Your Health and It's Care

By DR. WILLIAM BRADY M.D.

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THE SOT

A man aged 43, traveling salesman, likeable and popular, can go for about three weeks without a drink, then goes on a bender for a week or so. How he manages to hold his job is hard to tell—apparently it is partly due to the kindness and patience of his employer who sympathizes with the man's wife and mother. But aside from that the employer says the man is the best salesman in the organization "when he is right".

Dr. Brady

The man's wife has pleaded with him to join the A. A. (apparently Alcoholics Anonymous) has established a Club to lure more addicts—or perhaps I shouldn't put it that way—anyhow I do say it is a great boon for any man or woman who honestly wants to recover his or her self-respect and self-control if there is an Alcoholics Anonymous group meeting place in the community or in the vicinity where he or she may see and talk with other men and women who have won their fight or are at present making the fight with the moral encouragement of people like themselves who know from experience just how difficult it is.

Well, this man did, or he says he did visit the A. A. Club one evening. But never again. He offers as his excuse for going to a tavern his fondness for shuffle board which they play at the tavern. But his mother, who it naturally sad about the man's shameful misconduct, made some discreet inquiries and learned that they also play shuffle board at the A. A. Club every evening.

There the case rests.

The man—a courtesy title—he is hardly a man—he is just a way-ward child. He is a sot and nothing else.

The sot still declares, even in his sober intervals, that he would do anything to stop drinking and make his wife, mother and children happy.

But that is the typical line a sot, an alcoholic addict, a dipsomaniac takes and it comes out of his mouth but not from his heart.

If he were sincere about it he would at least attend the next half dozen meetings of the A.A. group. Certainly that would not be too hard for him even if it only gratifies his wife and mother.

The more I learn about Alcoholics Anonymous the more deeply am I impressed by the success the organization has in helping steady or periodic drinkers to win their fight. I don't know just what the psychology of this may be. I know only that it is extraordinarily effective in a great many instances, once the drinker gives fellow members the same earnest cooperation they give him or her.

QUESTIONS & ANSWERS

Nail Biting

Daughters 8 and 19 both bite their nails to the quick and sometimes make them bleed. How can I correct it? (M. D.)

Answer—Either have their nails manicured regularly by a professional, or get them manicure outfits of their own and teach them to manicure their own nails.

Dead Fingers

I read in your column some time ago about "Dead Fingers (Raynaud's syndrome)" and arsenic poisoning. I had suffered from attacks of "dead fingers" for several years, also repeated outbreaks of "cold sores" with much swelling of face. Being in the greenhouse business I got rid of all the arsenate of lead we had kept and used in the house, and have not had "dead fingers" or "cold sores" since. (Mrs. G. F. H.)

Answer—at any rate exposure to arsenate seems to account for some cases of "dead fingers". We'll have an article about chronic arsenic poison here soon.

Diet

I should like to have a diet. I am 28 years old, 65 inches tall, heavy bony structure, in best of health. (Miss R. C. A.)

Answer—If you will take me into your confidence enough to explain what you wish to accomplish by dieting, I'll be glad to advise you to the best of my ability.

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CHEST FUND SWELLED BY PUBLISHED APPEAL

In response to an appeal Sunday in the Mail Tribune, the annual Community Chest campaign is a few hundred dollars nearer its goal Otto Frohnmayer Community Chest president, stated today. Frohnmayer stated that several checks had been received as a direct result of the appeal and he is hopeful that others will be received within the next few days.

Frohnmayer pointed out that funds are still considerably under the quota and he urged anyone not previously contacted to mail their contributions to the Communtiy Chest at the Chamber of Commerce building.

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

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; When Evening Comes 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; Raymond Swing, ABC.

6:00 p m.—Music Hall, NBC, Andre Kostelanetz, CBS. Gabriel Heatter MBS. The Real Story ABC

6:30 p m Bob Burns NBC; Hobby Lobby CBS Starlight Serenade, MBS Detect and Collect, ABC

7:00 p m Abbott and Costello NBC; First Line, CBS; Curtain Time, ACS; Music, MBS.

7:30 p m Your AAF ABC; Red Ryder MBS. Rudy Vanee, 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 Manie 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.—News, MBS

9:30 p m Noan Webster Says NBC News BN

10:00 p m.—News Flashes, 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

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; Sports Cavalcade, 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. Blind Date, ABC.

