

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

KYJC — 1230 kc	KMED — 1440 kc	KWIN — 1400 kc
4:00—Fun Factory*	Doctor's Wife*	No Soap—Music
4:15—Fun Factory*	Young Dr. Malone*	No Soap—Music
4:30—Big Jon & Sparkie*	The Brighter Day*	No Soap—Music
4:45—Big Jon & Sparkie*	Co. Extension Agent	No Soap—Music
5:00—Sports Parade	Five O'Clock Headlines	Got A Date
5:15—Elmer Davis*	What's Doing Tonight	Three-Quarter Time
5:30—Drive-In Quiz	Kiddie Hit Parade	Sports Round-Up
5:45—Footlight Favorites	Elmer Peterson*	Rich. Graham & News
6:00—Silver Eagle*	Bill Stern*	Music In The Air
6:15—Silver Eagle*	Pierce Commentary	Music In The Air
6:30—Major of Times Square*	Truth or Consequences*	Listening Post
6:45—Major of Times Square*	Truth or Consequences*	Listening Post
7:00—Escape With Me*	What's My Line*	Listening Post
7:15—Escape With Me*	What's My Line*	Listening Post
7:30—On The Town*	Robt. Montgomery*	Lean Back & Listen
7:45—On The Town*	Stan Kenton Concert*	Lean Back & Listen
8:00—Town Meeting of Air*	One Man's Family*	Americana
8:15—Town Meeting of Air*	Morgan Beatty News	Songs of France
8:30—Town Meeting of Air*	Cavalcade of America*	Dick Haymes
8:45—Erwin D. Carmam*	Cavalcade of America*	News
9:00—Happens Every Day*	Bob Hope	John T. Flynn
9:15—Stewart Craig*	Bob Hope	It's Time To Dance
9:30—Starlit Roof*	Barry Craig*	It's Time To Dance
9:45—Town House Orch.*	Barry Craig*	Between The Lines
10:00—Report to the People*	Richfield Reporter*	KWIN Carousol
10:15—Remember*	Novatime	KWIN Carousol
10:30—Musical Moods	Music You Want	KWIN Carousol
10:45—Musical Moods	Music and News*	Carousol & News
11:00—Platter Party	Melodies That Endure	Sign-Off
11:15—Platter Party	Melodies That Endure	Sign-Off
11:30—Platter Party	Elmore Orch.*	Sign-Off
11:45—Platter Party	Orchestra & News*	Sign-Off
12:00—Sign Off	Sign Off	Sign Off

