

They'll Do It Every Time By Jimmy Hatlo

Americans Wasting Millions Yearly on 'Food Supplements'

By LOUIS CASSELS

Washington—(UPI)—Americans are wasting \$500,000,000 a year on vitamin pills, mineral products and other so-called "food supplements" which they don't need and which they wrongly regard as short-cuts to health.

This estimate comes from the American Medical Association, which is termed "conservative" by a spokesman for the U.S. Food & Drug Administration.

The two organizations have joined with the National Better Business Bureau in a concerted campaign to warn the public against what the AMA calls "a racket that is spreading with alarming speed."

Their efforts are strongly endorsed by Arthur S. Flemming, Secretary of Health, Education and Welfare, who says that unscrupulous promotion of food supplements and expensive form of medical quackery in the country today.

It should be emphasized that special vitamin and mineral products MAY serve a useful purpose if, for some reason, your diet requires this kind of supplement. Physicians may recommend them, for example, for some children, for pregnant women, nursing mothers, alcoholics and others with unusual dietary problems.

Pills Unnecessary

But leading nutrition authorities say that the vast majority of Americans can get all of the vitamins and minerals they need from an ordinary balanced diet, and do not have to gulp pills, capsules, powders, compounds or tonics.

The AMA estimates about 10,000,000 persons in the nation today are regularly dosing themselves with costly "food supplements" which they don't need. It is these people—not the relatively few for whom vitamins and minerals are medically indicated—who are wasting their money.

The stuff they buy (with a few exceptions) is not harmful in itself. It usually contains the specific vitamin and mineral concentrates advertised on the label, plus assorted fillers such as alfalfa, seaweed and ground eggshells.

The danger—say the government and the AMA—lies in the fact that many of these products are being peddled to the public by high-pressure salesmen who falsely represent them as cures for virtually every known ailment from dandruff to cancer.

"The results can be tragic," Flemming says.

"People who have serious medical problems are misled by these false claims to rely on products which do not actually help them, and thus fail to get proper medical attention until it is too late."

Fad food racketeers have two primary methods of making their pitch.

Glib Pseudoscientist

One is the so-called "health lecture" at which a glib pseudoscientist dispenses a persuasive blend of superstition, sex and salesmanship to convince his audience that all human illness can be traced to improper diet and remedied by his particular "wonder food."

The other is door-to-door selling, carried on by an army of perhaps 50,000 men and women. Some of them are legitimate salesmen who simply offer vitamin products as part of their line without



BRINGING TEARS to eyes of many listeners, Poet Carl Sandburg addresses joint session of Congress on Abraham Lincoln. On rostrum behind him are Vice President Richard Nixon (left) and House Speaker Sam Rayburn.

Americans Said Lacking Exercise

Boston—(Science Service)—Americans are becoming "softies." We are learning to live the life of automation instead of animation, a symposium held by Boston University's Sargent College here was told.

Even step-saving kitchens and swing-out seats on 1959 autos may be contributing to poor health, George K. Mackenzie, dean of Sargent College, told the symposium on "Do Americans Have Sufficient Health and Energy in This Modern Era?"

Man, as an animal, is anatomically and physiologically designed for a life of vigorous physical activity, said Dr. Elizabeth Wellman Gardner, professor of physiology at the College.

Americans suffer circulatory troubles, she pointed out. Yet, the one thing that would

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Scientists Quizzed About Weather as Military Asset

Washington—(UPI)—House space investigators tried to find out today if the United States should spend more money to perfect a system for destroying an enemy with man-made hurricanes, rainstorms and droughts.

The space committee summoned for questioning Drs. Ruben Gustavson, Robert Brode and Earl Droessler of the National Science Foundation who direct the government's research programs on weather control.

Russia Bearing Down

Some experts have learned that a nation which could control the weather would have a weapon more terrible than the H-bomb. U. S. scientists have noted that Russia is bearing down on weather research and is training experts in the field.

A number of U. S. weather specialists have complained that progress toward weather control, which still is in its infancy, could be speeded up if more money was spent on new and more daring projects.

The science foundation's new budget calls for a \$2 million outlay for weather control work in the 12 months starting July 1.

Other congressional news:

Minimum Wage: Sens. John F. Kennedy (D-Mass.) and Wayne Morse (D-Ore.) and Rep. James Roosevelt (D-Calif.) planned to introduce bills to increase the federal minimum wage to \$1.25 and extend wage-hour protection to an additional seven million workers. They said the current \$1 floor under wages was less adequate than the original 25 cents minimum in 1938.

