

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.

DATE	1	2	3	4	5	6	7	8	9	10	11	12
ARIES	11-19-20	21-22-23	24-25-26	27-28-29	30-31-1	2-3-4	5-6-7	8-9-10	11-12-13	14-15-16	17-18-19	20-21-22
Taurus	23-24-25	26-27-28	29-30-31	1-2-3	4-5-6	7-8-9	10-11-12	13-14-15	16-17-18	19-20-21	22-23-24	25-26-27
Gemini	28-29-30	31-1-2	3-4-5	6-7-8	9-10-11	12-13-14	15-16-17	18-19-20	21-22-23	24-25-26	27-28-29	30-31-1
Cancer	1-2-3	4-5-6	7-8-9	10-11-12	13-14-15	16-17-18	19-20-21	22-23-24	25-26-27	28-29-30	31-1-2	3-4-5
Leo	6-7-8	9-10-11	12-13-14	15-16-17	18-19-20	21-22-23	24-25-26	27-28-29	30-31-1	2-3-4	5-6-7	8-9-10
Virgo	11-12-13	14-15-16	17-18-19	20-21-22	23-24-25	26-27-28	29-30-31	1-2-3	4-5-6	7-8-9	10-11-12	13-14-15
Libra	16-17-18	19-20-21	22-23-24	25-26-27	28-29-30	31-1-2	3-4-5	6-7-8	9-10-11	12-13-14	15-16-17	18-19-20
Scorpio	21-22-23	24-25-26	27-28-29	30-31-1	2-3-4	5-6-7	8-9-10	11-12-13	14-15-16	17-18-19	20-21-22	23-24-25
Sagittarius	26-27-28	29-30-31	1-2-3	4-5-6	7-8-9	10-11-12	13-14-15	16-17-18	19-20-21	22-23-24	25-26-27	28-29-30
Capricorn	31-1-2	3-4-5	6-7-8	9-10-11	12-13-14	15-16-17	18-19-20	21-22-23	24-25-26	27-28-29	30-31-1	2-3-4
Jan. 21	5-6-7	8-9-10	11-12-13	14-15-16	17-18-19	20-21-22	23-24-25	26-27-28	29-30-31	1-2-3	4-5-6	7-8-9
Feb. 19	10-11-12	13-14-15	16-17-18	19-20-21	22-23-24	25-26-27	28-29-30	31-1-2	3-4-5	6-7-8	9-10-11	12-13-14
Mar. 21	15-16-17	18-19-20	21-22-23	24-25-26	27-28-29	30-31-1	2-3-4	5-6-7	8-9-10	11-12-13	14-15-16	17-18-19
Apr. 21	20-21-22	23-24-25	26-27-28	29-30-31	1-2-3	4-5-6	7-8-9	10-11-12	13-14-15	16-17-18	19-20-21	22-23-24
May 21	25-26-27	28-29-30	31-1-2	3-4-5	6-7-8	9-10-11	12-13-14	15-16-17	18-19-20	21-22-23	24-25-26	27-28-29
June 21	30-31-1	2-3-4	5-6-7	8-9-10	11-12-13	14-15-16	17-18-19	20-21-22	23-24-25	26-27-28	29-30-31	1-2-3
July 21	3-4-5	6-7-8	9-10-11	12-13-14	15-16-17	18-19-20	21-22-23	24-25-26	27-28-29	30-31-1	2-3-4	5-6-7
Aug. 21	8-9-10	11-12-13	14-15-16	17-18-19	20-21-22	23-24-25	26-27-28	29-30-31	1-2-3	4-5-6	7-8-9	10-11-12
Sept. 21	13-14-15	16-17-18	19-20-21	22-23-24	25-26-27	28-29-30	31-1-2	3-4-5	6-7-8	9-10-11	12-13-14	15-16-17
Oct. 21	18-19-20	21-22-23	24-25-26	27-28-29	30-31-1	2-3-4	5-6-7	8-9-10	11-12-13	14-15-16	17-18-19	20-21-22
Nov. 21	23-24-25	26-27-28	29-30-31	1-2-3	4-5-6	7-8-9	10-11-12	13-14-15	16-17-18	19-20-21	22-23-24	25-26-27
Dec. 21	28-29-30	31-1-2	3-4-5	6-7-8	9-10-11	12-13-14	15-16-17	18-19-20	21-22-23	24-25-26	27-28-29	30-31-1

Good Advice Neutral

The Medical Roundup

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

Fibrositis

Fibrositis is one of the commonest diseases of man. It is a fairly harmless younger brother of arthritis. Throughout a lifetime the sufferer is likely to have attacks of aching muscles, ligaments, tendons and bursas; or soreness or stiffness, or tenderness in various tissues. Occasionally, he may get a stiff neck or some sore ribs, and when he starts to play tennis in the spring he may get a "charley horse."

