

**They'll Do It Every Time** By Jimmy Hatlo

WHEN A BETTER JOB WAS OPEN, BIGDOME BY-PASSED TREMBLECHIN FOR A YOUNG SQUIRT...

BUT WHO REALLY DOES THE JOB WHEN THE YOUNG, VIGOROUS GUY IS OUT SICK, WHICH IS MOST OF THE TIME?

HENRY—I KNOW YOU HAVE THE NECESSARY EXPERIENCE... BUT FRANKLY, THE JOB CALLS FOR A YOUNGER MAN—A MAN OF VIGOR WHO WON'T CRACK UNDER THE STRAIN... YOU UNDERSTAND?

HENRY! WE TEARS IS SICK AGAIN! HE NEVER DID GET OVER THAT LAST BREAK-DOWN! YOU'LL HAVE TO FILL IN FOR HIM TILL HE'S WELL AGAIN... BUT DON'T NEGLECT YOUR OWN WORK...

THANKS AND HATLO HAT TIP TO R.B. DUDUIT, SR. 222 KINGS AVE. PORTSMOUTH, OHIO

**GOLD HILL Group Elects Officers**

Gold Hill - Bill Stanton was elected president and Tom Huntington vice president at a recent meeting of the newly organized Gold Hill Community Methodist church Youth Fellowship group.

Other officers chosen were Jenny Lou Thompson, secretary, Leslie Meister, treasurer and Marie Jones, reporter. The group is supervised by Mr. and Mrs. Edward Griggs.

Leon Myers, fifth grade teacher and coach at Hanby Elementary school, has been busy the past 10 days visiting homes of all pupils in his classroom.

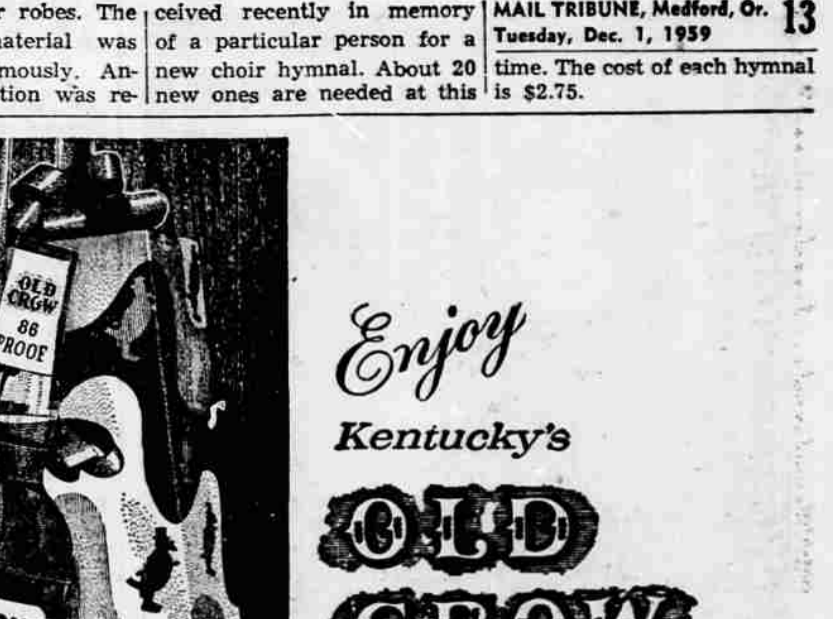
Ernie Cooper went to Ahena Nov. 21 where he saw the football game between St. Mary's High school and McEwen. The Crusaders won.

Ricky Cooper, a sophomore at the University of Portland, and several of his college friends accompanied Ernie from Portland to Ahena to see the game.

