

RADIO PROGRAMS—THURSDAY

Programs listed below are received from the radio stations and the Mail Tribune assumes no responsibility for making changes as are supplied.

KYJC	KMED	KWIN	KBOY AM	KBOY FM	KDOV	KRVC
1230 kc	1440 kc	580 kc	730 kc	93.3 mc	1390 kc	1530 kc
4:00—Lowell Thomas	Local News	News	Headlines	Headlines	Music	Christ. Music
4:15—Music	Local News	News	Headlines	Headlines	Music	Christ. Music
4:30—Sports-Music	Local News	News	Headlines	Headlines	Music	Christ. Music
5:00—CBS News	Local News	News	Headlines	Headlines	Music	Christ. Music
5:15—Music	Local News	News	Headlines	Headlines	Music	Christ. Music
5:30—Sports-Music	Local News	News	Headlines	Headlines	Music	Christ. Music
6:00—CBS News	Local News	News	Headlines	Headlines	Music	Christ. Music
6:15—Music	Local News	News	Headlines	Headlines	Music	Christ. Music
6:30—Sports-Music	Local News	News	Headlines	Headlines	Music	Christ. Music
7:00—CBS News	Local News	News	Headlines	Headlines	Music	Christ. Music
7:15—Music	Local News	News	Headlines	Headlines	Music	Christ. Music
7:30—Sports-Music	Local News	News	Headlines	Headlines	Music	Christ. Music
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9:30—Sports-Music	Local News	News	Headlines	Headlines	Music	Christ. Music
10:00—CBS News	Local News	News	Headlines	Headlines	Music	Christ. Music
10:15—Music	Local News	News	Headlines	Headlines	Music	Christ. Music
10:30—Sports-Music	Local News	News	Headlines	Headlines	Music	Christ. Music
11:00—Sign Off	Local News	News	Headlines	Headlines	Music	Christ. Music
11:15—Night	Local News	News	Headlines	Headlines	Music	Christ. Music
11:30—Night	Local News	News	Headlines	Headlines	Music	Christ. Music
11:45—Night	Local News	News	Headlines	Headlines	Music	Christ. Music
12:00—Sign Off	Local News	News	Headlines	Headlines	Music	Christ. Music

RADIO PROGRAMS—FRIDAY

KYJC	KMED	KWIN	KBOY AM	KBOY FM	KDOV	KRVC
1230 kc	1440 kc	580 kc	730 kc	93.3 mc	1390 kc	1530 kc
5:00—CBS News	Local News	News	Headlines	Headlines	Music	Christ. Music
5:15—Music	Local News	News	Headlines	Headlines	Music	Christ. Music
5:30—Sports-Music	Local News	News	Headlines	Headlines	Music	Christ. Music
6:00—CBS News	Local News	News	Headlines	Headlines	Music	Christ. Music
6:15—Music	Local News	News	Headlines	Headlines	Music	Christ. Music
6:30—Sports-Music	Local News	News	Headlines	Headlines	Music	Christ. Music
7:00—CBS News	Local News	News	Headlines	Headlines	Music	Christ. Music
7:15—Music	Local News	News	Headlines	Headlines	Music	Christ. Music
7:30—Sports-Music	Local News	News	Headlines	Headlines	Music	Christ. Music
8:00—CBS News	Local News	News	Headlines	Headlines	Music	Christ. Music
8:15—Music	Local News	News	Headlines	Headlines	Music	Christ. Music
8:30—Sports-Music	Local News	News	Headlines	Headlines	Music	Christ. Music
9:00—CBS News	Local News	News	Headlines	Headlines	Music	Christ. Music
9:15—Music	Local News	News	Headlines	Headlines	Music	Christ. Music
9:30—Sports-Music	Local News	News	Headlines	Headlines	Music	Christ. Music
10:00—CBS News	Local News	News	Headlines	Headlines	Music	Christ. Music
10:15—Music	Local News	News	Headlines	Headlines	Music	Christ. Music
10:30—Sports-Music	Local News	News	Headlines	Headlines	Music	Christ. Music
11:00—Sign Off	Local News	News	Headlines	Headlines	Music	Christ. Music
11:15—Night	Local News	News	Headlines	Headlines	Music	Christ. Music
11:30—Night	Local News	News	Headlines	Headlines	Music	Christ. Music
11:45—Night	Local News	News	Headlines	Headlines	Music	Christ. Music
12:00—Sign Off	Local News	News	Headlines	Headlines	Music	Christ. Music

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.