The great advantage of this disease over arthritis is that, after 60 years of it, a man's joints are likely to look normal, without any deformity. Nothing wrong can be seen with the x-ray because the ends of the bones that enter the joints are not deformed. That the disease is related to arthritis is shown, I think by the fact that it can often be found in relatives of persons who have severe forms of arthritis.

I myself have had fibrositis all of my life, and as yet I haven't come to any bad end. At present, my joints are all limber and without pain. I've never taken any treatment for my spells of pain and stiffness, and the distress has always cleared away by itself within a matter of weeks or months. I haven't any idea why the spells come or go. I imagine there is some chemical change that takes place in my body. In my case no one else in the family has been arthritic. As I remember, the trouble started in one knee when I was 7 years old. Because of this tendency I could not play football. Any injury to a joint was likely to cripple me for a month or more. In the cases of my team mates, soreness due to a blow would clear up in a few days.

May Be Due To Nerve Changes

In some people so-called fibrositic nodules appear in the muscles of the neck or in the tissues under the skin back of the sacroiliac joints. Some of the nodules in the lower back are made of fat. It is possible that some of the pain left in attacks of fibrositis is due to changes in the nerves.

No one knows the cause of fibrositis. Some doctors have claimed that it was due to a neurosis and worry. I'm sure this has never been the cause in my case because I am a happy, easy-going person. During the last World War, Doctors Philip Hensch and Edward Boland, who were in charge of the big arthritis hospital of the Armed Services, identified a psych rheumatism, due to worry and anxiety, that could differentiate from fibrositis.

Excessive strain on muscles and ligaments and joints, such as is found in an anti-aircraft gunner during the war or in the operator of a big bulldozer, can cause a fibrositis to flare up. I used to find that when I drove my car 2,000 miles in a few days my neck would become terribly sore and perhaps painful because of the jarring and the constant movement of my arms. An hour's driving on a mountain road full of bad curves would also cause me great distress.

Diagnosis of Fibrositis

How does one diagnose fibrositis? One diagnoses fibrositis usually if the patient has had many attacks of stiffness and soreness and tenderness and limitation of motion without ever getting any deformity. Often the disease appears in youth and lasts throughout life. X-ray studies show nothing. Sometimes one can feel that sections of one or two ribs are tender to the touch, or one can find certain muscles are tender to pressure or to pinching. Often the muscles in the back of the neck are tender. In those cases in which one

wonders if the patient has a beginning arthritis of a serious type, one should get the red blood sedimentation rate measured. If the rate is low (normal), the disease is probably fibrositis; if the rate is high, it is more likely that the patient has arthritis.

Treatment is generally designed to relieve pain and to help spasm in the tissues. Aspirin is good, and soaking in a hot tub of water helps. Cortisone and the related drugs are not to be used. Physiotherapy, with heat, massage and diathermy may help.

When Tonsils Should Be Removed

According to Dr. Mathew S. Erner and Dr. Sidney S. Lerner, of Temple University, in Philadelphia, parents should think of having tonsils and adenoids removed from a child when he has been having repeated sore throat, perhaps with large lymph nodes in his neck; when his tonsils are so large that they interfere with breathing through his nose, and when he has been having repeated attacks of infection in his middle ear, perhaps with loss of hearing.

Thank goodness, in recent years the old fad of removing practically every child's tonsils has been given up!

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.

and Tribune Syndicate, 1957)

(Released by The Register

Boy Doesn't Shine To Career as a Fireman

Louisville, Ky. (U.P.)—Patrick Coleman, 6, Louisville, a first grade pupil at I. N. Bloom School is almost certain he doesn't want to be a fireman.

