ON THE AIR

THURSDAY

CFCY-TV

1:30 p.m.—Musical
2:00 p.m.—Chez Helene
2:15 p.m.—Nursery School
2:30 p.m.—National Schools
3:00 p.m.—Loretta Young Show
3:30 P.M.—Take Thirty
4:00 p.m.—Scarlet Hill
4:30 p.m.—Today at Home
5:01 p.m.—Razzle Dazzle
5:30 p.m.—Scarlet Pimpernell
6:00 p.m.—Yogi Bear
6:31 p.m.—Gazette
7:01 p.m.—CFCY TV News
7:15 p.m.—Cinema 13-7—Thieves Highway
9:00 p.m.—The Defenders
10:00 p.m.—Playdate
11:00 p.m.—Toronto Wrestling
12:00 p.m.—CBC News
12:13 a.m.—Local Weather
12:14 a.m.—Viewpoint

TV. CALLS
NITE or DAY
Day 4-3537 Nite 4-4503—4-7462
VAIL'S RADIO & TV.
204 Kent St. Ch'town

CKCW-TV

12.45 p.m.—News, Weather, Sports
1.00 p.m.—Thursday Playbill Watch on the Rhine
3.30 p.m.—National Schools
3.00 p.m. At Home With Helen Crocker
3.30 p.m.—Take Thirty
4.00 p.m.—Scarlet Hill
4.30 p.m.—Romper Room
5.01 p.m.—Razzle Dazzle
5.30 p.m.—Yogi Bear
6.00 p.m.—Supper Club
6.15 p.m.—Television News
6.25 p.m.—Supper Club
6.35 p.m.—Television Weather
6.40 p.m.—Supper Club
6.50 p.m.—Television Sports
7.00 p.m.—Route 66
8.00 p.m.—Hi Society
8.30 p.m.—Third Man
9.00 p.m.—Document
10.00 p.m.—Playdate
11.00 p.m.—Wrestling
12.00 a.m.—CBC TV News
12.15 a.m.—Viewpoint
12.20 a.m.—CKCW TV News
12.30 a.m.—Sign Off

CENTRAL RADIO and TV
Call 4-8246
Open 8:30 a.m.-9 p.m.
176 Kent St. (Opp. Eaton's)

CFCY RADIO

THURSDAY

6.28—Sign On
6.30—News & Weather
6.35—Country & Western Roundup
6.55—News & Weather
7.00—Hebrew Christian Hour
7.15—Country & Western Roundup
7.30—News & Weather
7.35—CFCY Farm News
7.41—Country & Western Roundup
8.00—News
8.11—Weather
8.16—Country & Western Roundup
8.45—Weather
8.50—Atlantic News Roundup
8.57—Thought For Today
9.00—CBC News & Voice Report
9.10—Preview Commentary
9.15—Morning Moods
9.30—Pick Your Partner
9.35—Morning Moods
9.55—What's The Song
10.00—News & Weather
10.05—Notes & Music
10.10—Count Your Blessings
10.15—Wm. 37
10.20—Notes & Music
10.30—What's Your View
10.35—Notes & Music
10.40—Mr. Coupe Program
10.50—Notes & Music
11.00—News Headlines & Weather
11.02—News & Views on Groceries
11.15—Notes & Music
11.45—Bulletin Board
11.50—Notes & Music
11.55—Atlantic News Roundup
12.00—Weather
12.05—Mostly Music
12.30—News & Weather
12.43—P.E.I. Road Report
12.45—Mostly Music
1.00—News Headlines & Weather
1.02—N.S. Road Reports
1.03—Mostly Music
1.15—Shirley Harmer & What's On Tapp
1.45—Mostly Music
2.00—New & Weather
2.05—Portrait Of A Star
2.10—Hits & Encores
3.00—News Headlines & Weather
3.03—Trans-Canada Matinee CBC
3.30—Be Still & Know
4.00—News Headlines & Weather
4.03—Canadian Roundup CBC
4.10—Hits & Encores
4.30—The Outports
5.00—News & Weather
5.05—The Outports
5.25—Marine Weather
5.30—The Outports
6.00—News & Weather
6.15—On Parliament Hill CBC
6.20—Sports Parade
6.30—Tonight's Music
7.00—Back To The Bible
7.30—News & Weather
7.45—Byline
7.50—Program Schedule
7.51—Red Cross Program
8.05—Tonight's Music
9.00—Citizen's Forum CBC
9.30—Classical Strings CBC
10.00—National News CBC
10.30—Christian Frontiers CBC
11.00—News & Regional Weather
11.05—Starlight Serenade
11.30—News Headlines & Maritime Weather
11.35—Starlight Serenade
12.00—News, Reg. Weather & Sports
12.05—Sign Off

