

Retirement System Measure Referred

Salem—The Senate bill 469 setting up a retirement system for elected and appointed county officials was referred to the Senate Local Government Committee Monday on a motion of Sen. Ben Musa (D-The Dalles).

Musa said the bill had been so "badly butchered" by the Joint Ways and Means Committee that members of the local government committee "wanted to see if there was anything that could be done to save the bill."

RADIO PROGRAMS—TUESDAY

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

KYJC 1230 kc	KMED 1440 kc	KWIN 1400 kc
4:00—Traffic Jam	4:00—Traffic Jam	4:00—Traffic Jam
4:15—Traffic Jam	4:15—Traffic Jam	4:15—Traffic Jam
4:30—Traffic Jam	4:30—Traffic Jam	4:30—Traffic Jam
4:45—Traffic Jam	4:45—Traffic Jam	4:45—Traffic Jam
5:00—Edward R. Murrow	5:00—Edward R. Murrow	5:00—Edward R. Murrow
5:15—Thomas Sports	5:15—Thomas Sports	5:15—Thomas Sports
5:30—Tom Harmon	5:30—Tom Harmon	5:30—Tom Harmon
5:45—Frank Goss	5:45—Frank Goss	5:45—Frank Goss
6:00—Seaver and A.A.	6:00—Seaver and A.A.	6:00—Seaver and A.A.
6:15—Amos N. And	6:15—Amos N. And	6:15—Amos N. And
6:30—News Answer Pile	6:30—News Answer Pile	6:30—News Answer Pile
6:45—Sound 1230	6:45—Sound 1230	6:45—Sound 1230
7:00—World Tonight	7:00—World Tonight	7:00—World Tonight
7:15—Wash. Hearings	7:15—Wash. Hearings	7:15—Wash. Hearings
7:30—Wash. Hearings	7:30—Wash. Hearings	7:30—Wash. Hearings
7:45—Sound 1230	7:45—Sound 1230	7:45—Sound 1230
8:00—Portland-Phoenix	8:00—Portland-Phoenix	8:00—Portland-Phoenix
8:15—Portland-Phoenix	8:15—Portland-Phoenix	8:15—Portland-Phoenix
8:30—Portland-Phoenix	8:30—Portland-Phoenix	8:30—Portland-Phoenix
8:45—Portland-Phoenix	8:45—Portland-Phoenix	8:45—Portland-Phoenix
9:00—Portland-Phoenix	9:00—Portland-Phoenix	9:00—Portland-Phoenix
9:15—Portland-Phoenix	9:15—Portland-Phoenix	9:15—Portland-Phoenix
9:30—Portland-Phoenix	9:30—Portland-Phoenix	9:30—Portland-Phoenix
9:45—Portland-Phoenix	9:45—Portland-Phoenix	9:45—Portland-Phoenix
10:00—Portland-Phoenix	10:00—Portland-Phoenix	10:00—Portland-Phoenix
10:15—Portland-Phoenix	10:15—Portland-Phoenix	10:15—Portland-Phoenix
10:30—Portland-Phoenix	10:30—Portland-Phoenix	10:30—Portland-Phoenix
10:45—Sound 1230-News	10:45—Sound 1230-News	10:45—Sound 1230-News
11:00—Sign Off	11:00—Sign Off	11:00—Sign Off

