

Your Health and It's Care

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

A REASONABLE AMOUNT OF EXPOSURE

A few grandmas, more daughterless aunts and a good many spinsters chide me for approving of bare knees or bare legs, and I could take it if they would confine the criticism to the hygienic side of the question. I can't take it and refuse to even discuss the question when they raise a moral issue. It is no part of my province to advise people, young or old, male or female, upon moral and legal questions. When I tell you it is ok or harmless to leave off whatever you don't want to wear I mean, of course, so far as hygiene or health is concerned. I can't promise in any circumstance that you will not run afoul of the law or get your un ladylike boldness on the program for the next meeting of the Sewing Circle.

There may be more truth than poetry in the aphorism ascribed to my namesake, Diamond Jim: "Them as has 'em wears 'em." But, no kidding, this is a principle of hygiene, preservation of health, which applies to infants, boys, girls, youths, and mature men and women alike. The more one exposes the body and the more of the body one exposes to sunlight or daylight without suffering actual discomfort, in any season, climate or weather, the better for health.

A frequent objection raised by grandmas particularly is that it must be harmful to a girl's health if she goes bare legged or so thinly clad that her skin gets blue with the cold or shows goose pimples. We need not go into the details of Grandma's interpretation of the pathology of such exposure. I can only reassure the girl who gets blue from the cold or shows the characteristic goose pimples, that her health will not suffer in the least—it is absolutely ok as long as she herself doesn't mind the discomfort. Here let me quote once more the advice of a distinguished English physiologist, Leonard Hill:

"It is absurd to put on an overcoat when going out for a walk. It is good to go out and be braced by feeling cold and so be impelled to take vigorous exercise."

Between the lines of Hill's observation there is a whole chapter of good sound physiology and hygiene, important features of which I shall continue to harp on here until I become disabled by the rheumatiz or carried off by pneumonia.

One reason why everybody should take all the exposure he or she can comfortably obtain is that direct or diffuse sunshine, daylight even on a cloudy, rainy, foggy or cold day and even in a shaded place provided it is not behind ordinary window glass, contains more or less ultraviolet and a certain amount of ultraviolet is essential to activate cholesterol in the skin and manufacture vitamin D, which is required to maintain calcium-phosphorus metabolism in the body. Without good calcium-phosphorus metabolism neither infant, nor growing child, nor youth, nor mature adult or aged person can have the best of health.

QUESTIONS & ANSWERS

Consult Your Attorney

Hasn't a man a right to be present while a doctor examines his wife? Or can he be made to sit in another room and wait in ignorance. (C.B.M.)

Answer—Ask your attorney about your rights. A woman who is of age should have whoever she wishes present when she is undergoing examination, treatment, operation or delivery, and no one can question her right to do so.

Goat's Milk

Husband bought a goat and we are drinking the milk. Our children are fond of it. But I wonder if there is danger of getting any disease.

Answer—If the goat is healthy and well cared for you are fortunate to have such excellent food. In many communities fresh goat's milk brings a premium price. I'd take it, raw, in preference to any grade of cow's milk, and not worry about the remote possibility of undulant (Maltis) fever. (Copyright 1945, John F. Dille Co.)

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Time shown is PST

Sunday

5:00 p.m. Charlie McCarthy, NBC. Meditation Hour, MBS. Sunday Evening Hour, ABC. Beulah, CBS. 5:30 p.m. Fred Allen, NBC. TBA, CBS.

5:45 p.m. Gabriel Heatter, MBS. 5:55 p.m. News, CBS.

6:00 p.m. Merry-Go-Round, NBC. Walter Winchell, ABC. Request Performance, CBS. Exploring the Unknown, MBS.

6:15 p.m. Louella Parsons, ABC. 6:30 p.m. Star Theater, CBS. American Album of Familiar Music, NBC. Double or Nothing, MBS. Hollywood Mystery Time, ABC.

6:45 p.m. Jimmy Fidler, ABC. 7:00 p.m. Theater Guild, ABC. Hour of Charm, NBC. Take It or Leave It, CBS.

7:15 p.m. Mutual Victory Hour, MBS. 7:30 p.m. Baby Snooks, CBS. Meet Me at Parky's, NBC. What's the Name of That Song, MBS.

8:00 p.m. Crime Doctor, CBS. Great Gildersleeve, NBC. Song Time, ABC. 8:25 p.m. Song of the Week, CBS.

8:30 p.m. Symphony Hour, NBC. Quiz Kids, ABC. Walter Winchell, MBS.

9:00 p.m. Adventures of the Thin Man, CBS. 9:15 p.m. Rex Miller, MBS.

9:30 p.m. Jack Benny, NBC. Playhouse Favorites, CBS. Orch. ABC. Music MBS.

10:00 p.m. News, NBC. In Focus, ABC. So You Think You Know Music, MBS.

10:15 p.m. Mary Ann Mercer, NBC. 10:30 p.m. Tommy Dorsey Show, NBC. Trans-Atlantic Call, CBS.

10:45 p.m. Chet Stewart Orch., MBS. 11:00 p.m. News, ABC. Music in the Night, NBC. Orchestra, CBS.

Monday

5:00 p.m. O. K. For Release, NBC. Ferry 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.

6:45 p.m. News, CBS. Tom Mix, MBS.

6:50 p.m. Memo to America, ABC. Hoagy Carmichael, NBC. Radio Theater, CBS. Gabriel Heatter, MBS. 7:00 p.m. Information Please, NBC. Spotlight Bands, MBS. Pacific Serenade, ABC.

7:15 p.m. News, CBS. Tom Mix, MBS.

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11:45 p.m. News, CBS. Tom Mix, MBS.

12:00 p.m. Memo to America, ABC. Hoagy Carmichael, NBC. Radio Theater, CBS. Gabriel Heatter, MBS. 12:15 p.m. Information Please, NBC. Spotlight Bands, MBS. Pacific Serenade, ABC.

12:30 p.m. News, CBS. Tom Mix, MBS.

12:45 p.m. Memo to America, ABC. Hoagy Carmichael, NBC. Radio Theater, CBS. Gabriel Heatter, MBS. 1:00 p.m. Information Please, NBC. Spotlight Bands, MBS. Pacific Serenade, ABC.

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3:30 p.m. News, CBS. Tom Mix, MBS.