RADIO PROGRAMS--WEDNESDAY

6:00—Yawn Patrol	Monkey Shines	1400 Corral
6:15—Yawn Patrol	Monkey Shines	Corral & News
6:30—Bob Garred*	Monkey Shines	1400 Corral
6:45—Concert, Sports, News	Monkey Shines	1400 Corral
7:00—Martin Amosky*	Rural Party Line	Corral & News
7:15—Breakfast Club*	Clock Watcher	Corral & News
7:30—Breakfast Club*	Clock Watcher	Corral & News
7:45—Breakfast Club*	Clock Watcher	Corral & News
8:00—Ronnie Kemper*	Voices of 2-400	Get Up & Go
8:15—Chet Hunter*	Voices of 2-400	Get Up & Go
8:30—Break the Bank*	Music of Manhattan	Bible Institute (MBS)
8:45—Break the Bank*	Music of Manhattan	Bible Institute (MBS)
9:00—The Jack Benish Show*	Friendship Circle	News
9:15—Big "V" Relay Quiz	Friendship Circle	Morning Devotions
9:30—My True Story*	Neighbor Lady	Chapel By Road
9:45—My True Story*	Neighbor Lady	Morning Special
10:00—Whispering Streets*	Festival of Waltzes	New at Parkway
10:15—When a Girl Marries*	Bob & Ray*	Music Box
10:30—Lone Journey*	Strike It Rich*	Music Box
10:45—Lone Journey*	Strike It Rich*	Music Box
11:00—Welcome Wagon	Double or Nothing*	Shop On Main St.
11:15—Trading Post	Double or Nothing*	Shop On Main St.
11:30—Lucky U Ranch*	Swap & Sell	Shop On Main St.
11:45—Lucky U Ranch*	Swap & Sell	Shop On Main St.
12:00—Weather & Markets	News & Weather	Musical Appetizer
12:15—Noon News Review	News & Weather	Musical Appetizer
12:30—Scramble Gamble*	Right to Happiness*	News
12:45—County Agent	Right to Happiness*	News
1:00—Bill Ring Show*	Backstage Wife*	No Soap—Music
1:15—Ted Malone*	Stella Dallas*	No Soap—Music
1:30—Mary M. McBride*	Young Widder Brown*	No Soap—Music
1:45—Mary M. McBride*	Woman in My House*	No Soap—Music
2:00—Qtr. Hr. with the Bible	Just Plain Bill*	No Soap—Music
2:15—Tennessee Ernie*	Front Page Farrell*	No Soap—Music
2:30—Cal Tinney*	Life can be Beautiful*	Hank Thompson
2:45—Cal Tinney*	Life can be Beautiful*	News
3:00—Junior Edition	Welcome Travelers*	No Soap—Music
3:15—Junior Edition	Welcome Travelers*	No Soap—Music
3:30—Junior Edition	Dr. Paul*	No Soap—Music
3:45—Junior Edition	Dial Dave Garraway*	No Soap—Music
4:00—Fun Factory*	Doctor's Wife*	No Soap—Music
4:15—Fun Factory*	Young Dr. Malone*	No Soap—Music
4:30—Big Jon & Sparkie*	The Brighter Day*	No Soap—Music
4:45—Big Jon & Sparkie*	Public Affairs	No Soap—Music
5:00—Sports Parade	5 o'Clock Headlines	Got A Date
5:15—Elmer Davis*	Richard Harkness*	Three-Quarter Time
5:30—Drive-In Quiz	Kiddie Hit Parade	Sports Round-Up
5:45—Footlight Favorites	Elmer Peterson*	Rich. Graham & News
6:00—The Lone Ranger*	Bill Stern*	Walter Houston
6:15—The Lone Ranger*	KMED Commentary	Walter Houston
6:30—Postmark, U.S.A.*	Cisco Kid	Listening Post
6:45—Postmark, U.S.A.*	Cisco Kid	Listening Post
7:00—Valentino*	H.W. Theatre of Stars	Orson Welles
7:15—Valentino*	H.W. Theatre of Stars	Orson Welles
7:30—Mr. President*	Meredith Wilson	Valley News
7:45—Mr. President*	Meredith Wilson	Lean Back & Listen
8:00—Crossfire*	One Man's Family*	Robert Montgomery
8:15—Crossfire*	Morgan Beatty News	The Three Suns
8:30—On The Town*	Great Gildersleeve*	Dick Haymes
8:45—On The Town*	Great Gildersleeve*	News
9:00—ABC Late News*	Groucho Marx*	John T. Flynn
9:15—Dream Harbor*	The Big Story*	It's Time To Dance
9:30—Sports Report*	The Big Story*	It's Time To Dance
9:45—Take to the Air	Richfield Reporter*	Between The Lines
10:00—President Truman*	Heidelberg Harmonies	KWIN Carousol
10:15—President Truman*	Music You Want	KWIN Carousol
10:30—Musical Moods	Music and News*	Carousol & News
10:45—Musical Moods	Melodies That Endure	Sign-Off
11:00—Platter Party	Melodies That Endure	Sign-Off
11:15—Platter Party	Tex Williams*	Sign-Off
11:30—Platter Party	Lyman Orch. & News*	Sign-Off
11:45—Platter Party	Lyman Orch. & News*	Sign-Off
12:00—Sign Off	Sign-Off	Sign-Off

Your Health and Its Care

By DR. WILLIAM BRADY, M.D.
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SPASMOPHILIA

Now there's a lovely ten-dollar word, and I mean lovely, for the word means love of spasm literally, or tendency to spasm actually; just as hemophilia means love of blood or bleeding literally, or tendency to bleed actually. Calcium deficiency, that is, insufficient calcium in the blood and tissues, is generally responsible for the manifestations of spasmophilia. In this column I have tried to explain why so many infants, growing children and adults suffer from calcium deficiency through the years.

