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 COOL A ND SLENDER

Dr. Brady

Men and women approaching middle age commonly develop these manifestations of long continued iodine deficiency, without apparent thyroid gland enlargement:

Chronic tired feelings and lack of former ambition or pep, a state little if any relieved by a rest or a vacation; a tendency to accumulate flabby excess weight, depression of spirits and a bleak or almost melancholy outlook; mental torpor and perhaps some impairment of the memory; graying and falling of the hair, sallow or muddy complexion, and other signs of premature aging; poor circulation as evidenced by cold hands and feet and a desire for more clothing or more artificial heat where normal persons are comfortable with light clothing and moderate room temperature.

The habit of coddling oneself, that is, wearing more clothing than is necessary for comfort and heating the atmosphere above 70, contributes to the accumulation of flabby fat. On the other hand the habit of wearing only the minimum with which one can get by and regulating the household or shop or office temperature by thermostat set at 68 or from 65 to 70 but never higher, contributes to the preservation of youthful slenderness and vite.

Here again I quote Prof. Leonard Hill, English physiologist:

"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."

See what I mean?

If you are practically sewed up for the winter you needn't take offence at my teaching about coddling. This is a free country. But on the other hand if you are going to attend the football game as a spectator don't throw your long wool underwear, your wool sox and your overcoat away—you may need 'em to keep you from freezing. However, it is purely and simply a question of your personal comfort and that's all.

For everyday winter living, provided you go on living and do not hibernate, Prof. Hill's advice is excellent, and especially so if you are inclined to accumulate slacker flesh in the winter. Get the physiological principle of Dr. Hill's advice clearly fixed in mind—when you go out in the cold without your coddling you are stimulated and the muscular activity thus induced warms you up while you are burning off the superfluous. If you coddle yourself when going out you are depressed, relaxed, softened "feel the cold," you can't keep warm enough, and your body stores the unburned fuel as fat.

QUESTIONS & ANSWERS

Insoluble Mystery

Last year our boy went overseas and was seasick throughout the trip. I asked for your instructions to prevent seasickness, and on the next overseas trip he followed your instructions and was not sick at all. Now the other boy is in Japan—he, too, was seasick all the way across. He may get home before long and he wants the instructions. (Mrs. V. E. A.)

Answer—Begin two days before voiage and continue for first two days of voyage taking each morning on rising half a bottle of Solution of Magnesium Citrate. Three times a day, an hour before mealtime, take a tablet of atropine sulfate 1/200th grain. Before boarding ship or upon boarding ship place in each ear canal a cone of gauze, lightly but not tightly packed in, to dull all sounds. Wear these earplugs for the first two or three days. The trouble with this method of preventing mal de mer is that we'll never know whether it, or for that matter any other method, is worth the trouble, for seasickness is unpredictable. Any way this is safer than the practice of taking proprietary nostrums that contain heart-depressing, blood-destroying acetanilide.

Emergency Emetic

Please give details of the preparation you described which produces instant vomiting. You said it should be kept in the first aid kit for use if children swallow poison. (H. R. A.)

Answer—Copper sulfate, blue stone, blue vitriol. Keep in the emergency kit either a half dozen one-grain tablets of copper sulfate or a two-ounce vial of a solution of six grains of copper sulfate in water. If an infant or young child swallows poison, give a tablespoonful of the solution, or one grain dissolved in a tablespoonful of water, as a quick emetic. It empties the stomach immediately—not after a long ten or fifteen minutes, as when ipecac is used.

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

Time Shown is PST

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; 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, NBC; Maisie, CBS; Treasure Hour of Song, MBS.

6:15 p m Ruth Lyons Life Stories MBS.

6:30 p m Mr. District Attorney NBC; Maisie CBS; Spotlight Bands MBS; Elmer Davis, ABC.

7:00 p m Kay Kyser's Kollege NBC; Island Adventure, CBS; Counterspy, ABC; Follies, MBS.

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; Ed 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; Serenade, CBS; Hotel Biltmore Orchestra, NBC.

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.

5:15 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; Bobby Lebby 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 Vallee NBC; Powder Box Theater CBS.

8:00 p m Supper Club NBC; Man Named Jordan CBS; Bulldog Drum mond 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.—News, MBS.

9:30 p m Noah 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.

MESSAGES TO JAPAN

Tokyo, Dec. 5—(U.P.)—Personally written radiogram messages from military, naval and accredited civilian personnel will be accepted for transmission beginning today, it was announced today. The service, which will be reciprocal, enabling friends and relatives in the United States to cable Japan, will be in addition to the canned expeditionary forces messages now accepted.

