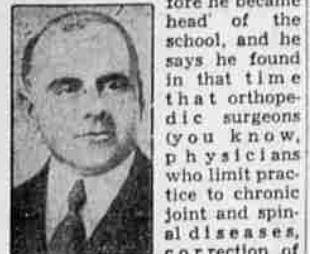


Your Health and It's Care

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

RAHI RAHI BAH!

Head of a preparatory school for boys for many years engaged in physical education before he became head of the school, and he says he found in that time that orthopedic surgeons (you know, physicians who limit practice to chronic joint and spinal diseases, correction of deformities, management of injuries that may leave the victim more or less crippled) condemn football for boys of high school age.



The head master's sound policy may be the policy or opinion of a good many educators with experience, but many of them are too timid to take a stand against this subversion of physical education in the public schools. It is pertinent to mention here that the prep school head I quote is a private school man. Perhaps he would keep mum if he were a public school man and wanted to continue one.

Just what is my gripe against football, numerous correspondents, a few of them not anonymous, ask.

I have no gripe against football. It is a fine game for grown men.

What I decry is the substitution of that hysterical performance for the physical training which children in school so sorely need.

My objections to high school football are specifically these:

- (1) The adolescent boy, even though he has grown much faster and apparently bigger and stronger than the average or normal, is not up to the strains of football—neither in bone, sinew nor heart. If he is encouraged or permitted to attempt to "make the team" it may at cost of permanent damage or lifelong inefficiency, to say nothing of the risk to life itself.
- (2) High school football, especially what the prep school head calls major football (spectacular games between schools representing rival communities), takes the school children (spectators) away from classes in which they should be getting at least a pretense of physical training, and subjects them to the 100% harmful influence of vicarious excitement or stimulation. I'm sorry there isn't room here to describe in elementary terms the physiology or pathology of this—the way such stimulation mobilizes glycogen (sugar) in the blood etc. To parents of high school children I suggest that the behavior of the youngsters following a big game is only the usual reaction to such abnormal excitement without the normal or natural physical activity to use the energy released.
- (3) To permit a child to attend the high school football game on the one hand and to dodge gym or other physical training classes on the other hand, is what I call a ridiculous deal.

QUESTIONS & ANSWERS

Husband, 6 ft. 3 inches tall, weighs 242 pounds, is very shaky and his weight seems poor at the age of 30 years old. A year ago he weighed 260 pounds and reduced 28 pounds on thyroid treatment by Dr. (S. A. F.)

Answer—He should not monkey with thyroid unless under his physician's care. Anything is possible except a mouse's nest in the cat's ear. There was old George Cheyne—he weighed 448 pounds at the age of 30, then began dieting on milk and vegetables, and exercising, and reduced to 150 pounds, recovered vitality, lived to the age of 72. Send twenty-five cents and stamped self-addressed envelope for booklet "Rules for Reducing."

Husband is fourth consecutive generation diabetic. We have two children and we are more than anxious to avert, if possible, recurrence in the fifth generation. (Mrs. L. R.)

Answer—You may get some help along that line from a study of "Training for Diabetes"—for copy of booklet send five cents and stamped self-addressed envelope.

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Race Comedy At Craterian



"You girls get along together, or else," just one of the many laugh filled scenes from "She Went to the Races," with James Craig and Frances Gifford now playing through Saturday at the Craterian.

"Spanish Main" At Holly



John Emery and Paul Henreid are rivals for the love of Maureen O'Hara in "Spanish Main," a riotous adventure filled technical romance now playing at the Holly theatre.

Attending were Mr. and Mrs. Clarence Gray and son Donald of Medford, Mr. and Mrs. Jack Hollenbeck and daughter, Joanne, Miss Thelma Goode, Mrs. Nell Goode, and the hosts and their children, Patricia Ann and Ralph.

Mr. and Mrs. Ben Haynes and daughters, Connie May and Joyce, have been in Seattle for the past two weeks, where they were called by the serious illness of Mr. Haynes' mother.

Mr. and Mrs. Floyd Kelley returned to their home here from Roseburg, where they visited with Mrs. Frances Kelley for several days. Mr. and Mrs. Kelley were dinner guests at the home of the former's cousins, Mr. and Mrs. Val Strong, in Roseburg, Christmas day. They also spent a couple of days at relatives at Azalea, and had a pleasant surprise while there, when a nephew, Stanley Jantzer, called from Seattle that he had just arrived from Japan.

Miss Evelyn Ditsworth returned to her work at Portland, after spending the holidays with her parents, Mr. and Mrs. L. A. Ditsworth.

Mr. and Mrs. Paul Turner of Medford were guests over last week-end of Mr. and Mrs. F. Everett Shafer.

Mrs. Floyd Kelley is up and able to be out again, after being confined to her home for six days with influenza.

Miss Aileen Sherwood, junior at Oregon State college, returned to Corvallis January 2, after spending the holidays with her parents, Mr. and Mrs. T. J. Richey.

Mr. and Mrs. Glenn Fairchild, and daughter, Miss Dorothy, and their house guest, Mrs. Myrtle Fairchild of Estacada, also Mr. and Mrs. R. C. Ford Garrouth and children, Glenda and Duane, motored to Grass Valley, Ore., last week, and are visiting over New Year's at the home of Mr. and Mrs. Ted Kelly.

Recent guests at the home of Mr. and Mrs. Chas. B. Broomfield were Mrs. A. Rainey and Florus Broomfield of Los Angeles, and Miss Ruth Lamsent, of San Pedro.

Miss Arleta Herman, junior at Oregon State college at Corvallis, spent the holidays with her parents, Mr. and Mrs. William F. Herman.

Mr. and Mrs. Harry H. Hart spent New Year's day at Pasadena, Calif., where they attended the Tournament of Roses, and the Rose Bowl football game.

According to announcements received here, Mr. and Mrs. Edward Eilertsen are the parents of a first son, and second child, born Dec. 24, at Corvallis. The Eilertsens are well known here, where they were instructors in the local high school, before the war. Eilertsen served in the coast guard, and is now principal of Odell high school.

Mr. and Mrs. Lester DeArmond spent Christmas with relatives at Lakeview.

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

Mr. and Mrs. Rostel Now On Staff Of Lewiston Tribune

Mr. and Mrs. Ernest Rostel, former Medford newspaper people, are now employed on the Lewiston, Idaho, Tribune, Mr. Rostel being managing editor, according to word received here by friends.

Mr. Rostel, a former member

of the Mail Tribune news staff, later was employed in publicity work by the National Park service and during the war was managing editor of a large weekly in Bel Air, Md., where Mrs. Rostel acted as business and advertising manager. She is also a former Mail Tribune employee, having worked in the advertising department for several years before their departure for service.

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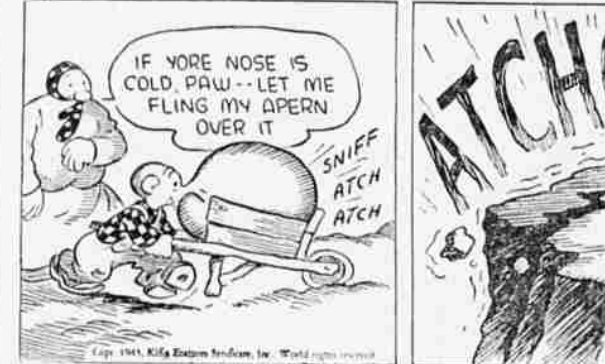
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