

Women Urged To Examine Selves Periodically for Breast Cancer

Editor's note: This is the second of five dispatches by a leading cancer expert telling in frank terms what individuals can and should do to guard themselves and their families against the disease, which strikes two out of every three families in the nation.

By DR. EUGENE P. PENDERGRASS
President of the American Cancer Society
(Written for UPI)

A woman went to the doctor with a lump in her breast and said, "I found it in April—or maybe March."

This was October. The diagnosis was cancer, and it had spread. The doctor said with pain of frustration, "Why did you wait so long?"

The woman said ingenuously, "Well, a friend had one that went away. And then I thought if it had to come out—well, we had a nice trip planned and I didn't want to disappoint my husband and the boys. And besides it was only big as a pea then."

The doctor turned away to conceal the pity and helplessness he felt because this woman had signed her death certificate.

It's a stark story—meant for women. And for men who have assumed the responsibility of guarding their families against cancer. Ask your wives and mothers and daughters to read, and heed.

Cure Rate 81 Per Cent
Breast cancer, commonest site of the disease in women, claims 22,000 victims yearly. Or, 54 per cent of all cases. Yet diagnosed and treated in time, the potential cure rate is 81 per cent.

An appalling waste of life. And only you can stop it. The doctor may find a lump when you go for a checkup. But only you can detect one between checkups—at the earliest possible moment.

Breast lumps aren't always tumors; and tumors are often benign, especially in women

WIN FREE
Cash refunds on all your toys and patio purchases in our May 31st drawings. No purchase required. Register as often as you wish at . . .
MOORE'S TOY AND PATIO SHOP
Selection—Quality—Prices
Plus S&H Green Stamps
Open 9-7 (1-4 Sundays)
816 S. Riverside—SP 2-5458

under 50. But never take a chance! The patient in my story was only 36. And experienced doctors believe most tumors should be removed, because they may turn out to be malignant, even though they were thought to be benign.

Let me say quickly for your quails: No doctor removes a breast without definite evidence of malignancy.

Biopsy Possible
By the "frozen section" technique a biopsy can be made on the spot. A small wedge of suspected tissue is removed, processed for microscopic examination, and the result reported while the patient is still under anesthesia.

If the verdict is "benign" the surgeon removes only the growth. If it is "malignant" he must remove the whole breast together with underlying tissues and in many instances the lymph nodes under the armpit.

Aside from the lump, here are some symptoms of the disease: skin retraction, and flattening or tilting of the nipple; and later, enlargement of the breast, or shriveling.

Self-Examination
But why wait till later? Here is how to find the lump sooner by "breast self-examination," which the American Cancer Society urges every adult woman to practice once a month.

1. Remove clothing to the waist, sit straight before a mirror, arms relaxed at the side. Examine each breast for any change in size, shape or contour.

2. Raise arms high and examine again, this time watching for possible flattening at some point of the breasts' normal curve.

3. Lie flat on the bed with a folded towel under the left shoulder. Raise the left arm, putting the hand under the head. Using the flat of the fingers of the other hand, feel gently over the inner half of the breast, methodically from the nipple to the breast bone.

4. Bring the arm to the side and examine the outer half, beginning at the breast's upper limit and ending under it. Examine the right breast in the same way. If you see or feel anything unusual, go to the doctor. It may be nothing; it may be a benign tumor; it may be cancer. Only an experienced doctor can decide.

The Cancer Society's Breast

Self-Examination program was launched eight years ago and it has saved thousands of lives. Unfortunately thousands continue to die—without need. As they die of uterine cancer—with even less need.

Cancer In Situ
The first renegade cells can be found, years before growth, by the simple precaution of a uterine cancer cell examination. At this stage the cancer is said to be in situ and the cure rate approaches 100 per cent. Your doctor may know this spectacular life-saving

technique as the Pap smear, so named for Dr. George Papanicolaou who developed it.

There are several danger signals of uterine cancer. Irritation, bleeding between periods or after the menopause, and persistent low back pains are all reasons to see the doctor without delay.

But again, why wait? When you have your regular check-up make sure it includes a simple pelvic examination, and a Pap smear, if possible.

(Next: Cancer in Men.)

