

MEDFORD MAIL TRIBUNE

Published Daily Except Saturday by MEDFORD PRINTING CO. 27-29 North First St. Phone 2-5141

Subscription Rates: By Mail—In Advance: Per Copy 10c. Daily and Sunday—One year \$12.00

By Carrier—In Advance—Medford, Ashland, Central Point, Eagle Point, Jacksonville, Gold Hill, Phoenix, Shady Cove, Rogue River, Talent, and on motor routes.

Official Paper of the City of Medford and Official Paper of Jackson County

Advertising Representative: WEST-HOLLIDAY COMPANY INC. Offices in New York, Chicago, Detroit, San Francisco, Los Angeles, Seattle, Portland, St. Louis, Atlanta, Vancouver, B.C.

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The Urge to Exercise

Is it just imagination, or is the general impression—that heart attacks, high blood pressure and hypertension are getting more frequent and disastrous—correct?

Or is it just that increasing attention to gloomy medical reports, to the rapid pace at which most people live these days, and to the untimely illnesses of friends and contemporaries, tend to produce the idea that this sort of thing is on the upswing?

THE EVIDENCE appears to show that there is, indeed, an increase in the number of ailments which can be attributed to fast living, heavy worrying, insufficient relaxation, and hard, but non-physical, work.

Wives all over America, conscious of this trend, are nagging and bullying their husbands to take it easy, slow down, relax—and as a result building up the old man's tensions even more.

As for the wives themselves, there is evidence to indicate that they, themselves, are not the least of the sufferers from worry and tension—possibly about their husbands. Anyway, the recently-developed tranquilizing drugs are going like hotcakes, these days—a substantial portion of them to the womenfolk.

PRIMITIVE man didn't have too many things to worry his head about, and as a result hypertension was at a minimum. Most of his big problems (except for finding food, probably his worst continuing headache) could be solved by a simple formula: Fight or run.

In the last century, worries hadn't built up much more of a head of steam, either, for transportation and communication were fairly leisurely sorts of things, and if something didn't get done today—well, there was always tomorrow.

Today, however, there is an insistent feeling of urgency, the nagging demand that things get done at once, now, today. And the problems faced can't be solved by the "fight or run" formula, either. Man—poor guy—has to think.

BUT THE manifold pressures of today CAN be solved by a variation of the cave-man type of reaction, according to researchers at the University of California.

They recommend at least three 20-minute or half-hour periods of exercise each week. The theory is that emotional shocks and pressures can be alleviated by the same therapy the cave-man used. In his case he fought or ran; in our case we play golf, dig in the garden or run around the block.

Wasn't it Alexander Woolcott who said that whenever he got an urge to exercise he lay down until the awful feeling went away?

Bad advice, the U of C men imply. Succumb to the urge to exercise—if you've got enough energy left after fighting your tensions during the day.

One commentator has a suggestion, though. "Each office," he says, "each home, should have a treadmill." — E. A.

Mercy Flights Gets Around

News about Mercy Flights, Inc., really gets around. The non-profit air ambulance corporation, only one of its kind in the world, has been receiving increasing national attention during the past year or so as editors begin to realize they've got an interesting subject.

At one time or another, the organization has been the subject of stories in Mechanix Illustrated, the nationwide network of the Associated Press, and in Fortnight.

The most recent mention of it in an important medium is in the current issue of Coronet magazine, which has a three-page story on Mercy Flights and its founder, George Milligan.

THE ARTICLE, entitled "Oregon's Wings of Mercy," gives a brief history of the air ambulance service—a history which has been a familiar one to readers of the Mail Tribune over the past six years. More than that, however, the article is a tribute to George Milligan, without whom there would be no Mercy Flights.

An irreverent friend of his, after reading the Coronet article, greeted Milligan the other day thus: "Hi, hero."

George's reply was typical. "Drop dead," he said. — E. A.

Swimming

If the sun keeps shining the way it has been the last few days, it's going to be summer before we know it.

And summer means swimming. The municipal pool in Hawthorne park will open on June 11—only about 2½ weeks away.

The creeks and rivers and lakes of Jackson county are beckoning already, for those hardy enough to brave their chill.

WHICH BRINGS to mind the fact that swimming is a wonderful means of recreation—healthy, fun, and, if the proper precautions are observed, safe. Don't swim immediately after eating, don't get over-tired, don't go alone, don't dive into water with which you're not familiar. And, on the positive side, know all about artificial respiration. It could save a life. — E. A.

Britain Serves Notice That 'Give Away' Method To End

By CHARLES MCANN United Press Correspondent Great Britain evidently has decided that the "give-away" method of dealing with its colonial possessions has gone far enough.



