

STAR GAZER

By CLAY R. FOLLAN
Your Daily Activity Guide
According to the Stars
To develop message for Saturday,
read words corresponding to numbers
of your Zodiac birth sign.

ARIES	1	2	3	4	5	6	7	8	9	10	11	12
APRIL	1	2	3	4	5	6	7	8	9	10	11	12
MAY	1	2	3	4	5	6	7	8	9	10	11	12
JUNE	1	2	3	4	5	6	7	8	9	10	11	12
JULY	1	2	3	4	5	6	7	8	9	10	11	12
AUGUST	1	2	3	4	5	6	7	8	9	10	11	12
SEPTEMBER	1	2	3	4	5	6	7	8	9	10	11	12
OCTOBER	1	2	3	4	5	6	7	8	9	10	11	12
NOVEMBER	1	2	3	4	5	6	7	8	9	10	11	12
DECEMBER	1	2	3	4	5	6	7	8	9	10	11	12

The Medical Roundup

by *Walter Alvarez*

Emeritus Consultant in Medicine,
Mayo Clinic
Emeritus Professor of Medicine,
Mayo Foundation

The Person Who Needs To Be Amused

In a fine book on "The Dynamics of Aging," by Ethel Sabin Smith (Norton), I find a remarkable thought. The author says an elderly person is often like the child who keeps saying, "Play with me"; "Read to me"; "Stay with me." I can still remember as a child on my lonely farm, going to my mother and saying, "What can I do now?" An older person is the more likely to make such demands if, like a child, he feels inadequate "to meet each day on the basis of his own strength" — if he has few interests and no inner resources.

I know many husbands who, after supper expect the wife to entertain them in some way — to read to them, or to play cards. It does not seem to occur to them that they might find their own book to read; or to play solitaire, or to find some hobby or task around the house that would interest them. Similarly, there are many wives who seem to have the idea that when the husbands married them, the marriage service read "to love, honor, and amuse."

Blessed is the man or woman who can find his or her own interests, forms of amusement, and life to lead. All of us would be wise in our youth and middle years to learn to amuse ourselves, and to keep happy within ourselves, because so often in old age there is no one around who wants to take over the job of talking to us, playing with us and keeping us occupied.

I remember so well the night I graduated from high school; the address was given by that wonderful man, David Starr Jordan of Stanford. He said that we students had better continue to educate ourselves so as to become interesting people. If, for lack of continuing our education and constantly getting new thoughts, we were to become bores, it would be rough on those about us, but roughest on us because we would have to be living with ourselves most of the time.

Many persons tell me how disturbed and upset they get because they keep constantly going to physicians to have their blood pressure measured. When the pressure is up higher than they expected it to be they get distressed; and when it is lower than they expect it to be they get frightened. Every physician knows well this type of person, and often wishes that he or she would go to some clinic far away.

Because of this sort of thing, most physicians advise their patients to avoid having their blood pressure measured. They know that knowledge of the pressure reading rarely does any good, and commonly it causes great anxiety and mental distress. In the cases of many persons the pressure goes up and down from day to day and even during a single day. I'll never forget the woman who came into my office with a systolic blood pressure of 220 mm. and symptoms that suggested a severe type of hypertension. I sent her out to the hospital and tele-

phoned my assistant to take good care of her. Next morning, when I made rounds, he said there must have been some mistake because the woman who came in had a blood pressure of only 120 mm. I went to see if the woman was the right one; and there she was, and she did have a blood pressure of 120. But when I had her get out of bed and walk around the hospital, within an hour it was up over 200 again. She was one of those many persons who have a normal pressure at night and a high pressure during the day.

I remember another woman who used to come in with a systolic blood pressure usually about 170 mm. Occasionally it was 240 mm. When I asked her what she had been doing on the days when the pressure was high, she said her good-for-nothing son had come with a lawyer to abuse her and try to force her to consent to the breaking of his father's will, which had left money to him only in trust.

