

STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide
According to the Stars

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

ARIES	Taurus	Gemini	Cancer	Leo	Virgo	Libra	Scorpio	Sagittarius	Capricorn	Aquarius	Pisces
1-25-22-33	1-25-22-33	1-25-22-33	1-25-22-33	1-25-22-33	1-25-22-33	1-25-22-33	1-25-22-33	1-25-22-33	1-25-22-33	1-25-22-33	1-25-22-33
41-50-66-71	41-50-66-71	41-50-66-71	41-50-66-71	41-50-66-71	41-50-66-71	41-50-66-71	41-50-66-71	41-50-66-71	41-50-66-71	41-50-66-71	41-50-66-71
76-78-82-90	76-78-82-90	76-78-82-90	76-78-82-90	76-78-82-90	76-78-82-90	76-78-82-90	76-78-82-90	76-78-82-90	76-78-82-90	76-78-82-90	76-78-82-90
1-25-22-33	1-25-22-33	1-25-22-33	1-25-22-33	1-25-22-33	1-25-22-33	1-25-22-33	1-25-22-33	1-25-22-33	1-25-22-33	1-25-22-33	1-25-22-33
41-50-66-71	41-50-66-71	41-50-66-71	41-50-66-71	41-50-66-71	41-50-66-71	41-50-66-71	41-50-66-71	41-50-66-71	41-50-66-71	41-50-66-71	41-50-66-71
76-78-82-90	76-78-82-90	76-78-82-90	76-78-82-90	76-78-82-90	76-78-82-90	76-78-82-90	76-78-82-90	76-78-82-90	76-78-82-90	76-78-82-90	76-78-82-90

The Medical Roundup

by *Walter Alvarez*

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

PHYSICAL THERAPY

Many persons with a chronic arthritis, or with stiff muscles or joints following an accident, may wonder why some physical therapists do not more often use massage and manipulation, or moist heat, diathermy, ultrasonic waves, etc. Actually, I fear we physicians do not send as many patients as we should to highly trained physical therapists who have spent several years in a good school for physical therapy.

Many years ago, when I was a young man in medicine, and the specialty of industrial medicine was born, the doctors who had to take care of thousands of injured workmen found that the most important thing they could do for these persons was to send them to physical therapists. In the old days, when a workman fell off a scaffold and smashed his hip or broke several bones he had a very small chance of ever getting back to his job again. The trouble was that, after perhaps 6 weeks in a cast, his fracture might be all right but his joints were stiff, and his muscles were weak and sore. When he tried to go back to work, the rule was that he must do the usual 8-hour stint, just like everyone else, and he just couldn't do this. His union or the company would not let him work into the job gradually.

As soon as the Workmen's Compensation Law was passed and the insurance companies were faced by this problem, their doctors found that with the help of good departments of physical therapy, they could put the man in such good shape that he could go back on the job and do a full day's work.

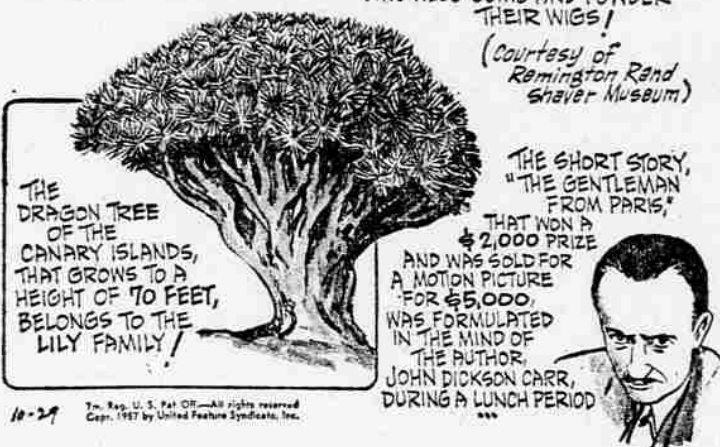
Many Sent to Therapists
Ever since then more and more physicians have been referring more and more of their patients for physical therapy. Today, in a huge medical clinic, a remarkably large percentage, particularly of the patients with chronic arthritis, are sent to the physical therapists.

There comes to my mind the mental picture of a woman who, after a little stroke, got an acute arthritis in her right wrist. She had, in a sling around her neck, something that looked more like a red ham than a wrist and hand. There was nothing that I could do with medicine, but, fortunately, within a few weeks the expert physical therapists had massaged away much of the fluid that had accumulated around the joint. They had strengthened the muscles and had brought back good blood into them, and they had limbered up the finger joints so that the woman again could close her hand and grasp things. Without the help of experts, I fear the woman would have had a useless wrist and hand for the rest of her days.

People say, "Where can I get such care?" and I would say that usually today one can find a good department of physical therapy in every big hospital and every big clinic.