The decision was made plain in a declaration Monday, in behalf of the government, by Foreign Secretary Selwyn Lloyd.

Briefly, it is that Britain intends to hold such possessions as Cyprus, Aden and Singapore at any cost. That means by force if necessary.

Lloyd called them positions of strength. He said that to Britain, with its world-wide lines of communication, they are "vital to our strategic interests."

Such other possessions as Gibraltar, Malta and Hong Kong would be included in that category.

Lloyd's statement was made, after it was approved by the cabinet, at a Conservative party rally.

The statement was aimed in the first place at the nationalist political leaders of some of Britain's smaller possessions. But it obviously was aimed also at "neutralists" like Indian Prime Minister Jawaharlal Nehru and at some foreign governments which would like to take over British territory.

Greece, for instance, wants Cyprus. The revolt on that island is being conducted by Cypriots who demand the right of "self-determination." Under the self-determination, they would "unite" Cyprus with Greece.

Spain wants Gibraltar. There are frequent insistent demands in the Spanish press, sometimes supported by the government,

that Britain give up "the rock" at the western entrance to the Mediterranean.

Some of the Arab countries have their eyes on Aden, at the junction of the Red Sea and the Indian Ocean, and the sheikdoms over which Britain has extended protectorates for more than 100 years.

Communist China would love to have Hong Kong. Lloyd spoke with special bitterness of the revolt in Cyprus. He said the rebels represented only a tiny fraction of the population. "Terrorism incited from Greece has taken the field," he said. The "dastardly crimes" of the extremists "must be met firmly with force," he asserted.

Home Rule Programs All this does not mean that Britain is going back to the old-fashioned system of "colonialism."

All over the commonwealth, it is going ahead with home rule programs. It has just agreed that Malaya shall become a completely independent unit within the commonwealth by August, 1957.

It has formed a central African federation including Southern Rhodesia, Northern Rhodesia and Nyasaland, and is granting home rule to such territories as the gold coast in West Africa.

It is in the process of forming a Caribbean federation which will include Jamaica, Trinidad, Barbados and the Windward and Leeward Islands.

The new declaration of policy means simply that Britain is trying to strengthen the commonwealth under a progressive home rule policy, and does not mean to scuttle it.

Chances for Alaskan, Hawaiian Statehood Seen Slim This Year

Washington (CQ) — Party platform writers should be spared one slight chore this year—that of fashioning fresh pledges of statehood for Hawaii and Alaska.

The old 1952 promises of "immediate statehood" will do just as well, for neither Democrats nor Republicans expect to redeem their pledges before Congress adjourns, according to a survey by Congressional Quarterly.

Chairman Clair Engle (D-Calif.) of the House Interior Committee told CQ it's up to the Senate to act first. Sources in the Senate Interior Committee declined to be quoted, but acknowledged little or no interest in pushing through statehood bills during the current session.

Alaska Makes Plans Meanwhile, Alaska is taking matters into its own hands. On April 24 the territory's voters not only endorsed a draft state constitution, but approved a plan to elect two Senators and one Representative next Oct. 9. If history repeats itself, these officials will arrive in Washington next January and demand in vain to be seated as Members of Congress. They will then launch a high-pressure campaign to push a statehood bill through both chambers.

Almost 100 years have passed since a prospective state picked its Congressional delegation before being admitted to the Union. All told, six states-to-be have done so, the first being Tennessee in 1796. Others were Michigan (1835), Iowa (1846), California (1850), Oregon (1859) and Kansas (1859). In all cases, the states were admitted within two years of the premature election.

In May 1796, after the House had voted to admit Tennessee but the Senate had refused to concur, Senators-elect William Blount and William Cocke claimed their seats. But the Senate refused to recognize them and voted instead, 12 to 11, that they "be received as spectators, and that chairs be provided for that purpose."

In January, 1950, California's delegation of two Senators and two Representatives arrived in Washington to press for statehood. Their presence, according to one history book, was "regarded by some of both sections, but especially by the South, as unwarranted, even impertinent."

The state's admission was delayed until September, when angry debate over the slavery issue was ended by Henry Clay's famed Compromise of 1850.

In Oregon's case, according to one source, its two Senators and one Representative "diligently sought out and interviewed the members of both houses, and were eager to get their seats and to begin drawing their pay."

Sen. Delazon Smith wrote a friend that "You may bet high on the admission of Oregon early in the session. . . . The sergeant-at-arms of the Senate has had at desks, chairs, etc. made for the Oregon Senators, and they will occupy them before the close of the tenth day of the session."

Smith was destined to wait a little longer, as the session opened Dec. 6, 1858, and President Buchanan signed the admission bill Feb. 14, 1859.

