



**DAMAGED CEILING** is cited among other specifications in issuance of New York authorities of warrant for arrest of Singer Jeanette MacDonald on charge of failing to keep converted rooming house in proper repair for tenants. (International)

**SCIENCE AT WORK**

By DELOS SMITH  
United Press Science Editor

New York — (U.P.)—A scientific authority on nutrition confesses that science isn't doing much to help America get thin and stay thin—he seems to think America may be doomed to getting fatter and fatter.

The trouble is in the way we live. Now, take television. It is getting so that no one looks at television without eating or drinking something at the same time. It is a "conditioned reflex."

And more and more, we never watch anything — a movie, a baseball game, or the splendors of nature — without adding to our nutrition. We're acquiring all sorts of reflexes conditioned toward fat.

Dr. George H. Berryman, professor of nutrition at the University of Illinois and director of clinical investigation of the Abbott Laboratories, suggests that many fat people are victims of a "spectator disease."

They watch other people do things and eat at the same time. If they themselves were doing things, they couldn't eat at the same time. But this is "the age of ease, of avoidance of effort."

**Exercise Needed**  
"Moving stairs, electrical household gadgets, convenient transportation, easy payment plans (for automobiles in particular) all favor the least expenditure of effort, he continued. "In those who are middle-aged and beyond, the mistaken belief that avoidance of even slight exertion favors intact coronaries contributes to an ever-increasing physiologic surplus of calories."

It is this "decreased activity" which helps people get fatter and fatter. And what helps a lot, too, is that "eating and drinking are popular—because we 'feel good' afterward."

"We are less fatigued, less worried, and more capable of coping with problems after having eaten," he said. "Frustrations and disappointments are less keen after satisfying the appetite. Food seems to provide relief from stress, and from disturbing emotions. Food is often the means of transports from reality."

But perhaps the biggest trouble is that America has a lot of food and it is easy to get—that, and the fact that food has "an apparent harmlessness."

**Fat Alibi**  
"When food is difficult to obtain, obesity is not a major problem," he said. "Besides these factors which invite indulgence, the type of food used for enjoyment, release or relaxation purposes is all too frequently high in calories, low in bulk, and, being highly refined, low in protective and tissue-building nutrients. These factors all favor a steadily positive balance of energy input over output."

All this forms our alibi for getting fat and staying that way. Dr. Berryman did not accept the alibi, but he saw that weight-reducing was tough business.

"Long term reduction is almost impossible in this the 20th century without deliberate pitching caloric intake at a lower level than social custom and unconscious motivation often demand," he acknowledged.

There has to be a "negative caloric balance" if people are to reduce. To establish one, the reducing routine has to be "tolerable." This, he continued, is "important not only to assure weight reduction without irritability and personality change, but also to avoid self defeat due to physical weakness and consequent inactivity."

Therefore, he advised reducing but reducing slowly — to choose "the long pull over the short haul."

tors all favor a steadily positive balance of energy input over output."

All this forms our alibi for getting fat and staying that way. Dr. Berryman did not accept the alibi, but he saw that weight-reducing was tough business.

"Long term reduction is almost impossible in this the 20th century without deliberate pitching caloric intake at a lower level than social custom and unconscious motivation often demand," he acknowledged.

There has to be a "negative caloric balance" if people are to reduce. To establish one, the reducing routine has to be "tolerable." This, he continued, is "important not only to assure weight reduction without irritability and personality change, but also to avoid self defeat due to physical weakness and consequent inactivity."

Therefore, he advised reducing but reducing slowly — to choose "the long pull over the short haul."

**Investigators Probe**

**Alaska Barracks Ashes**

Big Delta, Alaska — (U.P.) — Army investigators today probed the ashes of an Alaska Communications System barracks where four soldiers died when flames swept the structure early yesterday.

A military spokesman said six other soldiers quartered in the barracks escaped safely from the fire. Bodies of all four dead soldiers were recovered.

