Dieting Alone Fails To Solve Problem of Overweight People

By DELOS SMITH
United Press Science Editor

New York—(UP)—A scientific authority on diets and dieting admits that dieting alone has failed and is bound to fail to solve the national health problem of so many people weighing more than they should.

Delos Smith

Dr. Charlotte M. Young of the Graduate School of Nutrition, Cornell university, went even further by saying some fatsos should never be subjected to the rigors of dieting, and others should be spared them if they are under emotional stress and strain.

The cause of overweight is simple—more energy in the form of food is taken in than is put out in the form of activity. But the reasons why overweight people take in more than they put out are complicated, she said.

Stress Prevention

Therefore, the long-range solution of the overweight problem is prevention rather than cure, and the prevention should be directed at the economic, social, cultural, and psychologic things which start some people on persistent over-eating which eventually makes them fat.

Dr. Young wasn't giving up on overweight people, of course. From the health standpoint, it remains essential to get their weights down and keep them down if they're going to have the better health and the longer lives of their lean brethren.

But medical experience now shows conclusively that dieting alone is not the answer, she continued in a report to the Medical Society of the State of New York. Exercise also reduces weight—more energy is put out and there is a closer match with the energy taken in.

Attention to Exercise

"In these days of mechanization when man unwittingly becomes lazier and lazier, attention might well be concentrated on more exercise which becomes a part of the daily routine," she said.

"Not only would it mean greater energy expenditure but often would be an outlet for nervous energy, release of tension, and less 'time on one's hands' for boredom with its subsequent sipping and nibbling."

She felt doctors should be sure overweight persons were emotionally able to control their eating, before ordering them to diet, since it is well known that even for the purpose of medical treatment, "it is almost impossible to control the diet of certain normal weight individuals. How much more difficult it must be then, to control the intake of obese persons to whom food often means more than just nourishment."

Quotes From the News

By UNITED PRESS

New York—Former President Truman, in a pre-campaign speech to Democratic leaders:

"The administration has no farm policy, no military policy or no policy whatsoever . . . The Republicans are not to be trusted with the legislature of the government or the state legislatures."

Washington—President Eisenhower, after viewing an exhibition of paintings by Winston Churchill and noting that the public's favorite picture is a still life of brandy liqueur and whisky bottles and glasses:

"They think it fits him. Well, you know, I like the old boy. He and I are great friends."

Honolulu—Four pacifists who want to sail into the Eniwetok test zone, after being informed that a federal judge had issued a court order restraining them:

"We will continue to be guided by what we think is right for us to do."

Apples Should Be Checked for Bloom

Both commerical and home growers of apples should check their trees for heavy bloom, according to Clifford B. Cordy, county agent for horticulture.

He explained that apple trees that produce an extra heavy crop of fruit one year, usually do not bloom the following year. For this reason Cordy said the fruit should be thinned early, either in the bloom or fruit stage. He added that a chemical spray of one half pound of Amid Thin to 100 gallons of water should be applied when 70 per cent of the bloom petals have fallen.

The hard to thin apple varities should be sprayed now, he said. Red delicious varities should not be sprayed until they are certain of a crop, he explained.

County Exhibits Due Better Spots at Fair

Salem — (UP) — Plans of the State Fair Commission call for a more prominent place for county exhibits and better coordination of agricultural exhibits, it was revealed Thursday.

Personnel Changes In Forest Listed

Several recent personnel changes on the Rogue River National Forest have been announced by Carroll E. Brown, forest supervisor.

Robert E. Krell has been transferred to the Prospect ranger district from the Smith River district on the Siuslaw. Krell has been engaged in timber sale work on the Siuslaw for several years and has also worked on the Umpqua National Forest.

Herbert Pratt has arrived at Union Creek where he will serve as timber management assistant. He came from the Regdon district of the Willamette National Forest where he has worked on timber sale and engineering activities.

Robert E. Taylor, from the Detroit district on the Willamette, has been transferred to the assistant ranger position at Ashland.

Zane G. Smith Jr., who has been on military leave for the past two years, is now assigned to the Butte Falls district as forester. Robert Gilmore has been transferred from Union Creek to the fire assistant position on the Prospect district.

