

The News-Review

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THOUGHTS ON DIET

By Charles V. Stanton

Hal Boyle had something to say in his column recently about reducing diets. Twenty-six million Americans, he reported are overweight. That's a lot of Americans—and a lot of fat. I'm one of those Americans. I can speak with authority. Boyle had to go to an "expert" for his information. He should have talked to my wife.

My wife made up my mind that I was getting too heavy. I was aware, of course, that most of my clothes had shrunk, that I was finding it increasingly difficult to climb stairs without puffing; that I had little desire to walk rather than ride; that I had much more preference for the easy chair than the lawn mower. But all that, I insist, was just because I worked hard and was tired. But the wife raised a quizzical eyebrow when I mentioned that (quote) hard work (unquote), although she was too polite to argue the point.

Anyway, she talked to my doctor, who said he had noted that I was becoming a little bulgy. He gave her a diet list.

I made the point that I was simply barrel-chested, and the wife agreed, but said a barrel resting on an over-inflated inner tube is a queer sight.

A Rank Injustice

Well, you know as well as I do what happens when you argue with a determined wife!

I'm on diet.
And now I have a cause for complaint. I believe 26 million of us overstuffed Americans are being treated unjustly. I believe there ought to be a law.

I pick up the paper, and what do I see? Advertisements for food! Choice steaks at reduced prices. A whole array of succulent foodstuffs, displayed with all the art of the advertising layout man. And the food editor fills her page with pictures of tempting desserts, cookies, and spicy cakes.

When I can no longer stand the drooling induced by perusing the newspaper, I turn on the radio and am immediately greeted by a commercial bringing visions of New York cut steaks sizzling from the charcoal grill, smothered in mushroom sauce, and flanked by a huge baked potato, loaded with butter, topped with sour cream.

After smashing the radio set, I turn for relief to television, and upon the screen flashes a picture of loaves of snowy white bread, or luscious dishes of ice cream, followed by a gorgeous blonde, with all the curves obvious, I mean obviously, in the right places, pouring a glass of cool, foamy beer.

Finally, in desperation, I turn off the TV and pick up a magazine, whereupon I'm confronted with glorious colored advertisements of baked hams, angel food cakes, iced desserts, etc. and etc.

I tell you there's a conspiracy against us fat folk!

Tips On Travel

You don't believe me?
All right, you're going on vacation. Do your friends tell you about the beautiful scenery, points of interest, recreational opportunities in the areas you are to visit?

They do not!
They tell you about the wonderful meal at Herman's Nut Farm, or the superdelicious Italian meal at Petro's, or they tell you not to miss the "out-of-this-world" Mexican food at Cisco's.

It used to be that we travelled to see and do things. Now it seems we travel only from one famed eating spot to another.

But dieting has its good points I tell myself as I dine on my one-quarter fresh apple (medium), my half-cup of—ugh—spinach and sip at my glass of skim milk, while the cooking instructor on television tells how to make a pineapple upside-down cake with brown sugar and maple syrup. Yes, dieting has its good points. Life insurance actuaries tell us we'll live much longer if we rid ourselves of surplus adipose tissue.

But then comes the question, do we live to eat or eat to live?

Hal Boyle

NEW YORK (AP) — Sidewalk scrawlings by a pavement Plato:

Would a daily "think break" help you in your job?
Harrison Gouch, a University of California psychologist, says "think breaks" should be added to the daily or twice-daily coffee breaks now customary in many offices.

