

# Your Health and It's Care

By DR. WILLIAM BRADY M.D.  
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## TO DUMB FORGETFULNESS A PREY

Excluding the failure in the memory that occurs so commonly in prolonged grave illness and in advancing age, the most frequent cause of forgetfulness is anoxia, I believe. Anoxia is oxygen deficiency, that is insufficient supply of oxygen to the functioning tissues and cells of all the organs as well as the brain centers. I base this belief largely upon such studies as those of Haldane and Priestley (Respiration, published by Yale University Press, '35).

The authorities named observe that in many instances of prolonged grave illness or senile decline: "As the slow onset of anoxemia (oxygen deficit in the blood) advances, the senses and intellect become dulled without the person being aware of it..."

That is something to remember when dealing with such invalids. It accounts for many of the odd or irrational things they say or do. Often, too, their power of judgment is even more impaired than their power of memory, and hence they may make peculiar wills or dispositions. To ordinary observers they are "of sound mind" but their judgment is impaired nevertheless. The bad habit of costal or chest breathing which most of us have acquired from bad education, together with the inactive or sedentary life most of us lead, keeps us close to the borderline of anoxia or oxygen deficit most of the time, and hence subject to poor memory. It scarcely follows that "deep breathing" will prevent or correct oxygen deficit and the manifestations mentioned, though I do believe that regular practice of natural breathing (the Belly Breathing exercise, as described in booklet "How to Breathe" mailed on request if you inclose twenty-five cents and stamped self-addressed envelope) may in the course of years at least improve the breathing habit if not re-establish natural function of the diaphragm. In the same direction, it seems to me, if every child in the country could have the boon of elementary education or schooling that might correct the bad breathing habit. As we do these things now, physical education is farce in our public schools and the only effective instruction children of school age get about themselves, their physical bodies and how their bodies work or how to keep them in good working order for the duration, is the bunk the all-powerful commercial interests provide for them. In the few public schools where, through the efforts of courageous educators, a minimum of physical training is required for passing or graduating the ignorance of parents too often enables the child to evade what these folk regard as somewhat silly gym classes and whatever newfangled subjects they lump in the same category.

QUESTIONS & ANSWERS  
**Heart Trouble**  
Man claims he has heart trouble but after ten years of this the opinion of every doctor who examines him is that his heart is normal and his trouble is imaginary or nerves. The man has had bleeding piles for twenty years. (F. B. W.)  
Answer—The man should have the piles cured to stop the bleeding—maybe that will permit him to recover health and strength. The bleeding piles can be successfully and painlessly treated by the injection method, provided a physician skilled in that method gives the treatment. Beware of charlatans who have to canvass the public for customers—remember, if a doctor is good his satisfied patients send their friends to him and keep him so busy that he doesn't have to go out into the high-

ways and byways trying to lure unwary customers to his shop.  
**Potted Ham**  
My husband has picked up quite a bit of extra money in the past several years playing hit parts in the movies. His best chances have been in dance-floor or cabaret scenes, but he is getting quite a pot lately, so please send the pamphlet "How to Lose Weight." (Mrs. M. H.)  
Answer—For simple overweight or nutritional obesity, send stamped self-addressed envelope and ask for the pamphlet "How to Lose Weight." (Copyright 1945, John F. Dille Co.)

## On the Radio Chain STATIONS

Chain affiliation and where they are on the dial  
KALE (MBS) 1330, Portland  
KEX (ABC) 1190, Portland; KGO (ABC) 710, San Francisco; KGW (NBC) 670, Portland; KJR (ABC) 1000, Seattle; KXN (CBS) 1070, Los Angeles; KOA (NBC) 1330, Denver; KOIN (CBS) 970, Portland; KOMO (NBC) 950, Seattle; KPO (NBC) 680, San Francisco; KSL (CBS) 1140, Salt Lake City  
Time shown is PST