RADIO PROGRAMS—WEDNESDAY

KYJC 1230 kc	KMED 1440 kc	KWIN 1400 kc
6:00—Sound 1230	6:00—Sound 1230	6:00—Sound 1230
6:15—Sound 1230	6:15—Sound 1230	6:15—Sound 1230
6:30—Frank Goss	6:30—Frank Goss	6:30—Frank Goss
6:45—Harry Habbitt	6:45—Harry Habbitt	6:45—Harry Habbitt
7:00—News-Draper	7:00—News-Draper	7:00—News-Draper
7:15—News-Draper	7:15—News-Draper	7:15—News-Draper
7:30—MacLeod News	7:30—MacLeod News	7:30—MacLeod News
7:45—Sound 1230	7:45—Sound 1230	7:45—Sound 1230
8:00—News-Weather	8:00—News-Weather	8:00—News-Weather
8:15—Breakfast Club	8:15—Breakfast Club	8:15—Breakfast Club
8:30—Breakfast Club	8:30—Breakfast Club	8:30—Breakfast Club
8:45—Breakfast Club	8:45—Breakfast Club	8:45—Breakfast Club
9:00—News	9:00—News	9:00—News
9:15—Trading Post	9:15—Trading Post	9:15—Trading Post
9:30—Young Dr. Malone	9:30—Young Dr. Malone	9:30—Young Dr. Malone
9:45—Ma Perkins	9:45—Ma Perkins	9:45—Ma Perkins
10:00—News-Whisper Sta.	10:00—News-Whisper Sta.	10:00—News-Whisper Sta.
10:15—Couple Next Door	10:15—Couple Next Door	10:15—Couple Next Door
10:30—Helen Trent	10:30—Helen Trent	10:30—Helen Trent
10:45—Pat Buttram	10:45—Pat Buttram	10:45—Pat Buttram
11:00—News	11:00—News	11:00—News
11:15—Sound 1230	11:15—Sound 1230	11:15—Sound 1230
11:30—Galen Drake	11:30—Galen Drake	11:30—Galen Drake
11:45—Galen Drake	11:45—Galen Drake	11:45—Galen Drake
12:00—Paul Harvey	12:00—Paul Harvey	12:00—Paul Harvey
12:15—News-Weather	12:15—News-Weather	12:15—News-Weather
12:30—Sound 1230	12:30—Sound 1230	12:30—Sound 1230
12:45—Sound 1230	12:45—Sound 1230	12:45—Sound 1230
1:00—News-Godfrey	1:00—News-Godfrey	1:00—News-Godfrey
1:15—Arthur Godfrey	1:15—Arthur Godfrey	1:15—Arthur Godfrey
1:30—Arthur Godfrey	1:30—Arthur Godfrey	1:30—Arthur Godfrey
1:45—Arthur Godfrey	1:45—Arthur Godfrey	1:45—Arthur Godfrey
2:00—News-House Party	2:00—News-House Party	2:00—News-House Party
2:15—House Party	2:15—House Party	2:15—House Party
2:30—Del Courtney	2:30—Del Courtney	2:30—Del Courtney
2:45—Del Courtney	2:45—Del Courtney	2:45—Del Courtney
3:00—Del Courtney	3:00—Del Courtney	3:00—Del Courtney
3:15—Del Courtney	3:15—Del Courtney	3:15—Del Courtney
3:30—Del Courtney	3:30—Del Courtney	3:30—Del Courtney
3:45—Del Courtney	3:45—Del Courtney	3:45—Del Courtney
4:00—Traffic Jam	4:00—Traffic Jam	4:00—Traffic Jam
4:15—Traffic Jam	4:15—Traffic Jam	4:15—Traffic Jam
4:30—Traffic Jam	4:30—Traffic Jam	4:30—Traffic Jam
4:45—Traffic Jam	4:45—Traffic Jam	4:45—Traffic Jam
5:00—Edward R. Murrow	5:00—Edward R. Murrow	5:00—Edward R. Murrow
5:15—Thomas Sports	5:15—Thomas Sports	5:15—Thomas Sports
5:30—Tom Harmon	5:30—Tom Harmon	5:30—Tom Harmon
5:45—Frank Goss	5:45—Frank Goss	5:45—Frank Goss
6:00—Seaver and A.A.	6:00—Seaver and A.A.	6:00—Seaver and A.A.
6:15—Amos N. And	6:15—Amos N. And	6:15—Amos N. And
6:30—News Answer Pile	6:30—News Answer Pile	6:30—News Answer Pile
6:45—Sound 1230	6:45—Sound 1230	6:45—Sound 1230
7:00—World Tonight	7:00—World Tonight	7:00—World Tonight
7:15—Wash. Hearings	7:15—Wash. Hearings	7:15—Wash. Hearings
7:30—Wash. Hearings	7:30—Wash. Hearings	7:30—Wash. Hearings
7:45—Sound 1230	7:45—Sound 1230	7:45—Sound 1230
8:00—Portland-Phoenix	8:00—Portland-Phoenix	8:00—Portland-Phoenix
8:15—Portland-Phoenix	8:15—Portland-Phoenix	8:15—Portland-Phoenix
8:30—Portland-Phoenix	8:30—Portland-Phoenix	8:30—Portland-Phoenix
8:45—Portland-Phoenix	8:45—Portland-Phoenix	8:45—Portland-Phoenix
9:00—Portland-Phoenix	9:00—Portland-Phoenix	9:00—Portland-Phoenix
9:15—Portland-Phoenix	9:15—Portland-Phoenix	9:15—Portland-Phoenix
9:30—Portland-Phoenix	9:30—Portland-Phoenix	9:30—Portland-Phoenix
9:45—Portland-Phoenix	9:45—Portland-Phoenix	9:45—Portland-Phoenix
10:00—Portland-Phoenix	10:00—Portland-Phoenix	10:00—Portland-Phoenix
10:15—Portland-Phoenix	10:15—Portland-Phoenix	10:15—Portland-Phoenix
10:30—Portland-Phoenix	10:30—Portland-Phoenix	10:30—Portland-Phoenix
10:45—Sound 1230-News	10:45—Sound 1230-News	10:45—Sound 1230-News
11:00—Sign Off	11:00—Sign Off	11:00—Sign Off