**Director of the Gold Hill Community Methodist church choir has reported that Mrs. Sam Jones donated her time to sew six choir robes. The cost of the material was paid for anonymously. Another cash donation was received recently in memory of a particular person for a new choir hymnal. About 20 new ones are needed at this time. The cost of each hymnal is \$2.75.**

Mr. and Mrs. Bill Porter of Everett, Wash. visited his relatives in various places in Oregon en route to California. He is a former resident of this area, the son of Mrs. Ann Potter, who was a sister of the late Jack and Jim Smith, early settlers. The purpose of his visit, the first in 20 years, was to take pictures of all his relatives. He plans to have a hobby of the Potters.

Prior to their arrival here they stopped in Springfield to visit Mr. and Mrs. Morris Berg. In the Gold Hill area the Potters were guests of Mr. and Mrs. Ivan Smith, Mr. and Mrs. George Smith, Mr. and Mrs. Lawrence Smith, and Mr. and Mrs. Melvin Burnett, and in Medford at the homes of Mr. and Mrs. Charles Smith and Mr. and Mrs. John E. Smith. The Potters stopped in Jacksonville for a visit with Harold Smith.



**Nearly 3 Million Americans Estimated to Have Diabetes**

Editor's note: Diabetes afflicts nearly three million Americans—nearly half of whom don't know they have it. What are the symptoms of this disease? What has medical science done to control it? What sort of life can a diabetic expect to live?

(This is the first of three dispatches in which a leading clinician answers those questions. The author, who is on the staff of New York University's College of Medicine as well as Bellevue and University Hospitals, is also president of the New York Diabetes Association and a member of the American Diabetes Association's Committee on Employment.)

By HAROLD BRANDALEONE, M.D. President, New York Diabetes Association (Written for UPI)

For 3,500 years, science has sought a cure for the baffling disease that is diabetes.

Certainly, there is new hope for the 2,900,000 Americans who the U.S. Public Health Service estimates are victims of diabetes, but the fact that about 1,400,000 of these are believed to be undetected cases is a major problem.

Diabetes is a metabolic disease which results when the body fails to convert properly the food consumed, especially sugars and starches, into energy. Excess sugar then spills into the blood and urine. Medical science's contribution at this time is to control this metabolic disturbance.

**Outright Cure is Goal**

The goal—an outright cure—has not yet been reached, but thanks to tremendous gains in keeping the disease under control, hundreds of thousands of diabetics now lead nearly normal lives. Medical research promises still greater things for the future.

These things stand out in the overall picture:

1. Early detection is essential.
2. Finding thousands of "hidden" or undetected cases of diabetes is a year-round task.
3. The dramatic advent of the first successful oral drug, Orinase, less than three years ago touched off a vast wave of research in which scientists are pursuing exciting new leads.

The effort to discover "hidden" cases was stepped up during Diabetes Detection Week, Nov. 15-21. Local diabetes associations, medical societies, and lay groups spearheaded drives in which all residents of their communities were urged to have tests and to seek proper treatment at once if the disease is present.

**Early Discovery Important**

The public must be made to understand that the sooner diabetes is discovered the better the chance for successful treatment. It should also know that tests to determine whether the disease is present are simple, quick, painless.

Ideally, every man, woman and child would have such a test once a year. Obese persons and those with a family history of diabetes need more frequent tests, possibly once every six months. The simple urine test required can be made at a clinic, by a physician, or by the "patient" himself.

Taken now, these tests may prevent much future misery. Early detection sets the stage for proper treatment, and early treatment controls the disease and prevents complications.

**Treatment of Diabetes**

The treatment of diabetes consists of diet, diet and insulin and, in recent years, diet and oral medication such as Orinase. Diabinese and DBI. In addition to the valuable practical assistance these oral drugs have given to so many diabetics, their blood sugar lowering effects have opened new areas of research that we hope will lead to a greater understanding of the disease.

Gains made during the past 40 years in management of diabetes are tremendously

significant. A generation ago, a severe diabetic could not be expected to live very long. The introduction of insulin in 1922 enabled thousands of diabetics for the first time to bring their disease under control. Now, the oral drugs permit about 80 per cent of all diabetics over age 40—those with milder cases—to achieve control with a simple tablet that can be taken just like any other pill. Insulin remains a potent life-saver for most "juvenile" diabetics and adults with more severe forms of the disease.