Patrick was visiting a suburban firehouse with his classmates recently when he stepped into the hole used for emergency exits.

He fell 14 feet—without benefit of the metal pole the fire ladders use—landing on a rubber mat. An examination at General Hospital showed one tooth knocked loose as his only damage.

Andy's Jeweler

15 No. Central

NO CLUES!

On a rainy day two years ago, a pretty Kansas City housewife left a beauty shop and headed for her car. Three days later her nude body was found in a pasture. There were no clues.

In May Reader's Digest read the thrilling true story of how the FBI and police throughout the nation joined forces to solve a murder mystery as baffling as any in fiction.

Get May Reader's Digest at your newsstand today: 38 articles of lasting interest, including the best from leading magazines, newspapers and books, condensed to save your time.

Arthur Godfrey talks about Reader's Digest every Wednesday on CBS Radio, Tune in.

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Strange As It Seems

by Elsie Hix

BEETHOVEN POSSESSED A STARTLING GIFT—THE ABILITY TO IMPROVISE EXPERTLY AND AT GREAT LENGTH ON ANY THEME... ONCE, HE PLAYED FOR A FULL HOUR ON A SIMPLE B-NOTE THEME SELECTED AT RANDOM BY A FRIEND WITH NO KNOWLEDGE OF MUSIC!

A SOAP BUBBLE, PIERCED BY A BULLET, DOES NOT BREAK UNTIL AFTER THE BULLET HAS LEFT THE BUBBLE...

THE ORIENTAL RUB IN THE LOBBY OF THE HELIOPOLIS PALACE HOTEL IN CAIRO, EGYPT, WEIGHED 1,870 LBS. AND REQUIRES 30 STRONG MEN TO CARRY IT!

CROSSWORD PUZZLE

ACROSS

- 1—Collection of facts
- 2—Folklore
- 3—Part of body (pl.)
- 4—Large tub
- 5—River in Siberia
- 6—Sacred image
- 7—Short jacket
- 8—Chinese mile
- 9—Anglo-Saxon alphabetic character
- 10—Fruit drinks
- 11—Male sheep
- 12—Faint
- 13—Rent
- 14—A state (abbr.)
- 15—Aroma
- 16—Capture (slang)
- 17—Escaped
- 18—Underground workers
- 19—Transgression
- 20—Location

DOWN

- 1—Mean
- 2—Normal
- 3—Make amends
- 4—Race of lettuce
- 5—Preposition
- 6—Think deeply
- 7—Scot
- 8—Strike
- 9—Cyprinoid fish
- 10—Pertaining to the poles
- 11—Moist earth
- 12—Compensate
- 13—Footless
- 14—Nature
- 15—Arabian seaport
- 16—Norse god
- 17—Quote
- 18—Discharge
- 19—One who refuses or declines
- 20—Figure of speech
- 21—African antelope
- 22—Postpone
- 23—Initial
- 24—Eagle's nest
- 25—Symbol for plutonium
- 26—Fable part
- 27—Encountered
- 28—Bones

STEVE CANYON

STEVE, WHERE'S POTEST?

I HAVEN'T SEEN HER TODAY, MADGE!

THIS IS THE FIRST TIME I EVER REMEMBER HER NEGLECTING HER CHORES!

I'M SURE SHE'S OKAY—AND SHE COULDN'T GET INTO ANYWHERE WEARING SUCH NICE, NEW CLOTHES...

U' ABNER

WIL ABNER'S IDEAL CLEARLY IS: "I'M AN INSANELY JEALOUS FIANCEE!"

YOU'VE OFFENDED ARMAND LA SLICE, THE DEADLIEST DUELLIST IN PARIS!!

55%—ARMAND!! DON'T TELL ME YOU ARE GOING TO CHALLENGE MY POOR BOY TO A DUEL!!

??—AH, YES!! I REMEMBER!!

BUZ SAWYER

WHY, BUZ! IT'S STILL NIGHT! WHY ARE YOU GETTING UP?

CAN'T SLEEP, SWEET HEART.

ARE YOU WORRYING ABOUT THAT LETTER SUZIE GAVE YOU TO MAIL?

