

RADIO PROGRAMS—MONDAY

Table of radio programs for Monday, listing stations like KMYD, KMED, and KWIN with their respective program titles 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.



A LESSON IN PHYSIOLOGY

Physiologists find that so far as oxygen intake and carbon dioxide output are concerned, normal or natural breathing is automatically regulated or controlled and there's nothing one can or should try to do about it by "deep breathing."

That is so true that even I, for once, bow to the authorities. When they're right they're very, very right—but don't relax just yet, for here comes Ol' Doc Brady with his inevitable: "Yahbut, all that applies to natural or normal breathing and not necessarily to the breathing of most Americans."

This peculiar Yankee notion accounts for the familiar comic strip figure—the pigeon-breasted tough character. It also accounts for the tin soldier posture imposed upon plebes at West Point in the presence of their superiors.

As We Live

BY ELIZABETH HURLOCK, PH.D. FATIGUE MAKES HER CROSS, SARCASTIC

Fatigue plays havoc with a person's efficiency and disposition. A person who is seriously affected by fatigue should be careful not to allow himself to get overtired.

"(Q) 'Ordinarily, I am a rather even-dispositioned person. Things don't bother me too much and I usually am fairly pleasant with everyone. But when I get tired I begin to get fretful, and I find myself complaining and being somewhat sarcastic. I often wonder if it is not better to fly off the handle and get it out of your system, as my husband does when he is tired after a day at the office. I find that I am all right after a good night's sleep, but I can't seem to snap out of these moods until I get some sleep. Don't tell me to take a rest in the afternoon, as my doctor has, because I have three children and I never get a minute free to rest during the day.'"

(A) You could get a minute free to rest during the day—in fact, you could get many minutes—if you planned your day for this rest. And for the sake of your whole family you should do so.

Once you become tired you need a longer time to recover than you'd need if you had warded off the fatigue. That is why you cannot "snap out" of the moods that make you fretful and critical until you have had some sleep.

If your children are very young, you could rest and relax in the afternoons while they are having their naps. If they are too old for naps you can insist that they relax and rest, with books, radios, or television to keep them quiet and amused. This would give you free time to rest and perhaps have a short nap.

As for your work, you would find that you could do it more quickly and more efficiently after the rest period than when you are tired. Fatigue does not limit itself to making people disagreeable. It cuts down their efficiency and takes away their desire to do things, making them have to force themselves to get things done.

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encased in a rigid plaster coat, provided the individual so restricted is not permitted or required to do any physical work, play or exercise. In other words, even without the main breathing muscles, the diaphragm, which functions most efficiently without control of the will or conscious interference, the accessory breathing muscles, which are voluntary or wholly controlled by the will, can still carry on a shallow, laborious but painfully inadequate kind of breathing for hours or days.

Formerly even insurance companies required medical examinations to record the chest expansion of the candidate for life insurance. The absurdity of this was impressed upon me soon after I began practice. I had to examine some two dozen young men who had applied for insurance. Most of them had a chest expansion of approximately two inches. One was an exception. He was the Adonis type, though somewhat effeminate. He had followed some mail-order self-development course then on the market, and he proudly demonstrated his five-inch chest expansion. However, he was the only one of the group who failed to pass the medical examination. He had incipient pulmonary tuberculosis.

The tape measure is no longer used to determine the state of health or physical fitness, but the



MOO-O-O'S AND MUSINGS

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Little Daisy Sniders

WALT'S TV & Radio Service. Oldest Shop in So. Oregon. 409 E. Main — Phone 2-2269. Day or Night Service \$3.50 (Medford and vicinity). Night Calls and Sundays. No Calls Fri. eve. or all day Sat.

MEN PAST 40

Troubled with GETTING UP NIGHTS. Pains in BACK, HIPS, LEGS. Tiredness, LOSS OF VIGOR. If you are a victim of these symptoms then your troubles may be traced to Glandular Inflammation. Glandular Inflammation is a constitutional disease and medicines that give temporary relief will not remove the causes of your troubles. Neglect of Glandular Inflammation often leads to premature senility, and incurable malignancy. The past year men from 1,000 communities have been successfully treated here at the Excelsior Institute. They have found soothing relief and a new zest in life. The Excelsior Institute, devoted to the treatment of diseases peculiar to older men by NON-SURGICAL Methods, has a New FREE BOOK that tells how these troubles may be corrected by proven Non-Surgical treatments. This book may prove of utmost importance in your life. No obligation. Address Excelsior Institute, Dept. 7111, Excelsior Springs, Missouri.

TRAPPED?

Because You Lack a HIGH SCHOOL DIPLOMA. You can get one at home in your spare time. If you are 16 or over and have left school, write for interesting free booklet—tells you how!

AMERICAN SCHOOL, Pacific Coast Division. 6381 Hollywood Blvd., Los Angeles 28, Calif. Send me your FREE 56 page High School Booklet MF-22. Name _____ Age _____. Address _____ City _____.

chesty complex still satisfies the Yankee notion of physical education.

