

Modern Comforts May Eventually Turn Humans Into Odd Animals

By DELOS SMITH
 United Press Science Editor
 New York — (U.P.) — TV diners, contour chairs, labor-saving machinery, and air-conditioning place the human race in the danger of developing eventually into animals resembling sea squirts.

Prof. Laurence E. Morehead, of the University of California at Los Angeles, sees this danger. But he is only one of an increasing number of scientists who think that soft, effortless living is bound to make drastic changes in human beings in time.

Listen to Morehead describe the sea squirt and you'll get the idea. Said Morehead: "As a youth the sea squirt exercises a well-developed neuro-muscular system while swimming in search of choice morsels of food

and favorable environments. Large Gill System

"In middle age the sea squirt settles down and attaches himself to a rock or piling and develops a large gill system through which he allows food-rich water to pass. His well-muscled tail gradually sloughs away, and he remains a mass of flaccidity."

Consider the remotest origins of living things, said Morehead in a scientific lecture. When life could move about to get more and better food, animal life emerged from vegetable life. But these newly acquired "organs of locomotion" required bodies capable of supporting them.

Really Complicated

So matters racked along until something really complicated resulted—human beings.

Their bodies were intricate, coordinated muscular, nervous, and chemical systems each dependent on the others. And all depended upon use—exercise.

The trouble with the soft-living to which the American human beings have now fallen here is that it results in a "disharmony" of bodily function, Morehead said. "Hard muscular work attended by a violent expenditure of energy" no longer raise "bodily functions" to support higher levels of activity. Emotions, however, elevate bodily functions.

There is nothing for the elevated functions to support and "disorganization" follows.

"If this disorganization is allowed to continue, the over-active autonomic discharges will predispose to circulatory and digestive disorders," he continued. "Thus, the very constitutional endowments which made man a robust animal in the savage state may contribute to his deterioration and destruction in the civilized state.

Gradual Extinction

"Perhaps the climate of a heavily populated and highly civilized world will force the gradual extinction of ardent and inventive men, and encourage the development of a race of irresolute stoics, but we cannot wait for this kind of solution to the ever growing problem. We must now modify ourselves so that we can exist in the environment of effortless living we have so modified."

He wasn't quite sure what soft-living human beings should do but he thought the answer was in physical exercise, steam baths, and massage. The exercise substitutes for the violent physical activity of primitively living human beings, the steam baths give work to the body's mechanism for regulating its own internal temperature which air-conditioning slows down, and massaging restores reflexes which have become "vegetative."

Is That So?

The gravest danger the camper encounters in the outdoors is one he can't see—and yet, for his personal welfare it is the most indispensable. That's his drinking water.

Although sparkling clear, bubbling out of a spring, it may be contaminated. Besides, there is the danger of not drinking enough; and yet stomach-upset can be incurred by not drinking it carefully.

Before we untangle this maze of seeming contradictions, let's look at one of the most mistaken beliefs about running water.

It has been said repeatedly that a swift, well-aerated stream purifies itself within 100 yards. Ridiculous. Only if the water runs through beds of fine sand



is it filtered and rendered more or less pure. But at other times—and this is in the overwhelming majority of times—the swiftly running water flows over solid rock and then even in one mile the chemical content will not be changed. And it can be as contaminated as it was at the source—even if that source is five miles upstream!

Now, to maintain the ability to hike and carry a pack in the outdoors it is most essential to drink plenty of water. Army experiments carried out in high-altitude country and deserts during July have shown that an average man, fully clothed and resting between times, needs two quarts of water daily in the mountains; three quarts in the coastal lowlands; and nine quarts in Death Valley. Hence the need for an adequate supply must be anticipated by the camper; this can never be taken for granted.

Where water is scarce, savings can be affected. For example a shade-giving tarpaulin can repay its own weight in water savings in one day alone when used for four hot midday hours. With it, there are other water economies, such as: avoid hurrying, wear adequate clothing including a hat; and rest in the shade during the heat of the day. Regarding the latter, arrange your day's trip through the canyon in the early morning when it is cool and full of bird songs instead of during the heat of the noonday sun when it can be a baking inferno and dehydrate your body.

