spanish farms, 23-Put on suit, 24-Covered, as with, 25-Silver, 26-Order persons, 27-Couples, 28-Libel, 29-Put on suit, 30-Guard member, 31-String, 32-Blk growth, 33-Put on suit, 34-Tantalum (symbol).

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SAFEWAY

SUBURBAN HEIGHTS

