

Your Health and It's Care

By DR. WILLIAM BRADY M.D.

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THE IODIN RATION AND REJUVENATION

Old George Cheyne attained the ripe old age of 72 years—a notable achievement in his day (1671 to 1743).



Dr. Brady

At thirty George weighed more than 32 stone (448 lbs.) and he believed it or not, he was lethargic, listless and short of breath.

Just how did this global spectacle manage to chalk up such a record? Well, listen, you with the young corporation or the built-in bustle, here's how George did it.

At thirty, weighing nearly 450 pounds, George Cheyne began dieting on milk and vegetables and taking considerable exercise. Dieting like that is bad enough, but exercising is even more dreadful to contemplate, eh? George stuck to this regimen and reduced to 150 pounds.

That his reducing regimen was physiological, sound and actually healthful, rather than destructive to health as so many "Hollywood" and steentzen day" reducing methods are, is evident from his strength and lived to the age of 72, writing an essay on health and long life.

Poor old Ponce de Leon himself back in early 16th century was just a young fellow, as we'd say today, when he turned up his toes—barely 60. But sixty in his day was comparatively as old as 85 today.

If the legend of his quest had an element of truth in it, how sad it seems that his letter went astray or perhaps he failed to inclose a properly stamped self-addressed envelope and so the poor chap never received my pamphlet "The Iodin Ration".

No wonder George Cheyne was lethargic and listless, wouldn't you be if you had to drag a couple other fellows around with you every time you moved? It is not so easy to see why a great many people, who are little, if at all, overweight are lethargic, listless, apt to doze or drop asleep at any time, dull or downright moody and noticeably poor of memory.

But if you ask me—no, no, don't ask me, for I shall not answer—but what such manifestations suggest to me is Iodin deficiency. No matter whether the affected individual is a woman in the fourth decade or an adolescent boy or girl, the effect of proper correction of this nutritional deficiency is as pleasing a picture of rejuvenation as I have ever seen outside of a story book.

Now, please, don't be silly about this. No monkey business is implied by the term rejuvenation. Webster says rejuvenate means to render young or youthful again; to reinvigorate; to impart renewed vitality to. That's it—write. For years I've been trying to tell you that you must get enough Iodin, even though the daily requirement is only 100 micrograms (approximately

1/500th of a grain), if you want to stay young.

QUESTIONS & ANSWERS
Guiltless Girls
Many women in this neighborhood are drinking a tea made from saffron root for reducing flesh. The formula was printed in a household vegetarian health magazine, (W.L.J.)

Caught Gathering Wool
You said in your article on Undulant Fever that when there is reason to question the purity of milk the milk should be boiled for five minutes, or scalded through to a boil for one minute; or pasteurized (heated to 150 degrees F. for half an hour).

On the Radio Chain
STATIONS
Chain affiliation and where they are on the dial

THURSDAY
5:00 p.m. Sam Hayes and the News
5:15 p.m. Dick Tracy, ABC
5:30 p.m. Jack Armstrong, ABC
5:45 p.m. Elmer Peterson, ABC
6:00 p.m. Music Hall, NBC
6:15 p.m. The Sheriff, ABC
6:30 p.m. Mystery, ABC
6:45 p.m. The News, ABC
7:00 p.m. The News, ABC
7:15 p.m. The News, ABC
7:30 p.m. The News, ABC
7:45 p.m. The News, ABC
8:00 p.m. The News, ABC
8:15 p.m. The News, ABC
8:30 p.m. The News, ABC
8:45 p.m. The News, ABC
9:00 p.m. The News, ABC
9:15 p.m. The News, ABC
9:30 p.m. The News, ABC
9:45 p.m. The News, ABC
10:00 p.m. The News, ABC
10:15 p.m. The News, ABC
10:30 p.m. The News, ABC
10:45 p.m. The News, ABC
11:00 p.m. The News, ABC

