

Record Called 'Relaxation' Designed To Relieve Tension of Individual

By ALFRED LEECH
United Press Correspondent
Chicago—(U.P.)—If you're not careful Edwin L. Baron will talk you to sleep.

A hypnotist by trade, Baron has cut a record called "Relaxation."

"I want you to sit back in your chair," Baron's voice drones forth. "Or if you happen to be

lying down, stretch out on your sofa or bed.

"Make yourself comfortably relaxed."

Close Your Eyes

Pretty soon, Baron tells you to close your eyes.

"You are going to feel a very pleasant feeling of relaxation come over you," he says. "It's starting at the tips of your toes

and slowly creeping up into your legs."

In a few minutes the man has you bogged down. And after 22 minutes of this long-playing psychological lullaby, you're as limp as Perry Como.

Baron, director of the Hypnotism Institute of Chicago, makes no extravagant claims for his recording. But in times of ten-

sion and uncertainty he believes it might help a lot of folks.

"Pills and drugs may be of limited help to some," he said. "But nature's own methods are more beneficial."

"When we gradually condition the mind to reject frustrations and worries for brief periods each day, we soon achieve natural tranquility rather than an artificial condition."

In other words, sleeping tablets and the new tranquilizers have their place, but Baron feels a lot of people can do without them.

As a hypnotist, Baron is the originator of the "weight reduction through hypnosis" technique, in which post-hypnotic suggestions are designed to help plump subjects stick to their diets.

He's also trained dentists in the use of hypnosis as an anesthetic.

In his recording, he relies on

psychology and the simple power of suggestion rather than hypnosis. His voice is backgrounded by dreamy organ music.

But the thing may have some drawbacks. We've got one of the records at our house, and the other night I came home to find dinner late and the house in a state of relaxed disorder.

My wife said she'd been listening to the record.

FUTURE PLANNING

San Diego, Calif. — (U.P.) — Aeronautical engineers are planning ahead for practical commercial super-sonic transport planes by 1970, according to George F. Worley, chief of advanced design of Douglas Aircraft Co. He said that between now and 1970 the most feasible type of commercial aircraft will be the turbo-prop, which have speeds in the 400 to 500-miles-per-hour field.

Science Finds New Evidence That One Can Get Too Much Vitamin D

By DELOS SMITH
United Press Science Editor
New York — (U.P.) — Medical science has found new evidence that there is such a thing as too much vitamin D, the so-called "sunshine vitamin." That definitely is news in our vitamin-happy world.

Drs. William B. Scharfman and Simon Propp of the Albany (N. Y.) Medical College traced the cause of an unusual anemia in four adults to "vitamin D intoxication."

In effect, they warned other physicians to check up on the amount of vitamin D intake when confronted with certain forms of anemia. Their four vitamin D "intoxicated" persons had been taking 50,000 to 150,000 units daily.

That sounds like a lot. But they pointed out that at least two multiple-vitamin preparations commonly sold over the counter without prescription, contain 50,000 units of vitamin D per capsule.

Three of the four were taking the heavy dosages on their doctors' orders. Drs. Scharfman and Propp said that for their money there was "little justification" in using vitamin D for such things as arthritis, allergic diseases such as asthma, and for such skin disorders as acne.

What It Does

What vitamin D does in the body is to increase the absorption of calcium from the intestine, which is why it is considered an important vitamin for growing children. When too much is taken into the body, "the blood is super-saturated with calcium and phosphorus."

The result is, the scientists

continued in reporting to the New England Journal of Medicine, that calcium is deposited at "abnormal sites," especially in the kidneys where it results in impaired kidney function to go along with the anemia.

Their four cases brought the total of reported cases to around

140. Most of them in children. Vitamin D has been widely used for some 25 years, and so the total is small. But the scientists suggested that the unusual anemia might not be traced to its cause unless the doctor had the possibility of vitamin D intoxication in mind.

Attorney Describes Decisions Program

Don Hansen, Medford attorney, spoke on Great Decisions . . . 1957 Wednesday, at a noon meeting of the Grants Pass Rotary club.

Hansen, last year's Jackson county chairman of the Great Decisions committee, was asked to explain the program to the Grants Pass group.

Dr. and Mrs. William J. Moore are co-chairmen of the Josephine temporary Great Decisions committee, and conferred in Medford Saturday with Jackson county committee members.

The Great Decisions . . . 1957 program is a once-a-year review by the public of eight crucial foreign policy issues. Hansen told the club, and offers an "enjoyable means of studying world affairs."

Committees function in each county to coordinate public activities, establish informal home discussion groups and provide information through television, radio and newspapers.

The program, which begins Jan. 20, will be preceded with a public meeting early this month to explain Great Decisions . . . 1957 to those interested in participating. Mrs. John Ousterhout, Eagle Point, is chairman of the temporary committee.

Three Men Jailed In Lieu of Payment

Three people were committed to the county jail Thursday in lieu of payment of \$255 fines imposed in district court after they appeared on charges of driving while under the influence of intoxicating beverages.

The three, Fred Walter Kelsey, Grants Pass, Claire Mathew Blumer, Camp White, and Charles Edward Hensley, Myrtle Creek, received 30-day suspended jail sentences in addition to the fines. Their driver's licenses were also suspended for 90 days for each.

Kelsey pleaded innocent to the charge and was found guilty by the court.

John Trueman Garrett, Ashland, pleaded innocent to the charge of driving while under the influence of intoxicating beverages Thursday and his case was continued. Trial date has not been set.

John A. Honnold, 30, postoffice box 334, Medford, was fined \$255, given a 30-day suspended jail sentence, and had his driver's license suspended for 90 days after he pleaded guilty to the same charges.

Honnold was released after payment of fine.

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