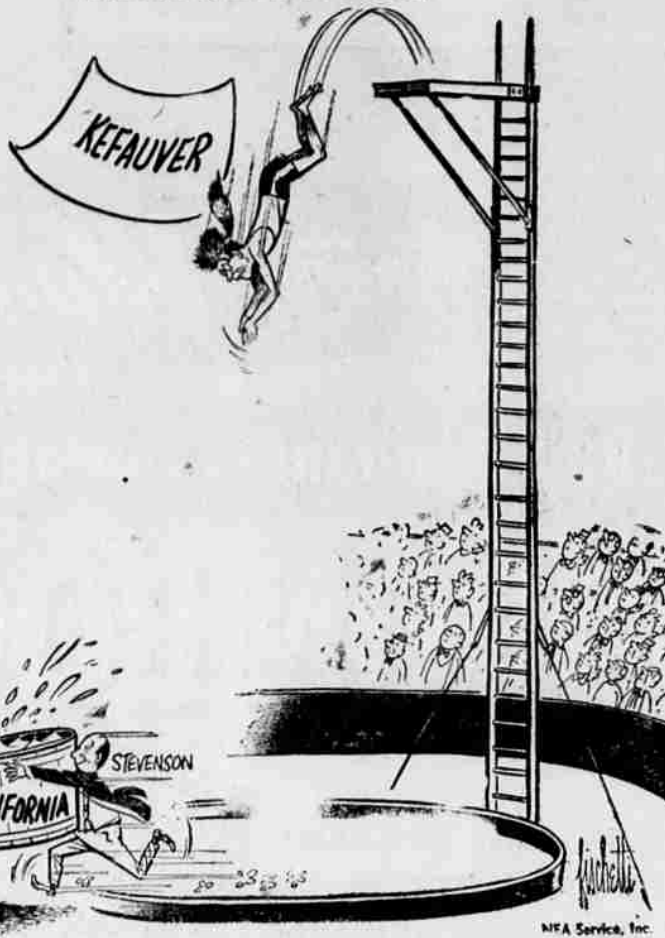
"Workers should be given a think time so that they can sit down and think out their problems without interruption," he said.
The idea sounds attractive on the surface, but it holds hidden perils.

For one thing it might hurt rather than help office morale. A boss who told his employees, "Now we'll all just sit still for 30 minutes and think real hard," might end up with a strike on his hands. If there is anything the average person resents, it is being forced to think.

The virtues of thought on the ordinary job are sometimes exaggerated. Too much thinking in an office could create bedlam. Look at the cow. It is a perfect factory, and delivers a perfect product. And it doesn't think at all. It merely ruminates, which is much more fun than thinking.
There is another objection to the idea of having the whole office force think at once about how to improve the business. Some sneak is bound to cheat. He is going to think, "Now, I wonder how I can get the boss's job." And he might figure out a way, too—on office time.

By and large, it might be better to have a "daydream break," a period during which everybody can relax and dream uninterrupted about anything he likes. The chances are even he'll wind up with ideas at least as good as those he'd get furrowing his brow in the agony of thought.

The Act's Smash Finish



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Within the next month two Senate groups probably will look closely into the sharp rivalry among the armed services which recently came into glaring light.

But it is unlikely that anything they learn or decide will bring that competition to an end. Nor should that be their goal.

It is inevitable that in this swiftly changing age great questions should arise as to what kind of war we should be prepared to fight, what weapons we should employ, and what roles and missions the Army, Navy and Air Force should perform in any future combat.

We learned in World War II that prosecuting a war needs more unity of effort than we had then. But we also discovered, in trying to bring about that unity later, that none of the individual armed services could be prevailed upon to yield their separate identity.

The evidence in the intervening decade suggests that the country is better off because they did retain their separate existence. The competition has been more beneficial than harmful, even though, as in 1949 and now, it has erupted from time to time into bitter public rivalry.

AS EACH SERVICE faced the future and tried to determine for itself what was its role in the military security for America, inescapably it fought hard for a larger share of our defense dollar. Inescapably, too, there were disappointments when decisions went against individual service judgments.

Top Army men were bitter when they felt too much stress was being put on air power and nuclear bombs. The Navy now and then felt its role, too, was being minimized. The Air Force retaliated by questioning the need in an air age for large ground forces, and

the practicability of the super-carriers which the Navy emphasizes along with its atomic-powered submarines and other craft.

