

Americans in America Found To Have Higher Blood Pressures

By DELOS SMITH
United Press Science Editor
New York — (U.P.) — Science has found yet another indication that there is something about being an American living in America which disposes toward high blood pressure.

Dr. Szent-Gyorgyi, a member of the faculty of the University of Chicago medical school, studied the blood pressure of 3,508 students enrolled in the university's summer school. They were all young, most were under 30. And they were all in the United States.

Also important was that they were all American. Szent-Gyorgyi's words "a little condensed world of men and women of various race—White, Negro, Asian, etc., who were natives of five continents."

Although medical authorities are not in agreement as to what is "normal" blood pressure, Szent-Gyorgyi took the majority opinion of what is "normal" for these age groups. Of his 3,508 students 67 per cent had blood pressures higher than this figure.

But of the native Americans among them, Canadians were included seven per cent were above this normal. Of the foreign-born students who had not been in America very long, the figure was 3.8 per cent. Going out to foreign born students who had been living in America with Americans for ten years, we found that their blood pressures were comparable to those of the native-born.

American Environment
Reporting to the American Heart association, Szent-Gyorgyi said his studies "indicate that the factors that raise the blood pressure in the foreign-born must be inherent in the American environment—climate, geographic location, nutrition, way of life or combined."

"Furthermore, if we consider that the incidence of hypertension in foreigners with less than one year's residence was only 3.8 per cent and among those who lived in the United States for more than 10 years the rate was 8.5 per cent, i.e., over double the first group, little doubt remains regarding the importance of modifying factors in the development of hypertension, beyond the role of race."

Szent-Gyorgyi, however, hazarded no opinion as to what is the something or somethings which disposes Americans and others living in America to high blood pressure. That is a matter for other scientific investigations.

Is That So?

So you're lost. Now what? This moment of question may decide whether you are going to live or not. Many a husky self-assured man has gotten panicky and gone to pieces.

The thing is to plan ahead—before it ever happens—just what you are going to do if you become lost. And here's the blueprint for that planning.

The first thing to do is this: force yourself to sit down on a rock or under a tree and think the whole thing over. Be calm. If you let your imagination run away, you will start going in circles plunging through streams and getting your matches wet, bumping into fallen logs and scrambling up banks. Confusion added to panic.

Next, sit down some more. Get complete hold of yourself. Think: being lost in the woods is not really dangerous. No harm will come to me even if I don't eat for two or three days. The important thing is to keep warm, and save my energy.

The fact is, no experienced woodsman is ever really "lost" in the woods—certainly, he often does not know within a mile or even five miles where he is. But he doesn't care. He knows there is a stream, a trail and a ridge. He'll make it.

Food can be found... either snare a rabbit, club a porcupine catch a fish, shoot a fool grouse—and if you'll shoot the lowest first, you may not frighten off the higher one.

Now, figure out where you are. Perhaps you're only 50 yards from the trail. To set yourself right, tie a handkerchief to a high bush, or a shirt tail will do. Walk straight away for 50 yards—that's 50 steps—but not out of sight of that handkerchief. Now swing in a wide circle with the handkerchief in the center. Study the ground carefully and look for landmarks or signs of the trail back to camp.

Decide one of Two Things
No luck? Then sit down and decide upon one of these two things: to try to find your way back to camp or to stop where you are and build a fire and stay there until someone finds you.

If you are hurt, there is no choice; you must stay put.

If darkness is only two hours away, or less, and you know camp is a good way off, stay where you are. (Presently, we'll discuss what you are to do to make yourself comfortable overnight.)

If you plan to find your way out, then go to some vantage point. It may be a tree, a rock, or the top of a ridge. It is not too much of a climb. (Remember, always conserve your energy.) See if you can locate a landmark. Place yourself either with your compass the sun or your wood-lore.

Avoid if possible getting into a new watershed thereby putting yourself in new country in which no one will look for you when the party goes out. Consider the country—sometimes ridges are more open than the streamways and make for easier travel. The direction you will go decided, then select a marker—a tall tree is a good thing. When you reach it, look back to your last landmark, and sighting forward, pick out another landmark on the same line. This is called "beeline"—running a straight line. If you meet serious obstacles such as devil clubs, vine maple thickets or manzanita, go around.

