MEDFORD CHURCH DIRECTORY

"The Lord is faithful in all his words, and gracious in all his deeds." Psalm 145:13.

APOSTOLIC FAITH CHURCH
North Central ave. at Third st.
Loyce C Carver, pastor
Sunday:
9:30 a.m.—Sunday school
11 a.m.—Morning worship
7:30 p.m.—Evangelistic service
Monday:
7:30 p.m.—Watch night service
Friday:
8 p.m.—Evangelistic service

ASCENSION LUTHERAN CHURCH
2617 Barnett rd.
Vernon Hanson, pastor
Sunday:
9:45 a.m.—Sunday school
11 a.m.—Worship service
Wednesday:
7:30 p.m.—Choir rehearsal
Saturday:
10 a.m.—Junior choir

BETHEL ASSEMBLY OF GOD
1223 E. McAndrews rd
L. O. Krause, pastor
Sunday
9:45 a.m.—Sunday school
1 a.m.—Worship service
6:30 p.m.—Youth and children's services
7:30 p.m.—Evangelistic services

CENTRAL CHURCH OF CHRIST
1440 South Oakdale ave.
John C. Heberling, minister
Sunday:
9:45 a.m.—Bible school
11 a.m.—Worship service
6:30 p.m.—Youth meetings
7:30 p.m.—Evening service

CHURCH OF CHRIST
1036 Court st.
Eston Catlett minister
Sunday:
10:30 a.m.—Worship service
7 p.m.—Bible study
Wednesday:
7 p.m.—Bible study

CHURCH OF CHRIST
1701 West Main
Lloyd Bridges, minister
Sunday:
9:45 a.m.—Bible classes
10:45 a.m.—Morning worship
7 p.m.—Evening worship
Wednesday:
7:30 p.m.—Midweek Bible study

CHURCH OF THE BRETHREN
345 North Mary st.
William Wash minister
Sunday
9:45 a.m.—Church school
11 a.m.—Morning worship
6 p.m.—Choir rehearsal
7 p.m.—Youth fellowship

CONGREGATIONAL CHURCH
(United Church of Christ)
Hoover school, Siskiyou blvd.
Robert W. Tull, minister
Sunday:
11 a.m.—Church school
11 a.m.—Worship service
Wednesday:
6:30 a.m.—Laymen's breakfast
8 p.m.—Choir rehearsal

EASTWOOD BAPTIST CHURCH
(American Baptist)
North Keeneway dr. at Ridgeway
Clifford J. Young, pastor
Sunday:
9:45 a.m.—Church school
11 a.m.—Morning worship
6 p.m.—Junior High BYF
6:30 p.m.—Senior High BYF
7:30 p.m.—Evening service
Monday:
11:15 p.m.—Holy communion

FAITH ADVENT CHRISTIAN
2460 Roberts rd.
Laurel Lee Crabb, minister
Sunday:
9:45 a.m.—Sunday school
11 a.m.—Worship hour
7 p.m.—Evening service
Wednesday:
7:30 p.m.—Prayer meeting and Bible study
Saturday:
10 a.m.—Choir practice

FIRST ASSEMBLY OF GOD
1106 W. Main st.
Robert E. Cull, pastor
Sunday
9:45 a.m.—Sunday school
11 a.m.—Worship
6:15 p.m.—Christ ambassadors
7:30 p.m.—Evangelistic service
Wednesday:
7:45 p.m.—Midweek service

FIRST BAPTIST CHURCH
(Conservative)
Wilson school,
Grand and Corona sts.
Bernard Andrews, minister
Sunday:
9:40 a.m.—Sunday school
11 a.m.—Morning worship
6 p.m.—Family hour
7 p.m.—Evening service
Wednesday:
7:30 p.m.—Midweek service