FRIDAY
5:00 p.m. Sam Hayes and the News
5:15 p.m. Dick Tracy, ABC
5:30 p.m. Jack Armstrong, ABC
5:45 p.m. Elmer Peterson, ABC
6:00 p.m. Music Hall, NBC
6:15 p.m. The Sheriff, ABC
6:30 p.m. Mystery, ABC
6:45 p.m. The News, ABC
7:00 p.m. The News, ABC
7:15 p.m. The News, ABC
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10:15 p.m. The News, ABC
10:30 p.m. The News, ABC
10:45 p.m. The News, ABC
11:00 p.m. The News, ABC

Yule Concert At Apostolic Faith Friday Evening
The Apostolic Faith Church will present a concert of Christmas music Friday, December 21, at 8 p. m., with the combined orchestra and chorus-choirs of the Apostolic Faith churches of Medford, Klamath Falls and Grants Pass participating in the Medford church.

Many Never Suspect Cause Of Backaches
This Old Treatment Often Brings Happy Relief
When disorder of kidney function permits poisonous matter to remain in the blood, swelling, stiffness under the eyes, headaches and dizziness. Frequent or scanty urination with smarting and burning sensations when there is something wrong with your kidneys or bladder.

YICK SO CHINESE HERB CO.
REMEDIES FOR STOMACH ULCERS
Heart Rheumatism Asthma Catarrh
Piles Prostate Gland Enlargement and all disorders of Liver Kidney Trouble and other complaints disappear after using CHINESE HERBS
Removed to Sparta Bldg.
J. H. LEONG, Herbalist Phone 5817

cal numbers. A short musical program is also a regular feature of the Sunday night services.

Leonardo da Vinci was 54 years old when he painted the "Mona Lisa."

LEGAL NOTICES

Notice of Sale of Real Property IN THE COUNTY COURT OF THE STATE OF OREGON FOR THE COUNTY OF JACKSON.

NOTICE IS HEREBY GIVEN that the undersigned, Helen Mar Conroy, the duly appointed, qualified and acting Guardian of the estate of the above named minor, under and by virtue of an order duly and regularly made, rendered and entered by the County Court of the County of Jackson, State of Oregon, on date of December 5, 1945,

licensing, empowering and ordering her so to do, will offer for sale and will sell at private sale for cash only, at the office of George M. Roberts, Rooms 201-205 United States National Bank Building, Medford, Oregon, on and after January 4, 1946, and subject to the further order and confirmation of said County Court, all of the right, title, estate, lien and interest that the said Betty Ann Conroy, a minor has in and to the following described premises lying and being situated in Jackson County, Oregon, to-wit:

Beginning at the Southeast corner of Lot 9 in Morey's Addition to the Town (now City) of Medford, running thence North 34 degrees 45 minutes West 150.35 feet to the South line of West 6th Street; thence South 55 degrees and 15 minutes West along the South line of West 6th Street 206.75 feet; thence South 34 degrees 45 minutes East 6.93 feet to the North line of West Main Street; thence East along the North line of West Main Street 251.63 feet to the point of beginning.

Subject to a perpetual easement for a 4-in. water pipe as now laid and constructed across said premises. Subject to any and all leases and any extensions or renewals thereof. Dated December 5, 1945. HELEN MAR CONROY, Guardian of Betty Ann Conroy, a Minor. GEORGE M. ROBERTS, Attorney for Guardian.

SUMMONS IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY.
FRED C. NEATHAMER, Plaintiff, vs. R. L. SABIN and MRS. R. L. SABIN, his wife; the unknown heirs of R. L. Sabin, NORA NEATHAMER, executor of the Estate of Jesse D. Neathamer, deceased, OREGON GRANITE COMPANY, an Oregon Corporation; 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.

