

Far East Citizens Have Little Heart Disease

Tokyo—(U.P.)—Heart disease—the biggest man killer in the United States—causes little trouble in the easy-going Far East.

In no Asian country does heart disease rank among the three top killers. Rarely does it appear among the top 10. India, Indonesia and Thailand do not even bother to keep heart disease statistics.

In Asia, the top killers are epidemic diseases and others such as tuberculosis, beri-beri, cancer, malaria, yaws and pneumonia.

In the United States in 1950, 745,074 persons died of heart disease—a rate of 494.4 per 100,000 population. In 1953, this jumped to 794,120 deaths—a rate of 501.4 per 100,000.

In Japan, the disease death rate was 59.9 per 100,000 in 1954. The number five killer in Japan, this was the highest rate in Asia.

Rush And Worry

Only 16,000 heart disease deaths in the past three years were reported in Vietnam; 4.4 per cent of total deaths in 1955 were attributed to heart disease in Nationalist China; out of a total Korean population of about 22,000,000, health authorities reported only 1,449 deaths from heart disease in 1955.

Philippines statistics showed a death rate of 23.33 per 100,000; of 19,283 Hongkong deaths in 1954, heart disease caused 4,152.

Most Asians blame the high U. S. rate on the hectic American life with its rush, rush and worry, worry, worry. In fact, they call heart disease "manager's disease."

One Chinese had this advice for Americans:

"Stay healthy, don't overwork, sleep, don't get fat and never, never get excited about anything. That way your heart will hold for 70 years and after that you should die anyway."

The Chinese claim their way of life makes for a calmer ex-

istence. There is none of the pressure common to Americans. They seldom make quick decisions, preferring to think things over for days. They do not usually get fat and although they are not fond of exercise, like to take long walks to stay in shape.

Diet Theory

A Thai doctor agreed: "We Thais don't work as hard as those in the western hemisphere. And another thing, we don't worry as much as they do."

Indonesian health officials credited their "quiet existence and peaceful minds" for the low heart disease death rate.

Vietnam authorities claim benefits of the "peaceful, calm" life led by the Vietnamese were proved by the fact that during the upheaval and strain of the Indochinese war, heart disease deaths increased markedly.

The theory held by some U. S. heart specialists that America's high fat diet can be blamed for the heavy toll finds support by some authorities in the Far East.

It was pointed out that the staple diet in most Asian countries is composed of rice, fish, fruits, vegetables and other foods low in fat content.

Korean authorities said the "only reason" they could give for the wide gap in heart death rates in Korea and the United States was that Koreans eat less meat and fat than Americans.

Indian authorities blamed "sedentary life and rich food" for India's higher heart disease death rate among India's city dwellers than among villagers who live a more physically strenuous life, with a simpler diet.

Japanese doctors point out, however, that the death rate could be higher in the United States because more people reach old age there than in Asian nations and that heart disease is essentially an old person's illness. In Asia, tuberculosis and other diseases take a heavy toll of the young.

Many authorities also believe that the rate actually should be higher in some countries of the Far East. In villages and interior regions which have few doctors, they reason that some heart disease deaths are not diagnosed and reported as such.

DISHEARTENING RESULTS

Davenport, Ia.—(U.P.)—Civic leaders labored for a week in a "shoe leather telephone" campaign to bring out a 100 per cent vote in the primary election Tuesday. Results showed today they succeeded in bringing out exactly 31 more persons in this city of 82,000 than voted two years ago.



NEW GERMAN NAVY—German Vice Adm. Friedrich Ruge addresses the crews of the first three ships that were taken over from the British Royal Navy at the Kiel Naval Base in Germany. The boats, without armor, will make up the first units of the German Navy's Speed Boat Training Squadron.

HORNBROOK Minister, Wife, Honored

By MRS. H. H. CHAPMAN

Hornbrook—A farewell dinner for the Rev. and Mrs. C. C. Addington was given at the Community church Monday evening, June 4. The attendance was good, and a generous purse was collected and presented to them.

Mr. and Mrs. Addington, who has served the local church for the past year, will leave Friday for Stockton, Calif., where they will attend the annual conference of the Methodist church, after which they plan to spend the summer traveling with their trailer and taking pictures. Their itinerary includes Couer d'Alene, Idaho, Yellowstone park, Oklahoma City, and probably back to Kentucky. The good wishes of the entire community go with the Addingtons.

The ham dinner given by the Grange on Memorial day was such a success that serious thought is being given to making the event an annual affair. So many hundreds of people pour into this little town each Memorial day to pay homage at the graves of their loved ones, that a dinner such as this affords a good place for old friends to gather, and renew acquaintances.

