

## Heart Disease Discussed for Public Health Association

Dr. R. E. Hibbs spoke on the relationship between obesity and heart disease before members of the Jackson County Public Health Association at a bi-monthly meeting in St. Mark's Guild hall January 19. More than 60 members attended the afternoon session.

The physician pointed out that one of the prime factors of heart disease is overweight and that this fact is borne out by statistics compiled by insurance companies which indicate that persons who are overweight are poor risks for insurance.

He also said that the causes for obesity are both psychological and physiological. For this reason many persons find it easier to reduce when they are in a group with other persons who have the same problems.

The doctor also discussed the frequency of hardening of the arteries in persons of all ages and stated that it was not necessarily a condition of old age but often begins in early life.

Because of the relationship of obesity to heart disease, the Oregon Heart Association is sponsoring a weight-reduction program in Jackson county. This program was described by Henry Kenecally, program director of the Oregon Heart Association. Mr. Kenecally stated this program is a free public service. However, participants must be referred by private physicians for admission.

The film "The Doctor Examines Your Heart" was shown, and it was pointed out that this film is available to local groups planning health programs, and some local physicians have offered to speak. Any group desiring to schedule such a program may call the County Health Department, 2-7159.

Mrs. Henry Padgham, president of the association, presided at the business meeting following the program. She introduced Mrs. Stanley Berger, new director of women's work for the YMCA, who described the new program there.

The group voted to change the by laws of the constitution, and have the annual meeting in

March rather than in May so that the newly elected officers can attend the annual meeting of the Oregon Tuberculosis and Health Association.

Mrs. M. O. Grove announced that the Christmas Seal Sale returns were about \$200 ahead of last year at this time, but urged everyone to send in their checks for the seals if they have not already done so.

Mrs. Chester Guches said the x-ray clinic is open every Thursday from 2 to 5 p.m., at Sacred Heart hospital, and announced that very shortly the unit would be open one evening a month in order to accommodate those who could not come during the afternoon for chest x-rays.

The family life chairman announced that an all-day leadership training meeting will be held January 31, from 9:30 a.m. to 2 p.m. at First Methodist church in Medford.

Refreshments were furnished by Gold Hill Health unit. The lace-covered table was centered with a brown bowl of Hawaiian woodrooses and grasses, with orange painted pampas, sent by Mrs. M. Schoenemann.

### Aid Association To Hold Meeting At Local Church

A quarterly business meeting of the local unit of the Aid Association for Lutherans will be held at St. Peter's Lutheran church, 1024 East Main street, at 8 p.m., Friday, January 27. Officers will be installed.

Homer Pleyer is to take the office of president; Hugh Huntley, vice-president, and Miss Ruby Mack, secretary-treasurer.

Retiring officers are Harvey Brandau, president; Herman Mack, vice-president, and Mrs. Brandau, secretary-treasurer. Congregation members and visitors are invited.

The average household should be equipped with six or eight sheets per bed.

## Ground Observer Puts in 13,000 Hours for Corps

Bullingham, Wash. — (U.P.) — Mrs. Margaret Lucille Nixon has put in more than 13,000 hours in the defense of her country.

The patriotic housewife said she has spent that much time working for the Ground Observer corps because "it is something I must do."

Mrs. Nixon, one of the nation's most active observers, stepped forward five years ago when the Air Force called for volunteers to organize the GOC. Since then, she has stood watches at the Bullingham skywatch station, has spent other hours in co-ordination and supervision of GOC work, and has at times been called from her bed for night-time alerts.

### Believes in Work

"It's part of my life," said the small, gray-haired Mrs. Nixon. "I believe in it. I wonder why it takes something like a Pearl Harbor to make people realize how vital this work is."

The Air Force honored her recently with an awards ceremony at the Seattle field center.

The volunteer worker says she and her husband have no children of their own, but "I've raised a million in the neighborhood."

Even if there were children, she still would be an observer.

Says Mrs. Nixon — "Of course I would. We have one watcher with six."

### Chapter to Hold Pledge Training

A pledge training meeting is planned by Beta Upsilon chapter of Beta Sigma Phi sorority, Tuesday, January 31. The session will be held at 7:30 p.m. in the home of Mrs. Roy Stein, 518 Barnes street. Refreshments will be served by the hostess.

At a chapter meeting Tuesday evening at the H. K. Hamilton home, 2199 Crestbrook road, the group planned to conduct a rummage sale in February. Mrs. Paul Morris, president, presided for the meeting.

Mrs. M. H. Parsons gave the cultural program with the title, "Your Poise and Charm."

## Potpourri

"Do Americans believe in missionaries?" The story of how a Hindu priest asked this question of an American editor is carried in a recent issue of the Saturday Review. And before you take it for granted that the Hindu was talking about American missionaries to his land, we want to add that he wasn't — this Hindu priest wants to become a missionary from his people to Christians in the United States.

What is even more interesting, this Hindu priest, according to Norman Cousins, doesn't want to convert anyone in the U.S. to his religion — he believes they should be converted to the Christian religion. Mr. Cousins relates how he met the priest, Satis Prasad, in Jakarta, Indonesia. Satis Prasad explained that "there are no basic differences in the moral substance of Hinduism and Christianity," and that "in moral teachings they have far more in common than most people realize." He added "I would like to concentrate on making Americans aware of the need to believe in these moral teachings, by whatever name they go. The important thing is not what I call it, but the teachings themselves."

Satis Prasad explained to the American editor that he had made a study of the similarities of the two religions, comparing quotations from the Old and New Testament of the Bible with passages from the Mahabharata, the epic poem of the Hindu religion. One was this: From the Mahabharata "Treat others as you wouldst thyself be treated;" from the Bible, "Whatsoever ye would that men do to you, do ye even so to them." Or this: "Man obtains a proper rule of action by looking on his neighbor as himself" from the Mahabharata, and "Thou shalt love thy neighbor as thyself" from the Bible.

