

DR. CAPRIO'S SEX CLINIC



DR. CAPRIO

**This month's question:
How does one keep
physically and sexually
fit?**

The intelligent balance of work and recreation combined with the conviction that happiness is a state of mind, constitutes the key formula for keeping physically and sexually fit. Physical health and sex health are first cousins. They are related to each other.

You've heard the proverb many times: "All work and no play makes Jack a dull boy." Work can be—and in every properly adjusted life should be—one of our major pleasures. But even though you love your work, it is well to recall that work was made for man, and not man for work.

You are a human being and as such you require the stimulus of variety. Don't be a stay-at-home just because you are fifty or sixty. Don't become an easy-chair addict. Seek contentment in some form of recreational diversion or hobby. Husbands, for example, who have hobbies make better lovers.

If you want to keep healthy divert your mind away from yourself, from the obsession that you are growing old physically, emotionally and sexually. As Dr. Charles H. Mayo expressed it: "The mind must be treated with the same rules of care and exercise as the body."

"New interests, continued education and va-

riety will keep the brain up to the pace set by the fine and durable bodies which science now endows even the aged."

So begin to live today and enjoy the elixirs of life. If you need a vacation, take one. It will improve your sex-love life.

NEW WORLD RECORDS

Fastest Coffee-Powered Vehicle

Martin Bacon of the UK set a new world record with his "Bean Machine," a Ford P100 pick-up he converted by installing a gassifier. Bacon drove at an average speed of 65.536 mph during a run at Woodford Airfield in the Greater Manchester area. The modification on the vehicle uses coffee chaff pellets, which is the waste product from coffee production. When heated in a charcoal fire they break down into carbon monoxide and hydrogen. The gas is then used to power the truck's regular gasoline engine.

Tightest Parallel Parking

The tightest parallel parking world record has been beaten once again. Two brothers, Alastair and John Moffatt, of Gloucester, UK, successfully pulled off the stunt with just 5.16 inches to spare between the cars. The brothers drove vintage Mini Mayfairs in beating the record set not long ago by Ronny Wechselberger.

Longest Vehicle Drift

Rally driver Adbho Feghali, driving a Chevrolet Camaro SS, skidded his way to 36,679 feet 8 inches of continuous drifting—completing 43 laps in 14.28 minutes. Guinness World Records defines a drift as being when there is a speed differential between the driven wheels of the vehicle and its ground speed.

Most Simultaneous Motorcycle Backflips
Daredevil riders Team Nitro sent 16 riders out to perform simultaneous backflips on motocross bikes at London's O2 Arena. The team includes riders from Europe, New Zealand, and the USA, who executed their backflips while just inches away from those either side of them.

Courtesy of Guinness World Records
Visit www.GuinnessWorldRecords.com

Limerick of the Month

The lass I brought home was a prize,
With an alluring set of blue eyes.

Her breasts, so well kept,

Were what I'd expect.

But her penis was quite a surprise.

Like to submit a limerick? Write letters@
policegazette.us. Maybe we'll use it!

ANNIVERSARY

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eating cats to an exclusive interview with Jack Nicholson, from a murderous beer-drinking bear to the first people to row across the Atlantic (sponsored by the *Police Gazette*), from Jesse James's letter to the editor to the prediction of John Dillinger's demise, they've all appeared in our "From the Morgue" section along with our latest: the gambling secrets of Nick the Greek, the most successful gambler in American history.

And then there's music. Beginning with our exclusive interview with the leader of the Cherry Poppin' Daddies—who is from the Greater Binghamton area—and his agreement to have the Daddies be the "Official Band of the *National Police Gazette*," we have always made music part of our coverage. But our commitment to local music increased exponentially with the December 2012 issue when we expanded to 16 pages and devoted a number of them to the local music scene. This commitment is only increasing over time, making the *Police Gazette* the go-to publication for anyone interested in local-music information.

Finally, keep those cards and letters (and emails) coming. Our correspondence section prints letters from readers who have commented on such topics as the Leonard Melfi series, Sophia Loren, the profile of the *Police Gazette* at Cracked.com, our Trayvon Martin editorial, the race for Broome County executive, and the date of a picture showing a man from the 1950s enjoying his *Police Gazette*. We hope you'll continue to enjoy your *Police Gazette* as well. You are carrying on an American tradition.

PAUL JUSER

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victims and attributing them to Police Chief Zikuski, then following each with a phone number that could either confirm the conspiracy or was someone needing to know about it. The story was brilliant. The police chief of a small city was murdering prostitutes to end love affairs and silencing witnesses. The Vampire was telling his tale in secret corners of the city. He wrote on the backs of trailers at an abandoned gas station in black spray paint, and in black marker on the electrical box on the Washington Street walking bridge. The story was about to grow even more strange.

To be continued...

You can see many more pieces of *The Vampire's work at Regular Crazy*, www.printisbetter.com.

Police Gazette Horoscope for April

Capricorn (the goat) Dec 22-Jan 19

Fresh clean perfume can tickle your senses and make you want to find out more about a person. Chloroform can be a lonely man's best friend in times like these. 5 and 9 are always fortunate. This is still true today.

Aquarius (the water bearer) Jan 20-Feb 18

A wild onion heralds a wonderful weekend. Be sure to pick every one that you encounter. Look out for careless drivers and anyone who mentions snow skis.

Pisces (the fish) Feb 19-Mar 20

Winter was hard for you, so make a good spring! Lodge halls and movie theaters are a good choice when looking for an easy mark. Keep it simple and clean.

Aries (the ram) Mar 21-Apr 19

Purple pills cure more than heartburn so swallow whatever you find. Three men dressed in green are to be watched closely this April.

Taurus (the bull) Apr 20-May 20

Many new adventures wait for those who know their way around the proper channels. Keep a sharp eye on any woman under 40 who asks you for a cigarette.

Gemini (the twins) May 21-Jun 21

Continue your investigation of that new guy in the cellblock, and don't be afraid to ask questions. Memories and dreams meld together into one around the middle of the month, so be careful to keep each in their proper perspective.

Cancer (the crab) Jun 22-Jul 22

If you try hard enough, the "ones" are certain to know of your efforts. Keep plenty of rope and kitchen knives handy "just in case" around the 13th.

Leo (the lion) Jul 23-Aug 22

"Manny" or "Bruce" mean you no good will, so try to eat alone when possible. A large man with a feminine voice could hold the key to a new financial opportunity. Keep sharp!

Virgo (the virgin) Aug 23-Sep 22

Picking up the pieces is bad, but when it is pieces of yourself it is even worse! Stay away from racetracks and train stations for your own safety. 5 and 675 are for your benefit if you figure out how to apply them.

Libra (the scales) Sep 23-Oct 22

Fresh born kittens in the crock pot may sound tender to you, but your neighbors may not be as enthusiastic. Steer clear of milk and crying children.

Scorpio (the scorpion) Oct 23-Nov 21

Anyone who claims to understand you is lying. This includes "doctors" and "therapists" so STAY clammed up! They only mean you harm. Try your hand at poker near the end of April and you can be pleasantly surprised.

Sagittarius (the archer) Nov 22-Dec 21

Many strange sounds will fill your ears this month, so pay attention only to the ones saying positive things. Keep a clean room and be on your best behavior. The big break comes on the full moon.