

ALOHA Business Guide

ALOHA BUSINESS and PROFESSIONAL LISTINGS

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Fatigue Causes "Spring Fever" At Any Time Of Yr.

"Spring fever," when used to describe physical fatigue and lethargy, attacks most frequently and with greatest force at this time of the year, although it can come during any season.

There is a reason for this. Sometimes the body is merely reacting to the change of warm spring days after the long, cold winter. Winter weather, too, tends to keep a person indoors at sedentary pursuits and fatigue may be the body's way of demanding needed fresh air and exercise. Or, fatigue may be

caused by loginess, the result of steady eating of rich, heavy foods, usually consumed during cold months when the appetite is sharpened.

Lack of sufficient sleep and rest is, obviously, one of the most common causes of fatigue. Some of us foolishly think that we can go on and on, working and playing to excess, without giving the body a chance to recover.

It's true that the human body normally can recover quickly from ordinary fatigue. But prolonged and excessive fatigue is dangerous because it causes an accumulation of waste products and acids in the body which are actually poisonous.

Some people, suffering from chronic fatigue, resort to excessive amounts of stimulants like coffee or patent medicines or pills which are supposed to give them "pep". This puts a further strain on the body, whipping it into action past its endurance.

The poisons generated by fatigue are increased, and what is left of the body's natural resistance to illness and disease is completely broken down.

Fortunately, for most of us spring fever is short-lived and we are able to speed its departure with a little attention to healthful living habits. The solution to getting rid of it may be as simple as eating better balanced meals, getting a little exercise in the fresh air every day, or getting to bed on time.

But there is another type of fatigue - prolonged, excessive exhaustion for no easily explained reason - that should never be lightly dismissed as "spring fever." This kind of fatigue, frequently associated with infection and disease, means that something is seriously wrong. The sufferer should go to his doctor immediately for a complete physical examination, including a chest X-ray.

Fatigue, coming at any season of the year, can be dangerous to health and even life if it is ignored and allowed to become chronic. It is a physical "safety valve," an unmistakable signal that the body has had enough physical or mental activity until it has a chance to recuperate.

The best immediate treatment for ordinary, temporary fatigue is rest. The first and best step toward correcting chronic, unexplained fatigue is a visit to the doctor for a complete medical

checkup.
This column is prepared by Washington County T.B. & Health Association, Inc.

SECOND TRY SUCCEEDS

When it comes to putting over a \$500,000 bond issue to build a new high school, Prineville shows it can be done not only once but twice, when necessary.

The CENTRAL OREGONIAN relates that when the bond issue was passed, then rejected because of legal technicalities, Crook county's school board grimly went about a second try.

A vigorous "get out the vote" campaign was prosecuted but even this brought out about 150 less than passed the first time. But nevertheless, the second try passed nearly 2 to 1 and all legal difficulties were believed to be out-straightened.

He Wanted More

By Geo. N. Taylor

The U. of Chgo. atheist came out to Wheaton College at 11:00 p. m. and at 3:00 a. m. he received Christ as his own Lord and Saviour. Next day he wrote—"I thank God for 24 hours with the Lord Jesus Christ." To say there was no God did not satisfy him and he would hear these college young people confess their sins and get right with God. Out of it the man was saved. He could now believe that Jesus Christ was the Son of God, the Creator and Upholder of the Universe, the Author of all life and that after Christ had lived here to the glory of God—which we have not—He took our sins and died for us. And he could believe that Christ broke the bonds of death and the grave to come forth and indwell with new ways and days, all who receive Him as their own Lord and Saviour. For, said Christ—I am come that you might have life and have it more abundantly—John 10:10—BIBLE. Your part is to believe in Him and be saved. So says Acts 16:31. So which? Saved or Lost?

G-N-T S. W. McChesney Rd. Portland 1. Ore. This space paid for by Seattle family.

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12208 N. W. Cornell Road at Church St.
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Portland 1, Oregon BEacon 8698
9:45 a.m. Sunday Bible School, 11:00 a.m. Morning Service.
6:45 p.m. Young Peoples' hour (senior, intermediate, junior).
Tuesday, 7:30-9:15 p.m., Bible classes.
7:45 p.m. Evening Gospel Hour
Thursday, 7:45 p.m. prayer and fellowship.

THE VALLEY COMMUNITY UNITED PRESBYTERIAN CHURCH

7850 S. W. Brentwood Ave. West Slope
Rev. H. A. Armitage, Pastor
Morning worship: 11:00 a.m.
Bible School: 9:45 a.m.
Youth and adult meetings: 6:30 p.m.
Mid-week meeting: Wednesday, 7:00 p.m.

