

RADIO PROGRAMS—THURSDAY

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 columns for radio stations (KYJC, KMED, KWVN) and their respective programs for Thursday.

RADIO PROGRAMS—FRIDAY

Table with columns for radio stations (6:00, 7:00, etc.) and their respective programs for Friday.

(All programs at same time daily, unless otherwise indicated) A.M.—7:45 Sign on Music throughout day except for following programs: 10:10-10:15 KBOY Bargains; 11:12 (Sunday only) First Baptist service; P.M.—12:12-12:15 KBOY ranch; 12:15-12:30 (Sunday only) KBOY ranch; 8:00—Sign off.

TV Programs — KBES (Channel 5)

Table with columns for days of the week (THURSDAY, FRIDAY) and their respective TV programs.

STAR GAZER advertisement by Clay R. Pollan, featuring a zodiac chart and daily activity guide.

University Boasts \$798 As Annual Cost. Carbondale, Ill. — (U.P.) — Southern Illinois university makes the boast that one of its students can get room, board and education for \$798 a school year.

SIU officials gave this breakdown of a student's annual expense: tuition, fees, books and activities \$78; room and board \$576; miscellaneous, including supplies, shows, dates and snacks, \$144.

Your Health and Its Care

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

ONE MUST BREATHE TO LIVE



Dr. Brady

Little Lesson 21, How to Breathe, is available on written request if you provide 25c and stamped, self-addressed envelope. Who needs such instruction? Everybody knows how to breathe.

The antics of some people when the medical examiner asks them to breathe deeply are comical. So are the notions many "educated" persons have about the diaphragm.

Natural breathing, diaphragmatic breathing, belly breathing (or call it bellows breathing if you prefer) is one of the 7 Keys to Vite (Little Lesson 16, for which send 25c and stamped, self-addressed envelope).

Belly breathing practiced every day improves circulation, brings down or keeps down high blood pressure, helps tense, restless folk to relax and fall asleep.

Regular practice of belly breathing two or three times a day—that is, six inflations at each session—will counteract some of the ill effects of the sedentary habit, such as varicose veins, the hemorrhoidal state and menstrual difficulties in young women.

People who do no honest work but live by their wits or on the bounty of others generally age prematurely because they are not interested in the preservation of youth while they still have any, and it is a little late by the time they have cultivated a fixed habit of riding when they could well afford to walk to and/or from business every day.

These prematurely old folks, who have inherited or acquired a silly notion—which I think the teen agers today have demolished—that it is not ladylike and refined to appear at work or play in suitable attire—suffer constantly from oxygen deficit, slow metabolism, shallow breathing, torpid circulation. Many of them complain of early morning headache—which three or four inhalations of the bellows (belly) will generally dispel before you can say the Lord's prayer in Latin.

The belly breathing exercise is beneficial in bronchial asthma, emphysema, chronic bronchitis (winter cough of the elderly) and bronchiectasis (dilatation of bronchial tube or tubes). It is advisable also for any one confined to bed for weeks or months.

MOO-OOS AND MUSINGS advertisement featuring a cow illustration and text about a booklet.

Tonight! Ford Theatre. Presents for the FIRST TIME ON TV ... AND SON STARRING EDWARD G. ROBINSON

TRIBUNE WANT ADS FOR RESULTS Phone 2-6141

No Disc Jockeys Just Good Music

On 'New York Philharmonic' SUN.—11:00 A.M.

'Voice of Firestone' MON.—8:30 P.M.

'Metropolitan Auditions' TUES.—7:00 P.M.

'Concert Time' MON.—WED.—FRI.—4:15 P.M.

KYJC Your Mail Tribune Station advertisement with logo and contact information.

Psychiatry Urged For Howling Dog

Rochester, N. Y. — (U.P.) — A howling dog may be frustrated and should be given psychiatric treatment rather than a beating, according to a noted animal psychologist.

Clarence E. Harbison, author of books on animal training, said dogs are no different from human beings when it comes to fears, frustrations and inner attitudes. He added that a dog's problem can be treated and a cure obtained just as with a human.

For instance, if a dog sulks, Harbison advised, don't run for the dog medicine. Could be a matter of neuroticism requiring a psychiatrist.

The animal expert said a pet's behavior pattern can be determined by probing the inner workings of his neural processes. Through patience, kindness and understanding numerous creatures that might otherwise have had to be destroyed have been rebuilt into valuable pets.

CROSSWORD PUZZLE

Crossword puzzle grid with clues for Across and Down.

List of Household Possessions Suggested

Lincoln, Neb. — (U.P.) — Keep a detailed list of all household possessions—just in case. Mrs. Clara N. Leopold of the University of Nebraska home management department said a complete list is the best "proof of loss" for the insurance company, in case of a disaster striking the home.

She said most housewives would remember big possessions such as a sofa, or range, but otherwise would forget such items as clothes, books, phonograph records and "a myriad of small items."

Use Mail Tribune Want Ads

Springfield, Ore. — (U.P.) — J. Moore, 50, district manager of Pacific Power and Light Company, has been elected president of the Springfield chamber of commerce.

Baby's Colds advertisement for Vicks VapoRub.

STRANGE AS IT SEEMS

Illustration of a desert landscape with a camel and sheep, accompanied by text about the Moon Hoax and a camel.

BARNEY GOOGLE and SNUFFY SMITH

Cartoon strip featuring Barney Google and Snuffy Smith.

BUZ SAWYER

Cartoon strip featuring Buz Sawyer.

L'ABNER

Cartoon strip featuring L'Abner.

BLONDIE

Cartoon strip featuring Blondie.

MUTT and JEFF

Cartoon strip featuring Mut and Jeff.