CHALKER'S MOTEL & LODGE OFFICERS' CLUB
Dine Dance Refreshments Chicken and Steak Dinners
Most Unique Place in Our City
CLOSED MONDAYS
Thursday Private Parties Only
For Reservations Ph. Gold Hill 474

MEDFORD NEON CO.
SIGNS and SERVICE
Personally supervised by RALPH ELLIS
527 Putnam Phone 3276

Park View Convalescent Home
153 Granite St. Ashland Ore
Registered Nurse in Charge
Equipment for bed patients

CHICKEN and STEAK DINNERS KING'S CAFE
Owned by OTIO and WAVE KING
Highway 99 at Talent
Come Out and See the Bears

TONIGHT! and every Thursday night
Abbott and Costello
Funnier and faster than ever!
KMED 7 P. M.
for CAMEL CIGARETTES

YICK SO CHINESE HERB CO.
REMOVED TO SPARTA BLDG.
J. H. LEONG, Herbalist Phone 5817

of this summons, and if you fail so to appear and answer, for want thereof the Plaintiff will apply to the Court for the relief demanded therein, a succinct statement of which is 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, or claim to have in, to, or upon the real property situated in Jackson County, Oregon, described as follows, to-wit:

Lots 3 and 4, in Block 2 of the Town of Rogue River, Oregon, according to the duly recorded plat thereof; excepted therefrom the following: Commencing at the Southwest corner of said Lot 3 and running thence South 63 degrees 30 minutes East 120 feet for the true point of beginning, and running thence North 0 degrees 51 minutes East 100 feet; thence South 72 degrees East 50 feet to the East line of said Lot 4; thence South to the Southeast corner of said Lot 4; thence Northwesterly to the true point of beginning.

And declaring any and all such claims to be null and void, and decreeing that said Plaintiff is the owner in fee simple of said premises and of the whole thereof, 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 enjoined, restrained, and barred from asserting and attempting to establish, or claiming any right, title, estate, lien or interest in, to or said property, or any portion thereof, and that Plaintiff's title to said premises be forever quieted and set at rest.

The date of the order for publication of this summons is Nov. 28, 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 Nov. 29, 1945.

HUGH B. COLLINS, Attorney for Plaintiff
Post Office Address, Medford, Oregon.

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Most Unique Place in Our City
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REMOVED TO SPARTA BLDG.
J. H. LEONG, Herbalist Phone 5817

Approximately three million man-hours will be needed for a proposed 10-year postwar program for state institutions in Wyoming.

Let's Go ROLLER SKATING MEDFORD ARMORY

7:30 to 10:30 WED., FRI., SAT. and SUN NIGHTS
SKATING PARTIES by SPECIAL ARRANGEMENT

STRANGE AS IT SEEMS By ERNEST HIX



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Honey thinned with water is excellent for sweetening fruit and cold drinks. It will ferment unless kept in a refrigerator, however.

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SKATING PARTIES by SPECIAL ARRANGEMENT

STRANGE AS IT SEEMS By ERNEST HIX



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DO YOU KNOW?

It has never been our policy to pay our employees LESS because they might be thrifty and save MORE than the average, nor do they ask each pay day to see what we can afford to pay.

ROGUE RIVER CHEVROLET

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31	32	33
34	35	36	37	38	39	40	41	42	43	44
45	46	47	48	49	50	51	52	53	54	55

ACROSS
1-Ripena
2-Merry
3-Old saying
4-Ceremony
5-Fiasco
6-Tussock regiment
7-Of egg
8-Wage
9-Concealed
10-Away
11-Swearing
12-Made mistake
13-Wander
14-Prison
15-Heir part
16-Clue
17-Sound of blow
18-Atmosphere

DOWN
1-Quire to learn
2-Spindle
3-Monarch
4-Spanish (abbr.)
5-Equipment
6-Some
7-Yard (abbr.)
8-Bay State city
9-Herring
10-Laundress
11-Taxi chair
12-Pork-like part
13-Sustain
14-Formed in
15-Kind of earth
16-Part to ear
17-Saggered
18-Highway
19-Wide-mouthed
20-Shoulder
21-Military stand
22-Wicked
23-Maitre
24-Semi-orectone stone
25-Click has it
26-Military stand
27-Carred pole
28-Pilgrimage
29-Central part
30-Small bed
31-Lump up
32-Arid
33-Ship
34-Ship
35-Ship
36-Ship
37-Ship
38-Ship
39-Ship
40-Ship
41-Ship
42-Ship
43-Ship
44-Ship
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49-Ship
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51-Ship
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55-Ship

BURZ GOOGLE and SNUFFY SMITH



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L'L ABNER



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THE NEBBES



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