OH, I DON'T KNOW... MAYBE... ANYHOW, I'M GOING TO TAKE A WALK... THINK THINGS OVER.

FEW MINUTES LATER:

WHERE'D HE GO? WHAT'S HE DOING OUT WALKING THIS TIME OF NIGHT?

I-I'M SORRY... I JUST DON'T KNOW.

BARNEY GOOGLE and SNUFFY SMITH

THAT TRIAL OF YOURS IS THE BIGGEST TOM-FOOLISHMENT I EVER HEERED OF, PAW

YE MEAN YE AINT GOIN' DOWN AN' KETCH TODAY'S SHOW, MAW?

NO, SIRREE! I GOT OTHER THINGS TO DO WIF MY VALUABLE TIME

MIZ POTTER IS TAKIN' TH' STAND TODAY, AN' I UNDERSTAND SHE'S GOT HER A NEW SPRING OUTFIT

BLONDIE

HELLO, DEAR

I PECK

THAT'S NO WAY TO KISS YOUR WIFE AFTER BEING AWAY AT THE OFFICE ALL DAY

SMACK

THAT WAS A LITTLE BETTER

MUTT and JEFF

STOMP STOMP STOMP

WHY DON'T THOSE PEOPLE UPSTAIRS STOP THAT NOISE?

THUMP THUMP THUMP

WELL, THAT STOPPED 'EM!

RADIO PROGRAMS - THURSDAY

KVJC 1230 kc	KMED 1440 kc	KWIN 1400 kc
4:00—What's Cooking	NBC News—Car Tunes	Fulton Lewis Jr.
4:15—The Story Hour	Car Tunes	Hemingway News*
4:30—Club 1230	Car Tunes	Tele-Test
4:45—Club 1230	Car Tunes	San Hayes*
5:00—Edward R. Murrow**	NBC News—LCL News	One for the Road
5:15—Music & Mel Allen*	Car Tunes	One for the Road
5:30—Tom Harmon**	Weather: Car Tunes	Let's Talk Sports
5:45—Frank Goss*	Orville Anderson*	Let's Talk Sports
6:00—Edward P. 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—H. Hickman—Amos & Andy*	Music of Broadway	KWIN Karavan, Sports
6:45—Amos & Andy*	NBC News*	KWIN Karavan
7:00—News**	NBC News—Broadway	KWIN Karavan
7:15—Masters of Melody**	Morgan Beatty*	KWIN Karavan
7:30—Robert Q. Lewis*	One Man's Family*	KWIN Karavan—News
7:45—Turntable Terrace	Frost, NBC News*	Platter Party
8:00—Frost—Music	Bob Hope*	Platter Party
8:15—Portland-Hollywood	Conversations*	Platter Party
8:30—Portland-Hollywood	Conversations*	Platter Party
8:45—Portland-Hollywood	NBC News* U.S.	KWIN Karavan
9:00—Portland-Hollywood	United Nations*	KWIN Karavan
9:15—Portland-Hollywood	Westward Look*	KWIN Karavan
9:30—Portland-Hollywood	Westward Look*	KWIN Karavan
9:45—Portland-Hollywood	Richfield Reporter*	Secret of Scot. Yard*
10:00—Portland-Hollywood	Frost, NBC News*	Secret of Scot. Yard*
10:15—Portland-Hollywood	Nightwatchman	Theatre Royal*
10:30—Turntable Terrace	Nightwatchman & News	Theatre Royal*
10:45—Turntable Terrace	Sign Off	News—KWIN Karavan
11:00—Sign Off	Sign Off	News—KWIN Karavan