Names of the victims were being withheld pending notification of next of kin.

**All-Day Festival Of Dairy Foods Slated Tomorrow**

Jackson county producers, distributors and processors of dairy products will open June Dairy Month with an all-day Dairy Foods Festival at Hubbard-Wray showroom, 25 South Riverside ave., tomorrow. The public is invited.

Starting at 10 a.m. and until 9 p.m., there will be dozens of foods made from local dairy products shown, demonstrations of preparing various dishes, exhibits of antique and modern dairy equipment, and color slides of life on the modern dairy farm.

Dairy products will be given as prizes, and flavored milk will be served visitors by Edith Heron, nutritionist of the Oregon Dairy council, Portland.

**Other Features**  
Included in exhibits will be paintings of dairy farm scenes by members of the Southern Oregon Society of Artists, and photographs. Entertainment will be staged by Guillermo Dominguez, South American exchange student, and Jim Baker, well known young Medford singer.

The South American student, a native of Cali, Colombia, lives with Mr. and Mrs. Victor Birdseye and attends Crater High school.

The Dairy Foods festival is sponsored and arranged by the auxiliary of the Milk Producers league, Glenn Lay, executive secretary for the State Dairy commission, will act as host.

**Missing Golf Ball Found; Man Made Hole in One**

Hongkong — (U.P.) — A British army officer in Hongkong recently shot the longest hole-in-one ever scored in this colony.

L. S. M. Ireland of the Essex Regiment belted his drive over the brow of the fairway in the direction of the green, which is not visible from the tee.

When he and his opponent, a fellow regiment officer, approached the green they couldn't find the ball.

Eventually they found it—in the cup, 305 yards from the tee.

**Pamphlet Advises Baby Sitters on Fire**

Waterloo — (U.P.) — Fire Chief Ray Tiller stocks his stations with pamphlets to instruct baby-sitters what to do in case of a fire.

Tiller said the first responsibility of the sitter is to get children to safety and then report the fire.

He said that of the 11,000 persons who die in fires each year, about 2,000 are children five years old or younger. He said the reason is the child's helplessness and also his inquisitiveness and lack of fear.

The auxiliary plans to make recipes of all foods served available for visitors. Several 4-H club girls under the direction of Jean Brooks, will demonstrate the preparation of various dishes.

In conjunction with the festival, a short parade will be held in Medford at 4 p.m. Wednesday.

**US Farm Real Estate Worth \$91,300,000,000**

Washington — (U.P.) — The nation's farm real estate, land and buildings, was worth an estimated \$91,300,000,000 on March 1, the Agriculture department reported today.

The estimated figure, set by the department, was \$2,000,000,000 greater than a year ago. But the total market value was \$2,400,000,000 under the record peak in March, 1952.

Alaska has maintained its own National Guard since 1949.

**REVISION**  
East Lansing, Mich. — (U.P.) — "Blind as a bat" is not an apt description, according to Donald W. Hayne, Michigan State College zoologist and research specialist on pests. He said bats have keen vision.

**BOW AND ARROW**  
Cheyenne, Wyo. — (U.P.) — A special seven-day open season for archers on deer and antelope has been set in Wyoming to precede the hunting season for those who must do their stalking with a gun.

Dead line for Sunday Classified is at noon Saturday.

**Italian Teachers Demand More Pay**

Rome — (U.P.) — Premier Mario Scelba threatened emergency measures today to end a nationwide schoolteacher strike in time for final examinations.

The strike, now in its fourth day, left 1,500,000 intermediate and high school students in doubt as to their final grades.

Examinations are scheduled to begin tomorrow, and according to the Italian constitution, only teachers can make final "classification" of students unless Parliament changes the law.

Scelba's government has threatened to use the last test given as the basis of the final grade or to run in school principals and other supervisory personnel to give the final exams to the students.

Scelba postponed his departure for Sicily to join the campaign for Sunday's regional elections so that he could confer with members of his cabinet on the school crisis.