Physicians have had so much trouble with their patients' getting all upset when told that their pressure is high that many refuse ever to tell what the read-

ing is. They beg their patients not to have their pressure taken often. Even I, who am not a worrier about my health, get my pressure measured only once a year.

Persons Who Cannot Get To Sleep

As I said a while ago in a column on insomnia, there are two main types of this trouble: one on which the person cannot get to sleep, and the other in which he or she gets to sleep all right, but then wakes perhaps at 4 a.m. and cannot get to sleep again. Such a person then needs a calming drug which works quickly and has a short action. He cannot take an ordinary sleeping tablet because this would make him sleepy until noon the next day.

Dr. Alvarez hopes his readers will understand that it would be impossible for him to answer requests for information or to attempt to diagnose by mail. (Released by The Register and Tribune Syndicate, 1956)

Republicans Deny Rift in Oregon

Portland — (U.P.) — Republicans today denied Democratic claims of a rift among the supporters of Douglas McKay, Republican nominee for the U.S. Senate.

Mike Katz, president of a local Young Democratic club, claimed "there has been a wholesale departure of young liberal Republicans from the McKay campaign because of dissatisfaction with McKay's tactics." He said Paul Hebb and Nathan Heath had resigned from McKay's campaign committee in disagreement.

Paul Ewing, a spokesman for McKay, said Hebb had been named by GOP State Chairman Wendell Wyatt to be coordinator for all statewide Republican candidates and that McKay released Hebb for that reason. Ewing said Heath resigned his position with the McKay campaign to return to his law practice.

Hebb said that he will be more active than before in the campaign and that he was certain that Heath and Phil Hitchcock also were in the McKay campaign "to the end."

Hitchcock lost to McKay in the primary. He called Katz' assertion "... a typical Democratic inaccuracy."

CAR SOUNDS ALARM

New Hartford, Conn. — (U.P.) — An automobile called out its own "SOS" but help came too late. John Saharek heard the horn, caused by a fire, but when he got there the car was destroyed.

Accomplished hair stylist at **MANN'S**
Specializes in little girl's hair styling and cutting... Bring your little debutante in soon. Send her prettily back to school.
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A BLOOM AT LAST

Madison, Wis. — (U.P.) — Mrs. Frank Ederly, rural Madison, has about 1,000 plants growing in her yard and home, but one has become her favorite. A cactus she has had for 25 years bloomed recently for the first time.

RADIO PROGRAMS—FRIDAY

Programs listed below are received from the radio stations and the Mail Tribune assumes no responsibility except to make such changes as are supplied.

KVJC 1230 kc	KMED 1440 kc	KWIN 1480 kc
4:00—Club 1230	Fred Waring Songst... Fred Waring Songst... Cafe Lounge	KWIN'S Top Ten Hemingway News... Here's the Answer... Sam Hayes
4:30—Club 1230	Music With Sam Bob & Ray	Bob & Ray
4:45—Frank Goss	Grantland Rice Story	Let's Talk Sports
5:00—Edward P. Morgan	Cavalade of Sports Cavalade of Sports	Fulton Lewis Jr. Local News
5:15—Tom Harmon	Sports Daily	KWIN Karavan—Spts.
5:30—Annus & Andy	Music in March Time	KWIN Karavan
5:45—Annus & Andy	Morgan Family	Rams & Browns Ftbl.
6:00—Edward B. Morrow	Natl Radio Fan Club	Rams & Browns Ftbl.
6:15—Lowell Thomas	Natl Radio Fan Club	Rams & Browns Ftbl.
6:30—Olga Greer	Natl Radio Fan Club	Rams & Browns Ftbl.
6:45—Johnnie Dolan	Natl Radio Fan Club	Rams & Browns Ftbl.
7:00—Eddy Arnold	Natl Radio Fan Club	Rams & Browns Ftbl.
7:15—Eddy Arnold	Natl Radio Fan Club	Rams & Browns Ftbl.
7:30—Columbia Workshop	Natl Radio Fan Club	Rams & Browns Ftbl.
7:45—Portland vs Vancouver	Natl Radio Fan Club	Rams & Browns Ftbl.
8:00—Portland vs Vancouver	Natl Radio Fan Club	Rams & Browns Ftbl.
8:15—Portland vs Vancouver	Natl Radio Fan Club	Rams & Browns Ftbl.
8:30—Portland vs Vancouver	Natl Radio Fan Club	Rams & Browns Ftbl.
8:45—Portland vs Vancouver	Natl Radio Fan Club	Rams & Browns Ftbl.
9:00—Portland vs Vancouver	Natl Radio Fan Club	Rams & Browns Ftbl.
9:15—Portland vs Vancouver	Natl Radio Fan Club	Rams & Browns Ftbl.
9:30—Portland vs Vancouver	Natl Radio Fan Club	Rams & Browns Ftbl.
9:45—Portland vs Vancouver	Natl Radio Fan Club	Rams & Browns Ftbl.
10:00—World News Beat	Nightwatchman	KWIN Karavan
10:15—Off the Record	Nightwatchman	KWIN Karavan
10:30—Off the Record	Nightwatchman	KWIN Karavan
10:45—Off the Record	Nightwatchman	KWIN Karavan
11:00—Sign Off	Sign Off	Sign Off

