

STAR GAZER

By CLAY R. POLLAN

Your Daily Astrology Guide
According to the Stars

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

DATE	1-13-15	14-16-19-22	23-25-28	29-31
ARIES	1-13-15	14-16-19-22	23-25-28	29-31
Taurus	1-13-15	14-16-19-22	23-25-28	29-31
May 21	1-13-15	14-16-19-22	23-25-28	29-31
June 21	1-13-15	14-16-19-22	23-25-28	29-31
July 21	1-13-15	14-16-19-22	23-25-28	29-31
Aug 21	1-13-15	14-16-19-22	23-25-28	29-31
Sept 21	1-13-15	14-16-19-22	23-25-28	29-31
Oct 21	1-13-15	14-16-19-22	23-25-28	29-31
Nov 21	1-13-15	14-16-19-22	23-25-28	29-31
Dec 21	1-13-15	14-16-19-22	23-25-28	29-31

1-Excellent 2-Good 3-Fair 4-Poor 5-Disaster

6-Excellent 7-Good 8-Fair 9-Poor 10-Disaster

11-Excellent 12-Good 13-Fair 14-Poor 15-Disaster

16-Excellent 17-Good 18-Fair 19-Poor 20-Disaster

21-Excellent 22-Good 23-Fair 24-Poor 25-Disaster

26-Excellent 27-Good 28-Fair 29-Poor 30-Disaster

31-Excellent

The Medical Roundup

by *Walter Alvarez*

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

A Salt-Poor Diet

Many persons ask me if they should go on sticking to what they call a salt-free diet. Actually, it isn't a salt-free diet; that is very hard to design, and if it could be obtained, it might cause serious illness. Forunately, in most cases, when an effort is made to cut down on the amount of table salt in the diet, what the person gets is a "salt-poor diet." In order to get a largely salt-free diet, the person usually has to go into a hospital under the care of an expert dietician. Often what is used is the Kemper diet.

So far as I can tell from talking to patients, the craze for a

salt-poor diet which started some years ago, has largely died down. Many of the physicians who, for a while, were prescribing such a diet right and left, apparently did not know that it was tried out around in 1906, and then given up. It was tried again around 1920, and again largely given up.

If a person with a bad heart or bad kidneys is somewhat water-logged, with dropsy and swollen ankles, it can help much to go on a diet poor in table salt. So far as I can tell from reading scores of papers by experts, it is doubtful if the amount of salt-poorness in a diet which a man or woman can obtain at home will lower or cure high blood pressure. Often, all it does is to annoy and depress the patient. People with a mild type of high blood pressure usually don't need much treatment, and get along well without it. A person with a serious type III or type IV high blood pressure has to do something, and he may get much help from going into a hospital and staying for a while on a diet which contains very little table salt. In this way he can get a helpful vacation from his high blood pressure.

I think it unwise to prescribe an unpleasant diet for the average woman of 50 who has a blood pressure of perhaps 180 systolic and almost no symptoms. I have seen hundreds of such women get along beautifully without any treatment at all.

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)

Family Council

Mrs. L. M.—Frank has chosen a girl from a terrible home. Frank M.—But Yolande is the first to criticize her parents.

Mrs. L. M.—My husband and I are very upset about our boy, Frank, who is on the verge of making a terrible marriage.

Frank is 24 and we thought he had grown up into a fine, intelligent young man. We prided ourselves on having done a good job. We always instilled in our children the importance of choosing a mate who came from as good a home as ours. I don't mean anything snobbish by that. I just mean we feel that a happy home life is everything. I have seen such wrecks come out of unhappy or broken homes.

Well, as fate would have it, Frank has chosen a girl from a miserable home. Her parents have been separated many times. Two of her sisters have made unhappy marriages. A younger brother is just a no-good loafer.

Yolande is pretty, I'll admit, and has a nice way about her, but I'm sure this home life has had a lasting and terrible effect on her. The marriage would be such a mistake.

Frank M.—Yolande's home life sure did have a lasting effect on her. It made her 100 per cent determined to make a happy marriage herself. Yolande is the first one to criticize her parents and her sisters for the messes they made. She has studied all the wrong things they did and is determined to be exactly the opposite.

My parents don't realize that Yolande is not only pretty and has a "nice way" but stands way above the average girl in intelligence and social ability. She has more friends of both sexes than any girl I know and everyone is crazy about her.

Yolande's yearning for a happy, peaceful home makes me so anxious to give it to her. An important start would be to get my parents' acceptance. Yolande now feels they don't like her and she doesn't like to visit my home. She says they'll make trouble for us once we are married. I wouldn't see them if they did.

