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 MAR. 22 APR. 20	1 Don't	31 Say	61 Change
4-21-30-44 47-62-74	2 Uneventful	32 Out	62 Works
	3 Listen	33 Prematurely	63 Spotlight
TAURUS APR. 21 MAY 21	4 Ideas	34 With	64 Friendships
23-37-46-58 69-72-80-89	5 Day	35 Don't	65 Tendency
	6 Travel	36 On	66 Much
GEMINI MAY 22 JUNE 22	7 Your	37 Situation	67 Fire
20-32-40-51 67-73-85-88	8 Efforts	38 To	68 Are
	9 Excellent	39 Strengthen	69 You
CANCER JUNE 23 JULY 23	10 To	40 For	70 Your
42-43-55-59 61-70-83-90	11 You'll	41 A	71 Own
	12 What	42 Don't	72 Seen
LEO JULY 24 AUG. 23	13 Or	43 Permit	73 Or
2-5-22-35 50-52-66	14 Risk	44 You	74 Well
	15 Act	45 To	75 Decide
VIRGO AUG. 24 SEPT. 22	16 Some	46 May	76 Popularity
11-27-29-53 63-71-76	17 Money	47 Try	77 Ignore
	18 You're	48 Make	78 A
LIBRA SEPT. 23 OCT. 23	19 Money	49 Don't	79 Maintain
7-8-38-39 64-68-81-86	20 Watch	50 Expect	80 Handle
	21 Day	51 Minor	81 Strong
SCORPIO OCT. 24 NOV. 22	22 So	52 Too	82 New
18-26-34-41 65-79-87	23 Ticklish	53 The	83 Mind
	24 Others	54 Plans	84 Propositions
SAGITTARIUS NOV. 23 DEC. 22	25 Aspects	55 Anyone	85 Accident
1-6-13-15 33-50	26 Plagued	56 Some	86 Aspected
	27 Bask	57 Rebellious	87 Poor
CAPRICORN DEC. 23 JAN. 20	28 Today	58 Arise	88 Hazards
14-16-19-28 45-48-56	29 In	59 To	89 It
	30 Everything	60 Or	90 Today

Good (30) Adverse (7/12) Neutral

RADIO PROGRAMS—TUESDAY

Programs listed below are received from the radio stations and the Mail Tribune assumes no responsibility except to make changes as the stations request.

KYJC 1230 kc	KMED 1440 kc	KBOY 750 kc
4:00—Ed Murrow**	News*	Fulton Lewis jr
4:15—Music-News**	Robbie Robbins	Hemingway News
4:30—Harmon**	Robbie Robbins	One for the Road
4:45—Goss**	Robbie Robbins	One for the Road
5:00—Traffic Jam	News*	News* One for Road
5:15—Thomas**	Robbie Robbins	One for the Road
5:30—Tunes-Amos-Andy**	Weather-News	News* One for Road
5:45—Amos & Andy**	Orval Anderson*	One for Road—Sports*
6:00—News-Sports**	News*	World News Roundup
6:15—Eventide	Hi-Fi Hour	Candlelight and Wine
6:30—Rob Lewis**	Hi-Fi Hour	News* Candlelight
6:45—Lewis-Page**	Hi Fi Hour	Candlelight and Wine
7:00—Herman News**	NBC News*	KWIN Karavan
7:15—Morgan*	Hi Fi Hour	Karavan News*
7:30—World Tonight**	News of the World*	News* Karavan
7:45—World-Sevareid**	One Man's Family*	KWIN Karavan
8:00—Turntable Terrace	NBC News*	News—Crater Comets
8:15—Portland-Seattle	Night Line*	Crater Comet Capers
8:30—Portland-Seattle	Night Line*	News—Crater Comets
8:45—Portland-Seattle	Nightline*	Crater Comet Capers
9:00—Portland-Seattle	NBC News*	News* Green Room
9:15—Portland-Seattle	Nightbeat	Green Room
9:30—Portland-Seattle	Nightbeat	News* Green Room
9:45—Portland-Seattle	Nightbeat	Green Room
10:00—Portland-Seattle	News*	Sign Off
10:15—Richfield Reporter**	Nightbeat	
10:30—Turntable Terrace	Nightbeat	
10:45—Turntable Terrace	Nightbeat	
11:00—Sign Off	News	
	Nightbeat	
	Sign Off	