But you say, people get lost where there are no trees. Fair enough. Then use a pile of stones or the tops of tall bushes which you step. As you go, blaze a trail—break off brush, break down small shrubs, or leave trail markers. In open places, leave distinct footprints to searchers can find them.

Two hours before sunset, stop and make preparations for the night. Find a windbreak—either a rock, windfall or cliff. Build a fire for heat—and you'll thank me for that suggestion of a two-inch end of candle to help ignite the wood. Then, collect enough wood to see you through the night. Get plenty, and break it into convenient lengths and stack it near at hand. Dead branches can often be broken by whacking

Is That So?

them against a large rock or tree. **May Attract Attention**
Rest between fire and windbreak. The fire will be mighty cheerful and warm and it may attract the attention of searchers or forest wardens—but don't look for them until morning.

Then, come morning and brother you'll be stiff, turn your fire into a smoke signal. For this you'll want to use plenty of small sticks first to get the fire blazing and on top of it pile gathered damp leaves, grass, ferns, or live brush. Dense smoke will result. Repeat this at least three times. Signals given in sets of three, you know, whether by smoke, whistle, yell or shots are universally recognized as distress signals.

Finally, stick it out—and keep on being calm, cool and collected. In due time, the rescue party will find you—and laud you for your good judgment.

(Released by McClure Newspaper Syndicate)

(Copyright, 1956, Eugene Burns)

Free: By special arrangement with the editors of the Encyclopedia Americana, my panel of judges will award each week to the reader who sends me the best true-life nature adventure, or the best nature observation, or the best question on nature and wildlife, a complete 30-volume set of this world-famous reference work in a handsome Sealcraft binding. Each week new submissions will be considered. Sorry, I simply can't answer your many friendly letters. Please address your letter to: Is That So? c/o Medford Mail Tribune, Box 575, Sausalito, Calif.

SMILING queen of beauty—Carol Morris, new "Miss Universe"—is crowned at Long Beach, Cal. Drake University junior lives in Ottumwa, Iowa. (International)



Miss Universe To Sign Film Contract

Hollywood — (U.P.) — Carol Morris reaps the first of her Miss Universe rewards today when she signs a movie contract.

The tall, dark-haired Ottumwa, Iowa, beauty was scheduled to visit Universal-International studios to sign a six-month, \$250 a week contract.

Most of the 72 pageant entrants packed their cosmetics and headed home.

Miss Universe's parents, the Rev. and Mrs. La Verne Morris, gave their permission Sunday for their beautiful daughter to embark on an acting career.

Earlier the couple said they hoped she would still consider teaching.

CALIF. AIR POLLUTION
Riverside, Calif. — (U.P.) — A 12-month survey by the University of California has revealed air pollution injury to plants in 12 out of 31 California counties. Most damage (amounting to more than \$3 million in commercial losses in 1955) occurred in the San Francisco Bay area and on the coastal plain of southern California. Plants injured were vegetables, field crops, ornamentals, weeds, and some fruit trees. Smog and two other airborne toxicants, ethylene and fluorides, caused the damage.

They moved—but their name is in the book

If you move from the precinct where you were registered to vote before, you'll have to register again.

You can't put roots down in your new neighborhood faster or deeper than by registering, learning about local candidates and issues—then voting. Be sure your name is in the book!

Published as a public service in cooperation with The Advertising Council and the Newspaper Advertising Executives Association.

Miss Eugene Wins Oregon Beauty Title

Seaside — (U.P.) — Miss Eugene, comely blonde Patricia Berg, today reigned as Miss Oregon after her selection in yesterday's pageant at Seaside.

The 19-year-old Miss Berg had won the evening gown competition in Friday night's opening judging of the three-day pageant and had added the talent honors Saturday night.

Runner-up for the title was Miss Portland, Patti Ann Haines. Third place winner was Miss Parkrose, Cathy Newman.

The coveted Miss Congeniality trophy, picked by the 14 contestants in the state pageant, went to Judi Thomas, Miss Gresham.

After preliminary judging was completed yesterday, six finalists emerged from the original field. They included Sonja Jorgensen, Miss Springfield; Irene Vetter, Miss Linn county; Miss Parkrose, Miss Eugene, Miss Portland and Wanda Ruhlen, Miss Yamhill county.