Mrs. Bertha Bradley entertained at dinner at her home on Memorial day. Besides her sister and brother-in-law, Mr. and Mrs. Archie Winders, who are visiting her from Stockton, her other guests were another sister, Mrs. Will Rogers of Klamath River,

and Mrs. Elmer Rider, also of Klamath River.

Memorial day visitors at the home of Mr. and Mrs. Frank Lowe were their sons, Mr. and Mrs. Bill Lowe and stepson, and Marion Lowe, all of Dunsuir, and Mrs. Carl Gustafson, a sister of Frank Lowe's, from Smith River, Calif., and her daughter, Mrs. Richard Thorpe and daughter from Weed, Calif.

Mr. and Mrs. Kenneth Greene and children, Robbie and Patty, of Paradise, Calif., are spending the week with Greene's parents, Mr. and Mrs. Paul Greene of Henley road.

Mrs. Bill Wiley entertained two tables of bridge at a noon luncheon June 1 at her new home on Highway 99 North. Guests were Mrs. Fred Mills, who won high score, Mrs. Laura Swinnerton who won second.

Mrs. Archie Winders, Mrs. Grace Quigley, Mrs. Lester Nye, Mrs. Frank Ohlund, and Mrs. Bertha Bradley.

Mrs. Fred Mills spent the week end visiting at the home of her cousin, Mrs. O. D. Frazee in Medford.

Bob Payne was host on Sunday to about 20 of his high school friends at his parents' home on the Klamath river. The youngsters enjoyed a barbecue party, followed by a hay ride.

Air Force Pilot, Wife Win \$32,000 On TV Quiz Show

New York—(U.P.)—A U.S. Air Force jet pilot and his wife each won \$32,000 last night by identifying characters in Sherlock Holmes stories on "The \$64,000 Question" quiz program.

Capt. Thomas O'Rourke, who is stationed at Wright-Patterson Air Force base in Dayton, O., and his wife Bobby, answered separate seven-part questions based on the detective stories by A. Conan Doyle.

Mrs. O'Rourke, 24, revealed that she and her 24-year-old husband have a system for insuring a cash prize.

"If I fail to answer the question," Mrs. O'Rourke said, "then Tommy will take the money instead of moving on to the last question. That way we are sure to win something."

Mr. and Mrs. O'Rourke, who are on the CBS television show as separate contestants with the same category, are thus assured of a cash prize and a 1956 Cadillac convertible if either of them should miss a question.

The O'Rourkes, of Fairborn, O., will return next week to decide if they will keep the \$32,000 or try for the top prize of \$64,000.

Peter Freuchen, 70-year-old Danish explorer and author, answered questions about "The Seven Seas" to win \$4,000. He will return next week to tackle the \$8,000 question.

Milwaukee, Wis.—(U.P.)—Mrs. Karl's bawleries offered today to give away \$10,000 worth of pastries and other delicacies. Truck drivers have refused to deliver for the bakery and officials said they might as well give away perishable items to whomsoever calls before they spoil.

Garden Notes

By C. B. CORDY
County Extension
Agent for Horticulture

Many of our Junipers have dead twigs scattered through them, especially in the interior part of the bush. This dying out of some twigs, which is generally accompanied by lack of vigor in the entire bush, is generally due to the presence of Juniper scale.

This scale is easily detected during most of the year because of white and brownish spots on the leaves and twigs. At the present time this scale is difficult to detect without a hand lens as the old scale have died and the young scale are now out and crawling around.

Easy to Control

In this stage the scale is particularly easy to control because they are not protected by a waxy covering. Where the scale is present, Junipers should be sprayed with four lbs. of malathion in 100 gallons of water. In small sprayers this amounts to three lbs. in two gallons of water.

As the young scale will be in between the leaves where it will be difficult to wet them, thorough coverage will be absolutely essential. Also, as all of the scale do not appear at one time, a second spray applied in three weeks will complete a

WEDDING PLANNED

Hollywood—(U.P.)—Actress Jane Lake announced Tuesday she and Robert Dix, son of late film star Richard Dix, will be married in the Bahai Faith, a Persian religion. Miss Lake said her parents would come to Hollywood from Pennsylvania June 19 and that she and young Dix will be married this summer, although no definite date has been set.

clean-up of the scale. Malathion is an insecticide and as such should be handled with reasonable care. However, it is one of the safest insecticides we use, so if reasonable care is used, it presents no health hazards.

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Montgomery Segregation Of Buses Ruled Invalid

Montgomery, Ala.—(U.P.)—A three-judge federal tribunal has ruled that segregation of city buses in Montgomery is unconstitutional.

The bus line has been boycotted for six months by Negroes demanding an end to segregated seating.

The Tallahassee, Fla., bus line also is being boycotted by Negroes who are asking similar removal of race barriers and full first come, first served seating privileges.

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