85 Chemical Compounds Being Tested Now on Cancer Patients

Excelsior Springs, Mo. (Science Service)—At this very moment in clinics throughout the United States, some 85 chemical compounds that have exhibited anti-tumor activity are cautiously being tested on human cancer patients.

All of these drugs could prove to be beneficial. Likewise, none of them may make the grade that eventually would place them among the approximately 20 drugs now used by physicians in this country to combat tumor growth.

Some or even all of the drugs may prove to be too toxic, or poisonous, for the patients. The tumor cell may die, but not before the patient.

Resistance Pointed Out
This problem of toxicity, plus the cancer patient's ability to build a resistance to the drug, were pointed out here by Dr. Sidney Farber of Children's Hospital, Boston, before writers gathered at a seminar sponsored by the American Cancer Society.

"We do not have a rational approach to the cancer problem. We do not have a chemical formula that will knock out cancer," Dr. Farber said. Therefore, chemicals that exhibit any activity against the growth of tumors are screened with the hope that one will prove beneficial in man, he explained.

The screening program itself is a joint effort of the National Cancer Institute, the Veterans Administration, the Atomic Energy Commission, industry, the Damon Runyan Memorial Fund, and the Food

and Drug Administration. The nucleus of the program is located at the National Institutes of Health, Bethesda, Md. This past year alone it tested between 35,000 and 40,000 potential cancer killers, Dr. Stuart Sessions of NIH said.

Tests On Mice
Initially, six tests in mice are done on any material that promised to arrest three cancer growths, one type of leukemia, a sarcoma and a carcinoma. If the agents chosen prove active against any one or all of these types, they are then subjected to more experiments with other laboratory animals. In this manner, investigators determine just how these agents attack the malignant growths, what bad effects they cause, and the amount of each drug that can safely be given to the animal without killing it.

It takes about six months for this process, and more than 90% of the materials are rejected at this stage, Dr. Sessions explained.

However, those few that do make the grade, and this year over 70 did, are cautiously evaluated in clinical trials on patients in clinics throughout the U.S.

Some of the agents now on trial were developed by scientists in an attempt to develop new and more effective anti-cancer drugs. A few are submitted by the drug industry. Others come from Government laboratories, universities and research organizations. They include synthetics, plant extracts, natural products, antibiotic filtrates and hormones.

Language Field Day Set for Students

University of Oregon, Eugene—About 300 Oregon high school students are expected to participate in this year's Language Field Day, conducted by the university department of foreign language, Saturday, May 2.

Students will take competitive tests in Latin, French, German, Russian and Spanish. High school seniors ranking in the highest tenth of their language classes are eligible.

Foreign students and instructors will conduct "buzz" sessions with the students after the tests. Results will be announced at a luncheon, at which time colored slides of various countries will be shown.

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.

Mrs. M. E.—She has made a mistake by accepting Frank. Nancy E.—I don't want to double-cross him—or tell him the truth.

Mrs. M. E.—My daughter Nancy is 19 and extremely pretty and popular. She has had some very good proposals already, but always said she wasn't ready for marriage. When one of her boy friends went into the service he started writing her red-hot love letters and proposed to her. She accepted by mail because he was overseas. No formal announcement has been made. I was furious with Nancy for accepting because she has had much better suitors than this boy, Frank. He has no prospects when he gets out of the service and he is much too immature.

A few weeks ago Nancy met a much more interesting man who won't take no for an answer. She went out with him once or twice, but feels guilty about it and says she won't do it anymore. I feel that she made a mistake by accepting the first proposal and should tell Frank.

Nancy E.—I am so mixed up I hardly know what to do. I was always very fond of Frank and missed him terribly when he went into the service. He wrote to me that he had wanted to propose to me for a long time and that he just hadn't gotten up the nerve.

I do feel that I love Frank, but I know that some of the things my mother says are true. He is immature and he certainly doesn't have any prospects. This new man is 28 and well established and I do like him.

I would like to go out with this man, but what am I to do about Frank? He has written back that he is the happiest man in the world and will walk on air until he comes home. I don't think it's right to double-cross him.

On the other hand, I'm afraid of upsetting him by telling him the truth.

