



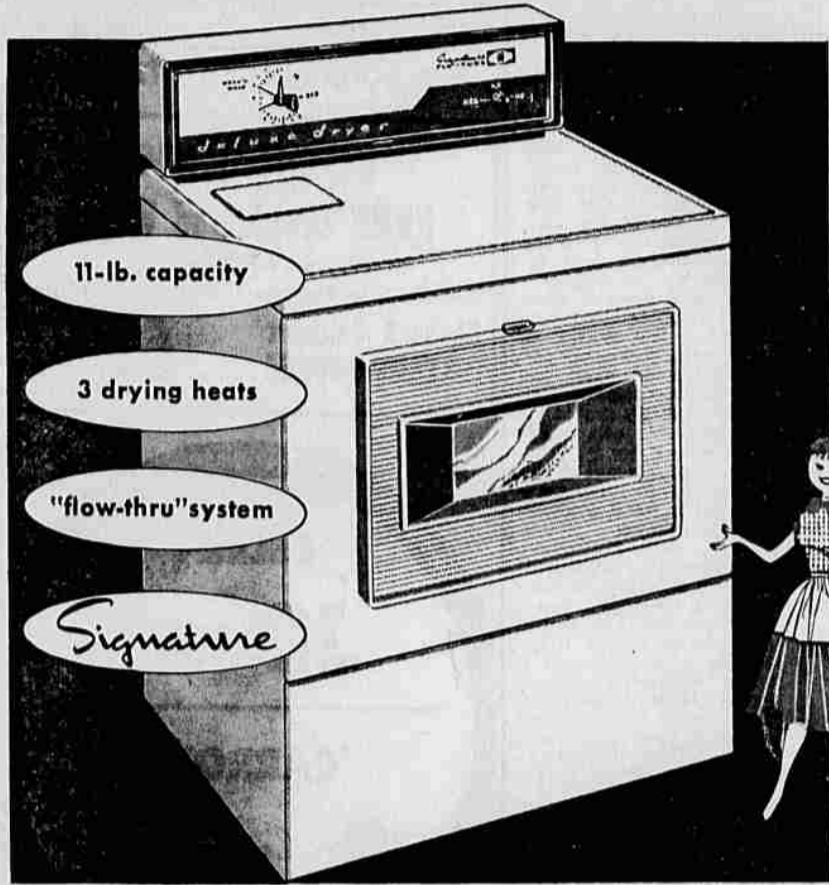
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electric dryer
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SUPREME 3-HEAT ELECTRIC

The Supreme "senses" when clothes are dry and turns itself off automatically. Choice of 3 drying temperatures, special wash 'n' wear setting.

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30" Signature electric range with clock that starts, shuts off 23" oven automatically. Surface units have infinite heat settings. Free cutlery set has 6 steak knives, 3-pc. carving set and carving board.

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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 MAR. 21-20 3-6-17-19 22-28-85-87	TAURUS APR. 21-20 2-7-16-20 25-43-65	GEMINI MAY 21-20 9-10-11-12 13-21-30-37 32-52-80-84	CANCER JUNE 21-20 1-10-11-12 13-14-15-16 17-18-19-20 21-22-23-24 25-26-27-28 29-30-31	LEO JULY 21-20 1-10-11-12 13-14-15-16 17-18-19-20 21-22-23-24 25-26-27-28 29-30-31	VIRGO AUG. 21-20 1-10-11-12 13-14-15-16 17-18-19-20 21-22-23-24 25-26-27-28 29-30-31	LIBRA SEPT. 21-20 1-10-11-12 13-14-15-16 17-18-19-20 21-22-23-24 25-26-27-28 29-30-31	SCORPIO OCT. 21-20 1-10-11-12 13-14-15-16 17-18-19-20 21-22-23-24 25-26-27-28 29-30-31	SAGITTARIUS NOV. 21-20 1-10-11-12 13-14-15-16 17-18-19-20 21-22-23-24 25-26-27-28 29-30-31	CAPRICORN DEC. 21-20 1-10-11-12 13-14-15-16 17-18-19-20 21-22-23-24 25-26-27-28 29-30-31	AQUARIUS JAN. 21-20 1-10-11-12 13-14-15-16 17-18-19-20 21-22-23-24 25-26-27-28 29-30-31	PISCES FEB. 21-20 1-10-11-12 13-14-15-16 17-18-19-20 21-22-23-24 25-26-27-28 29-30-31
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The Medical Roundup

by *Walter Alvarez*

Emeritus Consultant in Medicine
Mayo Clinic
Emeritus Professor of Medicine
Mayo Clinic
(Register and Tribune Syndicate, 1960)

