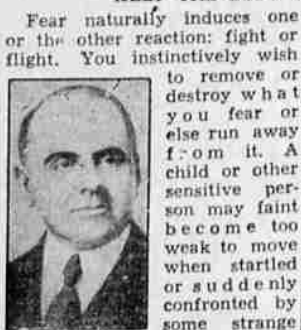


Your Health and It's Care

By DR. WILLIAM BRADY, M.D. Readers should address inquiries to: Dr. William Brady, 265 El Camino Beverly Hills, Calif.

KEEP THE BELT ON THE FLYWHEEL



Fear naturally induces one of two reactions: fight or flight. You instinctively wish to remove what you fear or else run away from it.

Anxiety and worry are milder forms of fear—say chronic rather than acute fear, or diluted fear. Fear is the principal cause of surgical shock and traumatic shock (trauma means injury or wound).

The symptoms, bodily changes, alterations in appearance and disturbances of various bodily functions are the same in anxiety or worry and shock, but in anxiety or worry these manifestations are more likely to be disintegrated or attributed to causes which really have nothing to do with the patient's condition.

Some people prefer to call it just care or responsibility—but it is still anxiety, worry or fear, by whatever pleasant name you please to disguise it.

You fear whatever you think

may harm you and the thought of being harmed arouses your anger. Purpose of this anger is to remove, drive away or frighten off, or to destroy the menace. This is not just my view of the matter. I refer you to Darwin's "Expression of the Emotions in Man and Animals" and Cannon's "Bodily Changes in Pain, Hunger, Fear and Rage", books obtainable in any public library, if they are not in your own.

Physiologically the fear-rage fight-or-flight-offensive-defensive emotion causes increased secretion of adrenin—adrenin gland hormone into the blood. The adrenin causes liberation of glycogen (animal starch blood sugar, stored fuel) from the liver into the blood and quick oxidation of this fuel for conversion into muscular energy.

If there is sufficient muscular activity, say fighting, running away or just running hither and thither or punching the bag or doing around or two of shadow boxing or dancing a jig or taking a brisk walk, to use the energy the emotion liberates, you suffer little bodily harm.

Two Near-sighted Parents If two near-sighted people marry their children likely to inherit near-sightedness. (M. R. W.) Answer—Yes. The normal wife of a near-sighted husband may have some myopic (near-sighted) sons, but no near-sighted daughters. But if the husband may transmit near-sightedness to his sons, not to his daughters. At least this is the observation of geneticists.

Bursitis Please let me know what bursitis is. There is great pain in the shoulder. (A. L. G.) Answer—You, put it mildly. A bursa is a sac between a tendon and a bony prominence. Such sacs or sacs are found in various places—for instance, under the knee cap. One just under tip of shoulder is often affected and causes painful, stiff shoulder. Excellent treatment in many cases is puncture or double puncture of the bursa and drainage or irrigation. Best relief for the pain is daily application of diathermy. (Copyright 1945 by John F. Dille Co.)

On the Radio Chain

- STATIONS: Chateaux Affiliates and where they are on the dial. KALB (MBS) 1330 Portland, KEN (ABC) 1130 Portland, KGO (ABC) 810 San Francisco, KOB (NBC) 820 Portland, KJH (ABC) 1000 Seattle, KXN (ABC) 1070 Los Angeles, KOA (NBC) 630 Denver, KOIN (CBS) 970 Portland, KOMO (NBC) 930 Seattle, KPNW (ABC) 480 San Francisco, KRL (CBS) 1160 Salt Lake City. Time shown is PWT.

- THURSDAY: 5:00 p.m. in News and the News, MBS, OK for Release, NBC, Terry and the Pirates, ABC, News, CBS. 5:15 p.m. in Dick Tracy, ABC, Superman, MBS, Betty and Bob, NBC. 5:30 p.m. in Jack Armstrong, ABC, Captain Midnight, MBS, News, NBC. 5:45 p.m. in Tom Mix, ABC, Elmer Peterson, NBC, Night News, MBS. 6:00 p.m. in Orchestra, NBC, Andre Kostelanetz, CBS, Gabriel Heatter, MBS, The Real Story, ABC. 6:30 p.m. in Bob Burns, NBC, Hobby Lobby, CBS, Starlight Serenade, MBS. 7:00 p.m. in Abbott and Costello, NBC, First Line, CBS, One Foot in Heaven, ABC, Music, MBS. 7:15 p.m. in News, MBS. 7:30 p.m. in Your AAF, ABC, Red Ryder, MBS, Rudy Valee, NBC, Powder Box Theater, CBS. 8:00 p.m. in Soapbox Club, NBC, Man Named Jordan, CBS, Bulldog Drummond, MBS, Lum and Abner, ABC. 8:15 p.m. in Fleetwood Lawton, NBC, Earl Godwin, ABC, Jack Smith, NBC, Music, CBS, America's Town Meeting of the Air, ABC, Rogues' Gallery, MBS. 9:00 p.m. in News, MBS, Adventures of Topper, NBC, Elery Queen, CBS, America's Town Meeting of the Air, ABC. 9:15 p.m. in Rex Miller, MBS. 9:30 p.m. in Noan Webster Says, NBC, News, MBS. 10:00 p.m. in News Reporter, NBC, News, ABC, San Francisco Opera, MBS. 10:15 p.m. in Charlie Chan, ABC. 10:30 p.m. in Fenemans's Nite Club, ABC, Sweetheart, NBC, News, MBS, Orchestra, CBS, News, MBS. 11:00 p.m. in News, ABC.