RADIO PROGRAMS—WEDNESDAY

6:00—News Roundup**	Wake Up To Music	Chuckwagon
6:15—Yawn Patrol	Wake Up To Music	Chuckwagon
6:30—Frank Goss**	Wake Up To Music	Chuckwagon
6:45—Harry Babbitt**	First News	News Chuckwagon
7:00—Variety**	Wake Up To Music	Hemingway News*
7:15—World News*	Weather—News*	Sunrise Serenade
7:30—Sports	Valley Beeper	News* Swap & Sell
7:45—Howard Miller	Weather & News	Sunrise Serenade
8:00—McCoy-Weather	NBC News* Hear!	Cliff Ingle News*
8:15—Breakfast Club*	Hear!	Coffee Klatch
8:30—Breakfast Club*	Hear!	News* Coffee Klatch
8:45—Breakfast Club*	Hear!	Coffee Klatch
9:00—Weisfield Mike	NBC News* Hear!	News—Party Line
9:15—Coffee Concert	Hear!	Daily Time
9:30—Name-Neighbor	Hear!	News* Lively Time
9:45—Music Box	Fashion Flashes	Lively Time
10:00—News**	NBC News*	Coffee Cup Quiz
10:15—Mrs. Burton**	Hear!	Solo-Rama
10:30—Couple Next Door**	Star Matinee*	News* Lively Time
10:45—Pat Buttram**	Star Matinee*	Lively Time
11:00—Record Rack	News*	News
11:15—Trading Post	Bandstand*	Woman's World
11:30—Houseparty**	Bandstand*	News* Listen for Red
11:45—Houseparty**	Bandstand*	Queen for a Day
12:00—Paul Harvey*	Noon News	Dale
12:15—News-Weather	Weather*	Roundup Time
12:30—Record Room	Local News*	News* Roundup Time
12:45—Record Room	His Majesty	Roundup Time
1:00—Backstage Wife**	News*	News* Roundup Time
1:15—Trent**	KMED Houseparty	Roundup Time
1:30—Godfrey**	KMED Houseparty	News* Roundup Time
1:45—Godfrey**	KMED Houseparty	Roundup Time
2:00—Godfrey**	News*	News* Ramblin
2:15—Godfrey**	Robbie Robbins	Ramblin
2:30—Mixmaster	Robbie Robbins	News* Records Spin
2:45—Mixmaster	Robbie Robbins	Records Spin
3:00—Mixmaster	News*	News* Records Spin
3:15—Mixmaster	Robbie Robbins	Records Spin
3:30—Bulletins—Ernie**	Robbie Robbins	News* Records Spin
3:45—Tennessee Ernie**	Robbie Robbins	Records Spin
4:00—Ed. Murrow**	News*	Fulton Lewis Jr.*
4:15—Music—News**	Robbie Robbins	Hemingway News
4:30—Harmon**	Robbie Robbins	News* One for Road
4:45—Goss**	Robbie Robbins	One for the Road
5:00—Traffic Jam	News*	News* One for Road
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5:45—Amos & Andy**	Orval Anderson*	One for Road—Sports*
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9:45—Portland-Seattle	Nightbeat	Green Room
10:00—Portland-Seattle	News*	Sign Off
10:15—Richfield Reporter**	Nightbeat	
10:30—Turntable Terrace	Nightbeat	
10:45—Turntable Terrace	Nightbeat	
11:00—Sign Off	News	

*ABC **CBS *NBC *MBS

KBOY—750 KC

TUESDAY
4:00—Request Time
5:00—Just Plain Junior
7:45—Sign Off

WEDNESDAY
5:30—Sign On. Music for Birds. Weather on hour, news on half hour, all day.
7:15—Farm News
8:00—Chuck Fields
10:00—Bargain Roundup
11:00—Uncle Rick
12:15—Farm Market
12:30—Stock Market Closing
2:35—Bargain Roundup
4:00—Request Time
5:00—Just Plain Junior
7:45—Sign Off.

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)

TUESDAY
4:00—Dotto
5:00—Your TV Weatherman
5:05—News
5:15—Doug Edwards
5:30—Name That Tune
6:00—Life With Elizabeth
6:30—The Adorn Playhouse
7:00—To Tell The Truth
7:30—Red Skelton
8:00—Bid 'n Buy
8:30—Trackdown
9:00—Boots and Saddles
9:30—Mr. Adams & Eve
10:00—26 Men
10:30—News
10:35—Championship Bowling
11:35—Sign Off