But from the nation's standpoint the gains from this competitive feeling have been substantial. Air Force and Army may argue over the relative value of such anti-aircraft guided missiles as the Talos and the Nike. Yet the significant thing may really be that we have two such missiles to argue about, instead of one which might in fact be inadequate.

THE RECORD of warfare shows that all the services have made major mistakes in the past. The existence of competitive brains and energy in rival services helps us to counteract those errors.

With all our eggs in one big basket, a mistake thus compounded could prove fatal to the nation's safety.
Adolf Hitler showed us the perils in this course. He had the first operational jet plane but he hampered its usefulness by insisting it be used for bombing rather than as a fighter, for which it was designed. And his personal whims imposed long and costly delays on construction of the V-2 rocket, which could have been a decisive weapon had it been introduced earlier in World War II.

President Eisenhower said it well when he said he'd be frightened if the armed services weren't battling. But he also voiced a wise concern, which we would echo, that the argument be kept temperate and reasonable.

The general public has a right to know what the general lines of thinking are. But it is not qualified to decide where the balance should fall. The armed forces experts and their civilian superiors must decide this among themselves. And they cannot negotiate their differences sensibly if each is determined to try his case in public at full lung power.

In The Day's News

(Continued From Page One)

farm production into balance with markets by 1959, but I must emphasize that it is not a program to empty government bins and warehouses SO THAT THEY MAY BE FILLED AGAIN."

That is to say:

"The soil bank is a government-subsidized program to TAPER OFF farm production to the point where demand (which is based on consumption) will again balance supply. It is intended to act as a stop-gap during the period when we are working off the immense surpluses that have accumulated because we lacked the political courage at the end of World War II to put an end to the subsidies that were intended to stimulate production during the war years when we needed greatly expanded farm production in order to feed ourselves and our allies.

If we have the political courage now to accept the fact that the soil bank is merely a tapering off process designed to bring farm markets back into balance with supply and demand, it will work. If it works, it will be worth what it is going to cost—which will be a lot.

But—
As Secretary Benson says—
If we use the soil bank merely as a temporary scheme to subsidize UNDER-PRODUCTION during the period when we are emptying the presently over-stuffed warehouses and then go back to vote-catching policies and programs that will create NEW over-supplies of farm products, we'll be in a pickle again.

That is plain common sense. will surely shorten her life. But at 106 a girl certainly can afford to gamble a bit, and all we'd like to know is what brand of tequila she recommends and whether she thinks filtered cigarettes are better than the ordinary kind.

Reader Opinions

Attention Called To Old Landmark Of Roseburg

ROSEBURG—Near the door of the old mansion which has been our public library we find a plaque bearing these lines:

The home-site of Judge and Mrs. Wm. R. Willis, two gracious, successful pioneers, made this house historical by entertaining over night, Sept. 29, 1880, President and Mrs. R. B. Hayes and their party.

Near this mansion stands a maple tree with fine-cut leaves great branch spread, towering above the surrounding buildings. We are told that this tree was planted by those precious pioneers before mentioned, and it is gratifying indeed that history has preserved the record of these pioneer folk and equally gratifying to know we have a group of people interested in preserving the beauty spots left by them.

The height, branch spread and availability, coupled with its intrinsic value, make this grand shade tree eligible for honorable mention in the tree hall of fame.

This has a house become a civic asset of which we are proud.

We find in Proverbs 22:4—these words: Remove not the ancient landmarks which thy fathers have set.

Owen A. Palmer
Roseburg, Ore.

EDEN NOW 59

LONDON (AP) — Prime Minister Eden celebrated his 59th birthday Tuesday but was too busy to take much more than passing note of the fact.

Race Issue Placed On Texas Ballot For Primary Vote

AUSTIN, Tex. (AP) — The first big test of the opinion of Texas voters on mixing of white and Negro children in public schools and on other race questions will be held in the Democratic primary July 28.

The State Democratic Executive Committee Monday voted formally to submit the questions in a referendum simultaneously with the primary held to nominate a candidate for governor and other state officers.

