

RADIO PROGRAMS—MONDAY

Table of radio programs for Monday, listing stations like KJVC, KMED, and KWIN with their respective programs and times.

RADIO PROGRAMS—TUESDAY

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Personal Health Service

By WILLIAM BRADY, M.D.

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



It's Your Own Fault if You Haven't Vite

Q.—What is a tonic? A.—A medicine that increases or restores physical or mental tone, invigorates, refreshes or braces. (Webster)

Q.—What's tone? A.—Firmness of the healthy body, particularly firmness of the muscles which exist independently of voluntary effort.

Q.—Please name a good tonic or two? A.—Not so fast. You remember this is a health column, not a clinic.

My whooper duper tonic must have tasted—I can't describe the taste, because, I'm afraid, I never tasted the stuff myself, but I can tell you that if a tonic didn't taste very bad it wasn't very good.

The truth is that, to the best of my knowledge, no medicine or combination of medicines can be truthfully described as a tonic.

Nerve tonic? Don't be childish. Heart tonic? Are you serious? Essential food is tonic.

Essential food does not mean purified, refined, prepared, processed, homogenized, tenderized, fortified, defatted or otherwise doctored stuff ready to serve right out of the convenient can or the pretty package.

Take the staff of life, for instance. What passes for bread nowadays is only a broken reed. Prior to the middle of the 19th century nearly if not quite all of the wheat went into the grist or flour universally used for bread making.

Tourists Die of Thirst in Sahara

London.—(U.P.)—Two British tourists died of thirst while trying to cross the Sahara Desert in French West Africa last month, according to diplomatic reports released here.

A French military search party found Miss Muriel Taylor of Chester, England, and Alain Cooper of Kenya, dead in their small English made car less than 50 miles from the oasis town of Guezazam, according to reports from the British Consul at Dakar.

The third tourist, Peter Barnes, was picked up by an Algerian truck driver. The truck driver said he found Barnes wandering about almost unconscious from lack of water.

As We Live

By ELIZABETH HURLOCK, PH.D.

Activity Helps Give Perspective On Sorrow Worry can poison the mind as well as the body.

(Q) "Several months ago, you wrote an article about the harmful effects of worry. I read it at a time when I was so upset and unhappy I didn't know what to do or where to turn for help. It helped me so much that I am now writing to you for help. I read your article, my fiancé died. Needless to say, I was heartbroken. Now I am beginning to pull myself together but I need help. I thought joining a club would help me to forget. Don't you think I am making the right decision?"

(A) You can't forget the man you loved and had planned to marry. However, you will be able to get a better perspective on your sorrow if you are with people and doing things to keep yourself from brooding.

Announce New Way To Shrink Painful Piles

Science Finds Healing Substance That Does Both—Relieves Pain—Shrinks Hemorrhoids

astounding statements like "Piles have ceased to be a problem!" The secret is a new healing substance (Bio-Dyne)—discovery of a world-famous research institute. This substance is now available in suppository or ointment form under the name Preparation H. At your druggist. Money back guarantee.

South Vietnam Troops Recapture Key Post

Saigon, Indo-China.—(U.P.)—American-trained South Vietnam troops repulsed attacking rebels Saturday and recaptured a key post guarding a vital Mekong river crossing front reports said.

ERWIN D. CANHAM

A distinguished American editor focuses international experience and incisive commentary on the news of the week. Tuesday at 6:25 p.m. on KYJC. 12:30 on the dial. Sponsored by the Christian Science Monitor. ABC Radio Network

MOO-O-OS AND MUSINGS advertisement featuring a cow illustration and text about the benefits of a good breakfast.

Little Daisy Sniders advertisement for shoes, featuring a girl illustration and price of \$5.45.

Koko Says advertisement for tennis shoes, featuring a cartoon character and price of \$5.45.

WALT'S TV & Radio Service advertisement for a junior boot shop, located at 2289 Day or Night Service.

ERWIN D. CANHAM advertisement for a news commentary program on Tuesday at 6:25 p.m. on KYJC.

Lumber Market Price Report Bill Submitted

Washington.—(U.P.)—Sen. Richard Neuberger (D-Ore.) Saturday said he has introduced a bill to inaugurate market price reports in the lumber industry by the Department of Agriculture.

The Oregon Democrat said similar reporting services are operated for farmers. He declared price reporting was equally necessary for persons harvesting timber.

Get the BEST For LESS St. Joseph's ASPIRIN advertisement.

CROSSWORD PUZZLE

Crossword puzzle grid with clues for Across and Down words.

Casablanca, Morocco, claims the world's biggest municipal swimming pool, 1,876 feet long and 246 feet wide. Moorish girls often arrive at the pool in robes and veils, disappear into dressing rooms, and emerge in brief bathing suits.

The Farallone Islands became a part of the City and County of San Francisco in 1872.

Nights Unbearable on Itching Skin? Relief beyond belief for fiery, itching irritation, with specially medicated ointment—the ointment rich in Lanolin, Soother and old tender skin—sweens desire to scratch—thus skin healing.

STRANGE AS IT SEEMS

Advertisement for Sarah Joseph Hale, featuring a portrait and text about her contributions to women's rights and education.

BARNEY GOOGLE and SNUFFY SMITH comic strip panels.

BUZ SAWYER comic strip panels.

L'ABNER comic strip panels.

BLONDIE comic strip panels.

MUTT and JEFF comic strip panels.