

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

Table of radio programs for Tuesday, including stations like KYJC, KMBX, and KWLN with their respective program titles and times.

RADIO PROGRAMS-WEDNESDAY

Table of radio programs for Wednesday, including stations like KYJC, KMBX, and KWLN with their respective program titles and times.

Your Health and Its Care

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

THE SUGAR IN THE BLOOD

If blood sugar tests show as much as 0.16% or more an hour or two after an ordinary meal, or 0.14% or more after an eight hour test (as before breakfast in the morning) it is likely that the patient has diabetes, or at any rate it indicates "pre-diabetes" or tendency to develop diabetes.



Dr. Brady

Diabetes, remember, is a functional disorder. It means that the individual's capacity to metabolize (assimilate, oxidize, burn, utilize) carbohydrate (sugars, starches) is not so good as it should be.

Being functional, diabetes may be of any grade of severity, from the mildest temporary inability to handle sugars and starches, to virtual cessation of the production of insulin by the pancreas.

So the diagnosis of diabetes in many instances is a question, not of the finding of sugar in the urine or more than 0.14 to 0.16% of sugar in the blood, but of the opinion of the physician who has studied the patient.

As the top authority, Dr. Elliott P. Joslyn, in his famous work Treatment of Diabetes Mellitus:

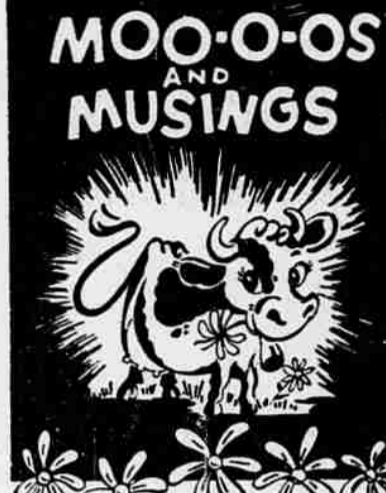
"The pancreas is not a static organ like the brain or myocardium, unable to repair itself after injury."

Dr. Joslyn gives reasons for the assumption that new islands of Langerhans form to carry on the manufacture of insulin when the old ones have ceased functioning. And you know, folks, I don't believe any one would have the temerity to take issue with Dr. Joslyn on a question pertaining to diabetes, unless it be Brady of (this newspaper)—he will take issue with anybody at the drop of a hat, sometimes, if you have noticed, even with himself.

In Little Lesson No. 23. Training for Diabetes, for which send 25c and stamped, self-addressed envelope, I name the four main causes of diabetes, one being lack of daily exercise, physical work or play. The old timers called it "sedentary life."

In the booklet I explain that moderate daily exercise, such as two miles of oxygen on the hoof is a distinct aid to carbohydrate metabolism. The daily constitutional, rain, shine, snow or blow,

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Moo-Oos and Musings

Now that Russia's ex-premier Georgy Malenkov is collecting his unemployment roubles, there is one place you can expect to see him for sure.

He's almost a cinch to be introduced from the audience by Ed Sullivan on his next Sunday night show.



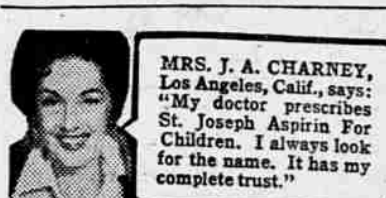
Little Dairy Sniders

HEAR WAYNE MORSE Speak Tonite KYJC 10:15 to 10:30

"The Formosa Crisis"

days he was always impressed with the better results obtained by ambulatory, as compared with hospital treatment, provided the patient's diet and hygiene had the same care. He adds that various patients on mountain hikes have tolerated unusual quantities of carbohydrate.

In other words, a reasonable amount of exercise, physical work, manual labor or active play—nothing violent, but no



MRS. J. A. CHARNEY

ST. JOSEPH ASPIRIN FOR CHILDREN

namby-pamby work or play either, enables a diabetic to use an increased ration of starch and sugar in his diet.

QUESTIONS AND ANSWERS Coughing and Swallowing Is it advisable for middle aged adults who have had chronic bronchitis for years and have spells of hard coughing at intervals, to go bathing in lake or ocean?