Strange As It Seems

by ELSIE HIX



CROSSWORD PUZZLE

ACROSS
1-Soft food
2-Packs away
3-Fondle
4-Be mistaken
5-Bracing
6-Fish eggs
7-Sanity
8-Spillage
9-Conjunction
10-Verve
11-Short socks
12-Go in
13-Exist
14-Newspaper executive
15-Period of time
16-The kava
17-Limb
18-Mail's nickname
19-Comb form: three

DOWN
1-Through
2-Exist
3-Trick
4-Collected as a reserve supply
5-Measure of weight
6-Proposition
7-Metal strand
8-Mountain climber
9-Published
10-Vast age
11-Golf mound
12-Edible fish
13-Shallow vessel
14-Lessen
15-At no time
16-Baked clay
17-Take
18-Run out
19-Hindu queen
20-Monster
21-Accuse
22-Auspicious
23-Exit
24-Destroy
25-Unusual
26-Men
27-Rip
28-Brother (abbr.)
29-Incognito
30-Drone
31-Girl's name
32-Conjunction
33-Sun god

RADIO PROGRAMS - TUESDAY

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-Bulletins-Godfrey	Car Tunes	Telo-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	Weather Car Tunes	One for the Road
5:30-Tom Harmon	Orval Anderson	Music for Dining
5:45-Frank Goss	Hi-Fi Hour	News
6:00-Edward P. Morgan	One Man's Family	News
6:15-Lowell Thomas	NBC News	KWIN Karavan
6:30-Sports-Amos-Andy	Hi-Fi Hour	Coke Time
6:45-Amos & Andy	NBC News	Spot's Morning Show
7:00-News	NBC News	News, KWIN Karavan
7:15-Masters of Melody	Treasury of Music	Talent Teen Time
7:30-Turntable Terrace	News of the World	Talent Teen Time
7:45-Turntable Terrace	Life and the World	Talent Teen Time
8:00-News-Eisenhower	NBC News-Giddy	Talent Teen Time
8:15-Pres. Eisenhower	Gildersleeve	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-News	Nightline	KWIN Karavan
9:45-Turntable Terrace	Richfield Reporter	News, Treasury Agent
10:00-News	Nightline	Treasury Agent
10:15-Turntable Terrace	Nightbeat	Scarlet Pimpernel
10:30-Turntable Terrace	Nightbeat	Scarlet Pimpernel
10:45-Turntable-News	Nightbeat	News, KWIN Karavan
11:00-Sign Off		

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	First News	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 Harmon	Movie Valley Reporter	KWIN's Morning Show
7:45-Harry Babbitt	Weather & 7:50 News	KWIN's Morning Show
8:00-Variety-Weather	NBC News-Hear!	Cliff Ingle News
8:15-Frank Goss	NBC News-Hear!	KWIN's Morning Show
8:30-Breakfast Weather	NBC News-Hear!	KWIN's Morning Show
8:45-Howard Miller Show	NBC News-Hear!	KWIN's Morning Show
9:00-Weistfield Mike-Music	NBC News-Hear!	KWIN's Morning Show
9:15-Breakfast Club	NBC News-Hear!	KWIN's Morning Show
9:30-Breakfast Club	NBC News-Hear!	KWIN's Morning Show
9:45-Breakfast Club	NBC News-Hear!	KWIN's Morning Show
10:00-Music Box	NBC News-Hear!	KWIN's Morning Show
10:15-Trading Post	NBC News-Hear!	KWIN's Morning Show
10:30-Name Your Neighbor	NBC News-Hear!	KWIN's Morning Show
10:45-Road of Life	NBC News-Hear!	KWIN's Morning Show
11:00-CBS News	NBC News-Hear!	KWIN's Morning Show
11:15-Second Mrs. Burton	NBC News-Hear!	KWIN's Morning Show
11:30-Strike It Rich	NBC News-Hear!	KWIN's Morning Show
11:45-Pat Buttram	NBC News-Hear!	KWIN's Morning Show
12:00-News	NBC News-Hear!	KWIN's Morning Show
12:15-News-Music-Weather	NBC News-Hear!	KWIN's Morning Show
12:30-Houseparty	NBC News-Hear!	KWIN's Morning Show
12:45-Houseparty	NBC News-Hear!	KWIN's Morning Show
1:00-Arthur Godfrey	NBC News-Hear!	KWIN's Morning Show
1:15-Arthur Godfrey	NBC News-Hear!	KWIN's Morning Show
1:30-Arthur Godfrey	NBC News-Hear!	KWIN's Morning Show
1:45-Arthur Godfrey	NBC News-Hear!	KWIN's Morning Show
2:00-Arthur Godfrey	NBC News-Hear!	KWIN's Morning Show
2:15-Arthur Godfrey	NBC News-Hear!	KWIN's Morning Show
2:30-Musical Mixmaster	NBC News-Hear!	KWIN's Morning Show
2:45-Musical Mixmaster	NBC News-Hear!	KWIN's Morning Show
3:00-Backstage Wife	NBC News-Hear!	KWIN's Morning Show
3:15-Helen Trent	NBC News-Hear!	KWIN's Morning Show
3:30-Nora Drake	NBC News-Hear!	KWIN's Morning Show
3:45-Music Box	NBC News-Hear!	KWIN's Morning Show
4:00-Music Box	NBC News-Hear!	KWIN's Morning Show
4:15-Story Hour	NBC News-Hear!	KWIN's Morning Show
4:30-Bulletins-Godfrey	NBC News-Hear!	KWIN's Morning Show
4:45-Arthur Godfrey	NBC News-Hear!	KWIN's Morning Show
5:00-Edward R. Murrow	NBC News-Lcl News	One for the Road
5:15-Eventide	Weather Car Tunes	One for the Road
5:30-Tom Harmon	Orval Anderson	Music for Dining
5:45-Frank Goss	Hi-Fi Hour	News
6:00-Edward P. Morgan	One Man's Family	News
6:15-Lowell Thomas	NBC News	KWIN Karavan
6:30-Sports-Amos-Andy	Hi-Fi Hour	Coke Time
6:45-Amos & Andy	NBC News	Spot's Morning Show
7:00-News	NBC News	News, KWIN Karavan
7:15-Masters of Melody	U.N.	News of the World
7:30-Turntable Terrace	News of the World	Life and the World
7:45-Turntable Terrace	Life and the World	Crater Comet Capers
8:00-Herman Draper	NBC News-People	Crater Comet Capers
8:15-Rusty Draper Show	People are Funny	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-News	Nightline	KWIN Karavan
9:45-Turntable Terrace	Richfield Reporter	News, Gang Busters
10:00-News	Nightline	Gang Busters
10:15-Turntable Terrace	Nightbeat	Horatio Hornblower
10:30-Turntable Terrace	Nightbeat	Horatio Hornblower
10:45-Turntable-News	Nightbeat	News, KWIN Karavan
11:00-Sign Off		

