

RADIO PROGRAMS—MONDAY. Programs listed below are received from the radio stations and the Mail Tribune assumes no responsibility except to make such changes as are supplied.

RADIO PROGRAMS—TUESDAY. Programs listed below are received from the radio stations and the Mail Tribune assumes no responsibility except to make such changes as are supplied.

Your Health and Its Care

By DR. WILLIAM BRADY, M.D. Readers should address inquiries to: William Brady, 263 El Camino, Beverly Hills, Calif.

TOBACCO AND ANOXIA

Anoxia means without oxygen. Anoxia means without oxygen, oxygen lack, insufficient oxygen, oxygen deficit in the cells, tissues and organs. Sometimes physicians refer to anoxia in a particular area, say in vital brain centers or the heart muscles, as ischemia.

Then there is the older, more familiar term, asphyxia, which means literally no throb, no breathing, suffocation.

The importance of anoxia is indicated by the fact that some good physicians today believe anoxia to be the cause of the heart (muscle) to which a branch of the coronary artery delivers or should deliver oxygen via the blood, of course. The best and quickest relief for anginal distress is nitroglycerin, a tablet containing 1/100th of a grain placed under the tongue, which is absorbed and acts as quickly as any hypodermic injection can; nitroglycerin relieves the distress by relaxing, dilating or opening up the contracted coronary artery branch or rather its smallest terminals (arterioles), thus permitting delivery of the needed oxygen to the heart muscle.

It may be true, although I have never seen evidence of it, that nicotine in tobacco accounts for the ill effects of excessive smoking. Chemical analyses show that various kinds of tobacco contain from 1 to 5 or 6 per cent of nicotine, whereas the nicotine in the tobacco is destroyed by combustion. But this trifling discrepancy doesn't worry the old timers at all. Once they have pronounced an opinion, you had better swallow it without question. Otherwise you're likely to get a kick in the teeth.

There are many reports of ill effects of excessive use of tobacco in current medical literature, in most instances from cigarette smoking, in some instances from cigar smoking, but only rarely from pipe smoking and I cannot recall that I have ever seen or read of a case of serious ill effects from chewing tobacco. Not that the habit of chewing is to be commended if one associates with human beings, but if the old timers are right and the chemists are not kidding, a fellow who decides to take a chew of tobacco ought to make his will and call the coroner first.

What really accounts for the ill effects of smoking, as the scientific evidence indicates, is the carbon monoxide in the smoke, or to state it precisely, the anoxia produced by inhalation of even a minute quantity of carbon monoxide. This holds true whether it be the awful sickness many youngsters suffer from their first adventure in smoking or the condition called thrombo-angiitis obliterans (Burger's disease) which is probably due to excessive cigarette smoking, although physicians have reported cases in non-smokers.

The blood of normal individuals in industrial communities contains a small amount of carbon monoxide, about 1.5% saturation, but the blood of smokers in the same community contains...

Glos Planning Fight To Clear His Name. Portland (U.P.)—A Portland attorney who resigned as hearing examiner for the Oregon Liquor Control Commission Saturday said he would fight to clear his name.

BEST You Can Get. WHY PAY MORE? St. Joseph ASPIRIN. 100 Tablets 40c. Gives special kind of 'comforting warmth' for KIDS' COLDS.

CROSSWORD PUZZLE Answer to Saturday's Puzzle

Crossword puzzle grid with clues for Across and Down. Includes a small illustration of a woman in a dress.

Carachi, Pakistan (U.P.)—Two persons were killed and many were injured in a violently destructive earthquake which hit the trade center of Quetta 370 miles north of Karachi early Saturday. The quake was the first in a series of tremors which hit the heavily-populated Quetta area in the past week.

STOP! It is dangerous to lot cough from common cold lung on chronic bronchitis may develop if your cough, chest cold, or acute bronchitis is not treated. CREOMULSION relieves Coughs, Chest Colds, Acute Bronchitis.

STRANGE AS IT SEEMS



SWITZERLAND'S WORLD-FAMOUS CARNIVAL AND MARDI GRAS HAS BEEN CELEBRATED AT BASEL FOR CENTURIES... UNDERWATER TRACK MEETS—HELD AT THE BOTTOM OF RAINBOW SPRINGS, near Dunnellon, Florida.

BARNEY GOOGLER and SNUFFY SMITH. SNUFFY!! SHERIFF TAIT'S GONE OFF FER A SPELL—AN' GUESS WHO'S TOOKEN OVER HIS JOB? YORE WIFE-MATE!!

BARNEY GOOGLER and SNUFFY SMITH. WHAT ARE YOU TWO SNEAKY-LOOKIN' VARMINTS HATCHIN' UP?

BUZ SAWYER. BY THE WAY, GUNNER, WHAT'S YOUR NAME? NIXON, SIR.

BUZ SAWYER. NIXON? NIXON? HAVEN'T I KNOWN YOU SOMEWHERE? NOT THAT I KNOW OF, SIR.

BLONDIE. Using every means of navigation known to man or beast, the brave little nation of Lower Slobbovia enters New York harbor, on their way home—smack into American iceboxes!!

MUTT and JEFF. DAGWOOD—ELMO JUST SAID A NAUGHTY WORD. WE'LL PHONE HIS MOTHER.

MUTT and JEFF. MR. BUMSTEAD I FORGOT WHAT THAT WORD WAS—WILL YOU TELL ME SO I WON'T SAY IT AGAIN?

MUTT and JEFF. AH! I'VE ALWAYS WANTED TO READ THIS BOOK! ARE YOU READING THE PHONE BOOK? IT AIN'T GOT MUCH OF A PLOT!

As We Live

No Honor In Keeping Promise To Par amour. Promises should be considered solemn trusts. However, when they are made by people who have no right to make them they can hardly be regarded as sacred.

(Q) "Some years ago my husband was sick and went to a doctor. He fell in love with the doctor's helper and has been having an affair with her ever since. I learned that he promised her never to break it up."

"Now he recognizes his mistake. She knew all the time he was a married man but is trying to hold him to his promise. He has paid her plenty with gifts and money all these years. Can this promise be broken? I have never tried."

Dr. Hurlock. Your husband was not free to make the promise he made. He had already promised, in his marriage vows, to put you before all others regardless of circumstances.

Unless your husband has written letters to this woman, promising that he will never leave her, she wouldn't have a leg to stand on if she tried to force him to divorce you. Therefore, urge your husband to break off his relationship with this woman and try to set an example as a good father for the sake of his children.

GETTING UP NIGHTS. Troubled with GETTING UP NIGHTS Pains in BACK, HIPS, LEGS Tiredness, LOSS OF VIGOR. If you are a victim of these symptoms then your troubles may be traced to Glandular Inflammation.

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Little Daisy Sniders. TRIBUNE WANT ADS FOR RESULTS Phone 2-6141. "OH, WHAT A BEAUTIFUL MORNING!" Hear the Harry Babbitt Show Monday thru Friday 7:45 am