

Preventing of All Heart Disease Said 'Not Idle Dream'

By DELOS SMITH
UPI Science Editor
New York — UP — A noted expert on the heart believes medical knowledge and know-how now have advanced so far "it has become evident that the ultimate goal of preventing all forms of heart disease is far from an idle dream."

That being so, Dr. A. Carlton Ernste of Cleveland was surprised and disturbed because "little attention has been paid to one fundamentally important feature of cardiologic practice," which is to tell the person with any kind of heart trouble, real or imagined, the

The medical school, it is not impressed on the student that he can help the patient by telling him all; nor is it properly impressed upon him while he is a hospital interne and resident. He has to be a practicing doctor for several years before he "fully appreciates" what telling can do.

Patience Must Adjust
"Attention to details may gain years of comfortable and productive life, and whether or not a person cooperates to the extent required usually depends on whether or not he understands the need for the measures advised by the doctor," Ernste said.

He pointed to angina pectoris caused by a hardening of heart arteries. The victim must adjust his "habits, activities, and emotional situations" so as to prevent the painful attacks. But how can he, if he isn't given a clear idea of all the ways and where?

Then there is acute myocardial infarction, the kind of heart attack the layman means when he uses the term, the kind President Eisenhower had. It "rarely occurs at a time convenient for the patient," Ernste said. "After the pain and other symptoms have been controlled, the physician often finds that he is dealing with a person who is not only frightened and bewildered but also depressed and resentful."
The thing for the doctor to do is to explain everything

in detail; to tell the man that he may begin feeling better in a few days than he has felt for a long time. But it won't mean he's not in for a long rest. Give him an estimate of how long the rest will be and when he can get back to his job. Tell all this and you often have "a remarkably changed patient."

Need Salt-Free Diet
In another form of heart trouble, recurrences most often are due to the failure of the patient to keep salt out of his diet. But when he is told what salt has to do with water retention in the body, there usually are no more relapses.

"Anxiety, insecurity, emotional tension and fatigue often are responsible for symptoms that cause the patient concern about his heart," he said in taking up heart troubles which are imagined rather than real.

"These people must be given a positive explanation of the discomfort. A statement that there is no heart disease without further elaboration leaves many questions in the patient's mind and seldom convinces him of the harmlessness of his symptoms."

Ernste is a member of the editorial board of "Circulation," technical journal of the American Heart Association, and he delivered his medical sermon therein.

Court Records

DISTRICT COURT
Roseve J. Doty, leaking and sitting load, \$15.
Vern E. Harper, no muffler, \$6.
Edward J. Broughton, no motor vehicle license, \$10.
Everett E. Music, no rear vision, \$6.
Owen J. Triggs, no operator's license, \$10.
Glenn E. Farley, no clearance lights, \$6.
Mildred P. Cooper, overload, \$33.
Mary P. Day, violation of basic rule, \$15.

CIRCUIT COURT
Lorraine J. Hydrick vs. James W. Hydrick, divorce complaint.
Linda Hood vs. Johnnie Andrew Hood, divorce decree.
Anna Kathryn Garmans vs. Lloyd Harold Garmans, divorce decree.
Ruth Hilda Granby vs. Granby, divorce decree.
Irene Byrd vs. Alton byrd, divorce decree.
Carlton M. Bismark vs. Arala Sue Bismark, divorce complaint.
Helen Louise Kay vs. Roy J. Kay, divorce decree.
Helen L. Strong vs. Jacob C. Strong, divorce complaint.

There are still more than 8,000 miles of sled roads in Alaska.



PARLAYING \$71.10-a-month relief check into investments worth \$21,000, Harry Schweitzer, 75, is jailed on charges he owes New York City \$17,000.

The Family Council

Editor's note: The Family Council consists of a judge, a psychiatrist, three clergymen, a newspaper editor, a women's editor and two writers. Each article is a summary of an actual report. The Family Council does not give advice; it merely reports on problems that have been dealt with by responsible agencies and counselors.

Frank R. — I am the only son of a widowed mother and I am concerned about her. Mother has a small apartment near me and my family and at 67, she goes to work every day.

I feel that she is getting a bit too old for this routine. I realize that she has to keep active, but I feel that her work is too much for her. She works with much younger women and I know that it is often a struggle for her to keep up with them. On week-ends she is so exhausted she doesn't want to get out of bed.

Mother has a very small net egg and could get Social Security. It would be not able to hang on indefinitely to a job that is now straining her to the utmost. She should try to find ways and means of tapering off her physical activity while preserving an active life mentally and emotionally.

