

The News-Review

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LESSONS FROM SCIENCE

By Charles V. Stanton

Only a few years ago we frequently heard the old saying that "Everyone loves a fat man." A liberal supply of adipose tissue was supposed to connote a happy disposition, freedom from worry and tensions and an optimistic outlook on life.

So, speaking personally, as my waistline started to thicken, I began to relax, appreciated freedom from the pain of my ulcer and decided that maybe life, after all, was worth living.

Then I began to read that surplus pounds were poison. Overweight persons, it was announced by "eminent authority," were "digging their graves with their teeth." As a man's age advanced, said doctors, he should decrease his weight if he desired to remain upon the earth. Otherwise he should keep up his harp lessons.

The delicious foods which had contributed to my more than adequate bulk seemed to lose flavor. I started scouting various diets. (Diet formulas were a dime a dozen.) I tried numerous formulas — briefly. I found little success in weight reduction.

Just as I was resigning myself to an early demise, doctors began warning about the effects of rigorous dieting. Immediately I felt better.

Yes, No, Maybe Conclusions

Like many another, I found comfort and pleasure in cigarettes; too many cigarettes, in fact. Then I began reading that a smoker had little expectation of getting even close to a normal life span. Despite my extra avoirdupois, which was supposed to free me from worry, I became anxious. On every side I have been reading how cigarettes are believed to be precursors of lung cancer. When Senator Neuberger came out urging the federal government to set up a campaign of education against cigarettes and withdraw subsidies from tobacco farmers, I was about ready to walk over to the undertaker and give myself up and thus save the middleman profits.

I had only one hope. One group of experts said it took 30 years of heavy smoking to bring about lung cancer. I had only been smoking for 29 years. I took a vacation from cigarettes — and gained 30 pounds.

But, just as I was about to surrender, book publishers Coward-McCann, Inc., New York, sent me for review a new book, "Science Looks at Smoking," by Eric Northrup, medical journalist and technical writer, who reviews the scientific "proofs" of the dangers of smoking as compiled by researchers.

While the author follows the "Yes No, Maybe" formula throughout much of his work, contending that the "proofs" and "statistics" are far from conclusive, he does take the position that some of the publicized conclusions on smoking as a cause of lung cancer and heart failure are highly "suspect." Anyhow, says he, more people die from falls in the bathtub than from lung cancer. So maybe I should quit taking baths!

Anyway I'll postpone a voluntary trip to the undertaker.

Fat And Heart Disease

In late months we've been reading that researchers have practically put their fingers on the cause of heart disease by finding that we eat too much rich food; that high fat content in the diet produces cholesterol which plugs our arteries, and that when a chunk breaks off and lodges in the heart we've had it. But now comes other researchers declaring there's no evidence that a high-fat diet contributes to heart disease.

Now, maybe, friend wife will let me have a slice of bacon for breakfast!

Everyone seems to have become greatly concerned about atomic fall-out. Scientists have been proclaiming doom for the world. Congressional committees have been holding hearings.

But a new scientific report says that a person gets more radiation from the average wooden house than from atomic fall-out to date, and that brick and concrete buildings give out even more normal radiation.

If the "findings" of some of our scientists and researchers are true, none of us are long for this world.

Maybe, pondering on all these things, I can be glad I'm fat and inclined (supposedly) to be free from tensions.

Please pass the "happy pills."

Bruce Biossat

Up to now we've been studiously avoiding any pompous judgments on the subject of rock and roll. Too many warnings from the experts to lay off.

The psychologists keep saying that if the adults harp on it that puts the youngsters on the defensive, makes martyrs of 'em and just heightens our chances of hearing the stuff indefinitely.

Now and then some cultural expert comes along and says we'd better be careful about criticizing "new forms" in music or anything else. You never can be sure that what you're attacking may not be the cultural wave of the future. After all, they blessed Brahms' stuff the first time it was heard in a concert hall.

WARNINGS like these should be enough to intimidate anybody. But now and then the spirit of rebellion simply gets out of hand, and warnings tend to go by the board.

That's how it is now, after listening to the complaints of a friend who had an unusually extended exposure to rock and roll.

The fellow was making a long, solitary journey in his car. Thus trapped, he naturally turned to the radio for companionship. He'd always heard that radio was the friend of the shut-ins, and here he was, shut inside his four-door sedan.