Another example was "Overcome evil with good," from St. Paul's Epistle to the Romans and "Overcome the evil man by goodness," from Mahabharata; still another "Lay not up for yourselves treasures upon earth, where moth and rust does corrupt, and where thieves break through and steal; but lay up for yourself treasures in heaven, where neither moth nor rust does corrupt and where thieves do not break through and steal," from St. Matthew, as compared to "Lay up the only treasure: do good deeds, practice sobriety and self-control; Amass that wealth which thieves cannot abstract; Nor tyrants seize, which follows thee at death, Which never wastes away nor is corrupted," from Mahabharata.

There were others, and the Hindu declared that his study of comparisons filled many pages.

The priest told Mr. Cousins "Christianity cannot survive in the abstract. It needs not membership, but believers. The people of your country may claim they believe in Christianity, but from what I read at this distance, Christianity is more a custom than anything else."

Satis Prasad had much more to say, as reported by Mr. Cousins. He spoke of the two atom bombs dropped on Japan adding "When you kill without meaning, you go beyond war." Your very way of life, your whole economy, your foreign policy, your values — surely you must see the great inconsistency between them and the teachings of Jesus. Christianity is a religion of humility, of renunciation, of sacrifice, of moral purity. It is not a power doctrine for a nation or an individual. Yet even as you flout Christ's will, you call yourself Christians . . .

"I would ask that you either accept the teachings of Jesus in your everyday lives and in your affairs as a nation, or stop invoking his name as sanction for everything you do."

So, how about it, do Americans believe in missionaries? Would they like to have Satis Prasad preach in the churches of America?

Dr. Elmo Stevenson was startled Thursday night. When he found out that two of his dinner companions, Potpourri and Voda Brower, remembered what he said in a speech to BPWC members 10 years ago, he expressed concern. President Stevenson delivers many, many speeches, and if his audience remembers them for 10 years back, the SOC head began to wonder if his supply of topics and information would hold out for another 10 years.

It may be a woman who will pilot the first rocket ship to the moon. In a speech which Charles J. Lowen, administrator of Civil Aeronautics, U. S. Department of Commerce, made for the Women's National Aeronautic association a few days ago, he repeated this statement.

Mr. Lowen said that a woman may be selected because of her physical ability better to withstand the special stresses and strains of such a trip and her usually smaller size and then said "I suppose it should be added — her superior photogenic qualities for the takeoff ceremonies and the honor banquet."

Add interesting coincidences: There are two father-daughter attorney teams in Oregon, Edward C. Kelly and daughter, Norreen, Medford, and B. A. Kliks and daughter, Dorothy, Portland. Mr. Kliks' son, Bernard, is also a member of the firm and Mr. Kelley's son, also named Bernard, was formerly associated with his father and will be so again when he completes his army service.

Bernard Kelly is now stationed at Ft. Jackson, near Columbia, South Carolina, and is serving with a legal assistant's detachment. The Kiplinger letter says that there are 21 million women with paying jobs in America today. Before the war, only 27 per cent worked at jobs outside of their home, but in 1955, 36 per cent did. Of the married women, 30 per cent are employed, and the number is increasing. On the national average, the pay for women's jobs has risen less than men's.

West Berlin has its first milk bar, "The Multi-colored Cow," according to the Berlin Tourist office. The milk bar operates in competition with sidewalk cafes, wine-shops and beer-stuben. Located near the theater district of the Kurfurstendamm, the milk-bar offers 85 different milk drinks, 21 different ice-cream concoctions and a variety of snacks from 7 a.m. until midnight.

If a housewife doesn't like clothespins, she can now buy a zipper clothesline. A recent article from New York says that a firm is marketing a clothesline which has a moving slider which spreads apart the pinless line's two tightly twisted wires, and corners of the laundry are fed between them. The spiralled wires snap back together, pinching the clothes firmly as the slider moves along the line. A flexible coating of vinyl resin around the steel wires eases the strain on delicate fabrics and prevents rust from staining clothes. We've always thought that special medals should have been created for the persons who invented zippers and scotch tape. O.S.

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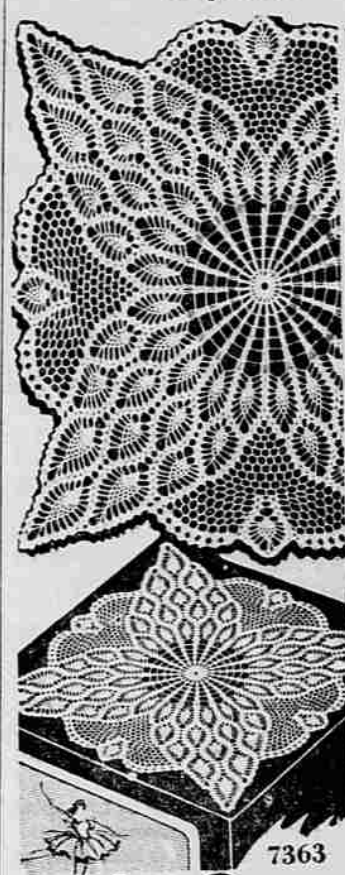
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by Alice Brooks

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Since World War II, shifting from state to state and place to place has lessened progressively. In the past year only five million people moved from one state to another, 126 million stayed put—same house, same city.

Masculine merchandise is now being packaged to appeal to feminine shoppers. Socks are being packaged in folding boxes that resemble a book with the merchandise between the pages. Tie and socks sets are in bright boxes that look like a big box of matches. All of this, say the manufacturers, is because the little woman wants the package she takes home to look as attractive on the outside as it does on the inside.

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