



WALK ALONG BEACH—Walking in the rain, Mrs. Henry Butz of Torrence Beach, Calif., takes to the sand on one side of the wall while her pet poodle walks on the pavement along the esplanade. Weather front pushed cold

winds into southern California from Canada, causing snow in the mountains and a spectacular cloud display along the coast. (UPI)



Small Worlds Around Us

By LYNN M. WATKINS

(Register and Tribune Syndicate 1962)

Shell's Cycle Is From Sea To Beach to Curio Shop

Even in the crowded world of the mollusks, and in spite of the oyster's and clam's popularity, the heart-cockle shell stands out like a sore thumb.

One valve, or a single shell of this bivalve may become a baking dish, or an ash-tray that some visitor to an ocean beach may buy in a curio shop.

Unlike the stay-at-home-oyster, the cockle gets around in a limited way. It travels through the water in a series of jerks and sudden stops. This mode of travel is slower than a snail's pace.

The cockle travels by a hook and jump procedure, reaching out its single, strong "foot" as far as possible, it then twists itself to one side and succeeds in throwing it a few inches; it doesn't seem to care whether it progresses forward, sideways or backwards.

Always Careful

This maneuver is resorted to when food becomes scarce. It would much prefer to remain quietly buried in the sandy bottom, in the ocean, being always careful that it never approaches too close to shore, remaining in shallow water.

If washed shoreward it falls on its faceless shell, and dies in the sun. This happens frequently; some beaches are strewn with cockle shells after a severe storm has stirred up the sea.

At such times the cockle shells are gathered by the ton, and sold for ash trays, or as small baking dishes.

The cockle shells are pretty well distributed throughout the warmer waters of the world's oceans. The two valves of the shell are equal in size, held together by a cleverly constructed hinge that holds the two sections even after the animal body is

removed. The outer edges of the valves are deeply notched, the notches fitting snugly, effectively closing the shell when the animal is alarmed.

Broad Ribs

Each valve has broad, radiating ribs, all regularly spaced. Some cockle shells are five inches across; viewed from the side, the shell is heart-shaped. In some places the cockle part

of the name is overlooked, and the shell goes by the common name of "heart-shell."

Too, there are places in the world where the flesh of this mollusk is considered to be equal to the oyster or clam, in eating qualities.

The inside of the cockle shell is highly polished, some are beautifully marked with contrasting colors, the predominant color being yellow, with transverse rows of chestnut, or even purple lines. Often these lines are broken up, or interrupted by colorful spots, squares, and dashes of black.

Just what part the shell plays in the drama of the shallow seas has not been established, unless it is destined to be an ash-tray, or baking dish.



Your Money's Worth

By SYLVIA PORTER

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MILLIONS OF US NEVER HAD IT SO GOOD

If you are among the tens of millions of Americans who have secure jobs, you've never had it so good, financially speaking, as in this late May of 1962 — never.

Your personal income is at an all-time high, far above what it was 10, five or even a couple of years ago and you can be confident that your income is heading higher in the years to come.

Your cost of living has stabilized and prices of things and non-things you need or want are holding in a remarkably narrow range. You not only have more dollars to spend but you also can buy more with those dollars because in the last few years, prices haven't been rising nearly as much as your income. Your pay hikes have been "real," not a mockery.

Your tax load has stabilized too. It's heavy but no heavier than it has been for a long time and there's a distinct chance you'll get some relief in the foreseeable future. A tax cut for corporations and for individuals is a rising possibility.

Your savings nestegg in the corner bank or savings institution is earning more interest for you than at any time in this entire generation. Simply by regularly depositing a part of your weekly paycheck in a savings account — the easiest and about as riskless way there is to save — you can earn up to 4 or 4½ per cent a year.

Your borrowing, on the other hand, hasn't become very costly. In this business advance, interest rates on loans haven't climbed as they climbed in previous cycles of business expansion. Throughout all these months of economic upswing, the Federal Reserve System has kept our banks plentifully supplied with cash to lend and you can get a mortgage, a business loan, a personal loan at a reasonable rate.

Your shopping for anything ranging from a hat to a house is a cinch. There are no shortages. Long since dead is the era of scarcities and demands pent up from World War II which absorbed supplies of goods as soon as they hit the market. What you need and can afford to buy is there, available for you to take.

Your opportunities to select from a variety of goods made at home and abroad are unparalleled. Foreign imports of intriguing products are pouring into our markets. On every street of every town, you can see the wares of foreign producers from all over the globe and in the great cities of our country, the offerings of foreign imports are dazzling.

