



MOON'S SURFACE—A new, sharper view of the moon's lifeless landscape is provided in new photos taken with the 120-inch telescope at the University of California's Lick Observatory at Mt. Hamilton. Shown here is an area about 700 miles northeast of the moon's "south pole," near the eastern edge

of the side of the moon that faces earth. The largest crater here is Schickard; the smaller crater toward the upper right is Phocyclides, and the raised plateau-like formation to the right of Schickard is Wargentin.

—(UPI)

Cooperative Picks Three Directors

Portland — (UPI) — Pacific Supply Cooperative, the Northwest's largest farm supplier, closed its 29th annual convention here Tuesday with election of three new directors.

They are Ben Evick, Madras, director of the Eastern Oregon district; James T. Horner, of Paul, director for the Southwestern Idaho district; and Ray Huter, Nampa, director for the newly-created Snake River district.

The two-day convention attracted more than 600 delegates representing 119 farm cooperative associations in Oregon, Washington, Idaho and Northern California.

ALL FOR CLEANLINESS

London — (UPI) — Dr. Andrew Tindal, lecturer in medicine at Glasgow university, Tuesday prescribed tight slacks for nurses. He recommended the style change in operating theaters where nurses' skirts send out "swirls of dust."

The Medical Roundup

by *Walter Alvarez*

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

Piles (Hemorrhoids)

Many persons want to know if they should let someone inject their piles with an irritating drug which will produce so much inflammation that the walls of the pile — really a dilated vein full of blood — will perhaps stick together and thereby give the person relief.

I cannot advocate such a treatment because I know that expert proctologists (specialists in rectal diseases) are afraid of it, and do not dare use it.

I remember a woman who was angry because the rectal specialists at the Mayo Clinic would not inject a big pile as she wanted them to do. She went home and had a pile quack inject it. She apparently was overly sensitive to the drug he used, because the area injected sloughed out, and she came back to the Clinic with a big ulcerated hole which was hard to heal.

I imagine the woman never again felt comfortable in that region. One accident like this, and the physician who sees the results of it wants no more to do with the injection method of treating piles. The expert proctologist would much rather dissect out the pile, and sew up the wound in such a way that the person will later be perfectly well.

Millions of persons get along all their days with some piles — without too much suffering. Piles do not turn into anything, but unfortunately, many a person who is bleeding from his bowel is assumed to have only piles, which someone then injects or cuts out. Because the person who operates does not look up into the rectum, he fails to see a cancer there, which perhaps then goes on growing until, when discovered, it is so big it cannot be removed surgically.

Distresses Due To Weather. As we all know, some persons with arthritis can tell that a storm is coming sometimes when it is a hundred miles away. Just how they are able to do this we physicians have not been able to learn. We used to assume that the person responded to changes in the barometric pressure or in other meteorologic conditions that can be measured by the "weather man," but this does not seem to be the case. What many people do not know is that some very sensitive persons can feel miserable, and can get a headache or a pain or discomfort when the weather changes.

In certain parts of the world there is a dry wind which, when it comes, greatly disturbs hypersensitive persons. As a boy in Hawaii, I can remember that many highly sensitive women would feel miserable the minute the dry Kona, or south wind, replaced the usual water-carrying trade winds that came from the north. A famous medical chemist from Switzerland once told me that in his country the Fohn wind brings discomfort or sick headache to many people.

It often helps me to get from a woman the story that her vague abdominal pains come with a change in weather, because then I know that they are nervous in origin and are not likely to be helped by any type of operation.

Let's stop blaming Harriet, and start taming those head-busters. What do we find here? A wife who is driving herself beyond the limits of her mental energy. A husband who hasn't agreed to take second place after her other concerns, but insists on his due, never mind the rummage sale. If he speaks up, a-ha! there's where the headache comes from, she says. But if he didn't speak up, she'd still get the headache, because it's Nature's way of making her slow down while the energy battery gets recharged. And she'd still find a way to link it to Marvin. His silence would oppress her. She'd get guilt feelings, too, for the short end of the stick she hands him.

Improvement rests with Harriet. Marvin must offer a fair amount of understanding. He has a sensitive, high-strung wife who must budget her energy allowance better. Harriet needs his direction to be sure first things come first. But, if she slips up, she must not "dread" his fuss. She must feel brave enough and relaxed enough to face him and explain, secure in his sympathy.