To get a good practical lesson in breathing observe a horse that has just finished a race, or a savage who has not been exposed to civilization, or any one who is fast asleep or unconscious from anesthesia or other cause. He breathes with his belly. What I call Belly Breathing. Of course it is diaphragmatic, but there is so much confusion concerning the diaphragm and how it works that I'll call it belly breathing, with a reminder, to those who refer to legs (feminine) as "limbs," that the term belly is derived from the Anglo-Saxon belg, meaning

CROSSWORD PUZZLE

Crossword puzzle grid with clues for Across and Down. Clues include: Across: 1-Shallow vessel, 4-Chaldean city, 11-South, 13-Weasel like animal, 15-Tape measure, 16-Heavenly bodies, 18-Pilaster, 19-French for 'king', 21-Sewing box, 22-Pronoun, 23-Commissions, 25-Naboor sheep, 28-Reveal, 29-Apply, 32-Feutonic delty, 34-Siberian river, 35-Place, 38-Camucha monkey. Down: 2-Symbol for action, 4-Brew month, 11-Sailors, 12-France (colloq.), 13-Felice, 14-Sitich, 15-Interwined, 16-Obstruct, 17-Press, 18-Extended, 19-Sun god, 20-Briety, 21-Coronets, 22-Referring to punishment, 23-Printer's measure, 25-Neighbor sheep, 28-Reveal, 29-Apply, 32-Feutonic delty, 34-Siberian river, 35-Place, 38-Camucha monkey.

bag or bellows. For How to Breathe, 50-page booklet, send 25c and stamped, self-addressed envelope. QUESTIONS AND ANSWERS. What can you tell me about the beneficial effects of sulfur to the body? The sulfur and molasses medicine of our childhood... health resorts where sulfur springs... sulfur baths... is sulfur a blood purifier? (O. J.) Answer—Your letter is a brief of the stereotyped questions about sulfur that are perennial. Sulfur internally is inactive, that's all. Sulfur water and sulfur baths are harmless enough if you like 'em, that's all. Sulfur purifies the blood as much as any other nutritive element does. Rich food sources of sulfur are egg yolk, milk, wheat, oats, lean beef, peas, beans, cabbage, cheese, peanuts, oysters, clams—so, you see, you can't miss it, unless you are not following some freak diet. Now they're asking you "vite," anti-toothbrush, "stupid" and "brass specialist" stuff. I've laughed clear down in my stomach about some of your teachings. (S. V. W.) Answer—All right, laugh and show me, just what do you mean any way? I hope you mean belly-breathing you are of the Victorian era and pre-diaphragm or "lumpy" to be. That last euphemism, affected by 'oh, let it go—life is short and what the Aligator Hide. Skin over my elbows and arms and knees and legs is rough and dry and cracked like snake skin... (Mrs. J.L.C.)

Amazing RELIEF for BABY tortured by ITCHING RASH. "Little one scratched itching skin so it became raw," writes a grandmother. "Nothing helped, until we tried Resinol Ointment. In two days he was resting comfortably. In two weeks hardly a trace of the skin ailment was noticeable." Keep Resinol handy for chafes, chaps, burns, cuts. For sample write Resinol, Dept. 6, Baltimore 1, Md. *Name on request.

Strange As It Seems by Elsie Hix. FOR YEARS YOUR MINDS, TROUBLED WITH THE LOVE AFFAIRS, HAVE BEEN LEAVING LETTERS AT THE "TOMB OF JULIET" ASKING FOR ADVICE FROM THE "CHURCH OF ST. FRANCISCO, 41 CORPO, VERONA, 1944." THE SECRETION FROM THE SKIN OF A TREE FROM SOUTH AMERICA IS USED AS A POISON FOR THE TIPS OF ARROWS BY INDIANS. THE MISSOURI-MISSISSIPPI RIVER IS NAVIGABLE MORE THAN 3500 MILES FROM THE GULF OF CALIFORNIA A DISTANCE GREATER THAN NEW YORK TO LONDON!

L' ABNER



BUZ SAWYER



BARNEY GOOGLE and SNUFFY SMITH



BLONDIE



MUTT and JEFF



BLONDIE



BARNEY GOOGLE and SNUFFY SMITH



BLONDIE



TV Programs — KBES (Channel 5)

Table of TV programs for KBES (Channel 5), listing programs like Devotions, Feminine Fancies, and various news and entertainment shows.

News About Books From the Library

By MISS HELEN WEBSTER Medford Librarian. However kind our friends may be, however wide our circle of friendship, there are times when we need a sympathetic understanding or practical advice beyond the experience of anyone close to us. At such times books often prove to be the friends we need. Addressing himself to the thousands of bewildered parents whose normally intelligent youngsters can't read well enough to do their school work, Rudolph Flech has given us one such book in "Why Johnny Can't Read."

Announce New Way To Shrink Painful Piles

Science Finds Healing Substance That Does Both—Relieves Pain—Shrinks Hemorrhoids. Astonishing substances 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 Pile-Stop. At your drugstore. Money back guarantee. (Paid Adv. *Reg. U.S. Pat. Off.)