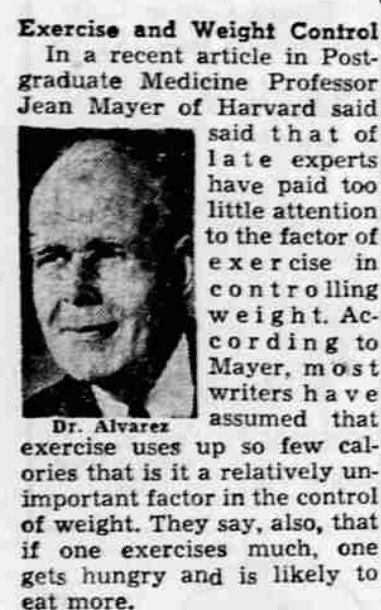


The Medical Roundup

by *Walter Alvarez*



Dr. Alvarez

Exercise and Weight Control

In a recent article in Post-graduate Medicine Professor Jean Mayer of Harvard said that of late experts have paid too little attention to the factor of exercise in controlling weight. According to Mayer, most writers have assumed that exercise uses up so few calories that it is a relatively unimportant factor in the control of weight. They say, also, that if one exercises much, one gets hungry and is likely to eat more.

Mayer thinks that the amount of exercise should be looked on as something that in the course of a year can account for a good many pounds of body fat, either burned up or left in the body depending on the person's activity. For instance, if a man were to split wood for one-half hour every day, in the course of a year it would cause the person to burn up 26 pounds of fat. A half-hour of hand-hall or squash every day would cause a loss of 16 pounds a year. Professor Mayer gives a big and very interesting table showing caloric requirements for various activities.

For instance: sawing wood or playing tennis runs from 400 to 600 calories per hour. Walking at four miles per hour represents 350 calories per hour. Sitting requires perhaps 15 calories an hour, while cross-country skiing by a champion athlete uses up 4,000 to 5,000 calories in three hours! Naturally, the heavier the person and the more pounds of fat is carrying around, the more calories he can burn up. When, years ago, I used to spend a month with the California Sierra Club, walking from 10 to 25 miles a day, and perhaps, along the way, climbing a mountain, I would come home decidedly lean and with hardly a pound of fat on me.

More Less Active
Dr. Mayer points out that the newly-developed race of over-fat mice are from 50 to 100 times less active than are normal mice. This inactivity is not the result of the obesity but precedes it. Apparently, then, one of the big factors in producing the great over-weight in these mice is a lack of activity. Normal mice, being maintained at a constant weight, consume about 20 calories per day, while the very fat mice consume quite a bit more. The tendency of the obese mice to get fat can be drastically reduced by putting them on a treadmill which makes them run.

Very interesting, also, is the fact that when the obese mice are crossed with waltzing mice, which are always going round and round, the weight-gain is only about 30 per cent greater than normal, instead of the 200 or 300 per cent gain

shown by the lazy breed of obese mice. Mice can be made obese by the destruction of part of their hypothalamus, a little area at the base of the brain. This greatly increases their appetite. Again, exercise can keep these mice thin.

Rats made to exercise on a treadmill for considerable periods of time will increase their food intake but they will also be working off fat so that they may hold their weight. If they get tired enough they will lose weight.

As Mayer points out, it has long been known that many persons who become very stout do so for the first time when, for some reason or other, they have to remain quiet. For instance, one of my women patients who became immensely stout was a size 8 until an auto accident kept her in bed for a year. Another small woman got very stout while lying in bed because of tuberculosis, and another got very stout when put to bed to cure a stomach ulcer.

Thin Ones Eat More
Professor Mayer tells of a study by Bruch which showed that the majority of 160 fat children whom she studied tended to be lazy and inactive. Only 18 per cent of the fat boys and 22 per cent of the fat girls were normally active. A number of investigators have observed this sort of thing.

Interestingly, it was found during the study of a group of children that the thin ones actually often ate more than the fat ones did, but the fat ones were so lazy and quiet that they didn't use up all their food. The thin ones were more likely to work off their fat. Those who went to camp in summer and exercised strenuously in various ways tended to lose weight, in spite of the fact that they ate heartily. When a group of fat boys were made to exercise every day they lost fat from under the skin; they soon looked much better and felt much better.

Accordingly, Professor Mayer is convinced that inactivity is the most important single factor explaining the frequency of creeping over-weight in modern western societies. Which means, girls, that you had better walk to the corner grocery; don't always take the car!

