



PRODUCER HONORED—Producer-director Mervyn LeRoy is honored on the occasion of starting his 75th film in what was described as a long and distinguished career. A plaque, noting the occasion, was set in cement in the forecourt of Grauman's Chinese theater in Hollywood by actor James Stewart, left, and actress Natalie Wood, right. LeRoy and his wife, Kitty, can be seen in the center. (UPI)

'Stress' Can Lower Cholesterol Level, Scientists Learn

By DELOS SMITH
UPI Science Editor
NEW YORK (UPI) — What began as an effort to pinpoint the influences of the central nervous system on blood cholesterol ended in a clear demonstration that "stress" all by itself can lower blood cholesterol levels.

Through monkeys the five scientists were chipping at the big problem of science from the viewpoint of lengthening the human life span. If that lengthening is going to come about science has to learn how to prevent human arteries from "hardening," or at least slow the process.

Controls Rate
But first it must understand all the things which are involved. Cholesterol, a blood fat, is the evident hardening substance. It gets deposited into artery lining from the blood stream. The implication is that the amount of cholesterol in the blood controls the hardening rate. A powerful scientific case has been made for the high fat diet—the common American diet—being responsible for high cholesterol blood levels. Increasingly of late, however, the inter-

ested scientists have become aware that other factors must be involved, too.
At the University of California, Los Angeles campus, the five scientists "restrained" monkeys in chairs with loose straps. The idea was to trace central nervous system influences on how various blood fats moved about in their blood streams.
To be "restrained," even loosely, is a stressful experience for a Rhesus monkey which normally bounces around. The scientists realized at once that this "stress" was influencing the amounts of their blood cholesterol.

This led to a formal experiment with six male and six female monkeys. Their usual blood cholesterol levels were established in advance. Diet and body weight were precisely "controlled" so these influences on blood cholesterol would be uniform.

That left only "stress" as the measurable influencer. The monkeys were "restrained" for periods of 10 days to 45 days and their blood chemistries were studied systematically.
Level Drops
The blood cholesterol level of the males dropped 35.5 per cent under "stress." It dropped in the females, too, but not nearly as much, the drop amounting to 19 per cent. After the monkeys were released from "restraint"

complex part of the complicated human brain—play a part in controlling the chemistry of blood fats and, as the result, has a say-so in the extent and speed of artery-hardening.

Gold's Big Factor In School Absences
NEW YORK (UPI) — Colds continue to be the largest single factor contributing to school absences, report researchers at a drug firm.

Medical surveys cited by the researchers indicate children of elementary school age have five times as many colds as do adults.

However, it was clear to Rita M. Meier, J. H. Greenhoot, Irma Shonley, J. R. Goodman and R. W. Porter that "cerebral factors"—meaning the most

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Writer Enters Plea On Tax Evasion

LOS ANGELES (UPI) — John Hawkins, 52, a freelance television writer who has done scripts for "Bonanza" and other shows, Tuesday pleaded nolo contendere (no contest) to a charge of evading state income tax on \$270,000 earned since 1959.
The former Oregon man appeared before Municipal Judge James D. Tane to enter his plea on four counts. He had been scheduled to have a preliminary hearing. Three other counts were dismissed.
Hawkins, free on \$5,000 bail, assertedly owes the state \$14,000 in back taxes. Investigators claim he never filed a state income tax return from the time he came to California in 1956 to the time of the complaint.
Sentencing is set for Nov. 5 in Superior Court.

Lady Churchill Enters Hospital

LONDON (UPI)—Lady Clementine Churchill, 78-year-old wife of Sir Winston Churchill, has entered London's Westminster Hospital for a "period of rest and investigation," a spokesman there said today.
"In view of the fact that her condition is in no way serious it is not the hospital's intention to issue any further bulletins," the spokesman said. Lady Churchill entered the hospital several days ago.

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, and offers guidance, counseling and social workers. Edited by Mrs. Alma Denney. (Copyright by General Features Corp.)
Mrs. P. A. — She certainly should know her natural father. Grace F. — My stepfather is enough father for me.
Mrs. P. A. — When my son and his wife were divorced 15 years ago, their baby Grace, my granddaughter, was placed in my care. It had been a foolish, teen-age marriage, and



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there was no home for the child. But six years later when her mother remarried, Grace was ruthlessly snatched from me. My son has married again, yet he and I both love Grace dearly. He is due in town for Thanksgiving and I've tried in vain to arrange a reunion.
Grace F. — I have no desire to meet my first father. He ran off and left me with Grandma and I only saw him once while I lived with her. That was one Christmas when I was 5 and he came in from Europe with a new wife and their two babies. I adore my stepfather. He adopted me legally and we have a close, happy family — my mother, Dad, and three brothers. I do love my grandmother but she can't force me to love her son who never cared about me.

The Council: Ever since the days of King Solomon, the battles of warring parents and grandparents have been decided on the answer to one question: What's best for the child? We repeat it here as the battering ram to clear the way for a "relatively" peaceful life for Grace. We agree with her that love can't be forced or faked, just be earned, and learned, and this doesn't happen overnight. Love is a sum total of many small appreciations, pleasures, insights...

We advise Mrs. A. to quit trying to turn back the clock. She should rejoice that Grace treasures the bond with her. The indifference about meeting her natural father may be part teen-age apathy, part indoctrination by her mother and stepfather. Grace seems content. She has a family she loves. Mrs. A.'s son may someday re-enter her life, but only as a considerate friend who takes pains not to upset her. A family counselor would be the one to say when and how.

New Home Features Man's Hobby Center

PITTSBURGH (UPI) — At least one district new home builder is keeping the man of the house in mind when it comes to "built-in" features.
This "appliance" for men is a complete hobby center consisting of a modeler's bench, potting cabinet, work bench and moveable table in addition to the latest thing in assorted power tools. At present, the home featuring the hobby center sells in the \$33,500 range.

Men Win Crochet Awards in Kansas

TOPEKA, Kan. (UPI) — For the second year in a row, the 1963 sweepstakes award in crocheting at the Mid-America fair went to a man.
The winner this year was Carlton W. Pryor of Lawrence, Kansas.

WEED TAX
WASHINGTON, D. C. (UPI) — State governments have doubled their tobacco taxes in the last seven years, according to the Tobacco Institute. The trade group claims that on the average nearly half the price of a pack of cigarettes goes for taxes. Tobacco taxes returned some \$1.1 billion to the 47 states and the District of Columbia which tax the product.

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