KYJC-TV (Channel 3)	KMED-TV (Channel 10)	KWIN-TV (Channel 10)	KBOY-TV (Channel 10)	KDOV-TV (Channel 10)	KRVC-TV (Channel 10)
4:00—Kaleidoscope	4:00—Cartoon Point	4:00—Cartoon Point	4:00—Cartoon Point	4:00—Cartoon Point	4:00—Cartoon Point
4:30—Mighty Mouse	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point
5:00—Dale Gribble	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point
5:30—Roy Rogers	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point
6:00—Your TV Weatherman	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point
6:30—Channel 3 Report	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point
7:00—Walter Cronkite News	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point
7:30—Sports Roundup	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point
8:00—Kaiser's Corner	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point
8:30—Frontier Circus	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point
9:00—Ozzie & Harriet	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point
9:30—Shannon	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point
10:00—Champion	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point
10:30—Squid	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point
11:00—Pasword	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point
11:30—Tell it to Groucho	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point
12:00—News Final	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point
12:30—Sign Off	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point	4:30—Cartoon Point

KYJC-TV (Channel 3)	KMED-TV (Channel 10)	KWIN-TV (Channel 10)	KBOY-TV (Channel 10)	KDOV-TV (Channel 10)	KRVC-TV (Channel 10)
1:00—CBS News	1:00—CBS News	1:00—CBS News	1:00—CBS News	1:00—CBS News	1:00—CBS News
1:30—CBS News	1:30—CBS News	1:30—CBS News	1:30—CBS News	1:30—CBS News	1:30—CBS News
2:00—CBS News	2:00—CBS News	2:00—CBS News	2:00—CBS News	2:00—CBS News	2:00—CBS News
2:30—CBS News	2:30—CBS News	2:30—CBS News	2:30—CBS News	2:30—CBS News	2:30—CBS News
3:00—CBS News	3:00—CBS News	3:00—CBS News	3:00—CBS News	3:00—CBS News	3:00—CBS News
3:30—CBS News	3:30—CBS News	3:30—CBS News	3:30—CBS News	3:30—CBS News	3:30—CBS News
4:00—CBS News	4:00—CBS News	4:00—CBS News	4:00—CBS News	4:00—CBS News	4:00—CBS News
4:30—CBS News	4:30—CBS News	4:30—CBS News	4:30—CBS News	4:30—CBS News	4:30—CBS News
5:00—CBS News	5:00—CBS News	5:00—CBS News	5:00—CBS News	5:00—CBS News	5:00—CBS News
5:30—CBS News	5:30—CBS News	5:30—CBS News	5:30—CBS News	5:30—CBS News	5:30—CBS News
6:00—CBS News	6:00—CBS News	6:00—CBS News	6:00—CBS News	6:00—CBS News	6:00—CBS News
6:30—CBS News	6:30—CBS News	6:30—CBS News	6:30—CBS News	6:30—CBS News	6:30—CBS News
7:00—CBS News	7:00—CBS News	7:00—CBS News	7:00—CBS News	7:00—CBS News	7:00—CBS News
7:30—CBS News	7:30—CBS News	7:30—CBS News	7:30—CBS News	7:30—CBS News	7:30—CBS News
8:00—CBS News	8:00—CBS News	8:00—CBS News	8:00—CBS News	8:00—CBS News	8:00—CBS News
8:30—CBS News	8:30—CBS News	8:30—CBS News	8:30—CBS News	8:30—CBS News	8:30—CBS News
9:00—CBS News	9:00—CBS News	9:00—CBS News	9:00—CBS News	9:00—CBS News	9:00—CBS News
9:30—CBS News	9:30—CBS News	9:30—CBS News	9:30—CBS News	9:30—CBS News	9:30—CBS News
10:00—CBS News	10:00—CBS News	10:00—CBS News	10:00—CBS News	10:00—CBS News	10:00—CBS News
10:30—CBS News	10:30—CBS News	10:30—CBS News	10:30—CBS News	10:30—CBS News	10:30—CBS News
11:00—CBS News	11:00—CBS News	11:00—CBS News	11:00—CBS News	11:00—CBS News	11:00—CBS News
11:30—CBS News	11:30—CBS News	11:30—CBS News	11:30—CBS News	11:30—CBS News	11:30—CBS News
12:00—CBS News	12:00—CBS News	12:00—CBS News	12:00—CBS News	12:00—CBS News	12:00—CBS News