One authority says in a chapter on spasmophilia:

"Lowered calcium in the blood, and therefore presumably also in the tissues, brings about increased irritability, since calcium acts as a nerve sedative."

One of the physiological functions of calcium is regulation of excitability of nerve and prevention of spasmodic or spastic contraction of both voluntary and involuntary muscle.

Common manifestations of spasmophilia are convulsions, tetany, croup, laryngospasm (this physicians call laryngismus stridulus, which sounds more dreadful but is still just spasmodic tightening of the throat which produces a loud crowing sound when the child breathes in), asthmatic wheezing, spasm of esophagus (gullet) or of upper opening or gateway to stomach (cardiospasm) which causes the child to regurgitate food when excited, or of lower gateway or

outlet of stomach (pylorus) which causes projectile vomiting without apparent upset of digestion.

Still another manifestation of spasmophilia (bear in mind that spasmophilia, tetany and rickets are all due to calcium deficiency) is breath-holding, spells of which occur most frequently in children two to four years of age. Although the immediate cause may seem to be anger or other excitement, the child is no more to blame and the holding of breath is no more voluntary or intentional than is the more rapid beating of your heart when you are angry.

Gnashing or grinding of the teeth in sleep, in child or adult, is usually, in my opinion, due to spasmophilia, that is, deficiency of calcium and vitamin D or sunlight on the skin—which is essential for normal utilization of calcium in the body.

All this, perhaps, is heavy stuff for you knuck—for casual readers to digest, but it will do you no harm to have a bit of it and you never can tell a bit of practical knowledge picked up from one of these little lessons in the ways of health may make all the difference between misery and happiness for you or your family.

Editor's Note: Dr. Brady is now on a two-weeks vacation. Questions and answers usually printed here will be resumed upon his return.

Dead line Sunday Classifieds is at noon Saturdays.

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Pickin' Pears

News, Gossip, Comment
From Camp White

By SID HOLLINGSWORTH

Veterans elsewhere who express interest in the Camp White Home attractions are told: "It isn't much to look at, but it is located in the beautiful Rogue River valley, entirely surrounded by mountains. The climate is equable with little snow but much rain in the fall and winter months."

This does not take into account the friendly spirit encountered at all times and the fact that despite comparative isolation, there is never a dull moment. Quite a few members have their own cars in which to cruise about the countryside, hunting rocks or going fishing or just visiting the various nearby towns. And some of the men are inveterate hikers.

There is a real western atmosphere in the surroundings, for this is the middle point between the old Oregon country and California, two separate epics in the story of "western expansion."

Veterans look across Crater Lake highway to the east and see the lofty peak—snow covered for most of the year—known as Mt. McLaughlin, but familiar as Mt. Pitt. It is named for one of the real pioneers of the northwest, Dr. John McLaughlin, factor of the Hudson's Bay company during the early part of the last century. The Indians called him "the white headed eagle" and he was always their friend.

History relates some of the colorful incidents in the life of this noted figure. He was French-Canadian and Scotch-Irish, a striking rawboned man and born leader. He married an Indian squaw who bore him children. He came west as physician for the fur trading interest he represented. They found he had natural trading instincts and he was soon won over in this capacity by the famous Hudson's Bay company.

He established a chain of posts, taught the Indians some new tricks in planting and harvesting and is the real father of fruit growing in the Northwest. An interesting parallel is seen in this organized effort in pressing forward the march of civilization and that of the padres from Mexico establishing their chain of missions northward into California.

The Oregon Trail was soon to open from the East and the idyllic life, profitable both to the British interests and to the natives in their improved conditions and benefits of benevolent despotism imposed by the "White Headed Eagle," was to be swallowed in the tide of immigration.

The new masters seemed almost a different race to the Indians who found them dominated by the "hunger for land." And then came the gold rush. The military authority set up to subdue the lawless spirit was a different kind of tyranny but

there was justice in the dealings and treaties drawn up between the white man and the red.

