

RADIO PROGRAMS — THURSDAY

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

KVJC 1230 kc	KMED 1440 kc	KWIN 1400 kc
4:00—Ed Murrow**	News	Fulton Lewis Jr.
4:15—Music Rack	Robbie Robbins	Hemingway News
4:30—Tom Harmon**	Robbie Robbins	News One for Road
4:45—Goss**	Robbie Robbins	One for Road—Sports
5:00—Traffic Jam	News	World News Roundup
5:15—Thomas**	Robbie Robbins	Candlelight and Wine
5:30—Music-A-A**	Weather-News	Candlelight and Wine
5:45—Amos-Andy**	Orville Anderson	Candlelight and Wine
6:00—News-Sports**	News	World News Roundup
6:15—Morgan**	Hi-Fi Hour	Candlelight and Wine
6:30—Robert Q. Lewis**	Hi-Fi Hour	Candlelight and Wine
6:45—Lewis-Page**	Hi-Fi Hour	Candlelight and Wine
7:00—News**	News	KWIN Karavan
7:15—Eventide	Hi-Fi Hour	KWIN Karavan
7:30—World Tonight**	News of the World	KWIN Karavan
7:45—Seaver-Weather**	One Man's Family	KWIN Karavan
8:00—Turntable Terrace	NBC News	News Ash-Party
8:15—Turntable Terrace	Nightline	News Ash-Party
8:30—Turntable Terrace	Nightline	News Ash-Party
8:45—Turntable Terrace	Nightline	News Ash-Party
9:00—Richfield Reporter**	News	News Green Room
9:15—Turntable Terrace	Nightline	News Green Room
9:30—Turntable Terrace	Nightline	News Green Room
9:45—Turntable Terrace	Nightline	News Green Room
10:00—Turntable Terrace	Nightline	News Green Room
10:15—Turntable Terrace	Nightline	News Green Room
10:30—Turntable Terrace	Nightline	News Green Room
10:45—Music-Rams	News	News Green Room
11:00—Sign Off	News	News Green Room
11:15—	Nightline	News Green Room
11:30—	Sign Off	News Green Room