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

8:30 p.m This Is Your F B I., ABC

9:00 p m Night Editor, NBC; Ambassador Hotel ABC; News, MBS Aldrich Family, CBS

9:15 p m Kate Smith Hour, CBS News, ABC; Three Sons NBC

9:45 p m. Harry James Orch, MBS.

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; Sunset Serenade, CBS.

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NIPS MAY IMPORT FOODS, SUPPLIES IF THEY CAN PAY

Bulk of Effort in Combating Famine Will Fall on Own Shoulders, Is U.S. Stand.

Tokyo, Nov. 29 — (U.P.) — The Japanese already have obtained 2,500 tons of surplus American army wheat to help avert starvation this winter, and they will be allowed to import other foods, coal, oil, cotton and salt in 1946 —if they can foot the bills

In line with Gen. Douglas MacArthur's announced policies, the Japanese are being given some help in combating famine, but the bulk of the job has been thrown squarely on their own shoulders.

Whatever help they get in the way of food from abroad in the coming winter months, and for the rest of next year at least, will depend upon the food situation in other parts of the world, the amount of shipping available, and their own ability to pay for what they get.

Jewels Pay For Food

MacArthur's spokesmen said the bulk of the gold, silver, platinum and jewels confiscated from the Japanase government will be used to pay for purchases abroad, if there is anything left after payment of the American occupation costs.

The principal imports planned at present are expected to come from the Asiatic mainland, but quantities still are undetermined and probably will not be known until the international food and shipping situations have been clarified.

The 2,500 tons of American wheat imported thus far were surplus supplies originally intended for the U. S. army in the Philippines, and later diverted to Japan when the size of the American forces in the islands was reduced. In addition, an undisclosed amount of military petroleum stores was turned over to the Japanese to get their transportation and fishing fleets back into operation.

Costs Assessed

The cost of these items has been debited against Japan by the U. S. treasury and will be paid for later in Japanese exports.

In return, Japan has been directed to ship 70,000 tons of coal to the American-held southern half of Korea, since there has been no indication that the Russians are permitting transfer of coal from their occupation zone.

The Japanese also will ship 3,000 tons of pitch to Korea for railroad use and a substantial number of silkworm eggs to help re-establish the silk industry there.

Australia also has asked for 7,000 bales of Japanese silk for 1946 delivery, and China and Hong Kong have entered orders for coal and timber.

Col. R. C. Kraner, chief of MacArthur's economic and scientific section, said he believed Japan already had enough food on hand to keep her entire population alive for the next 12 months. But he said that the nation's distribution system was so badly disrupted that starvation in some areas was a distinct possibility this winter.

Inertia Deplored

Kramer deplored the inertia among some Japanese, particularly in the fishing industry, where many potential food-workers still are reported idle in spite of American offers of gasoline and net-making equipment.

Kramer said he was unable to verify the recent flood of Japanese reports about starvation and near starvation in industrial centers, pointing out that the American surveys have not yet been completed and that Japanese statistics in the past have been very inaccurate.

Meanwhile, the most urgent phase of the food problem appeared to center in the black market, which has become virtually a free market with prices regulated only by supply and demand. The operators are charging all that the traffic will bear, which will be plenty so long as anything is left of the public's swollen wartime munitions wages and bonuses.

NEEDED SLEEPING CARS STRIKEBOUND AT PLANT

Chicago, Nov. 29—(U.P.)—W. N. Barker, vice president of the Pullman-Standard Car Manufacturing Co., said today that delivery of urgently-needed troop sleeping cars was being held up by a strike at the Kenosha, Wis., plant of the Simmons company furnishing the bunks.

More than 300 triple-tier special troop cars are standing idle at Pullman's Hammond, Ind., plant, Barker said, awaiting berths and stanchions from the Simmons company which has been closed since Sept. 24 by a strike.

San Francisco, Nov. 29—(U.P.) A bottleneck caused by shortages of sleeping cars and coaches was blamed by Western Pacific Railroad officials today for a delay in providing transportation for homebound servicemen.

Your purchases of Victory bonds are helping disabled veterans to learn new trades while they are convalescing. Do your share to help.