RADIO PROGRAMS—SATURDAY

6:00—News	Bob Robert's Corral	Wakeup Ranch
6:15—World News Roundup	Bob Robert's Corral	Wakeup Ranch
6:30—Frank Goss	Bob Robert's Corral	The Home Show
6:45—Yawn Patrol	Country Music	Network News
7:00—Coffee Concert	Bogue Valley Beeper	Breakfast Gang
7:15—Martin Agronsky	News Commentary	News & Weather
7:30—Robert Q. Lewis	News Commentary	News & Weather
7:45—Robert Q. Lewis	News Commentary	News & Weather
8:00—News	Koffee Klatch	World News—Sports
8:15—Visit With Bing	Oregon Game Comm.	Musical Spotlight
8:30—Gunnsmoke	Nora's Choice Music	Haven of Rest
8:45—Gunnsmoke	Nora's Choice Music	Haven of Rest
9:00—Newsweek	Friendship Circle	Coffee Date
9:15—Music Box	Friendship Circle	Coffee Date
9:30—No School Today	Friendship Circle	Voice of Deliverance
9:45—No School Today	Sat. News Desk	Voice of Deliverance
10:00—News & City Hop	MONITOR	Game of the Day
10:15—City Hop	MONITOR	Game of the Day
10:30—Record Back	MONITOR	Game of the Day
10:45—Record Back	MONITOR	Game of the Day
11:00—Trading Post	MONITOR	Game of the Day
11:15—Music Room	MONITOR	Game of the Day
11:30—Garden Gate	MONITOR	Game of the Day
11:45—Guest Star	MONITOR	Game of the Day
12:00—News	MONITOR	Game of the Day
12:15—Treasure Show	MONITOR	Game of the Day
12:30—Club 1230	MONITOR	Game of the Day
12:45—Weather & Music	MONITOR	Game of the Day
1:00—Club 1230	MONITOR	Western Roundup Time
1:15—Club 1230	MONITOR	Western Roundup Time
1:30—Club 1230	MONITOR	Western Roundup Time
1:45—Club 1230	MONITOR	Western Roundup Time
2:00—Club 1230	MONITOR	Western Roundup Time
2:15—Club 1230	MONITOR	Western Roundup Time
2:30—Club 1230	MONITOR	Western Roundup Time
2:45—Club 1230	MONITOR	Western Roundup Time
3:00—News	MONITOR	Meet Shakespeare
3:15—Club 1230	MONITOR	Meet Shakespeare
3:30—Club 1230	MONITOR	Meet Shakespeare
3:45—Club 1230	MONITOR	Meet Shakespeare
4:00—News	MONITOR	Salute to Safety
4:15—Club 1230	MONITOR	Salute to Safety
4:30—Vets Administration	MONITOR	Salute to Safety
4:45—Frank Goss	MONITOR	Salute to Safety
5:00—News	MONITOR	Southland U.S.A.
5:15—Tom Harmon	MONITOR	Southland U.S.A.
5:30—Indictment	MONITOR	Southland U.S.A.
5:45—Indictment	MONITOR	Southland U.S.A.
6:00—Port Laramie	MONITOR	Hawaii Calls
6:15—Port Laramie	MONITOR	Hawaii Calls
6:30—Unit 99	MONITOR	Guy Lombardo
6:45—Unit 99	MONITOR	Guy Lombardo
7:00—News	MONITOR	KWIN Karavan
7:15—Lawrence Welk	MONITOR	KWIN Karavan
7:30—Howard Conell	MONITOR	KWIN Karavan
7:45—Howard Conell	MONITOR	KWIN Karavan
8:00—Portland vs Vancouver	Hardtop Races	KWIN Karavan
8:15—Portland vs Vancouver	Hardtop Races	KWIN Karavan
8:30—Portland vs Vancouver	Hardtop Races	KWIN Karavan
8:45—Portland vs Vancouver	Hardtop Races	KWIN Karavan
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10:30—Off the Record	Nightwatchman	KWIN Karavan
10:45—Off the Record	Nightwatchman	KWIN Karavan
11:00—Sign Off	Sign Off	Sign Off

