

Physicians Urged To Promote Bicycle Riding Roadways

By DELOS SMITH
UPI Science Editor

New York—UPI—The President's heart consultant, Dr. Paul Dudley White, has told his fellow physicians that their own health is not so hot and it's high time they adopted a new rule of life: "Physician, keep thyself healthy."

White was soliciting professional support for his program of improving the nation's health by putting Americans on bicycles. The resulting strenuous exercise would be good for their arteries and prolong their lives. But first, bicycling must be made safe.

Toward that end, he asked physicians to support the establishment of protected roadways for cyclists all over the country. When these roadways are established, he implied physicians should get an example for their patients by becoming the most devoted users.

Health Unsatisfactory:
"The health of physicians in this country at the present time is notoriously unsatisfactory," he said. "In fact, coronary thrombosis was recently thought of as 'the doctor's disease.' Actually, however, it involves people in all walks of life. Yet doctors are no better off, so far as abnormalities of blood pressure and circulation are concerned, than any other groups of the population."

White is in the forefront of a large group of medical scientists, particularly heart specialists, who believe the rising rate of heart attacks and "strokes" among aging American males is because so many of them spend much of their adult lives sitting in office chairs, in automobiles, on bar stools, or whatever.

The answer, these specialists believe, is daily exercise which is not too strenuous. You can't suggest that men who haven't exercised since their youth, go out for tennis or handball or wrestling or even wood-chopping all of a sudden.

Walking Simplest Exercise
Walking is the best because it is the simplest exercise, White said in a letter to the editor in the New England

Journal of Medicine. But these days men in cities and towns live too far from their places of work to walk back and forth and so get in their daily exercise that way.

However, they could bicycle back and forth—if bicycling was made safe by putting cyclists and motorists on separate roadways and by assigning particular sidewalks to cyclists and others to pedestrians.

In Massachusetts, White and others formed a Committee for Safe Bicycling which persuaded the Legislature to have a safe bicycle path built on Nantucket Island. He asked physicians to spread the idea throughout the country.

TOO LATE TO CLASSIFY

FOR RENT—Clean, attractive, 1 bdrm. apt. unfurn. Close in. Adults 17 Almond.

HOME—FURNACE SALE. Good school dress, ladies dresses. Low prices. Fri., Sept. 12, 9:30-5. 730 Alder.

COVER CROP SEED. Vetches, Peas, Abruzzi Rye, Tetra Petkus and Common Rye. Winter Gray Oats. You'll find our prices and quality right. Monarch Seed & Feed Co.

FOR RENT 2 bdrm. modern house. Furn. 2 garages. Adults only. Near Crater High. NO 4-2755.

RUMMAGE SALE by Rex Nourse. Sat., 12th, 9 a.m. Fehl Bldg. 108 N. Ivy.

12' ROUGH BLOK. Fr. 2x4 Edgings. Fireplace wood. From delivery.

McGINTY Fuel Co. SP 3-6297.

SEED GRAINS. Keep in mind when you're ready. New varieties soon in stock. Ask us about them. Monarch Seed & Feed Co.

FOR RENT—Furn. or unfurn. 2 bdrm. apt. Very clean & in nice neighborhood. Only 1 block from Jackson School. 536 Haven. SP 3-3578.

CASH & CARRY

5000 ft. of 4 1/4 No. 1 shop Sugar Pine \$125 per M. 4x8x14 Birch plywood 15c per ft. 8'x8x8 clear beveled Redwood siding \$110 per M. S&H Green Stamps.

NORTON LUMBER CO. Phone SP 2-6264.

FOR SALE OR TRADE—My equity in working share of Medford Veneer & Plywood Corp. 646 Ross lane. SP 3-5167.

MEN to train for sales position. Salary plus commission. Call SP 3-7315, 9-11 a.m.

4-WANTED, Female Help

WILL give loving care, neat of board, practical nursing. Diet if necessary. Hospital bed. Pleasant rm. by main. Elderly person or semi-invalid. UL 5-1036.

"OIL TO BURN"

REAL Silk Hosiery Mills has openings for full or part time representatives. Call Mr. Johnson for interview. SP 3-3256 between 9 a.m. & 12 noon.

WANTED PRACTICAL NURSE—HOUSEKEEPER. Able to lift patient, "live-in," administrate household, care for invalid woman. Phone Grants Pass GR 6-5793 or write Tribune, Box 2016.

HOUSEKEEPER not over 50 to live in Middle aged couple. Good home & salary for right party. NO 4-1146.

WANTED—Waitress. Apply Medford hotel, Mr. D. Marmo, between 9 to 1, and 5 to 9.

5-HELP, Male and Female

FREE Rent for 1 month for small amount of work. SP 2-6031.

6-WANTED, Situation

CHILD care by week. My home. Centrally located. SP 2-5627.

Carpenter, millwright, TA 6-2865.

CHILD care, my home. SP 3-4929.

WILL chauffeur to Iowa, about Sept. 14. SP 2-9249.

DAY care of infants & small children. SP 3-4439.

IRONING & child care. SP 2-6933.