Two Kinds of Insomnia

Hundreds of people write asking what they can do to cure insomnia. Having suffered for most of my life from this difficulty, I think I can say a few things about it. My impression is that much of insomnia is due to our modern way of living—every day and all day using our brains instead of our muscles. I have noticed that whenever I am on a vacation, and not reading and writing for most of the day, I sleep well. But if I have a hard day in the office; and worse yet, if I study, or certainly if I write much in the evening, I will be restless all night and waking at intervals. I imagine that if I were to work hard with my muscles all day, when at last I tumbled into bed, I would be sound asleep in a few minutes, and I would not wake until time to get up. I know that often I will wage about midnight with my mind full of some problem which, try as I will, I cannot force out of my thoughts. Then, I will lie awake a long time, unless I take a sedative pill.

Few, even of the writers on insomnia, seem to realize that there are at least two main types of the disease that need slightly different treatments. Some insomniacs have great trouble getting to sleep at 11, or 12, or 1. Others fall asleep quickly and easily when they go to bed, but within an hour or two they wake and then they have a hard time to get to sleep again. Many of these people sit up and read for a couple of hours until they get tired enough to go to sleep again.

Common Variety
Also, there is the common variety of insomniac who sleeps well until 4 or 5 a.m., when he wakes. Then he is in trouble. He cannot take an ordinary sleeping-tablet because, with this, he would be drowsy until noon. But if he takes nothing, he may have to lie awake until 7, when, perhaps, he has to get up and go to work. If he loses the two or three hours of sleep, he may feel tired all day. Hence it is that whenever someone

asks me for medicine for insomnia, one of the first questions I must ask is, "When does your wakefulness come?" If his trouble is in getting to sleep before midnight, I may give a long-acting sedative drug; but if most of his trouble comes at 4 or 5 in the morning, then I must give him a short-acting drug, the quieting action of which will be over at 7 when he has to get up.

In the cases of older men, insomnia may be due largely to the need for getting up every three hours or so to urinate. Even in these cases, a sleeping-pill can help much; first causing the man to sleep longer, and second, by causing him to go to sleep more quickly after he wakes.

Incidentally, he can help himself much by buying a urinal and at night keeping it beside his bed. By using this instead of getting up to go to the bathroom, he will not get so wide awake.

Many people ask me if sleeping sedatives are safe, and I say that in my long medical life I have found only a few people who took them foolishly and in large doses, and they were all poorly disciplined eccentrics to begin with.

I feel strongly that sleeping-pills ought often to be used. It is much better to use them than to lie awake for hours night after night. I have reason to believe that thousands of people in a nervous breakdown could have hung onto their sanity if, with medicine, they had quickly conquered the insomnia that preceded and ushered in their breakdown.

Many people say, "Lie quietly, and eventually you will get to sleep," but what is a young woman to do if she lies awake until 5 and then has to get up at 7 in order to go and earn her living? No one can work all day on two hours of sleep!

Can One Control the Sex Of a Child?
I was reading the other day something that amused me. I read that the wife of the Shah of Iran was being fed by the court physicians a diet which would cause her to give birth to a son. This seems so silly, because the sex of a child is determined when the tiny ovum or egg and the spermatozoon come together. All depends on the types of chromosomes present in the spermatozoon. If the spermatozoon has a certain chromosome which re-enforced the one in the ovum, the "gamete" right then and there starts out to be a female. If there is another type of chromosome, the "gamete" immediately starts out to be a male. After that, I can't imagine that the nature of the mother's food could have the slightest influence on the child's sex. Only in lowly forms of life will things done to the developing organism change its sex.

Polaris Missile Flight Succeeds

Cape Canaveral, Fla. — (UPI) — The Navy fired a new, longer-range model of its Polaris ballistic missile on its first successful flight over the Atlantic Ocean today.

The bottle-shaped rocket, longer and more powerful than the Polaris now being tipped with nuclear warheads and loaded aboard nuclear submarines, thundered from a stable pad on the cape.

Naval spokesmen said preliminary indications were the missile "met all its test objectives." It was the first launching of the new model, called the Polaris A2.

War-ready Polaris scheduled to become officially combat ready next week will have a range ability of 1,380 statute miles. The Polaris A2 should increase that by nearly 500 miles, it was reported.

UNAFFECTED BY ADS
Upton-on-Severn, England (UPI)—K. J. Allright, a local official of the National Farmers' Union, had this comment about new advertisements for the organization: "The thing that struck us was that they did not strike us at all."



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