

LA STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide According to the Stars

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

Sign	1	2	3	4	5	6	7	8	9	10	11	12
Aries	1	2	3	4	5	6	7	8	9	10	11	12
Taurus	1	2	3	4	5	6	7	8	9	10	11	12
Gemini	1	2	3	4	5	6	7	8	9	10	11	12
Cancer	1	2	3	4	5	6	7	8	9	10	11	12
Leo	1	2	3	4	5	6	7	8	9	10	11	12
Virgo	1	2	3	4	5	6	7	8	9	10	11	12
Libra	1	2	3	4	5	6	7	8	9	10	11	12
Scorpio	1	2	3	4	5	6	7	8	9	10	11	12
Sagittarius	1	2	3	4	5	6	7	8	9	10	11	12
Capricorn	1	2	3	4	5	6	7	8	9	10	11	12
Aquarius	1	2	3	4	5	6	7	8	9	10	11	12
Pisces	1	2	3	4	5	6	7	8	9	10	11	12

Good Address Neutral

The Medical Roundup

by *Walter Alvarez*

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

Editor's note: "Live at Peace With Your Nerves," a new book written by Dr. Walter C. Alvarez, has just been published by Prentice-Hall. An outline of the book has been supplied by the publisher and replaces today's regular column by Dr. Alvarez.

Can nerves cause physical illness? Are nervous aches and pains genuinely painful? Can migraine headaches be avoided? What part do nerves play in the success or failure of a marriage?

In his new book, "Live at Peace With Your Nerves," just published by Prentice-Hall, Dr. Walter C. Alvarez discusses and answers these questions and hundreds of others dealing with the nerves, the emotions and the physical effects of prolonged mental strain. The book emphasizes the understanding of physical illness caused by jumpy nerves and jangled emotions rather than giving dogmatic lists of do's and don'ts.

Can Make Peace
You can never rid yourself

Waist Sizes to 46



2248
WAIST
30"-46"
by Marian Martin

Flattery for the larger figure! Here's an easy-to-Printed Pattern that's designed especially for waist sizes through 46 — slimmer in your favorite 6-glor skirt. Make in cotton or linen.

Printed Pattern 2248: Women's Waist Sizes 30, 32, 34, 36, 38, 40, 42, 44, 46 inches. Size 30 requires 2 1/2 yards 39-inch fabric.

Printed directions on each pattern part. Easier, accurate. Send THIRTY-FIVE cents (coins) for this pattern—add 5 cents for each pattern for 1st-class mailing. Send to Marian Martin, care of Medford Mail Tribune, Pattern Dept., 232 West 18th St., New York 11, N.Y. Print plainly NAME, ADDRESS with SIZE and STYLE NUMBER.

of your nerves, Dr. Alvarez says, but you can "make peace" with them, and by learning to control your emotions you can turn natural nervousness into a social and business asset. He graphically explains his points with anecdotes and case histories culled from his 53 years of medical practice.

"A certain amount of tension is normal," he says, because "without some tension we would get little pleasure in the suspense of the moment." It is when tension is allowed to get out of hand that actual physical deterioration can result.

Here is Dr. Alvarez's own recipe for relieving tension: "Whenever I start getting too tense," he says, "I think of a friend who was building a cabin in the woods and sawing logs as fast as he could go. The old hillbilly who used to sit and watch him said one day: 'You're like all these city jellers. When they saw they can't wait to get the log cut in two. Now, when I saw, I just saw!' According to Dr. Alvarez, as soon as he starts "just sawing" the tension disappears.

For General Reader
"Live at Peace With Your Nerves" is a book for the general reader who wants to know how to ease the tensions of modern living and lead a happier and fuller life. Written in a conversational style, easily read and digested, the book covers such topics as: How Your Nerves Can Make You Sick, The Mystery of Nervous Spells, How to Handle the Worried Habit, The Sensible Way to a Successful Marriage, The Things that Ruin a Marriage and Getting Along with Other People.

Millions know Dr. Alvarez through his syndicated medical column which appears in 80 newspapers with a combined circulation of 12 million. His medical colleagues know him through his 25 years work as a consultant in

Italians Menace U.S. Paratroopers

Venice, Italy—Italian riot police Saturday rescued a group of American paratroopers who were being threatened by an irate Italian crowd for burning communist election posters. The Americans were hustled out of town by speedboat.

Although only a few soldiers were involved in the pre-dawn rioting, an entire group of 67 paratroopers on furlough from bases in Germany were escorted out of Venice. A U.S. consulate spokesman said three or four unidentified paratroopers, returning to their hotel from an evening on the town, spied the posters, which are rigidly protected by law, and tore them down and burned them.

