

RADIO PROGRAMS-SUNDAY

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 Sunday, including stations like KMYC, KMED, and KWIN, with program titles and times.

RADIO PROGRAMS-MONDAY

Table of radio programs for Monday, including stations like KMYC, KMED, and KWIN, with program titles and times.

(All programs at same time daily, unless otherwise indicated) A.M.—5:30 Sign on Music throughout day except for following programs: 10:15-12:15 KBOY Bargains; 11-12 (Sunday only) First Baptist service.

TV Programs—KBES (Channel 5)

Table of TV programs for Sunday and Monday, including stations like KBOY and KBES, with program titles and times.

AND HE WANTS IT BACK Long Beach, Calif. (U.P.)—Police Desk Sergeant Edward C. Christensen, 41, filed a report that a wallet, containing \$202

Personal Health Service

By WILLIAM BRADY, M.D.

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



By WILLIAM BRADY, M. D. Digitalis and the Heart

The credulity of physicians is attested by the vast amount of poppycock in medical literature concerning the effects of digitalis on the heart.

Here's a good illustration of the way many physicians think (or rather do not think) about it. When I tried to assure poor souls with the "weak heart" obsession that they shouldn't worry about taking digitalis a well advertised practitioner who calls himself a heart specialist jumped into print to warn the poor souls that many a poor soul lives from day to day only because he or she takes a daily nip of digitalis! Other than that, not a peep did we hear from the medical profession, then or since.

Now I beg to reassure everyone who has or thinks he or she has a "weak" heart that digitalis does not and cannot (1) increase the strength of the heart, (2) make the heart function more efficiently or (3) keep the heart beating when it would cease to beat without digitalis.

Several times I have quoted here, from a standard medical textbook, what I consider a typical bit of medical hokum about digitalis, to wit: "Therapeutically it" (digitalis) "enables the damaged heart to do more work with the same expenditure of energy."

I have asked physicians, physiologists, physicists or others who are qualified to have an opinion to tell me how more work can be performed without expending more energy. Understand clearly, I do not advise anyone who takes digitalis under his or her physician's care or supervision to stop taking it without the doctor's consent. If I consulted or employed

a physician and the physician ordered me to take castor oil on my mashed potato, use mint flavored goo on my toothbrush or take a dose of digitalis every day, I'd do it or else fire the doctor. I'd be a d. f. to do otherwise.

Without dwelling too much on the weak heart obsession, for I think it is a silly notion, I endeavor to impact a modicum of common sense about heart and artery trouble in Little Lesson No. 2, the booklet C V D. For a copy send 25c and stamped, self-addressed envelope.

QUESTIONS & ANSWERS Home Made Respirator Pamphlet containing complete drawings and specifications for building the respirator, as devised by Mr. M. K.



We see where they are training monkeys to do simple routine jobs usually done by human beings. What a horrible way for Shady Wakefield to get thrown out of work.

Little Dairy Sniders

Grocery Clerks Get Helpful 38-page Book

Washington (U.P.)—The Department of Agriculture has issued a 38-page booklet telling grocery clerks how to become better grocery clerks.

The department's advice boils down to "work smarter—not harder." This conclusion was reached after a survey conducted by the research division of the Agricultural Marketing Service. The researchers had assistance from many individuals and organizations in the retail food industry and from Michigan State College.

The survey was designed to improve the efficiency and productivity of retail food store employees through better techniques of personnel management.

The department said participation of grocery clerks in programs designed to improve their work resulted in wider acceptance of improved methods, better use of work time, and increased sales per clerk-hour. The survey showed that an employee will accept new methods more quickly and smarten up more rapidly if he can discuss them openly with his manager and feels that he is a part of the program to get better use of his time.

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Reynolds in an emergency in northern Michigan, may be bought from American Medical Association, Chicago, Illinois, for ten cents. List of places where one or more cabinet type respirators are available may be obtained from National Foundation for Infantile Paralysis Inc., 120 Broadway, New York, N.Y.

Dad Needs Sound-Proof Vault Mother is unable to sleep nights because of father's snoring. They sleep in double bed. If she awakens him to make him stop snoring he gets cross. (Mrs. B. V.)

POISON OAK? Try a Bottle of ZEMACOL. You must be satisfied or your money cheerfully refunded. Get a bottle today at WESTERN THRIFT.

CROSSWORD PUZZLE

Crossword puzzle grid with clues for Across and Down. Clues include: 1-Possessive pronoun, 4-Finger, 10-Everygreen tree, 11-Narrow opening, 12-Conjunction, 13-Halts, 14-Lamprey, 15-Persia, 16-Again, 17-Cooled lava, 18-Post, 19-Public conveyance, 20-Evergreen tree, 21-Narrow opening, 22-Conjunction, 23-Halts, 24-Lamprey, 25-Persia, 26-Again, 27-Cooled lava, 28-Post, 29-Prefix down, 30-Allowance for waste, 31-Aspirated, 32-Knock, 33-Scott, 34-Note of scale, 35-Band worn around waist, 36-Ridges of sand near water's surface, 37-Small rue, 38-Helical, 39-Picnic, 40-Exist, 41-College officials, 42-Fish eggs, 43-Rocky hill, 44-Satellite, 45-Female sheep, 46-Demon, 47-Chinese pagoda, 48-Sign, 49-Golf mounds, 50-Pronoun, 51-Chaldean city, 52-Small amount, 53-Fruit, 54-Native metal, 55-Marry, 56-Place, 57-Mephistopheles, 58-Mouth of volcano, 59-Chairs, 60-Acquire knowledge, 61-Spoken, 62-Foot lever, 63-Brushed away, 64-Number, 65-Deer animal, 66-Faroe Islands whirlwind, 67-Weirder, 68-Fall back, 69-Peruses, 70-Flying mammal, 71-Insect, 72-Disarrange, 73-Posed for portrait, 74-In favor of, 75-Unit, 76-At present, 77-Command to horses, 78-Near

