

Oregon To Be in Political Spotlight As Primary Election Time Draws Near

By ZAN STARK
Salem — (UPI) — Oregon will be the center of national political attention next spring when candidates are announced for the state's presidential primary election.

Under Oregon's unique election law, the secretary of state has authority to place candidates' names on the presidential primary ballot.

The system is designed to throttle the ambitions of "favorite sons" and give the state's residents an opportunity to vote on the front-runners in each party.

Presidential hopefuls can petition to have their names on the ballot. In addition, the secretary of state can arbitrarily add whomever he wants to the list of candidates.

It is because of this unique feature that Oregon is expected to become a Republican battleground next spring.

Definite Law
The law directs the secretary of state "to place the names of candidates upon the ballot when he shall have determined in his sole discretion that such candidate's candidacy is generally advocated or recognized in national news media throughout the United States."

The only way a supposed candidate can duck the primary is to file an affidavit "stating without qualification that he is not now and does not intend to become a candidate."

Oregon's secretary of state Republican Howell Appling Jr., refuses to speculate on the selection he will announce next March 6.

Informed sources believe that if Appling were faced with making the decision today he would name New York Gov. Nelson Rockefeller, Arizona Sen. Barry Goldwater, Michigan Gov. George Romney, and Pennsylvania Gov. William Scranton on the Republican ballot.

It now appears that only President Kennedy will be on the Democratic ballot.

In 1960, Appling announced he would place Rockefeller and Adlai Stevenson on the primary ballot. Both immediately withdrew their names. Richard Nixon's name was placed on the Republican ballot by petition.

Three Nominated
On the Democratic side, Kennedy, Sen. Wayne Morse (D-Ore.) and Sen. Hubert Humphrey (D-Minn.) were nominated by petition. In addition, Appling added the names of Stuart Symington and Lyndon Johnson.

Oregon's primary election next year will be held May 15, well before the Republican and Democratic National Conventions.

While nobody expects a race on the Democratic side, the outcome of Oregon's Republican primary balloting could prove a disaster to some hopefuls.

Oregon's Gov. Mark Hatfield, a Republican, has been mentioned as a vice presidential possibility.

Appling didn't list any vice presidential candidates on the primary ballot in 1960, and nobody expects him to do so this year.

The Medical Roundup

by *Walter Alvarez*
Emeritus Consultant in Medicine
Emeritus Professor of Medicine
Mayo Clinic
(Register and Tribune Syndicate, 1963)

Dangers Involved In Swimming, Diving
With summer coming, I should note here that in this country, each year a distressing number of persons lose their life by drowning. It is particularly sad that so many of these drownings could easily have been avoided. First, all children should be taught to swim well. Unfortunately, many people do not know how to swim; even a person just taking a boat ride should know how to swim well enough so that if thrown into the water, he will not get panicky and drown.

Incidentally, it is significant that when I read of people who drowned after their boat capsized, I generally find a note to the effect that the boat had too many people in it. I imagine a boat often capsizes because someone got up from his seat and tried to step to another seat. This, of course, is a foolish thing to do.

Many times I read in the paper that the old ferry or excursion boat that capsized and sank with one or two hundred holiday seekers aboard had been chartered just for the day. Evidently the boat was not sea-worthy, or the crew — gathered together for the day — were so poorly trained that they did not work well together.

Every week during the summer, one can read of a death due to a person's having dived into water so shallow that he got a broken neck. People also have broken their necks by running and diving into a swimming tank that has no water in it. Obviously, a person who is planning to dive should assure himself that he is not likely to run into broken glass, stones, or tree stumps. Any

one who dives into water without knowing well how deep it is, is very foolish. **Warning Unheeded**
Many people lose their lives because they insist on swimming alone, perhaps on an unguarded beach — where there is no lifeguard, and where perhaps there is a dangerous undertow. I have read many a time that a young man drowned because he insisted on swimming off a beach where a lifeguard had warned him not to go. I, who in my youth in Hawaii lived so much of the time in the water that I have no fear of it, never cared to run the risk of swimming alone.

I never would swim alone far out into a lake, and especially one in which the water was very cold. Cramps are most likely to cripple people who are swimming in very cold water. Also, children who are using an inflated inner tube or water toy to hold them up should be watched, because they can easily slip off it into deep water, where they can drown.

What often happens to a person who unwisely swims out too far is that he becomes panicky and hysterical. Then he thrashes about and tries to wave and shout. A sensible swimmer does not get panicky; he treats water, or he turns over on his back and floats for a while, so that he does not exhaust himself.