Your outlook for financial independence in your older years is the best ever as well. You're the rare exception if you're not eligible for social security benefits and the dollar amount due you when you reach retirement age has been rising through the years, will rise more. At the same time, the range of benefits has been expanding steadily, will expand more. At the same time, private pension plans are covering increasing numbers of you and this trend also continues strong.

So it goes for you — if your training is sufficient to make you an attractive employee and you have a job in a field which is growing along with the economy. Millions of you have this education, training, are in growing fields, may have warranted confidence in your job security.

Statistics to prove what I've written here can be found wherever you turn. Employment at latest count in the U.S. totaled 66.8 million, a record for the month and the number in non-farm jobs also was at a peak 61.9 million for the season. Personal incomes in April were running at an unprecedented annual rate of \$438.7 billion, up \$29 billion or about 9 per cent in just one year. The cost of living at last report was only a bit more than 1 per cent over a year ago and most of this was due to the still continuing but slowing rise in the cost of services. You know the validity of this report on savings rates, loan costs, social security benefits.

It is a paradox of our era that at a time when long-term unemployment stands out as one of the greatest problems we face, the vast majority of Americans are living the best financial days of their lives. But it's true and you should recognize the good fortune which is yours today.

The Medical Roundup

by

Walter Alvarez

Emeritus Consultant in Medicine
Mayo Clinic
Emeritus Professor of Medicine
Mayo Clinic
(Register and Tribune Syndicate, 1962)

What Is Sigmoidoscopy?

A number of people ask, "What is a sigmoidoscope and why is it used?" I read in one of your columns that no examination of a person past 40 is adequate unless a sigmoidoscopic examination has been made. Yes; no elderly person is safe unless once a year, a skilled physician looks into the lower end of his bowel with a sig-

moidoscope. The sigmoid segment is the length of large bowel just above the rectum — which forms a loop. Sigma means the letter "S" and scopin means to see, hence the word means an electrically lighted tube through which one can examine the inside of the rectum and the sigmoid colon.

A proctoscope is a shorter tube used for looking into the rectum, and an anoscope is a short tube through which one can examine the anal ring (the terminal valve at the outlet of the rectum) and can look

at the hemorrhoids if any are present.

The great importance of looking into the rectum and the sigmoid colon is that a high percentage of cancers start in this part of the bowel. Many probably start in what we doctors call a polyp, which looks much like a small mushroom. It is so sad to see a man lose his rectum and perhaps, later, his life, when he could so easily have been cured in three minutes if only, a year before, he had had a sigmoidoscopic examination. Then the proctologist (expert on rectal disease) would quickly and painlessly have burned off a "pre-cancerous" polyp with very hot electric sparks.

Help For Handicapped Children

There is now help available for hundreds of mothers who have written me saying they have a handicapped child, and they don't know where to turn for help. Mrs. Mildred P. Small of the National Association for Retarded Children,

386 Park ave. South, New York 16, New York, tells me that any parent of a handicapped child who will write her will be put in touch with the nearest unit of the National Association for Retarded Children. There, the mother can receive the great help and comfort that comes from talking with other parents of handicapped children.

The National Association is constantly watching out for new ways of helping handicapped children. They are studying also the happenings or illnesses during the mother's pregnancy or during her confinement which might cause an injury to the unborn child.

Dr. Alvarez's booklet, "When Mental Illness Strikes a Family," tells you what to do immediately if you suspect one of your family members is mentally ill. To obtain it, send 25 cents and a stamped, self-addressed envelope with your request to Dr. Walter C. Alvarez, Dept. MMT, The Register and Tribune Syndicate, Box 957, Des Moines 4, Iowa.

Portland To Get Colored Bridges

Portland — (UPI) — Come to Portland and see the colored bridges.

County commissioners voiced no opposition Thursday to plans by architect Lewis Crutcher to add a little zest to the bridges across the Willamette river.

Plans call for the Broadway bridge to get a coat of Golden Gate Red with charcoal-colored understructure this summer. The Sellwood bridge is due for a new shade of green.

Bridges are painted periodically to prevent rusting. The Ross Island bridge is due for a coat of Mediterranean Blue — in 1967.

Morse Plugs for Private Shipyards

Washington — (UPI) — Sen. Wayne Morse (D-Ore.) Thursday asked that a larger share of naval ship repair and conversion work be assigned to private shipyards.

Morse told the Senate defense appropriations subcommittee that the Willamette Iron and Steel Co. repair facilities in Oregon had lain idle for the past 10 days.

At the same time, he said "Canadian ports flourish and advertisements have appeared in Portland newspapers for shipfitters and welders needed at the Puget Sound Naval Shipyard."

Morse testified in behalf of a provision in the defense appropriations bill calling for assignment of 35 per cent of the Navy's repair and conversion work to private shipyards.

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