The Council—The L. M.'s have chosen a reasonably good yardstick for their judgments of possible mates for their children, but they are being a bit too rigid about it. It isn't possible to make a positive evaluation of a home background from the surface look. Some stormy homes have many good forces in them and some seemingly placid ones seethe with hidden poisons.

Besides, many individuals rise above their home backgrounds. These parents ought to try to know Yolande better and judge her on her own merits. It is rather unfair to condemn her unconditionally on the basis of her family background.

On the other hand, Frank should give due consideration to his parents' warning. Yolande may be a superior girl and have a sincere desire to create a better life for herself, but she has not had the intimate experience of living in a happy home.

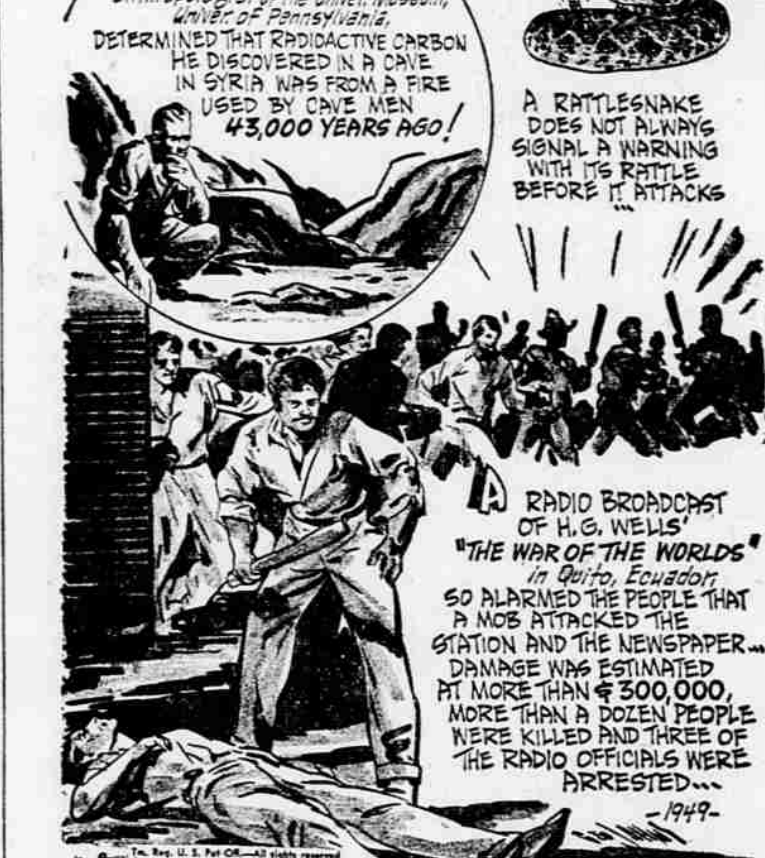
Much has probably learned from the mistakes of her parents and sisters, but imitation is a powerful force in behavior and it is very difficult to reverse the earliest and deepest patterns.

Yolande shows resentment of both her own parents and Frank's. It is true they probably hurt her, yet it was unwise of her to make an issue of it to Frank. This, plus her anxiety that others could make "trouble" in her marriage, shows her lack of confidence. She may be able to make a good marriage someday but our view is that she isn't ready for it yet.

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Strange As It Seems

by ELSIE HIX



A RATTLESNAKE DOES NOT ALWAYS SIGNAL A WARNING WITH ITS RATTLE BEFORE IT ATTACKS

RADIO BROADCAST OF H.G. WELLS' "THE WAR OF THE WORLDS" IN QUITO, ECUADOR, SO ALARMED THE PEOPLE THAT A MOB ATTACKED THE STATION AND THE NEWSPAPER. DAMAGE WAS ESTIMATED AT MORE THAN \$500,000. MORE THAN A DOZEN PEOPLE WERE KILLED AND THREE OF THE RADIO OFFICIALS WERE ARRESTED.

STEVE CANYON

HE TALKED WITH YOUR GUARDIAN ON THE TELEPHONE...

COL. CANYON IS ON AN IMPORTANT MISSION. HUSH JOB AND COULD ONLY LEAVE IF IT IS A MATTER OF LIFE AND DEATH! MEANWHILE...

THE PRINCESS SNOW-FLAKE ASSIGNS HIM IS DEFINITELY COMPLETED!

YOU WERE RIGHT, DOCTOR. SHE ATE A WHOLE POTATO WHEN I SAID THE PRINCESS IS OUT OF HIS LIFE! CANYON WILL BE HERE SHORTLY!