Territories are now represented in the House by non-voting Delegates. Alaska's E. L. Bartlett (D) and Hawaii's Mrs. Joseph R. Farrington (R) both acknowledge strong continuing opposition to granting statehood to either or both of these non-contiguous territories.

Southern Opposition Last year, the House voted 218-170 to recommit a Senate-passed bill admitting both as states. Of the 105 Democrats who, along with 113 Republicans, voted to kill the measure, 90 represented southern states.

Southern opposition is aimed chiefly at Hawaii, whose 1950 population of 50,000 persons was predominantly non-caucasian. Natives of Japanese ancestry

made up 37 per cent of the population.

Republicans contend that Alaska is not ready for statehood. The territory is one-fifth as large as the entire United States and twice the size of Texas, but had an estimated 1955 civilian population of only 168,000.

Next January, however, Congress will get an awful of Alaska's claim to being the "Last Frontier," when the territory's three would-be members arrive to lobby through a statehood bill for one or both claimants.

Communications

Letters to the Editor must bear the name and address of the writer although under certain circumstances the use of a pen name or initials for publication is permissible. The Mail Tribune reserves the right to edit all letters with an eye to clarification and condensation. Letters submitted for publication must not exceed 400 words.

He Smells a Mouse

To the Editor: I recognize the right of an editor of a newspaper to support the candidate of his choice for public office and to utilize whatever influence the paper has to help bring about the election of that candidate, but I believe the support should be given in an open and honest manner rather than by a pretended impartial attitude while subtly supporting the favored candidate with preferential treatment calculated to stop just short of revealing the actual support being given; then revealing this support at the last moment when it would achieve the maximum psychological effect and be immune to rebuttal.

The instance to which I refer is of course the recent contest for the Republican nomination for the office of district attorney, and while this sly and admittedly clever action on the part of the Editor of the Medford Mail Tribune was probably instrumental in getting the candidate over the first hurdle, it may in the long run cost him votes because the voters will undoubtedly realize that the candidate must be of the same ilk as those who support him.

J. A. McCalvy Route 2, Box 736, Central Point.

Publicity Wanted

To the Editor: A new Activity Ranch and School will begin a 14 week session commencing June 3, 1956. Ten Oregon certified teachers, each a specialist, will serve the remedial needs of children in the 7-12 year age group, as well as the recreational needs of the child. Enrichment as to need is the theme. The many activities available will include horsemanship, swimming, arts and crafts, dramatics, fishing, games, and piano instruction. The program is well coordinated and balanced. The faculty is outstanding.

Enrollment is restricted to 20 per weekly session. The cost for food and lodging is \$47.50. For further information write to Activity Ranch and School, Route 2 Box 694, Oregon City, Oregon; or phone Sunnyside 799.

L. E. Surface Director

Tells Appreciation

To the Editor: I wish to take this opportunity of thanking the many voters of Jackson County who cast their vote for me for the office of district judge during the recent election.

I feel that the large vote which I received, notwithstanding the fact that I withdrew from the race shortly after filing, is an expression of confidence, which I deeply appreciate.

To those who so sincerely expressed their confidence in me, I wish to repeat that my withdrawal from the race was due to circumstances beyond my control.

O. H. Bengtson, Medford, Ore.

Principal Tension-Building Issues in Middle East Not Solved by Peace Mission

By WILLIAM T. STONE Washington — U. N. Secretary General Hammarskjold's peace mission to the Middle East has afforded some relief from the tension that prevailed when he started negotiations with Israel and the Arab states.

However, reports of new border incidents emphasize the continuing instability of the Palestine area. When the Security Council meets to receive Hammarskjold's report, it will plainly need to ponder what can be done to promote a permanent settlement.

The agreements obtained by the Secretary General amount in effect only to pledges to honor pledges given in the armistice agreements in 1949 that ended the Palestine war. According to Hammarskjold, however, the new cease-fires are an advance directly to the United Nations and recognize an obligation to observe basic principles of the Charter.

Still Unsolved The old tension-breeding questions of Arab refugees and Arab refusal to concede Israel's right to existence as a state remain unresolved. Whether the problem can be held to manageable proportions, and progress made toward some kind of large settlement, may depend in large degree on the willingness of the Soviet Union to work with other nations to that end.

It was the opening of Communist Czechoslovakia as a source of arms supply to Egypt last year that helped to rekindle Arab animosity toward Israel and bring on the crisis that sent Hammarskjold to the Middle East.

With arms available from sources outside the West, Premier Gamal Abdel Nasser felt encouraged to pursue his ambitions to unify the Arab world under Egyptian leadership. More significant, the Communist arms deliveries signalled the Kremlin's determination to make its influence felt in the Middle East.

