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Emphysema Country

By James L. Mack, M.D.,

One cigarette upsets the flow of air and blood in your lungs. Years of smoking are associated with emphysema. And in the last decade, deaths from emphysema almost tripled in this country.

To investigate the relationship of smoking and emphysema, two prominent researchers - Drs.OscarAuerbach and E. Cuvler Hammond - studied whole-lung sections from autopsies of 1800 men and women. Then they checked the lungs for the degree of emphysema that might be present. Later they found out from relatives the smoking habits of the dead persons.

lungs looked lacy, dotted with How closely did smoking holes where thousands of air habits correlate with the extent of emphysema in the lung? Very closely.

More than 2,000 Portland

school children in 40 district

schools also participate in a

under the Child Nutrition Act

meals up to one month in

advance. She said they are

required to plan meals meet-

ing the nutritional needs of

school children first and then

they consider popular tastes.

She also said standards re-

quire that each noon meal

meet one-third the daily-nu-

trition requirement of chil-

FAMILY

LAWYER

ons by the United States

preme Court must surely be-

wilder many a reader. What the

majority confidently asserts in

Paragraph One, dissenters just as

confidently deny in Paragraph

make of all this? If even the ex-

perts cannot agree on what the

law is, how can plain folk be ex-

senting opinions are simply not

allowed. Once a majority deci-

sion is reached, dissenters are expected to keep their views to

But on our Supreme Court,

public dissent has a long and re-

spectable history. It has been a regular feature of the Court ever

since 1806, when a holdout justice

voiced his disagreement with

of dissent ("the only thing that

makes life tolerable," said Justice

William O. Douglas) is that it

may help shape the law of the

future. Major changes in the law,

including even amendments to

the Constitution, have had roots in earlier dissenting optnions

Still, dissents, if overdone, can

needlessly weaken both public un-

derstanding and public acceptance

of a Court ruling. At least, say

critics, a judge should not dissent

merely because of minor disagree-

tively few of the dissenting opin-

ions - even those of Oliver Wendell Holmes, the "Great Dis-

senter" - have ever become the

Is it surprising that dissents oc-

cur so often? Not when one con-

siders the kind of questions the

Court must answer. Almost al-

ways, they are questions on which

even the wisest and fairest of men

may differ. The easy ones just

A public service feature of the

American Bar Association and

the Oregon State Bar Associa-

ation. Written by Will Bernard.

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never reach the Court at all.

Statistics do show that rela-

ment or personal pride.

Chief Justice John Marshall. One great virtue of this right

What shall the ordinary citizen

of 1966.

dren

Of the persons who had never smoked regularly, 90 per cent had no emphysema at all. The air sacs, where oxygen and carbon dioxide are excigarettes. changed, were not damaged and torn. The walls of the small blood vessels around the air sacs were not abnormally thickened. In contrast, of the

Find out more about ways advanced emphysema. Their

persons who smoked 20 or more cigarettes a day for years, 99 per cent had some degree of emphysema. And 20 per cent of these smokers had

sacs had ruptured and broken. Among persons with the same smoking habits, the degree of emphysema in their lungs increased with age and the number of years they had smoked Other studies cited by the U.S. Surgeon General show the

chances of dying from emphysema are 25 times greater for people who smoke two packs a day than for nonsmokers.

to quit smoking from your local tuberculosis and respiratory disease association. It's a matter of life and breath.

PCC-OMSI

Women in the Navy are being assigned to jobs previously considered "for men only." Several enlisted women at Pearl Harbor are now performing port jobs formerly handled by their male counterparts.

The girls are assigned as line handlers and coxswain on the tour boats to the USS Arizona memorial and Pearl Harbor. They are responsible for piloting the 64-foot passenger barges around the harbor and securing the boats to the pier.

Abortion

hearings

An Oregon Women's Tribu-

nal on Abortion, Contracept-

ion, and Forced Sterlization

will be held on Saturday, Oct.

21 at Portland State Universi-

ty Ballroom, starting at 12

Any woman who wishes to

testify about her experiences

with abortion, contraception,

or forced sterilization, or who

wish to help build the Tribunal

should contact the Oregon

Women's Tribunal Commit-

tee, c/o Women's National

bortion Action Coalition,

Educational Activities office

Portland State University.

Phone 229-4451



'It's thoughtful and sensible to pre-arrange funerals," says Mrs. Jessie Henson.

School lunches expand

Portland Public Schools will mark 26 years of progress in the field of child nutrition next week when it joins in the celebration of National School Lunch Week, October 9-13. Mrs. Ruth Smalley, coordinator of cafeterias for the school district, said more than 5 million meals are prepared each year for Portland

children. She said this amounts to about 29,000 meals per day and is jointly financed by the federal government, the school district, and by meal costs. Federal grants under the National School Lunch Act amount to \$1.3 million of the district's \$3.8 million budget

for food service for 1972-73. Each year Portland schools buy nearly 200 tons of meat and a half million gallons of milk for school lunches. In addition, Mrs. Smalley said, Portland school children consume more than 800 tons of

Dissenting Opinion fresh fruits and vegetables each year. News stories about split deci-

tional School Lunch Act was

enacted, Congress has ac-

celerated expansion of the

school lunch program to pro-

vide meals to nearly 25

million school children a day.

Currently about 30 per cent

classes including day care centers.

Portland Community College in cooperation with the Oregon Museum of Science breakfast program provided and Industry (OMSI) will again offer science classes for children grades one Mrs. Smalley said two full time dietitians plan school through six, each Saturday morning, October 14 through November 11, 9 to 11 a.m. at PCC Sylvania, 12000 S.W.49th Avenue, room C4 ST.

Emphasis will be on laboratory activities in basic chemistry. Each student will have the opportunity to explore topics such as indicators, solutions, and the preparation of gases. Topic groupings will be by age and there will be an instructor for each group.

Cost for the five-week series is \$7.50. Toenroll contact PCC Community Education, 24-6111, extension 318.

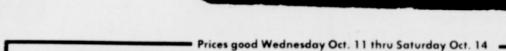
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Notice The Webfooter Post Card Club members will have a display of modern and old-time post cards at Lipman's down-

of these lunches are served free or at reduced prices. In 1968 an amendment to the National School Lunch Act provided special food service programs for children. This made Federal assistant availtown store in their Holiday

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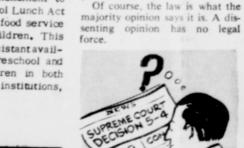
able for both preschool and school-age children in both public and private institutions,

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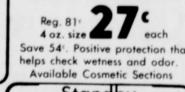
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