AM-HMM! TO DOCTOR. SHE ATE A WHOLE POTATO WHEN I SAID THE PRINCESS IS OUT OF HIS LIFE! CANYON WILL BE HERE SHORTLY!

TELL HER TO GO BACK TO SLOBOVIA!

AN'ILL MAKE HIM SEE YOU!

PLUZZ-NOTT-I A GOOD SLOBOVIAN WIFE. WHEN SLOBOVIAN HUSBAND SAYS "GO" SLOBOVIAN WIFE GOES!

COOME.

REMEMBER, I, HASHI, AM THE LEADER OF THE TRIBE... NOT YOU.

AND WHO ARE THESE INFIDELS YOU DARE BRING INTO MY CAMP?

MY PILOT BUZ SAWYER.

YES, THE SAME SELFISH MOUTH.

DID YOU HEAR? HE IS ONE OF US! WE MUST BE MORE HOSPITABLE, HASHI.

ONLY A FOOL CLAPS A VIPER TO HIS BOSOM.

JUGHAID'S SCHOOL-MARM COME TO SEE ME TODAY, AN I'M PLUMB WORRIED ABOUT TH' LITTLE FELLER, PAW

NOTHING--SHE SAID HE BEHAVED HISSELF TH' LIVELONG DAY

THEN WHAT IN THUNDERATION ARE YE WORRIED ABOUT?

I'M AFEEERD HE'S GOT THAT INFUNNEL ASIATIC FLOO

BLONDIE, I THOUGHT I TOLD YOU NOT TO BUY THAT HAT!

I DIDN'T HEAR YOU TELL ME NOT TO

I DIDN'T HEAR ME?

I STOOD RIGHT HERE ON THIS SPOT AND PRACTICALLY SHOUTED IT IN YOUR EARS

WELL, CAN I HELP IT IF THE ACUSTICS ARE BAD IN THIS ROOM?

YOU ADVERTISED PUPPIES FOR SALE! OH YES! COME IN!

WE WANT A SMALL DOG! WILL HE GROW VERY BIG?

OH NO! HE WON'T GET ANY BIGGER THAN ABOUT SO!

O.K. I'LL TAKE HIM!

CROSSWORD PUZZLE

Answer to Yesterday's Puzzle

ACROSS
1-Priest's vestment
2-Men
3-Canine
4-Portuguese unit of currency
5-By oneself
6-Girl's name
7-Complexion
8-Habitual drinker
9-Facts
10-Pertaining to the stars
11-Anon
12-Tautonic delt
13-Surgical thread
14-Wife of Zeus
15-Penpoint
16-Stitched

DOWN
1-Part of circle
2-Man's name
3-Speak
4-Small valley
5-More recent
6-Compass point
7-Shuts noisily
8-Lowers in rank
9-Poses for portrait
10-Mother of Apollo
11-Fall back
12-Harvests
13-Part of "to be"
14-Famous violin maker
15-Transgression
16-Small lump
17-Earn
18-Afternoon party

3-Part of ship's bottom
4-Glass balls
5-Indian mulberry
6-Parcel of land
7-Wife of Gerasim
8-Part of flower
9-Swelled
10-Poem
11-Long, slender
12-Lubricates
13-Chief god of Memphis
14-Dined
15-Dispatches
16-Puffed
17-Worn away
18-Faces
19-Stair post
20-Explosion
21-Mark for misconduct
22-Arabian prince
23-Repetition
24-Vapor
25-Brown, as bread
26-Identical
27-Crooked
28-Period of time
29-Thick, black substance
30-Baker's
31-Nahoor sheep
32-Note of scale

