

**No More Tobacco**

**Breaking of Smoking Habit Easy When Mouth Plastered With Tape**

By DICK WEST

Washington — (AP) — Four weeks, one day, thirteen hours, twenty-seven minutes and forty-seven seconds ago, I quit smoking. I find that I can talk about it now without crying, so I thought I would try to answer some questions that people have been asking me about my experience.

Q. Do you still miss your pipes, cigars and cigarettes?  
A. No, not really. I hardly miss them at all except when I am awake.

Q. Have you had any psychological reaction to doing without tobacco?  
A. Not to speak of. The only thing I've noticed is that life no longer seems worth living.

I was determined from the very first that I would break the habit without the aid of the anti-nicotine pills and other artificial deterrents, such as suicides.

People who need that kind of help to quit smoking are weak and spineless. Being of strong character, I relied strictly on my will power, and a length of stout manila hemp.

By binding my hands and feet and tethering myself to the bed post for seven days, I was able to go an entire week without lighting up.

The second week was much easier. I simply chartered a boat and had the skipper maroon me on a desert island.

After that, the desire subsided to a point where I can now resist smoking merely by plastering my mouth with adhesive tape or encasing my head in a crocus sack.

Q. Does it bother you when other people smoke around you?  
A. Not at all. I just punch

**Festival Events List Available For 1962 Season**

Ashland—A complete schedule of daily events for the 1962 Oregon Shakespearean Festival season is now available.

The flyer may be obtained at the Festival box office which is open from 9 a.m. to 9 p.m. daily, and 1 p.m. to 9 p.m. on Sundays.

Leading the list are continuing exhibits, tours, and rehearsals.

The Festival's Institute of Renaissance Studies will sponsor four special displays bearing on the histories and tragedies of the season with actors made famous by them. The exhibit will be housed in the main lobby of the Ashland Public Library.

Other Institute showings, also at the library, will include an exhibit of important prints, manuscripts, and designs; and costume designs and details by Douglas Russell, former Festival designer, showing costume as indicative of professions, status, and caste in the 16th century.

In the library's council room will be a display of musical manuscripts and prints of early instruments; and on the wall, reproductions of famous paintings showing the mixture of classic and contemporary ideas in Renaissance Art.

Other season events will include a full slate of the popular Trinity Noon and Gresham lectures, all on varying topics designed to support and enrich the audience's enjoyment of Festival productions.

Also on the flyer schedule are listings of the Festival's annual concert series of music and dance. The series, to be held at Ashland's old Presbyterian church, is open to the public at a nominal charge. Proceeds are for the benefit of the Festival collection of instruments and scores.

**County Winners of Contest Are Noted**

Mrs. Eric dePlace, 1392 Poplar dr. and Martha Dalton, Butte Falls, were among the 24 treasure hunters who have found coins in the first few days of the "Coin Treasure Hunt," presented in the summer issues of Family Weekly, Sunday magazine section of the Medford Mail Tribune.

Each issue of the magazine contains a new "Treasure Hunt" with new coins to identify. Prizes consist of merchandise items such as records, pen and pencil sets, and phonographs.

Portland—(AP)—A meeting between Sen. Wayne Morse, (D-Ore.) and President Kennedy to discuss northwest lumber problems has been postponed until later in the week, Morse's office here said today.

**Auto Workers Accept Request for Extension**

Los Angeles — (AP) — Threatened strikes against two huge aerospace firms were averted Sunday when the United Auto Workers (UAW) voted to accept President Kennedy's request for a 60-day extension in the negotiations with North American Aviation and Ryan Aircraft.

**TIGHTER CONTROLS**

Washington — (AP) — President Kennedy Monday asked Congress for \$225,000 for tightening export controls to cut down on "clandestine Cuban efforts to procure items from the United States through a third country." He did not elaborate.

**Swimming Classes Set To Start at Local YMCA**

Both women's and tiny tots' swimming classes are starting at the Medford YMCA this week, according to YMCA officials. The tots' classes are for boys and girls from 5 to 7 years old. The 45-minute classes are held Monday and Thursday or today and Friday. Classes will have two instructors, and be limited to 20 students.

Each student will be placed in class according to his or her ability. The beginning class is at 9 a.m. and is for children who cannot swim;

the second class meets at 9:45 a.m. and is for those who can swim a little and the third class is for those children who can swim in deep water. Parents may register children by stopping at the Medford YMCA or by calling 772-6295.

The women's classes started today for beginning and intermediate swimmers. The beginners' classes will start at 7:30 o'clock tonight and intermediate at 8:30 o'clock tonight. The course will consist of 12 lessons. Dutch Farfan is

**SIX ESCAPE REDS**

Kronach, Germany — (AP) — Western border police said Monday six East German youths fled to West Germany last week and asked for political asylum here. Authorities said the youths, aged 15 to 20, told them they did not want to be drafted into the East German army.

instructor. Farfan estimates he has taught about 1,100 women to swim in the past few years. Age range has been from 17 to 50. Classes are limited to 20 students. Women may register at the YMCA building at 522 West Sixth st. or telephone 772-6295.

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