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.

A TOUCH OF NOSTALGIA

The word nostalgia, says Webster, is derived from the Greek nostos, meaning a return home, and the Greek suffix algia, meaning pain or ache. Actually, of course, nostalgia is not pain or ache in the ordinary sense, but rather a pining or an intense yearning for home. Mind, now, I'm not hard-boiled about it. Homesickness in the first person is a grave illness, I can testify. In the second person it just about unnerves me—takes all the strength I can muster to refrain from crying on the shoulder of the victim. Even in the third person it is a pretty pathetic condition.

Dr. Brady

Maybe I shouldn't talk about the condition here. It might be all right to bring it up if I had some sort of remedy or palliative to offer. But on the other hand, sometimes one can give the sufferer a little comfort or consolation by just analyzing the situation with him, even though there be no alternative to radical treatment — a quick trip home, a quiet marriage, a divorce or an operation, as the case may be.

The state commonly called "heartache" or "broken heart" is similar if not identical with homesickness.

To pine is to lose vigor, health or flesh through grief, anxiety, hunger; to become wasted through sorrow . . . up to a certain point this may be all within the bounds of sanity. In many instances, however, it is pathological and even absurd. We haven't sufficient space to cite instances here, but there are plenty of cases that show beyond shadow of doubt that some people pine for reasons that are simply absurd.

A little boy I know is pining right now for his pal, his mom, who is separated from him for the first time in his experience. He makes a brave effort to cover his loneliness. But his little dog pines for the absent one too and the pup is quite candid about it. The pup reminds me of one thing and another—the last time I saw Topsy the sorrel, my one and only horse—that was a long time ago and yet—and the last uncertain wag of the tail of Tony the Irish Terror when I turned him over to the vet for euthanasia. I have a fine portrait of Tony hanging over my desk—I'd give more than I paid for Topsy herself, for a snapshot or other picture of our firstborn riding on her back or sitting in the buggy holding the reins.

It isn't just home one yearns for when one is homesick. It's a visit to the old swimming hole, a stroll along the brook where one used to pick mint or watercress, a look at the mill dam where the fishing was so good, a chat with some of the folks who are still right there as always, and perhaps, who knows, a chance to taste once more a dipper of milk — oh, be still, weary heart, this is only a dream—in its fresh state, right there at cowside. But then, I suppose it is the very combination of such joys that makes home home.

QUESTIONS & ANSWERS

Anemia

How much iron does a person require to insure sufficient red blood coloring? I read that liver is the best source, and lean meat, green vegetables and eggs are good sources. Are these rich in iron? What other foods are rich in iron? (A. W.)

Answer—The body uses approximately one-fourth of a grain of iron daily. Pork liver yields more than twice as much iron as beef or calf liver. Total amount of iron in a given food is less significant than the amount of iron the body can assimilate from the food. For instance only half of the iron in lean beef is available, whereas all of the iron in raw peaches, raw pears, raw egg, black molasses, roasted peanuts, raw banana, raw apple, raw or cooked carrot, raw onion, raw celery, is assimilable. Of course lean beef contains five times as much iron as egg yolk, more than three times as much as raisins, forty times as much as apple, weight for weight. Send stamped self addressed envelope and ten cents in negotiable condition for booklet "Blood and Health".

Fluorides and Teeth

Have been watching for you to give some definite information concerning fluorides and the teeth (.....D.D.S.)

Answer—Goes to show how conservative I am, Doctor. I'm waiting until we have some definite information to give. However, there are chapters about fluorine in booklet "Save Your Teeth"—for copy send 25 cts., and stamped self addressed envelope.

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STATIONS

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Time Shown is PWT.

WEDNESDAY

5:00 p m Terry and Pirates, ABC; O K For Release NBC; Knox Manning, CBS; News MBS.
5:15 p m Dick Tracy, ABC; Superman, MBS; Betty and Bob NBC.
5:30 p m Jack Armstrong ABC; News, CBS; Captain Midnight MBS; News, NBC.
5:45 p m Elmer Peterson, NBC; Tom Mix, MBS; Raymond Swing, ABC; News, CBS.
6:00 p.m. Frank Sinatra, CBS; Eddie Cantor, NBC; Gabriel Heater, MBS.
6:15 p m Real Life Stories MBS.
6:30 p m Mr District Attorney NBC; Maisie, CBS; Spotlight Bands MBS.
7:00 p m Kay Kyser's Kollege NBC; Great Moments in Music, CBS; Counterspy, ABC.
7:30 p m., Andrews Sisters, CBS; Lone Ranger, MBS.
8:00 p m., Supper Club, NBC; Jack Kirkwood, CBS; Main Line, MBS; News ABC.
8:15 p m Fleetwood Lawton, NBC; Jack Smith Show CBS; Main Line MBS, News ABC.
8:30 p m., Evening With Romberg, NBC; Dr. Christian, CBS; Fresh Up Show MBS.
9:00 p m Mr and Mrs North, NBC; Jack Carson CBS; News, MBS.
9:15 p m Golden Harmonies ABC.
9:30 p m Arch Oboler Plays, MBS.
10:00 p m News NBC; Charlie Chan ABC; Fulton Lewis MBS.
10:30 p m Orchestra CBS; Fenneman's Nite Club ABC; Thomas Anthony and Orchestra, NBC; Excerpts from great Music MBS.
11:00 p m News ABC; Orchestra CBS; Hotel Biltmore Orch., NBC.

