



ONLY A LOCK SAFE — Stephen Quan, 18, recovers his ticking time lock safe which caused a bomb scare in Los Angeles that emptied the USC library of 1,000 persons. Police evacuated and found the "bomb" after receiving a phone call. They rushed it out to the center of the Coliseum football field as guards sealed off the area. Quan returned to the library explaining the feared "bomb" was really his time-lock safe. "I want to put in as many study hours as I can to do my best work," he said. "I decide how many hours I want to study each day, then put my transportation money in the safe and set the timer. Since my money is locked up I can't leave until the time is up." (UPI)

Try and Stop Me

By BENNETT CERF

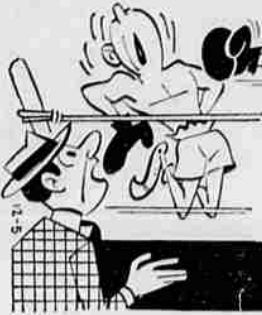
A VERY TIMID boxer listened apprehensively while his ambitious manager sought to match him against one of the most highly regarded men in his division. "Remember," the boxer kept reminding his manager, "I'm no good in short fights. I only get going when the other feller begins to lose his steam." The manager shook him off, and the match was scheduled.

The fight was only two minutes old when the timid boxer's worries proved amply justified. His opponent rained blows on him, and down he went. The count had reached "eight" when he rolled over on the canvas and gasped to his manager, "I told you I was no good in a short fight!"

Overheard at a ladies' beauty parlor: "I don't know what the world's record is for the high jumps—but I do know it's going to be broken when my husband gets the bill for the new evening dress I bought this morning!"

In an examination paper, a Quaker lad described his sect: "They are very quiet, do not fight, and never answer back." He added a postscript: "My father is a Quaker; my mother is not."

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'Eat, Drink and Be Merry' But Shun Excess, Says Steincrohn

By GEORALD S. SNYDER
United Press International

Every year, in this age of anxiety, the list of "don'ts" seems to lengthen by the dozen.

"Don't smoke!" "Don't drink!" "Don't be lazy!" "Don't eat too much!" "Don't worry!" and so on.

Cheer up! You can actually eat, drink and still be merry reports a retired doctor and author in a book, "Your Life to Enjoy" (Prentice-Hall), which claims that many of the so-called "health rules" can be broken by those with no history of serious medical troubles.

Dr. Peter J. Steincrohn, a former fellow of The American Medical Association and retired Hartford, Conn., physician believes people are fools to smother if they have sinus trouble, chronic bronchitis, asthma, hypertension, stomach ulcer or coronary disease.

look more to your heart and arteries than to fear of lung cancer." Air pollution, not tobacco, is the real cause of lung cancer, he believes.

Alcohol? It can be a poison or a boon, he says. But it cuts tension and "when you prevent tension you reduce the possibilities of coronary thrombosis, anginal attacks, stroke, hypertension, diabetes, hyperthyroidism." If you take alcohol against doctor's orders you may actually be committing slow suicide, he writes, but many over 40 who do not take alcohol might be better off if they did. "People rarely become alcoholics after 40."

Computer Is Asked About Presidency

PHOENIX, Ariz. (UPI) — Gerald L. Philippe, president of the General Electric Co., here said some of his advanced research people working with computers became intrigued with the possibility of using a computer to solve the question of who should be the next Amer-

Overweight? The solution is simple, says Steincrohn. "Cut-down" instead of "cut-out." Continue to eat all the fattening foods, but less. Accustomed to six slices of bread daily, cut down to three; four pats of butter, down to two, two malted milks, down to one. And so on.

Are you physically lazy? Don't be ashamed of it, advises the doctor. "There's no special honor in belonging to the cult of the physically active (for people over 40). Nor is there any added guarantee of healthfulness or longer life."

Nervous? Nothing to be ashamed of, writes Steincrohn. This is the "nervous century," he says. We all live in the shadow of the "bomb"—"I ask patients to worry less — not to stop."

Steincrohn's philosophy in a nutshell: "You only live once. Yesterday is in the mind. Tomorrow is in the heart. Today is your life. Learn to live it in full day by day or you die a little."

DENNIS THE MENACE



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