

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
1-5-21	1-5-21	1-5-21	1-5-21	1-5-21	1-5-21	1-5-21	1-5-21	1-5-21	1-5-21	1-5-21	1-5-21
2-6-22	2-6-22	2-6-22	2-6-22	2-6-22	2-6-22	2-6-22	2-6-22	2-6-22	2-6-22	2-6-22	2-6-22
3-7-23	3-7-23	3-7-23	3-7-23	3-7-23	3-7-23	3-7-23	3-7-23	3-7-23	3-7-23	3-7-23	3-7-23
4-8-24	4-8-24	4-8-24	4-8-24	4-8-24	4-8-24	4-8-24	4-8-24	4-8-24	4-8-24	4-8-24	4-8-24
5-9-25	5-9-25	5-9-25	5-9-25	5-9-25	5-9-25	5-9-25	5-9-25	5-9-25	5-9-25	5-9-25	5-9-25
6-10-26	6-10-26	6-10-26	6-10-26	6-10-26	6-10-26	6-10-26	6-10-26	6-10-26	6-10-26	6-10-26	6-10-26
7-11-27	7-11-27	7-11-27	7-11-27	7-11-27	7-11-27	7-11-27	7-11-27	7-11-27	7-11-27	7-11-27	7-11-27
8-12-28	8-12-28	8-12-28	8-12-28	8-12-28	8-12-28	8-12-28	8-12-28	8-12-28	8-12-28	8-12-28	8-12-28
9-1-29	9-1-29	9-1-29	9-1-29	9-1-29	9-1-29	9-1-29	9-1-29	9-1-29	9-1-29	9-1-29	9-1-29
10-2-30	10-2-30	10-2-30	10-2-30	10-2-30	10-2-30	10-2-30	10-2-30	10-2-30	10-2-30	10-2-30	10-2-30
11-3-31	11-3-31	11-3-31	11-3-31	11-3-31	11-3-31	11-3-31	11-3-31	11-3-31	11-3-31	11-3-31	11-3-31
12-4-1	12-4-1	12-4-1	12-4-1	12-4-1	12-4-1	12-4-1	12-4-1	12-4-1	12-4-1	12-4-1	12-4-1

Good Adverse Neutral

The Medical Roundup

by *Walter Alvarez*

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

There Is Nothing Disgraceful in Being Neurotic or Nervous

One big reason why today many persons get themselves operated on to little purpose is that

so many, whose troubles are all due to nervousness, refuse to accept this diagnosis. When a doctor says that their troubles are nervous in origin, they think he means that they are foolish, stupid, flighty, hysterical or imagining their discomforts. The doctor never had any such idea. Perhaps what he meant was that the person (usually a woman) had a rather stormy and over-emotional nervous system which, every so often, caused her to get too "steamed up" about something. Perhaps the woman became too much annoyed, or too greatly worried, or frightened, or too tired, and then out over the nerves of her body went a little "storm" which perhaps caused her to feel either too warm, or else chilly, or made her heart race and palpitate and her stomach to feel upset. She may have felt dizzy, or as if she might faint, or she may have belched or filled with gas, or had to move her bowels or empty her bladder.

Many of these women are troubled by a hypersensitivity that makes them suffer from stimuli that their more phlegmatic brothers cannot even feel. For instance, a hypersensitive woman will be distressed by drafts, bright lights, noises, smells, air-conditioning, riding backward in a train, or thunder and lightning.

Many Become Prostrated

Partly because of their oversensitivity and partly, perhaps, because of a lack of stoicism, many women become prostrated by some illness such as a sick headache which, when it attacks one of their brothers, does not stop him from working all day.

In the case of many a highly nervous woman with a constant widespread "misery," or "butterflies" or "little pinches" or throbbings in her abdomen, the wise physician is sure, even without the help of x-ray studies, that if a surgeon were to open the abdomen and look at every organ he would not find anything wrong. The distress must be coming down from a disturbed brain.

Today, many of us doctors have a bad habit of saying to a person with troubles like this, after we have made a thorough examination, "There is nothing the matter with you, and you can go on home." I dislike this because there is always something the matter with a person who feels ill. I'm sure that when a woman saves up her money and travels 1000 miles to a big clinic she hasn't done it just for fun. Something must have frightened or worried or distressed her badly.

