

Your Health and It's Care

By DR. WILLIAM BRADY M.D. Readers should address inquiries to: Dr. William Brady, 285 El Camino Beverly Hills Calif.

DEFECTIVENESS AND DRINKING

Entirely apart from mental defect or deficiency and the low intelligence quotient of the individual, which are physical factors of addition to alcohol, pure physical deficiencies or weaknesses, which may not be apparent to the casual observer, contribute to the desire or craving for alcohol.

Especially important, I believe, and generally ignored or not recognized as contributory to alcoholic indulgence, are (1) common nutritional deficiencies and (2) the common physical weaknesses associated with faulty development of the body.

The common nutritional deficiencies are mainly calcium and phosphorus shortage, vitamin D shortage, inadequate intake of vitamin B-complex, insufficient iodine, throughout early childhood and early youth.

The physical deficiencies or weaknesses are general flabbiness, poor or fatigue posture, spinal curvature, pronated feet, weak ankles, potential flatfoot and other developmental imperfections due to the utter neglect of physical education and training in our common schools.

If the public school system anywhere in the country gives physical education a place in the curriculum equal with the place given, say, English or arithmetic, I have not heard of it and I'll be delighted to learn about it.

If a child or youth has any such physical deficiency or weakness he or she is keenly aware of it. A narcotic such as alcohol lowers or for a brief interval makes him or her less aware or unaware of his or her inferiority to others.

The various functional weaknesses or impairments due to nutritional deficiencies are mostly not apparent to the casual observer, often, indeed, not even

to the physician making a routine physical "checkup," but the child or youth himself is conscious of the weakness, you may be sure. He or she has learned by experience just how his or her speed, agility, wind, skill and all-round physical condition rates in comparison with the best of his or her companions or associates. Once the young person becomes thus aware of his or her weakness or inferiority, the young person has an inferiority complex.

Hence I say our quaint American educational system is partly responsible for the cultivation of the drinking habit in youth. Physical education gets small consideration in our grammar and high schools. Pupils are regularly graduated from schools where a swimming pool is provided, although they can't swim. Thru connivance of teachers, parents and too often the unprincipled physician, these youngsters are "excused" from gymnasium classes and swimming classes.

Where the majority of the group or gang are precocious, sophisticated in worldly ways it requires a certain amount of self-confidence for a boy or girl to decline to take just a little drink with them—and a boy or girl who has had no physical training is unlikely to have much self-confidence. His or her inferiority complex makes the first drink too easy.

QUESTIONS & ANSWERS

NOSE BEING RUNNING WATER FOR YEARS—first it seems all thick and stuffy and then runs water for hours and then it is clear for the rest of the day. This happens usually early in the day. (I. C.)

Answer—Perhaps manifestation of allergy. Send stamped self-addressed envelope for pamphlet "Relief for Allergies" which contains in addition if you would like also the booklet "The Calcium Shortage." Calcium deficiency, I believe, is a common cause for such trouble.

Tired and Sleepy most of time. Husband says I must have been hot tired. Have poor memory, 33 years old. Three children. Don't feel like doing anything—can't even enjoy a movie because I am too tired and sleepy. Nose feels stuffed up all the time. Skin and hair dry. (Mrs. C. R. G.)

Answer—Send stamped self-addressed envelope and ask for pamphlet "The Tired Nation." (Copyright 1945, John F. Dille Co.)

10:45 p. m. Orchestra, NBC. 11 p. m. Talks, CBS, News, ABC. Orchestra, NBC.

Closing time for Classified Ads 8:30 a. m.—Too Late to Classify 12:15 p. m.

LEGAL NOTICES

NOTICE TO CREDITORS Notice is hereby given that I have been appointed by the County Court of Jackson County, Oregon, Administrator of the estate of Myrtle W. Blakeley, deceased, and have qualified. All persons having claims against said estate are hereby notified to present them, with proper vouchers, and duly verified, to me at the office of Harry C. Skyrman, Attorney for said estate, at Room 409, Medford Center Building in Medford, Oregon, within six months from the date of this notice.

Dated and first published November 23rd, 1945. ETHA W. WALL, Administrator.

HARRY C. SKYRMAN, Attorney for Estate.

NOTICE TO CREDITORS IN THE COUNTY COURT OF THE STATE OF OREGON, FOR JACKSON COUNTY, IN THE MATTER OF THE ESTATE OF HOWARD L. MORRISON, also known as H. L. MORRISON, deceased.

