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.

NON-SURGICAL DRAINAGE OF GALL BLADDER

So-called "non-surgical" drainage of the gall-sac—the little one-ounce capacity bulb or bladder that holds bile and squirts or ejects some into the duodenum (upper part of small intestine) at intervals during digestion; the gall-bladder is not to be confused with the urinary bladder in the pelvis—as devised by Dr. Lyon some thirty-five years ago, involves introduction of the necessary medicinal solutions through a tube directly into the duodenum, and is of course employed only in hospital.

Dr Brady

Another method of inducing more thorough emptying or "drainage" of the gall-bladder in cases of chronic cholecystitis (inflammation of gall-bladder), cholelithiasis (gallstones) and the like, was devised by Dr. Knight twenty years ago and is comparatively simple.

The patient goes without food or water for four hours. He then takes one tablespoonful of the medicine (to be described below), lies on the right side and does not change position for two hours, taking another tablespoonful of the medicine every fifteen minutes for six times in all. No liquid or food other than the medicine during the two hours the patient lies on the right side. Half an hour after the last dose of the medicine the patient should eat a slice of well buttered toast, or toast with the yolk of egg.

The medicine for non-surgical drainage of the gall-bladder is prepared by putting 4 ounces (quarter of a pound) of Epsom salts (magnesium sulfate) in a pint bottle, adding one fluid-ounce (two tablespoonfuls of glycerin and three fluidounces (six tablespoonfuls) of elixir of lactated pepsin. Shake the mixture up well until nearly all the salts is dissolved—a little may remain undissolved in the bottom of the bottle. The clear upper portion is then ready for use.

Effect of this procedure is (1) to lessen edema or dropsical swelling in gall-bladder area, (2) bring about ejection of contents of gall-bladder into duodenum, (3) relieve distress, (4) produce several bowel discharges of black or greenish color.

Sometimes reduction of edematous swelling of the lining of duct from gall-bladder permits very small gallstones to pass from gall-bladder into duodenum and appear in the bowel discharges. Stones may be found by washing the discharges through a sieve.

If the drainage is successful the patient experiences no pain upon eating oil or fat (butter, egg yolk). If the drainage is not successful fat of any kind taken as food will cause vigorous contractions of gall-bladder and considerable pain.

When this non-surgical biliary drainage proves successful the procedure may be repeated every two or three months. Some patients with chronic gall-bladder trouble keep fairly comfortable and free from distresses in this way. It is of no avail if gallstones larger than rice grains are present — only surgery can bring relief in such cases.

QUESTIONS & ANSWERS

Dysmenorrhea

Kindly mail your booklet or pamphlet on exercises one does to correct dysmenorrhea. (M. W.)

Answer— Dysmenorrhea means painful menstruation. The function should be painless. I have a pamphlet "Hygiene for Girls and Health for Women". For a copy send stamped self addressed envelope and ask for it. I wouldn't mind so much paying the freight for you, but we have much better ways to use our time than addressing envelopes for you.

Class A

I'm glad you can take criticism so well and I owe you this report. It was only upon reading your description of Class A Neurotics (in the "green book") that I bestirred myself to get a thorough examination, and, sure enough, the physician found I had pulmonary tuberculosis, so here I am, getting on wonderfully in the ..... san. I hope you will continue to impress upon people who drift along with the notion that they have "weak nerves" the importance of undergoing proper medical examination. (M. K. T.)

Answer—I have been trying to do that for many years. Only exceptionally does the misguided "neurasthenic" individual take it as possibly applying to him or her. Any reader who asks for it in writing and sends twenty-five cents and stamped self addressed envelope may have a copy of the green book "Nerves and Nutrition". In it the distinction between Class A and Class B neurotics is described—and remember, neurasthenics, this is a free country.

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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) 940, 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; When Evening Comes, 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 Treasure Hour of Song, MBS; Eddie Canter, NBC; Dinner At Dinty's, ABC.

6:15 p m Lum and Abner 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; Lt 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

5:45 p m Tom Mix, ABC; Elmer Peterson NBC Nigh 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. Fantasy in Melody, ABC; Red Ryder, MBS; Rudy Valee, NBC; Powder Box Theater, CBS.

