

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

Table with 3 columns: Station (KYJC, KMED, KWIN), Time, and Program Name.

RADIO PROGRAMS—TUESDAY

Table with 3 columns: Station (CBS, KBOY, etc.), Time, and Program Name.

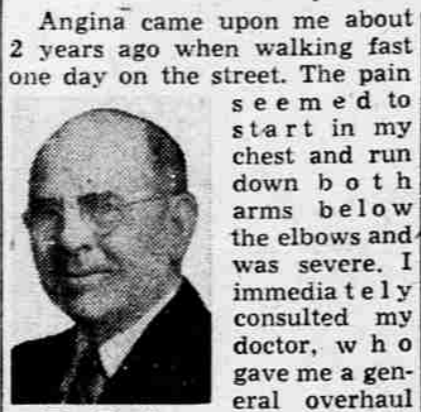
(All programs at same time daily, unless otherwise indicated) AM—7:45 Sign On, Music throughout day except for following programs: 10-10:15 KBOY Bargains, 11-12 (Sunday only) First Baptist service, P.M.—12:12:15 KBOY ranch, 12:15 - 12:30 (Sunday only) KBOY ranch; 4:45 Sign Off.

Your Health and Its Care

By DR. WILLIAM BRADY, M.D.

Readers should address inquiries to: William Brady, 263 El Camino, Beverly Hills, Cal.

NITROGLYCERIN IS DYNAMITE



Dr. Brady

Angina came upon me about 2 years ago when walking fast one day on the street. The pain seemed to start in my chest and run down both arms below the elbows and was severe. I immediately consulted my doctor, who gave me a general overhaul and a careful heart test and said "your heart is not bad at all, but don't walk so fast and don't indulge in strenuous exercise or heavy work for a while." He gave me some medicine. After that the pangs left my arms and were confined to the chest and not so severe as before. (K. E. C.)

(So far K. E. C.'s discussion seems more clinical than hygienic. But we'll let him chatter a while longer and then give him the hook, while I, who wouldn't harm a flea unless I believed the insect were a typhus carrier, finish the lecture.)

Then (continues K. E. C.) I saw your statement . . . (After all, it is obvious that my friend K. E. C. is a man of good judgment. He didn't say he saw my ad.)

... your statement concerning the use of nitroglycerin for the prevention or relief of seizures of angina pectoris, and I procured a vial of 100 tablets from the druggist. I have used the tablets carefully, as you advised, knowing that nitroglycerin is powerful medicine. For instance I pop just one tablet in my mouth under my tongue if I feel the pang coming on or even much distress when walking down the street and I get relief in a few moments. Your article was certainly a God-send to me . . . forever in your debt . . . (K. E. C.)

From this report you might infer that anybody can step into the nearest drugstore and tell the man to hurry up and give you a dozen or a hundred nitroglycerin tablets. Well, anybody can, but the trick is to find a druggist who will sell one, a dozen or a hundred nitroglycerin tablets without a prescription.

For persons of ordinary intelligence, as some druggists inform me whenever I recommend nitroglycerin for angina, the law or some regulation or other prohibits sale of nitroglycerin tablets without prescription.

In Little Lesson No. 2, the booklet C V D, about heart and artery troubles, for which send

25c and stamped, self-addressed envelope, I say: "Every sufferer from angina pectoris should carry at all times a few tablets of nitroglycerin (otherwise called glyonin or glyceryl trinitrate), each tablet containing 1/200th to 1/100th of a grain. "Such a tablet, dissolved in the mouth, acts in two minutes. Nitroglycerin is not a heart stimulant. It is a vasodilator, causes relaxation or dilation of the coronary arteries, which supply blood to the heart muscle, brings more blood, more oxygen to the muscle cells. "Any adult may take such a dose of nitroglycerin without danger. Many angina patients take such a dose three or four times a day for weeks or months with benefit and without untoward effect."

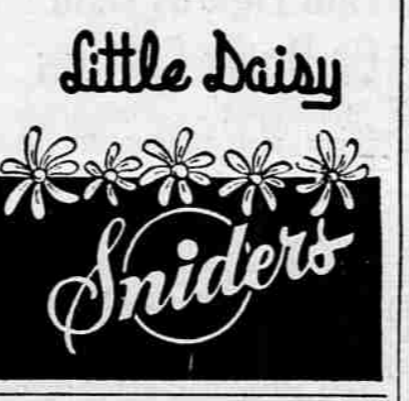
QUESTIONS & ANSWERS Bright's Disease Please give the symptoms of Bright's disease and a diet good for one who has it. (R. T. E.) How about coffee—must the patient give it up? Answer—Sorry, but it is contrary to the spirit of a health column to provide symptoms for readers to try



Moo-Oos and Musings

An interested young reader writes to inquire why Santa Claus always looks so fat.

Gee, kid, how do you think you'd look on a steady diet of whale blubber?



