

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.

KYJC 1230 kc	KMED 1440 kc	KWIN 1400 kc
4:00—News—Personal St.	Hear Show	Jim Ochs
4:15—Pat McCoy	Hear Show	Jim Ochs
4:30—Bannerline—McCo	Headline News	Jim Ochs
4:45—Sports—McCo	Emphasis—Read Show	Jim Ochs
5:00—Lowell Thomas	News—Harvey	Jim Ochs
5:15—Pat McCoy	Nightingale, Wx, News	Jim Ochs
5:30—Tom Harmon	Headline News	Cliff Scheel
5:45—Charlie Milam	Sports—Drier	Cliff Scheel
6:00—Frank Goss	Dinner Music	Dinner Concert
6:15—Charlie Milam	Dinner Music	Dinner Concert
6:30—Bannerline—Milam	Dinner Music	Dinner Concert
6:45—Sports—Milam	Dinner Music	Dinner Concert
7:00—News—Milam	Voices of Easter	Ash, Hi Platter Party
7:15—Charlie Milam	Voices of Easter	Ash, Hi Platter Party
7:30—Bannerline—Milam	Voices of Easter	Ash, Hi Platter Party
7:45—Sports—Milam	Voices of Easter	Ash, Hi Platter Party
8:00—World Tonight, Frost	Land of Music	Jim Ochs
8:15—Frost Rpt.—Milam	Land of Music	Jim Ochs
8:30—Bannerline—Milam	Land of Music	Jim Ochs
8:45—Sports—Milam	Land of Music	Jim Ochs
9:00—News—Milam	Hi-Fi Club	Jim Ochs
9:15—Charlie Milam	Hi-Fi Club	Jim Ochs
9:30—Bannerline—Milam	Hi-Fi Club	Jim Ochs
9:45—Sports—Milam	Hi-Fi Club	Jim Ochs
10:00—News—Milam	News—Nightbeat	Jim Ochs
10:15—Charlie Milam	Nightbeat	Jim Ochs
10:30—Bannerline—Milam	Nightbeat	Jim Ochs
10:45—Sports—Frost Rpt.	Nightbeat	Jim Ochs
11:00—Headlines—Sign Off	News—Nightbeat	Devotion—Sign Off
11:15—Nightbeat	Nightbeat	
11:30—Nightbeat	Nightbeat	
11:45—Nightbeat	Nightbeat	
12:00—Sign Off	Nightbeat	