RADIO PROGRAMS - FRIDAY

5-45-	Bob Roberts Corral	
6:00—News of America**	Bob Roberts's Corral	KWIN's Morning Show
6:15—Yawn Patrol	Robert Q. Lewis*	KWIN's Morning Show
6:30—Yawn Patrol	Bob Roberts's Corral	KWIN's Morning Show
6:45—Yawn Patrol	First News	KWIN's Morning Show
7:00—Breakfast Tunes	Rise and Shine	Hemingway News*
7:15—Cecil Brown*	Weather—7:30 News	KWIN's Morning Show
7:30—Tom MacLeod—Sports	Rogue Valley Beeper	KWIN's Morning Show
7:45—Harry Babbitt**	Weather—7:30 News	KWIN's Morning Show
8:00—Frank Goss*	NBC News—Hear!	KWIN's Morning Show
8:15—Weather & Music	Hear!	Local News—Sports
8:30—News	Hear! Swap & Sell	KWIN's Morning Show
8:45—Howard Miller Show**	NBC News—Hear!	KWIN's Morning Show
9:00—Music & Westfields	NBC News—Hear!	KWIN's Morning Show
9:15—Breakfast Club*	Car Tunes	Voice of Deliverance
9:30—Breakfast Club*	Fashion Flashes	Voice of Deliverance
9:45—Breakfast Club*	NBC News—Bandstand*	A. Allen
10:00—Nora Drake**	NBC News—Bandstand*	Newspaper of The Air*
10:15—Music Box	NBC Bandstand*	Tea-Test
10:30—Name Your Neighbor	NBC Bandstand*	KWIN's Morning Show
10:45—Trading Post	NBC Bandstand*	KWIN's Morning Show
11:00—Record Rack	NBC News—Bandstand*	News*
11:15—Second Mrs. Burton**	NBC Bandstand*	Queen for A Day*
11:30—Strike It Rich**	NBC Bandstand*	Queen for A Day*
11:45—Pat Buttram**	NBC Bandstand*	Queen for A Day*
12:00—Paul Harvey*	Lunch Time News	News*
12:15—Trib News & Weather	Weather, Livestock	Bill Lively Show
12:30—Houseparty**	Local News	Sports and Music*
1:00—Arthur Godfrey**	His Majesty the Baby	Sports and Music*
1:15—Arthur Godfrey**	NBC News—WSP	Sports and Music*
1:30—Arthur Godfrey**	Westside Party	Sports and Music*
1:45—Arthur Godfrey**	Westside Party	Sports and Music*
2:00—Arthur Godfrey**	Westside Party	Sports and Music*
2:15—Arthur Godfrey**	NBC News—Listen	Sports and Music*
2:30—Ruth Ashton & With**	Woman in My House*	Sports and Music*
2:45—Backstage Wife**	Affairs of Dr. Gentry*	Sports and Music*
3:00—Helen Trent**	NBC News—Matinee*	News—Bill Lively Show
3:15—Road of Life*	Five Star Matinee*	Bill Lively Show
3:30—Bible Institute Hour	Hilltop House*	Bill Lively Show
3:45—Bible Institute Hour	Pepper Young*	Carnation Milk Time
4:00—What's Cooking	NBC News—Car Tunes	Fulton Lewis Jr.
4:15—The Story Hour	Car Tunes	Hemingway News*
4:30—Club 1230	Car Tunes	Tele-Test
4:45—Club 1230	Car Tunes	San Hayes*
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7:00—News**	NBC News—Broadway	KWIN Karavan
7:15—Masters of Melody**	Morgan Beatty*	KWIN Karavan
7:30—Robert Q. Lewis*	One Man's Family*	KWIN Karavan
7:45—Turntable Terrace	Frost, NBC News*	Platter Party
8:00—Frost—Music	Bob Hope*	Platter Party
8:15—Portland-Hollywood	Conversations*	Platter Party
8:30—Portland-Hollywood	Conversations*	Platter Party
8:45—Portland-Hollywood	NBC News* U.S.	
9:00—Portland-Hollywood	NBC News*	
9:15—Portland-Hollywood	Monitor*	
9:30—Portland-Hollywood	Monitor*	
9:45—Portland-Hollywood	Monitor*	
10:00—Portland-Hollywood	NBC News*	
10:15—Portland-Hollywood	Monitor*	
10:30—Portland-Hollywood	Monitor*	
10:45—Portland-Hollywood	Monitor*	
11:00—Portland-Hollywood	Richfield Reporter*	News—Counterspy*
11:15—Portland-Hollywood	Frost, Nightwatch	Tea-Test
11:30—Turntable Terrace	Nightwatch	The Queen's Men*
11:45—Turntable Terrace	Nightwatch	The Queen's Men*
11:00—Sign Off	Sign Off	News—KWIN Karavan
*ABC	*CBS	*NBC
		*MBS

(All programs at same time daily unless otherwise indicated)