Because that area is of vital importance to the western powers, they have entered into various commitments to promote its security and protect their interests there.

By the Tripartite Declaration of 1950 the United States, Great Britain, and France agreed to "take action both within and outside the United Nations" to prevent any violation of the armistice lines between Israel and the neighboring Arab states.

By a Protocol to the North Atlantic Treaty in 1951 the mutual security guarantees of that instrument were extended to Greece and Turkey and the Eastern Mediterranean.

By the Baghdad Pact in 1955 Turkey, Iraq, Iran, Pakistan, and Great Britain agreed to "cooperate for their security and defense." The United States, though not a party to the alliance, has joined two of its commitments.

This country, in addition, has directed military aid to the Middle East signatories of the Baghdad Pact, and it maintains air bases in Saudi Arabia and North Africa.

Presented by Egypt Iraq's participation in the western-oriented Baghdad Pact was resented by Egypt as a blow to Arab unity. Nasser first tried to frighten Iraq out of signing the treaty. Then, after obtaining Communist arms, he took steps to build a new Arab alliance to replace the faltering Arab League. Egypt concluded mutual defense treaties in October 1955 with Syria and Saudi Arabia, and in April 1956 brought Yemen into the group. Efforts to add Jordan were less successful.

Egypt's plans to build Arab power received a setback last month, when Moscow drew back from apparent support of that venture. The Soviet foreign ministry pledged backing of U. N. measures for "strengthening peace in the area of Palestine." Then Bulganin and Khrushchev, visiting London, joined the British government in declaring their "firm intention" to do everything possible to maintain peace in the Middle East.

you ever be able to work up an appetite?

THEN there are to be airplanes that will travel at 4,000 miles per hour. You can eat your breakfast and climb onto one of the things and go around the world and be back home in time to get to work along with the rest of the crew.

AND SO ON—ad infinitum.

But, after a week-end spent in tabulating votes so that the people may know without delay just who got elected, what we newspaper people are yearning for is a gadget into which all the ballots can be dumped and the final tally taken out all nicely typed on a sheet of paper some two and a half minutes after the polls close.

HO! HUM!

That Ho Hum! is intended to simulate in type a YAWN of magnificent proportions. We newspaper people are still sleepy—and how!

Couples married less than one year buy 40 per cent of carpets sold in the U.S.

In the Day's News

By FRANK JENKINS

Ho! Hum!

The 1956 primary election in Oregon has been pushed over into the limbo of the past.

What shall we talk about now?

THE TELETYPE, that indispensable gadget of the communications industry, answers that question this morning by discussing in considerable detail what it calls a Preview of the Future.

Among other things, it describes what it calls the Lazy Susan house. It will be built around a circular living room. The floor of the living room will REVOLVE. All you will have to do is to sit in your easy chair and push buttons. One button will move you to the TV set. When you get tired of that (which can happen) another button will move you around to your five-foot bookshelf. When you're fed up on reading, jab another button and you'll be spun around to the door of the dining room.

And so on. I s'pose the final step will be a button that will whirl you to the door of your bedroom and activate a mechanism in your chair that will hurl you into your downy couch. All you'll need then will be clothes that will unzipper themselves in your flight from the chair to the bed.

THERE'S always a fly in the ointment.

WITHOUT EXERCISE, how will you ever get tired enough to sleep?

GETTING back to the dining room—to the door of which you will be spun by your Lazy Susan.

What will be on the table when you get there?

THE TELETYPE answers that one.

A new process freezes a batch of meat and then puts it in a vacuum chamber that takes out every drop of water. The stuff will then, when properly packaged, keep for years at room temperature.

All you'll need to do when you're whisked around to your place at the table is to pour boiling water over the slab of dehydrated meat that will be on your plate and wolf it down.

BUT—

Again— Without EXERCISE, how will

My Sincere Appreciation!

One of the most rewarding features of winning a Political Election is the experience of confidence on the part of so many loyal friends and supporters. My heartfelt gratitude to you all.



L. G. "Shy" Northland

FOR THE FUN OF IT PLAN YOUR VACATION Family Style CHECK THE VACATION SPOT YOU'D LIKE TO VISIT Salt Lake City Colorful Colorado Black Hills and Yellowstone Chicago Texas and Gulf Coast New York Pacific Northwest Florida DO THIS FOR FREE VACATION PLANNING AIDS: 1. Check the vacation spot you plan to visit. 2. Fill out coupon, using pencil. Please print plainly. 3. Clip out entire ad and mail today. ASK ABOUT FAMILY RATES WHEN YOU PLAN YOUR VACATION!