

HEART ASSOCIATION DEBUNKS MYTHS ABOUT HEART DISEASE

The Oregon Heart association today asked every citizen to adopt this New Year's resolution:

"Resolved, I will be guided by facts about heart disease, rather than fears and phobias."

As a prelude to the 1954 Heart Fund campaign, which is being conducted in Oregon throughout February in areas where the association is not affiliated with Community Chests, the association issued a statement directing attention to five of the most common misconceptions concerned with diseases of the heart and blood vessels.

Heading the list is the often-heard fallacy that "nothing can be done about heart disease."

This is contrary to fact, says the Oregon Heart association, adding "some forms of heart disease can be prevented, some can be cured. Your doctor can help almost all cases, especially if diagnosed early."

Another boner which the heart association would like to see eliminated is the notion that "most heart attacks are fatal." Untrue. The association has this to say:

"After a heart attack, the majority recover to lead productive lives."

Then there is the long-propagated myth that "murmurs, chest

pains and palpitations are sure signs of heart trouble." Countering fancy with fact, the heart association points out that these "symptoms" do not necessarily indicate heart trouble—that only your doctor can tell.

Is it true that women with heart disease should not have children? The oldwives' tale says that it is. Yet that is wrong.

"With proper medical care," reports the association, "most women with heart disease can bear children safely."

Finally the association debunks one of the most persistent and widely held misconceptions of all, namely, that "you can't work if you have heart disease." Here is the answer:

"Most can still earn their living—often without changing jobs."

With diseases of the heart and circulation responsible for more than 750,000 deaths yearly, or more than all other diseases combined, the American Heart association explained that it doesn't for one moment minimize the seriousness of the heart disease problem.

"On the other hand," the statement continues, "the outlook warrants hope and optimism."

"It is our hope that the people of Oregon will put aside the glar-

VFW Post Honors 20 Year Members

Twenty-year membership buttons were presented to George Nelsen and Arthur O. Bollinger, and a fifteen-year button to Paul Whirry at last Wednesday night's twentieth birthday observance of the local V.F.W. post. The presentation was made by John Schum, former state commander, before a crowd of approximately 100 post and auxiliary members. Other 20-year buttons will be forwarded to Sidney Walker of Pistol River, and Charles Metz, of Chinook, Wash., and a 15-year to Milton Foster, Harbor, who were unable to attend.

The local branches of the national organization felt highly honored because Schum, state V.F.W. service officer; G. O. Pike, and Mrs. Cecile Hafer, state president of the Auxiliary, made the special round trip from Portland to attend. State Chaplain and Mrs. Sherman Wilson of North Bend also came, as did District Commander and Mrs. Ken Oliver of Shady Grove, and Mr. and Mrs. Harry Birch of Medford. Mrs. Birch is hospital chairman of the organization for Camp White. C. E. Seegar, Curry county veterans service officer of Gold Beach also attended.

A new program of positive approach to Americanism by the V.F.W. was the principal topic of the state officers. They said, as a result of an argument initiated in a small Oregon post, the national body is pursuing a program emphasizing that ours is the best country in the world, in all things, despite those who think the Communist world more attractive; that Communism can best be combated by overwhelming those who advocate it with evidence on every hand that a true Republic, such as ours with freedom for each individual, surpasses any other form of government.

National Forest Timber Sold

Purchasers of national forest timber in the Pacific Northwest region contracted for more than \$7 million worth of stumpage during the last three months of 1953. Regional Forester J. Herbert Stone announced today.

A total of 554,408,000 board feet was sold at 944 sales in Washington and Oregon. Eighty per cent of the sales were for \$500 or less.

Comparison with the October-December period in 1952 reveals an increase in volume sold of 77 million board feet while receipts totaled \$619,061 less.

In Oregon \$5,062,250 was bid for 359,067,000 board feet at 532 sales. National forests in Washington sold 195,341,000 board feet for \$1,997,147 at 412 sales. Seventy-seven per cent of Oregon sales and 83 per cent of Washington sales were for \$500 or less.

Included in the sales were 21 in Siskiyou National Forest, totaling 22,630,000 board feet and \$272,928.

ing misconceptions that have been handed down from generation to generation. These untruths have fostered unwarranted fears, prevented heart sufferers from obtaining the attention they require, and in general have been harmful to progress.

"Our chief hope is that research—supported by the Heart Fund—will provide the knowledge needed to bring under control this nation's leading health menace. This hope underscores and gives meaning to the Heart Fund slogan—"Help Your Heart Fund—Help Your Heart!"

Judges Announced For Quilt Display

Mrs. Alvina Eickhoff, chairman of the Grange quilt display committee, announced this week the judges for the quilt display planned for February 20 at the Grange hall. The judges will be Mrs. Sylvia Lee, home demonstration agent for Curry county; Mrs. Edith Ackley, home economics committee chairman for the Curry county Pomona Grange, and a third woman that Mrs. Lee will bring with her.

Lots of interest has been shown over the coming quilt display as almost everyone has a cherished quilt or two which they would like to have their neighbors see, and they are interested in seeing the quilts of their neighbors.

The quilts are to be brought to the Grange hall between 9:00 and 11:00 a.m. on February 20.

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and the judging will be done by 1:30 when the public is invited in. The quilts are to be picked up at 9:30 by the owners, and it is promised that there will be someone in the hall at all times when the quilts are there.

There is no charge to see the display and it is expected that this will be very interesting and attract a large crowd both in the afternoon and evening.

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