They stood firm against the demands of 91,600 teachers for virtually doubled paychecks. The teachers now average \$30 a month.

Dead line Sunday Classified is at noon Saturday; 1 a.m. Monday for Monday; other days 5:30 previous day

**Butler-Shivers Rift Continues**

Washington — (U.P.) — The new-found harmony between Democratic National Chairman Paul M. Butler and Texas Gov. Allan Shivers may hit a sour note next month.

Butler is going to Texas for a series of fund-raising dinners and party meetings June 14-18. But, he won't see Shivers with whom he had a harmony meeting here recently.

According to the governor, Butler will be running around with the wrong crowd on his Texas visit.

Butler will be there under the auspices of the Democratic Advisory Council of Texas, Mrs. Hilda Wienert, the national committee woman, and the Young Democratic Clubs of Texas.

They are so-called "Loyalists" who stuck with the Stevenson-Sparkman ticket in the 1952 presidential race while Shivers bolted to the Republican banner of Eisenhower and Nixon.

The advisory council is a group set up by former Democratic National Chairman Stephen A. Mitchell to work in the state after Shivers and Wright Morrow, then the national committeeman, endorsed the Republican ticket.

**Why aren't the Trucks Rolling?**

For the first time in 20 years the trucks of Oregon's motor freight industry have ground to a halt. They have been stopped by the action of a few Teamster Union officials.

The beleaguered trucking industry wants Oregon citizens—including our employees, with whom we have no quarrel, and our shippers, whose battle we are fighting—to know WHY we chose to stop in our tracks, stand and fight. The demands which the Western Conference of Teamster officials have been insisting that we "accept as presented" are 45 in number. Wages alone have not been the main issue. Included are the deadly "hot cargo" and "picket line" provisions that would turn every common carrier truck line into a union tool against any business with which any union may have a dispute. The "hot cargo" clause for example would mean that we would be unable to haul any commodities that union officials chose to list as "unfair!"

**Some—not all—of the other demands are:**

- a. 26 cents per hour increase over a three year contract
- b. 10 cents per hour pension plan
- c. 33 1/3% increase in subsistence pay (from present \$4.50 per day)
- d. Increase in paid vacations
- e. Increase in paid holidays (from 6 to 8)
- f. Premium pay for city work before 6 a.m. and after 6 p.m.
- g. Premium pay for driving certain types and combinations of vehicles
- h. Putting an extra man on semi-trailers whether needed or not
- i. Etc., etc., etc.