Dr. Alvarez' new booklet on weight control may be obtained by sending 25 cents and a large, stamped, self-addressed envelope with your request to Dr. Walter C. Alvarez, Dept. MMT, The Register and Tribune Syndicate, Box 957, Des Moines 4, Iowa.

(Released by The Register and Tribune Syndicate, 1959)

5 Young Children Die in House Fire

Philadelphia - (UP) - Five young children, ranging in age from 7 years to 17 months, died Sunday when a fire, apparently started when their mother fell asleep while smoking a cigarette in bed, destroyed their third floor apartment in West Philadelphia.

Investigators said the mother, Mrs. Dorothy Stocker, 41, told them she awoke to find her mattress in flames. When she couldn't put the fire out, she rushed downstairs to rouse a neighbor, Mrs. Willie Mae Barkly. But the women were unable to get back up the blazing stairway.

The victims' father, Lawrence, 37, an airman second class, is paralyzed in both legs and has been a patient at the Wright-Patterson Air Force Base hospital in Ohio since April, 1958.

CAUTION-READ SLOWLY-the

MOEY SAVED MAY BE YOUR OWN!

14 MAIL TRIBUNE, Medford, Or.
Tuesday, May 19, 1959

A-TOO LATE TO CLASSIFY

BIG FIR
Best Green Fir Slabs
Delivered in May & June.
SP 2-2111
MEDFORD FUEL CO.
Lawn Seed, Fertilizers, Peat Moss.
Ask for free lawn book. Use our
Roller-seeder-spreader.
PACIFIC FEED & SEED CO.
4th & Front SP 2-2413
CASH & CARRY
WEEKS BEST BUY
8 & 16 box raisins, a keg. \$10.50
Pabst 3-tab roofing sq. \$ 9.75
50,000 ft. 2x6 T&G \$45.50 & \$47.50
per M.
A&H Green Stamps
NORTON LUMBER CO.
Phonics KE 5-2037
Camp White TA 8-9331
Ashland MO 8-4853
BABY CHICKS SOME STARTED
PACIFIC FEED & SEED CO.
4th & Front SP 2-2413
BUNDLES OF OLD NEWSPAPERS
for sale 20c each. Mail Tribune
office 33 North Fir.
SAWSTUT
MEDFORD FUEL CO.
We fix em while you sleep
Hawkins Nite Garage SP 3-1534
FOR SALE—Small Electric upright
piano, 1934, 5' 6" tall, good
condition. \$150. NO 4-2412
20% DISCOUNT on all our top
quality Scotch Paints (a National
Lead Product) for balance of May.
Rock Lath 38c a yd.
12x48 Sheetrock \$2.24 a sheet.
12x48 Sheetrock \$1.92 a sheet.
12x48 Sheetrock \$1.60 a sheet.
WESTSIDE LUMBER
924 Summit SP 2-2559

LEGAL NOTICES

NOTICE OF HEARING
Notice is hereby given that a
petition to the Jackson County Dis-
trict Court for the purpose of
Superintendent asks transfer of the
following described properties from
Central Point School District No. 6
to Rogue River School District No. 35:
All of Section 13, Township 36
South, Range 4 West, Southeast 1/4
of Northwest 1/4, lying north and
west of the Old Stage Road, South-
west 1/4 of Northwest 1/4, Govern-
ment Lots 3 and 4, Government
Lot 5, excepting the East 563.5 feet
of the Old Stage Road; and
Section 27, all in Township 36
South, Range 4 West, all in Town-
ship 36 South, Range 4 West of
the Williams Meridian in Jackson
County, Oregon.
Hearing will be granted on this
petition at a meeting of the Jackson
County District Boundary Board to
be held in the Court House at
Medford, Oregon on June 3, 10:30
o'clock A.M.
Any objectors to the above trans-
fer are cited to appear and state
grievances.
Dated in Medford, Oregon, this
13 day of May, 1959.
Earl M. Miller,
County Judge, Chairman,
Boundary Board.
Alf B. Mekvold,
County School Superintendent,
Secretary.

NOTICE OF HEARING
Notice is hereby given that a
petition to the Jackson County Dis-
trict Court for the purpose of
Superintendent asks transfer of the
following described properties from
Medford School District No. 549 to
Rogue River School District No. 35:
All of Section 20 and 29 in Town-
ship 37 South, Range 3 West of
the Williams Meridian in Jackson
County, Oregon.
Hearing will be granted on this
petition at a meeting of the Jackson
County District Boundary Board to
be held in the Court House at
Medford, Oregon on June 3, 10:30
o'clock A.M.
Any objectors to the above trans-
fer are cited to appear and state
grievances.
Dated in Medford, Oregon, this
13 day of May, 1959.
Earl M. Miller,
County Judge, Chairman,
Boundary Board.
Alf B. Mekvold,
County School Superintendent,
Secretary.