8:00 p m Supper Club NBC, Man Named Jordan CBS Building Drumond MBS Lum and Abner ABC

8:15 p m Fleetwood Lawton NBC Earl Godwin ABC Jack Smith

8:30 p m Dorsey 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 Noar 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

THE GRANGE

Sams Valley Grange

The annual Sams Valley Grange Christmas party will be held at the next regular meeting, Dec. 15. A pot luck supper will start at 7 p. m. with a special table and birthday cake for all those having birthdays this last quarter.

Everyone attending is asked to bring an interchangeable gift for the Christmas tree and come early.

Scenic and historic spots along Wyoming highways will be marked shortly by signs, according to plans of the state department of commerce and industry.

WEATHER

Northern California: Partly cloudy with a few scattered showers today. Clear tonight and Thursday. Heavy frost tonight in valleys. Gentle to moderate northerly wind off coast.

Notice of Bond Sale

NOTICE IS HEREBY GIVEN that the Common Council of The City of Central Point will, on the 28th day of December, 1945, at the hour of 7:30 o'clock p. m., at the Common Council Chamber of The City of Central Point, Jackson County, Oregon, offer for sale an issue of $34,500.00 of bonds of The City of Central Point, being the heretofore duly authorized The City of Central Point General Obligation Water System Supply Line Bonds, said bonds to be in the denomination of $500.00 each, numbered 1 to 69, both inclusive, to be dated January 1, 1946, to mature serially in numerical order at the rate of $1,500.00 per annum, on the 1st day of January of each of the years of 1947 to 1969, both inclusive; said bonds to bear interest at the rate of not to exceed three per cent (3%) per annum, payable semi-annually on the 1st day of July and January of each year, principal and interest payable at the office of the Treasurer of The City of Central Point, Central Point, Oregon.

Said bonds, or any thereof, not then matured, to be subject to redemption at par and accrued interest on the 1st day of January, 1951, or any interest paying date thereafter, upon publication, at least thirty days prior to contemplated redemption date, of one notice of intended redemption in a newspaper printed and published within Jackson County, Oregon.

Said bonds will be sold subject to the approving opinion of Messrs. Teal, Winfree, McCulloch, Shuler and Kelley, bond attorneys of Portland, Oregon; said bonds to be furnished and printed by The City of Central Point, Oregon; all bids must be in writing, and all persons offering to purchase such bonds are invited to bid thereon at such rate of interest not exceeding three per cent (3%) per annum as they shall designate, and such bonds shall bear such rate of interest as shall be designated by the purchaser thereof, as aforesaid. Each bid shall be accompanied by tabulation of the bidder showing cost of money to The City of Central Point under the bid. Sealed bids for the purchase of said bonds will be received by the Common Council at the City Hall up to the date of said sale, as herein fixed. All bids must be accompanied with a certified check payable to The City of Central Point, in the sum of $690.00.

The right is hereby reserved to reject any and all bids.

By order of the Common Council of The City of Central Point, dated December 10, 1945.

GUY TEX
Recorder of The City of Central Point.

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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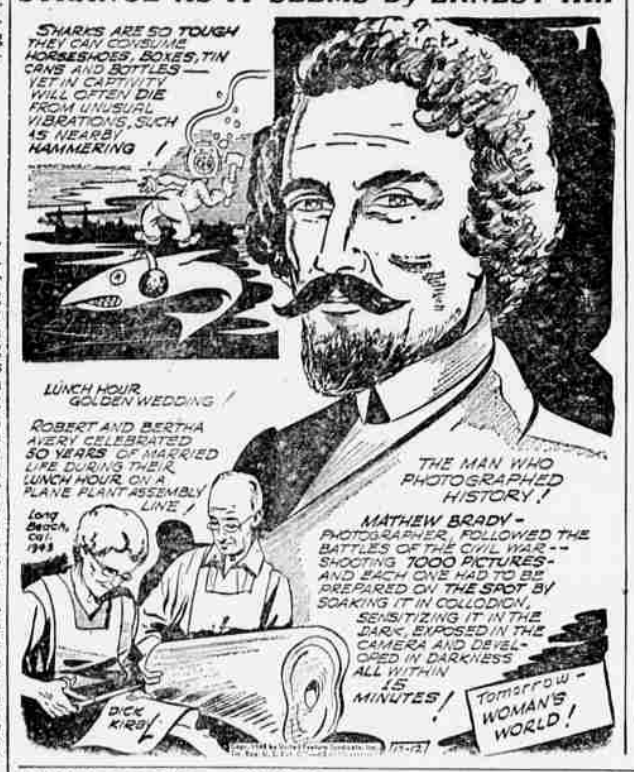
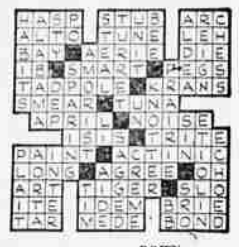


