

RADIO PROGRAMS—FRIDAY

Table of radio programs for Friday, listing stations like KYJC, KMED, and KW4N with their respective program titles and times.

RADIO PROGRAMS—SATURDAY

Table of radio programs for Saturday, listing stations like KMED, KW4N, and KBOY with their respective program titles and times.

Personal Health Service

By WILLIAM BRADY, M.D.

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



Mystery of the Balanced Diet. Ask the brisk businessman of medicine to define "the common cold" and you will learn that everybody (meaning any d. l.) knows what a "cold" is. By word or manner the charlatan implies that you must be nutty to ask such a silly question, and advises you to keep well under the covers and be careful not to take more cold. Just relax, take a balanced diet of nourishing but easily digestible food and sufficient aspirin or barbiturate to dull your sense of discomfort or danger, you fathead.

It sounds impressive when a doctor talks about a "balanced diet," but it is useless to try to find out just what he means. It sounds scientific, sort of, and the leading exploiters of popular credulity have been getting away with it for donkey's years. In fact it is nearly as useful as another impressive, though meaningless, phrase that occurs constantly in medical literature—"lowered resistance." To help informed wisecracks it may seem reasonable enough that a vagrant draft, or wet feet or a change of clothes would rob the individual of any immunity he might have against, what shall we say, pneumonia, diphtheria, measles, meningitis, scarlet fever influenza—you name it. But for the life of me, I can't understand how a physician with a fundamental knowledge of pathology and immunity can acquiesce in such an idiotic notion. It would seem that the doctors who use the expression so boldly feel confident they can get away with it for many more years, because the laity is pretty dumb.

"I have never been sure what a 'balanced' meal is, but it appears to be one consisting of such a large number of foods that a dab of most of the body requirements is supplied at one time. . . . To me the concept of such a meal seems wrong, nutritionally and otherwise. Large meals are expensive. . . ."

I quote this from a chapter on the nutrition of the pre-school child in that fine book "Let's Have Healthy Children," by Ad-

elez Dais. Some years ago a medical friend (believe it or not) persuaded me to attend a symposium on diet and nutrition arranged by the medical staff of a hospital. At one point a young woman rose and spoke briefly but effectively—and her modest remarks made the doctors who had hemmed and hawed tiresomely seem absurd. Then I learned that she was not a physician, but a consulting nutritionist, Adelle Davis, A. B., B. S. I still give another of her books, "Let's Cook It Right" a preferred place in my working library, for I have found one can rely on anything Adelle Davis says as good sound nutrition.



"Martians, go away" is a new jazz song apparently intended to fend off an attack from outer space.

If the words don't send them, the music will.

Little Daisy Sniders

Advertisement for Dorothy Hall Hair Stylist, located at 131 S. Central, Phone 3-5379.

Advertisement for Eccles Electric, located at 40 South Bartlett, Phone 2-9824.

Advertisement for Minkler Television, located at 1230 on the Dial, Phone 2-9824.

Advertisement for WALT'S TV & Radio Service, located at 409 E. Main, Phone 2-2269.

"Large amounts of water, coffee, beer, soft drinks or any liquid washes these (B) vitamins out of your body. On very hot days when B vitamins are lost in perspiration" (called sweat in the Bible) "your need for these vitamins is tremendously increased."

I quote this from "Let's Eat to Keep Fit," by Adelle Davis. It gives a good idea of how sound and practical the books are. I recommend them to physicians who are still uttering banalities about "balanced diet."

QUESTIONS & ANSWERS. I Ain't Bawling. I enjoy your column very much. Down to earth and full of common sense. Please send me the Red Blood Vitamin pamphlet. Long may ye bawll! (T. F. R.)

Answer—I ain't gonna bawl no more—found it didn't help. For the pamphlet RED BLOOD VITAMIN, send stamped, self-addressed envelope. If you'd like also Little Lesson No. 18, BLOOD AND HEALTH, include 25c in addition. Ask for it in writing, signed. A clipping will not suffice. Young Folks and Old Folks. For nearly four years I have been supplementing my diet with the three minerals and three vitamins as suggested in your pamphlet. When I began I couldn't walk a block without stopping till chest distress subsided. My doctor even forbade me to take any exercise. . . . today I can walk with anyone, do exercises. . . . without any trouble. (H. B.)

Answer—Four years, eh? A lot of people in the same boat, but they're pretty dumb about it—can't get it through their heads that the three vitamins and three minerals are FOOD.

DO YOUR FEET HURT? Northwest Orthopedic & Surgical Supply Co., 2747 N. PACIFIC HWY, 1/2 Mile North of Big Y.

BUZZ SAWYER comic strip panels.

BUZZ SAWYER comic strip panels.

BARNEY GOOGLE and SNUFFY SMITH comic strip panels.

BLONDIE comic strip panels.

MUTT and JEFF comic strip panels.

BUCKHORN MINERAL SPRINGS advertisement for relief of various ailments.

Strange As It Seems advertisement for Nebraska, highlighting its natural resources and climate.

L'ABNER comic strip panels.

BUZZ SAWYER comic strip panels.

BARNEY GOOGLE and SNUFFY SMITH comic strip panels.

BLONDIE comic strip panels.

MUTT and JEFF comic strip panels.

(All programs at same time daily, unless otherwise indicated) A.M.—5:30 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; 7:45 Sign off.

TV Programs — KBES (Channel 5) FRIDAY 5:50—Devotions 6:00—Feminine Fancies 6:30—Val Rague Camera 6:45—Auto Parts' Birthday Party 6:50—Wild Bill Hickok 7:00—Sports Reel 7:15—YMCA 7:30—Hollywood Album 7:45—Pappy Coleman 7:55—Northwest Boxing 7:45—Talent Time 8:00—Life of Riley 8:15—4-Star Playhouse 9:00—Undercurrent 9:30—Lucky Sportstime 9:45—Weather 10:05—Best Theater 11:05—News 11:10—Sign Off

SATURDAY 10:15—Pre-Game Dizzy Dean Show 10:25—Pro-Baseball 11:00—Devotions 11:30—Mr. Wizard 11:45—From Every Mountain Side 12:00—Fifth Floor Today 12:30—Western Theatre 1:30—Soldier Parade 1:45—This is the Life 2:00—Melody Wranglers 2:30—America's Greatest Bands 3:00—Radio Center 3:15—Arthur Murray Party 3:30—And Here's the Show 3:45—Break the Bank 4:00—Wrestling From Hollywood 10:30—News 10:35—Sign Off

SUNDAY 1:00—The Christophers 1:30—Face the Nation 2:00—Jackson County Public Health 2:30—American Forum 3:00—Sunday Matinee 4:00—This is the Life 4:30—So. Ore. Roundtable 5:00—You Are There 5:30—It's Magic 6:00—Private Secretary 6:30—People Are Funny 7:00—Toast of the Town 8:00—G. E. Theater 8:30—It's A Great Life 9:00—Cameo Theater 9:30—Weekly News in Review 9:45—So. Ore. Health Service 10:00—Midnet Movie 10:25—Sign Off

Why Suffer? advertisement for S. B. Fong Herb Specialist, located at 624 S. Riverside—Medford.