NOTICE OF HEARING
Notice is hereby given that a
petition to the Jackson County Dis-
trict Court for the purpose of
Superintendent asks transfer of the
following described properties from
Central Point School District No. 6
to Eagle Point School District No. 9:
Section 1 and East 1/2 of Section 2
Township 34 South Range 2 West.
Hearing will be granted on this
petition at a meeting of the Jackson
County District Boundary Board to
be held in the Court House at
Medford, Oregon on June 3, 10:30
o'clock A.M.
Any objectors to the above trans-
fer are cited to appear and state
grievances.
Dated in Medford, Oregon, this
13 day of May, 1959.
Earl M. Miller,
County Judge, Chairman,
Boundary Board.
Alf B. Mekvold,
County School Superintendent,
Secretary.

NOTICE TO CREDITORS
Notice is hereby given that the
undersigned has been appointed ad-
ministrator of the estate of Leon
Merle Matheny, deceased. All per-
sons having claims against said
estate are hereby required to pre-
sent them, with proper vouchers,
within six months from the 28th
day of April, 1959, to the undersig-
ned at 34 North Central
Avenue, Medford, Oregon.
J. F. Fliegel, Attorney for Estate.

Barbara Heck, who died in
1804 in Augusta Township,
Ont., is sometimes known as
the mother of Methodism in
America.

CLASSIFIED AD DIRECTORY

PERSONAL

Lodge Notices
Special Club Events
Personal
Lost and Found
Instructions
Wanted Male Help
Wanted Female Help
Wanted Situations
Wanted Miscellaneous
Financial & Loans

REAL ESTATE

For Rent Houses
For Rent Apartments
For Rent Miscellaneous
Wanted to Rent
Medford Realty Board
For Sale Real Estate
Business Opportunities
Wanted Real Estate

FOR SALE MISCELLANEOUS

Building Supplies
Furniture
Musical Equip. Radio, TV
Sports and Hobbies
Miscellaneous
Dogs and Pets
Poultry
Livestock
Hay, Grain and Feed
Fruits & Vegetables

Automotive & Equipment

Machinery and Tractors
Logging Equipment
Equipment for Rent
Trucks
Parts and Accessories
Cycles and Scooters
Cars and Trucks

UNCLASSIFIED COPY

Too Late to Classify
Business Directory
Card of Thanks

Classified Rates

1 day per word 5c
2 days per word 8c
3 days per word 10c
4 days per word 12c
6 days per word 14c
By Line Per Month \$2.25
(Minimum First Issue 50c)

Business Directory

Each line per month \$1.75
Minimum per month \$3.25

Dead Line on Classified Ads

5:30 p.m. for following day,
except 4 a.m. for Monday;
for Sunday noon Saturday.

Dead Line on Display Classified

Ads: 10:00 A.M. Saturday
for Sunday and Monday.

3 P.M. the day before publica-
tion for Tues. through Fri.

APPROVED CREDIT

CHECKS BILLED
BY THE
DIAL SP 2-6141

1-LODGE NOTICES

Stated Communication
1353 AF AM, Tuesday,
May 20, Past Masters
Night, Postmaster
at 6:30 with regular meet-
ing to follow. Entertainment. All
Master Masons cordially invited.
Wilbur Smith, W.M.

Malta Commandery No. 4

K.T. Masonic Temple,
Ashland, Lin. AM, Tuesday,
May 20, Past Masters
Night, Postmaster
at 6:30 with regular meet-
ing to follow. Entertainment. All
Master Masons cordially invited.
Wilbur Smith, W.M.

State Conventions, Ore-

gon, Tuesday, May 19, 8
p.m. All Royal Arch Mas-
ons cordially invited.
6:30 potluck.
Don Wendt, H.P.

Medford Lodge No. 83

O.O.F. meets Tuesday,
May 19 at 8 p.m. Re-
freshments, Visitors wel-
come.
Ronnie Atkins, N.G.

2-SPECIAL CLUB EVENTS

RUMMAGE Sale Fri. May 22 Febl
Bldg. 9 to 3. Sponsor Phoenix
Fireman Aux.

RUMMAGE sale at Febl Bldg.
Thursday May 21, 9 to 3; by
Lincoln P.T.A.

3-PERSONAL

ANYONE having a drinking prob-
lem is welcome at Alcoholic
Anonymous, Medford, Tues-
day, May 19, 8 p.m. at
Rear of 212 N. Oakdale SP 2-6657.

