

Christmas Stories Written by Second Graders at School in California

San Francisco—Mrs. Pat Gowan, a teacher at the Bel Aire school in suburban Tiburon, asked students in her second grade class to write Christmas stories. Here are some of the results:

"Baby Jesus is Born" by Gary Mitchell
In Bethlehem there was a baby boy. His name was Jesus, and the angels came down to see the baby Jesus. He had lots and lots of presents, and Mary was happy. So was Joseph, and baby Jesus was laughing. It was a happy day. The camels were out in the dark. The cows saw the happy day. The cows were mooring.

"The Grouchy Bear" by Marjorie Houghland
Once upon a time deep, deep in the forest there lived a grouchy bear. He did not like Christmas.

One frosty Christmas eve he was startled by an apparition. He saw the ghost of Christmas standing before him. The ghost said, "Come with me into the other room." He never hated Christmas from then on, but don't ask me what he said. Ask your friends. I do not know.

"Santa Forgot Christmas" by Mike Cloud
Santa Claus was sitting in his chair, so he did not know when Christmas went past, so he forgot Christmas.

"The Two-lumped Reindeer" by Steve Lynch
Up by the North Pole there is a reindeer who has two big lumps on his back. He went to Santa.

Santa said, "What are those two big lumps on your back?"
"Two big lumps."

"The Mystery of Santa Claus's Sleigh" by Bobby Ward
One Christmas night Santa went out to his sleigh, and he discovered that his sleigh was gone.

"Santa Claus Broke the Chimney" by Steve Goodman
Once there was a house. Santa Claus lived in it. He said to himself, "December 25 is Christmas. Today is Christmas."

That night he started on his trip. He was away for about one hour when he came to the roof. He sat on the chimney, and he broke it.

"No Nose" by Jimmy Criss
One day a reindeer lost his nose. He looked all over. He found his nose. He laughed.

By Chris Janda
Once there was a red reindeer, and his name was Ru-

dolph. Rudolph played races, and do you know who won? Rudolph.

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.)

Corinne F.—I can't seem to get my self-confidence back.
Georgine F.—She'll get it back if I get real tough with her.

Corinne F.—I'm a college graduate, 35 years old. Back in the '50s I had three nervous breakdowns, and now I live with my mother who's 80, and my sister who's 45 and supports us all.

I'm caught in a tight squeeze now and don't know where to turn. I can't seem to hold a job, but my sister has given me an ultimatum: either become self-supporting by March or to return to the hospital as an incompetent. I thought I was all set last month when I worked as a check-out girl at the supermarket. But one of their old employees turned up and they gave her back her old position—mine. I've tried baby-sitting, and receptionist posts. Either I smoke too much or talk too much to suit the employer.

These experiences make me more fearful than ever of the outside world.

Georgine F.—The trouble with Corinne is no one has ever taken a firm stand towards her. My mother still talks of her as "my poor baby" and urges her to "just come tell Mama all about it, dear" whenever Corinne meets with a problem. Then Mama agrees with her that everyone else is mean and picking on her little angel.

Well, I'm fed up. I could curl up and collapse too if I let myself go. But I keep going because there's no one to come crying to. And now Corinne had better quit belly-aching to my mother and me. Either she's well or she's still sick. If she's well, she must support herself and help me with our mother. If she's sick, then she must return to the hospital for treatment.

Putting it to her this way may make her stick to a job. So far, she tries to get fired.

The Council—Here's a vivid example of the need for treating a whole family, not just the patient, in cases of mental illness. A rehabilitation expert could "interpret" Corinne more accurately to her mother and sister who, at present, seem to be doing all the wrong things. One acts over-soft, the other over-severe. Since they are well-meaning people, each hobbled by her own rigid attitude, we do not condemn them but urge advice to them to have a few interviews with one of the professionals who understands Corinne.

The royal road back, however, must be carved by Corinne herself. And she can do it. Enlightened employers increase in numbers each month, impressed by the testimony of physicians, union leaders, personnel experts that a history of mental illness is not valid ground for denying employment. It is ordinarily to be regarded on a par with physical illness.

