

Plane Crash in Brazil Claims 51

Rio de Janeiro, Brazil—A Brazilian airliner crashed into Rio's Guanabara bay in bad weather Friday night, killing the 51 persons on board in an accident that recalled the crash of a U. S. Navy plane in the same area during President Eisenhower's visit earlier this year.

Search parties found bits of the wreckage and bodies of the victims near Jurubaba Island Saturday morning. Efforts were under way to retrieve the remains of the victims and the aircraft.

The plane was an American-built, twin-engine Convair operated by Real Aerovias, part of Brazil's largest domestic airline system.

A spokesman for Real Aerovias said the plane was on a 600-mile flight from the new capital of Brasilia to Rio with a stopover at Belo Horizonte, a mining city about midway between, and had 46 passengers and five crew members aboard when it crashed.

The plane, piloted by Maj. Joa A. Fabricio Belloc, ran into heavy fog and rain as it neared Rio. Unable to land at Santos Dumont airport on the bay in downtown Rio, it circled overhead for some time and then disappeared.



THE OLD LOOK YOUNG—Men 120 years old and women of 80 looking younger than American women of 40 are commonplace in Hunza, a tiny kingdom high in the Himalayas, forgotten by time and history. The strange land was rediscovered by Dr. Allen E. Bank, a Kearney, Neb., optometrist. He is shown above with some Hunzakuts eating Chappatis, made from whole wheat and deep fried in apricot seed oil. (UPI Telephoto)

... Men there die young at 90," said Bank.

"There are considerable numbers of people of 120 in Hunza, and some I met said they were 140. Some are said to have lived to be 250 years old."

The secret of this phenomenal longevity? Probably diet, said Bank.

"They eat much the same foods that we do—fruits, grains, nuts, vegetables, milk products and once a month meat," he said. "But they prepare and eat their foods differently."

"We cannot match the Hunzakut diet in our civilization with its depleted soils, processed foods robbed of life-giving elements, and cooking methods and effectively destroy a substantial percentage of the vitamins and trace elements that are essential to sound bodies."

In his book, "Hunza Land," written with Renee Taylor about his visit last year to the remote health bastion, Bank offered the following eating suggestions gained from his "Hunza lesson."

—Buy organically grown vegetables and fruit either directly from a grower or a

People 120 Years Old Said To Be Commonplace in Himalayas

New York—Men 120 years old and women of 80 looking younger than American women of 40 are commonplace in Hunza, a tiny kingdom high in the Himalaya mountains forgotten by time and history.

The strange land's rediscoverer is Dr. Allen E. Bank, a Kearney, Neb., optometrist. His accomplishment should at least net a consolation prize in mankind's Fountain of Youth sweepstakes.

Bank, a man who accepts the disciplines and methods of scientific inquiry, makes no claim to having uncorked the magic elixir Ponce de Leon unsuccessfully sought in Florida some four centuries ago.

Instead, he tells of a remarkable mountain people who seem to have solved the way of living, eating, thinking and exercising that has substantially lengthened their life spans.

It is no wonder, then, that the land and its people, the Hunzakuts, served as the inspiration for James Hilton's widely read novel, "Lost Horizon," which told of a lost, Himalayan paradise where men and women of moderate actions and philosophy lived to be as old as the biblical

grocer who purchases his produce daily from a nearby grower.

—Buy fresh produce only in such quantity as can be consumed soon. There is value to freshness.

—Always select choice looking vegetables and fruit. It is false economy to buy less than the best.

—Never skin or peel vegetables; the skin contains the larger number of nutrients.

—Steam or cook vegetables in as small a quantity of water as possible and do not overcook. Use the juices and the water.

—Eat liberal portions of salads and raw root vegetables twice daily.

—Include animal protein (brain, kidney, liver, etc.) if meat is used.

—Toast upon whole-meal bread, stone ground if procurable.

—Oddly enough the Hunzakuts do not completely abstain from spirits and tobacco.