WATKINS Products SP 3-5667

NU BONE Foundation Garments.
Alterations & repair.
Mrs. Ethel Rogers,
128 S. Holly SP 3-6114
Mrs. E. Johnson SP 3-4890

A-TOO LATE TO CLASSIFY

BAR-UN-furn. apt. Skinner
Apt. Phoenix. KE 5-1658 after
5 p.m.
CELOTEX, 3-tab roofing \$9.75 a
sq. yd.
WESTSIDE LUMBER CO.
924 Summit Ave. SP 2-2559

WANTED—House trailer as down
payment on 5 good valley
land, crop included. NO 4-1139.

FOR SALE OR RENT—House
at 101 New St., Talent, Ore.

When ever a state officially
is admitted to the Union, a
new star is added to the flag
on the following Fourth of
July.

GRAND OPENING

DESERT CAFE

Crater Lake Hwy.
at White City.

THURS. MAY 21
6 p.m. to 9 p.m.
EVERYBODY WELCOME

Free coffee & ice cream
Music by Borden Family
J. W. BOUCHER

STANLEY Home Products, NO.

4-2696.

LANDSCAPE plans drawn. Tailored
to your home or balanced "do
it yourself" planning. Low cost!
Sample shown! Free Rose Book-
let KE 5-1804.

4-LOST AND FOUND

LOST—Ladies glasses in Jackson-
ville. Reward. TW 9-1011.

5-INSTRUCTIONS

REGISTER NOW
for Summer Dance Classes. Special
courses during July in
Tap-Ballet Modern Jazz.
With free bonus classes in Baton
Acrobatics—Hurdles. Estimated
total classes that combine Ballet-
Tap-Acrobatics—Baton.
COLLEEN HOPE DANCE STUDIO
45 Hawthorne SP 3-6204
PIANO LESSONS. NO 4-2008.
PIANO instruction for children
or older beginners. 124 Van-
couver.

WANTED MEN

AGE 20-45

Interested in training & free
nation wide plan for service as
HEAVY EQUIPMENT OPERA-
TORS & MECHANICS.

U. S. GOVERNMENT spending
billions of dollars for highways
& construction. Estimated
900,000 trained men by 1960 to
fill these high pay jobs.

Write West Coast Training
Service, Heavy Equip-
ment Division, % Tribune
Box 1444

Name..... Age.....
Address..... Ph.....
City..... State.....

Hrs. I work..... a.m. p.m.
ENROLLMENTS are now being
taken for the Young Stylenaker
Sewing Classes. Ages from 10 to
21. Enrollments closing May 20.
318 E. Main SP 2-7153.

10-WANTED MALE HELP

Wanted jammer man & cat skinner
combination. Call Ashland MU-
5-2401 mondays thru Friday.

RATCHET night shift. Must
call SP 3-5560 for details.
REGISTERED barber, steady. Good
opportunity. Call SP 2-5121 after
7 p.m.

WANTED young brilliant man to
assist in proven sales of house-
hold appliances & more. NO 4-1994.
make over 100 weekly with 6
hrs. devoted to this project. All
appointments furnished, no so-
licitations. SP 3-3421.

YOUNG man 21 to 35 experienced
in tire sales & service. Good fu-
ture. Call 2-7119 Mr. Cate.

WANTED 2 men to be franchised
to handle the ElectroLux Cleaner
Sales. Good future. Call 2-7119
or Haven Motel Tues. May 19,
7:30 p.m.

WANTED a neat appearing man
25 to 40 who can get by on \$85
a week to start, calling on Fuller
Brush customers by appointment.
SP 2-8834.

WESTERN PINE GRADER

Must be certified to grade com-
mons, shop & select. Do not
call if over 45 yrs. of age. 6-
2711 or write W. H. Daugherty,
White City Division, P.O. Box
143, Medford, Oregon.

WANTED - 3 experienced "Call-
ifornia Cut Off" men. Must be
experienced. Call 6-2411.

MECHANIC WANTED

Immediate opening for first line
mechanic. Best of working condi-
tions. Insurance plan, hospitaliza-
tion, vacation. See Don, P. J.
son's Motors, Medford. SP 3-3687.

EXPERIENCED pine & fir edge-
man. Steady employment.
vacation & holiday pay. Rate
\$2.35 to \$2.41 1/2 per hr. Write
Klingman Timber Co., Box 691,
Klamath Falls, Ore.