Statistics show that an overweight person is more likely to be diabetic than one of normal weight.

**Most Victims Women**

Two out of every three diabetics are women.

However, the greater susceptibility among women seem to apply only to married women.

Clearly, diabetes can be passed on from one generation to the next, but it is not contagious.

Many cases, both known and undetected cases, have none of the outward symptoms.

It is possible, however, to point out persons most likely to be diabetic. They include those 40 years of age or over, overweights, and persons with a family history of diabetes.

If any of these classifications fits you, you should lose no time in taking a test and repeating the performance regularly, even when the first result is completely negative.

Diet, insulin, oral drugs and various combinations of these measures enables hundreds of thousands of diabetics to live happy and useful lives. With early detection and proper therapy by a physician, many more can join their ranks in fighting diabetes to a standstill.

(Next: Symptoms and treatment.)

Members of the senior Methodist Youth Fellowship group went to Grants Pass Nov. 22 to attend a sub-district meeting. The young people were accompanied by their leaders, Mr. and Mrs. Edward Griggs.

Mrs. Agnes Hall returned to her home in Gold Beach Nov. 25 after visiting at the home of Mr. and Mrs. William Ferguson. She also called at the home of Mr. and Mrs. William Force.

Mrs. C. Norman Gail, director of the Gold Hill Community Methodist church choir has reported that Mrs. Sam Jones donated her time to sew six choir robes. The cost of the material was paid for anonymously. Another cash donation was received recently in memory of a particular person for a new choir hymnal. About 20 new ones are needed at this time. The cost of each hymnal is \$2.75.

Amethyst Rebekah lodge is sponsoring a pot luck luncheon and card party at the IOOF hall Wednesday, Dec. 2 beginning at 12 noon. Mrs. Clarence Parsley, ways and means chairman as announced.

A surprise party was given for Carl Clover and Len Sowers in observance of their 80th and 69th birthday anniversaries, respectively, at the home of Mr. and Mrs. Robert Jacks, Nov. 15. Co-hosts for the occasion were Mr. and Mrs. B. A. Ross. Others attending were the Ross' two children, Ronnie and Gail; Mrs. Allen Hilkey and daughters, Linda, Joan, and Lana; Charlotte Volmert; Mr. and Mrs. Bonner Birdsong, and daughters, Carolyn and Betty; Mr. and Mrs. Harry Foley and daughters, Harriett and Shannon Mr. and Mrs. Floyd Romine; Mr. and Mrs. Joe Estremado and children, Danny, Linda, and Juanita; Mrs. Stanley Foley and children, Kenneth, Mike and Romona; Mr. and Mrs. D. Estremado; Jim Estremado; Mr. and Mrs. Bert Beck; Dale Graham; Mrs. Len Sowed; Mrs. Carl Clover, all of Gold Hill, and Mr. and Mrs. Carrol Poe and Richard Pe of Medford.

Mrs. Poe decorated a three tiered cake for the occasion.

Mr. and Mrs. Leo B. Logan left Nov. 19 for their home in El Sobrante, Calif. after a visit here at the home of his brother-in-law and sister, Mr. and Mrs. John Cogswell. The Logans also visited at the home of his niece and her family, Mr. and Mrs. Richard Abbott and children Debbie, Julie and Dickie on Lampman rd.

Mrs. J. E. Mayer of Portland was a recent guest of her mother, Mrs. W. E. Thompson, old South Pacific Highway 99.

Delmar Smith, Crater Future Farmer of America reporter, said that Miss Leslie Meister, a junior at Crater High school has been helping the FFA chapter by doing secretarial and general office work.

Mrs. Edna Schmidt of Troutdale was a guest several days at the home of her sister, Mrs. Lily McKay. While here she and Mrs. McKay were dinner guests at the home of their nephew, Kendall Dufur and his family Nov. 21.

Mrs. Ruby Quakenbush

**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 case history. The Council reports on problems that have been dealt with by responsible agencies and counselors.

