

Active Older People Enjoy Better Health, Intensive Medical Research Discloses

Editor's note: Following is the last of three dispatches on problems of the aged. Today's installment, written by United Press Correspondent Louis Casseles, points up the need for elderly people to keep active.

By LOUIS CASSELES
United Press Correspondent

Washington — Intensive medical research on the aging process has been under way only a few years. But it has already yielded one important discovery: Old people who keep active, in spite of their infirmities, enjoy much better health than those who give up the struggle and "take life easy."

Well-meaning relatives often assume that an ailing older person should be put to bed and spared exertion and responsibility. But medical studies show this about the worst possible thing. Unduly prolonged bed rest saps an old person's strength, leads to loss of mobility and even to loss of kidney and bowel control. In time he becomes a helpless invalid — simply from staying in bed.

Inactivity is as catastrophic for the mental health of the aged as it is for their physical health.

Retain Interests

Dr. Robert H. Felix, director of the National Institute of Mental Health, says people who "retain a place in life, who have interests, activities and responsibilities," tend to show relatively few signs of senility as they grow old.

But those "who step aside or are pushed aside, who lose their place in affairs," tend to become senile quickly.

Keeping active is a simple enough prescription for the old person whose disability is heart trouble, high blood pressure or a touch of arthritis. But what about the aged patient who has been paralyzed by a stroke, or who has broken a hip in a fall?

Leading geriatric hospitals, like the Home for Aged and Infirm Hebrews in New York, have demonstrated in the past few years that "active ther-

apy" can greatly reduce the helplessness of such patients. Even those who are badly crippled can be rehabilitated at least to the point where they can get around in wheelchairs, dress, bathe and feed themselves. Each action which they are enabled to perform without help—how-

ever trivial it may seem—gives an enormous lift to their morale.

When an old person requires a great deal of care, isn't he better off in a nursing home?

This question inevitably arises in family discussions when an elderly relative becomes feeble.

The nursing home is a relatively new phenomenon in American life. Within the past decade, their number has grown from virtually none to more than 25,000. They have

a total capacity of 450,000 beds. Most are filled and have long waiting lists. New ones are springing up daily.

Geared to Invalidism

Perhaps the greatest shortcoming of the average nursing home, according to Surgeon General Leroy H. Burney, is that it is geared to invalidism rather than rehabilitation.

"The conscientious nursing home staff often waits on patients hand and foot, anticipates every need, and discourages every attempt by

their patients at self-care," Burney said.

With the active encouragement of the U. S. Public Health Service, some of the better nursing homes lately have begun to offer rehabilitation services. They are learning, Burney says, that "many of the techniques are remarkable and can be applied with inexpensive materials by properly trained nursing aides and orderlies."

Despite this and other efforts to life standards, the Public Health Service reports

that nursing homes offering good care at moderate cost are still "few and far between."

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Quotes From the News

By UNITED PRESS

Lajes Air Force Base, Azores—Brig. Gen. William E. Eubank Jr., who landed his Air Force Stratotanker here Tuesday after a record non-stop flight from Tokyo on which he had hoped to reach Madrid:

"We might have just made it to the Portuguese coast if we had carried on flying, but it was too marginal."

Cranford, N. J.—Joseph Welch, whose 15-year-old son found in the family attic a letter which experts believe bears the authentic signature of George Washington:

"The letter was in such good shape that I didn't think it was more than 10 or 15 years old."

Madison, Wis.—Dr. K. C. Atwood III of the Oak Ridge, Tenn., atomic laboratories, on a new drug which may improve man's resistance to radiation:

"It may be possible to develop resistance to radiation up to perhaps five times the normal tolerance of a human."

HILTS Girl Scouts Have Party

By MRS. M. F. CAVIN

Guests at the Victor Vande Girl Scout Troop 224 celebrated their first anniversary of the Rogue Valley Council on April 4.

A party was held at the Scout hall in the Community Center building. A hat contest was held for the best self-designed hat. Jan Smith won first prize and Gayel Ward second.

Refreshments of birthday cake, ice cream and punch were served to Mrs. Frank Benson, leader; Mrs. Don Ward, assistant leader, and Scouts, Jan Smith, Gayel Ward, Janet Benson, Karen Bryan, Judith Rife, Pat Fox, Pamela Mendes, and Marsha Simmens.

Mrs. Rodney Eastman and Mrs. R. M. Cavin attended the Easter bonnet tea given by the Women's Society of the Methodist church in Hornbrook, Thursday, March 27. Marcia Cavin and Janet Benson played accordion selections and Paula Eastman played a piano solo during the program. All are students of Mrs. Paul Green of Hornbrook.