ESTABLISHED FOD ROUTE
800 family Watkins route now
vacant. 90 year reputation. Top-
grade one-man business, and no
experience or money required.
Write for full information to
The J. R. Watkins Company, 3903
Brooklyn Avenue, Seattle 5,
Washington.

EXPERIENCED Certified Lumber
Grader. Steady employment. Pa-
vacation & holiday pay. Write
Klingman Timber Co., Box 691,
Klamath Falls, Ore.

11-WANTED FEMALE HELP

CLEANING woman, middle aged
wanting steady employment, as
manager Medford Plaza Apts. SP
2-9748.

ELDERLY lady to care for invalid
lady. In Prospect, must live in.
Call UN 9-1219.

COMBINATION cook & waitress,
Cherry Cafe, 2391 N. Pacific
Hwy. Call in person.

EXPERIENCED pantry woman, ap-
ply in person. Mr. Moore Jackson
Hotel.

GOOD dependable worker for maid
in motel. Apply Wed. only. Cedar
Lodge 318 N. Riverside.

APPLICATIONS are being taken
for teacher-instructor for the
School of Hope for mentally re-
tarded children, college training
is unnecessary, person with best
qualifications will be selected.
KE 5-1203.

WOMEN - sew ready-cut wrap-
around aprons home. Earn \$26.16
per hour. Write Accurate
Manufacturers, Freeport, N.Y.

ABOUT June 10, lady to take
charge of home for elderly wom-
an, salary. For information, SP
2-4074.

PAYROLL CLERK
for lumber re-manufacturing firm
at White City. Position requires
thorough experience in payroll
work. Applicant should also be
a good typist. Lumber office ex-
perience preferred. Good work-
ing conditions & employment
benefits. TA 6-2711.

11-WANTED FEMALE HELP

BABY sitter, 5 days wk. My home.
KE 3-1854.

RELIABLE housekeeper to live in.
Local refs. SP 3-4320 after 6
p.m. weekdays.

12-MALE OR FEMALE HELP

WANTED—Hospital and Medical
Insurance Salesman or Saleslady.
Leads furnished. Salary or comm.
depending on qualifications. Ph.
SP 2-2237, 8:30 to 10 a.m.

13-WANTED SITUATIONS

RECENT graduate of San Francisco
Dental School desires full time
position in Dental office. Phone
GR 8-2234, collect. Judith Varner,
1018 N. W. 2nd Laundry Street,
Grants Pass, Oregon.

BABY sitting in my home. SP-
2-9370 or SP 2-6413.

CHILD care, my home. SP 3-4236.

CARPENTRY—new & remodeling.
Fencing & painting. Estimates
free. N.W. SP 2-9775.

CEMENT WORK

Any kind, driveways, patios,
sidewalks, etc. SP 3-5550

LINE driver 18 years, experience
gas & diesel. SP 3-3387.

WANTED yard work. 403 Earhart
St. SP 3-4332.

BABY sitting by day or mo. SP-
2-2230 or SP 2-6413.

CHILD care, my home. SP 3-4236.

CARPENTRY—new & remodeling.
Fencing & painting. Estimates
free. N.W. SP 2-9775.

TRACTOR WORK

Rotating, blade, mow, rake &
bale. KE 3-1892.

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

LAWNMOVERS sharpened & care-
fully adjusted. Will pick up and
deliver. Thos G. Thompson. 28
Newtown SP 2-4975.

LAWNMOVERS sharpened. Special
price 30 days. Free pick-up and
delivery. Thos G. Thompson. 28
Newtown SP 2-4975.

MAN wants yard work. SP 2-2873.
628 N. Riverside. Apt. 2.

LAWN mowers, machine sharpened
Free pick up & delivery. Work
guaranteed SP 3-1519.

ROTOVATING, plowing, discing,
gardens, lawns, & farms. SP-
3-1278.

IRONING 90c hr. SP 2-4678.

Custom tractor work. NO 4-1303.

LAWNS mowed. G. True SP 2-8257.

BABY Sitter. Refs. SP 2-8260.

IRONING by hrs. SP 3-4097.

Painting - reasonable references.
Free estimates. SP 3-4145.

ALL types carpenter work. Finish
work a specialty. No job too
small. SP 3-2343.

ROTOVATING—Gardens & lawns
SP 3-5007

EXPERIENCED local man & wife,
doing house cleaning & painting
by hr. or by anything, any-
where. SP 3-4332.

CHILD care, my home. SP 3-2886.

WANTED, Work in late model D-7
tractor. TW 9-1035.

DRESS MAKING—ALTERATIONS
MRS. SHEPARD SP 3-4863.