—Some 20 per cent of these people smoke," Bank said, "and they live all winter long in rooms densely filled with smoke from their fires."

"These Hunzakuts is a

potent wine. They drink it by the bottle seemingly without becoming intoxicated. I had two glasses and would have to admit to being drunk."

Bank made his journey over dizzy mountain trails to Hunza last year with money for the expedition coming from Art Linkletter's "People Are Funny" television program.

Economic, Social Betterment Work Said U.N.'s Lifeblood

United Nations, N.Y.—Economic and social betterment work for the United Nations. Its less-publicized work for the economic and social betterment of mankind is its lifeblood.

In the ornate, modern U.N. headquarters, the Economic and Social Council chamber is designed with the motif of a factory or workshop. This is because ECOSOC is the one organ of the United Nations which deals with the problem of daily bread and butter for the world, many of whose millions subsist on near-starvation diets.

One of ECOSOC's many problems is the U.N. technical assistance program—a global projection, with 82 countries having a voice in it, of the U.S. Point Four Program initiated by President Harry Truman. But the United States spends more on its unilateral aid program than the

entire United Nations is able to raise for its global project.

The argument often is advanced—and Secretary-General Dag Hammarskjöld is one of its chief protagonists—that the underdeveloped countries prefer the U.N. technical assistance program to aid from the United States, Russia or any other country because they need not fear political strings in the world organization's program.

The latest U.N. project is a special fund, administered by former Marshall Plan administrator Paul G. Hoffman, to provide \$100 million for long-term major development projects in backward countries. The initial fund-raising goal has not been reached.

Associated with, although technically not an integral part of the United Nations are a dozen specialized agencies.

In order of their length of

association with the world organization they are the International Labor Organization (ILO), the Food and Agriculture Organization (FAO), the U.N. Educational Scientific and Cultural Organization (UNESCO), the International Civil Aviation Organization (ICAO), the International Bank for Reconstruction and Development (Bank), the International Monetary Fund (Fund), the Universal Postal Union (UPU), the World Health Organization (WHO), the International Telecommunication Union (ITU), the World Meteorological Organization (WMO), the International Finance Corporation (IFC) and the International Maritime Consultative Organization (IMCO).

In addition there are the U.N. Children's Fund (UNICEF) and the International Atomic Energy Agency (IAEA).

Best Known

Probably the best known of these is UNICEF, whose major project is providing child and maternity care throughout the world.

It is for UNICEF that American school children "trick-or-treat" on Halloween for pennies to help children elsewhere. But UNICEF works hand-in-glove with other agencies on health and welfare problems.

There is a close association between UNICEF and WHO. WHO now is engaged in a campaign to eradicate malaria throughout the world in this decade. It made history in 1948 when it quarantined an entire country—Egypt—and stamped out a cholera outbreak. Its co-ordination of public health programs and research is an unsensational work that fills a gap never faced up to before.

New Air Base Commander Named

Portland—Col. Donald H. Lynch has been appointed as the new commander of the Air Force's 337th Fighter Group at the Portland air base.

Col. Lynch replaces Col. Younger A. Pitts Jr., who next month will leave for Oslo, Norway and a North American Treaty Organization (NATO) assignment.

NAMED TO GROUP

Salem—Cecil P. Watt, Brookings, has been named by Gov. Mark Hatfield to the state soil conservation committee. He succeeds Glen W. Johnston of Tillamook, whose term expired.



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UNESCO may be the most publicized, and some authorities feel the most maligned, of all the U.N. agencies. Its field is mainly education. It has found itself under almost continuous attack on the charge of advocating world government and a surrender of national sovereignty. Its supporters contend its program is aimed at advancing peace and the ability of mankind to live peacefully together.

New York—A daring thief smashed a window of Cartier's elegant Fifth Avenue jewelry store at dawn Saturday and fled with rings worth \$31,000. A watchman, firing bullets into the ceiling, reached the front door in time to see the man dive head first into a getaway car.