CBA

THURSDAY

6.00—The Gerry Fogarty Show Part 1
8.05—News & Inland Weather
8.15—Maritime Sportscast
8.21—The Gerry Fogarty Show Part 2
8.30—Portrait of a Star
8.35—The Mary Ferguson Show
9.00—CBC News & Voice Reports
9.10—Preview Commentary
9.15—A.M. Chronicle
10.10—Count Your Blessings
10.15—Playroom
10.30—To Market With Music
11.00—CBC News
11.05—Joan Marshall
11.15—For Consumers
11.20—Record Album
11.30—The Archers
11.45—Cafe Variety
12.00—Jamboree Junction
12.30—Maritime Farm B'cast
1.00—CBC News & Inland Weather
1.15—Shirley Harmer & What's On Tapp
1.45—Time Out For Melody
1.59—Dominion Observatory Time Signal
2.00—Time Out For Melody
2.15—Atlantic School B'cast 'Old Favorites'
2.30—Atlantic School B'cast 'Listening To Music'
2.45—John Dranie Tells A Story
3.00—CBC News
3.03—T.C. Matinee
3.30—T.C. Matinee
4.00—CBC News
4.03—Canadian Roundup
4.10—Ebb Tide
4.30—Countdown
4.45 Music In The Air
5.00—Maritime Fish B'cast
5.20—Tempo
5.40—CBC Notebook
6.00—CBC News & Inland Weather
6.15—Campaign Report
6.20—Regional Commentary
6.25—Maritime Sportscast
6.30—World Hockey Report
6.40—Music In The Evening
7.15—Byline
7.20—Marine Weather & Musical Interlude
7.30—Assignment
7.55—Scotch Cup Curling
8.00—Radio International
8.30—Variety Showcase
9.00—Citizen's Forum
9.30—Classical Strings
10.00—CBC National News Roundup & Speaking Personally
10.30—Christian Frontiers
11.00—Maritime Mag.
11.30—The Sound Of Music
12.00—Marine Weather
12.09—Inland Weather

Proper Humidification Called Essential In Cold Prevention

By PATRICIA RUSAK

TORONTO (CP)—Proper humidification is one of the best ways to prevent colds and other respiratory infections, says a Toronto pediatric specialist.

The doctor usually checks "the child and the furnace" when he makes a house call in such ailments.

The human body, he says, can fight off naturally the common cold virus, which is constantly present in noses and throats, if there is sufficient humidity.

Humidity helps breathing passages remain open and clean. But if the air is dry, viruses and bacteria have a chance to grow.

Nature's second defence against infection—the lymphoid tissue of the tonsils and adenoids which traps germs and destroys them with antibodies and chemicals—can also become infected and require treatment if repeatedly infected due to dry air.

BREATHE WITH NOSE

And mouth breathing, necessitated when infected adenoids block nasal passages, is potentially harmful because over a long period it might result in an underdeveloped nose and changed facial configuration, the doctor explained.

When a virus infection such as a cold does develop, it can usually be handled by nature in most people, the doctor said. "It is useless to give an antibiotic early in a cold." But nature can be helped along by increasing humidity almost to the saturation point and by avoiding frequent changes in temperature and humidity.

The latter is especially difficult in the spring and fall months.

Optimum relative humidity is considered to be about 40-45 per cent. And to maintain this when the temperature outside is 20 degrees and inside is 70 degrees requires about one gallon of water a room a day."

SIMPLE METHODS

There are many simple ways of raising the humidity in a home—boiling water in a kettle, opening more windows, draping towels with their ends in pails of water over the radiators and registers, and keeping wet plants in the house.

Temperatures should be kept at about 70 degrees or even lower, especially at night.

"Wear sweaters if you're cold," said the doctor, explaining that generally as the air is humidified, a person is more comfortable at a lower temperature.

In homes heated by hot air, many different types of humidifiers — water-evaporating or moisture-spraying units — can be installed in a furnace.

"But these should be checked frequently to make sure they are working properly."

Even with sufficient humidity, colds are more difficult to avoid if body resistance is low during convalescence or due to fatigue, drinking and smoking, dust and smog, the doctor said.

KINGSBORO

Mrs. Joseph Conway has returned to her home in Elmira after receiving treatment in the Souris hospital.

Ethan Garrett, East Baltic, spent a recent weekend visiting with friends in Charlottetown.

Mr. and Mrs. Stewart Cameron and family, East Point were recent visitors to Rollo Bay, guests of the latters parents, Mr. and Mrs. William Burke.

Mr. and Mrs. Roddie Kidson, Red Point attended the funeral of Mrs. Wilbert Dockendorff, North River.

Mr. and Mrs. Bernard Mossey, Bothwell visited recently with Mrs. J. F. Mossey at the Sacred Heart Home, Charlottetown.

Mrs. Essie Stewart, Kingsboro, who is spending the winter months with Mr. and Mrs. Clifford Bryenton, Rollo Bay, visited recently with friends in this community.

Gordon Ching returned recently to his home at Black Pond after after after