So Corinne must try to shake off her defeatism. And the best way to start is to focus on two or three simple, attainable goals. As a college graduate, surely there are useful jobs she can fill. But she should lower her sights. Stop looking for The Perfect Position. A humble post where she really tries to please, (rather than to flee by being fired), may soon grow into the Almost-Perfect job, for it will prove a few things about her which need proving.

Then she might sign up for a course, perhaps leading to a master's degree. Even if she never gets the big parchment, the goal becomes a bright light in her life. And it leads to rubbing shoulders with lots of humans. Also, she can activate a social life of sorts through signing up for hobby classes at a Y, a library or a museum.

For both sisters we recommend a daily dose of patience. Corinne seems scared that she can't "measure up." But once she realizes her goal

The Medical Roundup

by *Walter Alvarez*

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

Cold Feet in Winter

Now is the time when, especially in the northern tier of states and in Canada, many people are being troubled with cold and wet feet.

A tendency to cold feet can run in a family. Mrs. Alvarez, a granddaughter of the great Charles Darwin, wrote once that several of her uncles suffered from the typically "Darwinian cold feet." Such people, who suffer from cold feet at night should wear woolen bed-socks. I do not know how to cure such persons, but the socks can ward off much of their distress.

During the last two world wars, many of our soldiers who walked around all day in cold mud suffered much from a trouble they called "trench-foot." Often the feet were cold, red, swollen and painful. In some cases, the soldier developed changes in the nerves and arteries of his feet which caused long-lasting trouble in the legs. Some suffered from frostbite on their feet.

The army doctors felt that some of the trouble with trench foot was due to the wet, some to the cold, and some to the lack of exercise. The lack of ability of the soldiers to get out of their trench or foxhole and to walk around and wriggle their toes cut down on the amount of blood in the feet, and this was bad.

The civilian who in peacetime suffers from a sort of "trench-foot" should, at night, before retiring, bathe his feet in warm water and then massage them for a while. Then he should dry the feet well, especially between the toes.

Will Study Blood-Flow

When a physician sees a man (or woman) with cold and frost-bitten feet, he will want to know if there is any reason why not enough blood is getting into the foot and leg. He will study the blood-flow not only in the leg veins but in the arteries of the legs and feet. If the person who is exposed to cold and dampness has varicose veins, he is more likely to get into difficulties than is a man with good veins. Every night he should put a pillow or bolster under the lower end of his mattress so as to raise it. This helps the blood in the veins to run back to the heart.

It is a good idea to get a physician to see if there is a normal pulsation in the big arteries that run just in front of and behind the ankle. Also the physician may see if there is much difference in the blood supply of the leg when it is lying flat on the examining table and when it is pointed straight up in the air. It is a good sign when, on putting the foot down, it quickly regains a good pulsation in the arteries.

The physician will want to know if the person can walk rapidly along the street, or if once or twice in each block he has to stop for a minute because of pain in the leg. Such intermittent pain means that one of the big arteries in the leg is somewhat blocked. In such cases, the doctor will check the blood sugar (diabetes) and blood cholesterol (hardening of the arteries).

If a leg artery is badly narrowed somewhere, this can be shown with a special x-ray technique, and then an artery surgeon may be able to put in a dacron tube that will restore the continuity of the blood vessel. If this cannot be done, the cutting of the "sympathetic" nerves to the leg arteries—where they run in the back of the abdomen—may give relief, by enlarging the bore of the arteries in the legs.

Must Be Careful

The sufferer from diabetes must be particularly careful when his feet give him trouble. He is particularly subject to hardening and narrowing of the arteries in his legs. He must keep his socks dry and clean; also his shoes

needn't be tomorrow the world, but merely tomorrow an honest try, she'll keep plugging upward.

should be kept dry with the help of rubber overshoes. Prolonged wetness of the feet can cause weakening of the skin, breakage of the skin, infection and even gangrene.

The first sign of frost-bite is numbness and whiteness of the skin. On warming a frost-

bitten hand or foot, the pain can be excruciating. The old theory was to rub frost-bitten skin with snow, but today experts say no. If your hand is frostbitten, warm it quickly by putting it in your armpit, or if possible, place it quickly in warm—but not hot—water. Don't rub it or massage it. The feet, too, should be put in warm water.

