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.

GIVE THE CHILDREN ALL THE EXPOSURE THEY WANT

Again I appeal to parents, grandparents, uncles, aunts, teachers and neighbors: Please oh, please quit this eternal nagging of the children about exposure, which you imagine is dangerous to health. When it comes to a question of health or hygiene I think I know best,

Dr. Brady

certainly better than mere laymen do and about as much as a real doctor does, wouldn't you say?

Tell me, are you still just as sot today as you were years ago in your belief that dampness, drafts, changes of weather and the like cause illness or make any one more susceptible to rheumatiz, pneumonia, influenza, meningitis, measles, etc. It doesn't matter, of course, only that I do feel sorry for the kids who are more or less at the mercy of quaint notions. I'm not talking through my hat. I'm passing along to the public what successful practitioners and child specialists confess to me now and again, under promise of secrecy.

Now I address this to you younger parents, teachers and doctors—you have not yet become so imbued in the superstition, I hope, that you can't look around and have a little think for yourself. Surely you must have noticed time and again that youngsters who are manifestly the least "protected" against "exposure" to cold and wet, sudden changes and all that sort of thing have fewer of the illnesses the old fogies ascribe to "exposure" than do youngsters who are most carefully coddled. Well?

I do not believe and so I do not say that exposure to cold, wet, drafts, insufficient clothing, sudden changes, does any particular good in the way of "hardening." I say that if the individual, child or adult, enjoys the exposure, prefers to go without overcoat, heavy underwear, stockings, hat, etc., such "exposure" can do no possible harm, either immediately or "some day".

For what my opinion may be worth to you, kids—and I do hope all the kids who can read will get this—I assure you that, so far as health is concerned it is absolutely okeh to leave off whatever you would rather not wear at any time.

Nor do I advise such "exposure" merely because it does no harm. At the next meeting of the Reckless League we'll endeavor to show why a reasonable amount of such "exposure" is essential for the health of every man, woman and child..

QUESTIONS & ANSWERS

Child Craves Salt

Little girl craves salt, asks for some in her hand several times a day. Is this harmful? How can I overcome it? Doctors just say "Oh, she does, does she?". (Mrs. R. G.)

Answer—too much salt may make the body tissues retain too much water, which makes the body waterlogged, flabby and the individual somewhat lazy or less active or less inclined to work or play. Better restrict the child's intake of salt to a level teaspoonfull daily—including the salt she eats as salt and that used as condiment in cooking or at table.

Diluted Talbot's Solution

On p. 57 of your fine booklet "Save Your Teeth" you give a solution for gingivitis—Diluted Talbot's Solution. Four different druggists said they have never heard of it. (Miss. D.R.B.)

Answer—I explained, if you will read the item again, that it is called Glyceritum Iodi et Zinci Iodidi in the National Formulary. All four of your druggists will have the National Formulary—it is the standard formula book for all druggists.

Sex In Life

Without facetious illusions to birds and bees what pamphlet or book would you suggest for my sixteen year old son, on the sex side of life? (A. B. H.)

Answer—Building Sex in Life, by Paul Popenoe, Sc. D., a pamphlet obtainable from The American Institute or Family Relations, 607 S. Hill St., Los Angeles 14, Calif., price 25c. It is equally suitable for a growing girl.

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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) 830, Denver. KOIN (CBS) 970, Portland; KOMO (NBC) 950, Seattle; KPO (NBC) 680, San Francisco; KSL (CBS) 1160, Salt Lake City.

Time Shown is PST

Monday

5:00 p.m O K For Release, NBC; Terry and Pirates ABC; News, MBS; Knox Manning CBS

5:15 p.m Dick Tracy, ABC; Superman, MBS; Betty and Bob NBC

5:30 p.m Voice of Firestone, NBC; News, CBS, Jack Armstrong, ABC; Captain Midnight MBS

5:45 p.m News, CBS; Tom Mix, MBS

6:00 p.m Memo to America, ABC; Hoagy Carmichael NBC; Radio Theater, CBS; Gabriel Heatter MBS

6:30 p.m Information Please NBC; Spotlight Bands, MBS; Pacific Serenade, ABC.