The Medical Roundup

by *Walter Alvarez*
Emeritus Consultant in Medicine
Emeritus Professor of Medicine
Mayo Clinic
(Register and Tribune Syndicate, 1962)

On Avoiding Bed Sores

As all wise old nurses know, one of the biggest problems of taking care of a person who is more or less paralyzed so that he or she has great difficulty moving in bed is the development of bed sores — sores which are often very hard to heal up.

They are due to the pressure of the bed which interferes with the circulation of the blood, particularly in the skin over projecting parts of the lower spine and pelvis.

I recently read a number of articles by physicians who have found that a good way of avoiding bed sores is to use a "sheepskin sheepskin" on which the patients can lie.

The wool has been shorn partially so that it is only about an inch thick, and is still attached to the hide of the animal. This material has been used under a saddle, also as a lining for men's heavy jackets, also as a lining for the boots of men who go hunting in the Arctic.

Today, these skins are being put under the buttocks of patients who are paralyzed. The person lies on the hairy side of the skin. There should be no cloth — even a sheet or nightgown — between the patient and the sheepskin. Even when an ulcer has started to form, no dressing need be put over it. A small piece of the sheepskin should be placed also under each heel because ulcers can easily develop there.

When the sheepskin becomes soiled, it can be put in the washing machine and later dried and fluffed up with a brush. Occasionally, if the person is sensitive to the soap used in the washing machine, he or she will have trouble.

These sheepskins are helpful for elderly persons who have had a fractured hip. They can be obtained from some drug stores, medical supply houses. If you would like the name of a company from which these sheepskins can be obtained, I will be happy to supply it. Write to Dr. Walter C. Alvarez, The Register and Tribune Syndicate, Des Moines 4, Iowa.

Severe Premenstrual Storm

I get many letters from unhappy women who say that, for perhaps three weeks out of the month, they are happy; they are affectionate with their husband and with their children, and everything goes beautifully. And then, for a week, they are irritable and tense and depressed. One woman wrote me from Australia saying that for a few days each month she "becomes a devil," and then takes to the bottle. The other three weeks, she is a good wife and a good mother.

My secretary just put on my desk a very interesting letter from a woman who says that for much of each month she is happy. She loves her husband and her boy, and her marriage goes well; everything is fine.

And then, comes a week in which she is so terribly tense, and depressed and cantankerous that she fights with her husband. Sometimes, the situation gets so bad that they have to go to a marriage counselor to get help.

As she says, her doctor who is now dead was such a comfort to her because, when she was tense, he would take some time off to talk to her and to help straighten her out. As she says, "When the premenstrual spell comes on me I feel alone, depressed and unloved." Also, as many of these women say, during the period in which they are not mentally quite right, they buy all sorts of things that they can't afford. My correspondent says that once she was so bad that, for a while, she had to go into a mental hospital. They thought of giving her electroshock treatments, but because her spells were so short, I think the psychiatrist was wise when he decided against using them.