**Monday**  
5:00 p. m.—OK for Release, NBC; Terry and Pirates, ABC; News, MBS; Knotty Planning, CBS.  
5:15 p. m.—Mandrake the Magician, ABC; Superman, MBS; Songs by Judy Wright, 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.  
5:50 p. m.—Memo to America, ABC; Hoagy Carmichael, Radio Theatre, CBS; Gabriel Heatter, MBS.  
6:30 p. m.—Information Please, NBC; Spotlight Bands, MBS.  
7:00 p. m.—Screen Guild Players, CBS; Contended Hour, NBC; This Old Time of Ours, MBS; Theatre Guild, ABC.  
7:30 p. m.—Dr. I. Q., NBC; Thanks to the Tanks, CBS; Lons Ranger, NBC; Special Christmas Program, ABC.  
8:00 p. m.—Supper Club, NBC; Lum and Abner, NBC; Michael Shayne, MBS; Jack Kirkwood Show, CBS.  
8:15 p. m.—Jack Smith Show, CBS; Fleetwood Lawton, NBC; Hedda Hopper, ABC.  
8:30 p. m.—Calvacade, CBS; Jeanette MacDonald, NBC; Christmas, NBC; Music by Adlam, ABC; Joan Davis, CBS.  
9:00 p. m.—News, MBS; The Whistler, CBS; Telephone Hour, NBC; Paul Whiteman's Party, ABC.  
9:15 p. m.—Rex Miller, MBS.  
9:30 p. m.—Vox Pop, CBS; Green Horns, ABC.  
9:45 p. m.—Lee Sims, Pianist, NBC; 10:00 p. m.—Fulton Lewis, NBC; Charlie Chan, ABC.  
10:15 p. m.—Sherlock Holmes, MBS; Songs by Mary Ann, NBC.  
10:30 p. m.—Sweetheart Swingtime, NBC; Orch., CBS.  
11:00 p. m.—News, ABC; Orch., NBC; Serenade, CBS.

**Tuesday**  
5:00 p. m.—Terry and Pirates, ABC; OK for Release, NBC; News, MBS; Knotty Planning, CBS.  
5:15 p. m.—Dick Tracy, ABC; Superman, MBS; Here's Glen Again, NBC; Daily Double.  
5:30 p. m.—Date with Judy, NBC; Jack Armstrong, ABC; News, CBS; Captain Midnight, MBS.  
5:45 p. m.—Raymond Swing, ABC; Tom Mix, MBS; News, CBS.  
6:00 p. m.—Inner Sanctum, CBS; Guy Lombardo, ABC; Amos and Andy, NBC; Gabriel Heatter, MBS.  
6:15 p. m.—Real Stories, MBS.  
6:30 p. m.—Fibber McGee and Molly, NBC.  
7:00 p. m.—Bob Hope, NBC; The Ford Show, CBS; Concert Orch., ABC.  
7:15 p. m.—Overseas Report, MBS.  
7:30 p. m.—Red Skelton, NBC; Congress Speaks, CBS; Orchestra, ABC.  
8:00 p. m.—Supper Club, NBC; Lum and Abner, ABC; Jack Kirkwood Show, CBS.  
8:15 p. m.—Fleetwood Lawton, NBC; Jack Smith Show, CBS; Kenny Baker, ABC.  
8:30 p. m.—Johnny Presents, NBC; Theatre of Romance, CBS; Allan Young Show, ABC; The Falcon, MBS.  
9:00 p. m.—Big Town, CBS; Glen Hardy News, MBS; Dark Venture, ABC; Roy Shield and Company, NBC.  
9:15 p. m.—News, MBS.  
9:30 p. m.—Hollywood Theatre, NBC; Murder Will Out, ABC.  
10:00 p. m.—News, NBC; Charlie Chan, ABC; Fulton Lewis, MBS.  
10:15 p. m.—Leland Stow, ABC; His Honor the Barber, NBC.  
10:30 p. m.—Edwin C. Hill, CBS; Fenneman's Nite Club, ABC; Sweetheart Swingtime, NBC.  
11:00 p. m.—Talks, CBS; News, NBC.

Plans are being developed by 10 airlines in the United States to transport nearly one billion pounds of cargo in the near future, according to Distribution Age.

