

### Most Headaches Claimed Not To Originate in Head

Chicago—(Science Service)—Most headaches do not originate in the head, a Chicago physician said here today.

The cause of a headache usually is not in the head, Dr. Adrian M. Ostfeld of the University of Illinois College of Medicine here said. About 95 per cent of headaches result from conditions elsewhere in the body, he explained in an article in Today's Health, a publication of the American Medical Association.

Such a simple thing as poor ventilation in a room, which results in an imbalance in the air you breathe, may cause a headache. Again, if you run a fever for any reason, the system is in an abnormal state and a headache may result. If you skip a meal, your head may ache, he explained.

**Muscle Strain**  
Concentrating on a task too long a result in muscle strain which may lead to fatigue and headache. The headache is probably the result of a release of a "pain substance" from nerve ends in the scalp, at the same time that arteries in the head have become dilated due to one cause or another.

The most common type of headache results from concentration on, or preoccupation with, something for too long a time. It is also the easiest to cure and usually will disappear with a change of position, relaxation and aspirin.

"Oddly enough, acetylsalicylate, aspirin, is an old standby, but we are still not exactly sure what it does do," Dr. Ostfeld said.

**Medications Have Place**  
Present medications have their place but they all have shortcomings. The ultimate drug will act on the pain substance and thus control the headache safely, he said. This depends upon advances in tissue biochemistry which may take several years, he pointed out.

"One problem is that you can not give headaches to laboratory animals; this research has to be done in man," he said.

Unpleasant as they are, headaches serve as an important warning signal of both mental and physical problems. But he stressed that brain tumor, often feared by persons with recurring headache, turns out to be the cause in only about three out of 1,000 cases.

### Above Normal Temperatures Seen

Suitland, Md., (Science Service)—Temperatures for the next 30 days will average below seasonal normals over the eastern half of the nation, except for the Great Lakes region and New England where they are expected to be near to above normal.

The Weather Bureau's long-range outlook from mid-February to mid-March also called for above normal temperatures in the northern portions of the western half of the country and near normal for the Southwest. The exception is the Pacific Coast region, which can expect above normal temperatures.

Precipitation is forecast to exceed normal over the eastern third of the nation and the Southern Plains. Greater than normal amounts are also indicated for the Pacific Northwest. Subnormal precipitation is expected over the Southwest, the western Great Lakes and Northern Plains. In areas not mentioned, near normal amounts are in prospect.

### Two-Channel Signal Available to Homes

AM-FM stereo-casting from station KBOY has produced a two-channel signal available to all homes in the Medford-Ashland vicinity having both AM and FM radios, Winston K. Marks, general manager, reported today.

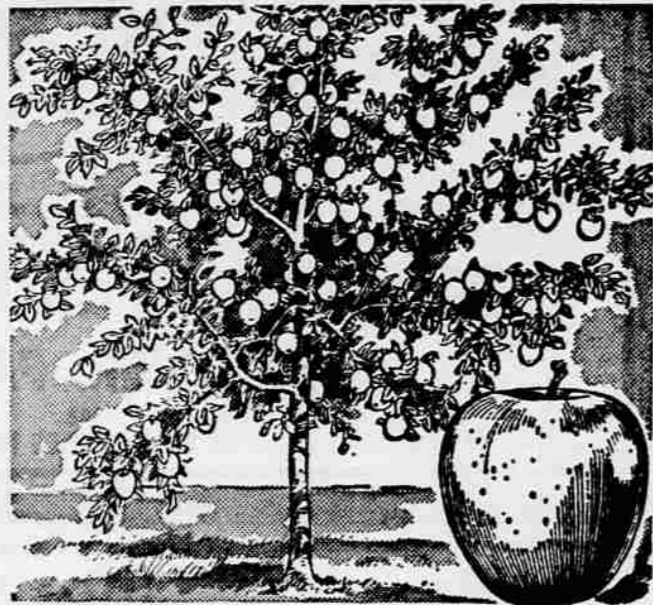
Over 28 hours per week of radio stereophonic broadcasts are being heard from the station as of March 1, Marks said. Stereo broadcasting is scheduled daily from 2 p.m. to sundown. Listeners on conventional AM radios only may still receive a satisfactory reception from the stereocasts, the station emphasized.

Marks reported that KBOY's 28 hours is apparently the greatest amount of stereo service in the Pacific northwest.

**POSTMAN-THIEF JAILED**  
London—(UPI)—A judge Tuesday sentenced postman Thomas L. Fry, 37, to three years in jail in spite of his plea that he donated to charity most of the \$2,240 he stole from registered mail.



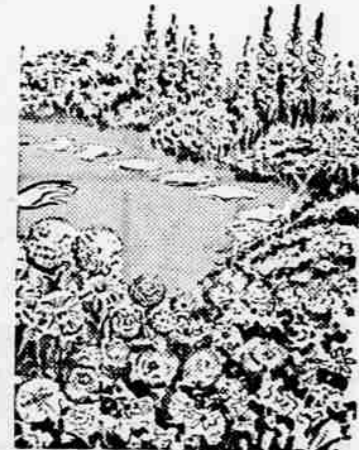
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Make your lawn a picture of beauty... plant this hardy mixture of seed and watch its quick cover and luxurious thick beauty.

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Perfect support for roses and vines. Won't chip, rust. 72 in. high, 44 in. wide.

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