(All programs at same time daily unless otherwise indicated)
A.M.—15 Sign on. Music throughout day except for following programs:
10:15-10:30 KBOY Sign on. 10:30-11:00 Sign on. 11:00-11:30 Sign on.
P.M.—12:15-12:30 KBOY Sign on. 12:30-1:00 Sign on. 1:00-1:30 Sign on.
6:30 Sign off.

TV PROGRAMS—KBES (Channel 5)

FRIDAY	SATURDAY
4:00—Treasure Travels	9:45—Baseball Preview
5:00—Wild Bill Hickock	9:55—Chicago at N.Y.
5:45—News	1:00—Saturday Afternoon
5:55—Weather	2:00—Treasure Travels
6:00—Cavalade of Sports	3:00—Saturday Sports Parade
7:00—Hollywood Album	4:00—On The Trail
7:15—Heath's	4:30—Saturday Showtime
8:00—Man Called X	6:15—Easy Vets Golf Clinic
8:30—Highway Patrol	6:30—Faith For Today
9:00—Undercurrent	7:00—The Honeymooners
9:30—Mayor of the Town	7:30—Stage Show
10:00—Premier Theater	8:00—Crunch & Dez
11:30—News & Sign Off	8:30—Russ Morgan Show
	9:00—Stage Theater
	9:30—People Are Funny
	10:00—Chicago Wrestling
	11:00—News & Sign Off

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Drug Proves Useful in Treating Unfriendly Dogs

Chicago — (U.P.) — Chlorpromazine, the new "tranquilizing drug" widely used in the treatment of emotional disorders, has proved useful in treating "unfriendly" dogs.

A report in the Journal of the American Veterinary Medical Association said the drug also has been used on animals as a pre-anesthetic sedative when surgery is to be performed.

The association said chlorpromazine, widely used in mental institutions, "effected a marked influence on the behavior of nervous dogs and made aggressive or unfriendly dogs easier to manage."

4:00—College Hour
4:30—Telephone Time with John Nesbitt
5:00—This Is The Life
5:30—Over The Backyard Grill
5:45—Industry On Parade
6:00—Private Secretary
6:30—Wings to Hawaii
6:45—Strength For Peace
7:00—Ed Sullivan
8:00—GE Theater
8:30—My Hero
9:00—Man Against Crime
9:30—Weekly News in Review
9:45—Bill Post Frenetic
10:00—I've Got a Secret
10:30—News & Sign Off

Scientists say that the world will gradually shrink to the size of a golf ball.