Mr. and Mrs. Harold McFerrin of Redding were week end guests of Mr. and Mrs. Ernest Spannos. Their son, Terry, had been a guest of his grandparents from Medford previous to the Easter week end.

Home for Easter vacation were Robert Black from Oregon State college and Cheryl Smith and Johnny Fogiato from Chico State college.

Mike Nunes, son of Mr. and Mrs. John Nunes, left by bus Wednesday from Medford for Ft. Carson, Colo., where he will be stationed with the Army.

Mr. and Mrs. Louis Dettmor returned Friday from a two weeks' vacation visiting in Reno and Carson City, Nev., and towns in California. Guests at their home recently were their son and his wife, Mr. and Mrs. William Covert of Burney.

Attending the training session at the Girl Scout headquarters in Medford for "day camp" March 27 were Mrs. Frank Benson and Mrs. William Wiley.

Mr. and Mrs. Jerry Brooks and son, Gregory, of Vallejo were week end guests of Jerry's grandparents, Mr. and Mrs. M. M. Sief. This is the first time the Siefs have met their great grandson.

Other guests were Mr. and Mrs. Kelly Brooks of Medford, Jerry's father and step-mother, and Mr. and Mrs. Jake Lindner of Mt. Shasta, Jerry's mother and step father.

On Sunday Mrs. Sief suffered a fall at her home while removing dishes from a cupboard. She received a badly sprained ankle and some cracked ribs.

Mr. and Mrs. Russell Williams and Mr. and Mrs. Dick Williams were business visitors in Yreka Tuesday.

Mr. and Mrs. Clinton Gano and son of Corning visited Sunday at the home of Mr. and Mrs. Don Ward and family. Mrs. Gano and Mrs. Ward are sisters.

Guests at the Victor Vande Weghe home Sunday were Mr. and Mrs. Leland Stickney of Medford and Mr. and Mrs. Florin Vande Weghe and Mrs. Agnes Hill and son of Hornbrook.

Mr. and Mrs. M. M. Sief drove to Mt. Shasta recently, where Mrs. Sief attended the Merchants fashion show. Her granddaughter, Linda Lindner, modeled a dress from Pat's Apparel, a dress shop owned by her mother, Mrs. J. Lindner.

Mr. and Mrs. J. A. McCullough and Mrs. Robert DeVoe and sons of Medford, visited Saturday at the Don Ward home.

Mr. and Mrs. James Cain and family and Mr. and Mrs. Vic Vande Weghe and family took a complete dinner and birthday cake to the home of Mr. and Mrs. Louis Oakley on scenic drive in Ashland on Sunday, March 30. The occasion was to celebrate the birthdays of Mr. and Mrs. Oakley.

A dinner honoring the birthday of Mrs. Vern Burns was given recently by Mrs. J. R. Burns and Mrs. Harry Burns at the home of L. Burns.

Yellow daffodils and lavender candles decorated the table. Guests were Mr. and Mrs. F. L. Burns, Mr. and Mrs. Harry Burns and daughter, Kathy, and Mr. and Mrs. Vern Burns and children, Danny and Donna.

The regular meeting of the Hilt Community Canasta club was held Thursday, March 27, at the club room in the Community Center building.

The Easter motif was carried out in a molded salad, napkins and score cards by hostess Mrs. Frank Ayris. Prizes were won by Mrs. Joe Caston, who had high for tables of four, and Mrs. Fred Haynes, who had high for tables of three and Mrs. Art Blanchard low.

Others present were Mrs. Don Ward, Mrs. Gilbert Luper, Mrs. Orval Rife, Mrs. Frank Graves, Mrs. Art Hartman, Mrs. M. G. King and Mrs. Ozzie Bernheisel.

Mr. and Mrs. William Raybould, Mr. and Mrs. Donald Hootenpyle and daughter, Naomi, of Cloverdale, visited several days at the home of Mrs. William Fraley. They returned to their home Thursday.

Mr. and Mrs. Frank Graves drove to Redding to attend the baptismal services at the Methodist church held on Palm Sunday, at which time the son of Mr. and Mrs. Bob Jorgensen of Willows and the daughter of Mr. and Mrs. Philip York were baptised.

Mrs. H. G. Thompson and daughter, Marilyn, visited several days in Medford recently.

PILOT LANDS SAFELY
Shannon, Ireland—P—Max Conrad, 55-year-old Atlantic solo flyer, landed safely at Shannon airport Wednesday night while 20 planes were searching for him. He said the radio gave out on the Piper Apache he was flying from Gander, Newfoundland, to Shannon.



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"HEINZ" KETCHUP 4 14-OZ. BOTTLES 89c

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