Communist Lawyers: The House Committee on Un-American Activities charged that an "elite corps" of Communist lawyers is pushing the party's cause in the courts, Congress and government agencies. The committee said the Red attorneys abused the courts, misbehaved before congressional committees, circumvented the law and spied.

Defense: Chairman George H. Mahon (D-Tex.) of the House defense appropriations subcommittee predicted Congress would boost Eisenhower's \$40,900,000,000 military budget to \$41,500,000,000. He said the overall budget still could be balanced by trimming domestic and foreign aid outlays.

What Is The Law?

This column is prepared as a public service by the College of Law, Willamette University, Salem, to explain basic legal principles, not to provide legal advice. The reader is cautioned not to apply these cases to his own problems without an attorney's advice, for differing facts may change the outcome.

A Lease Can Be Broken If A House Is Untenantable

Tibbs rented a house from the Tiger Realty company for three years at the agreed fee of \$100 a month. After moving into the house in January, 1958, he found that the heat was inadequate and the hot water supply was irregular. Complaints to the Tiger company did not bring any relief and Tibbs moved out on September 30, 1958, having paid all rent due to that date.

The Tiger company sued Tibbs for the October rent claiming that the lease was still binding on Tibbs. The court held that Tibbs could consider himself "evicted" and thus not liable for the October rent.

Freedom From Obligation

When a court feels that a house is "untenantable" it permits the tenant to abandon the premises and grants him freedom from his lease obligations. A so-called "construction" eviction has normally taken place when, as in the home owned by the Tiger company, there is inadequate heating and hot water.

It is hard to predict when a court will consider a place "untenantable" and relieve the tenant of his obligations. The facts of the individual case will be considered including the rent, condition of the house, promises made by landlord and tenant in the lease and conditions existing when the lease is signed.

In one case, the presence of a large number of cockroaches in the house did not constitute an eviction while in another, the stench of dead rats in the walls did result in an eviction. Of course, before holding that a constructive eviction has occurred, the courts normally insist that the landlord be given an opportunity to remedy the defects which make the house untenantable. Usually a showing of demand by the tenant and a refusal by the landlord to rectify the deficiency is sufficient.

Interference Banned

A tenant can also consider himself evicted when his landlord interferes with his enjoyment of the land. The law reads into every lease the promise by the landlord to permit the tenant to possess the premises without any interference by the landlord, or by persons having a better title than the landlord. If the landlord occupies part of the premises against the terms of the lease and without the consent of the tenant, the tenant can look upon such occupancy as eviction and terminate the lease without liability. Eviction in the form of occupation by the owner is called "actual" eviction. Likewise, if part or all of the premises is occupied by a person who has a better claim to the premises than the landlord, an "actual" eviction results.

The nation's annual game crop is now estimated to be in excess of 450 million pounds dressed weight.

Quotes From the News

By UNITED PRESS INTERNATIONAL

San Francisco—Vice President Richard M. Nixon, after talking with Secretary of State John Foster Dulles by telephone about the secretary's recurrence of cancer:

"It is remarkable that he has taken it as stoically as he did. His spirits were excellent."

Melbourne, Australia—Evangelist Billy Graham, to a crowd estimated at 5,000 who stood in heavy rain outside the Melbourne stadium to listen to Graham's sermon:

"You are wonderful people to stand this rain. I'll never forget this scene."

London—Postmaster General Ernest Marples, in ordering postal employees to search for a lost Christmas package which he mailed last December:

"The post office must please the customer and in this case I am the customer."

Stillwater, Minn.—Coffee king Sam Crea, after ending a 72-hour coffeethon during which he sold 4,350 cups of coffee to raise \$500 for the Heart fund:

"I feel miserable. I'm going to take a hot bath and turn on the shower before I hit the hay again."

Washington—Sen. Paul H. Douglas (D-Ill.) a Protestant, on his belief that a Catholic could be elected president:

"The trend is toward less religious prejudice in our voting habits."

Civil Defense Work For Rejectees Urged

Washington—(UPI)—Draft Director Lewis B. Hershey has proposed that young men rejected for military service be drafted for three hours of civil defense work each week, possibly without pay.

Hershey said the nation needed "large numbers of people" for civil defense and experience shows that a training program works better when it is compulsory.

His proposal expanded on an earlier suggestion to the House Armed Services Committee. Hershey urged training of military rejectees for civil defense work at the time

FALL KILLS GI

Frankfurt, Germany—(UPI)—Pfc. Cerno O. Abel, Pen Argyl, Pa., was killed Friday in a 60-foot fall when a radio tower on which he was working collapsed, it was reported today.

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