

RADIO PROGRAMS--FRIDAY

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

KVJC--1230 kc	KMED--1440 kc	KWIN--1400 kc
6:00--Fun Factory*	Weeks & Orr News	Baseball*
6:15--Fun Factory*	H. V. Kallenborn*	Baseball*
6:30--Chet Huntley*	Kiddie Hit Parade	Baseball*
6:45--The Toy House	Elmer Peterson*	Baseball*
7:00--Sports Parade*	Sports Roundup	Assembly of God
7:15--Elmer Davis*	KMED Commentary	Assembly of God
7:30--Drive-In Quiz	Cisco Kid	Musical Mailbox
7:45--Bill Bowerman Show	Mario Lanza*	Musical Mailbox
8:00--Fights*	Montgomery & Safety	Valley News
8:15--Fights*	Pro & Con*	Lean Back & Listen
8:30--Fights*	One Man's Family*	News*
8:45--Richard Diamond*	News of the World*	Bullinger & Frost Warn.
9:00--This is Your FBI*	Salute To Reservists	Spotlight On U.S.*
9:15--This is Your FBI*	Salute To Reservists	Spotlight On U.S.*
9:30--Ozzie & Harriet*	Martin & Lewis*	The Three Suns
9:45--Ozzie & Harriet*	Martin & Lewis*	Major Lively*
10:00--Mr. District Attorney*	Halls of Ivy*	John W. Vandercook*
10:15--Mr. District Attorney*	Richfield Reporter*	John T. Flynn*
10:30--Hank Weaver-News*	Richfield Reporter*	John T. Flynn*
10:45--Prize-Lite Parade*	Richfield Reporter*	John T. Flynn*
11:00--Sports Report*	Music You Want	Between The Lines
11:15--Flying Time	Here's Jamison	Sign-Off
11:30--Laura*	Here's Jamison	Sign-Off
11:45--Laura*	Here's Jamison	Sign-Off
12:00--Platter Party	Here's Jamison & News	Sign-Off
12:15--Platter Party	Sign-Off	Sign-Off

RADIO PROGRAMS--SATURDAY

6:00--Rise 'N' Shine	Navy Band	Platter Party*
6:15--Rise 'N' Shine	Marine Show	Platter Party*
6:30--Sunrise Serenade	Marine Show	Platter Party*
6:45--Sunrise Serenade	Marine Show	Platter Party*
7:00--Sunrise Serenade	Marine Show	Platter Party*
7:15--Sunrise Serenade	Marine Show	Platter Party*
7:30--Sunrise Serenade	Marine Show	Platter Party*
7:45--Sunrise Serenade	Marine Show	Platter Party*
8:00--Sunrise Serenade	Marine Show	Platter Party*
8:15--Sunrise Serenade	Marine Show	Platter Party*
8:30--Sunrise Serenade	Marine Show	Platter Party*
8:45--Sunrise Serenade	Marine Show	Platter Party*
9:00--Sunrise Serenade	Marine Show	Platter Party*
9:15--Sunrise Serenade	Marine Show	Platter Party*
9:30--Sunrise Serenade	Marine Show	Platter Party*
9:45--Sunrise Serenade	Marine Show	Platter Party*
10:00--Sunrise Serenade	Marine Show	Platter Party*
10:15--Sunrise Serenade	Marine Show	Platter Party*
10:30--Sunrise Serenade	Marine Show	Platter Party*
10:45--Sunrise Serenade	Marine Show	Platter Party*
11:00--Sunrise Serenade	Marine Show	Platter Party*
11:15--Sunrise Serenade	Marine Show	Platter Party*
11:30--Sunrise Serenade	Marine Show	Platter Party*
11:45--Sunrise Serenade	Marine Show	Platter Party*
12:00--Sunrise Serenade	Marine Show	Platter Party*
12:15--Sunrise Serenade	Marine Show	Platter Party*
12:30--Sunrise Serenade	Marine Show	Platter Party*
12:45--Sunrise Serenade	Marine Show	Platter Party*

*--ABC *--NBC *--LBS

Your Health and Its Care

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

HEART TO HEART TALK

Let's talk about a man or woman with valvular heart disease, say mitral incompetence or insufficiency.