BOB BURNS Says

"Folks say I ain't much for tellin' the truth on my radio show, but believe me, when I want the truth, I listen to the Richfield Reporter. He's always got the facts straight."
BOB BURNS for Lifebuoy Soap 6:30 p. m. Thursday NBC

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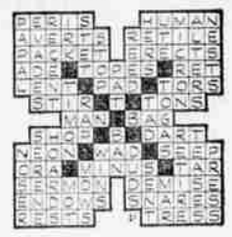
DO YOU KNOW?

what about the promises made to G.I. Joe. NO JOBS—CLOSED PLANTS is not the homecoming he fought and died for.
ROGUE RIVER CHEVROLET

STRANGE AS IT SEEMS By ERNEST HIX

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

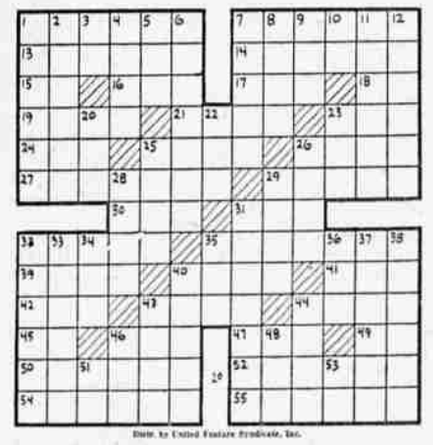


ACROSS

1—Not strong
7—Industrial combination
12—Type of overcoat
14—Business representative
15—Like
16—Urge
17—Cross tide
18—Hour (abbr.)
19—Mixed up
21—Mother of Apollo
23—Fur piece
24—Church seat
25—Biblical weed
26—Fat
27—Soon
29—Rigid
30—Conjunction
31—Flightless bird
32—Offshoot
35—Jazz music
39—Teem
40—Greek letter
41—Stretch out (Scot.)
42—Fish eggs
43—Song
44—Omit
45—Noun prefix
46—Eggs
47—Dakota (abbr)
49—Behold!
50—Minded
52—Pointed arches
54—Garden tools
55—Recreated

DOWN

1—Iced beverage
2—Simpler
3—For example (abbr.)
4—Lost blood
5—Fall behind
6—Center of great empire
7—Menu
8—Exchange premium
9—Twilled fabric
10—Ton (abbr.)
11—Resounds
12—Lyre-shaped
20—Sheep
22—Unit of work
23—Sweet roll
25—Chinese gang
26—Chair
28—Hideout
29—Flowing cape
31—Bull fighter
33—Pixie
33—Joined together
34—Regret
35—Portuguese coin
36—Annoy
37—Posted
38—Lay bare
40—Small nails
43—Assert
44—Read quickly
45—Lyric poem
48—Ripen
51—No good (abbr.)
53—Southern State (abbr.)



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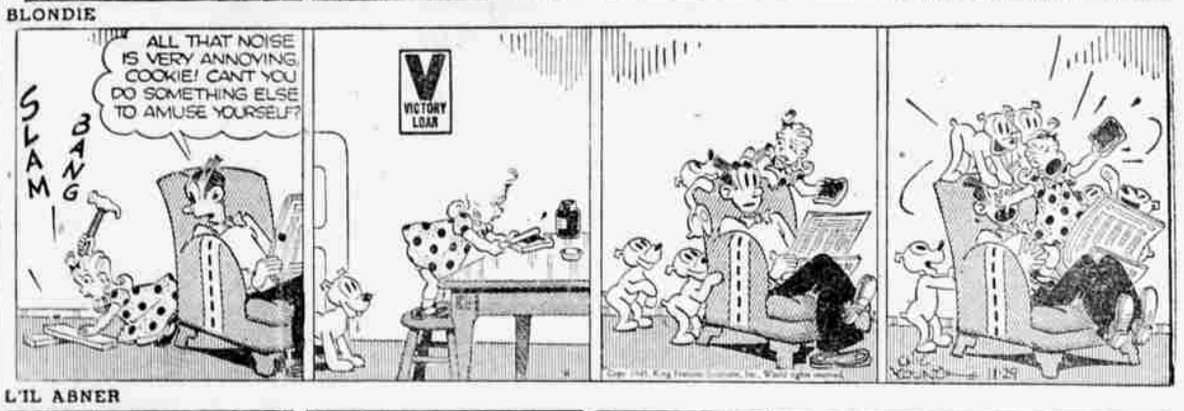

L'IL ABNER

THE NEBBS

SUBURBAN HEIGHTS By GLUYAS WILLIAMS