

Fat Americans Urged To Stop Overeating; Start Exercising

Washington—(Science Service)—Fat Americans were warned again today to stop overeating and start exercising.

They were advised to take these steps, along with other "common sense" suggestions, by Dr. Irvine H. Page, director of research at the Cleveland Clinic. He, along with five other eminent scientists in the field of heart disease, presented a national report on "A Decade of Progress Against Cardiovascular Disease."

Dr. Page said that several factors seem to be involved in the formation of arteriosclerosis, the disease that hardens the arteries. In 1956, there were nearly 480,000 deaths from this disease and related afflictions.

Hardening of Arteries
Heredity, elevated blood pressure, exercise, stress, sex, diet and indulgence seem to play some role in hardening of arteries, Dr. Page said. If your cholesterol level is high, your doctor may recommend a change in dietary habits.

Dr. Howard B. Sprague, Harvard Medical School, emphasized the number of "tools" that have been perfected within the past decade for the diagnosis of heart disease. Among them he mentioned electronics and radioactivity, the catheter tube and the electrocardiograph.

Dr. Michael E. DeBakey of Baylor University College of Medicine at Houston discussed surgery with respect to diseases of the heart and blood vessels. The advancements made during the past decade far surpass all previous efforts in this field of surgery, he said.

Dr. Robert W. Wilkins of Boston University School of Medicine briefly discussed drugs that have proven effective in the treatment of high blood pressure. They include Rauwolfia or Indian snake root and derivatives such as reserpine; hydralazine or apresoline; veratrum viride; nerve blocking agents such as hexamethonium; and chlorothiazide, a diuretic that stimulates the kidneys to excrete salt.

Dr. Paul Dudley White, famous Boston cardiologist, reported on the prevention of heart diseases while Dr. Robert W. Berliner, associate di-

rector of research at the National Heart Institute in Bethesda, Md., explained the role of basic research.

The "Report to the Nation" was given at the request of Sen. Lister Hill (D-Ala.) and Rep. John E. Fogarty (D-R.I.) chairmen of Senate and House Appropriations Subcommittee. The American Heart Association and the National Heart Institute cooperated in presenting the program.

Four Men Bound Over to Grand Jury

Three Jackson county men and one Portland man were bound over to the grand jury when appearing in district court yesterday.

Alvin Dale Miller, 412 Boardman st., Medford, was bound over on charges of using a motor vehicle without permission of owner. He is being held in the Jackson county jail on \$1,500 bail. He is charged with taking a car belonging to James Redden, Medford attorney, Feb. 20.

James R. Jackson, Portland, was bound over to the grand jury on charges of uttering and publishing a false check. He is being held on \$1,500 bail. He is charged with passing a bad check for \$75 in a Medford store July 28.

Jim Seth Cunningham, 1279 Stevens st., Medford, was also bound over to the grand jury on charges of uttering and publishing a false check. He is charged with giving a bad check for \$89.75 to a store in Medford Feb. 16. He is being held also on \$1,500 bail.

Robert Bruce Coker, 5134 Table Rock rd., was bound over on charges of obtaining money on false pretenses. He is being held on \$1,500 bail. He is charged with issuing a false check for \$85 Feb. 17.

FIX OVERSEAS CABLE
Montreal—UPI—Full service on the Transatlantic cable which broke last Saturday was expected by Friday, it was announced today. The newly-laid cable, which runs between Scotland and Newfoundland, broke at a spot some 200 miles east of Carville, Nfld. It curtailed telephone service from North America to Europe.

Weather Satellite First of Several To Scan Earth

Washington—(Science Service)—Successful orbiting of the first U.S. baby weather station paves the way for future satellites that will give meteorologists a continuous, timely picture of world-wide weather patterns.

The present satellite obtains only a rough picture of the earth's cloud cover on the sunlit side for the expected two-week lifetime of its batteries.

To Measure Balance
The second of three remaining Vanguard moonlets still to be launched will also contain weather reporting devices. They will measure the earth's radiation balance, the difference between the amount of the sun's radiation hitting the planet and that re-radiated into space.

Neither the present nor the next-launched weather station use the most sensitive equipment presently available, nor are their recording instruments powered by solar batteries. This is because designing and engineering the 21.5-pound package required setting them on the best equipment available three years ago. Future satellites to follow the first two weather pioneers will have much longer reporting lifetimes since their recording devices will undoubtedly be powered by solar batteries. They will have much more sensitive equipment.

Also as experience is gained in decoding the complicated information picked up from the satellites by earth stations, the time lag between recording the data and obtaining it in useful form, estimated to be ten days to two weeks for the present Vanguard, will be considerably shortened.

In Useful Form
The eventual aim is to have the weather information obtained by satellites available in useful form virtually instantaneously. Cloud cover would be shown in much greater detail than the present orbiting equipment, which can pick out areas no smaller than seven miles in diameter from 335 miles, its closest approach to earth. Earth's radiation balance would also be recorded in a very precise manner, showing not only the amount but also the wavelengths of both the incoming and outgoing radiation.

