

Male Population in County Carries Tons Of Excessive Weight

Jackson county's male population is carrying around tons of excess weight. The average man, locally, is about five pounds heavier than was his counterpart, of the same height, in 1929. What this adds up to, for the male community as a whole, is an increase of 186,400 pounds, or 93.2 tons.

The figures are based on averages determined through national surveys conducted by the Society of Actuaries and by the Department of Agriculture.

Degree Varies

The degree of overweight, compared with 1929, appears to vary with age and with height. For the 5-foot, 8-inch group, it is found that 4 extra pounds have been put on by those who are 25 years old, 6 pounds by the 35-year-olds, 5 pounds by those who are 45 and 3 pounds by men at age 55.

What about the women? For them the weight trend is just the opposite. They weigh less today, at a given height and age, than women did in 1929.

At age 22, the average 5-foot, 4-inch woman now weighs 121 pounds. She would have weighed 126 pounds in 1929. The woman of 27 tips the beam now at 125, compared with 129 previously.

Starts Going Up

Age 40, however, is her nemesis. After she reaches that milestone she starts going up in weight. Within a few years, the gains she had made disappear.

To get back to the men, just getting rid of that extra five pounds they have put on in the last 20-odd years would

not be sufficient to satisfy the medical authorities. They contend that the average American male is about 20 pounds too heavy from a health standpoint.

At his present weight, they say, the mortality rate is about 10 per cent higher than it should be.

Low Mortality Ratio

"It is quite clear that among men at ages 30 and over the lowest mortality ratios are consistently associated with underweight," state the actuaries.

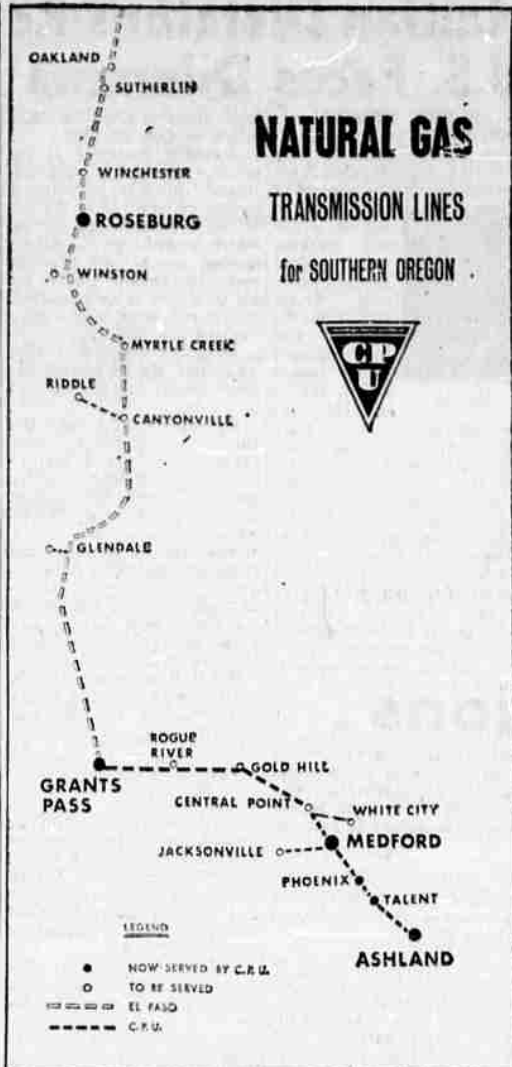
For Jackson county's male population to take off the recommended 20 pounds would mean disposing of 373 tons of beef.

Cutting down on the food intake is considered the best means of reducing. Exercise, however, is an important adjunct. The Air Force finds that running, rowing and the twist burn up the most calories. These are not recommended for overweight men over 40.

Bowles Approved as Ambassador To India

Washington—(UPI)—The Senate Foreign Relations committee Tuesday approved the nomination of Chester A. Bowles to be ambassador to India. It now goes to the Senate.

The committee also approved after brief hearing the nominations of E. Allar Lightner Jr., a career diplomat, to be ambassador to Libya, and retired Adm. Jerauld Wright to be ambassador to Nationalist China.



GAS LINE—This map shows the route of the natural gas line which is expected to be completed by mid-November to provide natural gas for southern Oregon residents.

Small Worlds Around Us

By LYNN M. WATKINS
(Register and Tribune Syndicate, 1963)

Smart Pup Learns Sage Lesson From Feline Pal

They had been seen to gether a great many times, but it caused no raised eyebrows, nor did it set any human tongues wagging.

Rather it was a source of considerable amusement in the neighborhood. Many human observers were amazed that such an unbelievable companionship should exist between two very dissimilar animals.

Not always noticed by friends and acquaintances, the odd couple went out together nearly every day — the German shepherd dog and the white cat from the next block.

