

STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide According to the Stars.

To develop message for Friday, read words corresponding to numbers of your Zodiac birth sign.

ARIES	Taurus	Gemini	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
1-10-24 22-45-29-33	1-10-24 22-45-29-33	1-10-24 22-45-29-33	1-10-24 22-45-29-33	1-10-24 22-45-29-33	1-10-24 22-45-29-33	1-10-24 22-45-29-33	1-10-24 22-45-29-33	1-10-24 22-45-29-33	1-10-24 22-45-29-33

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The Medical Roundup

by *Walter Alvarez*
Emeritus Consultant in Medicine, Mayo Clinic
Emeritus Professor of Medicine, Mayo Foundation

A DIET FOR REDUCING

It is sad that today so many people can make good money—and sometimes big money—by telling fat women that they can reduce without much dieting, or that they can have fun reducing miraculously for 10 days or three weeks.

No woman could ever pay me to give her a freak reducing diet that she is to use for days or weeks. That would be like my giving a ten-day cure for chain-smoking. What good would there be in "curing" the fellow for ten days, if he was to go right back to smoking? What good would there be in a ten-day cure for chronic alcoholism? I could rapidly reduce a woman's weight by putting her on nothing but a quart of milk a day but she could not stand living on this diet for the rest of her days. I must give her a diet that will not be too boring.

No, the public prints will always be full of quack recipes for reducing. Why? Because fat women so strongly desire to be fooled. They want to get the fat off in a few days and get it off easily; they don't want to keep dieting for a lifetime; and they have no use for the man who tells them honestly that that is what they will have to do. They know in their hearts that they will always tend to get stout, and that the day they eat as much as they would like to eat they will gain several pounds. They know this, but still every time someone tells them of a ten-day Hollywood diet, or Mayo diet or Rockefeller diet they are all for it. Actually, I do not know about the Rockefeller diet, but I am sure the dietitians at the Mayo Clinic never advocated any freakish or magical reduction diet.

One Scientific Way

Because those of us who tend to get stout must remain on a reducing diet for the rest of our days, it is silly and stupid to start on some freak diet which no one could tolerate for more than a few days or weeks, or which could produce a dangerous malnutrition. There is only one scientific way of reducing and that is to cut down on the number of calories taken every day. If we eat more than we need, we are likely to store it as fat.

It is wise to reduce by eating foods of low calorie value so that the stomach will not get too empty, and the person will not get too hungry. Hence, the person who wants to reduce must say good-bye to large amounts of butter, cream, sugar, bread, and all pastries and sweets that contain much butter and cream and sugar.

Many fat women say to me, "I don't eat as much as my thin husband does." That may be at table; but oh, how you keep nibbling all day, and how you can raid the refrigerator at bedtime; and every so often you eat up a two-pound box of chocolates. It is impossible to get fat without eating too much. Let us never forget that.

Keep Filled With Salads

The person who wants to reduce must leave off the fat parts of meat; she cannot eat her fill of any starchy food; and she should keep her stomach filled with salads, made of lettuce or tomatoes, or cabbage. She should eat plenty of vegetables with a

low caloric value, and these vegetables must be prepared without butter. Besides these stomach-fillers, the person must take each day enough meat, fish or chicken to maintain strength. It is well to eat an egg and take a glass of milk every day. These foods supply vitamins and chemicals that the body needs.

The woman who would reduce should have some idea of the caloric value of foods; also, every morning she should get on the scales. If she finds that she has gained a pound or two, there can be only one conclusion and this is that she has been eating more than she needed for the daily requirements of her body.

Should Buy Calorie Counter

Anyone who doesn't know what the caloric values are should buy, for a few cents, a little book of caloric counters. In order to reduce, a stout woman will have to keep the caloric count down around 1,000 units a day. When she sees that a portion of lettuce contains perhaps 10 calories, while a big sundae contains 400 calories, she will know what she must do. She will know that there is no use trying to cheat. Perhaps she will see that there can be no royal and easy road to reducing, there is no patent method, and it is silly to reduce for only a few weeks. A large number of persons who reduce, promptly go back up to where they were before.

How about drugs? I do not like them and, personally, I would never use them. Thyroid substance can injure the heart, and the other drugs, while they

lessen the appetite, greatly stimulate the nervous system. The trouble with using drugs for reduction is that the woman is always hoping that the drug will enable her to cheat a bit, and that is bad.

I wish all people could see as clearly as I do, after a life-time's study of the problem, that there can be no miraculous way of reducing. Nutrition is just a matter of chemistry, and one cannot fill oneself with the building blocks

of the body and then expect them to do nothing. This would be like filling an old wood stove with wood and then expecting it not to get hot!

