

The Nation's Top Comics

DAILY AND SUNDAY
in
Your Home Newspaper

BLONDIE



DICK TRACY



LITTLE ANNIE ROONEY



BUZZ SAWYER



MICKEY MOUSE



RIP KIRBY



GASOLINE ALLEY



BARNEY GOOGLE

"THE YOUNG IDEA" By Mossler



MONDAY'S BROADCASTS

Pacific Standard Time

Kilocycles: KSLM 1390, KOCO 1490, KOIN 970, KGW 620, KEX 1190

Hour	00:00	00:15	00:30	00:45
6	KSLM Morning News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird	KSLM Timekeeper KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird	KSLM March Time KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird	KSLM News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird
7	KSLM News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird	KSLM Rise and Shine KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird	KSLM Rise and Shine KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird	KSLM Top Trades KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird
8	KSLM News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird	KSLM News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird	KSLM News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird	KSLM News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird
9	KSLM News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird	KSLM News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird	KSLM News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird	KSLM News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird
10	KSLM News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird	KSLM News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird	KSLM News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird	KSLM News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird
11	KSLM News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird	KSLM News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird	KSLM News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird	KSLM News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird
12	KSLM News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird	KSLM News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird	KSLM News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird	KSLM News KOCO News KOIN Hodge Podge KGW Squirrelly Bird KEX Squirrelly Bird

SUNDAY'S BROADCASTS

Pacific Standard Time

Kilocycles: KSLM 1390, KOCO 1490, KOIN 970, KGW 620, KEX 1190

Hour	00:00	00:15	00:30	00:45
6	KSLM World News KOCO World News KOIN World News KGW World News KEX World News	KSLM World News KOCO World News KOIN World News KGW World News KEX World News	KSLM World News KOCO World News KOIN World News KGW World News KEX World News	KSLM World News KOCO World News KOIN World News KGW World News KEX World News
7	KSLM Music KOCO Music KOIN Music KGW Music KEX Music	KSLM Music KOCO Music KOIN Music KGW Music KEX Music	KSLM Music KOCO Music KOIN Music KGW Music KEX Music	KSLM Music KOCO Music KOIN Music KGW Music KEX Music
8	KSLM First Baptist KOCO First Baptist KOIN First Baptist KGW First Baptist KEX First Baptist	KSLM First Baptist KOCO First Baptist KOIN First Baptist KGW First Baptist KEX First Baptist	KSLM First Baptist KOCO First Baptist KOIN First Baptist KGW First Baptist KEX First Baptist	KSLM First Baptist KOCO First Baptist KOIN First Baptist KGW First Baptist KEX First Baptist
9	KSLM Bible Class KOCO Bible Class KOIN Bible Class KGW Bible Class KEX Bible Class	KSLM Bible Class KOCO Bible Class KOIN Bible Class KGW Bible Class KEX Bible Class	KSLM Bible Class KOCO Bible Class KOIN Bible Class KGW Bible Class KEX Bible Class	KSLM Bible Class KOCO Bible Class KOIN Bible Class KGW Bible Class KEX Bible Class
10	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News
11	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News
12	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News
1	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News
2	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News
3	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News
4	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News
5	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News
6	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News
7	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News
8	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News
9	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News
10	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News
11	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News
12	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News	KSLM News KOCO News KOIN News KGW News KEX News

Your Health

Written by
Dr. Herman N.
Bundessen, M.D.

Many patients with symptoms affecting the heart and circulation do not have any actual disease but are really suffering from nervousness.

One of these conditions is known as neurocirculatory asthenia. The symptoms in these cases are often shortness of breath, headache, rapid and noticeable beating of the heart, and sometimes pain near the heart and fainting spells. The patient may also have poor appetite, feel depressed, over-anxious, fatigued and shaky. Persons with this disorder claim that any muscular effort brings on an attack.

Anxious About Health

It is not unusual to find that these patients have had disturbances of a nervous type during childhood, such as fears, nightmares, or bed-wetting; later on in life these have been transferred into anxiety concerning physical health. Many of these people are poorly adjusted, and heart symptoms offer a reason for their inability to meet complexing situations which confront them.

In treating this condition, it is necessary that the patient be assured that his physical health is quite satisfactory, and that his symptoms are only due to his anxiety and nervousness.

Some treatment has resulted in improvement in about one-third of the patients. If there is a more severe type of anxiety, treatment by a specialist in these disorders is required.

The most important part of the treatment is for the patient to understand that his symptoms come from fear, anxiety, and nervous tension.

Even in heart disorders in which the heart is actually damaged, patients may have certain nervous disturbances which result in shortness of breath and rapid heart beat, even though the heart is properly keeping up the circulation.

May Feel Inferior

Patients with these heart disturbances may feel inferior and resent their inability to do as much as those with a normal heart, and thus they may develop psychologic upsets. On the other hand, strict limitation of his activities may lead a patient into an unnecessary state of chronic invalidism.

Thus, it is important for patients with heart disease to understand the exact nature of their condition and not to become resentful or develop a feeling of inferiority, all of which can only add to their problems.

QUESTIONS AND ANSWERS

S. O.: Would you please tell me what I could do to get rid of red veins on my cheeks?

Answer: Enlargement of the veins in the skin of the face should be treated by a skin specialist. Various methods have been used for eliminating these veins, such as injections of sclerosing substances, or radium.

Unless the condition is severe, no treatment may be required.

They'll Do It Every Time

By Jimmy Hato



The GEM Parade

Select the gem-stone of your choice from our unrivaled supply, and let our jeweler mount it for you. You will always find a wide selection of Gemstones (the January Birthstone), Topaz, Aquamarines, Zircons, Sapphires, Rubies, Diamonds and many others at our shop. Drive out today. Memo service to dealers... Free Gem catalogue.

V. D. HILL GEM SHOP
Importers and Cutters
99-E and Lancaster Dr.
Phone 2-1380
(Open from 1 to 9:30 p. m.)