FIRST CHRISTIAN CHURCH
Ninth at Oakdale
Fredrick R. Evans, minister
Wendell Wagler associate
Sunday
9:45 a.m.—Sunday school
8:30 & 10:55 a.m.—Worship services
6 p.m.—Middlers
6 p.m.—Chi Rho fellowship
6:30 p.m.—Christian youth fellowship
Monday:
6 p.m.—Chi Rho fellowship planning retreat
7 p.m.—Middlers planning retreat
Wednesday:
6:30 p.m.—Youth choir rehearsal
7 p.m.—Carillon choir rehearsal
8 p.m.—Chancel choir rehearsal

FIRST CHURCH OF CHRIST, SCIENTIST
300 Windsor ave.
(1 block south of East Main st)
Sunday
11 a.m.—Church service
11 a.m.—Sunday school, nursery available Sundays and Wednesdays
Wednesday:
8 p.m.—Testimonials of healing
Reading room 228 West Sixth st.
10 a.m. to 5 p.m.—Daily (except Sundays and holidays)

FIRST CHURCH OF GOD
2006 Crater Lake ave.
W. E. Martin, pastor
Sunday
10 a.m.—Sunday school
11 a.m.—Worship service
6:30 p.m.—Youth fellowship
7 p.m.—Adult prayer group
7:30 p.m.—Evening service
Monday:
7 p.m.—Boy Scout troop
Wednesday:
7:30 p.m.—Prayer and Bible study
8:30 p.m.—Choir rehearsal
Thursday:
7:30 p.m.—Ladies missionary fellowship

FIRST CHURCH OF THE NAZARENE
320 North Holly st
Harold M. Sanner pastor
Perry Christiansen, music minister
Sunday:
7 a.m.—Intercessory prayer at altar
9:45 a.m.—Sunday school
11 a.m.—Morning worship
6 p.m.—Youth fellowships
7 p.m.—Evening service
Wednesday:
7:15 p.m.—Caravans
7:30 p.m.—Hour of prayer
8:30 p.m.—Sanctuary Choir practice
Thursday:
6 a.m.—Intercessory prayer at altar
Friday:
7 p.m.—Junior high missionary meeting
Saturday:
9 a.m.—Primary Choir practice
10 a.m.—Junior choir practice
11 a.m.—Junior high choir practice

FIRST METHODIST CHURCH
West Main at Laurel st
George G. Roseberry, minister
Gerald Nelson, associate
Sunday
9:30 a.m.—Adult classes and church school
9:30 & 11 a.m.—Morning worship
9:45 a.m.—College youth
10:45 a.m.—Junior high
11 a.m.—Senior high, nursery and primary church
6:30 p.m.—Junior High MYF
6:30 p.m.—Senior High MYF
Wednesday:
7 p.m.—Boy Scouts
7 p.m.—Youth choir
8 p.m.—Chancel choir party

FIRST PRESBYTERIAN CHURCH
Eighth and Holly sts
D. Kirkland West, pastor; David Brown and Robert T. Bridge
Sunday
9:30 & 11 a.m.—Church school
9:30 & 11 a.m.—Worship service
7 p.m.—Senior high fellowship
Monday:
11 p.m.—Watch night communion
Wednesday:
3:30 p.m.—Senior high fellowship
7:30 p.m.—Bible study at church
7:30 p.m.—Neighborhood fellowship
Thursday:
10 a.m.—Bible survey class
12 noon—Men's luncheon
7:30 p.m.—Chancel choir

FIRST SOUTHERN BAPTIST
794 Lozier lane
Gilbert O. Skaar, pastor
Sunday:
9:45 a.m.—Sunday school
11 a.m.—Morning worship
5:30 p.m.—Training unions
6:30 p.m.—Evening service
Wednesday:
7 p.m.—Group meetings
8 p.m.—Midweek prayer service

FREE METHODIST CHURCH
1294 South Peach st.
Roland Stewart, pastor
Sunday:
9:45 a.m.—Sunday school
11 a.m.—Worship
7 p.m.—Family hour
7:45 p.m.—Evangelistic service
8:30 p.m.—Singspiration
Monday:
9p.m.—Watchnight service
Wednesday:
7 p.m.—Midweek prayer service