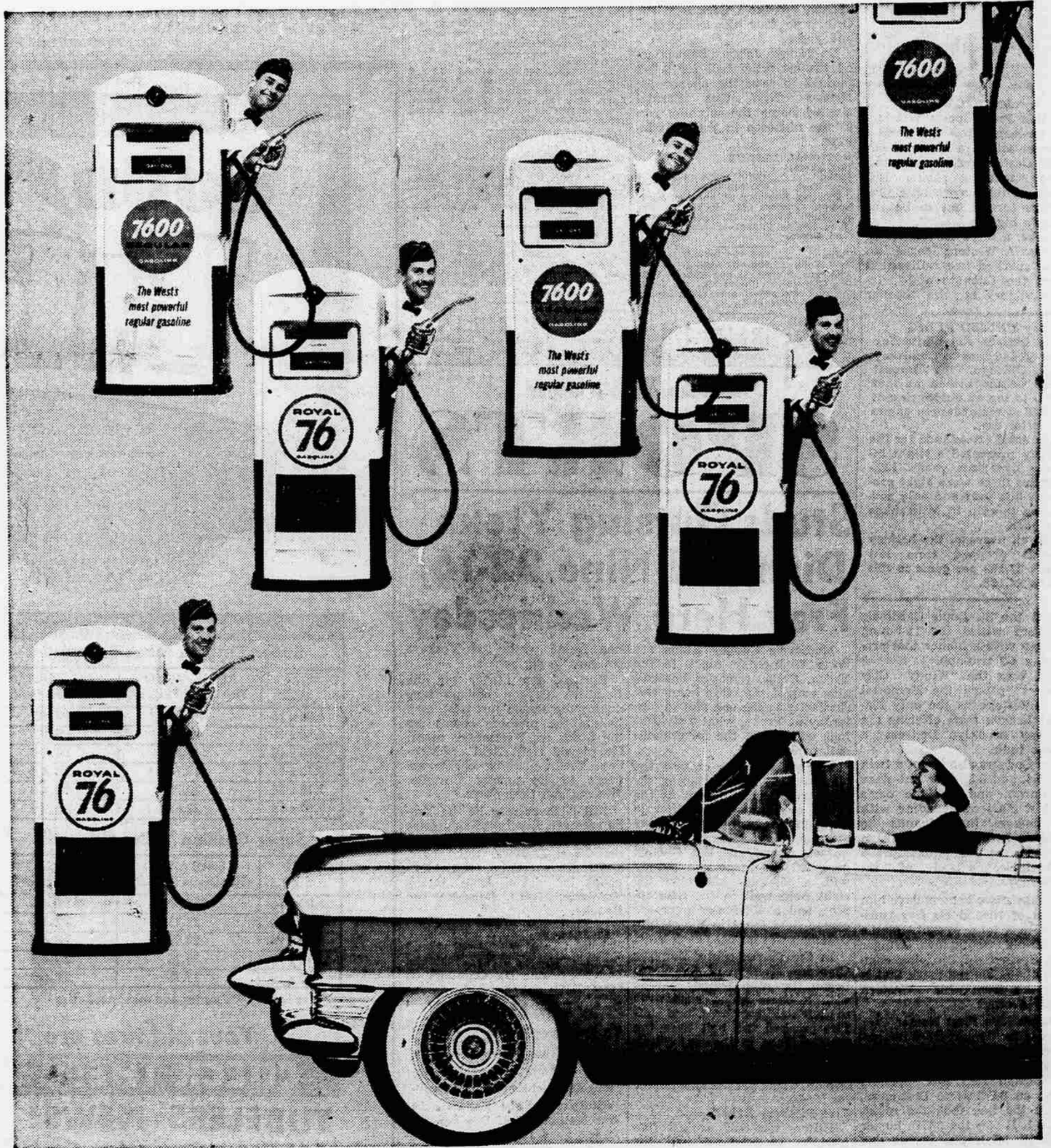
**What does this mean to you?**

Please bear in mind that from 50 to 62 cents of every dollar of revenue received by motor carriers are paid out to their employees in wages. While the effect of these demands would to some extent be different with each motor carrier, it has been computed that the DIRECT cost to the employer would, on the average, be over 80 cents an hour, with indirect costs adding to that amount. This would mean, as a conservative estimate, that at least a 30% increase in motor freight rates would be needed to enable the industry to absorb the cost of these demands. Please bear in mind also that the "picket line" and "hot cargo" provisions would place Oregon businesses at the mercy of the Teamster Union agents.

Because business cost increases are inevitably passed on to the consumer, on your behalf we have an obligation to resist these demands with all our resources. And we feel an equal obligation to our employees. If we are to be able to continue to pay them a fair wage, run our companies in such a manner that their future job security is assured—in fact, if we are to stay in business—we must resist these demands.

**TRUCK OPERATORS LEAGUE OF OREGON**

Representing 44 Oregon Common Carriers who haul 95% of the Common Carrier Freight in the state.



**DRIVE IN AND PICK YOUR PUMP** If you want the best possible performance from your car, you want new Royal 76. It more than meets the most critical octane demands of the highest compression engines. If you ordinarily take a regular, take extraordinary new 7600 Regular. It's so powerful it satisfies the octane needs of eight out of ten cars. Two powerful new gasolines—both served up with Minute Man Service. Whichever you choose — You know you always get the finest from Union.

UNION OIL COMPANY OF CALIFORNIA