*ABC **CBS *NBC *MBS

KBOY AM 730 kc—FM 95.3 Meg.

TUESDAY	WEDNESDAY
6:00—AM-FM Simul-cast	6:00—AM-FM Simul-cast
6:15—Request Time	6:15—Request Time
6:30—Vespers, Sacred Music	6:30—Vespers, Sacred Music
6:45—Dinner Music	6:45—Dinner Music
7:00—Sign off 730 kc AM channel	7:00—Sign off 730 kc AM channel
7:15—Dinner music continued on FM channel, 95.3 meg.	7:15—Dinner music continued on FM channel, 95.3 meg.
7:30—Hi-Fi Varieties	7:30—Hi-Fi Varieties
7:45—Sign off FM channel	7:45—Sign off FM channel
WEDNESDAY	WEDNESDAY
6:00—AM-FM Simul-cast	6:00—AM-FM Simul-cast
6:15—Sign on News, Recorded music, news on half hour, weather on hour, all day.	6:15—Sign on News, Recorded music, news on half hour, weather on hour, all day.

KDOV 1300 kc

TUESDAY	WEDNESDAY
6:00—School Bell	6:00—School Bell
6:30—Farm Report	6:30—Farm Report
6:45—Sign Off	6:45—Sign Off
WEDNESDAY	WEDNESDAY
6:00—Sign on Music and news all day	6:00—Sign on Music and news all day
6:30—Farm Report	6:30—Farm Report

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	WEDNESDAY
5:00—Outlook USA	5:00—Outlook USA
5:15—Doug Edwards	5:15—Doug Edwards
5:30—Woodpecker	5:30—Woodpecker
5:45—TV Weatherman	5:45—TV Weatherman
6:00—News	6:00—News
6:15—Doug Edwards	6:15—Doug Edwards
6:30—Life with Elizabeth	6:30—Life with Elizabeth
6:45—Whirlbirds	6:45—Whirlbirds
7:00—To Tell the Truth	7:00—To Tell the Truth
7:15—Red Skelton	7:15—Red Skelton
7:30—Garry Moore	7:30—Garry Moore
7:45—Bowling Queens	7:45—Bowling Queens
8:00—News	8:00—News
8:15—Sign Off	8:15—Sign Off
WEDNESDAY	WEDNESDAY
9:00—I Love Lucy	9:00—I Love Lucy
9:30—Top Dollar	9:30—Top Dollar
10:00—Love of Life	10:00—Love of Life
10:30—Search for Tomorrow	10:30—Search for Tomorrow
11:00—Guiding Light	11:00—Guiding Light
11:30—Walter Cronkite	11:30—Walter Cronkite
12:00—Morning Matinee	12:00—Morning Matinee
12:30—As the World Turns	12:30—As the World Turns
1:00—Jimmy Dean Show	1:00—Jimmy Dean Show
1:30—Big Payoff	1:30—Big Payoff
2:00—The Verdict Is Yours	2:00—The Verdict Is Yours
2:30—Brighter Day	2:30—Brighter Day
3:00—Secret Storm	3:00—Secret Storm
3:30—Edge of Night	3:30—Edge of Night
4:00—Uncle Bill's Cartoons	4:00—Uncle Bill's Cartoons
4:30—Bargain Shopper	4:30—Bargain Shopper
4:45—Industry on Parade	4:45—Industry on Parade
5:00—Jackson Chamber Commerce	5:00—Jackson Chamber Commerce
5:15—Doug Edwards	5:15—Doug Edwards
5:30—Superman	5:30—Superman
5:45—TV Weatherman	5:45—TV Weatherman
6:00—News	6:00—News
6:15—Doug Edwards and News	6:15—Doug Edwards and News
6:30—Rescue 8	6:30—Rescue 8
6:45—McKenzie's Raiders	6:45—McKenzie's Raiders
7:00—Trackdown	7:00—Trackdown
7:15—The Millionaire	7:15—The Millionaire
7:30—I've Got a Secret	7:30—I've Got a Secret
7:45—US Steel Hour	7:45—US Steel Hour
8:00—Mickey Spillane	8:00—Mickey Spillane
8:15—News	8:15—News
8:30—Chained	8:30—Chained
10:30—Sign Off	10:30—Sign Off

