

STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide
According to the Stars

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

ARIES	Taurus	Gemini	Cancer	Leo	Virgo	Libra	Scorpio	Sagittarius	Capricorn	Aquarius	Pisces
1-12-23-34	1-12-23-34	1-12-23-34	1-12-23-34	1-12-23-34	1-12-23-34	1-12-23-34	1-12-23-34	1-12-23-34	1-12-23-34	1-12-23-34	1-12-23-34
4-15-26-37	4-15-26-37	4-15-26-37	4-15-26-37	4-15-26-37	4-15-26-37	4-15-26-37	4-15-26-37	4-15-26-37	4-15-26-37	4-15-26-37	4-15-26-37
5-16-27-38	5-16-27-38	5-16-27-38	5-16-27-38	5-16-27-38	5-16-27-38	5-16-27-38	5-16-27-38	5-16-27-38	5-16-27-38	5-16-27-38	5-16-27-38
6-17-28-39	6-17-28-39	6-17-28-39	6-17-28-39	6-17-28-39	6-17-28-39	6-17-28-39	6-17-28-39	6-17-28-39	6-17-28-39	6-17-28-39	6-17-28-39
7-18-29-40	7-18-29-40	7-18-29-40	7-18-29-40	7-18-29-40	7-18-29-40	7-18-29-40	7-18-29-40	7-18-29-40	7-18-29-40	7-18-29-40	7-18-29-40
8-19-30-41	8-19-30-41	8-19-30-41	8-19-30-41	8-19-30-41	8-19-30-41	8-19-30-41	8-19-30-41	8-19-30-41	8-19-30-41	8-19-30-41	8-19-30-41
9-20-31-42	9-20-31-42	9-20-31-42	9-20-31-42	9-20-31-42	9-20-31-42	9-20-31-42	9-20-31-42	9-20-31-42	9-20-31-42	9-20-31-42	9-20-31-42
10-21-32-43	10-21-32-43	10-21-32-43	10-21-32-43	10-21-32-43	10-21-32-43	10-21-32-43	10-21-32-43	10-21-32-43	10-21-32-43	10-21-32-43	10-21-32-43
11-22-33-44	11-22-33-44	11-22-33-44	11-22-33-44	11-22-33-44	11-22-33-44	11-22-33-44	11-22-33-44	11-22-33-44	11-22-33-44	11-22-33-44	11-22-33-44
12-23-34-45	12-23-34-45	12-23-34-45	12-23-34-45	12-23-34-45	12-23-34-45	12-23-34-45	12-23-34-45	12-23-34-45	12-23-34-45	12-23-34-45	12-23-34-45

(All programs at same time daily unless otherwise indicated)
A.M.—5:45 Sign on Music throughout day except for following programs:
10-10:15 KBOY Commercial; 11-12 (Sunday only) First Baptist service;
P.M.—12:15 KBOY ranch; 12:15-12:30 (Sunday only) KBOY ranch;
6:30 Sign off.

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

KYJC 1230	KMED 1440	KWIN 1400
4:00—What's Cooking	NBC News-Car Tunes	Fulton Lewis Jr.
4:15—The Story Hour	Car Tunes	Hemansway News
4:30—Club 1230	Car Tunes	Tele-Test
4:45—Club 1230	Car Tunes	Tele-Test
5:00—Edward R. Murrow	NBC News-Let. News	One for the Road
5:15—Music & Mel Allen	Car Tunes	One for the Road
5:30—Tom Harmon	Car Tunes	One for the Road
5:45—Frank Goss	Car Tunes	One for the Road
6:00—Edward R. Morgan	NBC News-Spts Daily	KWIN's All Time Hits
6:15—Lowell Thomas	Man on the Go	KWIN's All Time Hits
6:30—Amos & Andy	Southern Ore. Bowling	KWIN's All Time Hits
6:45—Amos & Andy	Oregon St. Game Comm.	KWIN's All Time Hits
7:00—Chev. News	Cavalade of Sports	KWIN's All Time Hits
7:15—Masters of Melody	Cavalade of Sports	KWIN's All Time Hits
7:30—Robert Q. Lewis	Cavalade of Sports	KWIN's All Time Hits
7:45—Turntable Terrace	Sports Highlights	KWIN's All Time Hits
8:00—Frost Baseball	Frost, NBC News	KWIN's All Time Hits
8:15—Portland-San Diego	One Man's Family	KWIN's All Time Hits
8:30—Portland-San Diego	Monitor	KWIN's All Time Hits
8:45—Portland-San Diego	Monitor	KWIN's All Time Hits
9:00—Portland-San Diego	Monitor	KWIN's All Time Hits
9:15—Portland-San Diego	Monitor	KWIN's All Time Hits
9:30—Portland-San Diego	Monitor	KWIN's All Time Hits
9:45—Portland-San Diego	Monitor	KWIN's All Time Hits
10:00—Portland-San Diego	Monitor	KWIN's All Time Hits
10:15—Portland-San Diego	Monitor	KWIN's All Time Hits
10:30—World News Beat	Monitor	KWIN's All Time Hits
10:45—Turntable Ter. News	Monitor	KWIN's All Time Hits
11:00—Sign Off	Sign Off	News—KWIN Karavan