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RADIO PROGRAMS - TUESDAY

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-Music Box	News-Car Tunes	Fulton Lewis Jr.
4:15-Story Hour	Car Tunes	Hemingway News
4:30-Bulletin-Godfrey	Man on the Go	Tele-Test
4:45-Arthur Godfrey	Man on the Go	Sam Hayes
5:00-Edward R. Murrow	NBC News-Lcl News	One for the Road
5:15-Eventide	Car Tunes	One for the Road
5:30-Tom Harmon	Weather-Car Tunes	One for the Road
5:45-Frank Goss	Orval Anderson	One for the Road
6:00-Edward P. Morgan	NBC News	Music for Dining
6:15-Lowell Thomas	Hi-Fi Hour	Music for Dining
6:30-Sports-Amos-Andy	Hi-Fi Hour	Music for Dining
6:45-Amos & Andy	One Man's Family	Music for Dining
7:00-News	NBC News	Coke Time
7:15-Masters of Melody	News of the World	Sports-KWIN Karavan
7:30-Turntable Terrace	Life and the World	News-KWIN Karavan
7:45-Turntable Terrace	NBC News-Giddy	Talent Teen Time
8:00-Herman-Draper	Gildersleeve	Talent Teen Time
8:15-Rusty Draper Show	Night Line	Talent Teen Time
8:30-World Tonight	Night Line	Talent Teen Time
8:45-World-Seavard-Weather	Night Line	Talent Teen Time
9:00-Regal Tune Table	NBC News	News
9:15-Regal Tune Table	Nightline	KWIN Karavan
9:30-Turntable Terrace	Nightline	KWIN Karavan
9:45-Turntable Terrace	Nightline	KWIN Karavan
10:00-World News Beat	Richfield Reporter	News, Treasury Agent
10:15-Turntable Terrace	Nightbeat	Treasury Agent
10:30-Turntable Terrace	Nightbeat	Scarlet Pimpernel
10:45-Turntable-News	Nightbeat	Scarlet Pimpernel
11:00-Sign Off	Sign Off	News, KWIN Karavan

RADIO PROGRAMS - WEDNESDAY

KYJC 1230 kc	KMED 1440 kc	KWIN 1400 kc
6:00-News of America	Wake Up to Music	KWIN's Morning Show
6:15-Yawn Patrol	Wake Up to Music	KWIN's Morning Show
6:30-Yawn Patrol	Wake Up to Music	KWIN's Morning Show
6:45-Yawn Patrol	Wake Up to Music	KWIN's Morning Show
7:00-World News Roundup	Wake Up to Music	Hemingway News
7:15-Cecil Brown	Weather, World News	Breakfast Gang
7:30-Tom MacLeod-Sports	Rogue Valley Bepers	KWIN's Morning Show
7:45-Harry Eubank	Weather & 730 News	KWIN's Morning Show
8:00-Variety-Weather	NBC News' Hearl	Cliff Ingle News
8:15-Frank Goss	Hearl	KWIN's Morning Show
8:30-Breakfast Tunes	World Series	KWIN's Morning Show
8:45-Howard Miller Show	World Series	Salute To Safety
9:00-Weisfield Mike-Music	World Series	KWIN's Morning Show
9:15-Breakfast Club	World Series	Voice of Deliverance
9:30-Breakfast Club	World Series	KWIN's Morning Show
9:45-Breakfast Club	World Series	KWIN's Morning Show
10:00-Music Box	World Series	Newspaper of the Air
10:15-Trading Pairs	World Series	World Series
10:30-Name Your Neighbor	World Series	KWIN's Morning Show
10:45-Road of Life	World Series	KWIN's Morning Show
11:00-GMS Newscast	World Series	Queen for a Day
11:15-Second Mrs. Burton	World Series	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	World Series	Queen For A Day
12:15-News-Music-Weather	Weather, Livestock	News
12:30-Houseparty	Local News-Sports	Western Roundup
12:45-Houseparty	His Majesty the Baby	Western Roundup
1:00-Arthur Godfrey	NBC News-House Party	Western Roundup
1:15-Arthur Godfrey	KMED House Party	Western Roundup
1:30-Arthur Godfrey	KMED House Party	Western Roundup
1:45-Arthur Godfrey	KMED House Party	Western Roundup
2:00-Arthur Godfrey	NBC News' Listen	Dusty Records
2:15-Arthur Godfrey	Listen	Where the Records Spin
2:30-Musical Mixer	Listen	Where the Records Spin
2:45-Musical Mixer	Listen	Where the Records Spin
3:00-Backstage Wife	NBC News' Listen	Where the Records Spin
3:15-Helen Green	Five Star Matinee	Where the Records Spin
3:30-Nora Drake	Five Star Matinee	Where the Records Spin
3:45-Music Box	Five Star Matinee	Where the Records Spin
4:00-Music Box	News-Car Tunes	Hemingway News
4:15-Story Hour	Car Tunes	Tele-Test
4:30-Bulletin-Godfrey	Man on the Go	Sam Hayes
4:45-Arthur Godfrey	Man on the Go	Sam Hayes
5:00-Edward R. Murrow	NBC News-Lcl News	One for the Road
5:15-Eventide	Car Tunes	One for the Road
5:30-Tom Harmon	Weather-Car Tunes	One for the Road
5:45-Frank Goss	Orval Anderson	One for the Road
6:00-Edward P. Morgan	NBC News	Music for Dining
6:15-Lowell Thomas	Hi-Fi Hour	Music for Dining
6:30-Sports-Amos-Andy	Hi-Fi Hour	Music for Dining
6:45-Amos & Andy	One Man's Family	Music for Dining
7:00-News	NBC News-U.N.	KWIN Karavan
7:15-Masters of Melody	News of the World	Sports-KWIN Karavan
7:30-Turntable Terrace	Life and the World	News-KWIN Karavan
7:45-Turntable Terrace	NBC News' People	Crater Comet Capers
8:00-Herman-Draper	People are Funny	Crater Comet Capers
8:15-Rusty Draper Show	Night Line	Crater Comet Capers
8:30-World Tonight	Night Line	Crater Comet Capers
8:45-World-Seavard-Weather	Night Line	Crater Comet Capers
9:00-Regal Tune Table	NBC News	News
9:15-Regal Tune Table	Nightline	KWIN Karavan
9:30-Turntable Terrace	Nightline	KWIN Karavan
9:45-Turntable Terrace	Nightline	KWIN Karavan
10:00-World News Beat	Richfield Reporter	News, Gang Busters
10:15-Turntable Terrace	Nightbeat	Gang Busters
10:30-Turntable Terrace	Nightbeat	Horatio Hornblower
10:45-Turntable-News	Nightbeat	Horatio Hornblower
11:00-Sign Off	Sign Off	News, KWIN Karavan