THURSDAY

5:00 p m Sam Hayes and the News, MBS; OK 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.
6:30 p. m., Bob Burns, NBC; Hobby Lobby, CBS; Starlight Serenade, MBS.
7:00 p m Abbott and Costello, NBC; First Line, CBS; One Foot in Heaven, ACS; Music, MBS.
7:30 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; Earl Godwin, ABC; Jack Smith 8:30 p m. Burns and Allen, NBC; Maisie, CBS; America's Town Meeting of the Air, ABC; Rogue's Gallery, MBS.
9:00 p. m. News, MBS; Dinah Shore, 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.

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P-W—the treatment for Pin-Worms.

P.-T. A. Activities

Phoenix P. T. A.

A small but lively crowd attended the annual Hallowe'en party given at the school gymnasium Friday by the Parent-Teacher association in honor of teachers of the Phoenix school. Games, stunts and songs were enjoyed.

Mrs. Mabel Sims was unanimously awarded first prize for her "Baby Snooks" costume.

Refreshments were served in the home economics room which had been attractively decorated.

Eagle Point P. T. A.

Plans were made at a meeting of Eagle Point Parent-Teacher association held Oct. 17 for the annual teachers' reception. The reception, along with the usual association meeting, will be held the evening of Nov. 14 at 8 p.m. at the schoolhouse. It is hoped all parents will take this opportunity to become acquainted with the faculty members.

At the last meeting committees for the year's work were appointed and Victor Hay gave an interesting talk on the projects of the Eagle Point Boy Scouts.

It is reported that the school cafeteria has made a successful start and thanks are extended to those who have aided the project.

THE GRANGE

Sams Valley Grange

Sams Valley Grange will hold regular meeting Saturday night, Nov. 3. Main business will be the annual election of officers. A covered dish supper will start the evening and all are asked to be at the hall promptly at 7 p.m. with their hot dishes ready to serve.

It is planned to make these suppers a regular feature of the winter months so all may meet, dine and visit together. All members are especially invited.

LEGAL NOTICES

NOTICE TO CREDITORS

Notice is hereby given that I have been appointed by the County Court of Jackson County, Oregon, Administrator of the estate of Frank J. McCarvel, deceased, and have qualified. All persons having claims against said estate are hereby notified to present them, with proper vouchers, and duly verified, to me at the office of Harry C. Skyrman, Attorney for said estate, at Room 409, Medford Center Building, in Medford, Oregon, within six months from the date of this notice.

Dated and first published October 10, 1945.

J. D. ROSS, Administrator
Harry C. Skyrman, Attorney for estate.

Notice of Final Settlement

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

IN THE MATTER OF THE ESTATE of MAGGIE NEWSTROM, 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 26th 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 October 24, 1945.

C. A. NEWSTROM, Administrator.
O. H. BENGTSON, Attorney for Administrator.

Summons for Publication

In the Circuit Court of the State of Oregon for Jackson County.

LOVEY GRIFFITH SCOTT, Plaintiff
vs.
DORA EDDINGS nee Dora Caine, and FLOYD EDDINGS, her husband; AUGUSTUS A. TYLEE; WILLIAM H. CAINE and JANE DOE CAINE, his wife, her true given name being to the plaintiff unknown; the unknown heirs at law of REUBEN T. CAINE, deceased; JANE DOE CAINE, his wife, if she be not deceased, her true given name being to the plaintiff unknown; being the only surviving heirs at law of MEDRONA CAINE and W. H. CAINE, each of whom is now deceased; MARGARET J. THOMPSON and W. E. THOMPSON, her husband; MARY A. PRYCE a widow; and all unknown heirs at law of said defendants if they or either thereof, be deceased; also all persons and parties unknown claiming any right, title, interest, lien or estate in or to the property described in the Complaint, Defendants.