FOURSQUARE CHURCH
2200 Roberts rd.
K. L. Mathewson, pastor
Sunday:
9:45 a.m.—Sunday school
11 a.m.—Worship
6:30 p.m.—Adult and youth group meeting
7:30 p.m.—Evangelistic service
Wednesday:
6:30 p.m.—Orchestra practice
7:30 p.m.—Bible study and prayer

FRIENDS CHURCH
(Corner of DeBarr and Merriman)
Jack L. Willcuts, pastor
Sunday:
9:45 a.m.—Sunday school
11 a.m.—Worship service
6:30 p.m.—Christian Endeavor
7:30 p.m.—Praise and worship
Wednesday:
7:30 p.m.—Midweek prayer meeting
8:30 p.m.—Choir practice

JEHOVAH'S WITNESSES
Kingdom Hall
2402 Jacksonville highway
H. S. Nixon, congregation servant
Sunday:
4 p.m.—Public talk
3:15 p.m.—Watchtower study
Tuesday:
8 p.m.—Bible study
Friday:
7:30 p.m. — Theocratic ministry school

MT. PITT AVENUE CHURCH OF THE NAZARENE
Mt. Pitt at Chestnut
James O. Gordon, pastor
Sunday:
9:45a.m.—Sunday school
10:55 a.m.—Worship
6 p.m.—NYPS
Wednesday's:
7:30 p.m.—Prayer meeting
Friday:
12:30 p.m.—Hour of prayer for missions

SACRED HEART CATHOLIC
326 South Oakdale ave.
Priests: Fr. Carl Mai, Fr. John A. Ilg, Fr. William McLeod, Fr. Gilbert Lulay
6, 7, 8:30, 10 & 11:30 a.m.—Mass
2 p.m.—Baptisms
2-3 p.m.—Open house in church
7 p.m.—Mass
Monday:
4-5:30 & 7:30-9 p.m. — Confessions
7:30 p.m.—Holy hour, end of old year
Tuesday:
6, 7, 8:30, 10 & 11:30 a.m.—Mass
7 p.m.—Mass
Wednesday
7:30 p.m.—Perpetual help devotions and benediction
Thursday:
4-5:30 & 7:30-9 p.m. — Confessions
7:30 p.m.—Holy hour, end of old year
Tuesday:
6, 7, 8:30, 10 & 11:30 a.m.—Mass
7 p.m.—Mass
Wednesday
7:30 p.m.—Perpetual help devotions and benediction
Thursday:
4-5:30 & 7:30-9 p.m. — Confessions
7:30 p.m.—Holy hour, end of old year
Friday:
6:30, 8 a.m. & 6 p.m.—Mass
Saturday:
6:30 a.m.—Mass
8 a.m.—Mass and Fatima devotions
10 a.m.—Catechism for public grade school pupils
11 a.m. — Mass for catechism class
4-5:30 & 7:30-9 p.m.—Confession
Monday, Wednesday and Thursday
6:30, 7, & 8 a.m.—Mass

ST. LUKE'S METHODIST
2940 Siskiyou blvd
Charles McDonald, pastor
Sunday:
9:45 a.m.—Sunday school
11 a.m.—Worship service
12:10 p.m.—Family potluck dinner
Wednesday:
6:30 p.m.—Junior choir
7:30p.m.—Adult choir

ST. MARK'S EPISCOPAL CHURCH
Fifth st. and N. Oakdale ave.
G. R. V. Bolster, rector
David V. A. Browne, assistant
1st Sunday after Christmas
8 a.m.—Holy communion and confirmation
9:20 & 10:45 a.m.—Nursery schools
9:30 a.m.—Church school matins with sermon
11 a.m.—Morning prayer with sermon
12:15 p.m.—Coffee hour
Tuesday:
11 a.m.—Holy communion
Friday:
11 a.m.—Holy communion

ST. PETER'S LUTHERAN
(Missouri Synod)
John E. Simon, pastor
Sunday:
9:30 a.m.—Church school
6:15 & 11 a.m.—Worship service
Tuesday:
10 a.m.—New Years day worship
Thursday:
7:30 p.m.—Choir
Saturday:
10 a.m.—Confirmation classes