Once she turns her thinking toward the right goal, Mrs. M. R. may find that there are more possibilities than she now sees for meeting her needs at this time. There may be part-time work at her present place of employment or in some other organization. She may be able to go into some small enterprise on her own or with other women. She should think in terms of something she can keep up as long as she enjoys reasonably good health.

It's all very well for Frank to talk of social activities, but I can't go gallivanting around

all day. I would be left with time on my hands that I don't know how to fill. I want to do something worth while.

The Council: In general, Mrs. M. R. is on the right track in her idea that activity will help her hold on to her youthfulness, but she is being a little too rigid when she sees her present exhausting job as the only buffer between her and old age.

Today, there is a great deal of interest in the idea of life-time planning for old age. Certainly a little more planning at this time on Mrs. M. R.'s part would be in order. It is evident that she will not be able to hang on indefinitely to a job that is now straining her to the utmost.

What Mrs. M. R. — What Frank says is true. My work is very exhausting and leaves me with little energy for anything else. But I am afraid to let go of my job. I feel that it keeps me young.

My own mother had a depressing old age because she had practically nothing to do. We all took care of her and she just wasted away from lack of activity. Basically she was in good health until her last illness.

Mrs. M. R. would undoubtedly

Meat Promotion Topic for Meeting

Information on a nationwide program for meat promotion conducted by the National Livestock and Meat Board will be given at the meeting in the Jackson county courthouse auditorium at 1 p.m. Thursday.

All persons interested in meat production will be welcome, according to County Agent Earle Jossy.

A discussion will be held on means of expanding local meat production and how to make promotion programs more effective.

Richard J. Nolan, Denver, western representative for the National Livestock and Meat board, will explain its research promotion and education program.

Representatives of Beef, Inc., statewide promotional group and the Jackson County Cowbelles, will explain their programs.

Nine other meetings similar to the local one are planned in other Oregon districts, Jossy said.

The meeting is planned by Howard Jujii, commodity director of the Oregon Farm Bureau.

edly enjoy sociability and hobbies if she had the time or energy. If she makes an effort to find some pleasure in both, she will feel less dependent upon her job for keeping her from a dreary old age.

(Copyright 1958, General Features Corp.)

Bombing From Satellites Seen Possibility in Future War

By JOSEPH L. MYLER
Washington—UP — A scientific report circulating here conjures up a picture of H-bombs poised in space to dive at targets on earth whenever their masters feel there ought to be a war.

The report, prepared by Rand Corp. research experts for the House Space Committee, discusses "bombing from satellites." It says both the United States and Russia have taken note of this possibility.

Peaceful Instruments
All satellites launched so far have been peaceful instruments for gathering scientific information. Both this country and the U.S.S.R. have programs for satellites capable of returning instruments and a film—or perhaps a man—safely to earth.

This, the Rand report says, "implies the possibility of bombing from a satellite." It would take refined propulsion

equipment to accomplish this. You can't just dump something out of a satellite. If you did, it would just tag along in orbit.

But the idea of launching a warhead from a satellite in a long trajectory to earth, the report says, "an entirely reasonable one."

"For unmanned satellites," the report continues, "the ejection operation can be initiated and controlled from a ground radar station in sight of the ejection point."

Or, it adds, "ejection and descent guidance could be carried out on a fully automatic basis in the satellite at any time after receipt of a general signal from the ground to proceed to the attack."

"For such a bombing system," the report says, "satellite launchings could be conducted long in advance of a war, with any desired degree of leisure in a completely peaceful environment."

Another military use of satellites according to the Rand researchers, is to mess up defenses against satellite bombers and intercontinental ballistic missiles.

This would be done by releasing in space metal balloons of various kinds. One kind would simulate ICBM nose cones and "serve as decoys to frustrate ICBM defense systems." Others would act as decoys for military satellites.

"Or," the reports adds, "balloon satellites permanently in orbit could be made numerous enough to saturate, on a long-term basis, ICBM warning radars."

"For such a bombing system," the report says, "satellite launchings could be conducted long in advance of a war, with any desired degree of leisure in a completely peaceful environment."

Preliminary Test Of Pain Killer Encouraging

Washington — UP — The government has announced encouraging preliminary tests of a new pain killer 10 times stronger than morphine.

Arthur S. Flemming, secretary of Health, Education and Welfare, told a news conference that the drug still is in the testing stage and has not been licensed for commercial production.

But he said preliminary tests show it is "less addicting and safer than morphine." He said its real value is not yet known.

Derivatives of Tar
Dr. Everette L. May and Dr. Nathan B. Eddy of the National Institutes of Health, discoverers of the drug, reported it has been used successfully on more than 200 patients in clinics in Philadelphia, New York and Los Angeles.