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

LEGAL NOTICES

NOTICE FOR CHANGE OF NAME

NOTICE IS HEREBY GIVEN that the undersigned have applied to the County Court of Jackson County, Oregon, for the change of name of James Ray Hamons to that of James Ray Rowden, and the said Court by Order duly made has ordered the publication of notice of said application for a period of thirty (30) days. All persons interested are hereby notified to make or file their objections to said petition with said Court on or before the 15th day of December, 1945, at 10:00 o'clock in the forenoon of said day in the Court Room of said Court in Medford, Oregon.

Dated November 14, 1945.

MELVIN ROWDEN
FLORENCE ROWDEN

Gus Newbury
Attorney for petitioners

SUMMONS FOR PUBLICATION

Suit in Equity to Quiet Title

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

JACKCON COUNTY, OREGON, a quasi-municipal corporation, Plaintiff,

vs,

CHARLES E. RAUGHT, individually and as Trustee, and MARY DOE RAUGHT, his wife if married, and unknown heirs of Charles E. Raught if deceased; MAX UNGERMAN and LILLIAN UNGERMAN, his wife, and unknown heirs of Max Ungerman if deceased, and also all other persons or parties unknown claiming any right, title, estate, lien or interest in and to the real estate described in the complaint herein,

Defendants.

To Charles E. Raught, individually and as Trustee, and Mary Doe Raught, his wife if married, and unknown heirs of Charles E. Raught if deceased; Max Ungerman and Lillian Ungerman, his wife, and unknown heirs of Max Ungerman if deceased, and also all other persons or parties unknown claiming any right, title, estate, lien or interest in and to the real estate described in the complaint herein, the above named defendants:

IN THE NAME OF THE STATE OF OREGON: You, and each of you, are hereby required and summoned to appear in the above entitled court and cause and answer the complaint of the plaintiff on file herein against you within four weeks from the date of the first publication hereof, and you will hereby take notice that if you fail to so appear and answer, for want thereof, plaintiff will pray to the court for the following relief against you and as prayed for in plaintiff's complaint on file herein, and specifically referred to hereby and by this reference made a part hereof, a succinct statement of which is as follows, to-wit:

For a decree of this court forever quieting its title in fee simple in and to the following described premises, lying and being situate in Jackson County, Oregon, to-wit:

All of Section 16, Township 39 South of Range 4 West of the Willamette Meridian in Jackson County, Oregon.

Together with all and singular the tenements, hereditaments and appurtenances thereunto belonging or in anywise appertaining,

free and clear from all and any right, title, estate, lien and interest that said defendants, or any of them, or anyone claiming by, through or under them, may have or claim to have therein and thereto, and forever barring and preventing said defendants or anyone claiming by, through or under them, from ever setting up or asserting any right, title, estate, lien or interest therein and thereto, and holding that said claim is null and void and of no force and effect, and for such other, further and different relief as to the court may seem meet and proper in the premises.

This summons is published in the Medford Mail Tribune, a newspaper of general and regular circulation, published in the City of Medford, Oregon, once each week for a period of four weeks consecutively, and five times, and said defendants hereinabove named are required to appear and answer as herein provided, under and by virtue of an order duly made, rendered and entered by the Hon. H. K. Hanna, Circuit Judge of the State of Oregon for Jackson County, on November 21, 1945.

The date of the first publication of this summons is November 21, 1945.

G. W. NEILSON
Address: Court House, Medford, Oregon
GEORGE M. ROBERTS
Address: 201-5 U. S. National Bank Bldg., Medford, Oregon.
Attorneys for Plaintiff

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STRANGE AS IT SEEMS By ERNEST HIX

Crossword Puzzle

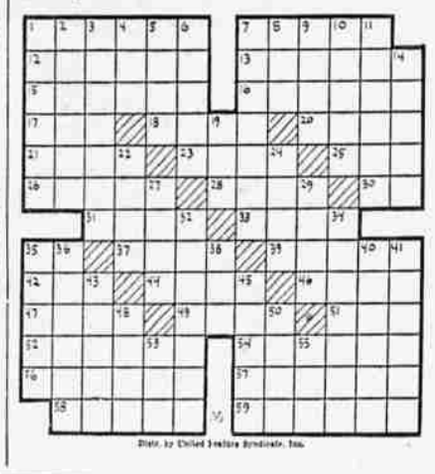
ANSWER TO PREVIOUS PUZZLE

ACROSS

1—Rodent
7—Closes
12—Gratify
13—Dome
15—Insect
16—Harvested
17—Large snake
18—Volcano on Sicily
20—Appear
21—Other
23—Tops of legs
25—506 in Roman numerals
26—Child's word for "thank you"
28—Heavy metal
30—And (Fr.)
31—Of same kind
33—Course of feeding
35—Musical note
37—Press clothes
39—Great
42—Shade tree
44—In any case
46—Watch face
47—Passing fancies
49—Sheep
51—Unfolded flower
52—Artist
54—Harmonize
56—Bring to life
57—Huge beings
58—Took food
59—Man's name