You can just bet that there'll be at least one golfer left who'll tee it up and clobber it out of bounds.

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Strange As It Seems

CAROLINE HERSCHEL—sister of the great German astronomer, William Herschel, discovered a new comet through HER OWN OBSERVATIONS AND HAS BEEN CALLED THE FIRST WOMAN ASTRONOMER.

THE FALSE TRUENGM—SPARE THE ROD AND SPOIL THE CHILD. IT WAS ORIGINALLY—HE THAT SPOONED HIS ROD WITH HIS SON. BUT HE THAT LOVETH HIM CHARLENEH HIM SOMETIMES.

WAR BOB! HUMAN HAIR WAS USED AS ARGUMENT DURING THE DEFENSE OF CRISTHANGE.

TO FILL A SHORTAGE OF ROPE FOR CRIPPLING THE WOMEN OF CRISTHANGE SACRIFICED THEIR HAIR.

Proverbs 13:24

LI ABNER

YOU CLAIM THERE ARE TWO OTHER FELLAS RUNNING AGAINST ME FOR PRESIDENT? WHAT NERVE!!—WHO ARE THEY?

THEY'RE ASST. PRES. AND PSS? pss?

SAV'Y??—ONE OF THOSE CHAPS IS A REPUBLICAN—AND THE OTHER IS A DEMOCRAT!!

I'VE GOT LOTS OF CUSTOMERS IN BOTH PARTIES!!—IF I WIN, I'LL OFFEND 'EM!!

—AND NO SANE BUSINESS MAN EVER DOES THAT!!

BUZ SAWYER

WHAT A NINNY I AM! ROUTING OUT THE SHERIFF TO ARREST CRICK AS A BANK ROBBER... BUZ SAWYER, I BELIEVE YOU KNOW ALL ALONG WHO CRICK REALLY WAS.

I DIDN'T KNOW HE WAS REX DARE, THE COWBOY MOVIE STAR. BUT I KNEW HE AND BEE COULDN'T HAVE ROBBED THAT BANK. TO BEGIN WITH, IT WAS ROBBED AT 9:00 O'CLOCK. BEE TURNED UP AT 9:15 WITH HER HAIR BLEACHED. SHE COULDN'T HAVE DONE BOTH.

CHUCK, YOU WRETCH! WHY DIDN'T YOU TELL US YOU WERE A FAMOUS MOVIE STAR?

BECAUSE WITH REAL FOLKS LIKE YOU AND BEE, I WANT TO BE JUST MYSELF, CHUCK COBB.

IT BEING HOW SPOILED A BEAUTIFUL FRIENDSHIP, CHRISTY.

BARNEY GOOGLE AND SNUFFY SMITH

PIERRE LOVAIR!! WHAT ARE YE DOIN' BACK IN TH' HOLLER?

I'VE COME TO TAKE MY DAUGHTER BACK TO NEW YORK, MR. SMITH.

OH, LAWSY!! ME AN' MAW SHORE WILL MISS HER—(SNIF)

AHH, YES—NANNETTE IS A LOVABLE CHILD

AN' SO PROMPT WIF HER ROOM AN' BOARD!!

BLONDIE

WHAT ARE YOU MAKING DADDY?

I'M MAKING YOU A BOOMERANG TO PLAY WITH—THEY'RE A LOT OF FUN

WATCH THIS—I'LL THROW IT AWAY AND IT'LL COME RIGHT BACK TO ME

CRASH

THAT LOST YOU THREE DOLLARS

IT CAME RIGHT BACK ALL RIGHT

MUTT AND JEFF

WE WANT OUR MONEY BACK! YOU GYPPED US ON THESE GYPPING SUITS!

GYPPED? YOU GOT A SUIT FOR TWO FOR THE PRICE OF ONE!

SH-SH—DON'T HOLLER! HERE, I'LL GIVE YOU TWO NEW PREWAR SUITS!

PREWAR?

WHICH WAR?