RADIO PROGRAMS—FRIDAY

KYJC 1230 kc	KMED 1440 kc	KWIN 1400 kc
4:00—News—Ekberg	Wake Up to Music	Larry Hoover
4:15—News—Ekberg	Wake Up to Music	Larry Hoover
4:30—Sports—Ekberg	First News Roundup	RFD 1400
4:45—Sports—Ekberg	Hemingway News	Larry Hoover
5:00—News Roundup	Weather—News	Larry Hoover
5:15—News—Ekberg	Weather—News	Larry Hoover
5:30—Bannerline—Ekberg	Weather—News	Larry Hoover
5:45—Sports—Ekberg	Weather—News	Larry Hoover
6:00—News—Weather	Nightingale—Lcl. News	Cliff Scheel
6:15—News—Weather	Nightingale—Lcl. News	Cliff Scheel
6:30—Bannerline—Ekberg	Nightingale—Lcl. News	Cliff Scheel
6:45—Sports—Ekberg	Nightingale—Lcl. News	Cliff Scheel
7:00—News—Morris	Breakfast Club	Cliff Scheel
7:15—Morris	Breakfast Club	Cliff Scheel
7:30—Bannerline—Morris	Breakfast Club	Cliff Scheel
7:45—Sports—Morris	Breakfast Club	Cliff Scheel
8:00—News—Godfrey	News—Swap & Sell	Cliff Scheel
8:15—Arthur Godfrey	Telo Test	Cliff Scheel
8:30—Arthur Godfrey	Local News—Laten	Cliff Scheel
8:45—Sports—Godfrey	Local News—Laten	Cliff Scheel
9:00—News—Houseparty	Local News—Laten	Cliff Scheel
9:15—Houseparty	Local News—Laten	Cliff Scheel
9:30—Sports—Houseparty	Local News—Laten	Cliff Scheel
9:45—Sports—Houseparty	Local News—Laten	Cliff Scheel
10:00—News—Valley News	Natl & NW News	Cliff Scheel
10:15—Valley News	Natl & NW News	Cliff Scheel
10:30—Bannerline—Ekberg	Natl & NW News	Cliff Scheel
10:45—Sports—Ekberg	Natl & NW News	Cliff Scheel
11:00—News—Ekberg	House Party	Larry Hoover
11:15—News—Ekberg	House Party	Larry Hoover
11:30—Bannerline—Ekberg	House Party	Larry Hoover
11:45—Sports—Ekberg	House Party	Larry Hoover
12:00—News—Paris	News—Hear	Larry Hoover
12:15—News—Paris	News—Hear	Larry Hoover
12:30—Bannerline—Milam	Local News—Hear	Jim Ochs
12:45—Sports—Milam	Local News—Hear	Jim Ochs
1:00—News—Washington	News—Hear	Jim Ochs
1:15—News—Washington	News—Hear	Jim Ochs
1:30—Bannerline—McCo	News—Hear	Jim Ochs
1:45—Sports—McCo	News—Hear	Jim Ochs
2:00—News—Personal St.	Hear	Jim Ochs
2:15—Pat McCoy	Hear	Jim Ochs
2:30—Bannerline—McCo	Hear	Jim Ochs
2:45—Sports—McCo	Hear	Jim Ochs
3:00—Lowell Thomas	News—Harvey	Jim Ochs
3:15—Pat McCoy	Nightingale, Wx, News	Jim Ochs
3:30—Tom Harmon	Headline News	Cliff Scheel
3:45—Charlie Milam	Sports—Drier	Cliff Scheel
4:00—Frank Goss	News—Dinner Music	Dinner Concert
4:15—Charlie Milam	Dinner Music	Dinner Concert
4:30—Bannerline—Milam	Dinner Music	Dinner Concert
4:45—Sports—Milam	Dinner Music	Dinner Concert
5:00—News—Milam	Voices of Easter	Rat Race
5:15—Charlie Milam	Voices of Easter	Rat Race
5:30—Bannerline—Milam	Voices of Easter	Rat Race
5:45—Sports—Milam	Voices of Easter	Rat Race
6:00—World Tonight, Frost	Land of Music	TBA
6:15—Charlie Milam	Land of Music	TBA
6:30—Bannerline—Milam	Land of Music	TBA
6:45—Sports—Milam	Land of Music	TBA
7:00—News—Milam	Go Show	TBA
7:15—Charlie Milam	Go Show	TBA
7:30—Bannerline—Milam	Go Show	TBA
7:45—Sports—Milam	Go Show	TBA
8:00—News—Milam	News—Nightbeat	Jim Ochs
8:15—Charlie Milam	Nightbeat	Jim Ochs
8:30—Bannerline—Milam	Nightbeat	Jim Ochs
8:45—Sports—Frost Rpt.	Nightbeat	Jim Ochs
9:00—Sign Off	Nightbeat	Devotions—Sign Off
9:15—Nightbeat	Nightbeat	
9:30—Nightbeat	Nightbeat	
9:45—Nightbeat	Nightbeat	
10:00—Sign Off	Nightbeat	

KRCV 1350 KC

Thursday	Friday
4:00—Children's Hour	4:00—Joy of Living
4:30—News, Music	4:30—Joy of Living
5:00—News, Music	4:30—Joy of Living
5:30—Freedom Crusade	4:30—Joy of Living
6:00—Sign Off	4:30—Joy of Living
6:30—News	5:00—Joy of Living
6:45—Our Daily Bread	5:00—Joy of Living
7:00—Music	5:00—Joy of Living
7:15—Sports News	5:00—Joy of Living
7:30—Music	5:00—Joy of Living
7:45—Heaven & Home	5:00—Joy of Living
8:00—News	5:00—Joy of Living
8:15—Air Mail for God	5:00—Joy of Living
8:30—Music	5:00—Joy of Living
8:45—Bible Institute	5:00—Joy of Living
9:00—Voice of Deliverance	5:00—Joy of Living
9:30—Back to the Bible	5:00—Joy of Living