**Evelyn S.** - I hate to quit now.

**Frank S.** - Age will catch up with her too.

**Evelyn S.** - My husband and I are in our 60s, in good health and have four married children. Our problem may seem funny for people at our stage of life, but it is serious to us. It is my career.

About ten years ago, when our youngest son left for college, I took a job to keep myself busy. I found that I loved to work and I was quickly advanced by my company. I took courses to fill out my background and got an even better job.

Now I am in a supervisory position, making good money and enjoying life to the hilt. The problem is that my husband has been steadily slowing down over the past few years and he wants me to quit work so that we can take it easy together. I hate to quit at the peak of my success.

**Frank S.** - I think it's a lot better to quit at the peak of success than to wait until you start going downhill. Evelyn could retire now with the full satisfaction of knowing that she has really made it, if she was out to prove her ability in the "business world."

What gets me is that she always used to beg me to take it easier so that we could enjoy more time together. Now that I am able to retire she argues against it, pointing out that most men "fall to pieces" after they retire.

Evelyn seems to get a kick out of the fact that she is "going places" while I have difficulty keeping up with the things I have been doing for the past ten years. But she's only two years younger than I am. Age will catch up with her too.

**The Council:** We sympathize with Frank in his desire for more of his wife's time and attention in these late years when they are able to enjoy one another's company without all the responsibilities of parenthood. Yet we suspect that more than this is involved in some of his complaints.

While Evelyn has come into a new sense of her power during the past ten years, Frank apparently feels only a waning of his powers. He appears to be rather bitter and jealous about this and his real argument to his wife might well be, "Stop being so young and energetic. You're supposed to grow old along with me."

On the other hand, Evelyn has apparently been so intoxicated with her own achievements that she has had little

**New Recruiter Here for Marines**

Master Sgt. William (Bill) Rayner Jr. has been named to succeed First Sgt. Elzy Kees as noncommissioned officer in charge of the Medford Marine Corps recruiting station, it was announced Monday.

Sergeant Kees has been transferred to Camp Pendleton, Calif.

Rayner, a native of Meridian, Miss., attended high school and junior college there and has completed training at several service schools, the most recent being a 6-week recruiter school at Parris Island, S.C.

The new Marine recruiter's most recent duty station was Camp Lejeune, N.C., where he was first sergeant of headquarters company, Second Marine division.

During his 15 years in the Marines, Rayner has been stationed at posts throughout the U.S. He served with the First Marine division during the Korean conflict.

Sergeant Rayner lives with his wife, Janie, and two children, John and Mary, at 3653 South Pacific highway.

**Big man-J.G.**



His mother has big dreams for him. She sees him as a doctor, a lawyer, or a merchant chief. Or maybe a missionary, a scientist, or a Congressman. Who knows?—maybe even President of the United States!

In her eyes there's no limit to what he could do. And maybe there isn't—in a world at peace.

But what can she do about it? After all, keeping peace is a big thing, and she's only one person.

And yet—what could anybody do to keep the peace if everybody felt there was nothing he could do?

There is a way—a very important way—the average citizen can help promote peace. It's by investing in U. S. Savings Bonds. Think about this:

Peace costs money. Money for military and industrial strength to keep the peace. Money for science and education. And money saved by individuals—by you—to keep our economy strong.

A strong America is a mighty force for peace—and Savings Bonds help. Think it over. Are you buying as many as you might?

**POPE HAS COLD**

Vatican City—(UPI)—Vatican sources said Monday Pope John XXIII has a cold but is going on with "business as usual."

**Arsenic in Coffee Seen Poison Attempt**

Seattle, Wash. — (UPI)—Chief Detective Vic Kramer said that arsenic found mixed in coffee in an employees' lunchroom at County-City Building here was a "cold-blooded attempt at mass poisoning."

The arsenic was found after eight staff members of the city planning commission became ill last Monday. The results of police laboratory tests reported Friday, revealed they had drunk coffee mixed with the poison.

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