TRINITY BAPTIST
(Conservative)
2645 South Stage rd
Bruce Rogers, presiding pastor
Sunday:
10 a.m.—Sunday school
11 a.m.—Worship service
7:30 p.m.—Youth and adult discussion groups

UNITARIAN-UNIVERSALIST FELLOWSHIP, ROGUE VALLEY
Red Cross building
60 Hawthorne ave.
Ernest Wander, chairman
Sunday
11 a.m.—Church school
11 a.m.—Service

UNITY CENTER OF MEDFORD
Corner Haven & Holly, church
995 So. Oakdale, center
Katharine Bosworth, minister
Sunday:
9:45 a.m.—Church school
11:15 a.m.—Worship service

WESTMINSTER PRESBYTERIAN
2000 Oakwood dr.
John O. Reynolds, pastor
Sunday
9:45 a.m.—Church school
11 a.m.—Morning worship
5 p.m.—Junior high fellowship
5:30 p.m.—College supper
7 p.m.—Senior high fellowship
Thursday
7:30 p.m.—Choir rehearsal

ZION LUTHERAN CHURCH, ULCA
Fourth and Oakdale
Harvey C. Coovert, pastor
1st Sunday after Christmas:
9:45 a.m.—Sunday school
11 a.m.—Worship service
4 p.m.—Pastor's instruction class
Wednesday:
6:30 p.m.—Junior choir rehearsal
7:30 p.m.—Senior choir rehearsal
Saturday:
9:30 a.m.—1st year catechetical class
10:45 a.m.—2nd year catechetical class

COUNTY CHURCHES

ASHLAND

GRACE LUTHERAN CHURCH
Frances lane
Albert R. Nickodemus, pastor
Sunday:
9:45 a.m.—Sunday school and Bible class
11a.m.—Worship service
Monday:
8p.m.—New Year's Eve service
Saturday:
10 a.m.—Confirmation classes

LITHIA CHURCH OF CHRIST
Women's Civic Clubhouse
Winburn Way
Fred Riemer, minister
Sunday:
9:45 a.m.—Bible classes
10:43 a.m.—Morning worship
7:30 p.m.—Evening worship
Tuesday
7:30 p.m.—Bible classes

JEHOVAH'S WITNESSES
Kingdom hall
700 North Main st.
W. D. Holman, presiding minister
Sunday:
3 p.m.—Public talk
4:15 p.m.—Watchtower study
Tuesday:
8 p.m.—Bible study
Friday:
7:30 p.m. — Theocratic ministry school and service meeting

CENTRAL POINT

FIRST PRESBYTERIAN CHURCH
Robert Olmsted, pastor
Sunday:
9:45 a.m.—Church school
11 a.m.—Worship service
12 noon—Coffee hour

PENTECOSTAL CHURCH OF GOD
Fifth and Pine sts.
Andrew W. Rahn, pastor
Sunday:
9:45 a.m.—Sunday school
11 a.m.—Evangelistic service
7:30 p.m.—Evangelistic service
Tuesday:
7:30 p.m.—Prayer meeting
Thursday:
7:30 p.m.—Young people's meeting

EAGLE POINT

SHADY POINT SEVENTH-DAY ADVENTIST
Crater Lake hwy. near Sams Valley junction
C. C. Weis, pastor
Saturday:
9:30 a.m.—Sabbath school
11 a.m.—Worship, Sidney Nelson, speaker
Wednesday:
10 a.m.—Dorcas welfare center open in Eagle Point

GOLD HILL

ASSEMBLY OF GOD
Fifth ave.
Charles Pearson, pastor
Sunday:
9:45 a.m.—Church school
11 a.m.—Morning worship
6:30p.m.—Junior church
7:30 p.m.—Evangelistic services
Wednesday:
7:30 p.m.—Bible study and prayer
Thursday:
9:30 a.m. — Women's prayer meeting