Best plan always is for the patient to tell the symptoms to his or her physician and no one else. Generally one with Bright's disease (nephritis, kidney inflammation) may have coffee, in some cases of chronic Bright's disease coffee is a good remedy. Little special modification of diet is required, as a rule; the diet should be a fair maintenance diet, not restricted in protein, and should include a liberal variety of fresh vegetables and fruits, little or no added salt, never any alcoholic beverage or liquor, the more milk, buttermilk, skim milk, sour milk or items containing milk the better.

Fumes Are the fumes from an oil cooking range in any way dangerous or injurious to health? (Mrs. M. R.) Answer—A defective or sooted burner may give off carbon monoxide (from incomplete combustion) whether the fuel be coal, wood, charcoal, coke, gas, oil or gasoline. The slightest pollution of the air in a room by carbon monoxide (colorless, odorless gas) may be dangerous to life or injurious to health. Aside from that, there are other oils or kerosene stove is not dangerous. It is always advisable to have a fuel burning stove used for cooking or heating properly connected with stove pipe to chimney.

Army Judge Advocate Indicted in Slaying Huntsville, Ala. — (U.P.)—A grand jury charged Saturday that the judge advocate of the Army's top-secret guided missile base here drugged, raped and killed the beautiful estranged wife of a fellow-officer.

The officer, Capt. Marcus Bluth, 40, of Joliet, Ill., was indicted on nine counts. He had admitted he was with Mrs. Helen Theresa Meighen, a Polish war bride, on a wild drinking party on what was apparently the last night of her life — Nov. 28. Bluth said he had no comment

Earthworms are found all over the world except in frozen regions, dry sandy soils, and certain parts of the North American prairies.

There are about 7,000,000 blind persons in the world, according to estimates of the United States, or equal to New York's population.

HELP for Coughs You feel cooling, soothing help from the very first dose. Clogging phlegm is loosened, you breathe deeper. CREOMULSION rub on MUSTEROLE

Creates that special heat needed to relieve ARTHRITIS ACHES-PAINS. Hospital tests prove Musterole gives quick, long-lasting relief, also greater ease in moving. You can feel Musterole work! Stainless. rub on MUSTEROLE

CROSSWORD PUZZLE

Crossword puzzle grid with clues for Across and Down.

STRANGE AS IT SEEMS

Comic strip panel showing a man with a license plate 'KO' and a caption about a radioactive bomb.

Large comic strip panel with multiple characters and dialogue bubbles.

TV Programs — KBES (Channel 5)

Table with 2 columns: Day (Monday, Tuesday) and Program Name/Time.

Advertisement for American School: It's Like Pushing a Wheelbarrow Uphill When you lack a HIGH SCHOOL DIPLOMA. You can get one at HOME in your spare time.

Aircraft Erosion Being Investigated

Buffalo, N. Y.—(U.P.)—A one-time threat to the nation's all-weather defense program—the erosion by rain and hail of exterior surfaces of high speed aircraft—is being investigated by Cornell Aeronautical Laboratory, Inc.

This erosion or wearing away of plastic and aluminum structures particularly affects the leading edges of the aircraft. Although progress has been made in the development of elastomeric coatings which greatly reduce erosion, the fundamental mechanism of erosion is not yet solved. As evidence of the increase of erosion with velocity, the laboratory found that a specimen that underwent testing at 500 mph in a special rail cell showed effects of erosion in only one minute. A similar specimen run at 200 mph required 24 hours before erosion began to show. The Air Force has reported that the severity of rain erosion has been indicated by the failure of antenna masts, radar housing and similar non-structural components.

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AMERICAN SCHOOL. Send me your free 44-page High School book MF-12 6381 Hollywood Blvd. Los Angeles 28, Calif. Name: Address: City: Zone: State:

NEWS 22 Different Newscasters Heard Each Week. Texaco Newscasts... ABC, Chevrolet Newscasts... CBS, CBS Sunday News Desk... ABC, Walter Winchell... ABC, Taylor Grant News... ABC, Monday Morning Headlines... ABC, Martin Agronsky News ABC, Breakfast News Briefs, Chet Huntley News... ABC, Paul Harvey News... ABC, Rogue Valley Reporter, Sam Hayes Newscasts... ABC, Ruth Ashton News... CBS, Edwin C. Hill News... ABC, Edward R. Murrow... CBS, Frank Goss Newscasts CBS, Lowell Thomas News... CBS, Les Griffith News... ABC, Henry J. Taylor... ABC, Christian Science Monitor, Quincy Howe News... ABC, Bill Shadel News... CBS.

BARNEY GOOGLE and SNUFFY SMITH

Comic strip panel with Barney Google and Snuffy Smith.

BUZ SAWYER

Comic strip panel with Buz Sawyer.

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LL ABNER

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BLONDIE

Comic strip panel with Blondie.

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BLONDIE

Comic strip panel with Blondie.

MUTT and JEFF

Comic strip panel with Mut and Jeff.

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