Hence it is, I keep saying to my younger colleagues, "When, after examining a troubled woman, you have found nothing wrong, your responsibilities to her are not ended. You should then be sitting down with her to find out what upset her or frightened her, or made her very tired or unhappy. Perhaps her husband is drinking, or her mother-in-law is upsetting her, or she is convinced she has a cancer of the bowel, or she is afraid of going insane, as perhaps her mother once did. Take time to listen to her story; talk over her problems with her, and give her help in solving them. Reassure her; if possible, take away her fears, and get her to see how a woman whose tests all showed normal conditions can feel so miserable. Then you will have done something for her. If she is a sensible woman who can believe you and get over her fears, and can learn to live more calmly and restfully, she will go home almost well."

Fortunate Welcome

Chicago—The luck of the Irish arrived shortly after Michael Fitzsimmons left home. The young immigrant won a 1957 auto on a 25-cent chance and commented "nothing like this ever happened to me in Ireland."

whenever the Good Lord sends for them. Whenever they get some incurable disease, and begin to suffer greatly with it, they hope that they will be allowed to pass quickly. They hope that a relative will keep them out of the hands of some of us doctors who might feel it our duty to keep them alive and suffering for a few weeks or months longer than the Good Lord intended.

I recently read in Mencken's book, "Minority Report," that the motion that it is against human nature to want to die is absurd. He knew, as we physicians do, that there are many old people with an incurable disease who would gladly go to their reward, and have their sufferings over with. He wrote that his old friend, Dr. William Welch, the great pathologist, when he was over 80 and suffering from a painful and inoperable cancer, so wanted to die and have it over with that finally he refused to eat.

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.

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RADIO PROGRAMS - FRIDAY

WYAC 1230 KC	KWID 1440 KC	KWIN 1400 KC
4:00—Music Box	NBC News-Car Times	Fulton Lewis Jr.
4:15—Story Hour	Car Times	Herman's News
4:30—Bulletin-Godfrey	Car Times	Sam Hayes
4:45—Arthur Godfrey	Man on the Go	
5:00—Edward R. Murrow	NBC News-Letters	One for the Road
5:15—Eventide	Weather, Car Times	One for the Road
5:30—Tom Harmon	Orville Anderson	One for the Road
5:45—Frank Goss		
6:00—Edward P. Morgan	Cavalcade of Sports	Music for Dining
6:15—Lowell Thomas	Cavalcade of Sports	Sports Previews
6:30—Sports—Amos-Andy	Cavalcade of Sports	Music for Dining
6:45—Amos-Andy	NBC News	Music for Dining
7:00—News	One Man's Family	News
7:15—Masters of Melody	Monitor	News
7:30—Turntable Terrace	Monitor	News
7:45—Coach's Report	Monitor	News
8:00—Medford-Crater	Monitor	News
8:15—Medford-Crater	Monitor	News
8:30—Medford-Crater	Monitor	News
8:45—Medford-Crater	Monitor	News
9:00—Medford-Crater	Monitor	News
9:15—Medford-Crater	Monitor	News
9:30—Medford-Crater	Monitor	News
9:45—Medford-Crater	Monitor	News
10:00—Medford-Crater	Monitor	News
10:15—Medford-Crater	Monitor	News
10:30—Turntable Terrace	Monitor	News
10:45—Turntable News	Monitor	News
11:00—Sign Off	Monitor	News

