

4-H CLUB NEWS

Happy Stitches
The meeting of the Happy Stitches Sewing club was brought to order at 10 a.m. by the president Suzie Elliott on June 28 at the home of our leader Mrs. Becker. Seven members were present and one visitor, Jan Barny.
During the meeting we worked on our aprons for the fair. Most of us are nearly done. We each took a turn at the sewing machine to sew on our aprons.
We stopped for lunch and then went on with our work. At 4 p.m. the meeting was adjourned and refreshments were served. Our assistant leader Mrs. Calhoun took us home.
Cherylee Becker, Reporter.

TIMBER CLUB WINS

Albany - UPB - The Timber Structures team from Portland Sunday won the 185-and-over scratch division of the All-Coast Bowling tournament here, nipping its closest rival, Italian Swiss Colony, San Francisco. The tournament began Feb. 14 and ended Sunday night. Kelly Watson's 289 game sparked the Timber Structures win, along with a series of 687 by Kelcy A. Len.

Washington - UPB - The Supreme Court has granted lower federal officials "absolute immunity" from libel suits in connection with statements about official matters.

High Frequency Waves Said To Stimulate Body Against Illness

By DELOS SMITH
UPI Science Editor
New York - UPB - High Frequency waves of the sort used by TV and FM radio stimulate the "whole" human body

into defending itself against infections and other ailments, a medical research symposium was told here. The tellers were adherents of the theory pioneered by Dr. Abraham J. Ginsberg of New York since 1936 that these waves in themselves (and not the internal heat they produce, have a beneficial effect on the whole body. The listeners were several hundred invited physicians.

It was the newest effort of the Dr. Ginsberg foundation to "sell" the medical profession in general.

You must understand there is no suggestion that the TV and radio waves which are relatively new additions to our atmosphere, have been silently improving our health. These are special waves radiated into the body by a special machine of Ginsberg's invention. They're the short and intense waves of the high side of the frequency range, but they're "square-topped" to give maximum effectiveness inside the body and they're delivered in pulses of a thousandth-of-a-second duration.
Permits Cell Rest
The pauses between pulses

can be made much longer than the pulses, which permits the internal cells to "rest" between stimulation by the bursts of electrical energy that can be brought up to a maximum peak of 1,333 watts. It also prevents the accumulation of internal body heat.

This "diapulse" approach to infections and such ailments as bursitis and other inflammatory conditions has been gaining steadily over the years. It grew directly out of "diathermy" which also is an electrical treatment but one in which an oscillating high frequency current is used to produce localized heat in body tissues just below the surface.

"Diapulse" produces no heat, which is the basis of the conviction that it brings about systemic changes for the good without there being any possibility of harm. Ginsberg has a long series of successes with bursitis and similar inflammations. He and his followers have also aimed bursts of electrical energy into the adrenal glands whose secretions mobilize body defenses, and into the liver and other organs.

Their reported successes in clearing deep-seated infections without the use of drainage to the outside, also have been impressive, and today's symposium brought all the results up to date.

Dr. Gerald B. Kara, New York eye surgeon, reported that "pulsed" short waves had basic effects on tissues of the eye and improved various dis-

Local Attorney Files For Board Position

Medford Attorney G. W. Kellington has filed for election to the board of governors of the Oregon State Bar, it was reported in this month's issue of the Oregon State Bar Bulletin.

Ballots are scheduled to be mailed to bar members about July 22 and the ballots will be counted on Aug. 17, the bulletin said.

The board of governors is concerned largely with the educational and character qualifications for admission to practice in Oregon.

Kellington has filed his petition from Oregon's fourth district. Filing will continue until July 17, according to John H. Holloway of Portland, secretary of the state bar.

Small Worlds Around Us

By Lynn M. Watkins

A Peculiar Place To Put a Nest - On Highway
Even if she had deliberately tried she could hardly have selected a homesite closer to the highway. Of all places to build a nest this probably was the worst; a ditch barely two feet wide paralleled the pavement.

In its stagnant, muddy waters grew a small clump of cattails. By some peculiar quirk of growth, three of the tall stems intertwined. At this junction the little, plainly streaked, female blackbird built her nest.

It was a four-lane pavement, an arterial road connecting two cities. A highway that carried heavy traffic day and night. The ditch-edge, where the cattails grew was barely two feet from the pavement - edge. The nest itself, about three feet over the surface of the ditch-water, was not over three feet from the passing cars.

The little blackbird-mother must have completely ignored the roaring vehicular parade while she was building her nest and laying the four bluish colored eggs, each marked with delicate pen-lines of dark, reddish-brown.

Realized Mistake
After the eggs were laid and steady incubation started, it would seem she must have realized her mistake in selecting this location. A creature of lesser fortitude would have abandoned the whole thing.

The cattails and the nest were so close that the air-stream that followed fast moving cars set the reeds swaying and bending with a violence that threatened to shake them loose from the muddy bottom of the little ditch.

During the many days and nights she remained on the swaying nest there were thousands of motor cars that passed. There was hardly a one minute interval, day or night, that was quiet. Particularly at night it must have been disconcerting, the blinding lights and the flashing intervals of darkness between cars.

Shook the Nest
The roar that accompanied the flashes shook that springy earth of the ditch bottom, vibrated the stems of the cattails and shook the nest. And all the time the roaring, the rumbling and the screeching. It was like trying to sleep in a boiler factory or trying for solitude in the middle of a

Bank Increases Rate Of Savings Interest

A higher savings deposit interest rate of 3 per cent will become effective July 1 at all offices of the statewide First National Bank of Oregon, it was announced yesterday by C. B. Stephenson, president. Deposits made on or before July 13 will earn the new rate from July 1.

Over 300,000 savings depositors in the 79 First National banking offices will share increased interest earnings of more than \$1,000,000 during the next 12 months, Stephenson said.

"The increase reflects the generally rising trend of interest rates. It continues to be the policy of First National to pass along such increases to savings depositors as permitted by bank earnings, based on prudent use of our depositors' money," the bank president said.

New York - UPB - President Eisenhower arrived here today for a first-hand preview of the new Soviet exhibition and a personal greeting from Russian First Deputy Premier Frol R. Kozlov.



AT ATTENTION - Squinting in the bright sunshine, Queen Elizabeth and President Eisenhower stand at attention during playing of Canadian and U. S. national anthems at the airport at St. Hubert, Quebec. Ike and the queen participated in ceremonies formally opening the St. Lawrence Seaway.



By Lynn M. Watkins

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