The action was virtually automatic. It was requested in petitions signed by 153,868 Democratic voters—more than the 10 per cent which would make it mandatory under the Texas election code.

The referendum questions will be printed on the ballot like this:

1. "Mixing white and Negro children in the public schools."

2. "For (or against) the use of interposition to halt illegal federal enforcement."

3. "For (or against) specific legislation perfecting state laws against intermarriage between white persons and Negroes."

The proposed referendum drew opposition Monday night at San Antonio, where the Bexar County Democratic Executive Committee condemned the state executive group for placing the race issues on the ballot.

"We will exhaust every legal means to keep the referendum off our ballot," a spokesman for the Bexar County committee said.

Four filings for bankruptcy have been listed on the U. S. District Court docket in Portland.

Those filing and lists of debts are: John M. Ludlow, Canyonville mine laborer, \$5,985.48; James Belcher, Glendale tallyman, no total; Carl Walter Henderson, Reedsport millworker, \$36,368.99; and Mary Catherine Henderson, Reedsport housewife, \$38,368.09.

FILE FOR BANKRUPTCY

WASHINGTON (AP) — The Navy said Monday its antarctic winter base at Little America has established radio contact with the Russian station 1,650 miles across the frozen continent.

As a result of the contact, the Navy said, "visits from American and Russian stations by representative groups have been suggested."

It did not indicate whether arrangements have been made for exchange visits between the two camps.

The Navy said three officers will arrive at Christchurch, New Zealand, for the next antarctic summer operations, and for the first airplane landing at the South Pole, possibly next October.

One of the three is Capt. Gerald L. Ketchum of Bellingham, Wash., deputy task force commander.

The U. S. plans to build a 25-man base at the pole for earth science studies during the International Geophysical Year, which begins July 1, 1957.

The Navy said it would use 10 airplanes in the antarctic in the coming operations, compared with four last year. In addition, the Air Force will use eight C-14s to drop 500 tons of building materials at the pole.

Navy planes will land 26 Seabees at the pole as soon as possible after Oct. 15 to build the base. Later the Seabees will be flown out and replaced with 25 scientists who will spend the next antarctic winter at the lonely post.

Editorial Comment

From The Oregon Press

INTO ANTIQUITY

Industrial News-Review

Finding the origins of words in common use can often be a fascinating and surprising occupation.

The Exchange, a magazine issued by the New York Stock Exchange, recently gave the origins of various words connected with the world of finance. Wall Street comes from a palisade of wood built by the Dutch as a defense against Indians. Stock goes back to the Anglo-Saxon stock, meaning a tree trunk or a stick—in those times wood had to be stored for the winter, often in a tree trunk.

Bond is a variation on the Middle-English word band, meaning a fastening. The issuer of a bond is "bound" to make repayment.

Capitalist derives from the Latin caput, for head. It is linked with cattle, for in ancient times a man's wealth was numbered by the number of cattle he owned and cattle were counted by the head. And broker was an Old French word for one who broached a cask to draw off the liquid.

Evils and bears have a particularly picturesque origin. Long ago gamblers would sell bears' skins before the bears themselves had been trapped, in the hope that a falling market would bring profits. And the bulls got their name from this animal's habit of tossing things up into the air.

Thus do words go back into antiquity. And so, in a way, does the institution of the stock exchange itself. It is symptomatic of man's age old desire to own and to accumulate and to exchange property—a desire on which civilization rests.

JAPANESE ESCAPE

NAGASAKI, Japan (AP) — A Japanese fishing boat returned here Tuesday and reported it had escaped under gunfire from a North Korean patrol cutter in the Sea of Japan. Crew members said a second fishing craft was captured.

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ARMY CHIEF ARRIVES

BAGHDAD, Iraq (AP) — Jordan army chief Lt. Col. Ali Abu Nawar arrived Tuesday to discuss coordination of military defense plans with Iraqi authorities. Three army officers accompanied him.

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