When I was a boy in Hawaii, the natives sometimes built a little house some 200 yards away from the main house where the wife went to stay for perhaps a week while she menstruated. Some of this provision may have been devised to keep an irritable and depressed woman away from her family; while some of it probably was based on a religious idea of ritual uncleanness.

Some doctors today are giving these very tense women some of the newer drugs which occasionally are effective in combating depression. Other doctors are using drugs called diuretics (like Diamox) which help rid the woman's body of excess fluid which sometimes accumulates and makes the woman feel bloated. The diuretic is given during the week or 10 days before menstruation. Some gynecologists tell me that it helps. One of the best and safest of the many calming drugs is butesol sodium.

If you're one of those who dreads the hay fever season, you'll want to read the booklet, "Asthma, Allergy and Hay Fever," by Dr. Alvarez. To obtain your copy, send 25 cents and a stamped, self-addressed envelope with your request to Dr. Walter C. Alvarez, Dept. MMT, The Register and Tribune Syndicate, Box 957, Des Moines 4, Iowa.

\$1 Million Spent in Every Five Minutes
Minneapolis — (UPI) — Under the 1962-63 federal budget of \$92.5 billion, the government will be spending \$1 million every five minutes and 40 seconds.

This is 127 times as fast as a century ago, according to Northwestern National Life Insurance Company.

New York — (UPI) — The ingredients for a good cook-out tantalizing aromas, good food, and safety.

The International Association of Fire Chiefs caution that fire hazards accompanying outdoor cooking can be avoided if one thinks about safety as much as cooking.

Strange As It Seems By ELSIE HIX

STUDENTS LEARN AT LEAST AS MUCH FROM INSTRUCTIONAL TELEVISION AS THEY DO FROM CONVENTIONAL CLASSROOM TEACHING!

THE AUROCHS -- ANCESTOR OF ALL MODERN CATTLE, EXTINCT FOR OVER 300 YEARS -- HAS BEEN RECREATED THROUGH SELECTED BREEDING OF EXISTING CATTLE!



Holstein-Zoo, Munich, Germany

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If you're one of those who dreads the hay fever season, you'll want to read the booklet, "Asthma, Allergy and Hay Fever," by Dr. Alvarez. To obtain your copy, send 25 cents and a stamped, self-addressed envelope with your request to Dr. Walter C. Alvarez, Dept. MMT, The Register and Tribune Syndicate, Box 957, Des Moines 4, Iowa.

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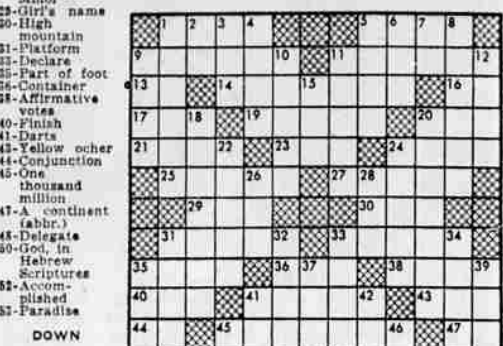
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CROSSWORD PUZZLE

Answer to Yesterday's Puzzle

ACROSS
1-Gathered friends
2-Totals
3-Dark red
4-Interests
5-Attendant at entrance
6-Attendant at entrance
7-River in Siberia
8-Delicate
9-Girl's name
10-Mountain lake
11-Openwork fabric
12-Approaches
13-Ancient city of Asia Minor
14-Girl's name
15-Platform
16-Declare
17-Part of foot
18-Container
19-Paradise
20-Philippine islands
21-Prank; not serious
22-Entrance
23-Sea in Asia

DOWN
1-Lair
2-Note of scale
3-Habitually sloppy person
4-Spy
5-Monday (pl.)
6-Italian violinmaker
7-In bed
8-Grain
9-Welcome poem (pl.)
10-Pertaining to the navy
11-Living deposit of sediment
12-Tattered cloth
13-Unit of Latvian currency
14-French for "school"
15-Edible fish
16-Prohibit
17-Bow
18-Cure
19-Everyone
20-Shut neatly
21-Pronoun



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