What the doctors want Harriet to do is to turn her headaches into lessons for more sensible living. Each throbbing is a warning to slow up. From two doctors at the Cornell University Medical College come these pointers on ending the aches:

1. Prevent them by changing your habits of living and thinking.
2. Be less fussy about minor details.
3. On tired, full days, don't force yourself to meet your own strict quota.
4. Avoid wasted, useless, dead-end worry.
5. Lower your sights. Get joy out of what you can do.

Physically, a headache comes from dilated blood vessels or from muscle tension. But Harriet must ask — and answer — "What causes this?" Then her cure will begin.

MOTORIST CRIES FOUL Concord, N.H. — (UPI) — William E. Thomas has complained about the "moral character" of pheasants released by the state fish and game department. Thomas mailed the department Monday a band he said he took from a bird of "low character" that attacked his "poor defenseless" little car as he drove along a seashore boulevard.

Frank Van Dyke, Medford attorney and former speaker of the Oregon House of Representatives, was reelected vice president. Maynard Wilson, attorney from Cottage Grove, was reelected secretary-treasurer.

Van Dyke also was reelected as director of District 6. Other directors elected are

Quotes From the News

By UNITED PRESS INTERNATIONAL

Detroit — Poet Robert Frost, commenting on his recent conversation with Soviet Premier Khrushchev:

"I got in a lot of trouble for calling him a ruffian. Maybe I should have said he's rough and ready. But I think he's in a coming-on mood. He's inclined our way. We ought to take advantage of it down there in Washington."

Moscow — The newspaper Moscow Young Communist, discussing what it called the Western over-emphasis on sex:

"Although love is one of the greatest emotions of life, it is unquestionable that the emotion of labor and creative work is higher."

Memphis, Tenn. — Astronaut John Glenn, discussing U.S. plans for a voyage to the moon:

"We're not planning to make a one-way trip."

Oxford, Miss. — Dist. Atty. Jesse Yancy, charging that U.S. marshals prematurely fired tear gas grenades during the rioting accompanying the admission of James Meredith to "Ole Miss":

"It is generally agreed the firing made the riot uncontrollable."

The Family Council

Editor's note: The Family Council consists of a judge, a psychiatrist, three clergymen, three editors and a women's editor. Each article is a summary of a family disagreement presented to the Council. The Council deals with problems, major and minor, encountered by guidance counselors and social workers. Edited by Mrs. Alma Denny. (Copyright by General Features Corp.)

Harriet V. — My headaches are due to constant criticism of me.

Marvin V. — She brings on her headaches herself by hot big undertakings.

Harriet V. — I suffer from tension headaches and migraines. I've run the course of doctors and clinics and they've thrown the problem back to me to solve. They tell me to try to change my philosophy of life, not to take things so seriously.

I try to relax. But my husband won't help me. He still raises a fuss if the meat isn't just right, if I forget to call for his shoes, if I leave lights on. I get headaches just dreading what he'll say. The doctors have helped me see that few things are worth getting tensed up about. Now I wish Marvin could see it too, and realize the connection between his picking on me, and our doctor bills.

Marvin V. — If Harriet didn't have me to blame for her headaches, she might admit the truth, which is that she brings them on herself. She bites off more than she can chew for the Ladies Auxiliary, the Eastern Star and the Book Club she belongs to.

Naturally she has no strength left for the home and for me. And if I indicate that I merely expect the minimum attention a wife should give to her husband's comfort, she says I give her a new attack of headache. It's funny that nothing happens to her head when she runs all over town collecting old clothes for a rummage sale, but let me tell her the potatoes are still raw and she runs for the ice bag. If she rested more and took care of our home right, she'd feel okay.

The Council: When it comes to headaches it has been observed that there are just two types of people — those who give 'em and those who give 'em. But the observation is wrong, because almost everybody gets them at some time, and the doctors claim that many people give them to themselves through excessive emotional tension.

Let's stop blaming Harriet, and start taming those head-busters. What do we find here? A wife who is driving herself beyond the limits of her mental energy. A husband who hasn't agreed to take second place after her other concerns, but insists on his due, never mind the rummage sale. If he speaks up, a-ha! there's where the headache comes from, she says. But if he didn't speak up, she'd still get the headache, because it's Nature's way of making her slow down while the energy battery gets recharged. And she'd still find a way to link it to Marvin. His silence would oppress her. She'd get guilt feelings, too, for the short end of the stick she hands him.

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Non-Profit Groups Elect New Officers

Robert Johannesen of the Multnomah Athletic Club, Portland, was elected president of the Oregon Non-Profit Organizations, Inc., Nov. 10 during the closing session of the three-day 11th annual meeting of the group in Medford.