263 Beatty.

YOUNG college man needs part time job, after college starts. SP 3-5622.

PAINTING, all kinds, interior & exterior. No job too small. Reasonable prices. Free estimates. SP 2-9111 ask for Mike or Jess.

CHILD care, days. NO 4-1633.

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1-LOST AND FOUND

FOUND—A wonderful way to reduce at home with the Stauffer Home Plan.

Virginia Wickersham SP 2-9260. Courtesy demonstration your home or mine.

2-INSTRUCTION

WANTED Responsible Women who can sew, knit or crochet to learn Invisible Re-Weaving, French Re-Weaving & Zipper Repair. Learn in your home at low cost. Write for appointment TODAY. Give name, age, phone, address, BOX 2455, Mail Tribune.

GOVERNMENT JOBS PAY WELL. We prepare you in your home at low cost to pass Civil Service examinations. Send Name, Phone, Age, Address for full information TODAY. Box 2454, Mail Tribune.

CHILD CARE CENTER. Medford Nursery School. Licensed—Inspected—Insured. Mrs. Ethel Tennant SP 2-6013.

1ST IN SALES. More people buy WORLD BOOK than any other encyclopedia. SP 3-5726.

ADP KINDERGARTEN accepting registrations for 1958-59 term. Transportation available. SP-3-3034.

PIANO & ACCORDION lessons. Mrs. Morris. KE 5-1177.

Accordions—All ages. Popular & classics Rose Meadows. SP 3-1529.

BOB Ayres. Trumpet or Cornet lessons Music Mart SP 2-2022.

KINDERGARTEN—4 & 5 yr. olds. 2 yr. program. Pre-school work combined with music, dance & craft. Certified teachers. Free transportation. New, modern, completely equipped fire-proof facilities. Centrally located by Hawthorne Park.

All day child care, \$2.25. Colleen Hope Dance Studio & Kindergarten. 46 Hawthorne ave. SP 2-6204.

3-WANTED, Male Help

CHOKER setter, long job, \$15 day. State experience, etc. Give phone number. Write Tribune Box 2543.

EXPERIENCED Service Station man. Richmond's 707 W. Main.

LOG truck drivers for haul in N. Calif. Only experienced, please apply. Good pay, good show. SP-3-5383.

CARPENTERS \$2.75. Tile-setters \$3.10. Hawaii. Craftsmen pay Arabia has been \$750.00 plus expenses. Australia, S. America, many others. Truck drivers, clerical, helpers, over 18 who want to apply send \$2 for Worldwide Information Listings. AFCC, Box 1461, Fresno, Calif.

LONG log trucks wanted. Short haul. Call MU 2-8561.

EXPERIENCED Buick mechanic, must have wheel alignment & dynaflow experience. Jim Winde Buick & P.O. Box 148, Klamath Falls TU 4-3141.

WE HAVE an opening for a salesmen selling new Buick, Cadillac, Opel and used cars. A real opportunity if you are a salesman. Come in and let us go over our salesman compensation plan. Ask for Mr. Nick Nicholson Skinner's Buick Cadillac, Medford, Oregon. Phone SP 2-6264.

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6-WANTED, Situation

CARPENTER AVAILABLE: Frame, finish, cabinets, 17 yrs. experience, good tools, expert workmanship. MU 5-4101.

IRONING by hr. SP 3-4097.

CHILD care. Transp. SP 2-2287.

CARPENTER WORK SP 2-4332.

SHRUBS & HEDGES. PRUNED RIGHT. NO 4-2850.

CUSTOM HAVING. MOWING. BAKING BALING Robert Daun, 2413 Hwy. SP 3-3549. H no answer. KE 5-1692.

Painting—reasonable. References. Free estimates. SP 3-4145.

60" Rotovating & Grading

Lawn planting for estimate. NO 4-1323.

S&H LANDSCAPE NURSERY. ALL types carpenter work. Finish work a specialty. No job too small. SP 3-5243.

STATE licensed. All day child care. Lots of play equipment. Hot lunches. 7:45 to 5 p.m. Transportation available. 1474 2nd St. Nursery & Kindergarten. SP 3-3382.

7-WANTED, Miscellaneous

WANTED some old or wrecked cars to junk. NO 4-2887. Call between 4 & 8 p.m.

\$BILLS will buy anything in guns & ammunition. 2743 N. Hwy. 99 N. of Medford. Open till dark.

WANTED Shortlogger—part time. SP 3-1003 evenings.

WANTED '54 or newer 1 1/2 T. Chev. or G.M.C. cab-over cab & chassis. Must be in A-1 condition. Phone GR 6-4655, Grants Pass.

WANTED: Used orchard sprayer in good condition. MU 2-1471.

WANTED: Insulation 3 or 4 inch used, old drain tile, old chest of drawers or dresser. Call NO 4-2290.

SIEGLER oil heater & good wood heaters. SP 3-3227.

USED PIANO wanted. Will pay cash. Erskine's, SP 2-4299.

INDIAN HEAD PENNIES. Some Lincoln & other old coins. SP 2-8545 after 6:30 p.m.