All of the men have establisted residence with their families at their new headquarters. Increased timber sale and timber management activities has created need for additional help, Brown said.

Snider Named to Committee Post

Mayor John Snider has been named to the committee on legislation and enforcement of the Highway Lifesavers Committee of Oregon Cities, Inc., it was reported today.

He was appointed by F. A. Dressler, president of the highway safety group, who is also vice president and Oregon general manager of the Pacific Telephone and Telegraph company.

The committee's job will be to support measures leading to greater highway safety recommended by the group's board of directors, both through legislation and enforcement procedures. Snider, who is chairman of the highway committee of the League of Oregon Cities, recently represented the league at the President's Highway Safety conference in San Francisco.

Groups Reminded of MSC Membership

C. D. Larson, chairman of the membership campaign of the Medford Safety Council, reminded firms, organizations and individuals to return the application blanks and membership checks as soon as possible.

Larson noted that returning checks at this time would lessen the work of volunteer committee members who will be asked to make personal follow-up calls to encourage membership in the safety group.

It was pointed out that the Medford Safety Council is the only citizen organization devoting full time to all phases of public safety.

Illinois has 11,404 miles of railway trackage.

'Climax,' Tangled Up in Technical Difficulties, One Big Plug for Sponsor

By WILLIAM EWALD
United Press Correspondent

New York —(UP)— CBS-TV's "Climax" got tangled up in some technical difficulties in more ways than one Thursday night.

William Ewald

Its story, "Shooting for the Moon," was about the development of the Jupiter-C ballistic missile and seemed to be a servicable semi-documentary.

I say "seemed" because at this end of the line about nine vital minutes of the show's sound was swallowed up by technical troubles. The sections of the show that did manage to bust through were of medium interest although a domestic conflict that worked into the plot was unnecessary cargo.

One-Hour Plug

If I had to voice any real objection to the hour it would be a mild one—it all seemed very much like a one-hour plug for the sponsor of "Climax" whose missile division in Detroit figured prominently in the plot. I thought that in return for the whopping plug the sponsor at least could have cut out the regular commercials.

John Forsythe, Dick York, Bethel Leslie, Alexander Scourby and Robert Armstrong all toiled competently.

The Channel Swim: CBS-TV's "The $64,000 Question" is undergoing another overhaul Beginning this Tuesday, one contestant will compete in the field of physical skills rather than mental ones. The initial physical competitor wll be asked to perform feats at a bowling alley—it'll be a remote telecast from the alley.

Hemmingway Show

Fred Coe will produce a live two-hour version of Ernest Hemingway's "For Whom the Bell Tolls" next season. Mike Stokey, producer of ABC - TV's "Pantomime Quiz," is pitching a couple of other panel quizzes at the ad agencies. CBS-TV is considering night-time versions of "Dotto" and "The Verdict Is Yours," both of which are racking up good day-time ratings.

Community Breakfast Set By Lions Club

The Medford Lions club will hold the last of its Community breakfasts Sunday, April 27, at the Top Notch cafe, 27 South Central ave., club president, Louie Ruhl, has announced.

Breakfast will be served from 7 a.m. until 1 p.m. on an "all you can eat" basis. Funds raised will be used for several community projects. The public is invited to attend.

Russian Bases in Satellites Voiced

Oslo, Norway—(UP)—Foreign Minister Halvard M. Lange told Parliament early today Russia is believed to have established bases for intermediate range rocket missiles in Poland, Czechoslovakia and East Germany.

Lange said in a foreign affairs debate that Western military experts believed these reports to be correct.

The foreign minister said any agreement on disengagement in Central Europe would make necessary the controlled demolition of the Russian rocket bases. Russia has proposed the withdrawal of foreign troops from Central Europe and the setting up of an "atomic free zone."

Loyal Cuban Troops Kill 15 in Oriente

Havana—(UP)—Loyal troops killed 15 rebels Thursday in two clashes in Oriente Province, the army announced during the night. The announcement made no mention of government casualties.

At the same time, it was reported here that Jose Miro Cardona, president of the Cuban Bar Association, fled Friday to the Mexico Embassy to seek asylum as a political refugee.