To the above named Defendants:

YOU AND EACH OF YOU are hereby notified and required to appear in the above entitled Court and cause and answer the Complaint of Plaintiff now on file therein against you within four (4) weeks from the date of the first publication of this Summons, which is the 17th day of October, 1945; and if you fail to appear and answer or otherwise plead to Plaintiff's complaint within the time required, for want thereof, the plaintiff will apply to the Court for a decree of the Court quieting the title in Plaintiff as the owner thereof of: Lots One (1) to Twelve (12) inclusive, Block Ten (10) of the Town of Gold Hill, Jackson County, Oregon.

This summons is served upon you by publication in the Medford Mail Tribune once a week for four (4) consecutive weeks by virtue of an Order of Honorable H. K. Hanna, Judge of said Court, which Order was made on the 15th day of October, 1945.

The last day for appearance is November 14, 1945.

GUS NEWBURY, Attorney for Plaintiff, U. S. Nat'l Bank Bldg. Medford, Oregon.

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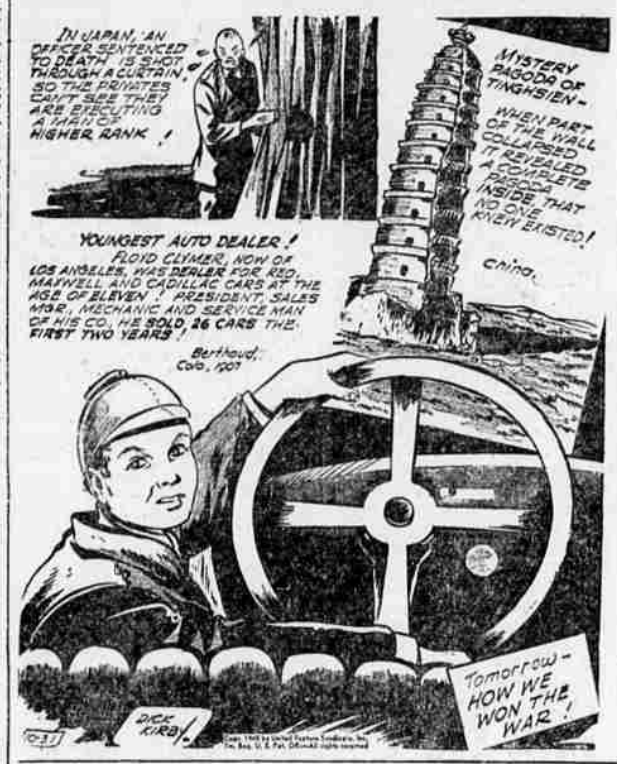


Crossword Puzzle

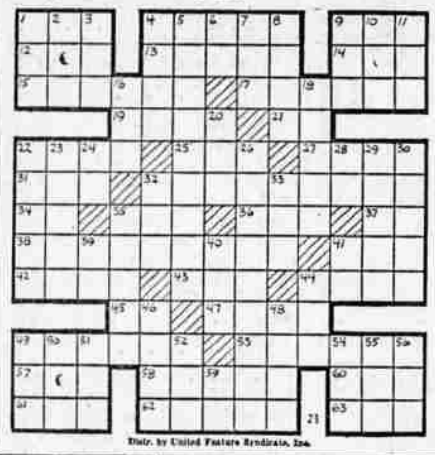
ANSWER TO PREVIOUS PUZZLE

ACROSS

1—Fishing float
4—Hides
8—Roof
12—Wrath
13—Creamy yellow color
14—Simian
15—Russian prairie
17—Vendor of cold things
19—Rip
21—Elevated railroad
22—Small boat
23—Large basin
27—Cant
31—Part of "to be"
32—Hearings
34—Note well (abbr.)
35—Vacation spot
36—Jap dramas
37—Hawaiian lava
38—Marking
41—Wander
42—Spirit lamp
43—Greek letter
44—Dregs
45—In direction of
47—Beige
49—Shriek
53—Expensive rarity
57—Also
58—Harmonized
60—Beverage
61—Flow away
62—Steed
63—Shade tree

DOWN

1—Twice
2—Leavings
3—Insect
4—Tube
5—Come out finally
6—Behold!
7—Prefix: three
8—Groom, in India
9—Scotsman's hat
10—Price-fixing agency
11—Write
16—Probe
18—Island for immigrants
20—Faulty shell
23—Roman writer
23—Moon's path
24—Musical note
26—Cases for ships' compasses
28—Kind of moth
29—Pitfall
35—Autocrats
39—Mimic
33—Article of clothing
35—Glide on ice
39—Code Napoleon (abbr.)
40—Adherent of
41—Engineering degree (abbr.)
44—Unit of light
45—Vow
48—Uncouth
49—Saints (abbr.)
50—Male swan
51—Steal
52—Cow's cry
54—Indian tribe
55—Relative (abbr.)
56—Sweet potato
59—Near (abbr.)



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