Study Trail Map

Before taking a hike into new country, study the trail map carefully and plan to reach a stream-side for lunch, if you can, where it is fairly cool and you can rest and rinse out your mouth first—and after a time quench your thirst more fully. If no stream is available, carry fresh fruit or a small canteen of water. For the midday snack, experienced hikers often tote a small billy-can and make a cup of tea, using plenty of quick energy-giving sugar as a quick restorer.

It's a safe rule not to drink too often when hiking—particularly so with overheated youngsters who can get upset stomachs easily from drinking cold water quickly. Better first to rinse the mouth, wait awhile and then drink slowly.

But thirst can become an obsession. To relieve a parched tongue and throat, carry dried prunes and eat one from time to time, retaining the pit in the mouth. This stimulates the flow of saliva. I've even carried small pebbles.

Chances Become Greater

And now for the unseen danger: as our great land becomes more and more populated, the chances of befouled water become greater and greater, even in the mountainous regions. Careless campers and resort owners are the usual sources of contamination in wilder parts; in more congested areas, cities and industry. Thus, unless you are sure of no human activity upstream, you'll always be wise to "pur-

ify" your water. There are two ways. You can use water purification tablets such as Halazone which can be purchased in a drugstore—a tablet to the pint; and you can boil your drinking water for at least 5 minutes—20 is better. To remove the "flat" taste, pour it back and forth after boiling from one clean container into another. This restores the oxygen.

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NICHOLS VACATION

Harman Nichols, author of the Mail Tribune's column, "Comment on This and That," is on vacation. His column will be resumed on his return.

VISIBLE FIREMEN

Boston — (U.P.) — Firefighters will wear luminous coats and helmets here to make them visible through smoke and flames. The idea was adopted after two firemen were killed in an accident which probably could have been averted by such luminous attire.

FANCY BASTILE

Blair, Neb. — (U.P.) — The city jail here boasts one distinction. City officials believe it is the only jail in the country furnished in knotty pine.

THE EVIDENCE

Kalamazoo, Mich. — (U.P.) — Police had little difficulty solving the theft of a quantity of beer and wine from a tavern at near-by Augusta. Two 15-year-old boys staggered into Kalamazoo High school drunk the following morning.

REWARD

Saginaw, Mich. — (U.P.) — After 12-year-old Billy Beitz pulled a kindergarten pupil from the path of an auto, he was feted at St. Helen's parochial school, with ice cream and cake and excused from doing homework for one week.

There are twice as many automobiles in St. Louis as in all of Japan, and New York City and Chicago together have as many automobiles as France and Switzerland combined.

Use Tribune Want Ads

OUT OF THE WOODS

By JIM STEVENS

Baptist Lumberman . . .

C. Stanton (Stan) Gallup, timber manufacturer and distributor of Plainfield, Conn., was happy to hear of the award by the American Baptist Convention, to the Rev. Grayden D. Loree of Reedsport, Ore. Stan attended the recent national meeting of the Baptists at Seattle, as head of the National Council of American Baptist men.

Stan Gallup is notable among the men who lead in the Northwestern Retail Lumbermen's association. He is well known in these parts, as he has made many a trip to the West Coast to do personal buying of Douglas fir, West Coast hemlock and Western red cedar lumber. He can rattle off the new grade names of our products as readily as the lines of the Doxology. So Stan Gallup is no stranger to Reedsport, lumber-town jewel of Winchester Bay, on the Oregon coast.

The Reedsport Baptist church had just 46 members when young, personable and eloquent Grayden Loree began his ministry there in 1948. Now its members number 143. There have been 82 baptisms during the Loree pastorate. On the purely practical side of the record the church's budget has grown handsomely, from an annual \$5,253 to \$12,475.

And the "Men at Work" flag has been out right regularly. A church plant, but partly built in 1948, has been completed, from inside wiring to outside paint. A parsonage has been acquired and touched up—might be a manse some day.

Oregon Home Mission . . .

True to the tradition of the pioneer missionaries of Oregon, the Rev. Loree faced up to needs for religious programs beyond his own pastorate. So part of the work of the Reedsport Baptist church members became the establishment of a mission enterprise 25 miles away in the coastal hills. Boys' work was promoted through the open and active secular medium of scouting.