Nearly 100 foes of President Fulgencio Batista have sought shelter in embassies here since rebel attempts to organize a general strike fizzled two weeks ago.

When camping, before cutting wood, make sure the axe handle is dry and not slippery—so suggests the Boy Scouts of America.

If your canoe, sailboat, or rowboat upsets, hang on to it. It will support you. Signal for help—so suggests the Boy Scouts of America.

your Portrait for Mother's Day

Special

For April Only . . .

1 Big 8x10 Portrait for you to keep 2 fine 5x7's for you to give, in striking gold tone, regularly priced at $17.00 — Only . . . Each mounted in lovely book folders

$9.95

FULL SELECTION OF PROOFS
MAKE YOUR APPOINTMENT NOW!

Brainerd's
CAMERAS
PHOTOGRAPHS
120 East Main St.

BEST BUY!

New 1958 General-Electric
SWIVEL-TOP
VACUUM CLEANER

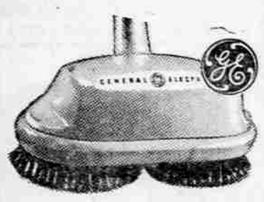
★ Easy-rolling cleaner with famous swivel-top
★ One tool cleans rugs and floors
★ Powerful General Electric motor
★ Free one-year warranty

with FAMOUS DOUBLE-ACTION CLEANING UNIT . . .
And all these attachments: Extra-long, non-kink hose, dusting brush, crevice tool, fabric nozzle, two light-weight extension tubes and extra throw-away bags.

NOW $48.88 Easy Terms
REGULAR $54.95

BUY NOW – TO LIGHTEN SPRING HOUSE CLEANING

NEW G-E ELECTRIC FLOOR POLISHER



Add quick luster to your floors through frequent polishing with the new easy-to-use G-E floor polisher. Now keep your floors table bright—and save time! DULL TO BRIGHT AGAIN WITH NO KNEE ACTION.

$43.88
Reg. $49.95

HOME APPLIANCE CO.
YOUR GENERAL ELECTRIC DEALER
115 EAST MAIN · MEDFORD

VOTE FOR
James M.
MAIN
for
Circuit Judge
position No. 1

Judge James M. Main is qualified by
JUDICIAL EXPERIENCE
JUDICIAL KNOWLEDGE
Proven JUDICIAL ABILITY

To the Voters: We recommend to you Judge James M. Main as a person exceptionally well qualified to be your Circuit Judge.

Ben Day
Frank DeSouza
C. C. Hoover
Mrs. Moore Hamilton
Mrs. Murray S. Gardiner
Ward B. Spatz
G. W. Kellington
Mrs. Doris Boothby
Mrs. Eva Segessenman
Al Straus

Ben Day, Chairman, Gold Hill
Pd. Pol. Ad.

Remember MOTHER on Her Day MAY 11
WITH A GIFT FROM .. Mann's MEDFORD

SHE WOULD LOVE AN ALL RAYON PEBBLEEN DUSTER

Push up sleeve, plain or chemise backs—mandarin or tuxedo front—
Colors: orange ice, navy, black, pink, beige, white.

SIZES 10-18
12.98

For a Gay Summer Whirl
A dress as pretty as a garden party in Westminster printed cotton lawn, delicately necklined with lace.

WHITE WITH RED FLORAL STRIPES

Sizes 12 - 14 - 16

19.95

R&K originals
As advertised in McCALL'S and MADEMOISELLE

Simplicity 2132

THE GIFT YOU MAKE FOR MOTHER ADDS A VERY PERSONAL TOUCH . . . WHEN YOU SEW WITH

Bates DISCIPLINED FABRIC

Made-to-behave cottons that bring out all the beauty in a sewing fashion — and in you!

Fabric Dept. 1st Floor
1.39 Yd.

USE YOUR DOWNTOWN CHARGE-PLATE

VOGUE PATTERNS SOLD ONLY AT MANN'S

CHARGES MADE SATURDAY, APRIL 26TH PAYABLE JUNE 10TH

Mann's MEDFORD