CHRISTIAN CHURCH
Corner Fourth st. and Sixth ave.
Dewey Jeffrey, minister
Sunday:
9:45 a.m.—Sunday school
11 a.m.—Worship service
6:30 p.m.—Youth group meeting
7:30 p.m.—Evening service
Thursday:
7:30 p.m.—Bible study and prayer meeting

CHRISTIAN SCIENCE SOCIETY OF GOLD HILL
Fifth st. and 4th ave.
Sunday:
9:30 a.m.—Sunday school
11 a.m.—Morning worship
Wednesday:
8 p.m.—Testimonials

COMMUNITY METHODIST
Corner 4th st. and 4th ave.
Locklen Gregory, pastor
Sunday:
9:45 a.m.—Sunday school
11 a.m.—Worship service
6:30 p.m.—Senior MYF

CONCORD SPIRITUAL CHAPEL NASC
360 2nd ave.
Mrs. Elvina Colburn, pastor
Sunday:
7:30 p.m.—Services

JACKSONVILLE

ASSEMBLY OF GOD
Fifth and Blackstone
O. E. Summers, pastor
Sunday:
9:45 a.m.—Sunday school
11 a.m.—Worship
7:30 p.m.—Evangelistic rally
Wednesday:
7:30 p.m.—Bible study and prayer hour

FIRST PRESBYTERIAN CHURCH
King S. Jones Jr., pastor
Saturday:
6:30 p.m.—Church night fellowship potluck dinner
Sunday
9:45 a.m.—Sunday school
11 a.m.—Worship
7 p.m.—Men's study
Wednesday:
7:30 p.m.—Choir rehearsal

ST. JOSEPH'S CATHOLIC
Fr. William McLeod
Sunday:
9 a.m.—Mass

SHADY COVE

GOSPEL CHURCH
(Nondenominational)
Mallory lane
Clayton Fields, pastor
Sunday:
9:45 a.m.—Sunday school
11 a.m.—Church service
6:30 p.m.—Young peoples
7:30 p.m.—Evening service
Wednesday:
7:30 p.m.—Midweek service

OUR LADY OF FATIMA CATHOLIC CHURCH
Sunday:
10 a.m.—Mass, followed by catechism

ST. MARTIN'S EPISCOPAL
Stanley Welch, vicar
Sunday:
9:15 a.m.—Family service
Monday:
7 p.m.—Choir practice

PHOENIX

FIRST SOUTHERN BAPTIST
Corner First and Rose sts
A. L. Craig, pastor
Sunday
9:45 a.m.—Sunday school
11 a.m.—Worship service
6:30 p.m.—Training union
7:30 p.m.—Evening service
Wednesday:
7:30 p.m.—Prayer meeting
8:15 p.m.—Bible study
Thursday:
7:30 p.m.—Choir practice

RURAL CHURCHES

BEREAN BAPTIST CHURCH
(Conservative)
White City
Crater Lake Hwy. & Avenue A
Richard A. Hedeen, pastor
Sunday:
9:45 a.m.—Sunday school
11 a.m.—Morning worship
6:30 p.m.—Senior MYF

COMMUNITY BIBLE CHURCH
Butte Falls
Robert Daniels, pastor
Sunday:
9:30 a.m.—Sunday school
11 a.m.—Morning worship
7 p.m.—Evening worship
Wednesday:
7 p.m.—Young people, Abbott home
Thursday:
7 p.m.—Choir
7:30 p.m.—Bible study and prayer

FOREST ACRES COMMUNITY
(American Sunday School Union)
1 block east of Table Rock rd.
Kenton Adams, pastor
Sunday:
9:45 a.m.—Sunday school
11 a.m.—Morning worship
6:30 p.m.—Young people's meeting
7:30 p.m.—Evening service
Wednesday:
7 p.m.—Midweek prayer and Bible study

GIBBON ACRES PENTECOSTAL CHURCH OF GOD
130 Gibbon rd.
Benny Ivey, pastor
Sunday
9:45 a.m.—Sunday school
11 a.m.—Worship service
7 p.m.—Evangelistic service
Wednesday:
7 p.m.—Youth service PYPA
7 p.m.—Bible study and prayer