The drug, known as Nih-7519, is made from derivatives of coal tar and belongs to a new series of compounds known as benzomorphans.

Flemming said the drug, discovered in 1957, has painkilling power at least 10 times that of morphine and 50 times that of codeine.

ALL 4 ...
For as Little As— **149⁹⁰**
MAGNAVOX
STEREO-RAMA
(Limited Time Only)
At
PURUCKER'S
"Phonograph City"
111 No. Central Phone SP 2-5702

1.
Stereophonic
Phonograph

3.
Stereo
Record
Library

2.
Stereo
Companion
Speaker

4.
Diamond
Stereo
Pick-Up



"The kettle would be in perfect shape if you'd store it in a safe place!"

Your furniture will remain in perfect shape, too, if you'd store it at Davis!

Sooner or later it's your move — Call DAVIS for the move of your life!

DAVIS TRANSFER AND STORAGE CO.
Crating & Packing
• Medford—139 South Fir • Phone SP 2-6273
• Ashland—240 4th St. • Phone MU 2-8552
BEKINS AGENT FOR MEDFORD AND ASHLAND

CLASSIFIED Business and Service DIRECTORY

Firms and Individuals Who Will Do The Job Right, Save You Time and Money!

- Experienced
- Dependable
- Economical
- Guaranteed

HERE ARE SPECIALISTS IN THEIR FIELDS—CALL THEM WHEN IN NEED!

