

Congressman Advises Walking For Healthier, Longer Life

By A. ROBERT SMITH
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Washington—If you want to live a longer and healthier life, advises the oldest gentleman in Congress, get rid of the family auto and start walking.

So says Sen. Theodore Francis Green (D-R.I.), who at 88 is still practicing exactly what he preaches.

I learned this the hard way—by hiking along side the senator on his daily constitutional from his club to the senate office building, a distance of two and a half miles.

Sen. Green, a delightfully friendly little man with a pince-nez, feels confident he will have the last laugh over his younger congressional colleagues who he says smile at his shuffling gait as they whiz by in their cars en route to the Capitol every morning.

Saddening Thing
The only thing that saddens Sen. Green these days is that he doesn't have enough time to do all the invigorating things he would like to do—like Indian wrestling in the Senate gym.

So he starts his day by walking through the nation's beautiful capitol in the early morning hours to his office on Capitol Hill. Besides, there are a few things he no longer can do, on doctor's orders, like high diving, which was a favorite pastime of his until a couple of years ago.

Tennis is another sport that is right up Sen. Green's alley, but he finds the daily schedule when Congress is in session just too demanding to permit time for rounding up a partner, reserving a court and getting at the game.

Outdoor Exercise
The story of Sen. Green is not unlike that of Teddy Roosevelt—the sickly youth who found good health through strenuous outdoor exercise. He said he was practically an invalid until the age of 11.

"Then my father picked out a school for me that was a mile and a half from home, so I would have to walk that far every day," recalled the senator.

By the time he was 15 and

had entered college he was ready for tennis—"not on the team, you understand"—and later he took up wrestling and high diving.

What about golf, I asked? "Oh, no. That's a game for a man of leisure—like the president," cracked the Rhode Island Democrat with a twinkle in his eye.

Sen. Green freely attributes his longevity in this fast-paced city, where heart attacks seem more and more common, to regular exercise, which he thinks the body demands just like food, water and air.

Walking also has given the senator the perspective of the pedestrian, for he does not own a car and has never driven one in his life. He shakes his head over the habit that afflicts most Americans of driving everywhere they go, even if just around the corner.

Pet Peeve
His pet peeve is the common violation of traffic regulations

that require the pedestrian to take his life in his hands in crossing a busy intersection in Washington, D.C. He especially dislikes the driver who while awaiting a light to change from red to green edges up into the pedestrian cross-walk and forces the man on foot to stop and detour.

When he pointed out such a violation to a traffic office one day, the policeman dismissed his complaint with one remark, "Ah, keep your shirt on!" If this incident had leaked to local authorities, who depend on Congress for all their laws and a big chunk of revenue to run the city government, it probably would have been the officer's last such remark—but the senator didn't pull his rank.

But with all its hazards, walking is just fine with Sen. Green, who has 88 years on his side of it just in case anyone chances to challenge his prescription for a ripe and healthy life in this whirling mechanized world.

Doctors Said Able To Bring Back Life Outside Surgery Room

Chicago—(U.P.)—Three doctors reported today that the dead can be brought back to life in some cases even when they die outside the operating room.

They revealed one of the first known cases where a man died outside an operating room, but returned to life under medical treatment.

And they said it is "not impossible" that emergency teams will be able to speed to the sides of deathbeds outside hospitals and restore life to persons who are medically dead.

Routine Practice
The doctors, reporting in the current Journal of the American Medical Association, are Claude S. Beck, Elden C. Weckesser, and Frank M. Barry, all of the department of surgery at Western Reserve University and University hospitals, Cleveland.

Surgeons have made a routine practice of restoring the heart

beat after sudden death on the operating table, the doctors said.

The process can be extended further because "the death factor in coronary artery disease is often small and reversible... the heart wants to beat and often it needs only a second chance," they said.

Such a patient was a 65-year-old doctor who collapsed on June 22, 1955, the physicians reported.

Rushed to Surgery Room
The afflicted doctor was rushed to the operating room. His heart had stopped and "the man was dead," the doctors said.

Artificial respiration and oxygen administration began within two minutes. It was followed by hand massage, electric shock, and artificial circulation of oxygen in the brain.

The doctor's heart began beating by itself, exactly half an hour after his collapse. Six days later

Federal Employees Plan Annual Picnic

Federal employees of Jackson and Josephine counties will hold a picnic Saturday, June 23, starting at 2:30 p.m. at Tou Velle State park on Table Rock rd. The picnic is sponsored by the National Federation of Federal Employees, local No. 700.

The picnic will be potluck with the exception that coffee and ice cream will be furnished. Employees are to bring table service, committee chairman said.

Committee members will meet at 7:30 p.m. Tuesday, June 12, in the veterans administration office in the federal building at 33 North Riverside ave.

Members of committees include Bob Church, Shirley Brannock, Lester Davenport, Stan Lacey and Walt Gavin, publicity; Al Hansen and Bill Accord, coffee; and Ward Lampkin, Bill Koepke, Lester Moser, Al Hansen, Oral Bell, and Clem Ault, entertainment.

Southern Oregon Men To Attend Meeting

About 11 lumbermen from the southern Oregon area plan to attend the 64th annual meeting of the National-American Wholesale Lumber association in Vancouver, British Columbia, June 19 and 20.

From the Medford area will be Thomas G. Ross, L. C. Burt, and Fred V. Wooldridge of Ross Lumber sales; Roland E. Chapman and Dana McBarron, Chapman Lumber company of Grants Pass; E. J. DeVoe and L. A. Edgington, DeVoe Lumber Sales, Inc.; Joe Hearin, Lumber wholesaler; D. M. Lambert and Robert Voegtly, Lambert-Voegtly Lumber company; and Robert P. Templeton, Robert P. Templeton Lumber company.

More than 600 lumber wholesalers are expected to participate in the meeting, at which H. R. MacMillan, well-known Canada lumberman, will speak. Tours also are planned.

he was doing fine and five days after that he left the hospital. He has since returned to medical practice, the doctors said.

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