The Council: No, we don't think Frank ought to be double-crossed, nor under ordinary circumstances would we recommend writing to a boy overseas that he has just been jilted. In this case, however, there are some differences.

Business Education Workshop Planned

Business education teachers in southern Oregon and northern California will attend a typing workshop Saturday, April 18, from 10 a.m. until 1 p.m. at the Medford High school.

Miss Mary Stewart, San Francisco, educational representative for the electric typewriter division of International Business Machines, will demonstrate the use of electric typewriters in the classroom as well as allied subjects pertinent to the teaching of typing.

She will also cover the purchasing of supplies and maintenance of classroom typewriters. Robert Castle, local IBM representative, will have 25 electric typewriters available for the workshop, it was reported.

At the close of workshop a luncheon will be served sponsored by the Oregon Business Education association. All teachers who have received invitations are reminded to return the luncheon reservation form.

The workshop is also open to all persons who are interested in learning the classroom techniques of teaching electric typewriting.

Norway had a total of 15,752 teachers employed in elementary and continuation schools in the fall school term of 1958.

Man Hospitalized Following Fight

Gerald Albright, 37, of South Pacific highway, Phoenix, was reported in fair condition at Rogue Valley hospital, following a fight in Rogue River Saturday night, hospital attendants reported.

Albright was involved in a fight at the Veterans of Foreign Wars hall there over a parking dispute, according to information at the sheriff's office. He was knocked to the pavement during the fight and taken to the Rogue Valley hospital with head injuries.

The district attorney's office is investigating, it was reported.

Morning Accident Damages Automobile

Two persons escaped injury early this morning when a car in which they were riding struck a power pole about five miles south of Rogue River.

A. C. Henderson, 564 Bush st., Central Point, told state police that they were southbound in Henderson's car when it ran off the road and struck the power pole. The car was severely damaged, state police reported.

BLAMES TAX CUT

London—(UPI)—John Jones, 35, pleaded guilty to a drunk charge Saturday but blamed it all on the new national budget which cut taxes. "I did not intend to have anything to drink," Jones said, but with the reduction of a two-cent a pint tax on beer, I could not resist it."

it's SPORTSWEAR WEEK AT Mann's

HIGHLIGHTS FOR '59

DECORATOR TOPS 3.98

SHUFFLEBOARD OVERBLOUSE 5.98

JANTZEN SHORT-SHORTS 3.98

YACHT CLUB PUSHERS 5.98

Fun and fashionable, too—these play togs made to measure for all your happy holidays under the sun. Start with the young look of Jantzen's short-shorts in cotton gabardine, with cuffs and button-tabbed coin pocket 3.98.

A carefree Jantzen can take it. Only the finest of fabrics are used. Superbly tailored for comfort and fit that's world famous. Sanitized cotton gabardine.