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TELECAST

HEAR Circuit Judge
Edward C. Kelly
KBES-TV
10:30 P.M. Tuesday, May 6
CIRCUIT COURT POSITION NO. 3

Retain Judge Kelly Committee
Otto J. Frohnmayer, Chairman
1656 Spring, Medford

Science Shrinks Piles New Way Without Surgery

Finds Healing Substance That Relieves Pain, Stops Itching as it Shrinks Hemorrhoids

New York, N.Y. (Special)—For the first time science has found a new healing substance with the astonishing ability to shrink hemorrhoids, stop itching, and relieve pain—without surgery.

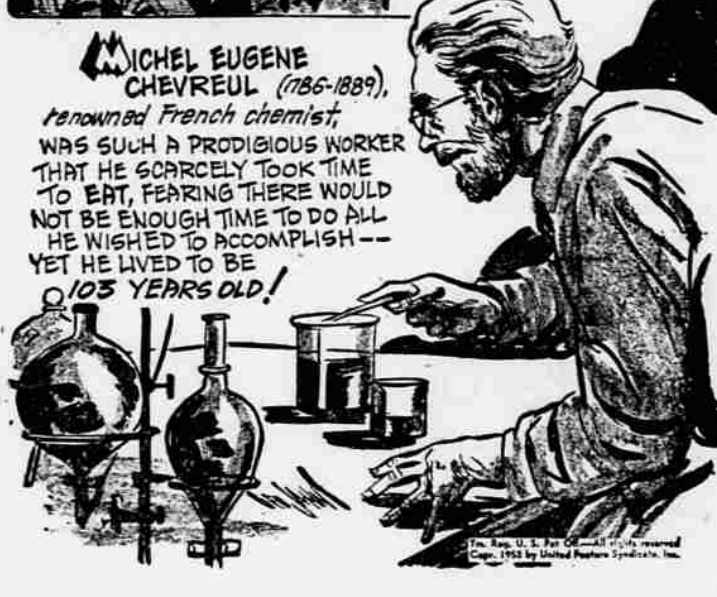
In case after case, while gently relieving pain, actual reduction (shrinkage) took place. Most amazing of all—results were so thorough that sufferers

Strange As It Seems

By ELSIE HIX

TAMMANY HALL—New York City political machine, WAS ORIGINALLY A SOCIAL CLUB THAT EXISTED BEFORE THE REVOLUTIONARY WAR, AND REPRESENTED THE POOR AND UNDERPRIVILEGED.

THE MOON MOVES AT AN AVERAGE SPEED OF 3,550 FEET A SECOND IN AN ORBIT SO LARGE THAT IN GOING AN AVERAGE DISTANCE OF 238,857 MILES IT DEVIATES FROM A STRAIGHT LINE ONLY ABOUT 1/20 TH OF AN INCH!



STEVE CANYON



LI' ABNER



BUZ SAWYER



BARNEY GOOGLE AND SNUFFY SMITH



BLONDIE



MUTT AND JEFF

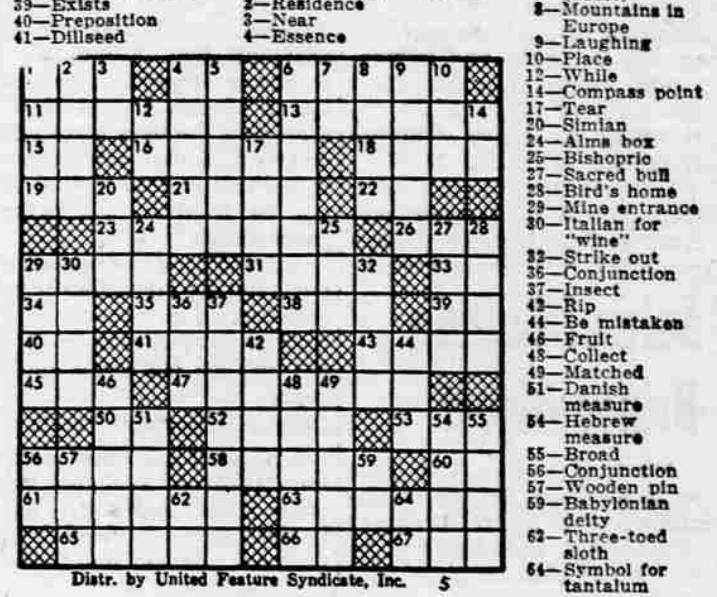


CROSSWORD PUZZLE

Answer to Saturday's Puzzle

ACROSS
1-Exclamation
2-Indian
3-Indy
4-Fruit (pl.)
5-Part of "to be"
6-Look fixedly
7-Top of head
8-On the ocean
9-Symbol for tin
10-Father and mother
11-Act
12-Hebrew letter
13-Roman gods
14-River in Wales
15-Exist
16-Preposition
17-Diluted

DOWN
1-Sea in Asia
2-Residence
3-Near
4-Essence
5-Place
6-Where
7-Where
8-Where
9-Where
10-Where
11-Where
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98-Where
99-Where
100-Where



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MUTT AND JEFF



SPRING TIME is the RIGHT TIME to buy that second automobile needed for picnicking, fishing, and vacationing this summer. You will find an excellent selection of top quality cars listed in the classified ad section.