<p>TOMORROW'S Favorite Fireplace</p> <p>FEATURES—</p> <ul style="list-style-type: none"> • Open hearth designs. • Filtered, dust free air. • Dependable 24 hour heat—FOR SEVERAL ROOMS. <p>Come in and Compare a FIREPLACE FURNACE</p> <p>• Ask about converting your fireplace into a dependable efficient heating system.</p> <p>Court Street Electric 1127 Court SP 2-2463</p>	<p>Auto Seat Covers UPHOLSTERING</p> <ul style="list-style-type: none"> • Cars • Furniture • Boats • Aircraft <p>ESTIMATES GLADLY QUALITY WORKMANSHIP</p> <p>MIKE'S Seat Cover Center</p> <p>621 E. Jackson SP 2-2990</p>	<p>SYLVANIA'S SILVER SCREEN 85 PICTURE TUBE</p> <p>Pete's Radio & TV Service</p> <p>3791 Hilsinger Rd KE 5-2258</p>	<p>Electrical Appliance Service</p> <p>• Bring in your minor appliances — we'll make them work like new. EXAMPLES: Toasters, elec. irons, steam irons, etc. Heater & range elements rewired.</p> <p>GUARANTEED WORKMANSHIP • EASY PARKING</p> <p>246 S. Central SP 3-6476</p>	<p>You'll Find a World of Fashion Fabrics</p> <p>AT</p> <p>MEDFORD'S Yardage Center</p> <p>410 E. Main SP 3-5681</p> <p>The lure of the needle and thread is bound to get you when you see the lovely fabrics.</p>	<p>BUD HURT'S OLDER TIRE EXCHANGE</p> <p>1600 N. Riverside SP 2-4806</p> <ul style="list-style-type: none"> • Quality Retreads • Unconditional Guarantee • Attractive prices • Gates New Tires • Used Tires <p>for cars, trucks, all sizes.</p> <p>24 Hour road service</p> <p>Call us anytime day or night for help on emergency breakdowns</p>	<p>OK TIRE SALE!</p> <p>7.50x14 Recaps \$13.85 (including balancing)</p> <p>2 For 1 Tire Sale On NEW TIRES</p> <p>6.70, 7.10, 7.60 & 8x15</p> <p>OK Rubber Welders</p> <p>176 N. Riverside SP 2-9629</p>	<p>Distributors of</p> <ul style="list-style-type: none"> • Plywood • Doors • Builders Hardware <p>YOU get WHOLESALE PRICES at</p> <p>Lewis Wholesale Builders Supply</p> <p>139 S. Fir SP 2-7135</p>	<ul style="list-style-type: none"> • Open eve. 'til Christmas <p>FLOWERS from LEONARDS</p> <p>Funeral arrangements, plants & planters, corsages, ceramics. EASY PARKING, DELIVERIES</p> <p>George Yung's Leonards Flowers</p> <p>235 N. Bartlett SP 2-9687 Evenings SP 3-1962</p>
<p>LININGER'S READY MIX CONCRETE</p> <ul style="list-style-type: none"> • Crushed Rock • Sand & Gravel <p>• Prompt service by our RADIO DISPATCHED TRUCKS</p> <p>SP 2-5336 SP 2-5897 MU 5-8121</p>	<p>When You Think Of</p> <ul style="list-style-type: none"> • Roofing • Fencing <p>Think of H. C. High</p> <p>SPECIALIZING</p> <p>In roofing and fencing of all kinds. Roof coating and free estimates.</p> <p>HIGH'S CONSTRUCTION</p> <p>113 N. Fir SP 2-2461</p>	<p>CHAIN SAWS</p> <ul style="list-style-type: none"> • CLINTON • LOMBARD <p>SAW CHAIN</p> <ul style="list-style-type: none"> • OREGON • ATKINS • General Bars • Rentals <p>REPAIRS on all makes.</p> <p>CHAIN SAW SALES & SERVICE</p> <p>1321 N. Riverside SP 2-7538</p>	<p>"Do it yourself We rent the tools"</p> <p>WEST MAIN RENT-ALL</p> <p>2122 West Main SP 3-5660</p> <ul style="list-style-type: none"> • People everywhere are learning the economy of our service. 	<p>Electric Shaver & Clipper Service</p> <p>114 E. 11th</p> <ul style="list-style-type: none"> • Sales & Service all makes • All work — parts guaranteed <p>Special Holiday Sale Norelco ... \$17.45</p> <p>Buy a shaver where you can get A-1 service.</p>	<p>25% DISCOUNT Easy Auto. Washers Easy Dryers</p> <p>1958 Model Clearance</p> <ul style="list-style-type: none"> • Dryers from \$139.95 • Automatic washers fr. 209.95 • Good used washers & dryers. <p>Larson Appliance Co.</p> <p>406 E. Main SP 2-5302</p>	<p>GLASS Is Our Business</p> <ul style="list-style-type: none"> • Auto glass installed • Window glass glazing • Plate glass and mirrors <p>SPECIALISTS IN AUTO GLASS</p> <p>Farrells Glass Service</p> <p>9th & Front SP 3-1058</p>	<p>STEVENS Plumbing & Htng</p> <ul style="list-style-type: none"> • Residential • Commercial • Remodel • Repair <p>Guaranteed Work</p> <p>City & State Licensed Emergency Calls Welcome</p> <p>SP 3-3503 Harold Stevens 210 Lincoln</p>	<ul style="list-style-type: none"> • Now Medford's Own <p>Diesel Battery Service</p> <p>& all other batteries—low prices on service & exchange.</p> <p>All Guaranteed</p> <ul style="list-style-type: none"> • Arc. gas welding & brazing of all kinds. Try us. • Open 7 days a week. <p>Rogue Valley Welding & Battery Serv.</p> <p>1916 Table Rock Rd. SP 3-6357 ACROSS FROM THE BIG Y</p>
<p>Clip and SAVE This List of Experts</p>	<p>THIS CHRISTMAS GIVE</p> <p>Mr. Stauffer's "MAGIC COUCH"</p> <p>with The Stauffer HOME REDUCING PLAN</p> <p>for Free Demonstration</p> <p>Phone SP 2-9260 ask for Virginia Wickersham</p>	<p>VIRGINIA'S Big Y Beauty Salon</p> <ul style="list-style-type: none"> • All phases of Beauty Work • Permanent Waving • Hair Styling, Coloring • Facials — Personal Service <p>AMPLE PARKING</p> <p>Across from the Big Y Shopping Center 1930 Table Rock Rd. SP 2-9380</p>	<p>GOFF BROTHERS WELL DRILLERS</p> <ul style="list-style-type: none"> • Any Type • Any Place • Any Time <ul style="list-style-type: none"> • Shallow or deep wells • FHA Terms • S & H Green Stamps • Free estimates <p>SP 2-2939 225 W. Main Eves SP 2-7026 or NO 4-1448</p>	<p>FURNITURE UPHOLSTERING</p> <ul style="list-style-type: none"> • Free Estimates • Pickup & Delivery <p>DALES UPHOLSTERY</p> <p>1228 N. Riverside (With Dykes) SP 2-5168 (Ask for Dale Mauck)</p>	<p>MODEL MAC D30</p> <p>One of the famous</p> <p>McCulloch Chain Saws</p> <ul style="list-style-type: none"> • Sold and serviced at <p>McCulloch Chain Saw Co.</p> <p>1617 N. Riverside SP 3-6300</p>	<p>Your Message Reaches Over 16,000 Homes in Southern Oregon and Northern California</p>		

DIAL SP 2-6141 Extension 26 for Information to Qualify for Space in This Section!