Dr. Brady

It is my belief that this desirable "indication" for digitalis, personally I am convinced that digitalis has nothing to do with it, but who am I?

The mitral valve is the valve between the left auricle and the left ventricle. It opens to permit blood to pass through from auricle to ventricle during the interval between heart beats; it closes to prevent blood from leaking back into the auricle when the heart beats—the ventricle contracts to pump blood out into the great artery. If a leaf of the mitral valve becomes distorted by scar tissue which forms after inflammation of the heart lining (endocarditis) it no longer closes perfectly, so there is more or less backward leakage of blood into the auricle with each heart beat.

It is not wholly visionary to predict that in the not distant future cardiometry (opening into the heart) for the repair of damaged valves will be a routine operation. More daring surgery is now an accomplished fact—the operation for persistent foramen ovale—the developmental defect in the heart responsible for "blue babies."

Every one with valvular leakage must have a larger, stronger heart than he or she would otherwise need to maintain adequate circulation. To compensate for the leakage at each beat the heart must pump that much more blood out into the aorta at each beat. To do this the heart must be enlarged, hypertrophied, more heavily muscled and, of course, dilated at least enough to hold the greater volume of blood pumped at each beat.

This heart enlargement is, in fact, the object of all treatment for valvular trouble. Whatever double talk the "authorities" may grind out about it—and, boy, do they grind it out, with variations from decade to decade!—this compensatory enlargement of the heart is the ineluctable

MOO-O-OS and MUSINGS



We sent our commerce editor scurrying out yesterday to check on the story that a large giraffe factory is to be built in Medford.

We are sorry to report that the rumors are without foundations.

Little Daisy



Roller Shades

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Follow His Adventures in the Comic Page Every Day

When BUZ SAWYER starts an assignment, there's plenty of adventure ahead. Trouble-shooter for an oil company, BUZ gets dangerous assignments that take him to every corner of the world. For an adventure in reading, follow BUZ SAWYER in the comic page every day.

BUZ SAWYER APPEARS EVERY DAY
in the
Mail Tribune

disease, thrombosis or the like should avoid any and every physical activity for dear life.

I cited a year ago statistics showing that coronary occlusion or thrombosis happens more frequently to a person asleep or at rest than to one engaging in walking or other activity. So the individual with heart trouble of any kind who avoids all activity, even activities he or she might enjoy, merely because the heart is "bad" or "weak" is foolish. On the other hand let no reader infer from what I say about the value of moderate exercise for heart trouble that if a little is good more is better. The amount of exercise, work, play, or physical activity of any kind which may be good for one with heart trouble is a question which only

QUESTIONS & ANSWERS

Eating Lemons

I crave lemons, can eat it from time I get up in the morning until I go to bed at night—I eat two or three lemons a day. Does this do any harm? (Mrs. P. W.)

Answer—No. No accounting for tastes.

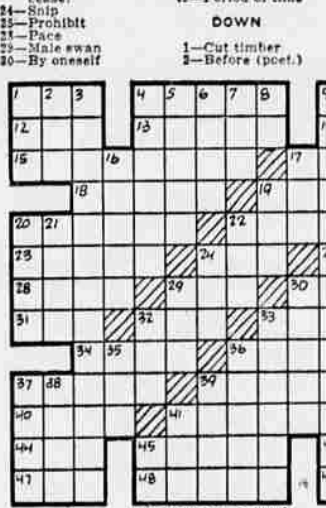
Saurey Didn't Get Her
Thank you for your fine teaching. My mother died when I was young, so I was more or less on my own and lived as I thought best. I did not learn what Saurey Gamp and her crowd had to say about c-r-l, menstruation, etc., until it was too late to do me any harm. (Mrs. K. F.)

Answer—Thank you for your fine letter—Saurey Gamp, Ben Told and Mrs. Summey catch most of 'em young and tell 'em so many things that are not so. Send 25c and stamped, self-addressed envelope for booklet CALL IT C-R-I, or send stamped, self-addressed envelope for pamphlet HYGIENE FOR GIRLS AND BOYS. FOR WOMEN. These will undo some of the harm done by Saurey & Co.