SAMS VALLEY COMMUNITY
(Interdenominational)
John Roelfs, pastor
School house
Sunday:
10 a.m.—Sunday school
11 a.m.—Morning worship

PROSPECT BAPTIST
(Southern Baptist)
Community hall
Kirk Snider, interim pastor
Sunday:
9:45 a.m.—Sunday school
11 a.m.—Worship service
6 p.m.—Baptist Training union
7 p.m.—Evening worship
Wednesday:
7:30 p.m.—Prayer meeting

TRAIL COMMUNITY CHURCH
John S. Kissee, pastor
Sunday:
9:45 a.m.—Sunday school
11 a.m.—Morning worship
6 p.m.—Teen choir practice
6:30 p.m.—Pre-prayer service
7 p.m.—Evening service
Tuesday:
7:30 p.m.—Young people's meeting
Wednesday:
7:30 p.m.—Bible study and prayer service

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 by Mrs. Alma Denny (Copyright by General Features Corp.)

Allen C.—My brother seems to begrudge me my success.

Walter C.—He got all the advantages when we were children.

* * *

Allen C.—Whenever a sticky family problem comes up, my brother Walt ducks it and says, "Let Allen worry about it." Then he usually adds, "He's the big shot of the family."

For instance a carload of Cuban cousins arrived at his home in Florida and he promptly wired me for money to get them all to my door in New York. I sent a modest sum to tide them over for a few days until the authorities could determine their status. Nevertheless Walt p them on a bus and told them I'd find them rooms and jobs.

This is typical of him. He has a good business. He sells used cars. He can help those folks as much as I. But he wriggles out of all family obligations with the cover-all excuse that I got all the breaks from our parents and therefore I must carry all the loads. It's not true. He's just grabbing an easy "out."

* * *

Walter C. – I was just the kid brother during our childhood, so why should Allen count on me for anything now?

It was I who got the hand-me-down clothes. It was I who had to take clarinet lessons so as not to waste the clarinet, bought for Allen. He preferred the cello. No one asked me what I preferred.

When it came to celebrations, they were for Allen's graduation and Allen's promotion to sales manager. I was always treated like a pale shadow of my whi -bang brother. When Allen was ready for a set of the "ncyclopedia, that's when we got one. I remember asking for it when I was 8, but my parents paid no attention to me. Allen wanted it when he was 14 and he got it in a week.

Why shouldn't he take over the family difficulties? He had it easy enough all his life. I've had nothing but struggle and I'm still having it tough.

* * *

The Council: Oh Walter, you're in a bad way if a psychiatrist hears your tale of woe. He'll nab you as "sick" from one symptom alone – blaming your parents for more than any parents can be held accountable for. It's an old dodge, and it's interpreted by experts as extreme immaturity.

But you're not so sick that a firm do-it-yourself job can't turn the tide. You've succumbed to the common human temptation to pass the buck. In ancient times folks in trouble threw stones at a goat, hence the term "scapegoat," and declared the goat responsible for all setbacks. Through the ages, childish people cast about for someone to blame for everything. If it's not their parents, then it's their wife, or the boss or the President.

We'll refrain from comment on the particular example of shirking which Allen presents, because it has political overtones. But we get the general picture of Walter with an automatic escape-reflex whenever something difficult is expected of hi.... "Poor little me," is the refrain, "nothing is my fault, it's my parents'. They made mistakes in bringing me up, and now it's too late. There's nothing I can do about it." That's the theme song of a cry-baby in grown-up's clothing.

True, parents make mistakes. True, no child can entirely escape the effect of those mistakes. But to give up, to cease to make any effort to counteract the possible "harm" is the sign of a weakling and a coward.

A Philadelphia psychiatrist, Dr. Vincent T. Lathbury, writing in a recent issue of the Saturday Evening Post, puts it bluntly: "If an adult does not like the way he feels his parents have made him, then he should make himself over in a more acceptable image. If he isn't willing to make the necessary effort, then he should cease blaming his parents."