From these two quantities, meteorologists would have an integrated, continuous weather map of the world.

They'll Do It Every Time

By Jimmy Hatlo



Cold Weather Due For Northern States

Suitland, Md. — (Science Service)—Colder than normal weather is predicted for states in the northern third of the nation east of the Continental Divide during the next 30 days, the Weather Bureau said here.

The Bureau's extended forecast section called for temperatures to average above normal over the country's southern third, and also in the entire area west of the Continental Divide. In unspecified regions, near normal averages will prevail, but temperatures are expected to fluctuate widely.

Precipitation over the eastern two-thirds of the nation is expected to be subnormal over the South and also over the northern tier of states. Amounts exceeding normal are predicted for West Coast states. In unspecified areas, near normal precipitation is predicted.

Worker Killed at Brookings Plant

Brookings—UPI—Ken Barker, 47, was fatally injured at the Brookings Plywood plant here Wednesday evening when a leg fell from a truck being unloaded at the dock and struck him. Survivors include his widow, Laura, and daughter, Karen.

Many New Faces in List of Nominations For Academy Awards

Hollywood—UPI—They're off and running in the Oscar derby with preponderance of entries charging out of the starting gate for the first time.

Never before have so many new faces appeared on the nominations.

Eleven of the acting nominees find their maiden race. There are eight veterans going again, and one old war horse. Spencer Tracy, a two-time winner, is the only major Oscar holder in the field.

Running against him for the golden statuette are three young comers—Tony Curtis, Paul Newman and Sidney Poitier—and veteran David Niven.

Shirley MacLaine, however, is the only new arrival on the feminine scene. Her competition consists of a pair of four-time losers, Susan Hayward and Deborah Kerr, a three-time loser, Rosalind Russell, and one-time loser Elizabeth Taylor.

Niven and Hayward Favored
Morning line favorites in the top handicap races for best actor and best actress awards are David Niven and Susan Hayward.

So how do the rail birds pick these two?
Inasmuch as Tracy has col-

Speech Defects Are Topic of Meeting

Ashland—Showing a number of colored slides illustrating his subject, Leon Mulling, director of the Southern Oregon Speech and Hearing center at Southern Oregon college, discussed the nature and causes of speech defects at the February meeting of the Parent Teacher association at Washington school, Medford.

According to recognized experts in the field, at least 75 per cent of all speech defects are caused by psychological reasons directly attributable to conditions in the home, Mulling said. He further pointed out that homes in which there are interesting conversations, security, stories, games, and songs, have very few children with defective speech; whereas children who are deprived of these basic needs frequently have articulation problems.

Following Mulling's talk, a display of materials was shown to the parents and questions concerning speech therapy were discussed.

It was announced that Mulling was available for a limited number of talks and discussions concerning the field of speech therapy in the home and classroom. Those interested in obtaining his services should contact him as far in advance as possible at Southern Oregon college.

Muslim inhabitants of the Maldives Islands in the Indian Ocean, have been traders and sailors for centuries.

EAST EVANS CREEK Telephones Remain Out

By NELLIE BERGMAN
East Evans Creek-Meadows—Telephone lines still are down in some sections of the Meadows area. Several telephones still are out of order. The damage resulted from the most recent series of storms.

A birthday potluck dinner was enjoyed at the Meadows church Sunday for those who had a birthday the last month.

Mr. and Mrs. James Hannibal and family of Ashland were week end visitors at the C. C. Teeters home. Mrs. Hannibal is the daughter of the Teeters.

Mr. and Mrs. Paul Mattison of Grants Pass was visiting

friends in the Meadows Sunday.

Mr. and Mrs. August Singler of Rogue River visited in the Meadows Sunday.

Mr. and Mrs. Wade Coulter of Rogue River visited Mr. and Mrs. Milo Hanks recently.

Mr. and Mrs. G. E. Patterson of the Antioch rd. and Mr. and Mrs. Carl Bergman spent Wednesday evening at the Ray Mercer home in Medford.

Mr. and Mrs. Emery Stingley visited at the home of Mr. and Mrs. Pearl Stowell of Eagle Point. Mrs. Stingley's mother, who has been ill recently.

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2 only single laundry trays, each \$10

5 good used refrigerators.
8-piece dining room set, 3 leaves. \$55
Mahogany poster bed.
Birdseye maple dresser.
3 antique wardrobes.
Some odd beds and mattresses.
Philo apartment size range.
Solid, complete breakfast nook. \$25
Bendix full automatic washer. \$45

Wards near-new semi-automatic washer. \$55
Thermodor electric heater, 220 volt, 4,000 watt with fan. \$25
4 large gas home heaters, each. \$5.00
40 gallon pressure tank with gauge. \$10
3 used toilets. \$10, \$12 and \$15
12 ft. boat with 7 1/2 horsepower motor.
All good condition. Both for. \$100
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