A Nichol's Worth of... Comment On This and That

By HARMAN W. NICHOLS
United Press Feature Writer

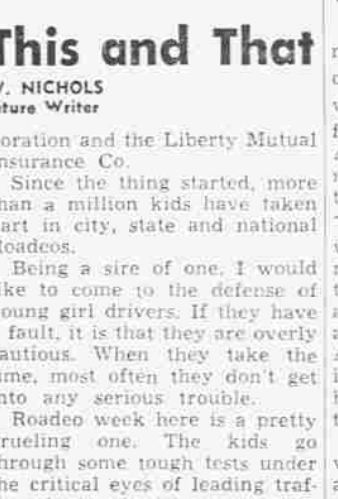
Washington — (U.P.) — It may be bad manners to jinx a nice little girl. But the fact remains that 17-year-old Pat Ledger, of Portland, Me., has a head start among the kids competing here Aug. 6-9 in the 5th annual Teen Age Rodeo.

First off, her pappy, William Ledger, has been a driving instructor in Maine high school for the past decade. Secondly, Pat's brother Bill came out on top in the national finals last year. And thirdly, Pat was runner up to her brother in the Maine finals, losing by only one point.

The young lady from the wonderland of resorts and fine fishing—and apparently fine drivers—is one of two girls competing in the annual event. It's the first time more than one girl has reached the finals.

Girls Overly Cautious
The second girl is Lita Knudsen, of Mesa, Ariz., who has one thing up on Pat. She is exactly 11 days older.

The Teen Age Rodeo is sponsored jointly by the United States Junior Chamber of Commerce, the American Trucking Association, the Chrysler Cor-



What's in a Name

Los Angeles — (U.P.) — Attorney Charles E. Tainter, suing to collect \$77,500 in fees from the widow of a wealthy candy manufacturer, claims Mrs. Gerorgette A. Beckjord loved anonymity so much she changed her name 30 times.

watching out for hazards like rubber balls placed upon things that look like golf tees. They also have to park under unusual as well as normal conditions. And they drive 20 miles an hour indoors with not much light and halt on a white line within a distance of 40 feet.

The serious aspect of the whole performance is that it is about time we taught the young to use modern machinery. Last year 40,000 persons met their maker on the highways of America. Many thousands more were maimed, some permanently. Property damage was appalling.

There is an attractive comeon for the kids who make it to the Rodeo. A total of \$3,000 for the three winners. And running back home to brag about being one of the three best young drivers in the country.

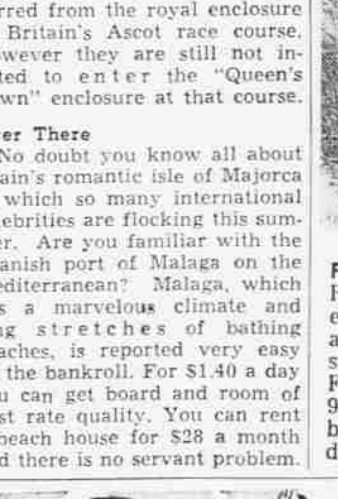


They moved—but their name is in the book

If you move from the precinct where you were registered to vote before, you'll have to register again.

You can't put roots down in your new neighborhood faster or deeper than by registering, learning about local candidates and issues—then voting. Be sure your name is in the book!

Published as a public service in cooperation with The Advertising Council and the Newspaper Advertising Executives Association.



Is That So?

Free: By special arrangement with the editors of the Encyclopedia Americana, my panel of judges will award each week to the reader who sends me the best true-life nature adventure, or the best nature observation, or the best question on nature and wildlife, a complete 30-volume set of this world-famous reference work in a handsome Sealcraft binding. Each week new submissions will be considered. Sorry, I simply can't answer your many friendly letters. Please address your letter to: Is That So? c/o Medford Mail Tribune, Box 575, Sausalito, Calif.

Headwaters of Mighty Columbia Traced Into Canada on Motorlog

Columbia Lake Is Quiet Beginning For River of West

The following is a condensation of a motorlog appearing July 15 in Northwest magazine magazine of The Sunday Oregonian. It is one of an annual series sponsored jointly by The Oregonian and the Oregon State Motor association.

By STEWART HOLBROOK
Portland Author

We came to Canal Flats over highway 95 on a motorlog expedition from the south, crossing the Kootenay to the brief gravelly plain which separates that already powerful stream from the headwaters of the Columbia.