So the American Baptist Convention, after surveys of work done in "Town and Country Churches" during 1955, gave one of three awards to Reedsport's Grayden D. Loree. A second winner was the Rev. Lorenz P. Michelson, pastor of the Baptist church at Cashmere, Wash. The third award was to the Rev. Roy E. Jones, First Baptist Church, Olathe, Colo.

The achievements of the three "rural church" ministers meant much to Stan Gallup because they represent talent, thought and time given by church men. It is Stan's responsibility, as big chief of Baptist men, to persuade them to give of their abilities and skills, to offer hands and hands as well as dollar pledges to their local church and to church organizations.

He is powerfully persuasive because Baptist men look at him, listen and are quickly convinced that here is a happy man, this Stan Gallup, happy in his faith and his works.

Tree Grower Too . . .

There is a Gallup sawmill at Ashland, N.H., with 3,000 acres of young pines and hemlocks back of it. His Plainfield, Conn., enterprise covers 36 valuable acres. It is first of all a kind-drying and remanufacturing operation, with an S. A. Woods 412M matcher and planer, a Yates-American bandsaw, Helister carry-cranes and fork-trucks and a fleet of 28 trucks and trailers. Stan retails lumber only in the Plainfield area, while servicing other retail dealers within a radius of 40 miles.

The Gallup remanufacturing and distribution yard is within 40 miles of New London and Hartford, 30 miles west of Providence, R.I., 45 miles south of Worcester, Mass.

While in Seattle Brother Gal-

lup was mainly interested in saving souls by rigging up new ways to put Baptist laymen to work on the theme of the convention, "I Will Build My Church."

Spiritual building was the heart of the matter. But Stan talked well and at length on the building of new church edifices in the Northeast, with Douglas fir timbers and dimension basic in most of them. And he preached with a punch on the need for renewal of popular faith in the FHA insured home loan for home building.

He is District Governor C. Stanton Gallup of Rotary International and has been appointed to an international post of honor by Rotary's new President Jean Paulo Lang of Livorno, Italy. It did my soul great good to meet Stan Gallup. What a lumberman!



JUST BAIT SIZE, JOANNE — A couple of fair catches themselves, these Redwood Empire beauties Joanne Copeland (left) and Roberta Browne hold up their catches at Sausalito, Calif., with Joanne definitely on the short end of things. The girls are warming up for the first of two Sausalito Golden Gate Salmon Derbies. The first runs from June 30 through Aug. 10. The second from Aug. 11 through Sept. 21. Paid Hawaiian or Mexican vacations are among the prizes.

New Wheat Export Plan to Continue

Washington — (U.P.) — The Agriculture Department said Friday the wheat export program under the new international wheat agreement will continue even though the agreement has not been ratified by a sufficient number of participating countries.

The present wheat agreement expires July 31. A new one was drafted several months ago and was submitted to participating countries for ratification.

In the expectation that the agreement would be ratified by Aug. 1, the department said, it will make sales of wheat during the remainder of June and July for export after Aug. 1.

QUICK RAISE

Waterbury, Conn. — (U.P.) — Mrs. Marcia W. Ford, the new secretary to the city's director of administration, received a pay increase before she was officially hired. Board of finance members couldn't find any salary-bracket under civil service rules which paid \$3,000, the amount for which Mrs. Ford was engaged. The board confirmed her appointment at the salary closest to that amount—\$3,032.

\$286,000 Burglary Reported in Miami

Miami Beach (U.P.) — A \$286,000 burglary from the safe of a well-known plastic surgeon's home, believed the biggest in this resort's history, baffled detectives Saturday.

Dr. Daniel Shorel, who was in New York at the time of the burglary two nights ago, reported his closet safe contained some \$270,000 in securities, \$5000 to \$7000 in cash, \$2000 to \$3000 in U.S. money orders and \$9000 in jewelry.

Two days of investigation including an inch-by-inch search of the swanky Shorel home on Rivo Alto Island failed to produce a single clue, detectives said.

Dead line Sunday Classified is at noon Saturday.

New Chilean Order for Maritime Into Affect

Santiago, Chile (U.P.) — A law requiring that half of Chile's international maritime transport and all of its maritime coastal shipping be carried on Chilean ships went into effect Friday.

President Carlos Ibanez supported the measure against the protests of the United States, Britain, Sweden, Norway and other shipping nations which called the law "discriminatory."

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