**CLOSED TEMPORARILY WATCH FOR RE-OPENING Take-It-Easy Lodge**

**"INFORMATION PLEASE"** KMED Tonight 6:30 P.S.T.

**GUESTS Boris Karloff John Mason Brown**

**SPECIAL REWARD:** If any member or former member of the Armed Forces submits a question to "Information Please," and that question is used, he will receive a \$50 Victory Bond instead of the usual \$10 in Victory Stamps.

PRODUCED BY DAN GULENPAUL  
Sponsored by your Friendly Mobilgas Dealer

County, Oregon, made and entered of record on the 7th day of December, 1945, in the Journal of said Court, will on the 8th day of January, 1946, beginning at 10:00 o'clock in the forenoon of said day in the office of Gus Newbury in the U. S. National Bank Building, Medford, Oregon, sell and thereafter, if not sold at said time) at private sale for cash any and all of Lots 1, 3, 6, 7 and 8 in Block 4 and Lots 4 and 5 in Block 8 of Kendall Addition to the city of Medford, Oregon, subject to the approval of such sale by the said County Court.

Dated: December 10, 1945.  
EUGENE AMANN,  
Guardian of the Estate of  
Cora M. Amann,  
an insane person,  
GUS NEWBURY,  
Attorney for Guardian.

**NOTICE TO CREDITORS**  
Notice is hereby given that I have been appointed by the County Court of Jackson County, Oregon, Executor of the Will of Henry Leland Van Derrmark, 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 December 3rd, 1945.

HAZEL L. VAN DERRMARK, Executrix.  
Harry C. Skyrman, attorney for Executrix.

**Citation IN THE COUNTY COURT OF THE STATE OF OREGON FOR JACKSON COUNTY, IN THE MATTER OF APPLICATION OF MARGARET LOUISE DAY FOR CHANGE OF NAME.**  
To all persons interested and whomsoever might be concerned: You and each of you are hereby cited and required to appear in the county court room at the court house at Medford, Oregon on Saturday, December 29, 1945 at the hour of 10 o'clock a. m. and then there show cause, if any there be, why the application of Margaret Louise Day to change her name from Margaret Louise Day to Margaret Louise Henry should not be granted and allowed in all things.

WITNESS the hand and seal of the county court of Jackson County, Oregon, this 17th day of December, 1945.  
J. B. COLEMAN,  
County Judge.  
O. H. BENTSON,  
Attorney for Petitioner.

Attest:  
GEORGE CARTER,  
County Clerk.

**Summons for Publication**  
In the Circuit Court of the State of Oregon for Jackson County  
LEROY HILDERBRAND and ELLEN V. HILDERBRAND, husband and wife, Plaintiffs,  
vs.  
HARRY REIMER and JANE DOE REIMER, his wife; M. W. WAGNER and JANE DOE WAGNER, his wife; the unknown heirs of any of said defendants if they be deceased; and also all of the persons or parties unknown claiming any right, title, estate, lien or interest in or to the real property described in the Complaint herein, Defendants.  
To the above named Defendants:

In the NAME OF THE STATE OF OREGON, you are hereby notified and required to appear in the above Court and cause and answer the Complaint of plaintiffs now on file therein against you, or otherwise plead

thereto, within four (4) weeks from December 24, 1945, the date of the first publication of this Summons upon you; and if you fail to so appear and answer within the time required, for want thereof plaintiffs will apply to the Court for the relief prayed for in their Complaint, sell and thereafter, if not sold at said time) at private sale for cash any and all of Lots 1, 3, 6, 7 and 8 in Block 4 and Lots 4 and 5 in Block 8 of Kendall Addition to the city of Medford, Oregon, subject to the approval of such sale by the said County Court.

The East Half (1/2) of the Northwest Quarter and the West Half (1/2) of the Northeast Quarter of Section Ten (10), Township Thirty-six (36) South of Range Four (4) West of the W.M. in Jackson County, Oregon, and excluding defendants, and each thereof, from any right, title, estate, lien or interest therein or thereto.