NOTICE IS HEREBY GIVEN that the county court for Jackson County, Oregon, has appointed me administrator of the estate of HOWARD L. MORRISON, also known as H. L. MORRISON, deceased. All persons having claims against said estate are hereby notified to present the same with proper vouchers with-in six months from this date at the offices of Neff & Frohmayer, Cooley Theatre Building, Medford, Oregon.

Dated: November 23, 1945. HUGH B. COLLINS, Administrator.

SUMMONS FOR PUBLICATION IN THE CIRCUIT COURT OF THE STATE OF OREGON, FOR JACKSON COUNTY, Jackson County, a political subdivision of the State of Oregon, Mike L. McLin and Millie J. McLin, husband and wife, vs. Ora Mae Thompson and John Doe Thompson, wife and husband; Luke Ryan and Ethel

Ryan, husband and wife: the unknown heirs of Ora Mae Thompson and of John Doe Thompson, deceased; also all other persons or parties unknown claiming any right, title, estate, lien or interest in the real estate described in the complaint herein.

Defendants. To each and all of the above named defendants: IN THE NAME OF THE STATE OF OREGON; you and each of you are hereby required to appear and answer the complaint on file against you in the above entitled Court and cause, on or before four (4) weeks from the date of the first publication of this Summons; and if you fail to so appear and answer said complaint, or otherwise plead thereto, within said time, for want thereof, the plaintiffs will apply to the Court for the relief demanded in the complaint, succinctly stated as follows:

That a decree be entered adjudicating any and all right, title, estate, lien or claim which you, or any of you, have or claim to have in, to or upon the following described real property, situated in Jackson County, Oregon, to-wit:

Commencing at the intersection of the center line of Peach Street with the center line of Stewart Avenue, in the City of Medford, Jackson County, Oregon; said point bears West 1328.27 feet, more or less, from the Northwest corner of D. L. C. No. 85, in Township 37 South, Range 2 West of the Willamette Meridian; thence North 30 feet; thence East 104.18 feet for a point of beginning; thence East 180.0 feet along the North line of Stewart Avenue; thence North 141.83 feet; thence West 180.0 feet; thence South 141.83 feet to the point of beginning; and decreasing any and all such claims to be null and void, and decreeing that the plaintiff, Jackson County, is the owner in fee simple of said real property, subject only to the interest of the plaintiffs, Mike L. McLin and Millie J. McLin, by virtue of a contract of sale from the plaintiff, Jackson County, and to the interest of the plaintiffs, Emerson H. Allen and Laura E. Allen, by virtue of an assignment of said contract of sale from the plaintiffs, Mike L. McLin and Millie J. McLin, free and clear of any and all right, title, estate, lien or interest of said defendants, or any of them; and that each and all of the defendants herein, and each and all persons claiming, or to claim by, through or under them, or any of them, be forever restrained and barred from asserting, attempting to establish, or claiming, any right, title, estate, lien or interest whatsoever, in, to or upon said real property, of any part thereof; and that plaintiffs' title to said premises be forever quieted and set at rest.

This summons is published in accordance with an order of the Honorable H. K. Hanna, Judge of the Circuit Court of Jackson County, Oregon, made and entered on the 29th day of November, 1945. The time prescribed in said order for publication of this summons is once each week for four consecutive weeks. The date of the first publication of this summons is November 23, 1945.

GLENN O. TAYLOR, Attorney for plaintiffs, Post Office Address: 126 East Main Street, Medford, Oregon.

SUMMONS FOR PUBLICATION IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY, WILLIAM W. MITCHELL, also known as WM. W. MITCHELL, and ROSE B. MITCHELL, husband and wife, Plaintiffs, vs. MARGARET O. HAMILTON and JOHN DOE, husband and wife; JANET HAMILTON a single person; MILDRED A. HAMILTON, a single person; SHERWOOD L. HAMILTON and VIVIAN E. HAMILTON, husband and wife; WALTER H. JONES; DON R. NEWBURY, Trustee; each and all of the unknown heirs of each and all of the above named defendants; also all other persons or parties unknown claiming any right, title, estate, lien or interest in the

real property described in the complaint herein. Defendants: TO EACH AND ALL OF THE ABOVE DEFENDANTS, EXCEPT THE DEFENDANTS WALTER H. JONES AND DON R. NEWBURY: IN THE NAME OF THE STATE OF OREGON, You and each of you are hereby required to appear and answer the complaint filed against you in the above entitled Court and cause, on or before four (4) weeks from the date of the first publication of this summons; and if you fail to so appear and answer said complaint, or otherwise plead thereto, within said time, for want thereof, the plaintiffs will apply to the Court for the relief demanded in the complaint, succinctly stated as follows:

That each and all of the defendants herein be required to fully set forth any and all right, title, estate, lien, claim or interest whatsoever that they, or any of them, may have, or claim in, to, or upon the real property described in the complaint herein, or any part or parcel thereof, which said real property is situated in Jackson County, Oregon, and more particularly described as follows, to-wit:

The southwest quarter of the southeast quarter, sec. 27, the southeast quarter of the southeast quarter, Section 28, Township 35 South, Range 1 West, W. M.