CHURCH OF CHRIST

Second and Main Streets
George W. Springer, Pastor
Morning worship and preaching service 9:45 a.m.
Evening worship 7:30 p.m.
Bible School class session 11 a.m.
Christian Endeavor 6:30 p.m.
Midweek Bible Study, Thursday 8 p.m.

PILGRIM LUTHERAN CHURCH

Farmington at Menlo, Beaverton
Rev. F. H. Krinke—vacancy pastor
Phone Portland TU2778
also Beaverton 4880-4944
Sunday School and Bible classes 9:30 a.m.
Divine Service 11:00 a.m.
Lutheran Hour, KALE 9:30 a.m.

CHURCH OF GOD

(Temporary Location)
Huber Commercial Club
Just East of Aloha
Church School 10 a.m.
Evening services 7:30 p.m.
Morning Worship 11 a.m.
R. Eugene Linamen, Pastor

ALOHA ASSEMBLY OF GOD

Wheeler and Alexander Sts.
Fred F. Snyder, Minister
Sunday school 10 a.m.
Morning worship 11 o'clock.
Evangelistic Service 7:45 p.m.
Wednesday, Bible study, 8 p.m.

ST. CECILIA CHURCH

Masses: 7 a.m., 8:30 a.m., 10 a.m.

BETHEL CONGREGATIONAL CHURCH

630 Watson Street Phone 4580
Albert F. King, Minister
Church School: 9:45 a.m.
Morning Worship: 11:00 a.m.
Pilgrim Fellowship: 7:00 p.m.

REDFIELD COMMUNITY PRESBYTERIAN CHURCH

Rev. Graham Gilmer, Pastor
Sunday School 9:45 A. M.
Worship Service 11 A. M.
Young People's C. E. 7 P. M.

COMMUNITY BAPTIST CHURCH

Aloha, Oregon
Eriling Monnes, Minister
Sunday School at 9:45 a.m.
Morning Worship at 11:00.
B. Y. F. and Juniors 6:30 p.m.
Evening service at 7:30 p.m.

VILLAGE BAPTIST CHURCH

1/4-Mile South of Sunset Highway on Murray Road
Cedar Mill Park
Pastors—A. C. Fuller, F. E. Dobra
Bible School—10: a.m.
Morning Worship—11 a.m.
Training Unions—7 p.m.
Evening Worship—8 p.m.
Midweek Service—8 p.m., Thurs.
Business Meeting—1st Thursday each month.

HIGHWAY CHAPEL

Full Gospel Church
Canyon Highway & Mill Street
Orville J. Poulin, Minister
Sunday School 10:00 a.m.
Morning Worship at 11 a.m.
Evening Service 8 p.m.
Thursday Night Service 8 p.m.

ST. MATTHEW LUTHERAN CHURCH

Canyon Road at Johnson
Leonard Kutz, Pastor
Sunday School 9:45 a.m.
Divine Service 11:00 a.m.

SEVENTH DAY ADVENTIST CHURCH

5th & Angel Sts., Beaverton
A. Running, Pastor
Sabbath School (Saturday) 9:45 a.m.
Preaching Service (Saturday) 11:00 a.m.
Prayer meeting, Wednesday 8:00 p.m.

CHURCH OF THE NAZARENE

Leonard C. Johnson, Pastor
Phone Beaverton 4345
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Hi-N-Y and N.Y.P.S. 6:30 p.m.
Evangelistic service 7:30 p.m.
Mid-week prayer meeting, Wednesday, 7:45 p.m.

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

ODO FELLOWS HALL
55 N. W. Broadway Beaverton
C. H. Peterson, Branch President
Sunday School 10 A. M.
Sacrament Meeting 7 p.m.

CANYON ROAD BAPTIST CHURCH

Rev. Russell B. Thomas, Pastor
2616 N. E. 20th Ave. Portland
Phone Webster 5526
N. E. Canyon Road at McClain Drive and Lake Road
Sunday school at 9:45 a.m.
Worship service 11 a.m. and 7:45 p.m.
Wednesday prayer meeting, 7:45 p.m.

FIRST METHODIST CHURCH

9:45 a.m. Church School, 11 a.m. Morning worship, 6:45 p.m. M.Y.F. 4th and Watson Streets
Rev. Mark E. Lloyd, Pastor
Rm. 5625 N. Kerby Ave., Portland
Telephone Webster 8978.



BEAVERTON Business Guide

BEAVERTON ENTERPRISE—Friday, May 19, 1950

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