WEDNESDAY
11:00—Walter Cronkite News
11:05—Cartoon
11:15—Film Folio
11:30—As the World Turns
12:00—Beat the Clock
12:30—House Party
1:00—Big Payoff
1:30—The Verdict Is Yours
2:00—Brighter Day
2:15—Secret Storm
2:30—Edge of Night
3:00—Feminine Fancies
3:40—Devotions
3:45—Search for Tomorrow
4:00—Dotto
4:30—Woody Woodpecker
5:00—Your TV Weatherman
5:05—News
5:15—Dougs Edwards and News
5:30—76 Sports Club
6:00—Tim McCoy
6:15—Civil Defense
6:30—Janet Dean
7:00—The Millionaire
7:30—I've Got a Secret
8:00—U.S. Steel Hour
9:00—Big Story
9:30—Richard Diamond
10:00—Mickey Spillaine
10:30—News
10:35—Chicago Wrestling
11:35—Sign Off

KOTI-TV (Channel 2)

TUESDAY
4:00—Dotto
4:30—Passport
5:00—Weather
5:05—News
5:15—Doug Edwards
5:30—Name That Tune
6:00—Passport
6:30—Adorn Playhouse
7:00—To Tell the Truth
7:30—Red Skelton
8:00—Bid 'n Buy
8:30—Trackdown
9:00—Boots and Saddles
9:30—Adams and Eve
10:00—TBA
10:30—News
10:35—Championship Bowling
11:35—Sign Off

WEDNESDAY
11:20—Cartoon
11:30—As the World Turns
12:00—Beat the Clock
12:30—House Party
1:00—Big Payoff
1:30—Verdict is Yours
2:00—Brighter Day
2:15—Secret Storm
2:30—Edge of Night
3:00—Feminine Fancies
3:45—Search for Tomorrow
4:00—Dotto
4:30—Woody Woodpecker
5:00—Weather
5:05—News
5:15—Doug Edwards
5:30—Sports Club
6:00—Tim McCoy
6:15—TV Question Box
6:30—Big Record
7:00—Millionaire
7:30—I've Got a Secret
8:00—U.S. Steel Hour
9:00—Big Story
9:30—Richard Diamond
10:00—Mickey Spillane
10:30—News
10:35—Sign Off

The Medical Roundup

By Dr. Edith Chaney

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

What Causes Over-Weight?

Dr. Jean Mayer presents an interesting article in the little journal, "Spectrum." Dr. Mayer is associate professor of nutrition at Harvard University School of Public Health in Boston. He tells how experimenters have developed several breeds of mice, all the members of which are prone to fat. In some of them the increased appetite seems to be due to a change in some part of the brain, while in others it may be due to disturbances in function of the glands of internal secretion. Dr. Mayer does not claim that such type of obesity in mouse has its counterpart in man, but it seems probable now that much information about obesity in man will be obtained by studying exactly what happens in the bodies of the fat mice.

Indeed, much obesity is due to heredity. Some may be due in part to the influence of the mother, so doesn't move about fast enough and often enough. Hence, the food he eats is more than he needs for the amount of exercise he takes.

Dr. Mayer hasn't much faith in the value of psychotherapy in treating fat persons. He says usually it doesn't work, and that has been my experience. One can spend much time talking to a fat girl, showing her how she is ruining her life completely, but she knows that already; she knows that men have stopped trying any interest in her, and she may already have found her employment managers don't want her around. She knows she must reduce. Perhaps she takes off 10 pounds, and then, within a few days, she puts them right back on again!

So these girls say, they just lack the willpower that it takes—and Oh, how much willpower they need! My sympathy goes out to them. But I won't spend my time exhorting them; if they are not interested enough in their careers to reform and stay reformed, there is nothing I can do to help.

Books for Lay Readers

Scores of people keep writing asking if I have leaflets or booklets or books on the many diseases on which they desire information. I have a number of books and booklets, which give information on several of the commoner diseases. A list with publisher and price, will be sent to anyone who will mail me, in care of this paper, a stamped, self-addressed envelope with her request for the list.

I have a few larger books, such as Danger Signals (Heinemann Publishing Co., Inc., P. O. Box 2428A, Minneapolis, Minn.). Nervousness, Indigestion and Pain (Harper Bros., N.Y. City) and now, Live at Peace with Your Nerves (Prentice Hall, New York). The last-named book is filled with help for the person who would like to live a happier and healthier and less stormy life. It contains a distillate of what I have learned about nervous illness in the last 50 years.

Old Herbs Often Keep Value

Many kind persons write me to say that they have learned that a certain herb or wort has value in the treatment of disease. Practically always, then, on turning to one of my books, I find that the herb has long been known to students of drugs. Practically always, its medicinal effect is feeble. From only a few herbs do pharmacists make powerful drugs.