RADIO PROGRAMS—FRIDAY

KVJC 1230 kc	KMED 1440 kc	KWIN 1400 kc
6:00—News Roundup**	Wake Up to Music	News Chuckwagon
6:15—Yawn Patrol	Wake Up to Music	News Chuckwagon
6:30—Frank Goss**	First News	News Chuckwagon
6:45—Harry Babbitt**	First News	News Chuckwagon
7:00—Variety**	Wake Up to Music	Hemingway News
7:15—World News	Weather-News	News-Swap-Sell
7:30—Sports	Rogue Valley Beeper	News-Swap-Sell
7:45—Howard Miller**	Weather-News	News-Swap-Sell
8:00—McCoy-Weather	News-Swap-Sell	News-Swap-Sell
8:15—Breakfast Club	News-Swap-Sell	News-Swap-Sell
8:30—Breakfast Club	News-Swap-Sell	News-Swap-Sell
8:45—Breakfast Club	News-Swap-Sell	News-Swap-Sell
9:00—Weirdfield Mike	News-Swap-Sell	News-Swap-Sell
9:15—Coffee Concert	News-Swap-Sell	News-Swap-Sell
9:30—Name Neighbor	News-Swap-Sell	News-Swap-Sell
9:45—Music Box	News-Swap-Sell	News-Swap-Sell
10:00—News**	NBC News	News-Swap-Sell
10:15—Mrs. Burton**	News-Swap-Sell	News-Swap-Sell
10:30—Couple Next Door**	News-Swap-Sell	News-Swap-Sell
10:45—Pat Buttram	News-Swap-Sell	News-Swap-Sell
11:00—Record Rack	News-Swap-Sell	News-Swap-Sell
11:15—Trading Post	News-Swap-Sell	News-Swap-Sell
11:30—Houseparty**	News-Swap-Sell	News-Swap-Sell
11:45—Houseparty**	News-Swap-Sell	News-Swap-Sell
12:00—Paul Harvey**	News-Swap-Sell	News-Swap-Sell
12:15—News-Weather	News-Swap-Sell	News-Swap-Sell
12:30—Baby Corner	News-Swap-Sell	News-Swap-Sell
12:45—Record Rack	News-Swap-Sell	News-Swap-Sell
1:00—Backstage Wife**	News-Swap-Sell	News-Swap-Sell
1:15—Helen Trent**	News-Swap-Sell	News-Swap-Sell
1:30—Godfrey**	News-Swap-Sell	News-Swap-Sell
1:45—Godfrey**	News-Swap-Sell	News-Swap-Sell
2:00—Godfrey**	News-Swap-Sell	News-Swap-Sell
2:15—Godfrey**	News-Swap-Sell	News-Swap-Sell
2:30—Bullets	News-Swap-Sell	News-Swap-Sell
2:45—Mixmaster	News-Swap-Sell	News-Swap-Sell
3:00—Mixmaster	News-Swap-Sell	News-Swap-Sell
3:15—Mixmaster	News-Swap-Sell	News-Swap-Sell
3:30—Mixmaster	News-Swap-Sell	News-Swap-Sell
3:45—Mixmaster	News-Swap-Sell	News-Swap-Sell
4:00—Ed Murrow**	News	News-Swap-Sell
4:15—Music Rack	Robbie Robbins	News-Swap-Sell
4:30—Harmon**	Robbie Robbins	News-Swap-Sell
4:45—Goss**	Robbie Robbins	News-Swap-Sell
5:00—Traffic Jam	News	News-Swap-Sell
5:15—Thomas**	Robbie Robbins	News-Swap-Sell
5:30—Music-A-A**	Robbie Robbins	News-Swap-Sell
5:45—Amos-Andy**	Robbie Robbins	News-Swap-Sell
6:00—News-Sports Time**	News	News-Swap-Sell
6:15—Morgan**	News	News-Swap-Sell
6:30—Lewis-Page**	News	News-Swap-Sell
6:45—Lewis-Page**	News	News-Swap-Sell
7:00—News**	News	News-Swap-Sell
7:15—Eventide	News	News-Swap-Sell
7:30—Coach's Report	News	News-Swap-Sell
7:45—Music-Football	News	News-Swap-Sell
8:00—Medford-N. Salem	News	News-Swap-Sell
8:15—Medford-N. Salem	News	News-Swap-Sell
8:30—Medford-N. Salem	News	News-Swap-Sell
8:45—Medford-N. Salem	News	News-Swap-Sell
9:00—Medford-N. Salem	News	News-Swap-Sell
9:15—Medford-N. Salem	News	News-Swap-Sell
9:30—Medford-N. Salem	News	News-Swap-Sell
9:45—Medford-N. Salem	News	News-Swap-Sell
10:00—49ers-Rams	News	News-Swap-Sell
10:15—49ers-Rams	News	News-Swap-Sell
10:30—49ers-Rams	News	News-Swap-Sell
10:45—49ers-Rams	News	News-Swap-Sell
11:00—49ers-Rams	News	News-Swap-Sell
11:15—	News	News-Swap-Sell
11:30—	News	News-Swap-Sell