RADIO PROGRAMS - SATURDAY

5:45—	Bob Roberts Corral	KWIN's Morning Show
6:00—News of America	Bob Roberts Corral	KWIN's Morning Show
6:15—Yawn Patrol	Bob Roberts Corral	KWIN's Morning Show
6:30—Yawn Patrol	Bob Roberts Corral	KWIN's Morning Show
6:45—Yawn Patrol	Bob Roberts Corral	KWIN's Morning Show
7:00—News	Went Up to Music	KWIN's Morning Show
7:15—Cecil Brown	Weather, News	KWIN's Morning Show
7:30—Frank Goss	Rogue Valley Beeper	KWIN's Morning Show
7:45—Coffee Court	Weather, News	KWIN's Morning Show
8:00—No School Today	Coffee Court	KWIN's Morning Show
8:15—No School Today	Legislative Report	KWIN's Morning Show
8:30—Robert Q. Lewis	Medford Report	KWIN's Morning Show
8:45—Robert Q. Lewis	This is Medford	KWIN's Morning Show
9:00—News	Monitor	KWIN's Morning Show
9:15—Music Box	Monitor	KWIN's Morning Show
9:30—Gummo	Monitor	KWIN's Morning Show
9:45—Gummo	School Program	KWIN's Morning Show
10:00—News	Monitor	KWIN's Morning Show
10:15—Record Rack	Monitor	KWIN's Morning Show
10:30—Record Rack	Monitor	KWIN's Morning Show
10:45—Trading Post	Monitor	KWIN's Morning Show
11:00—News & Amos & Andy	Monitor	KWIN's Morning Show
11:15—Amos & Andy	Monitor	KWIN's Morning Show
11:30—Kathy Godfrey	Nat'l Farm & Home	KWIN's Morning Show
11:45—Kathy Godfrey	Nat'l Farm & Home	KWIN's Morning Show
12:00—CBS News	Monitor	KWIN's Morning Show
12:15—Music, Weather	Monitor	KWIN's Morning Show
12:30—Musical Matinee	Monitor	KWIN's Morning Show
12:45—Musical Matinee	Monitor	KWIN's Morning Show
1:00—CBS News	Monitor	KWIN's Morning Show
1:15—Club 1230	Monitor	KWIN's Morning Show
1:30—Club 1230	Monitor	KWIN's Morning Show
1:45—Club 1230	Monitor	KWIN's Morning Show
2:00—CBS News	Monitor	KWIN's Morning Show
2:15—Club 1230	Monitor	KWIN's Morning Show
2:30—Club 1230	Monitor	KWIN's Morning Show
2:45—Club 1230	Monitor	KWIN's Morning Show
3:00—CBS News	Monitor	KWIN's Morning Show
3:15—Round & Round Soc.	You Bet Your Life	KWIN's Morning Show
3:30—Haven of Rest	You Bet Your Life	KWIN's Morning Show
3:45—Haven of Rest	Monitor	KWIN's Morning Show
4:00—News-Country Style	MONITOR	KWIN's Morning Show
4:15—Country Style	MONITOR	KWIN's Morning Show
4:30—Club 1230	MONITOR	KWIN's Morning Show
4:45—Veterans Administration	MONITOR	KWIN's Morning Show
5:00—Chev. News	MONITOR	KWIN's Morning Show
5:15—Club 1230	MONITOR	KWIN's Morning Show
5:30—Tom Harmon	MONITOR	KWIN's Morning Show
5:45—Frank Goss	MONITOR	KWIN's Morning Show
6:00—CBS News	MONITOR	KWIN's Morning Show
6:15—Treasury Show	MONITOR	KWIN's Morning Show
6:30—Herman Hickman	Grand Ole Opry	KWIN's Morning Show
6:45—Indictment	Grand Ole Opry	KWIN's Morning Show
7:00—Red Foley	MONITOR	KWIN's Morning Show
7:15—Johnny Dollar	MONITOR	KWIN's Morning Show
7:30—Johnny Dollar	MONITOR	KWIN's Morning Show
7:45—Johnny Dollar	MONITOR	KWIN's Morning Show
8:00—Frost & Baseball	Frost, NBC News	KWIN's Morning Show
8:15—Portland-San Diego	Monitor	KWIN's Morning Show
8:30—Portland-San Diego	Monitor	KWIN's Morning Show
8:45—Portland-San Diego	Monitor	KWIN's Morning Show
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The following TV broadcast log is printed as a free public service for the Mail Tribune's readers and TV viewers. Schedule changes are printed as provided by the TV station, and the Mail Tribune cannot accept responsibility for errors or omissions.