This Summons is served upon you by publication thereof once a week for four (4) consecutive weeks by Order dated December 21, 1945.  
DON R. NEWBURY  
Attorney for Plaintiffs,  
U. S. National Bank Bldg.,  
Medford, Ore.

**Summons for Publication**  
Suit in Equity to Quiet Title in the Circuit Court of the State of Oregon for the County of Jackson  
VELDA IRENE HARRIS and VERN HARRIS, wife and husband, and ROBERT E. HEIN and EVELYN R. HEIN, husband and wife, Plaintiffs,  
vs.  
FLORENCE EMBRETSSEN and JOHN DOE EMBRETSSEN, her husband if married, and unknown heirs of Walter C. Franklin, deceased, and also all other persons or parties unknown claiming any right, title, estate, lien or interest in and to the real property described in the complaint herein. Defendants.  
To the above named defendants,

and each, every and all of them:  
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 plaintiffs 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, plaintiffs will pray to the court for the following relief against you and as prayed for in plaintiffs' complaint on file herein and specifically referred to here by and by this reference made a part hereof, a succinct statement of which is as follows, to-wit:

For a decree quieting in fee simple in and to the following described premises, lying and being situated in Jackson County, Oregon, to-wit:  
Government Lots One (1) and Two (2) in Section 28, in Township 38 South of Range 1 West of the Willamette Meridian, in Jackson County, Oregon, together with all water rights appurtenant thereto or to become appurtenant thereto.  
Subject to all roads and rights of way of record or on the ground.  
Subject to the effect of said premises being within the confines of the Talent Irrigation District, 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 in and for Jackson County, on December 21, 1945.

The date of the first publication of this summons is December 24, 1945.  
GEORGE M. ROBERTS  
Attorney for Plaintiffs  
Address: 201-205 U. S. National Bank Bldg.,  
Medford, Oregon.

**Chalker's Motel & Lodge OFFICERS' CLUB**  
Dine-Dance-Refreshments  
Chicken and Steak Dinners  
Most Unique Place in So Ore.  
CLOSED MONDAYS  
Thursdays Private Parties Only  
For Reservations Ph. Gold Hill 474

**ZERO CLUB**  
Out of bounds, civilians only  
Delicious chicken and steak dinners 7:00 p. m. to 3:00 a. m. except Sunday. Phone day time 5300; night 9101

**CHUNGKING INN**  
28 North Front St.  
Phone 9132  
We Serve Fine Foods  
Chinese & American Dishes  
Open From  
4 P. M. to 2 A. M.  
SAT. 4 P. M. to 4 A. M.  
ORDERS TO TAKE OUT

**DO YOU KNOW?**  
nearly everyone agrees that collective bargaining is a progressive step in EMPLOYEE-EMPLOYER relations BUT the "collective" part must naturally benefit both parties.  
**ROGUE RIVER CHEVROLET**

**Crossword Puzzle**  
ANSWER TO PREVIOUS PUZZLE  
ACROSS  
1—Sword handle  
6—Oriental  
11—Human being  
12—Support over door  
14—Writing fluid  
15—Make reference  
17—Boomer than  
18—Company notes  
19—Tone leading part  
21—Southern State (abbr.)  
22—The Hairy One  
24—A tub  
25—Masthead  
27—Ship  
28—Remains erect  
31—The ear (comb. form)  
32—Vase  
33—Fast fruits  
36—Tendons  
38—Winged  
40—Lid  
42—Region  
43—Inbound (abbr.)  
44—Avenue  
47—In direction of  
51—Barn's nest  
52—Federal project (abbr.)  
53—Bunch  
54—Rhinoceros  
55—Agrees with  
57—More with  
DOWN  
1—Truthful  
2—Agony  
3—Lecturers (abbr.)  
4—Small desert  
5—Square thread  
6—On guard  
7—Faire  
8—Within  
9—Took food  
10—Dare strength  
11—Explosive  
13—Conducts  
16—Mist's title  
19—Wooers  
20—Appeals for justice in India  
23—Small  
26—Interior  
28—Liquan river  
29—The parson bird  
30—Scottish landlord  
34—Arm joints  
35—Strain of ore  
36—Inure mixture  
37—Clothesmaker  
38—Lunfer  
41—Over (root)  
45—Twenty-seventh  
46—River guide  
49—Greek letter  
51—Oil machine  
53—New England State (abbr.)  
55—Chinese weight