RADIO PROGRAMS - SATURDAY

WYAC 1230 KC	KWID 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—News	Wake 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—CBS Farm News	Weather & 7:50 News	KWIN's Morning Show
8:00—News	Coffee Clatch	KWIN's Morning Show
8:15—Coffee Concert	Heart	KWIN's Morning Show
8:30—Robert J. Lewis	Heart	KWIN's Morning Show
8:45—Robert J. Lewis	Heart	KWIN's Morning Show
9:00—News	NBC News-Heart	KWIN's Morning Show
9:15—Record Rack	Heart	KWIN's Morning Show
9:30—Gunslinger	Saturday Club	KWIN's Morning Show
9:45—Gunslinger	Saturday Club	KWIN's Morning Show
10:00—News	Monitor	KWIN's Morning Show
10:15—Trading Post	Monitor	KWIN's Morning Show
10:30—Music Box	Monitor	KWIN's Morning Show
10:45—Music Box	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—City Hospital	Monitor	KWIN's Morning Show
11:45—City Hospital	Monitor	KWIN's Morning Show
12:00—Musical Matinee	Monitor	KWIN's Morning Show
12:15—Matinee-Weather	Monitor	KWIN's Morning Show
12:30—Garden Gossip	Monitor	KWIN's Morning Show
12:45—Man Around House	Monitor	KWIN's Morning Show
1:00—CBS News	Monitor	KWIN's Morning Show
1:15—OSC-Idaho	Monitor	KWIN's Morning Show
1:30—OSC-Idaho	Monitor	KWIN's Morning Show
1:45—OSC-Idaho	Monitor	KWIN's Morning Show
2:00—OSC-Idaho	Monitor	KWIN's Morning Show
2:15—OSC-Idaho	Monitor	KWIN's Morning Show
2:30—OSC-Idaho	Monitor	KWIN's Morning Show
2:45—OSC-Idaho	Monitor	KWIN's Morning Show
3:00—OSC-Idaho	Monitor	KWIN's Morning Show
3:15—OSC-Idaho	Monitor	KWIN's Morning Show
3:30—OSC-Idaho	Monitor	KWIN's Morning Show
3:45—OSC-Idaho	Monitor	KWIN's Morning Show
4:00—Club 1230	Monitor	KWIN's Morning Show
4:15—Club 1230	Monitor	KWIN's Morning Show
4:30—Veterans Adm.	Monitor	KWIN's Morning Show
4:45—CBS Football Stars	Monitor	KWIN's Morning Show
5:00—Variety Scoreboard	Monitor	KWIN's Morning Show
5:15—Football Scoreboard	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—Football Score	Monitor	KWIN's Morning Show
6:15—Sports Times	Monitor	KWIN's Morning Show
6:30—Jazz Band	Monitor	KWIN's Morning Show
6:45—Indictment	Monitor	KWIN's Morning Show
7:00—News-Dollar	Monitor	KWIN's Morning Show
7:15—Johnny-Dollar	Monitor	KWIN's Morning Show
7:30—FBI-People & War	Monitor	KWIN's Morning Show
7:45—FBI-News	Monitor	KWIN's Morning Show
8:00—Sports Resume	Monitor	KWIN's Morning Show
8:15—Gil Henry	Monitor	KWIN's Morning Show
8:30—World Tonight	Monitor	KWIN's Morning Show
8:45—World-News	Monitor	KWIN's Morning Show
9:00—Regal Tune Table	Monitor	KWIN's Morning Show
9:15—Regal Tune Table	Monitor	KWIN's Morning Show
9:30—Gil Henry	Monitor	KWIN's Morning Show
9:45—Gil Henry	Monitor	KWIN's Morning Show
10:00—World News Beat	Monitor	KWIN's Morning Show
10:15—Turntable Terrace	Monitor	KWIN's Morning Show
10:30—Turntable Terrace	Monitor	KWIN's Morning Show
10:45—Turntable News	Monitor	KWIN's Morning Show
11:00—Sign Off	Monitor	KWIN's Morning Show
11:15—Sign Off	Monitor	KWIN's Morning Show

*ABC **CBS ***NBC ****MBS
Music, news and weather, sun-up to sundown, except: Bargain Roundup at 10:00 A.M. and 2:30 P.M., Monday through Saturdays, 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.