7:00 p.m Screen Guild Players, CBS; Contented Hour NBC; Radio Auction Gallery MBS

7:15 p.m Lowell Thomas, MBS

7:30 p.m Dr. I Q. NBC; Thanks to the Yanks CBS; Lone Ranger MBS; Re-Union USA ABC

8:00 p.m Supper Club, NBC; Lum and Abner ABC; Michael Shayne MBS, Jack Kirkwod Show, CBS

8:15 p.m Jack Smith Show, CBS; Fleetwood Lawton NBC; Hedda Hopper ABC

8:30 p.m Calvacade Theater NBC; Hawthorne House ABC; Joan Davis CBS

9:00 p.m News, MBS, The Whistler CBS; Telephone Hour NBC

9:15 p.m Rex Miller, MBS.

9:30 p.m Vox Pop CBS; Green Hornett ABC

9:45 p.m Lee Sims Pianist, NBC.

10:00 p.m Fulton Lewis, NBC; Charlie Chan, ABC

10:15 p.m Sherlock Holmes, MBS; Songs by Mary Ann, NBC

10:30 p.m Sweetheart Swingtime NBC Orch CBS

11:00 p.m News ABC; Orch., NBC; Serenade, CBS.

TUESDAY

5:00 p.m Terry and Pirates, ABC; O K For Release NBC; News, MBS; Knox Manning CBS

5:15 p.m Dick Tracy, ABC; Superman MBS; Here's Glen Again, NBC.

5:30 p.m Date With Judy, NBC; Jack Armstrong, ABC; News, CBS; Captain Midnight MBS

5:45 p.m Raymond Swing, ABC; Tom Mix, MBS. News CBS

6:00 p.m Inner Sanctum CBS; Guy Lombardo, ABC; Amos and Andy NBC, Gabriel Heatter MBS

6:15 p.m Real Stories, MBS.

6:30 p.m Fibber McGee and Molly NBC; American Forum, MBS.

7:00 p.m Bob Hope, NBC; The Ford Show, CBS; Concert Orch., ABC

7:15 p.m Overseas Report, MBS.

7:30 p.m Hildegarde, NBC; Hollywood Preview, CBS; County Fair ABC

8:00 p.m Supper Club NBC; Lum and Abner, ABC; Jack Kirkwood Show, CBS

8:15 p.m Fleetwood Lawton, NBC; Jack Smith Show, CBS; Kenny Baker, ABC.

8:30 p.m Johnny Presents, NBC; Theater of Romance, CBS; Allan Young Show, ABC; The Falcon MBS

9:00 p.m Big Town, CBS; Glen Hardy News, MBS, Dark Venture, ABC; Atlantic Spotlight, NBC.

9:15 p.m News, MBS.

9:30 p.m Hollywood Theater, NBC; Murder Will Out ABC.

10:00 p.m News NBC; Charlie Chan ABC; Fulton Lewis, MBS.

10:15 p.m Leland Stow ABC; His Honor the Barber NBC.

10:30 p.m Edwin C Hill, CBS; Fenneman's Nite Club ABC; Sweetheart Swing-time NBC

11:0 p.m Talks CBS News, NBC.

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

SUMMONS FOR PUBLICATION

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

IRENE TAMPLEN, Plaintiff,

vs.

LEE TAMPLEN, Defendant.

TO THE ABOVE NAMED DEFENDANT, LEE TAMPLEN: IN THE NAME OF THE STATE OF OREGON, 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 a decree for the relief demanded in her complaint, succinctly stated as follows, to-wit:

That the bonds of matrimony heretofore and now existing between the plaintiff and defendant be dissolved and held for naught.

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 23rd day of November, 1945.