The shepherd dog was barely out of puppyhood, but he was large for his age. He was embarrassingly awkward; trying to run, he frequently stumbled over his own feet and loped end over end. At such times, his friend the cat, who usually accompanied him, patiently waited until the dog untangled himself and was again ready to continue their walk. Day after day, dog and cat walked, ran and played together.

Dog owners conferred with one another. They agreed nothing much could ever come of such a friendship... that it couldn't last and would end in a spitting, snarling, fur-tearing disagreement within a few days, or a couple of weeks at most.

But, as so often happens with human prognostications, they were wrong. Later events proved they were not even half right, for at least one side of the strange friendship benefitted greatly. The dog certainly learned some very valuable lessons.

Within a half mile of where the two animals lived was a small pond. Regardless of which direction the two animals took when they started on their daily trips of exploration, they would always end up at the small lake, and for a very good reason.

Eyes Blundering Friend

Here, in the cool shade of a tree, the cat would curl her tail about herself, and from half closed eyes, watch her awkward friend blunder around in the shallow water. The cat and dog visited the pond so frequently and remained there so long every day that some of the folks in the neighborhood became curious and began watching. It proved to be an interesting experience.

The pup was attempting to catch frogs. As the dog blundered along the little beach, a frog would suddenly leap toward the water. This sudden leap would always scare the pup. By the time he collected his thoughts and got his legs untangled the frog would have disappeared into the pond.

After several futile and awkward attempts on the dog's part, the cat would get up, stretch and walk along the beach until it was alongside her friend.

Complete Understanding

There must have been complete understanding between the two, for the dog would drop back and allow the cat to precede him. A frog would jump, and as if activated by the same spring, the cat would leap forward and grab the frog, usually right in mid-air. The pup would bark, evidently applauding the feat.

The human observers reported the cat seldom missed and would always back up and allow the dog to try his paw at the trick. The dog was always anxious to get into the act. The contest went on for

Availability of Credit Helping Young Families

The availability of consumer credit is helping young families become established faster, Douglas Fosbury, president of the Medford Retail Credit association, stated here today, reporting a change in public attitudes toward consumer credit, while announcing local observance of Consumer Credit Week, through May 4.

"Public acceptance of consumer credit as a form of thrift is growing, but some old-fashioned attitudes toward personal debt are persisting," Fosbury said he noted with regret.

"The notion that it is a good thing to save before one buys, but a bad thing to save after one has bought is diminishing," Fosbury added. "The young married couple of today has few of the prejudices against the use of installment credit which characterized their grandparents."

Have By Using Credit

"Young husbands and wives want a car, a home of their own, furnishings, appliances and children, and they can

have them all simultaneously only by using their credit," Fosbury said. "But contrary to opinions of some older folks, they are not spend-thrifts and are not up to their ears in debt."

The association points out, Fosbury stated in defense of his viewpoint, that a new trend may be developing in family money management.

There is growing evidence, the association which represents more than 54,000 credit executives has found, the Medford representative con-

WHERE ARE WE?

San Diego, Calif.—(UPI)— Crew members aboard a Navy attack transport returning from the Far East broke out a sign as they entered San Diego harbor reading: "Hello, San Francisco." But as the vessel nudged alongside a pier where hundreds of waiting dependents roared their disapproval, they flipped the sign over to the reverse side which read: "Oops, Hello San Diego."

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Natural Gas for Southern Oregon Is Seen by November

Natural gas for southern Oregon by the middle of November is the objective set by California-Pacific Utilities company, E. K. Albert, company president, has announced.

"We are now preparing to take bids for the construction of a 53 mile mainline from Grants Pass to Ashland. This line will tie-in with the 127 mile mainline from Eugene to Grants Pass to be constructed by El Paso Natural Gas company," Albert said.

"With the recent Federal Power Commission's approval of the project, we are prepared to start laying the pipeline just as soon as the Federal Power Commission order becomes final," the company president pointed out. "Practically all of the right-of-ways have been secured and the engineering completed for our part of the project, which will

involve an expenditure of \$5,277,000 by CPU and another \$7,893,000 by El Paso."

First to Receive Gas

First of the 19 communities to receive natural gas will be Roseburg, Grants Pass, Medford, Phoenix, Talent and Ashland as all of the customer equipment conversion work has been done in these cities now served with manufactured gas by CPU.

Towns scheduled for natural gas during 1964 include Oakland, Sutherlin, Winchester, Winston, Myrtle Creek, Riddle, Canyonville, Glendale, Rogue River, Gold Hill, Central Point, White City and Jacksonville.

For customers now using manufactured gas, a saving of approximately 20 per cent will result when they switch to natural gas, Albert pointed out.

"What it will mean to the general economy of southern Oregon can be illustrated by the \$653,000 estimated annual savings to be enjoyed by 24 industrial and commercial firms now using other fuels in the area. Generally when natural gas is introduced in a new area, growth and development of that area and of nearby areas is enhanced," he added.

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