WANT BARKIE POLES. Contact us for prices & specifications. J. H. Baxter & Co. P.O. Box 30, GR 6-6666, Grants Pass.

CASH for electric ranges, refrigerators, furniture, tools, dishes & misc. SP 3-3227.

WANTED. Used furniture & appliances. S&H FURNITURE. SP 3-4659 or NO 4-2248.

WANTED—Good used furniture. Oak Grove Furniture. SP 3-1564.

WILL BUY Furniture & Appliances. SP 2-2114.

BEST—furniture, elec. ranges, wood heaters, tools, antique dishes & misc. NO 4-1994.

WANTED Furniture & miscellaneous. SP 3-5742 or SP 2-8218.

WE WILL buy your piano. SP 2-4146.

FURNITURE CASH DEAL

CASH for your used spinet piano. Barton's, SP 2-3227.

CONTRACTORS or individuals dump your fill dirt or excavation surplus on my property. Will take all you want to dump 2912 Buckshot Rd.

WOULD like to buy or lease from 10 to 75 A. pear orchards. Write Tribune Box 1690.

8-FOR RENT, Houses

2 BDRM. house, 5 wooded A., spring well. \$85. NO 4-1522.

SMALL 1 bdrm. furn. house in Central Point, clean. \$45. Inquire Mrs. McCain 36 Cedar St. Central Point. NO 4-2540.

CLEAN 1 bdrm. partially furn. Reasonable. SP 3-8460 after 5.

3 BDRM. house, SP 2-5144.

2 BDRM. house, clean. Ph. SP 2-3845.

VERY nice, 3 room unfurn. house, with garage. Close in. \$24. E. 9th.

UNFURN. 2 bdrm. fireplace. 1530 Bryant. \$85. SP 3-2976 after 6.

474 BUSH CENTRAL POINT. Or will sell. UL 5-1127.

UNFURN 2 bdrm. duplex. 107 Mistletoe. Adults. SP 3-1215.

CLEAN 3 bdrm. house. Close in. No drinkers. NO 4-2522.

1-BDRM. furn. house. 722 Oak st. 2-3845.

2 BDRM. older house. Moderate rent. 715 W. 13th.

1 BDRM. house for rent, furn. all elec. Also utility porch. 4 blocks from 2 schools, Hedrick & Roosevelt. 327 Marie. \$50. We pay water & garbage. Apply at 323 Marie.

MODERN large furn. 1 bdrm. cottage. Elec. kitchen. \$40 mo. 2090 Table Rock Rd.

1-BDRM. furn. Electric range. Oil heat. Clean & modern. Adults. 1020 W. 10th. SP 2-6313.

For Action . . . Use Tribune Want Ads

LEGAL NOTICES

No. 10354

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF JACKSON

In the Matter of the Estate of

ELLA DILLON, Deceased

Notice is hereby given that we, the undersigned, by an order of the above Court duly made and entered on September 3, 1958, were appointed Co-Executors of the above-named estate, and that we have duly qualified as such Co-Executors. All persons having claims against said estate are hereby notified to present the same, with the proper vouchers, to us at the office of our attorneys, Van Dyke, Dellenback & McGowan, 110 East Sixth St., Medford, Oregon, within six months from the date of first publication of this notice.

Dated and first published Sept. 5, 1958.

Herman Dillon, Co-Executor

Hazel Dillon Bascom, Co-Executor

Van Dyke, Dellenback & McGowan, Attorneys for Co-Executors

NOTICE OF BOND SALE

Notice is hereby given that the Council of the town of Butte Falls, Oregon, will, on the 25th day of September, 1958, at the hour of 7:30 o'clock p.m., in the council chamber in the city hall in the town of Butte Falls, Jackson County, Oregon, offer for sale an issue of \$5,000.00 of bonds of the town of Butte Falls, Oregon, being heretofore duly authorized Town of Butte Falls City Hall Bonds. Said bonds to be in the denomination of \$1,000.00 each, numbered 1 to 5 inclusive, to be dated September 1, 1958, and to mature serially in numerical order at the rate of \$1,000.00 on the 1st day of September in each of the years 1960 to 1964 inclusive. Said bonds to bear interest at the rate of five (5%) per cent per annum, payable semi-annually on the 1st days of March and of September of each year, principal and interest payable at the office of the Treasurer of the town of Butte Falls, Jackson County, Oregon.

Said bonds will be sold subject to the approving opinion of Messrs. Shuler, Sayre, Winfree, Rabin, bond attorneys of Portland, Oregon. Said bonds to be furnished and printed by the town of Butte Falls, Oregon. All bids must be in writing and all persons offering to purchase such bonds are invited to bid thereon at such rate or rates of interest not exceeding five (5%) per cent per annum as they shall designate and said bonds shall bear such rate or rates of interest as shall be designated by the purchaser thereof, as aforesaid. Sealed bids for the purchase of such bonds will be received by the Council of the town of Butte Falls at the council chamber in the city hall of said town up to the time of said sale as herein fixed. All bids must be accompanied by a certified check drawn upon and certified by a bank doing business within the State of Oregon, payable to the town of Butte Falls, Oregon in the amount of \$100.00.