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
1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31	1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31	1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31	1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31	1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31	1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31	1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31	1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31	1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31	1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31	1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31	1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31

The Medical Roundup

by *Walter Alvarez*

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

Periodic Physical Examinations

In a recent number of the Journal, "G.P.", there was an article on problems connected with the periodic check up of persons who have decided to do, during the year, he has had any symptoms, such as leading physicians advise, and that is to get a regular yearly check-up. This is especially needed after the age of 40, when there is always the danger that a cancer may be growing quietly somewhere in the body. As I have said several times in this column, if a man or woman waits till symptoms of a cancer, let us say of the stomach or the bowel appear, the chances are large that already the bad cells have scattered, and it is too late for a surgeon to work a cure.

Once a cancer has gotten into the liver, there is nothing really curative that can be done. If a man wishes to avoid dying of a cancer of the stomach or bowel or lung, he must have his digestive tract and his chest examined, preferably every year. Then if a tumor is found and removed, he has a good chance of staying well.

Also, it is well for a man to be checked to make sure that he hasn't a beginning diabetes; it is well to know that his blood cholesterol and perhaps his blood pressure aren't climbing to high levels. It is particularly the man who is over-weight who should have his essential body chemistry checked occasionally to see that it is remaining fairly normal. Heavy smokers should certainly have their lungs x-rayed once a year. Anyone who starts losing weight should quickly get examined to see what has gone wrong.

Few Difficulties

But there are a few difficulties in the way. As the writer in GP says, often today when an apparently healthy man goes to his physician for a yearly examination, the doctor is not pleased. He may say, "Right now, I am horribly busy; I have so many sick people to attend to I cannot stop to spend time on you."

The doctor may even give the would-be patient the impression that he is an undesirable hypochondriac. I can sympathize with the doctor with his reception-room full, as an hour behind on his appointments. But, as several physicians have said recently, if we are to go on preaching as we should—that people should have good check-ups examinations once a year, we ought to be worrying about finding perhaps clinics in which the tests can be made, and made well—for a reasonable price, and without too much wastage of the examinee's time.

Some company executives still do not know where to send their men for a good examination. Several clinics say they would be willing to make the examinations, but they would have to keep each man around for several days. They couldn't stop to cater to the type of executive who flies in in the morning and says, "Examine me and get me out of here tonight."

A while ago, one big corporation set up its own clinic where a man comes, fasting,

in the morning. He gets blood taken for all the required tests, and gets his stomach x-rayed. Then he has a little breakfast served him. Then a nurse cleans out his lower bowel with a big enema so that it can be x-rayed. His chest and his teeth are x-rayed, a history is taken to see if, during the year, he has had any symptoms, such as leading physicians advise, and that is to get a regular yearly check-up. This is especially needed after the age of 40, when there is always the danger that a cancer may be growing quietly somewhere in the body. As I have said several times in this column, if a man or woman waits till symptoms of a cancer, let us say of the stomach or the bowel appear, the chances are large that already the bad cells have scattered, and it is too late for a surgeon to work a cure.

Once a cancer has gotten into the liver, there is nothing really curative that can be done. If a man wishes to avoid dying of a cancer of the stomach or bowel or lung, he must have his digestive tract and his chest examined, preferably every year. Then if a tumor is found and removed, he has a good chance of staying well.

Also, it is well for a man to be checked to make sure that he hasn't a beginning diabetes; it is well to know that his blood cholesterol and perhaps his blood pressure aren't climbing to high levels. It is particularly the man who is over-weight who should have his essential body chemistry checked occasionally to see that it is remaining fairly normal. Heavy smokers should certainly have their lungs x-rayed once a year. Anyone who starts losing weight should quickly get examined to see what has gone wrong.

Few Difficulties

But there are a few difficulties in the way. As the writer in GP says, often today when an apparently healthy man goes to his physician for a yearly examination, the doctor is not pleased. He may say, "Right now, I am horribly busy; I have so many sick people to attend to I cannot stop to spend time on you."