That each and all of the claims that may be made on the part of any or all of said defendants herein, in or to said real property herein described, or any part thereof, be adjudged and declared to be null and void; that the plaintiffs herein be decreed to be the owners, in fee simple, of said real property, free and clear of any right or claim whatsoever on the part of said defendants, or any of them.

That each and all of the defendants herein, and each and all persons claiming, or to claim by, through or under them, or any of them, be forever restrained and barred from asserting, attempting to establish, or claiming, any right, title, estate, lien or interest whatsoever, in, to or upon said real property, of any part thereof; and that plaintiffs' title to said premises be forever quieted and set at rest.

This summons is published in accordance with an order of the Honorable H. K. Hanna, Judge of the above entitled Court, dated November 21st, 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 November 23, 1945.

GLENN O. TAYLOR, Attorney for plaintiffs, Post Office Address: 126 East Main Street, Medford, Oregon.

Interior and Exterior PAINTING PAPER HANGING Work Guaranteed CALL 2419 Younger's Appliance DUTCH BOY PAINTS 31 N. Bartlett

POISON OAK? Try a bottle of ZEMACOL you must be satisfied or your money heartily refunded. Get a bottle today at WALKERS TRUETT

DANCE TONIGHT DON SIGLOW BAND Returning by popular request with our favorite singer—Larry

Take-It-Easy Lodge Famous for Steak and Chicken Dinners Phone 24-F-2 Grants Pass Mac and Anne Closed Fridays

GOOD-NIGHT KISS By GLUYAS WILLIAMS

by, through or under them, or any of them, be forever enjoined, restrained and barred from asserting, attempting to establish, or claiming, any right, title, estate, lien or interest whatsoever, in, to, or upon said real property, or any part or parcel thereof, and that plaintiffs' title to said premises be forever quieted and set at rest.

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 29th day of November, 1945. The time prescribed in said order for publication of this summons is once each week for four consecutive weeks. The date of the first publication of this summons is the 30th day of November, 1945.

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

Chalker's Motel & Lodge OFFICERS' CLUB Dine Dance Refreshments Chicken and Steak Dinners Near Unique Place in So Ore CLOSED MONDAYS

ZERO CLUB Out of bounds, civilians only Delicious chicken and steak dinners 7:00 p. m. to 9:00 a. m. except Sunday. Phone Day time 5300; night 9101

STRANGE AS IT SEEMS By ERNEST HIX

BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER

BLONDIE

L'IL ABNER

THE NEBBS

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

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DO YOU KNOW? ROGUE RIVER CHEVROLET

Crossword Puzzle ANSWER TO PREVIOUS PUZZLE

MIZ SMIF - WHAT AILS SEELY? SHE TOOK ONE LOOK AT ME AN WENT WHOOPIN' OFF DOWN TH' HOLLER LIKE SOME ONSETTLED, CRAZY CRITTER-

SOME FLOWERS FOR THE MAHARANI!

MY GOODNESS WHAT A JOB THIS CHICKEN RECIPE WAS! I'VE SPENT ALL DAY MAKING IT!

THAT'S A TREMENDOUS CHUNK BIT OUTA HIM!!

THANKS RUDY, BUT STEADY WORK DOESN'T INTEREST ME... I COULDN'T STAND THE MONOTONY

THE PUBLIC SCHOOLS GIVE THEM A GOOD EDUCATION AND WE'RE TEACHING THEM TO BE SELF-RELIANT. THAT'S WHAT REALLY COUNTS

On the Radio Chain STATIONS

FRIDAY 8:00 p. m. Terry and Pirates, ABC

Saturday 8:30 p. m. Man From G-7, ABC

IS HUSBAND'S COLDNESS YOUR FAULT? WHY TAKE CHANCES WITH YOUR MARRIAGE?

PIMPLES Disappeared Overnight Blackheads, Too, Went Fast

WAINSCOTT'S PHARMACY 400 E. Main, Phone 2440