DOWN

1—Type of joint
2—Depressed spot
3—Bosoms
4—Particle
5—Not working
6—Fangs
7—Abraded
8—Color
9—Tree of Java used for poison
10—Drank
11—Arm cover
14—Acknowledge an error
19—Nothing
22—Sewing kit
24—Go by boat
27—Land measure
29—Lifeless
32—Lingered about in the air
34—Magistrate of ancient Rome
35—Cite
36—Made happy
38—Recent
40—Crested grebes
41—Oldest
43—1606 in Roman numerals
45—Ripen again
48—Front of leg
50—Commotion
53—Night before
55—Cure leather



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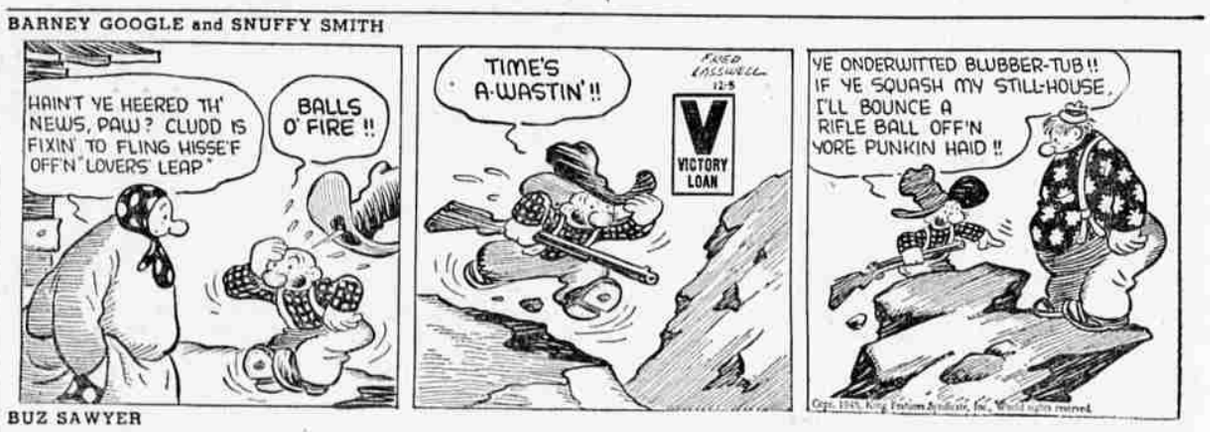

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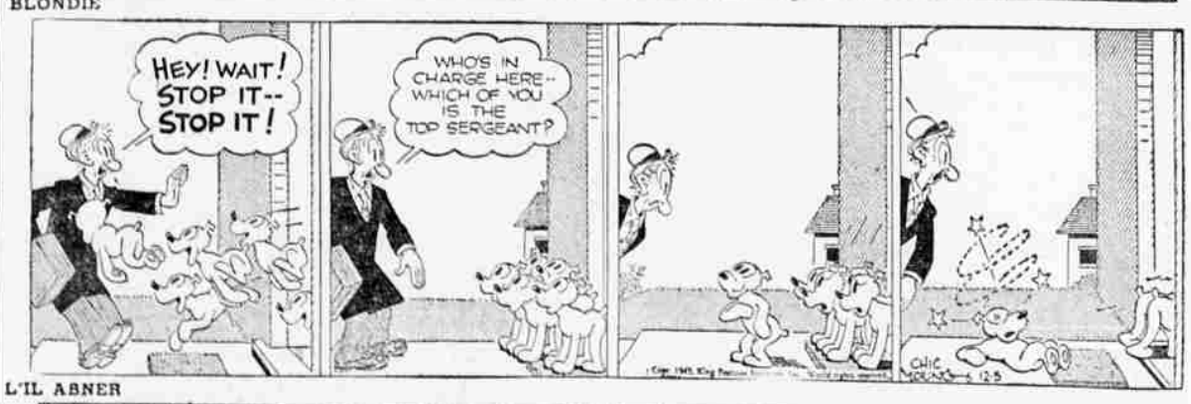

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