For years, the drug houses of the world have explored the possibilities of finding a new drug in some old medicine man's potion. The last great discovery of this type was that of Reserpine, which comes from the dog-fat-Indian snake root. From it chemists have extracted a helpful tranquilizer and lowerer of blood pressure.

Dr. E. H. Lucas, Professor of Horticulture at Michigan State University, has long been studying herbs and plants that have been known to students of medical folklore. In all, he has investigated some 600 species. About nine out of 10 of these herbs have some medicinal action, but usually the effect of the crude drug is so slight that one wonders how primitive man ever discovered that it had some value.

Snoring

A correspondent writes to say that in her husband's case the cutting off of the tip of the uvula which hangs down from the soft palate in the back of the throat worked a cure for his snoring. Unfortunately, I fear that this operation will not always help.

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, 1959)

Living Standard Topic of Roundtable

The rising standard of living enjoyed in America today is attributed to the general business atmosphere in the country, according to several business and professional persons in Medford.

This atmosphere includes the system of free enterprise, credit buying, and advertising and promotion. The American standard of living was discussed at the Monday luncheon of the Jackson County Chamber of Commerce.

Several businessmen at the luncheon sought to blame the press for the current recession. They charged the newspapers with scaring the public into saving its money when it should be spending it to revitalize business.

The discussion this week replaced the usual guest speaker program. Next Monday Agnar Larsen of DeLight-on Trailers is slated to speak.

TREATED MAN DIES

New Rochelle, N. Y.—(UPI)—William A. White, 60, theater owner and former executive with the Skouras chain, died Sunday at his home.

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Grange News

Griffin Creek Grange

Griffin Creek Grange met Thursday evening, June 25. A covered dish dinner was served to Grangers and friends, followed by a family-type program arranged by Lecturer Lulu Sturgill.

Taking part in the program were the Dice Sturgill children, Cheryl, Martin and David, who sang, Teresa Larson and Gregory Barnsworth, who put on a skit, and Carolyn Gile, who played a piano solo. Douglas Barnsworth played a trumpet solo, skits were presented by the Larsons and the Barnsworths and a reading was given by Marge Merro.

Grange opened for a short business session, during which William Darby reported on his recent trip to State Grange. Secretary Mabel Buchanan is reported to be recovering from a recent illness and Harold Tollo is now back at his job in the county shops.

Agriculture Chairman Roman Kamping reported that some gardens in the western part of town were badly damaged during the recent hail storm.

HEC Chairman Isabel Lee Vander reported several members attended the meeting of the Eagle Point HEC at the home of Mrs. Jake Brown June 25.

Mr. and Mrs. Harold Tollo and Mrs. Mabel Buchanan are on the serving committee for the next meeting.

Upper Rogue Grange

Due to the July 4 holiday the July 3 meeting of the Upper Rogue Grange will be postponed.

Andy's JEWELER
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Strange As It Seems

By ELSIE HIX

ACROSS

1-Concealed
4-Symbol for tantalum
6-Privilege
11-Straighten
12-Warns
15-Mountain (abbr.)
16-Pertaining to birth
18-Chore
19-Soak up
21-Stupid fellow
22-Old Testament (abbr.)
23-English poet
26-Bitter vetch
29-Mix
31-City in Russia
33-Faroe Islands whirlwind
34-Teutonic deity
35-Worthless leaving
38-Resort
39-Pronoun
40-Three-toed sloth
41-Australian tribesman
43-Roman date
45-Quarrel
47-A state
50-Cooled lava
52-Instrument
53-Obscure
56-Post
58-Satisfies
60-Pigment (colloq.)
61-Onslaught
63-A month
65-Composition
66-Army officer (abbr.)
67-Small child

DOWN

1-Sings with closed lips
2-Preposition
3-District of Columbia (abbr.)
4-Barter
5-City in Illinois
6-Stammers
7-Indian mulberry
8-Reject
9-Harangue
10-Rights (abbr.)
12-Prefix: not
14-Storekeeper (abbr.)
17-In addition
20-Greek letter
24-High-school dance (colloq.)
25-Corded cloth
27-City in Italy
28-Observes
29-Scorch
30-Group of three
32-Had reclined
36-Male sheep
37-Russian communist
42-Ox of Celebes
44-Parent (colloq.)
46-Lingers
48-Sum
49-Eskimo
51-Word of sorrow
54-—— facto
55-Man's nickname
56-Parent (colloq.)
57-Devoured
59-Surgeon General (abbr.)
62-Symbol for calcium
64-Guido's low note

F	L	A		M	I		P	R	I	A	M	
R	A	N	G	E	D		R	A	N	G	E	R
O	G		E	L	E	M	E	N	T		S	E
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