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)

Strange As It Seems



CROSSWORD PUZZLE

Answer to Yesterday's Puzzle

ACROSS

- Station
- Parent (colloq.)
- Desert dweller
- Great Lake
- Anglo-Saxon money
- Edible root
- Long-legged birds
- Harvester
- Brood of chickens
- Preposition
- Initials of 26th President
- Chemical suffix
- Back of neck
- Wife
- Gerant
- Hoped
- Thicker
- Paid notice
- Proceed

DOWN

- Point of hammer
- Having no sex
- Part of face
- Memorandum
- Female member of
- Symbol for sodium
- Sun god
- Isle (colloq.)
- Partners
- Get
- Zowies
- Sphere
- Alutian
- Born
- Privation

1-Point of hammer

2-Drunk revere
3-Part of face
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RADIO PROGRAMS - THURSDAY

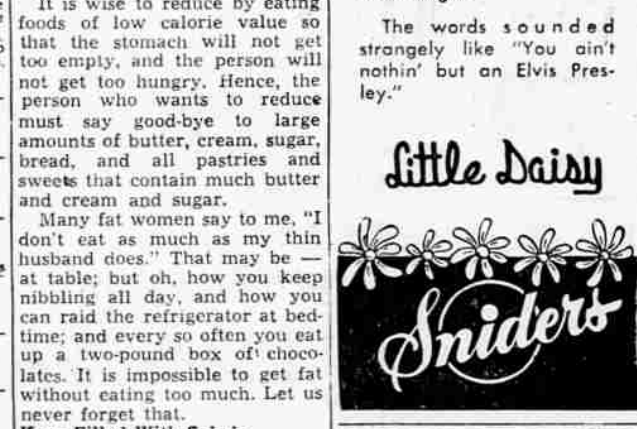
Programs listed below are received from the radio stations and the Mail Tribune assumes no responsibility except to make such changes as are supplied

KYJC 1230 kc	KMED 1440 kc	KWIN 1400 kc
4:00—Strictly for the Ladies 4:15—The Children's Hour 4:30—Medford School 4:45—Club 1230	Fred Waring Songfest* Fred Waring Songfest* Cafe Lounge* Music With Sam Regional Round Up Elmer Peterson*	Kwin's Top Ten Hemingway News* Here's the Answer* Sam Hayes*
5:00—Edward R. Murrow** 5:15—Ten Times & Sixty Seven 5:30—Tom Harmon** 5:45—Frank Goss**	Music With Sam Regional Round Up Elmer Peterson*	Bob & Ray* Bob & Ray* Bob & Ray* Let's Talk Sports
6:00—Edward P. Morgan** 6:15—Lewell Thomas** 6:30—Mike for New Amica** 6:45—Amos & Andy**	KMED Sports Daily Main on the Go Stars in Action* Stars in Action*	Fulton Lewis Jr. Local News KWIN Karavan KWIN Karavan, Sports
7:00—Tommy Brothers Show 7:15—Let's Casanova Show 7:30—Bing Crosby** 7:45—Music Round	Political-Melody Elec. Trends—News* Can Freedom Win* Can Freedom Win*	KWIN Karavan KWIN Karavan KWIN Karavan KWIN Karavan
8:00—Mae Roby** 8:15—Robert Q. Lewis** 8:30—21st Precinct** 8:45—21st Precinct**	Morgan Beatty* One Man Family* Great Children's Great Children's	KWIN Karavan KWIN Karavan KWIN Karavan KWIN Karavan
9:00—Regal Tune Table** 9:15—Regal Tune Table** 9:30—Prohibition Party** 9:45—Prohibition Party**	Conversation* Conversation* Jack Pickens* Jack Pickens*	News* KWIN Karavan The Hon. Lee Official Detective*
10:00—World News Beat 10:15—Off the Record 10:30—Gov. Harman Speech 10:45—Off the Record—News 11:00—Sign Off	Richfield Reporter* Nightwatchman Nightwatchman Nightwatch & News Music by Moonlite	Official Detective* Official Detective* Crime Fighters* Crime Fighters* Crime Fighters*