The time prescribed for publication of this summons is once each week for four consecutive weeks. The date of the first publication of this summons is the 26th day of November, 1945.

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

NOTICE TO CREDITORS

Notice is hereby given that by order of the County Court in and for the County of Jackson, State of Oregon, duly made and entered on the 23rd day of November, 1945, in the matter of the estate of Rena Hubbard, deceased, Chester A. Hubbard was appointed Executor of the Last Will and Testament of Rena Hubbard, deceased, and all persons having claims against said estate are hereby notified to present the same to the undersigned at the office of FRANK P. FARRELL, 306 Fluhrer Building, Medford, Oregon, properly verified as provided by law, within 6 months from the date hereof.

Dated and first published November 26th, 1945.

CHESTER A. HUBBARD,
Executor of the Last Will and Testament of Rena Hubbard, Deceased.

Summons for Publication

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

B. F. WOOTEN and PAULINE WOOTEN, husband and wife, Plaintiffs,

vs.

DAVID N. STEARNS; ALVIN O. JOHNSON and JANE DOE JOHNSON, husband and wife; and the unknown heirs of Alvin O. Johnson, if he be deceased; also any and all other persons or parties unknown claiming any right, title or interest in or to the real property described in the Complaint herein, Defendants.

To the above named Defendants:

IN THE NAME OF THE STATE OF OREGON, you are hereby notified and required to appear in the above Court and Cause and answer the Complaint of Plaintiffs now on file therein against you, or otherwise plead thereto, within four (4) weeks from November 5th, 1945, the date of the first publication of this Summons upon you; and if you fail to so appear and answer within the time required, for want thereof, plaintiffs will apply to the Court for the relief prayed for in their Complaint, a succinct statement of which is as follows, to-wit:

For a decree quieting in plaintiffs their fee simple title in and to the following described real property, to-wit:

TRACT A: Commencing at the northeast corner of D.L.C. No. 67, Township 38 South, Range 1 West of the Willamette Meridian, in Jackson County, Oregon; thence West 32.30 chains to the center of the county road; thence along said road as follows: South 2° 10' East 10.91 chains; thence South 2° 15' West 6.24 chains; thence from said road East 15.71 chains; thence South 7.58 chains to the south line of the east ell of said D.L.C.; thence East 16.67 chains to the east line of said D.L.C. No. 67; thence North on the east boundary line of said D.L.C. No. 67, 24.76 chains to the point of beginning. EXCEPTING therefrom the following: Commencing at a point on the north line of D.L.C. No. 67, Township 38 Scuth, Range 1 West of the Willamette Meridian, 1022 feet East of the center line of the county road running along the west line of tract described in Volume 84, page 232, Deed Records of Jackson County, Oregon; thence West along the north line of said D.L.C. No. 67 a distance of 1022 feet to the center of the said road; thence South 2° 10' East along the center of said road 720 feet; thence South 2° 15' West along the center of said road 398 feet; thence East 162 feet; thence South 12 feet; thence East 640 feet; thence North 60 feet; thence East 206 feet; thence North 1076 feet to the point of beginning;

TRACT B: Beginning at the northeast corner of Donation Land Claim No. 67 in Township 38 South, of Range 1 West of the Willamette Meridian, in Jackson County, Oregon; thence South, along the east line of said Claim, 80 rods to the dividing line between Government Lots 4 and 5 in Section 35, said Township and Range; thence East, along said dividing line, 40 rods; thence North, parallel with the east line of Donation Land Claim No. 67, 80 rods to the south line of Donation Land Claim No. 65, said Township and Range; thence West on the south line of said Claim, 40 rods to the point of beginning, EXCEPTING therefrom the following: Beginning at the northwest corner of the 17-acre tract described in Volume 248, Deeds page 178 (being the East 17 acres of Government Lot 5 in Section 35, said Township and Range); thence West 140 feet; thence South 325 feet; thence East 140 feet; and thence North 325 feet to the point of beginning;

and excluding defendants, and each thereof, from any right, title, estate, lien or interest therein or thereto.