Frank Van Dyke, Medford attorney and former speaker of the Oregon House of Representatives, was reelected vice president. Maynard Wilson, attorney from Cottage Grove, was reelected secretary-treasurer.

Van Dyke also was reelected as director of District 6. Other directors elected are

Don Eva, Portland attorney, representing the State American Legion; William W. Collins, Portland, representing the State Elks association; Clarence Humble, attorney,

COUNCIL ROUGHS IT

Pompey, N.Y. — (UPI) — The town council will consider a proposal Nov. 26 to spend \$13,500 to buy a 10-year-old abandoned gas station for use as the town hall. Town Supervisor Richard F. Long said the gas station was better equipped than the present town hall because it has running water, toilet facilities and adequate heating.

Klamath Falls, representing State Eagles organization, and Jack Butler, representing District 3 of Corvallis. All will serve for a three-year term.

T. T. Turner again was employed as executive secretary in the organization's offices in the Weatherly building, Portland.

The 1963 convention will be held in Baker. Purpose of the organization, incorporated 11 years ago, is to act as the public relations arm for more than 100 non-profit organizations in Oregon, including the American Legion, the Elks lodge, Fraternal Order of Eagles, Loyal

Order of Moose, Knight of Columbus, Veterans of Foreign Wars, athletic, city and country clubs.

WALTER GROUP MEETS

Washington — (UPI) — The House Committee on Un-American Activities today will begin two days of hearings on the Foreign Agents Registration Act. Chairman Francis E. Walter (D-Pa.) said the purpose is to determine whether the act is keeping the nation "adequately informed as to the identity and true purpose of persons who carry out activities in this country in behalf of foreign Communist interests."

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We are challenged You are summoned

Every newspaper headline makes it clear that this is a testing time for Americans.

The Cuban crisis is one of a long and continuing series of challenges we face.

At a time of challenge, the American future depends upon the American people: what we think, what we do, how we rise as individuals to the task of meeting great challenge with great achievement.

We each have a part to play.

Yours is described in the timely new citizen action guide "Challenge to Americans" offered here which puts the crisis of the moment in the true perspective of the struggle which is likely to continue for years. The world situation is far more complex than the emergencies of daily headlines.

As President Kennedy says:

"We are challenged by the revolution of communism. The Communists seek power through conspiracy, terror, aggression and deceit. They exploit and corrupt legitimate revolutionary forces, scavenging on poverty, ignorance, despair.

"And also we are challenged by the revolution of hope in continents long captive to stagnation and despair.

"We are challenged by the revolution in science and technology bringing new boons and new dangers to humanity.

"We are challenged by the revolution in international relationships. Nation has begun to work with nation to solve mankind's common problems. New international bodies are exploring uncharted paths of world cooperation in the interests of world-wide peace, justice, and freedom."

In an age of revolution, we dare not forget that we are heirs to



Challenge to Americans
The struggle we face and how to help win it

a continuing, liberating revolution. We dare not fail to press that revolution forward, to perfect democracy at home, to make it an example to the world. Only in earning our freedoms over again can we strengthen them. Only by extending our freedoms to all mankind can we preserve them.

This we can and must do as individuals. We must accept our responsibilities as we do our rights, the two are today inseparable. We must look upon national challenge—whether it is an immediate challenge in Cuba, Berlin, or Asia, or the continuing longer range challenge—as a personal opportunity to do something important for our country. We must seek to excel.

to stand up, to stand out; in our private lives, our homes, our work, communities, schools, in all places, in all things!

A good way to begin is with a mature understanding of what we are up against and what you personally can do about it. You will find exactly that in the timely new booklet, "Challenge to Americans." Endorsed by Presidents Kennedy and Eisenhower, approved by the Department of State, it is an indispensable information and action guide for the purposeful citizen.

We need many such citizens. We need them now. We need you—your value as an individual, your power as the source of our national strength, your aid in deciding our common future.

Your copy of "Challenge to Americans" is free. You can be learning from it and you can be acting upon it in a matter of days. Write CHALLENGE, Box 1776, New York 17, New York.

FREEDOM IS NOT A GIFT BUT A TASK

"We must match great challenges with great achievements—with constant striving for excellence in all things. With a mature understanding of the magnitude, complexity, and probable long duration of the struggle we face. Let each of us resolve to do something extra for our country in this period of trial."

President John F. Kennedy



"The important thing is to do something, and not to excuse oneself with the thought that 'I can do so little it will make no difference.' It does make a difference. America is people—not things. If each of us does his own particular job a little better, and raises his personal standards a little higher, our country will gain in strength and in character."

Dwight D. Eisenhower

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