KBOY AM 730 KC

Thursday	Friday
4:00—Weather, Top 10	4:00—Weather, Top 10
4:30—News, Vagars	4:30—Weather, Top 10
4:45—Gospel Mission	4:30—Weather, Top 10
5:00—Sign-off	4:30—Weather, Top 10
5:30—Bret Steele	5:00—Weather, Top 10
6:00—News, Steele	5:00—Weather, Top 10
6:30—Weather, Steele	5:00—Weather, Top 10
7:00—News, Steele	5:00—Weather, Top 10
7:30—Weather, Holman	5:00—Weather, Top 10
8:00—News, Stock market	5:00—Weather, Top 10
8:30—Holman	5:00—Weather, Top 10
9:00—Weather, Holman	5:00—Weather, Top 10
9:30—News, Holman	5:00—Weather, Top 10
10:00—Bargain Roundup	5:00—Weather, Top 10
10:30—News, Holman	5:00—Weather, Top 10

KBOY FM 95.3 MC

Thursday	Friday
4:00—Serenade to a Lovely	4:00—Serenade to a Lovely
4:30—Jazz Scene	4:30—Serenade to a Lovely
5:00—Serenade by the World's	4:30—Serenade to a Lovely
5:30—Contrasts in Hi Fi	4:30—Serenade to a Lovely
6:00—Contrasts in Hi Fi	4:30—Serenade to a Lovely
6:30—Tomorrow's Headlines	4:30—Serenade to a Lovely
6:45—Sign Off	4:30—Serenade to a Lovely
7:00—Contrasts in Hi Fi	4:30—Serenade to a Lovely
7:30—News—Contrasts	4:30—Serenade to a Lovely
8:00—Weather, Holman	4:30—Serenade to a Lovely
8:30—News, Stock Market	4:30—Serenade to a Lovely
9:00—Holman	4:30—Serenade to a Lovely
9:30—News, Holman	4:30—Serenade to a Lovely
10:00—Bargain Roundup	4:30—Serenade to a Lovely

KDOV 1300 KC

Thursday	Friday
4:15—News, Hymn	4:15—News, Hymn
4:30—News, Hymn	4:30—News, Hymn
4:45—Sports, Hymn	4:30—News, Hymn
5:00—Road, Weather Report	4:30—News, Hymn
5:15—Sign Off	4:30—News, Hymn
5:30—Sign On, Western	4:30—News, Hymn
6:00—News, Hymn	4:30—News, Hymn
6:15—Western	4:30—News, Hymn
6:30—Landscape, Western	4:30—News, Hymn
6:45—Sports, Weather, Music	4:30—News, Hymn
7:00—News, Hymn, Music	4:30—News, Hymn
7:15—News, Hymn, Music	4:30—News, Hymn
7:30—News, Hymn, Music	4:30—News, Hymn
7:45—Road, Weather Report, Music	4:30—News, Hymn
8:00—News, Hymn, Music	4:30—News, Hymn

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)
THURSDAY
4:00—Friendship Circle
4:30—Uncle Bill
5:00—Roy Rogers
5:30—Your TV Weatherman
6:00—Channel 5 Report
6:15—Doug Edwards & The News
6:30—Award Theater
7:00—Rie Picture
7:30—Ann Sothorn
8:00—Angel
8:30—Two Faces West
9:00—Johnny Midnight
9:30—Hot Off the Wire
10:00—CBS Reports
11:00—Final Report
FRIDAY
11:00—Love of Life
11:30—Search For Tomorrow
12:00—Guiding Light
12:30—Camouflage

The Medical Roundup

by

Walter Alvarez

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Emeritus Consultant in Medicine
Mayo Clinic
Emeritus Professor of Medicine
Mayo Clinic
(Register and Tribune Syndicate, 1981)

Gas In the Bowel

One of the commonest complaints of many persons is a distressing accumulation of gas in the bowel. Often-

times when the person is with friends he gets much distressed because he cannot pass the gas, and the longer he holds it, the more painful the waves of contraction become.

If the person begins to bloat at home where he can go quickly and get rid of the gas, the distress is likely soon to pass.

This is the type of gasiness that is due to emotional strain. It accounts for much unhappiness in the cases of many young women. On account of it, many are afraid to go out with a beau; and, as a result, some fall to marry.

These spells can keep coming for a life-time. Usually the tendency appears to have been inherited, because it runs in certain families. Many persons, when they go to a physician, feel him completely because they speak of their spell as diarrhea. Actually, it is not diarrhea, because in the typical spells, no feces are present.

