

DIALING THE SHOWS

Viewer Vows He Will Not Miss Another Betty White Telecast

By BABE GABRIEL
Of all the gal comics on TV, the one who is this reviewer's greatest weakness is Betty White, star of "Life with Elizabeth."

It is pertinent to mention that "Life with Elizabeth" is on film. The vital quality of the picture is good and stands as evidence of what film producers can do if they try a little bit. There is some pretty poor-quality film shown on TV.

match. There is some merit in a wrestling exhibition where intelligence, strength, and leverage are the weapons used by the athletes. But when sheer brutality in human form takes over in a so-called tag-team match one wonders what's wrong with the morals of the sponsors and the stations that make this form of offensiveness available.

ly only intensifies the question of what the state athletic commissions, which, as the representatives of the taxpayers, are supposed to enforce regulations and ethics in honest sports competition, are officially doing in the picture it can only be because a certain athletic exhibition—even though only an "exhibition"—is involved. Therefore, certain regulations that keep it above the low level of animal brutality should be enforced without exception.

To Live Longer, Learn Pleasant Art of Relaxation, Says Doctor

Roy O. Gilbert, M.D.
Los Angeles County Health Officer

In our era of high-tension living we have lost some of the ways of life which served our fathers with much of their inner strength. The old and honored custom of the Spanish siesta, long since discarded in California, is one practice that could easily be adopted by many individuals and, according to observers, its powers of relaxation are excellent indeed.

Harbor Area Nurses To Meet Sept. 8

Regular meeting of the Harbor Area District Nurses Assn. will convene at 7:30 p. m., Sept. 8, in the auditorium of Harbor General Hospital.

With all the facts at hand it seems that men who pride themselves on being able to work hard all day, and still stay up half the night driving themselves mercilessly to complete unfinished tasks, are working at a low level of efficiency.

Other Tips
There are a few other suggestions which will aid you to relax and thereby increase your vigor, aid your digestion, decrease your irritability—and perhaps even improve your sense of humor.

lion. People who work hard, play hard, and live tensely should take the saying to heart and remember that the inability to relax has been called a major American disease. So, relax—and live longer!



ALL THE RAGE... Little girl harts are the rage of the kindergarten set, especially when perked with frivolous trim. This red wool felt hat is held in place with a grosgrain ribbon tie.

THE TORRANCE HERALD TELEVISION LOG

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THE WEEK'S FEATURE FILMS

Table of TV programs for Saturday, Sept. 4, Sunday, and Monday, Sept. 5.

Monday, Sept. 6

Table of TV programs for Monday, Sept. 6.

Tuesday, Sept. 7

Table of TV programs for Tuesday, Sept. 7.

Wednesday, Sept. 8

Table of TV programs for Wednesday, Sept. 8.

Thursday, Sept. 9

Table of TV programs for Thursday, Sept. 9.

Friday, Sept. 10

Table of TV programs for Friday, Sept. 10.

Friday, Sept. 10

Table of TV programs for Friday, Sept. 10.

Next Saturday, Sept. 11

Table of TV programs for Next Saturday, Sept. 11.

THE WEEK'S TV SPORTS LOG

Table of TV sports events for the week.

Any program deviations from this log are the result of last-minute changes by the stations.