You cannot see the lake from the Flats. We stopped the Oregon State Motor association's white Ford there only to see the remnants of the famous old canal and locks by which a sternwheeler from Montana had entered the Columbia at its very source, surely a feat worth remembering, and which brought a steamboat era to the upper river a good 60 years after the first steamer had entered the stream at its mouth.

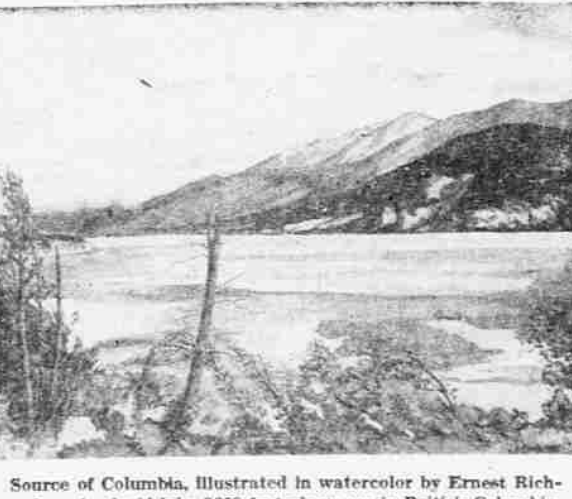
We drove on north a few miles to a high bench overlooking Columbia lake. This is it—the headwaters of a stream that here begins its vagrant way to the ocean, 1210 miles distant. The sight is all one could wish, this clear, cold and remote beginning of the great river, which has the misfortune to rise at the high elevation of 2650 feet above the sea and is thus indelibly branded for the harnesses of power and irrigation.

Lake Stocked With Trout
The river begins to spread out into marshes that continue on to Lake Windermere, which I was told was stocked with Kamloops trout, and on or near its shores are the villages of Wilmer, Athlmer, Windermere and Invermere.

Golden, once known as First Crossing, is where the Canadian Pacific railroad first comes to the Columbia. The Big Bend begins here, and for 200 miles the highway runs through a primitive forest such as is not to be seen elsewhere along the Columbia.

We soon came to the lake named for Chief Kinbasket, and stood to wonder that so lovely a place seemed virtually unknown to outsiders. Both the Selkirk and the Rockies have closed in to hem the lake and shadow it by most formidable peaks, ranging up to 12,000 feet.

Out of Kinbasket the Columbia roars into 24 miles of almost continuous rapids. The traveler



Source of Columbia, illustrated in watercolor by Ernest Richardson, is placid lake 2650 feet above sea in British Columbia.

sees the white water through the trees, and he is constantly aware of the sound of its fury. Far below in the canyon it boiled from fall and speed, and the echoing cliffs sent up a thunder that will no longer be heard elsewhere on the river, now that Ceilo is about to be stilled.

At Boat Encampment is the apex of the Columbia's northward surge. Here it turns suddenly around the end of the Selkirk range and starts south, and the highway moves to the east side of the river. The Rockies have been left behind. The Selkirk are now on the left. On the right stand the Monashees. After its 200-mile start for the North Pole, the Columbia is now heading, in its own strange fashion, for Astoria.

The city of Revelstoke is considered the lower end of the Big Bend. The Canadian Pacific



From its source Columbia sweeps north, then south in great arc known as Big Bend.

On The Side

(Distributed by King Features Syndicate, Inc.)
Airwave entertainer, Jean King Rousseau, is billed as "Lonesome Gal." Jean started that program in Dayton, Ohio, nine years ago and is still going very strong. Why not a "Lonesome Gal" program featuring some presentable bachelors? Perhaps the program should be called "Lonesome Lads" and feature a number of bachelors. It is improbable, that with the present well-developed husband hunting technique of our countrymen, any bachelor could maintain his state of single blessedness for a very long period.

By E. V. Durling
When you time out you can get a top grade four-course dinner for about 70 cents.
Husband Hunting
Are you acquainted with a bachelorette who is having difficulty acquiring a husband? What is the cause of her failure to find a spouse? Is her husband hunting technique faulty? Or is there a shortage of male matrimonial material in your section? If your bachelorette friend is really desperate have her give a thought to a trip to Australia. In that country there are 73,000 more single men than single girls between the ages of 20 and 29.