*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 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.

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

TUESDAY	TUESDAY
4:00-Feminine Fancies	4:00-Feminine Fancies
4:30-Vai Rogue	4:30-Uncle Bill Show
4:45-Search for Tomorrow	4:45-Search for Tomorrow
5:00-TBA	5:00-TBA
5:15-Uncle Bill	5:15-Uncle Bill
6:00-Your TV Weatherman	6:00-Your TV Weatherman
6:05-News	6:05-News
6:15-Doug Edwards and the News	6:15-Doug Edwards and the News
6:30-Name That Tune	6:30-Name That Tune
7:00-Phil Silvers	7:00-Phil Silvers
7:30-Whirlbirds	7:30-Whirlbirds
8:00-To Tell the Truth	8:00-To Tell the Truth
8:30-Red Skelton	8:30-Red Skelton
9:00-\$64,000 Question	9:00-\$64,000 Question
9:30-Trackdown	9:30-Trackdown
10:00-Zane Grey Theater	10:00-Zane Grey Theater
10:30-News	10:30-News
10:45-Championship Bowling	10:45-Championship Bowling
11:30-Sign Off	11:30-Sign Off
WEDNESDAY	WEDNESDAY
11:40-Devotions	11:40-Devotions
11:50-Caroon	11:50-Caroon
12:00-News	12:00-News
12:05-Big Payoff	12:05-Big Payoff
12:30-The Verdict Is Yours	12:30-The Verdict Is Yours
1:00-Brighter Day	1:00-Brighter Day
1:30-Edge of Night	1:30-Edge of Night
2:00-Garry Moore	2:00-Garry Moore
2:30-Arthur Godfrey	2:30-Arthur Godfrey
3:00-Strike It Rich	3:00-Strike It Rich
3:30-Feminine Fancies	3:30-Feminine Fancies
4:00-Salvation Army	4:00-Salvation Army
4:45-Search for Tomorrow	4:45-Search for Tomorrow
5:00-World Passport	5:00-World Passport
5:30-Tim McCoy	5:30-Tim McCoy
6:00-Your TV Weatherman	6:00-Your TV Weatherman
6:05-News	6:05-News
6:15-Doug Edwards and the News	6:15-Doug Edwards and the News
6:30-Our Post Office	6:30-Our Post Office
6:45-Big Record	6:45-Big Record
7:00-American Legend	7:00-American Legend
8:00-The Millionaire	8:00-The Millionaire
8:30-I've Got A Secret	8:30-I've Got A Secret
9:00-Circle Theatre	9:00-Circle Theatre
9:30-Western Marshal	9:30-Western Marshal
10:00-News	10:00-News
10:30-Lawrence Welk	10:30-Lawrence Welk
11:30-Sign-Off	11:30-Sign-Off

John Day Director Of Historical Group

John Day of Medford was named to the board of directors of the Oregon Historical society for a four-year term at its 60th annual meeting in Portland last Friday.

Donald H. Bates, Portland, was seated as the new president, succeeding Davis T. Mason. Other officers include Malcolm Bauer, Portland, vice president; Eugene Marsh, McMinnville, secretary, and C. B. Stephenson, Portland, treasurer.

Speaker at the anniversary meeting was Cmdr. O. C. S. Robertson of the Canadian navy, who spoke of the historical importance of the fabled "Northwest Passage," and of Russian submarine activity in Arctic waters. Commander Robertson was master of the first major ship to make the trip through the "passage" in 1954.

The black stains on silver are caused by sulphur.

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