Be a man, Walter. If you're not, don't "put the blame on Mame," or Allen, or your parents – but on you-know-who.

Lovely Trim

Add heirloom finery to linens with edgings—pineapple, spider web, petal stitch.

Luxury accents — elegant edgings for hankies, linens, closet shelves. Pattern 7071: crochet directions, 3/4 to 4-inch edgings in No. 50 cotton.

THIRTY-FIVE CENTS (coins) for this pattern—add 10 cents for each pattern for 1st-class mailing. Send to Alice Brooks, care of Medford Mail Tribune, Needlecraft Dept., P. O. Box 163, Old Chelsea Station, New York 11, N.Y. Print plainly NAME, ADDRESS, PATTERN NUMBER.

1963's Biggest Needlecraft Show stars smocked accessories—it's our new Needlecraft Catalog! Plus over 200 fresh-to-you designs to knit, crochet, sew, weave, embroider, quilt. Plus free pattern. Send 25c now!

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If regular delivery arrives shortly after you call please notify office, thus eliminating special messenger service.

ASE Associates Subject of Study By Committee

New York – (UPI) – There is a group of members of the American Stock Exchange which is getting a little holiday rest from its labors.

These men are not working against a hard and fast deadline, but they have a suggested time limit on their labors, and they are dealing with a matter of considerable income to the nation's second largest securities auction market.

Problem of Associates

Theirs is the task of finding what to do with the associate members of the exchange. The question was raised by the special committee for the study of the American Stock Exchange, the group which drew up and backed the organizational changes of the ASE within the past year and more. It recommended last February that another special committee submit a plan under which associate memberships would be eliminated within a period of 18 months.

Ten of these months have gone by. The committee was appointed in September, and submitted its first report in late November. It asked the ASE regular and associate members for suggestions and comment, to be submitted by Dec. 10.

Limitation Extended

Now this time limitation has been extended to Jan. 11; the committee said it "wants to have the benefit of all constructive proposals."

Interest in the committee's workings is not confined to New York City. The ASE has 402 associate members, 212 of them with headquarters outside of here.

The special committee for study of the ASE, in its final report last February, expressed a belief that the exchange's "entire membership . . . shares a responsibility to see that proper standards of conduct prescribed are adhered to without fail. All members and member organizations sharing in the benefits of the exchange and subject to its regulatory jurisdiction should assume the obligations of full membership . . ."

Young A-Line

A-Line sailor with an accent little girls adore! Easy to sew, so gay in blue or white cotton with contrast braid and a bright red tie. Button front—easy to don.

Printed Pattern 9049: Children's sizes 2, 4, 6, 8. Size 6 takes 2 yards 35-inch.

THIRTY-FIVE CENTS in coins for this pattern—add 10 cents for each pattern for first-class mail. Send to Marian Martin, Medford Mail Tribune, Pattern Dept., 232 West 18th St., New York 11, N.Y. Print plainly NAME, ADDRESS with SIZE and STYLE NUMBER.

FIRST TIME EVER! Glamorous movie star's wardrobe plus 110 exciting styles to sew in our new Fall-Winter Pattern Catalog. Send 35c.

The Medical Roundup

by Walter C. Alvarez

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

Women Who Are Heavy Drinkers

Some psysicians are now remarking on what I have known for 40 years to be true – that it is much harder to recognize alcoholism in a woman than in a man. Commonly I can recognize an alcoholic man the minute I see him, but I seldom suspect a woman drinker unless, when she comes into the office, she is a bit maudlin or incoherent or unsteady on her feet. Sometimes I learn what is wrong when I smell on her breath the typical sour ordor of a "binge" the night before.

Alvarez

As Dr. Mead of the California Rehabilitation Center said in a recent article, one can't very well come right out and ask a lady if she is an alcoholic, but every so often a doctor will find that a genteel gray-haired librarian, or school-teacher, or even a minister's wife, is an alcoholic. Dr. Mead pointed out that often one will notice that a woman's hands tremble a bit. She is usually a heavy smoker, and she may have a shiny reddish swelling on the palms of her hands. She is likely to be pale and thin, and she may look anemic.