Answer—I'd go in swimming whenever I wanted to if I had chronic bronchitis and hard coughing spells. Oh, Well, You May Be Right I wonder about the superiority complex that urges Dr. Brady to try to educate or bulldoze his readers into

FEEL YEARS YOUNGER AT 40, 50, 60 or over. Ostrer Tonic Tablets put just because low in iron conditions you may call "old". For both sexes. Try Ostrer for new, peppy, "years younger" feeling, today. "Get-acquainted" size 50¢. At all druggists.

MEN! It's Easy to Get Pep

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CROSSWORD PUZZLE

Answer to Yesterday's Puzzle

Crossword puzzle grid with clues for Across and Down words.

STRANGE AS IT SEEMS

ELISIE MIX

Illustration of a man in a suit with a speech bubble about a Western Indian.

BARNEY GOOGLE and SNUFFY SMITH

Comic strip panels featuring Barney Google and Snuffy Smith.

colling cri kree. What's the use? (W. W. T.) Answer—That's what I often ask myself—what's the use? But I don't care what you call it as long as you realize it is probably communicable. Have you read my finest work, sir? "Call it Cri"—dealing with respira-

tory infections, sinusitis, catarrh, chronic bronchitis, tonsils and adenoids, fool proof home made cough medicine, etc. For copy send twenty-five cents and stamped, self-addressed envelope. (Protected 1955 by John F. Dille Co.)

Advertisement for S.S.S. Tonic with product image and text: "When IRON-DEFICIENCY ANEMIA Keeps You Tired—FEEL GOOD AGAIN FAST!"

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TV Programs - KBES (Channel 5)

Table of TV programs for KBES (Channel 5) including times and program titles.

As We Live

By ELIZABETH HURLOCK, PH.D.

Better Spinsters Than Unhappy Marriage Many young women are made to feel that something is the matter with them if they are not married by the time they are 30. Fear of ridicule sometimes drives women to marry any man available.

"In a recent column, you very sensibly advised the mother of a young woman of 30 not to try to force her daughter into marriage until she found a man who could make her happy. I was glad to see that you took this position. So many people seem to feel that it is better to be married, even unhappily, than not to be married at all.

"I disagree with people who say it is a girl's fault if she isn't married. I would say that if a girl tries her best to get a husband who will be half-decent and fails, she is better off single than the girl, who is so afraid of being an 'old maid' that she marries a good-for-nothing and suffers cruelly rather than get a divorce because of her children. I hope you will continue to advise mothers not to force their daughters into marriage just so they won't be old maids."

After working with problems of maladjustment in both children and adults for many years, I am too familiar with the trouble that unhappy marriages bring to advise anyone to rush into marriage just to escape spinsters. Nothing leads to unhappiness faster than a marriage not based on love. No woman can be happy in marriage unless she loves and respects her husband. A man cannot be happy if he knows or suspects that his wife married him only to escape being an "old maid."

Advertisement for "This is Your Music" featuring Frank Goss and listing program details.

WALT'S TV & Radio Service

Oldest Shop in So. Oregon 409 East Main - Phone 2-2269 Day or Night Service.....\$3.50 (Medford and Vicinity) All Makes and Models Repaired All Work and Parts Guaranteed 7 Years TV Experience. No Calls Friday after 4:30 P.M. No Work Done Sat. Until 6 P.M.

Send your "Truth Dollars" to Crusade for Freedom, c/o Your Local Postmaster. Published as a public service in cooperation with The Advertising Council

How they hear the truth behind the Iron Curtain

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Make it a habit... EARLY NEWS

Advertisement for Early News featuring Frank Goss and program details.

Advertisement for Frank Goss Monday thru Saturday 7:30 AM on KYJC CBS Radio 1230.

BUZ SAWYER

Comic strip panels featuring Buz Sawyer.

L'I ABNER

Comic strip panels featuring L'I Abner.

BLONDIE

Comic strip panels featuring Blondie.

MUTT and JEFF

Comic strip panels featuring Mut and Jeff.

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