FRIDAY: 5:00 p.m. in News and the News, MBS, OK for Release, NBC, News, MBS.

Tired Kidneys Often Bring Sleepless Nights

Doctors say your kidneys contain 15 million of tiny tubes or filters which help to purify the blood and keep you healthy. When they get tired and don't work right in the daytime, many people have to get up at night. Frequent awakenings with smarting and burning sometimes show there is something wrong with your kidneys or bladder. Don't neglect this condition and lose valuable, restful sleep. When doctor's tests show kidney trouble, it is important to remain in your blood. It is also important to take the right medicine. For relief, see Dr. J. H. Leong, 265 El Camino, Beverly Hills, Calif. Dr. Leong's kidney pills flush out poisonous waste from your blood. Get Dr. Leong's Pills.

YICK SO CHINESE HERB CO.

REMEDIES FOR STOMACH ULCERS Heart Rheumatism Asthma Cataract Piles Prostate Gland Ecema and all disorders of Liver Kidney Trouble and other complaints disappear after using CHINESE HERBS Removed to Sparta Bldg. J. H. LEONG, Herbalist Phone 5817

said Court has set Wednesday, the 7th day of November, 1945, at 10 o'clock in the forenoon of said day in the County Court Room at the Courthouse in Medford, Oregon, as the time and place of hearing on said Final Account and all objections thereto.

MYRTLE MORTIMER, Administratrix of the Estate of CHARLES MORTIMER, Deceased.

Notice of Final Settlement IN THE COUNTY COURT OF THE STATE OF OREGON FOR JACKSON COUNTY. IN THE MATTER OF THE ESTATE OF NETTIE BELLE KAUFMAN, Deceased. The undersigned has filed in the County Court of Jackson County, Oregon, the final account of his administration of the above estate, and said Court has fixed the 8th 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. O. H. BENGTSOHN, Administrator.

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; PAULINE PAXTON and NE 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, or 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 them, may have, or claim, in, to, or upon the real property described in the complaint here-in, 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 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 them, 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. BENGTSOHN, Attorney for Plaintiff, 126 East Main Street, Medford, Oregon.

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. BENGTSOHN, Attorney for Administratrix.

Chalker's Motel & Lodge OFFICERS' CLUB Dine-Dance-Refreshments Chicken and Steak Dinners Most Unique Place in So. Ore. CLOSED MONDAYS Thursdays Private Parties Only For Reservations Ph. Gold Hill 474

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STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLE and SNUFFY SMITH



DO YOU KNOW? that the first game of football in America was played between Yale and Harvard in 1875. Harvard won 4-0. Chevrolet is first in service, too! ROGUE RIVER CHEVROLET

Crossword Puzzle ANSWER TO PREVIOUS PUZZLE

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60

ACROSS: 1-Servers, 2-Fall power, 3-Army officers rank, 4-Remote planet, 5-Daily, 6-Gudden attack, 7-Among, 8-Permit, 9-Face strong, 10-The sun, 11-Lucky number, 12-A color, 13-Door, 14-Worn away, 15-Fall behind, 16-Summer time, 17-Bullet, 18-Grow, 19-Obstruct, 20-Apparatus, 21-Stinging insect, 22-Mimic, 23-Came together, 24-Mountain lion, 25-Eye's "mirror", 26-Demagog, 27-Sea demigod, 28-Fall back, 29-View, 30-Doorway.

DOWN: 1-Militer, 2-Subject to heated abuse, 3-Credly, 4-Still, 5-Fashion, 6-Dignified, 7-Sign on full theater, 8-Quick to taste, 9-All, 10-Wrecked, 11-Expulsion, 12-Term, 13-Night before, 14-Tattlers from old age, 15-Scandinavian, 16-Everything, 17-Lair, 18-Insolent, 19-Decorates room, 20-Casting nause, 21-Part of foot, 22-Tenser, 23-Panacea, 24-Location, 25-Arow, 26-Fixed book, 27-Location, 28-Agreement, 29-Prank, not in London.

Look who's here! GEORGE BURNS & GRACIE ALLEN Two great stars in a great new show! MAXWELL HOUSE COFFEE TIME EVERY THURSDAY 8:30 P. M. Station KMED - NBC

THE WORLD AT ITS WORST By GLYNN WILLIAMS