When these people keep a record of what happened just before they got an attack usually they find that the spell came with some emotional strain. A woman may get it from speaking at her club, or it will come when she goes out to dinner, or has friends in for dinner. On going out to dinner with a man, a sensitive and perhaps shy young woman may be embarrassed because her bowels start to rumble. She may get somewhat nauseated, or she may fear she is going to faint. When she sits down to dinner, she may find she cannot eat much.

From Blood Vessels

In these cases the gas almost certainly comes out into the bowel from the blood vessels in the bowel wall. Normally, the gas which forms in the bowel during digestion is picked up by the blood and carried up to the lungs where it is thrown out with the expired air. It easily can be shown that a cow puts out through her lungs many liters of the gas which is constantly being formed in her huge stomach and bowel. If anything goes wrong with this very important mechanism in a cow, a horse, or a sheep, the animal quickly bloats and dies. Fortunately, in man, the bloating does not cause death except rarely after a big operation.

Many a person who finds himself passing gas from the

rectum every 15 or 20 minutes can stop the process simply by getting a bowel movement, perhaps with an enema. The fact that the minute his bowel empties the gas stops forming shows that it was due to some nervous effect produced by the distention of the rectum.

Many people who are belching by the half-hour think that they must have a very gassy abdomen, but really they haven't. They are just gulping down air which distends their gut and is then brought up again—noisy. Anyone with a little practice can learn this trick. And I often say to such people, since the habit has no great social value, they had better quit it, much as they would quit cracking their knuckles when nervous. Commonly, when a person is belching repeatedly, he is much worried about something. Instead of giving these people a diet I ask them, "What are you scared stiff about?" or "What has gone wrong in your business?" or "What can't you make up your mind about?" Usually, the person says, "Goodness gracious, could it be that?"

There is another interesting type of supposed gasiness in which a woman will bloat during the day until she looks seven months pregnant. An x-ray study shows that the bloated woman has no unusual amount of gas in her bowel. The swelling goes down at night without the passage of gas. I once studied nearly 100 of these patients, most were women, until I was sure that the whole trouble was due to a nervous spasm of some muscles in the back of the abdomen which forces the abdominal contents forward and downward.

Bloating Will Disappear

Usually, if the woman will lie on her back with her knees up, the bloating will largely disappear. If one gives a hypodermic injection of morphine, a few whiffs of an anesthetic, or if the woman vomits, the abdomen will go flat in a moment without the passage of gas. Some of these women complain of pain and some do not. Many of those I have seen with this bloating were unhappy over a love affair.

Many persons who pass much gas, and especially gas with a bad odor, should keep a record of the unusual foods they ate a few hours before the gas began to form. After a few spells they should look at the list and there they may see that always before the gas formed they drank much milk, or ate some eggs, or some chicken or some other food to which they were sensitive. Some children suffer from gases due to eating one or two foods. All the person has to do is to quit eating the offending food and that will be the end of the trouble.

People who have gallstones, cirrhosis of the liver or heart disease sometimes complain of much gas.

The commonest disease is nervousness. Dr. Alvarez tells you how to combat it in his

booklet, "Triumph Over Nervousness." It may be obtained by sending 25 cents and a large, stamped, self-addressed envelope with your request to Dr. Walter C. Alvarez, Dept. MMT, The Register and Tribune Syndicate, Box 957, Des Moines 4, Ia.

Quadruplets Born In Massachusetts

Holyoke, Mass.—UPI—A Holyoke mother of six gave birth to quadruplets Wednesday.

Mrs. Mary Sullivan Feyre, 35, delivered a girl, then a boy, a girl and then a second boy in a 10-minute interval.

Dr. George Bronos delivered the babies, which weighed from three pounds five ounces to three pounds 13 ounces. He said they were all in good condition.

Mrs. Feyre was admitted to the hospital less than an hour before the first delivery.

DISTURBANCE TOLD

Cairo, U.A.R.—UPI—Cairo newspapers Wednesday reported "violent disturbances" in Iraq and a "serious shake-up" in the Jordanian high command.

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It's The Trend, Friend

Strange As It Seems By ELSIE HIX

IN 20 YEARS (1850-50) THE OVERALL RISE OF MEAN SEA LEVEL ALONG THE ATLANTIC COAST OF THE U.S. WAS 4 INCHES!

THE SMALL GOBY, Soporator, CAN CHANGE FROM LIGHT TAN THROUGH A VARIETY OF COLOR PATTERNS TO SOLID BLACK WITHIN