KBES (Channel 5)

FRIDAY

4:45—Search for Tomorrow
5:00—Wild Bill Hickock
5:30—Man to Man
5:45—Flood Control & Water Resources
6:00—Value Swing Time
6:15—Your TV Weatherman
6:20—News
6:30—Search for Tomorrow
6:45—Cavalade of Sports
7:00—Do It Yourself
7:10—The River of Life
7:30—Capt. David Grief
7:45—Highway Patrol
8:00—1 Spy
8:15—The Line Up
8:30—News
8:45—Crater Lake Theatre
9:00—Sign off

SATURDAY

10:45—Dizzy Dean Show
10:55—Baseball Game of the Week
11:00—Wood Memorial Races
11:15—Faith for Today
11:30—Purified
11:45—Frankie Fontaine's Showtime
12:00—Invitation to Greece
12:15—Lenten Monologues
12:30—Championship Bowling
12:45—Disneyland
1:00—People Are Funny
1:15—Tennessee Ernie Ford
1:30—Talent Scouts
1:45—The Big Picture
2:00—Jackie Gleason Show
2:15—Gale Storm Show
2:30—Hey Jeannie
2:45—George Gobel
3:00—Chico Wrestling

The Medical Roundup

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

TRANQUILIZING DRUGS

They tell me that the people of America are now spending \$135,000,000 a year for tranquilizers. Millions of persons are taking them. My impression is that many nervous and tense patients, of the type who go often to a doctor, do not get all the relief that they'd like to get out of these drugs. Many persons cannot take them because of uncomfortable reactions, while others say that with them they are still jittery and unhappy.

The most wonderful results from the tranquilizers have been obtained in mental hospitals, but I read that their main value has been in quieting two groups of patients: the schizophrenics and the old people with senile psychoses. The drugs are not supposed to cure, but they quiet so many of the patients that today a mental hospital is not the unpleasant place it used to be. The violent patients are not so likely to attack the nurses and attendants; they are not so noisy or dirty or so destructive of furniture and window curtains; they are able to go to the dining room for meals; they will listen to a doctor when he talks to them; they do not need lobotomies or electroshock treatments; and many can go home and be taken care of there.

Everyone who has a loved one in a mental hospital or who is afraid he may soon have to send one to such a hospital should read the new book just published by Dr. Paul de Kruif (Man Against Insanity, Harcourt). In it he tells what Dr. Ferguson has done to make a mental hospital over with the help of sympathy and understanding and kindness and a brain stimulant. I know of no book that can give so much hope and comfort and reassurance to the relatives of a psychotic person.

Heredity of Nervous Troubles

Many persons have written that they agree entirely with me when I say that psychoses and neuroses are inherited; they know this so well because their family is full of this sort of thing. As a woman recently wrote, "You are so right. I know, because my family has suffered so much from nervous troubles. My mother had a nervous breakdown of a psychotic type some 20 years ago. Two of my sisters have been in a mental institution. My brother was discharged from the Army as a psychoneurotic. My mother had a brother who was queer. Although several psychiatrists have assured me positively that mental troubles are not inherited, I still live in terror and constant anxiety, wondering who will go next in the family. For the past 11 years, my life has been one long battle against nervous troubles and fears. I am so jittery that I keep getting terrible headaches."

She continues, "One of my great difficulties now is that I worry constantly about my boys who already show signs of the family nervousness. My eldest bites his nails to the quick, and, curiously, he keeps chewing on his clothes. The next child is still sucking his thumb at the age of 4, and I know that my baby of 6 months is much too nervous. He just is not normal."

