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Military Doctors Recommend Change In Soldiers' Diets

Washington—(UPI)—Two Army doctors have sent a shudder through the U.S. armed forces by suggesting that the average soldier eats too much rich food and should be put on a diet.

The Army said Tuesday that these findings are under review. But there was a horrible feeling that the doctors had armed themselves with facts and figures and were likely to prevail.

Almost as bad as the change in the menu for some of the GIs was the prospect of learning the difference between saturated and polyunsaturated fats. The former predominate in the present chow, but the latter would get a vigorous nod of approval in the new diet.

"This is a reduction in foods such as whole milk, cream, butter, hard cheeses, beef, pork, salad shortening and chocolate, which are high in saturated fats," the doctors explained.

"In contrast," they continued, "chicken, turkey and other fowl, fish and shellfish, cottage cheese, cereals, fruits, nuts, and natural vegetable oils are all relatively high in polyunsaturated fatty acids and are therefore recommended."

Not too convincingly, the doctors added that "this does not represent a radical change in the American diet."

"Many of the changes are substitutions: certain margarines for butter, skim milk for whole milk, vegetable oils for salad shortenings, sponge and angel food cake for richer pastries, more fish and fowl and less beef and pork," they said.

The findings were turned in by Col. Weldon J. Walker, chief of the cardiology service at Walter Reed Army hospital in Washington, and Lt. Col. Jacques L. Sherman Jr., chief of the medical research branch. They were published in the last issue of "Military Medicine," official journal of the Association of Military Surgeons.

Young Suffer Attacks

The two doctors began by demolishing the idea that heart attacks affect only senior officers about to retire. They said the average age of men dying of heart trouble in the Army is 43.

Moreover, they said, 77 percent of the 22-year-olds who were killed in Korea had some of the symptoms of atherosclerosis, which could lead to a heart attack.

They emphasized that this is a major problem in the Army. In 1956, the last year for which complete figures were available, there were 959 hospital admissions, 320 medical discharges, 168 deaths and 90,915 lost man-days due to atherosclerosis.



UGH!—Lynn Uhlig, 18, Miss Del Mar, shies away from a frog held by Dan Bond, a judge in the Southern California frog jumping contest at San Diego. The boy is unidentified. (UPI)

Sagebrush, Rabbit Campaign Opened

Baker—(UPI)—State Rep. Clinton P. Haight (D-Baker) Tuesday opened his campaign to make the sagebrush the state flower and the jackrabbit the state emblem.

Haight received a rough draft of a House Joint Resolution which would depose the Oregon Grape and the beaver. He intends to introduce it in the 1963 legislature.

The Eastern Oregon Democrat contends the sagebrush and the jackrabbit have never been recognized properly for the vast areas of Oregon they represent.

NEW COMMANDER

Portland—(UPI)—Merle W. Frisbie of Eugene is the new R. E. Grand Commander of the Grand Commandery of Knights Templar of Oregon.

TELEVISION PERSONALITY



Jeanne Cagney describes

"MY FOUR FATHERS"
The strong and abiding relationships she and her older brothers enjoyed at the start of their careers is the heartwarming topic of this April 15th issue feature.

See it with

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- French Fries
- Onion Rings
- Mixed Vegetables

Library Fines Not Collected This Week

Fines will not be collected on overdue books returned during National Library Week, April 8 to 14. Omar Bacon, librarian of the Library of Medford and Jackson county, has announced.

Books may be returned to any of the county branch libraries as well as the Medford library.

This is the second year that the opportunity to return books without paying a fine has been offered. There is no limit on the length of time a book may have been held, and it is hoped that everyone holding overdue books will take advantage of the offer.

Also available in returning overdue books is the car drive-up box at the corner of West Main and Ivy sts. Bacon stressed that by forgiving fines for a week it is possible the overdue books can be returned to general circulation.

As a part of Library Week observances a program was held late this afternoon at the library for boys and girls from Grades 3 through 6 when Miss Priscilla Mbuvu, a Southern Oregon college student from Kenya, Africa, presented a program.

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