CROSSWORD PUZZLE

ANSWER TO YESTERDAY'S PUZZLE

1-Allow	21-Cloth measure	31-Weak	41-Form of carbon
2-Heat (med.)	22-French capital	32-Weak	42-Sommon Ha-waiian food
3-Containing	23-Tiny particle	33-French capital	43-Depart
4-Above (post.)	24-Chair	34-Ecclesiastic rule	44-Poker stake
5-Worship	25-Ecclesiastic rule	35-Massive	45-Form of carbon
6-Enclose	26-Poker stake	36-Depart	46-Sommon Ha-waiian food
7-Most magnificent	27-Enclose	37-Ecclesiastic rule	47-Algonquian Indian
8-Forehead	28-Depart	38-More advanced in years	48-Period of time
9-Christmas card (pl.)	29-Form of carbon	39-Nimble	
10-Flocks	30-Trigonometric ratio	40-Snip	
11-Nautical		41-Form of carbon	
12-Prohibit		42-Sommon Ha-waiian food	
13-Ne		43-Depart	
14-Male swan		44-Poker stake	
15-By oneself		45-Form of carbon	



BARNEY GOOGLE and SNUFFY SMITH



Hot Dinner In One Minute Seen by GE

Dayton, O.—(U.P.)—A steaming hot dinner prepared in one minute was forecast here by a General Electric Co. electronics engineer.

T. P. Curtis of Schenectady, N. Y., said an electronic dispenser which would thaw and heat a complete pre-cooked frozen dinner in a little over a minute can be made economically practical with a type of electronic tube known as a magnetron.

Curtis said mass production of a certain type of magnetron, which acts as a generator of high frequency waves used in heating the food, would make an economical dispenser possible.

THERE IN SPIRIT

New Britain, Conn.—(U.P.)—Two and one-half months before he would have equalled an 18-year Sunday School perfect attendance record, Weston Dornan was drafted. Church authorities said, however, that they would continue marking him "present" for the remainder of the school year.



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Keep it handy. Easy to give. Tablets are in adult dose. And children like the beautiful orange flavor.

STRANGE AS IT SEEMS



STEEL IS MORE ELASTIC THAN RUBBER AND RUBBER IS MORE DURABLE THAN STEEL!

As We Live

By ELIZABETH HURLOCK, PH.D.

HOW MUCH SHOULD YOU SAY? AVOID EXTREMES

Some people have no hesitancy about saying what they think. Others keep their thoughts to themselves. Still others are in the middle of the road. They express some of their thoughts and keep others to themselves. Which is better, both for the person and for the people to whom he expresses his thoughts? That is the problem raised in this letter:

"I just don't have the will power to speak up and have my say in an argument. I let it ride and then face it. This happens not only at home but also at work. I am sensitive and bluish very easily. Should I let things pass by me without questions or arguments rather than explain the point of a subject?"

W. R.

Don't go to one extreme or another. It is bad to argue to the point where you are ready to engage in a knock-down, drag-out fight, and it is also bad to let things pass meekly without speaking up and asserting yourself.

The person who is always ready to argue to the bitter end merely antagonizes other people. Even if he is in the right, he rarely wins because his opponents are so mad they won't concede. Furthermore, he gets himself all worked up and unhappy

about things that are often too trivial to bother about.

Feelings Unconsidered

The meek as a lamb person, on the other hand, lets people ride over him and take advantage of him. They do not respect him nor do they consider his feelings. He, too, is not happy about the matter. Like you, he goes away with seething anger stored up inside of him and fights imaginary battles with the person who has gotten the better of him. This does not make him happy nor does it add to his self-respect.

When you feel that you are in the right, say so. You can say what you have to say politely and kindly so that you won't antagonize people. You can be so firm about it that they will realize that you are in earnest. By doing this, you will win respect and you will feel better because you have gotten the matter off your chest.

Failure to speak up is not so much due to lack of will power but to excessive shyness and lack of feelings of security about your own opinions. If you are sure you are right, you have no need for hesitancy. Remember that you have a right to your opinions just as others have.

Elizabeth Hurlock is a consulting psychologist. Write her in care of this newspaper for free advice.

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