**And a Happy Joyous New Year to You All**  
This Christmas, we can all be jolly and happy, exuberant and gay—for the gift of peace has been sent us. Many of our boys are home to share in the holiday festivities and thus reunite families once again. Along with our most sincere and heartiest wishes for a best Christmas ever, we want to thank you for your friendly cooperation and patronage.  
**American Laundry**  
PHONE 3534  
132 SOUTH CENTRAL

**STRANGE AS IT SEEMS** By ERNEST HIX  
A large crowd of white men and women, citizens of Prescott, Ariz., have re-enacted the famous Indian legends, rituals and dances to the finest details of the ancient past. The smoke people!  
FOR 24 YEARS  
A LARGE CROWD OF WHITE MEN AND WOMEN, CITIZENS OF PRESCOTT, ARIZ., HAVE RE-ENACTED THE FAMOUS INDIAN LEGENDS, RITUALS AND DANCES TO THE FINEST DETAILS OF THE ANCIENT PAST.

**BARNEY GOOGLE and SNUFFY SMITH**  
WHAT TH' DING DONG MADE MY WHISKERS TARN CURLY??  
HAW HAW HAW  
YE MUSTA DIPPED 'EM IN MIRACLE CRICK. SUT---  
I SWOW!! NOW I CAN JINE TH' CIRCUS  
YE COULD A-JINED TH' CIRCUS LONG AFRE YE GOT CURLY - WHISKERED

**L'IL ABNER**  
THE NEW YORK HOME OF LAURYN HARDING, FIRST LADY OF THE STAGE  
YOU'RE AN INTERVIEWER! PRESERVE PLEASE SIT DOWN, YOU MAY LEAVE US LONG.AND NOW MY DEAR—WHAT IS YOUR FIRST QUESTION?  
MAH FIRST QUESTION IS—  
HOW'D YOU LIKE ME T' RIP YOUR HEART OUT?  
IF YOU'LL L'ARN ME T'BE A ELLY-GUNT LADY LIKE YOU—YO' LIVES?—EF YO' REPOOZES?

**THE NEBBES**  
IF YOU FEEL AS BAD AS YOU LOOK, WERE NOT GOING TO THAT CHRISTMAS EVE PARTY  
BUT FANNY, I HATE TO SPOIL YOUR FUN  
DONT BOTHER CALLING THE DOCTOR... I'LL BE ALL RIGHT  
I'M NOT TAKING ANY CHANCES... YOU MAY BE COMING DOWN WITH THE FLU OR SOMETHING  
SEEMS WE CAN GET RID OF YOU, DOC  
TRUDY WAS SO CUTE... SHE WANTED TO KNOW WHERE HER MEASLES WENT WHEN THEY DISAPPEARED  
I CAN ANSWER THAT FOR HERRUDY WAS 'EM  
OOH-H-H—WHAT A MEASLY CHRISTMAS PRESENT!

**THE WORLD AT ITS WORST** By GLUYAS WILLIAMS  
IN ORDER TO GET YOUR CHRISTMAS PRESENTS INTO THE HOUSE WITHOUT THE FAMILY'S SEEING THEM YOU TAKE A CIRCUITOUS ROUTE THROUGH THE VACANT LOT AND OVER THE FENCE, BEHIND THE GARAGE AND AT THE COST OF FREEZING FINGERS AND ONE OR TWO BAD SPILLS GET THEM SAFELY IN AT THE BACK DOOR. TO DISCOVER THAT YOUR WIFE HAS THE CHILDREN OVER AT GRANDMA'S TODAY

**NOT in the Sense of Custom, but with a genuine appreciation of our pleasant association during the year just past we extend to you Our Best Wishes for an Old-Fashioned MERRY CHRISTMAS and a HAPPIER NEW YEAR BUD'S PLACE TALENT, ORE.**