RADIO PROGRAMS - FRIDAY

KYJC 1230 kc	KMED 1440 kc	KWIN 1400 kc
6:00—News of America** 6:15—Yawn Patrol 6:30—Yawn Patrol 6:45—Yawn Patrol	Bob Robert's Corral Bob Robert's Corral Bob Robert's Corral Rise and Shine	Waikup Ranch Waikup Ranch Musical Clock Musical Clock
7:00—Reader & Duncan 7:15—Martin Agronkey** 7:30—Tom MacLeod—Sports 7:45—Harry Habib**	Five Star Matinee* Agony Valley Beeper News Commentary Weather—7:30 News	Hemingway News* Breakfast Game* Musical Clock Musical Clock—Best Buy
8:00—Frank Ross** 8:15—Coffee Concert 8:30—News & Bulletin 8:45—Howard Miller Show**	World News Roundup* Versus Choice Music Music—Swap and Sell Central	CHIT Line News* Local News—Sports Bible Literature* Local News—Sports
9:00—Music & Westfields 9:15—Breakfast Club* 9:30—Breakfast Club* 9:45—Breakfast Club*	Friendship Circle Friendship Circle Fashion Flasher Mid Morning News	News*—Coffee Date Coffee Date Voice of Delverance Voice of Delverance
10:00—Nora Drake** 10:15—Music Box 10:30—Name Your Neighbor 10:45—Trading Post	NBC Bandstand* NBC Bandstand* NBC Bandstand* NBC Bandstand*	Newspaper of the Air* Tele-Test* The Home Show The Home Show
11:00—Record Rack 11:15—Second Mrs. Burton** 11:30—Strike It Rich** 11:45—Pat Buttram**	NBC Bandstand* NBC Bandstand* NBC Bandstand* NBC Bandstand*	News*—Music Queen for a Day* Queen for a Day* Queen for a Day*
12:00—Paul Harvey** 12:15—Trib News Weather 12:30—Houseparty** 12:45—Houseparty**	Lunch Time News Weather, Livestock Top Tunes	Noontime News Western Roundup Time Western Roundup Time Western Roundup Time
1:00—Arthur Godfrey** 1:15—Arthur Godfrey** 1:30—Arthur Godfrey** 1:45—Arthur Godfrey**	Five Star Matinee* Five Star Matinee* Hilltop House Pepper Young's Family	Western Roundup Time Western Roundup Time Western Roundup Time Western Roundup Time
2:00—Arthur Godfrey** 2:15—Arthur Godfrey** 2:30—Ruth Ashton & Wthr** 2:45—Backstage Wire**	Woman in My House* Mary M. McBride* Westside Party Westside Party	Western Roundup Time Western Roundup Time Western Roundup Time Western Roundup Time
3:00—Helen Trent** 3:15—Our Gal Sunday** 3:30—Strictly for the Ladies 3:45—Strictly for the Ladies	Westside Party Westside Party Westside Party Westside Party	News*—West'n Roundup Western Roundup, Spis. Western Roundup, Spis. Tele-Test
4:00—Strictly for the Ladies 4:15—The Children's Hour 4:30—Club 1230 4:45—Club 1230	Warning Songfest* Warning Songfest* Cafe Lounge* Cafe Lounge*	KWIN's Top Ten Hemingway News* Here's the Answer* Sam Hayes*
5:00—Edward R. Murrow** 5:15—Lewell Thomas** 5:30—Tom Harmon** 5:45—Gross—Holmes for Gov.	Music With Sam Music With Sam Regional Roundup Regional Forecast	Bob & Ray* Bob & Ray* Bob & Ray* Let's Talk Sports
6:00—Edward P. Morgan** 6:15—Lewell Thomas** 6:30—Amos & Andy** 6:45—Amos & Andy**	Cavalade of Sports* Cavalade of Sports* Sports Daily Music in March Time	Fulton Lewis Jr. Local News KWIN Karavan KWIN Karavan, Sports
7:00—Masters of Melody** 7:15—Masters of Melody** 7:30—Spiegelberg Reports 7:45—Medford vs Eureka	Insta Story* Insta Story* Bob Hope* Bob Hope*	KWIN Karavan KWIN Karavan KWIN Karavan Ashland vs Crater
8:00—Medford vs Eureka 8:15—Medford vs Eureka 8:30—Medford vs Eureka 8:45—Medford vs Eureka	Football Warmup Time Medford-Eureka Medford-Eureka Medford-Eureka	Ashland vs Crater Ashland vs Crater Ashland vs Crater Ashland vs Crater
9:00—Medford vs Eureka 9:15—Medford vs Eureka 9:30—Medford vs Eureka 9:45—Medford vs Eureka	Medford-Eureka Medford-Eureka Medford-Eureka Medford-Eureka	Ashland vs Crater Ashland vs Crater Ashland vs Crater Ashland vs Crater
10:00—Medford vs Eureka 10:15—Off the Record 10:30—Off the Record 10:45—Off the Record—News 11:00—Sign Off	Richfield Reporter* One Man Family* Nightwatchman Nightwatch & News Music by Moonlite	KWIN Karavan KWIN Karavan KWIN Karavan KWIN Karavan Crime Fighters*

MOO-O-O-S AND MUSINGS



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WALTER ABEL

GEORGE DOLENZ

and introducing ANNA NAVARRO

STARRING IN "The Midas Touch"

South America provides the background as a man searches for the answer to his brother's death.

8:30 CHANNEL 5

with your host BILL LUNDIGAN for CHRYSLER CORPORATION THE FORWARD LOOK