Well, after about five hours of it he felt like a victim of Com-

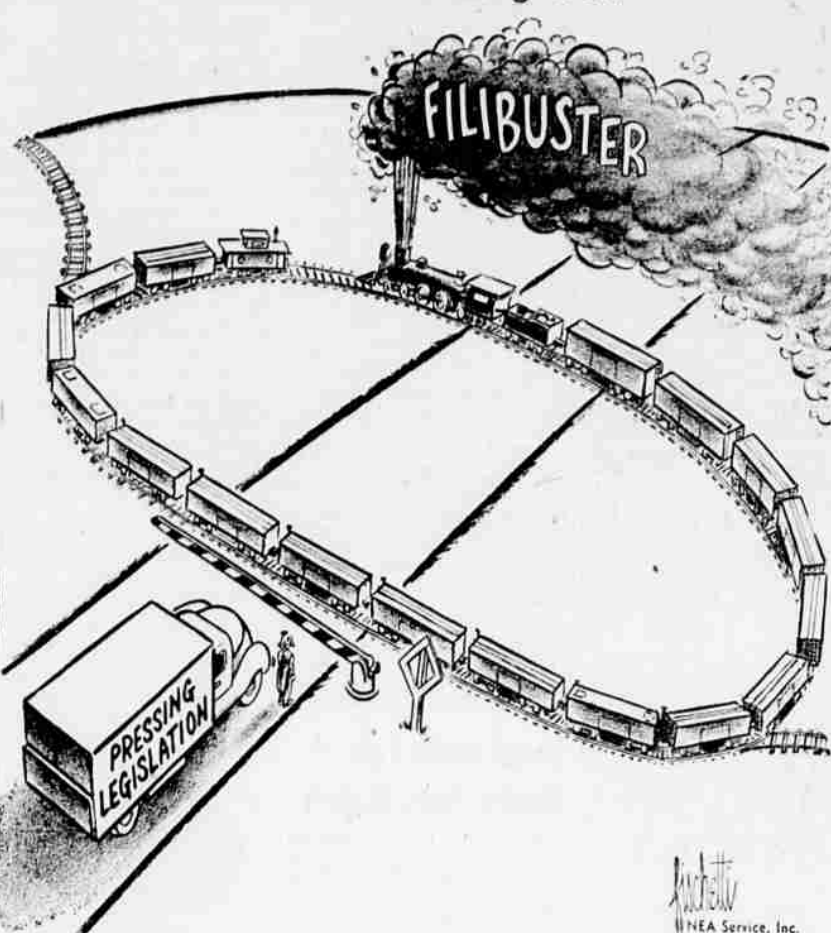
munist brain - washing and torture. Rock and roll pounding inside a sedan was like having some torture specialist put a pail over his head and beat it steadily with a club.

THE RADIO gave him companionship all right — the fellowship of endless noise. Once in a great while a harmless old-fashioned tune crept onto the airwaves. It was like having the stick - heater take five for a cigarette. Eventually he decided he didn't want friendship that much. In the manner of a man pronouncing judgment on a whole era, he switched off the radio. Mercifully, the pounding stopped. Only the whistling wind assailed his ears. He went the remaining half dozen hours in virtual silence. It was pretty lonesome, but oh so peaceful. And singing in his head he could now and then hear some of the pleasant tunes from an age when popular music was something to enjoy rather than to combat.

DOUGLAS SEES SHAH

TEHRAN, Iran (AP) — U. S. Supreme Court Justice William Douglas, now on a 10-day visit to Iran, had an audience with Shah Mohammed Reza Pahlavi Wednesday. Douglas plans to visit Isfahan and Shiraz and climb Iran's western mountains on his way to Western countries.

Looks Like a Long Wait



IN THE DAY'S NEWS

By FRANK JENKINS

(Continued from page one)

the birthright of every American, regardless of his racial origins, the color of his skin, his religious beliefs or anything else involving his PERSONAL rights within the limits of the personal rights of others.

It will be well to remember, however, that the mere passing of a law won't in itself secure these rights. There must be HUMAN TOLERANCE.

It's going to take time. This business of securing civil rights for everybody is more than a campaign for votes in the next national election.

The head of the United States Chamber of Commerce says in Washington that federal aid programs tend to make state officials too dependent on the federal government.

He tells a house government operations subcommittee that such aid makes the state officials consider themselves — as he put it — "super salesmen."

He added: "They try to sell the need for federal aid — instead of trying to solve the problem themselves."

The big trouble with federal aid programs for the states, the cities and the counties, it seems to me, is that it TENDS TO TAKE GOVERNMENT TOO FAR AWAY FROM HOME.

The farther government gets from the people who pay the tax-

es, the more extravagant it tends to get.

Here is probably the principal reason why government aid programs have spread like fire in dry grass: EVERYBODY has had the feeling that "if we don't get it SOMEBODY ELSE WILL."

That has caused states, cities and counties to ask for things they wouldn't otherwise have thought of asking for.

Lane County Breaks Ground For Courthouse

EUGENE (AP) — Ground-breaking ceremonies were held here Tuesday morning for Lane County's new two-million-dollar courthouse. The new structure will rise just north of the present courthouse, which will be razed. Completion is expected in late 1958 or early 1959.

Eugene contractor Gale Roberts was awarded the general construction contract last weekend on his low bid of \$1,811,565. Mechanical, electrical and steel work, plus architects' fees, will bring the cost to about two million dollars.

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stance other cars in its price class haven't quite captured. Everywhere you look, fine finishing touches confirm the craftsmanship that goes into a Chevrolet.

Chevrolet's response and performance are pretty special, too. There's a well-what-are-we-waiting-for spirit in the engine, especially when you show a Chevrolet a mountain. And you'll do a lot of looking to find comparable smoothness, steadiness and nimbleness on the road. If you do find them, you'll be in the high-altitude prices—for sure. See a Chevrolet at your dealer's now.

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Indian Leader Passes At 63

FLORENCE (AP) — Howard Barrett, a leader in the fight by coast Indian tribes to gain compensation for lands decided to the federal government years ago, died here Tuesday morning. He was 63 years old.

His health had been failing for some time. Under the auspices of the confederated tribes of the Siuslaws, Lower Umpquas and Coos Bays, Barrett last year signed a petition asking for the United Nations to review a treaty signed with the federal government in 1855.

The treaty, the Indians claimed, gave the government a 40 by 74 mile strip of land along the Oregon coast, for which the tribes were never paid.

Barrett spent most of his life in the Florence area. He served with the Coast Guard during World War I.

Surviving are his widow, Ethel, a sister, and five children.

Services will be held Saturday afternoon in Florence, with burial in the Indian cemetery on the north fork of the Siuslaw River.

SOVIET CENSUS

MOSCOW (AP) — The Soviet Union's census takers have scheduled a trial run on the 1959 national census in August of this year.

A test count of the inhabitants of individual districts in Moscow, Leningrad, Novosibirsk, Stalino and other areas is set for Aug. 1. Lessons learned in these local operations will be incorporated in preparations for the big count planned for January, 1959.

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