The most hopeful thing I can tell a woman like this is that, in most cases, the children inherit not a psychosis which some day will require hospitalization; all they get is just nervousness. Many will have aches and pains all over the body, perhaps indigestion, perhaps great feelings of fatigue or dizziness. Many find it hard to keep at work, and many are irritable and want to snap people's heads off. Some are too self-centered ever to love anyone very well, and hence some fail to get married, or if they marry, they soon get divorced. A few drink more than they should. They like drinking because it helps them to forget for a while, or it helps them to lose their shyness and to chum up with someone in a bar.

Cannot Make Person Over

The sad feature about so much

of this is that although a good kindly psychiatrist can help a great deal, he just cannot make the person over, no matter what he does. Medicines will sometimes help for a while. They may cut down on tension, and they can help the person to get much-needed sleep; but they cannot change the person's whole character and change it permanently. Everyone who is born with jittery nerves is likely to have to fight them all his days.

As I said before, the most hopeful thing is that often the physician can say to his patient, "You don't have to worry about going insane, because you already have your share of the family tendency; we know what it is, and it isn't too bad. It is something that you can put up with for the rest of your days. You can still be a success in life."

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, 1957)

Big Russian Bomb Explosion Reported

Washington—(U.P.)—The Atomic Energy commission has announced that the Russians Tuesday set off "one of the largest" nuclear explosions in their current test series. It was the fifth Soviet atomic explosion since April 3.

In Tokyo, scientists reported an extremely high level of radioactivity in rain falling on Japan. The Japan Council Against Atom and Hydrogen Bombs protested to the Soviet Embassy against the Russian tests.

Today's was the 23rd United States announcement of a Russian atomic test since September, 1949. Since many of the U. S. announcements referred to entire test programs, instead of single shots, the Soviet total is greater than 23. Informed sources believe it to be 40-plus.

The new announcement, issued by AEC Chairman Lewis L. Strauss, said the Tuesday test was staged "at a site in Central Asia previously used for such operations."

There was nothing in the announcement to indicate whether the weapon was a large A-bomb or an H-bomb of medium power. So far this month the Russians have tested atomic weapons on April 3, 6, 10, 12, and 16.

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Strange As It Seems

by Elsie Hix

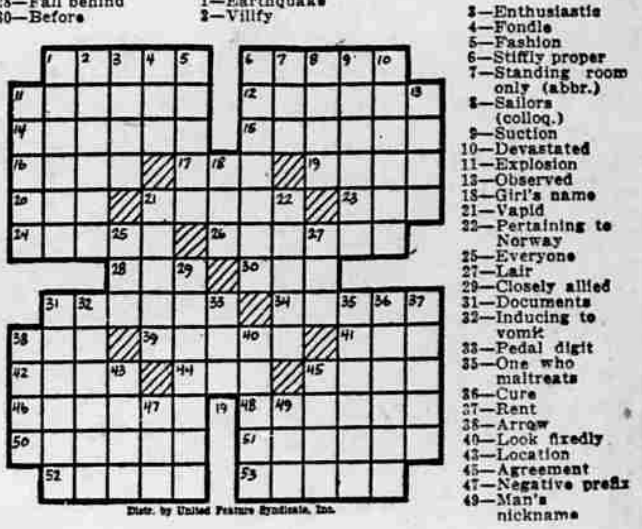


CROSSWORD PUZZLE

Answer to Yesterday's Puzzle

ACROSS
1—Shores
2—Moving
3—Planet
4—Official message
5—Military gale
6—Military rally
7—Among
8—Allow
9—Rational
10—The sun
11—A number
12—Range of
13—Worn away
14—Before
15—Pill
16—Entangle
17—Obstruct
18—Irregular as if
19—Insect
20—Imitates
21—Encountered
22—Sugar
23—Part of eye
24—Lower
25—Martian small
26—Retreat
27—Part of play
28—Ingress

DOWN
1—Earthquake
2—Villify
3—Enthusiastic
4—Fondle
5—Fashion
6—Stirring proper only (abbr.)
7—Salute (colloq.)
8—Ductless
9—Devastated
10—Explosion
11—Observed
12—Girl's name
13—Vapid
14—Pertaining to Norway
15—Everyone
16—Lair
17—Closely allied
18—Documents
19—Inducing to vomit
20—Peculiar digit
21—One who maltreats
22—Rent
23—Arrow
24—Look steadily
25—Location
26—Agreement
27—Positive prefix
28—Man's nickname



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