*ABC **CBS *NBC *MBS

KBOY - 730 KC
Music, news and weather, sun up to sundown, except: Bargain Roundup at 10:00 A.M. and 2:30 P.M. Monday through Saturday, Sunday only 11 to 12 A.M., First Baptist Service, Weather forecasts every hour at the hour

TELEVISION PROGRAMS

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 stations, and the Mail Tribune cannot accept responsibility for errors or omissions.

KBS-TV (Channel 5) KOTI-TV (Channel 2)

TUESDAY	TUESDAY
4:00-Gateway	4:00-Feminine Fancies
4:30-Uncle Bill's Show	4:30-Uncle Bill Show
5:00-News	5:00-Phil Silvers
5:15-Doug Edwards & the News	5:15-Whirlbirds
5:30-Name That Tune	5:30-To Tell the Truth
6:00-Dance Time	6:00-Red Skelton
6:15-Your TV Weatherman	6:00-\$64,000 Question
6:30-News	9:30-Men of Annapolis
6:45-Whirl Birds	10:00-Zane Grey
7:00-To Tell The Truth	10:30-News
7:30-Spotlight Playhouse	
8:00-\$64,000 Question	
8:30-Playhouse of Mystery	
9:00-Men of Annapolis	
9:30-Phil Silvers Show	
10:00-Destiny	
10:30-News	
10:35-Sign off	
WEDNESDAY	WEDNESDAY
8:45-World Series	8:30-Chaplain's Corner
11:00-NBC Matinee	8:35-Cartoons
12:00-Brighter Day	8:40-News
12:15-Secret Storm	8:45-World Series
12:30-Edge of Night	11:00-Matinee Theater
1:00-Comeidy Time	12:00-Brighter Day
1:30-Truth or Consequences	12:15-Secret Storm
2:00-Garry Moore	12:30-Edge of Night
2:30-Arthur Godfrey	1:00-Comeidy Time
3:00-Strike it Rich	1:30-Truth or Consequences
4:00-Feminine Fancies	2:00-Gary Moore Show
4:30-Gateway	2:30-Arthur Godfrey
5:00-Uncle Bill's Show	3:00-Strike it Rich
6:00-Your TV Weatherman	4:30-Uncle Bill
6:05-News	4:45-Search for Tomorrow
6:15-Doug Edwards and News	5:00-World Passport
6:30-Gateway	5:15-Klamath Museum
7:00-Big Record	5:45-TV Question Box
7:30-Piano	6:00-News & Weather
7:45-Gateway	6:15-Doug Edwards & News
8:00-The Millionaire	6:30-Industry on Parade
8:30-I've Got A Secret	6:45-Bon Bazaar
9:00-Circle Theater	6:50-Big Record
9:30-Klamath Gems	7:30-American Legend
10:00-Gateway	8:00-The Millionaire
10:35-Lawrence Welk	8:30-I've Got a Secret
11:35-Sign-Off	9:00-Armstrong Circle Theatre
	10:00-Reader's Digest
	10:30-News
	10:35-Lawrence Welk
	11:45-Search For Tomorrow
	5:00-PTA
	5:15-Off to Adventure
	5:30-OTI Tech Talks
	6:15-Doug Edwards
	6:30-Name That Tune