As we all know, many persons are drowned while trying to save someone else from drowning. Anyone who hopes to save a drowning man or woman should know well the art of taking hold of the frantic person in such a way that he cannot grab him and strangle his would-be helper as so often happens. The would-be life-saver should know also how to tow a disabled person to shore.

Should Save Strength
One suggestion for swimming safely is that if a swimmer should be caught in a fast river current, he should not try to "buck" it, because it will move faster than he can swim. He should save his strength by drifting downstream while at the same time swimming diagonally towards a shore.

Nowadays on a lake when on a summer evening several motor boats are likely to be dashing about — each with a water skier in tow — swimmers must keep out of their lanes.

Experts advise that if one is caught in an undertow, one should try to tread water until the pull of the undertow has passed, and then must try to swim to the surface.

Many women in their forties worry about "change of life." Most women need not worry, says Dr. Alvarez in his booklet, "Menopause and Hysterectomy." You may order a copy of the booklet by sending 25 cents and a long self-addressed, stamped envelope with your request to Dr. Walter C. Alvarez, Dept. MMT, Box 957, Des Moines 4, Iowa.



Alvarez

STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide According to the Stars.

To develop message for Tuesday, read words corresponding to numbers of your Zodiac sign.

ARIES	1-51-20	1-51-20	1-51-20
Taurus	2-11-24	2-11-24	2-11-24
Gemini	3-11-24	3-11-24	3-11-24
Cancer	4-11-24	4-11-24	4-11-24
Leo	5-11-24	5-11-24	5-11-24
Virgo	6-11-24	6-11-24	6-11-24
Libra	7-11-24	7-11-24	7-11-24
Scorpio	8-11-24	8-11-24	8-11-24
Sagittarius	9-11-24	9-11-24	9-11-24
Capricorn	10-11-24	10-11-24	10-11-24
Aquarius	11-11-24	11-11-24	11-11-24
Pisces	12-11-24	12-11-24	12-11-24

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Here Are Some of Our **LUCKY WINNERS**

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- Mrs. Nick Theis — Medford \$100.00
- Mrs. Ted Gyton — Medford \$40.00

BISCUITS
Borden Tube
Sweet or Buttermilk
3 for 25¢

MEAT PIES
Cottage
Chicken, Beef or Turkey
17¢ ea.

FLOUR
Red Rose
10-lb. Bag
89¢

CREAM PIES
Banquet
All Flavors
29¢ ea.

ICE CREAM
Dutch Queen
1/2 Gal.
69¢

COOKIES
Creme Sandwich
Sunshine
2-lb. Pkg.
59¢

FACIAL TISSUE
300 Count
Northern
5 for 99¢

RIB STEAK

USDA Good, Well Trimmed **79¢ lb**

Country Style Sausage

33¢ lb

GROUND ROUND

69¢ lb

CINNAMON ROLLS
In Foil **6 for 23¢**

CHOCOLATE FUDGE NUT CUPCAKES
59¢ Doz.

DATE NUT BREAD
Yummy Toasted **15¢ 29¢**

HI-GLUTEN BREAD
15¢ 29¢

Tomatoes
Red Ripe, Loaded with Vine Ripened Flavor.. **19¢ lb**

GRAPES Large, Sweet, Juicy Thompson Seedless..... **29¢ lb.**

CARROTS Fresh, Crisp, Topless Beauties..... **9¢ lb.**

TUMBLERS
Set of 8 Decorated
11 1/2-oz.
99¢

SYRUP
Staleys
Full Gal. Tin
\$1.49

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We Reserve The Right To Limit Quantities

Oregon FOOD STORES

MEDFORD—Westgate Center
MEDFORD—13th and Central
ASHLAND—Gateway Shop. Center

We Reserve The Right To Limit Prices Effective thru Wednesday, July 10

Congress Resumes Following Recess

Washington — (UPI) — Congress returned today from a week-long Fourth of July holiday as a Democratic leader predicted members would stay in session until the end of the year.

House Democratic Leader Carl Albert (Okla.) said there still was "an impressive array" of legislation, including civil rights and tax measures, which awaits action. He said he expected members to remain in session until they were passed.

With half the year already past, most major items still are on the agenda. Most lawmakers had been predicting the end of the session would come in late October or November.

This week, floor schedules in the House and Senate again will be light. President Kennedy's two major requests — civil rights and tax cut and reforms — still are being studied by committees.

With long, hard battles expected on these two measures, much other legislation is quietly being postponed until next year.