One cannot count on learning from the husband that his wife is an alcoholic. He may not have any idea how much she is drinking; or his idea of what constitutes chronic alcoholism may differ markedly from that of the doctor; or he may prefer not to tell the truth about his spouse. He may be ashamed, or he may fear her wrath if he tells on her. There are many cases in which, for years, a woman concealed her chronic alcoholism from her husband. She may have done her drinking during the day while he was at work, or she may have done it at night, after he was asleep. Sometimes the first warning that a woman is an alcoholic comes with the appearance of signs and symptoms of cirrhosis of her liver.

Got Suspicious

I remember well a fine-looking woman, the wife of a prominent man, who had me fooled for a while. She called her spells of acute alcoholism gallbladder colics. It was only when I couldn't find any sign of gallbladder disease that I began to get suspicious, and then someone in the family tipped me off as to what the real disease was. At that, it was hard to believe that a handsome matron with two fine sons, a fine social position and a beautiful home could be an alcoholic who occasionally disgraced herself by getting unsteady on her feet or even falling down in a restaurant.

Students of alcoholism tell me that, in recent years, they have become much distressed by the great increase in the incidence of alcoholism among women. Several years ago, in San Francisco, I happened to have luncheon in a big dining-room which has the longest bar that I have ever seen. What impressed me was that every single one of the many persons drinking at that bar was a woman.

Why Treat Low Blood Pressure?

Some 10 years ago it was a fad among us doctors to diagnose low blood pressure and to treat it. I am glad to say that, to a large extent, the fad quickly passed, but still every month I get a few letters from people who have been frightened by a physician who said they had low blood pressure, and that this is why they have had some nervous symptoms. Often a worried woman will say that her systolic blood pressure was found to be around 110 mm. of mercury. I think most physicians would call this normal and would never think of treating it. I know that whenever I find such a pressure I congratulate the person on his good fortune.

Actually, back around 1920, when I made extensive studies on the blood pressures of over 15,000 college freshmen, I showed that quite a few normal persons never develop a high blood pressure, even when they live into their eighties. When my father was 84, he still had a systolic blood pressure of 130 mm. I am in my 70's and I still have a systolic blood pressure of 130 mm.

I wouldn't worry even about a low systolic blood pressure around 100 mm., unless the person had a dark skin, marked muscular weakness, and other signs of Addison's disease in his adrenal glands. That a low systolic pressure does not mean physical weakness was evident to me when I was in my thirties. Then while climbing 13,000 and 14,000-foot mountains, I had a systolic blood pressure of 95 mm. A low blood pressure must usually be ignored. It is rarely a sign of illness, and does not have to be treated.

What can be done for someone who suffers from high blood pressure? Much valuable information about this condition is contained in a booklet by Dr. Alvarez. To get your copy, send 25 cents and a stamped, self-addressed envelope with your request for "High Blood Pressure" to Dr. Walter C. Alvarez, Dept. MMT, The Register and Tribune Syndicate, Box 957, Des Moines 4, Iowa.

12 New Penguins Die at Portland

Portland – (UPI) – Twelve of the 46 new penguins at Portland Zoo have died.

Parks Superintendent Harry Buckley said death was caused by a staphylococcus infection.

Seven of the dead were Adelie penguins and five were Emperors.

Dr. Matthew Maberry, the zoo veterinarian, said four pathologists would be working on the problem.

The penguins were brought to Portland from the Antarctic a few weeks ago.

A number of penguins in an earlier batch, brought to Oregon three years ago, died of aspergillosis, a lung infection, before Maberry developed an antibiotic mist treatment that checked that disease.

Portland Dentist Dies While Hunting

Portland –(UPI)–Services will be held today for a Portland dentist, Dr. Bruce A. Moffit, who died early this week while duck hunting with his father and brother west of Enterprise.

Dr. Moffit, 33, was a native of Wallowa until he began practicing dentistry in Portland in 1954. Survivors include a widow and three children.

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