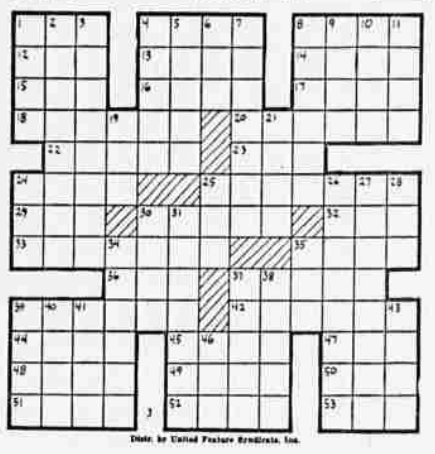
Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE



ACROSS

1—Accident
4—Box lightly
8—Hastened
12—High scoring file
13—Operatic solo
14—Wrap for burial
15—Weight
16—Invitations
17—Marsh bird
18—Satisfied
20—Force
22—Market
23—Ripen
24—A thing
25—Harmonized
29—Noise
30—Rodent
32—Australian bird
33—Deeds
35—Run swiftly
36—Old horse
37—Bestial
39—Shallow cave
42—Meal
44—Wander
45—Fateful date
47—Title of respect
48—Spirit
49—Tidy
50—First woman
51—Mark of blow
52—Precious stones
53—Algerian ruler



DOWN

1—Headpieces
2—Pert. to hearing
3—Remorseful
4—Sword
5—Glory
6—Help
7—Rogues
8—Hide
9—A fruit
10—Norse explorer called the Red
11—Take out
19—Male cat
21—Carved molding or arch
24—Girl's name
25—Travelers' conveyance
26—Died
27—Softening
28—Family shell
30—Water about castle
31—Proceeding
34—Attentive
35—Eat
37—Top of milk
38—Pauses
39—Sprouted
40—Part in play
41—Egg-shaped
43—Three-spot
46—River in England

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7-8 P.M. KMED

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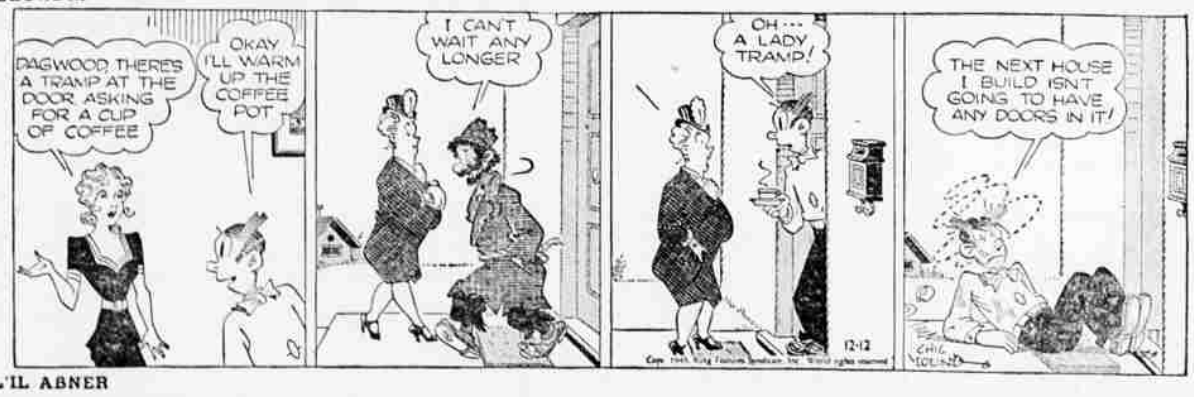

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