The doctor may even give the would-be patient the impression that he is an undesirable hypochondriac. I can sympathize with the doctor with his reception-room full, as an hour behind on his appointments. But, as several physicians have said recently, if we are to go on preaching as we should—that people should have good check-ups examinations once a year, we ought to be worrying about finding perhaps clinics in which the tests can be made, and made well—for a reasonable price, and without too much wastage of the examinee's time.

Some company executives still do not know where to send their men for a good examination. Several clinics say they would be willing to make the examinations, but they would have to keep each man around for several days. They couldn't stop to cater to the type of executive who flies in in the morning and says, "Examine me and get me out of here tonight."

A while ago, one big corporation set up its own clinic where a man comes, fasting,

in the morning. He gets blood taken for all the required tests, and gets his stomach x-rayed. Then he has a little breakfast served him. Then a nurse cleans out his lower bowel with a big enema so that it can be x-rayed. His chest and his teeth are x-rayed, a history is taken to see if, during the year, he has had any symptoms, such as leading physicians advise, and that is to get a regular yearly check-up. This is especially needed after the age of 40, when there is always the danger that a cancer may be growing quietly somewhere in the body. As I have said several times in this column, if a man or woman waits till symptoms of a cancer, let us say of the stomach or the bowel appear, the chances are large that already the bad cells have scattered, and it is too late for a surgeon to work a cure.

Once a cancer has gotten into the liver, there is nothing really curative that can be done. If a man wishes to avoid dying of a cancer of the stomach or bowel or lung, he must have his digestive tract and his chest examined, preferably every year. Then if a tumor is found and removed, he has a good chance of staying well.

Also, it is well for a man to be checked to make sure that he hasn't a beginning diabetes; it is well to know that his blood cholesterol and perhaps his blood pressure aren't climbing to high levels. It is particularly the man who is over-weight who should have his essential body chemistry checked occasionally to see that it is remaining fairly normal. Heavy smokers should certainly have their lungs x-rayed once a year. Anyone who starts losing weight should quickly get examined to see what has gone wrong.

Few Difficulties

But there are a few difficulties in the way. As the writer in GP says, often today when an apparently healthy man goes to his physician for a yearly examination, the doctor is not pleased. He may say, "Right now, I am horribly busy; I have so many sick people to attend to I cannot stop to spend time on you."

The doctor may even give the would-be patient the impression that he is an undesirable hypochondriac. I can sympathize with the doctor with his reception-room full, as an hour behind on his appointments. But, as several physicians have said recently, if we are to go on preaching as we should—that people should have good check-ups examinations once a year, we ought to be worrying about finding perhaps clinics in which the tests can be made, and made well—for a reasonable price, and without too much wastage of the examinee's time.

Some company executives still do not know where to send their men for a good examination. Several clinics say they would be willing to make the examinations, but they would have to keep each man around for several days. They couldn't stop to cater to the type of executive who flies in in the morning and says, "Examine me and get me out of here tonight."

A while ago, one big corporation set up its own clinic where a man comes, fasting,

in the morning. He gets blood taken for all the required tests, and gets his stomach x-rayed. Then he has a little breakfast served him. Then a nurse cleans out his lower bowel with a big enema so that it can be x-rayed. His chest and his teeth are x-rayed, a history is taken to see if, during the year, he has had any symptoms, such as leading physicians advise, and that is to get a regular yearly check-up. This is especially needed after the age of 40, when there is always the danger that a cancer may be growing quietly somewhere in the body. As I have said several times in this column, if a man or woman waits till symptoms of a cancer, let us say of the stomach or the bowel appear, the chances are large that already the bad cells have scattered, and it is too late for a surgeon to work a cure.

Once a cancer has gotten into the liver, there is nothing really curative that can be done. If a man wishes to avoid dying of a cancer of the stomach or bowel or lung, he must have his digestive tract and his chest examined, preferably every year. Then if a tumor is found and removed, he has a good chance of staying well.

Also, it is well for a man to be checked to make sure that he hasn't a beginning diabetes; it is well to know that his blood cholesterol and perhaps his blood pressure aren't climbing to high levels. It is particularly the man who is over-weight who should have his essential body chemistry checked occasionally to see that it is remaining fairly normal. Heavy smokers should certainly have their lungs x-rayed once a year. Anyone who starts losing weight should quickly get examined to see what has gone wrong.

Few Difficulties