Off to the west and looming at sunset as a dark chasm is the silhouette of the two Table Rock mountains. It is not difficult to imagine the crest of these plateau shaped formations as the "happy hunting ground" of Indian warriors. One of the most dramatic stories of the settlement days is related about Table Rock and the famous treaty with the Indians massed at its top, negotiated in a ruse that became a permanent cessation of hostilities.

The daring of the ten men who went aloft unarmed to deal with the tribes assembled and fully armed is unequalled in American history in view of the renegade reputation of this last band of Indian recalcitrants. General Joseph Lane was in command but it was Captain J. W. Nesmith, the interpreter, who turned the trick that brought Chief Joe of the Rogue tribe to terms.

So that the region immediately at hand is not without its store of legends and tradition in keeping with the glories of the past. In the Green Room of the recreation quarters, a reminder is painted on the walls in a mural of the surrounding atmosphere. Mr. McLaughlin is there and so is Table Rock, and the members have but to look out of the windows to see it all glowing before them.

MOO-O-OS and MUSINGS



We interviewed Russ Barnes' Great Dane today to see how he felt about the ending of the dog restrictions.

A faraway look came into his limpid eyes and he said,

"I'm free, I tell you. Free, free, free!" and then ran up the street waving the seat of our pants to prove it.

Little Daisy

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KIDNEYS!

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Nagging backache, loss of pep and energy, headaches and dizziness may be due to slow-down of kidney function. Doctors say good kidney function is very important to good health. When some everyday condition, such as stress and strain, causes this important function to slow down, many folks suffer nagging backache—feel miserable. Minor bladder irritations due to cold or frequent passages, cause getting up nights or frequent passages. Don't neglect your kidneys if these conditions bother you. Try Doan's Pills—a mild diuretic. Used successfully by millions for over 50 years. It's amazing how many times Doan's give happy relief from these discomforts—help the 15 miles of kidney tubes and filters flush out waste. Get Doan's Pills today!

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Low Cost Travel To South America

Cleveland, O.—(U.P.)—Stephen Kek, an artist, has worked out an itinerary to beat the high cost of travel to South America, although anyone following his suggestion would have to make allowances for dusty bus travel, revolutions and possible fights with south-of-the-border customs people.

Kek figures his just completed 17,245 mile trek around South America set him back a modest \$127 and took, in actual travel time, 24½ days.

Anyone can make the trip, he claims. "You have to be prepared for rugged travel, for sometimes the buses are old and

small and the highway isn't surfaced in all places," he added.

The only two departures from bus travel occurred when Kek had to take a boat, once in Guatemala and the other time in Costa Rica. The Panama Canal may be crossed by bridge or boat.

Artist Kek had difficulty leaving Argentina with his paintings since the present regime considers an artist's work to be the property of the government. Later in his journey, Kek stumbled into some of the preliminary battles among political parties in Colombia which later erupted into full-scale revolution.

CROSSWORD PUZZLE

Answer to Yesterday's Puzzle

ACROSS
1—Deface
2—Shut noisily
3—Vessel
4—Unit
5—Crippled
6—Conceal
7—Emmet
8—Renegades
9—Linger
10—Declared
11—Direction
12—At no time
13—Level
14—Before
15—Tardy
16—Shallow vessel
17—Girl's name
18—Hall
19—Protective ditch

DOWN
1—Girl's name
2—Pell back
3—Kills
4—One around track
5—Tableland
6—Curtain
7—Shrimp
8—Cyprinoid fish
9—Footlike part
10—Shame
11—Pace
12—Drink heavily
13—Spool
14—Move to and fro
15—Volcanic emanation
16—Provide crew
17—Preposition
18—Initiator
19—Changed color of
20—Swallow a liquid
21—Lies
22—Girl's name
23—Pack away
24—Edible seed
25—Evergreen trees
26—Viper
27—Born
28—Afternoon tarry
29—Night before

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A measured inch of rain totals falls on the District of Columbia, it brings roughly 1,200,000,000 gallons of water per acre of ground. When an inch of rain falls, it brings roughly 1,200,000,000 gallons.



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