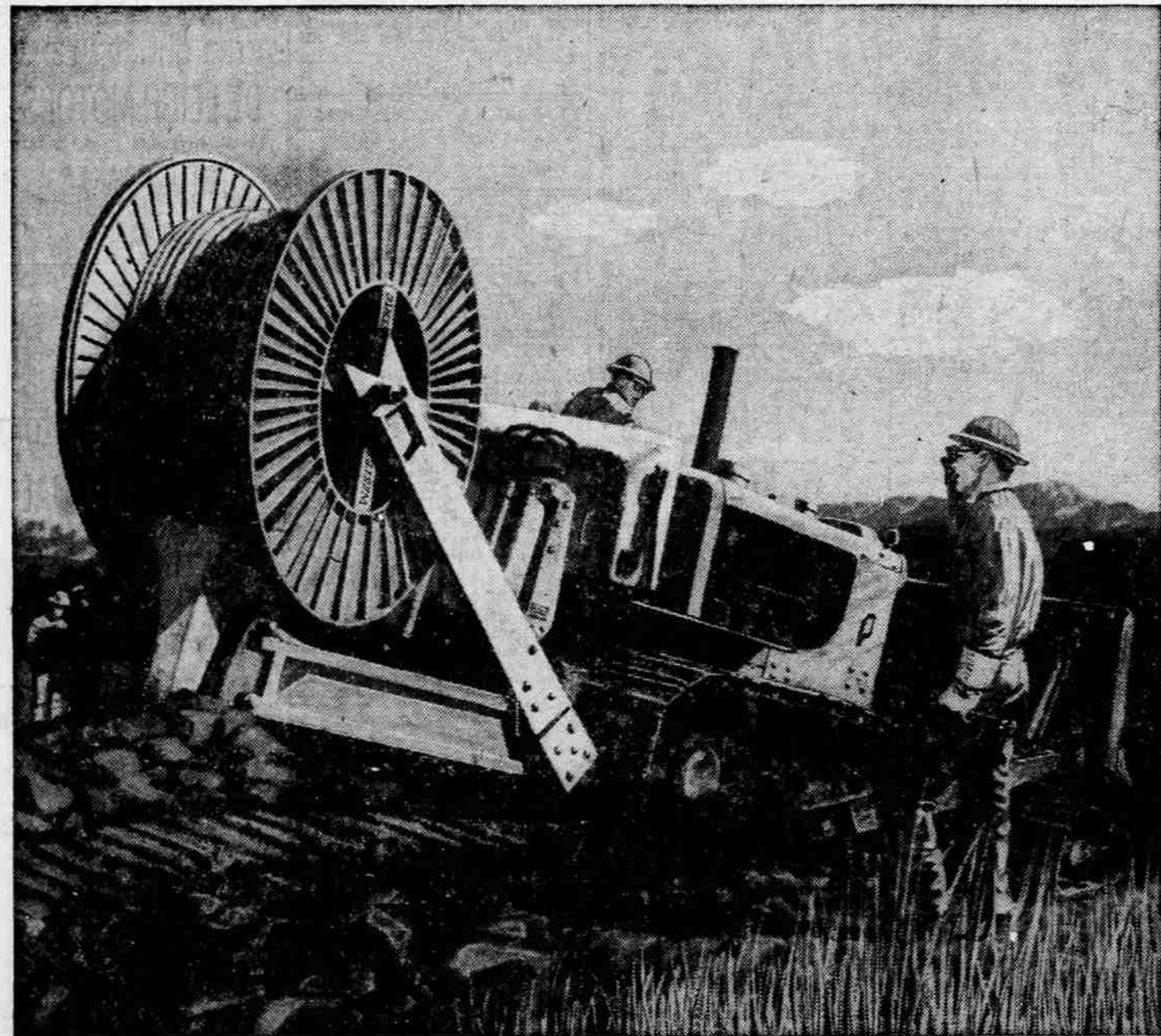
girls sportswear favorite

POPOVER TOPS

Drip-dry—floral patterns, nautical designs, gay colors. The perfect top for all basic shorts and pedal pushers. 7-14 and TEENS

1.59 Mann's MEDFORD

How telephone jobs help build a more prosperous Oregon



Telephone jobs provide work for 6,000 Oregonians

One out of every 103 workers in Oregon—some 6,000 people all told—get paychecks from Pacific Telephone. These paychecks, totaling 32 million dollars this year, go for everything from hats to houses. This money, in turn, helps create a host of jobs outside the telephone business.

It helps pay the wages of many other Oregonians—people who produce goods and services, people who sell them. In this way, telephone jobs do more than provide you with good phone service. They also help build a more prosperous Oregon which means a better future for you.

Working together to serve you better... **Pacific Telephone** in Medford
New business office, 124 N. Scott St.

CONTEMPORARY NEEDLEPOINT

by Bucilla in House & Garden colors



The simplicity and elegance of Bucilla's new Contemporary Needlepoint will add a smart touch to any period furnishings. The lovely colors have the fashion authority of House and Garden Magazine. The hand embroidered designs are refreshingly different—choose from "Fleur de Lis", "Snowflake", "Seashell", "Ruban Rose" for an unusual chair, bench or pillow. Just fill in the background with harmonizing color to go with the decor of your room.

FLEUR DE LIS: — Canary, Tangerine, Larkspur
SNOWFLAKE: — Marigold, Green Olive, Tangerine
SEA SHELL: — Cerulean Blue, Green Olive, Canary
RUBAN ROSE: — Tangerine Tones, Sky Blue Tones, Sandalwood Tones

From \$1.98 to \$5.98

Bucilla Ever-Match Tapestry Wool 98c a skein

Mann's MEDFORD