Hotel at Wasco Destroyed by Fire

The Dalles — (U.P.) — Fire early yesterday leveled the block-square Sherman hotel in Wasco, 28 miles east of here, with damage estimated at \$100,000.

The fire was discovered shortly before midnight by the owner, Ed Clark. He sounded the alarm to evacuate the hotel and within minutes the flames had gutted the structure and were shooting through the roof.

Two small booster pumps, one from Wasco and the other from neighboring Moro, fought to keep the flames from spreading. A large pumper truck from The Dalles reached the scene an hour after the fire was discovered and with a blanket of water kept the fire from spreading.

A tavern located in the same building was also destroyed but an adjoining clothing shop escaped unharmed, firemen said.

Washington — (U.P.) — The powerful House Rules committee agreed Saturday to permit a floor vote, probably early next week, on the long-stalled Public Housing bill.

Hotel at Wasco Destroyed by Fire

The Dalles — (U.P.) — Fire early yesterday leveled the block-square Sherman hotel in Wasco, 28 miles east of here, with damage estimated at \$100,000.

The fire was discovered shortly before midnight by the owner, Ed Clark. He sounded the alarm to evacuate the hotel and within minutes the flames had gutted the structure and were shooting through the roof.

Two small booster pumps, one from Wasco and the other from neighboring Moro, fought to keep the flames from spreading. A large pumper truck from The Dalles reached the scene an hour after the fire was discovered and with a blanket of water kept the fire from spreading.

A tavern located in the same building was also destroyed but an adjoining clothing shop escaped unharmed, firemen said.

Washington — (U.P.) — The powerful House Rules committee agreed Saturday to permit a floor vote, probably early next week, on the long-stalled Public Housing bill.

Summer Pests

Are you being bothered much by flies or mosquitoes this summer? Ever hear of a herb called basil? In Paris, the sidewalk cafes have a pot of basil on each table. This is said to keep flies and mosquitoes away.

Cigar Smoker

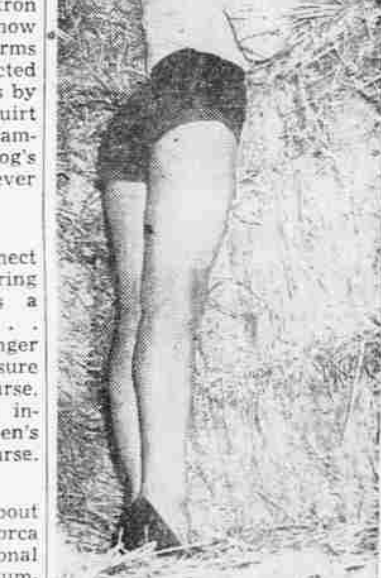
A feminine subscriber of Chicago informs me she recently took up smoking mild cigars and now likes them much better than cigarettes. She uses a holder and frequently smokes a cigar in public without worrying as to what people think of her. While cigar smoking by women is rare in this country, it is quite common in many European countries, especially Austria. The cigars intended for women are usually much smaller than those smoked by men.

Sidelights

As asked to name the Patron Saint of golfers, St. Hubert is the Patron Saint of sportsmen. If the golfers have a Patron Saint of their own, I don't know who it is. A milkman informs me he has successfully protected himself from unfriendly dogs by the use of a small plastic squirt gun filled with water and ammonia. One squirt on the dog's nose and he retreats and is never again troublesome.

FARMER'S DAUGHTER

Redwood Empire farmerette Barbara Mayo makes a pretty picture as she stacks hay for the District Fair at Ukiah, Calif. Aug. 9-12. Farmerettes like Barbara could keep the boys down on the farm.



WHAT'S IN A NAME

Los Angeles — (U.P.) — Attorney Charles E. Tainter, suing to collect \$77,500 in fees from the widow of a wealthy candy manufacturer, claims Mrs. Gerorgette A. Beckjord loved anonymity so much she changed her name 30 times.



I'm no Bar-B-Q Bum
He minds his picnic manners—especially when it's barbecued beef on delicious Holsum—the energy white bread in the orange red wrapper.

MAKE IT TASTE BETTER
Serve it with Holsum Bread

Gluehrer's

Memo from Reddy...

Save preparation time

With a HomeFood Freezer, you can prepare a 7-course dinner in 27 minutes!

See your favorite Appliance Dealer!

COPCO

Use Tribune Want Ads

Is your name in the book? REGISTERED VOTERS