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)
THURSDAY	THURSDAY
4:00—Devotions	4:00—TBA
4:05—Uncle Bill's Cartoons	4:30—Rin Tin Tin
4:30—Rin Tin Tin	5:00—Weather
5:00—TV Weatherman	5:05—News
5:05—News	5:15—Doug Edwards
5:15—Doug Edwards	5:30—TBA
5:30—Ore-Cal Panorama	6:00—Museum
6:00—Industry on Parade	6:30—Verdict is Yours
6:30—Verdict is Yours	7:00—Whitelybirds
7:00—Whitelybirds	7:30—TBA
7:30—Whitelybirds	8:00—Sheriff of Cochise
8:00—Pappy Coleman	8:30—Homes on Parade
8:15—Political—Paul Geddes	9:00—TBA
8:30—Sheriff of Cochise	10:00—Passport
9:00—State Trooper	10:30—It Could Be You
9:30—Janet Dean	11:00—Sign Off
10:00—TBA	
10:30—News	
10:45—It Could Be You	
11:00—Sign Off	
FRIDAY	FRIDAY
11:00—Walter Cronkite	11:00—Cartoon
11:05—Cartoon	11:30—As the World Turns
11:15—Film Folio	12:00—Beat the Clock
11:30—As the World Turns	12:30—House Party
12:00—Beat the Clock	1:00—Big Payoff
12:30—House Party	1:30—Verdict is Yours
1:00—Big Payoff	2:00—Brighter Day
1:30—Verdict is Yours	2:30—Secret Storm
2:00—Brighter Day	3:00—Homecoming Intermision
2:30—Secret Storm	3:30—It's Fun to Reduce
3:00—Homecoming Intermision	3:45—Search for Tomorrow
3:30—It's Fun to Reduce	4:00—Devotions
3:45—Search for Tomorrow	4:05—Uncle Bill's Cartoons
4:00—Devotions	4:30—Bargain Shopper
4:05—Uncle Bill's Cartoons	4:45—Gateway
4:30—Bargain Shopper	5:00—United Medford Crusade
4:45—Gateway	5:30—Your TV Weatherman
5:00—United Medford Crusade	5:05—News
5:30—Your TV Weatherman	5:15—Doug Edwards
5:05—News	5:30—TBA
5:15—Doug Edwards	6:00—Sports Hiliates
5:30—TBA	6:30—Sportsman
6:00—Sports Hiliates	7:00—Phil Silvers
6:30—Sportsman	7:30—Sea Hunt
7:00—Phil Silvers	8:00—Undercurrent
7:30—Sea Hunt	8:30—Target
8:00—Undercurrent	9:00—Harbor Command
8:30—Target	9:30—I Spy
9:00—Harbor Command	10:00—TBA
9:30—I Spy	10:30—News
10:00—TBA	10:45—Thirty Seconds over Tokyo
10:30—News	11:00—Sign Off
10:45—Thirty Seconds over Tokyo	
11:00—Sign Off	

Drinking Fountains Health Hazards

East Lansing, Mich.—UP—A Michigan State University public health specialist warns that drinking fountains and sewage disposal systems are "potential health hazards."

Dr. Walter N. Mack, professor of microbiology and public health, said viruses—including the polio virus—are present in processed sewage the year 'round, not only at epidemic periods as previously believed.

Another study revealed viruses and bacteria in tiny water particles called "aerosols" which are present in the air near public drinking fountains.

Mack said while neither situation indicates an emergency, both constitute public health hazards.

STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide According to the Stars

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

ARIES	Taurus	Gemini	Cancer	Leo	Virgo	Libra	Scorpio	Sagittarius	Capricorn	Aquarius	Pisces
15-17-56-57 92-71-82-88	15-17-56-57 92-71-82-88	15-17-56-57 92-71-82-88	15-17-56-57 92-71-82-88	15-17-56-57 92-71-82-88	15-17-56-57 92-71-82-88	15-17-56-57 92-71-82-88	15-17-56-57 92-71-82-88	15-17-56-57 92-71-82-88	15-17-56-57 92-71-82-88	15-17-56-57 92-71-82-88	15-17-56-57 92-71-82-88

The Medical Roundup

by Walter Alvarez

Dr. Alvarez is Emeritus Consultant in Medicine, Emeritus Professor of Medicine, Mayo Foundation.

Drinking Unneeded Water

One of the medical fads staunchly believed in by perhaps a million people is that of drinking unneeded water.

Many persons are sure that in order to be healthy, one should each day drink eight glasses of water.

For many years I tried hard to find out where the idea had originated, but I never could run down the source. I do not know of any eminent physician who advocates the practice, and I could never see the logic of it.

I know that most people have an idea that the extra water "flushes" the kidneys, but that is an ancient concept. Today, we know that if a person drinks eight glasses of unneeded water, his heart has to work hard to pump it around, and his kidneys have to work hard to get rid of it. And in the body there are many ways in which this unwanted water can be a troublemaker and a nuisance.

A professor of physiology at Harvard, the eminent Dr. Walter B. Cannon, who wrote the world's great book on homeostasis, or those many regulating forces that keep the body chemistry on an even keel, had no use for the fad of drinking extra water. He used to say that the Good Lord had given us a thirst to tell exactly how much water we require at any time for the chemical needs of our body. To take any more or any less than our thirst tells us to drink seemed to him to be folly.