more nightclothes or bed covers than are necessary for comfort—the lighter the covers the better. Snoring less likely to occur if he sleeps on one side than when he sleeps on his back. Mother might wear ear plugs of a pliable waxy material, such as swimmer's ear, to exclude father's nocturnal habit breaker.

STA-OFF CORN REMOVER. Gives instant relief from pain and positively removes hard corns, soft corns, papillomas, club nails. It contains several different oils that soften, loosen and does not cause the irritation as do strong acid mixtures. When all others have failed try this one. Try our Bunion Relief, which relieves pain, soreness, swelling first or second application. Both remedies sold on money back guarantee.

breaking me of the physic habit. I wish I could have read your booklet many years ago. When I have consulted doctors they have dismissed me with some of their physic pills and the explanation that constipation was responsible for my nervousness or whatever I complained of. (D. J.)

Ready Made and Made To Order SURE HOLD TRUSSES RUPTURE SPECIALIST! Users Say... "Rupture Gone in a Few Months" FREE EXAMINATION So Be Sure with a Sure Hold NORTHWEST ORTHOPEDIC & SURGICAL SUPPLY CO. 2747 N. PACIFIC HIGHWAY—1/2 Mile North of Big Y

practitioners of the constipation and "auto-intoxication" hokum and the "cold" delusion and they'd scarcely know how to string along their "chronics." For copy of the booklet "Constipation Habit and Colon Hygiene" send ten cents and stamped envelope bearing your address. Answer—Deprive some successful

Strange As It Seems

Illustration of a woman and a man. Text: SAND SNOW—FOUND IN ARCTIC REGIONS THIS SUCH A ROUGH SURFACE SKIS WILL NOT MOVE OVER IT. A ONE-INCH CUBE OF CORK PUT UNDER A PRESSURE OF 14,000 POUNDS WILL SPREAD SIDEWISE ONLY 1/4 OF AN INCH WHEN RELEASED IT WILL RETURN UP TO 95% OF ITS ORIGINAL HEIGHT IN A FEW HOURS! FLOWER BERTHA OF HOLLAND HAS FURNISHED CORSAGES AND BOUTONNIERES AT EVERY UNIVERSITY REUNION AT EVERY FRATERNITY OR SORORITY CELEBRATION IN HOLLAND FOR OVER 50 YEARS!

L'L ABNER

Comic strip panel: NEIGHBORS, WE INVITED YOU TO A 8-DOLLAR WEDDING, BUT—TH' GAL THY WANTED T' MARRY DONE REFOOZED HIM!!

BUZ SAWYER

Comic strip panel: ARE YOU SURE YOU'LL BE SAFE HERE? ABSOLUTELY, DR. SCHMIDT. NOW HOW CAN WE HELP YOU GET READY FOR YOUR DEMONSTRATION?

BUZ SAWYER

Comic strip panel: I'D LIKE A PLACE WHERE I CAN MIX MY PAINT. GOOD, HERE IN THIS ROOM. AND I SHALL WANT ABSOLUTE PRIVACY, GENTLEMEN. CERTAINLY, DOCTOR. WHEN YOU'RE READY, WE'LL PAINTED WITH YOUR PAINT, THEN WE'LL MAKE OUR TEST TO SEE IF RADAR CAN PICK UP IT UP.

BARNEY GOOGLE and SNUFFY SMITH

Comic strip panel: MRS. SMITH—DO YOU SUPPOSE I COULD WATCH YOUR HUSBAND THE NEXT TIME HE MILKS THE COW? YE CAN'T DO THAT, RODRICK. AND WHY NOT? PAW DON'T LET NOBODY WATCH HIM MILKIN'.

BLONDIE

Comic strip panel: DAGWOOD—ARE YOU SLIPPING FOOD TO DAISY UNDER THE TABLE? YOU KNOW WE HAVE A RULE AGAINST FEEDING THE DOGS AT THE TABLE. IT SPOILS THEM AND MAKES LITTLE BEGGARS OUT OF THEM. DON'T LET ME CATCH YOU DOING IT AGAIN.

BLONDIE

Comic strip panel: I SEE WHAT YOU MEAN. I GOT A SNEAKY FEELING THAT DAME JUST DON'T WANT TO KISS!

MUTT and JEFF

Comic strip panel: GIMME A LITTLE KISS WILL YUH? WON'T YOU GIVE ME JUS' ONE LITTLE KISS? O.K., THEN—LEMME GIVE YOU A KISS!

MUTT and JEFF

Comic strip panel: I GOT A SNEAKY FEELING THAT DAME JUST DON'T WANT TO KISS!

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