This Summons is served upon you by publication thereof once a week for four (4) consecutive weeks by Order dated November 5th, 1945.

DON R. NEWBURY,
Attorney for Plaintiffs.
Room 207 U. S. Nat'l Bank Bldg.,
Medford, Oregon.

Getting Up Nights Makes Many Feel Old

Do you suffer from Getting Up Nights, Backache, Nervousness, Leg Pains, Dizziness, Swollen Ankles, Rheumatic Pains, Bladder Weakness, Painful Passages, or feel old and run-down, due to non-organic and non-systemic Kidney and Bladder troubles? If so, here is good news: The very first dose of Cystex (a physician's prescription) usually goes right to work helping the Kidneys flush out excess acids and wastes which may have caused your trouble. So take Cystex exactly as directed and watch for quick help and a rapid increase in pep, more youthful feeling and joy in living. Cystex must satisfy completely or money back is guaranteed on return of empty package. Don't suffer another day without trying Cystex—3 Guaranteed sizes, 35c, 75c, $1.50 at druggists

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Brig.-Gen. Emmett (Rosy) O'Donnell

☆

Col. Edward Eagan
N.Y. State Boxing Commissioner

SPECIAL REWARD: If any member or former member of the Armed Forces submits a question to "Information Please" in the next three months, and that question is used, he will receive a $50 Victory Bond instead of the usual $10 in Victory Stamps.

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STRANGE AS IT SEEMS By ERNEST HIX

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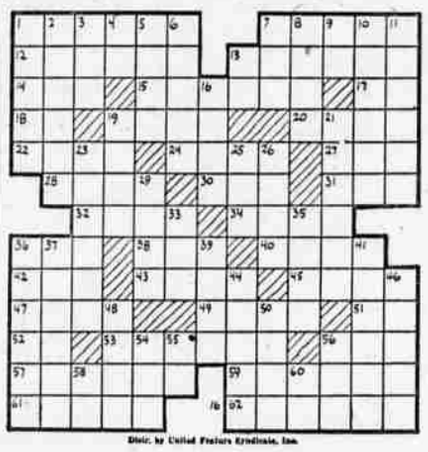
Winter weather deteriorates car lubricants and causes excessive wear.
BE WISE—have an experienced mechanic lubricate your car at
ROGUE RIVER CHEVROLET

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

ACROSS

1—Ridicule lightly
7—Apportion
12—Incapable
13—Turn white
14—Hen fruit
15—Away from home
17—Toward
18—Compass point
19—So be it
20—First man
22—Coffers
24—Money paid under lease
27—Eggs
28—Dirt
30—Menagerie
31—Negatives
32—Sudden attack
34—War weapon
36—Enemy
38—Decay
40—Female deer
42—Literary scraps
43—English public school
45—Symbol
47—Zola heroine
49—Part in play
51—Cry of triumph
52—For example (abbr.)
53—Gloss
56—Ask alms
57—Commentary of the Talmud
59—Pay no heed to
61—Left one's seat
62—Squared stone used in masonry



DOWN

1—— Vista
2—Infuriates
3—Harry
4—Table (abbr.)
5—Biblical land
6—Make reference
7—Everything
8—The Swan Girl
9—Musical note
10—Book of sheets folded into eights
11—The Doubter
13—Exist
16—Girl's name
19—The Orient
21—Ass
23—Liberated Asiatic
25—Negative
26—Hopper
29—Italian coins
33—Spot
35—Message
39—Mexican land measure
37—Wild donkey
39—Civil wrong
41—Globe
44—Water wheel
46—Ardent
48—Who is me!
50—Limbs
54—Buffs: process
55—A continent (abbr.)
58—Bolivia (abbr.)
59—Month (abbr.)
60—A State (abbr.)

BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER

BLONDIE

L'IL ABNER

THE NEBBS

THE WORLD AT ITS WORST By GLUYAS WILLIAMS