Patients Show Troubles

I remember two patients who early showed me some of the troubles we people can get into if we drink much more water than we need. The first person was a man who complained of a distressing insomnia. He said he was awakened six or eight times every night and had trouble getting to sleep again. For a while I was puzzled, and then I learned that each time he waked it was because he had to empty his bladder.

When I asked him how much liquid he took with his

supper, he said, "Eight glasses of water." When I asked him why he took this, he said because a "health faddist" he knew had talked him into it. I told him to quit drinking the water, and that was the end of his "insomnia."

The next patient was a woman who had come from Georgia to see me at the Mayo Clinic in Minnesota. Her trouble was that for two months she had had a severe diarrhea for which no cause could be found. Her doctors had been unable to find any drug or diet that would help her in the least. She had to get up out of bed several times a night.

After all the usual studies had failed to show anything wrong with her digestive tract, I was stumped; I just could not guess what was wrong. But then, fortunately, as I chatted with her, the fact came out that for two months she had been drinking eight glasses of unwanted water a day.

Some neighbor had talked her into doing it. I stopped the water-drinking, and instantly the diarrhea was gone. All of which, I hope, will convince some of my readers that it isn't always a good thing for a man to tinker at a mechanism, the workings of which are unknown to him.

People might remember that there are a number of desert animals which get along week after week without any water at all. They get their water out of the grasses and other foods which they eat.

I have known some very healthy athletes—men and women—who for some reason or other did not have any thirst for water. Even on a hot summer day I have seen them eat a meal without once touching the glass of water beside their plate!

Lower Columbia Pollution Noted

Portland, Ore. —UP— Lower reaches of the Columbia river are sufficiently polluted to warrant federal abatement, the Public Health Service said Wednesday.

The Oregon State Board of Health said the situation was being cleaned up as rapidly as possible.

The statements came at the start of a two-day hearing being held by Murray Stein, chief of the interstate enforcement section of the Public Health Service water supply and pollution control program. Two sources of pollution were listed as partially-treated Portland sewage and wastes from Washington paper mills. The Public Health Service said Columbia river water in the Portland-Vancouver area contains 97 times the ideal bacterial contamination for swimming and 23 times the ideal for boating and fishing. Most of it, 94 per cent, comes from the Oregon side, it was said.

State Board of Health officials pointed to Oregon's record in sewage control, saying \$55 million has been spent in facilities since 1945 with \$20 million on the lower Columbia.

Oregon fishing interests were critical of the pollution.

Salem —UP— The Oregon Supreme court has suspended Pendleton attorney Duane A. Clay Morrow for three years.

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Strange As It Seems

By ELSIE HIX



STEVE CANYON



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CROSSWORD PUZZLE

Answer to Yesterday's Puzzle

ACROSS

- 1-Helmsman
- 6-Lucid
- 11-Civet
- 12-Buy back
- 13-France
- 15-Ivory
- 17-Symbol for tantalum
- 18-Tear
- 21-Vehicle
- 22-Debatable
- 23-Female ruff
- 25-Ache
- 26-Worship
- 28-Raw material
- 30-Things in law
- 31-Mass
- 32-Gratify
- 33-Standfast
- 34-Remainder
- 35-Uncooked
- 41-Killed
- 42-Compass point
- 43-Symbol for yttrium
- 44-Numbered by tens
- 45-Physician
- 50-Quiet
- 52-Bits
- 53-Heights
- 55-Scoff

DOWN

- 1-Punctuation mark
- 2-Exists
- 3-Cover
- 4-City in Russia
- 5-Singing voice (pl.)
- 6-Peleles
- 7-Part of camera
- 8-Dutch town
- 9-Diphthong
- 10-Sell to consumer
- 11-Sensitive layer of the skin
- 13-River in France
- 16-Pedal digit
- 19-Most
- 20-Hemagen
- 21-Competent
- 22-Handle
- 23-Brazilian estuaries
- 27-Worm
- 28-Slake lace
- 29-Supplies
- 30-Plant of the pea family
- 31-Builds
- 35-Boss
- 36-One who loans
- 37-Pitchers
- 40-Mohammed-an name
- 43-Care for
- 44-Precipitation
- 47-Lair
- 48-Confederate general
- 53-Symbol for cerium

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