Some people who are much distressed when they have to breathe very cold sub-zero winter air will be interested in a warmed mask recently invented by Dr. Louis Terman of Chicago. It fits over the nose and mouth, and is kept warm for at least an hour and a half by a special-

ly designed small electric battery.

In spite of the many deaths attributed to heart trouble, the heart is a tough organ which can stand lots of overwork. You will find much information on the subject in Dr. Alvarez' booklet about heart trouble. You may get a copy by sending 25 cents and a self-addressed, stamped envelope with your request to Dr. Walter C. Alvarez, Dept. MMT, The Register and Tribune Syndicate, Box 957, Des Moines 4, Iowa.

PEGLEG THIEF?
Philadelphia—A thief stole 250 shoes Sunday from a salesman's station wagon. All are for the left foot.

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Your Money's Worth

By SYLVIA PORTER
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FORCES BEHIND ALL-NUMBER CALLING

In San Francisco, a group of angry telephone users banded together into the Anti-Digit Dialing League have just filed a suit with the California Utilities Commission to force the telephone company to halt its "incipient scheme" to switch to All-Number Calling—the system under which our familiar, colorful telephone exchanges are to be replaced by numbers. In cities across the country similar groups of irate telephone customers are bitterly protesting the changeover, denouncing it as the ADDL suit charges, as one more "snatching of the human element in our lives which needs so much protection in this age of the machine."

Why the switch-over? What next? Here, from Eugene J. McNelly, president of American Telephone & Telegraph Co., are your answers.

Porter: Giving up the familiar exchanges in favor of as many as 13 numbers for long-distance calls is widely resented. Why are you doing it?

McNelly: First, let me emphasize telephone people regret having to change the numbering system and we share our customers' attachment for exchange names. But we must keep pace with telephone growth, and All-Number Calling is the solution which offers the most advantages with the least change in existing dialing habits.

There are approximately 86 million phones in the U.S. and Canada today and there will be twice that many in 1975. As a result, we are facing a shortage of telephone numbers. All-Number Calling will accommodate telephone growth into the next century because it provides almost half again as many usable numbers as the combination of letters and figures. This is because numerals are associated with all 10 dial holes while letters are associated with only eight of the 10.

Porter: Has Direct Distance Dialing contributed to the shortage?

McNelly: In a way, yes. The U.S. and Canada were divided into dialing areas to enable customers and operators to dial long distance calls directly. To make this possible, a telephone number cannot be repeated within a dialing area. Using letters and figures to form telephone numbers, we were limited to 540 usable combinations within a dialing area. But using only figures, there are 800 usable combinations within a dialing area.

Porter: Weren't there other ways to obtain more telephone numbers?

McNelly: Yes, and we thoroughly studied them all before concluding that All-Number Calling was best. In New York letter combinations such as LR and LL are now being used, but these provide only 36 more combinations, far fewer than an all-numeral system which adds about 250. We also could obtain more numbers by adding an eighth dial pull, requiring you to dial a third letter or an extra numeral. But this would mean that all telephone numbers in the country would have to be changed overnight and, most important, it would necessitate extra dialing, which we don't want to require you to do.

ANC averts this problem, and in changing to ANC the letters in your present telephone number generally are replaced by numerals in the corresponding dial hole (KL5-2368 become 555-2368). Also ANC eliminates wrong numbers caused by misspelling and mispronouncing exchange names. Dials of the future can be smaller and yet easier to read with just numerals, and numerals will simplify the introduction of worldwide dialing by avoiding alphabet and language differences.

Porter: Anything on the horizon to take the sting out of dialing rows of digits to make a phone call?

McNelly: Yes. Early next year, telephone companies will start nationwide marketing of automatic dialers. These dialers will utilize plastic cards or magnetic tape on which the customer's frequently-called numbers have been recorded. You'll be able to dial these numbers automatically by doing little more than inserting a card or turning a knob.

Electronic switching equipment, which we tested in Morris, Ill., and which is now in commercial production, also will simplify dialing. When our electronic central offices are in operation—the first full-scale office will open in Succasunna, N.J., around mid-1965—you'll be able to reach off-dial telephones by dialing only two numbers.

Porter: So it's going to be 112-212-555-2368 just to say "hi"?

McNelly: It's going to be because of the compelling reason of growth.

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