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

FRIDAY	FRIDAY
4:00—Feminine Fancies	4:00—Feminine Fancies
4:30—A Visit with the City Police	4:30—Search for Tomorrow
5:00—Wild Bill Hickok	5:00—Wild Bill Hickok
5:30—Uncle Bill	5:30—Cavalcade of Sports
6:00—Your TV Weatherman	6:00—Cavalcade of Sports
6:30—Cavalcade of Sports	6:30—Cavalcade of Sports
7:00—Joe Palooka	7:00—Joe Palooka
7:30—Get Set and Go	7:30—Mr. Adam and Eve
8:00—Mr. Adam and Eve	8:00—Captain David Grief
8:30—Captain David Grief	8:30—The Lineup
9:00—The Lineup	9:00—Highway Patrol
9:30—Highway Patrol	9:30—Stories of the Century
10:00—Stories of the Century	10:00—News
10:30—News	10:30—Sign Off
10:45—Sign Off	10:45—Sign Off
SATURDAY	SATURDAY
11:20—Cartoon	11:20—Cartoon
11:30—Big Y Tex	11:30—Cartoon
12:00—Cartoon	12:00—Cartoon
12:30—News	12:30—News
12:45—Queen Elizabeth's Visit	12:45—World Passport
1:30—PCC Football	1:30—PCC Football
2:00—World Passport	2:00—United Methodist Crusade
2:30—United Methodist Crusade	2:30—News
3:00—News	3:00—News
3:15—Gateway	3:15—Gateway
3:30—Tennessee Ernie Ford	3:30—Tennessee Ernie Ford
3:45—World Passport	3:45—World Passport
4:00—Gale Storm	4:00—Gale Storm
4:15—Have Gun Will Travel	4:15—Have Gun Will Travel
4:30—People Are Funny	4:30—People Are Funny
4:45—World Passport	4:45—World Passport
5:00—News	5:00—News
5:15—Sign Off	5:15—Sign Off
SUNDAY	SUNDAY
10:00—Cartoon	10:00—Cartoon
10:15—Football Previews	10:15—Football Previews
10:30—Pro Football	10:30—Pro Football
10:45—World News Roundup	10:45—World News Roundup
1:00—Your Community	1:00—Your Community
2:00—Jackson Co. Public Health	2:00—Yellowstone Adventure
2:30—Yellowstone Adventure	2:30—College Hour
3:00—College Hour	3:00—College Hour
3:30—Petrified River	3:30—Petrified River
4:00—News	4:00—News
4:15—Profile Algeria	4:15—Profile Algeria
4:45—Die Walsh and Friends	4:45—Die Walsh and Friends
5:00—Algebra	5:00—Algebra
6:00—Weekly News in Review	6:00—Weekly News in Review
6:30—Pinochio	6:30—Pinochio

Strange As It Seems

By ELSIE HIX

THERE ARE AT LEAST 12 TEMPLES AND BUTTES WITHIN THE GRAND CANYON THAT HAVE A HIGHER ELEVATION THAN MT. MITCHELL, THE HIGHEST MOUNTAIN EAST OF THE MISSISSIPPI.

TO RID FLORIDA LAKES AND CANALS OF THE ROUGHISH NUISANCE, A FISH-SHOCKER, DEVELOPED BY TIM O'CONNOR, OF THE FISH COMMISSION, PROVIDES THE UNWANTED SPECIES WHILE PASSING UP THE GAME FISH.

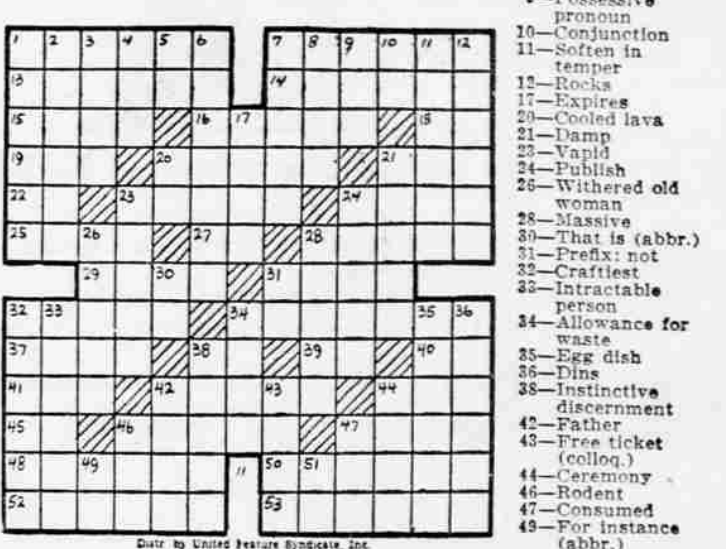
WHEN ONLY 8 HE CONDUCTED THE RUSSIAN IMPERIAL ORCHESTRA FOR NICHOLAS I OF RUSSIA!



CROSSWORD PUZZLE

Answer to Yesterday's Puzzle

ACROSS	DOWN
1—Cartons	38—French (abbr.)
2—Thorns	39—Near
3—Renounce	40—A state (abbr.)
4—Beginning	41—Anger
5—Frosted	42—Slumbered
6—Sacred images	43—Fortitude
7—Behold	44—Unit of currency
8—Prefix: wrong	45—French conjunction
9—Abuse	46—Lasso
10—Nails	47—Is ill
11—Epistle (abbr.)	48—Expedition
12—Transactions	49—Couch
13—Bread made of corn meal	50—More commonplace
14—Clan	51—Bed linen (pl.)
15—Hulled grain	
16—Flower	
17—Scarf	
18—City in New Jersey	
19—Path	



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