

Dieters Who Give Up Eating May Become Gout Prone



Small Worlds Around Us

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

Soft, Cuddly Hamster Menace to Grain Field
The explosion had been noiseless, but terribly destructive. The numbers of hamsters in and near the fertile fields of Belgium had reached a peak; the grain crops were being ruined. Something had to be done. So a bounty was placed on the little animals; four cents a head.

Other European countries, also plagued with a hamster explosion, resorted to poisons, guns, traps and fire. The soft-eyed little animals had always been present in Europe and Asia, but an expanding human population resulted in more acreage being devoted to grain crops and this encouraged greater numbers of hamsters.

Animal populations are controlled by food supplies, available hiding places and shortage or absence of predators. The hamsters made their underground shelters; since enemies were few and food was in ample supply, numbers of animals became astronomical.

Right for Pet
This little burrowing rat-like animal, with the short, bushy tail, is a soft, cuddly little creature, just right for a child's pet. As such some of them were introduced into America and have now become common in every pet store and in thousands of homes.

The hamster actually is a rodent, has a tooth arrangement like that of the rat, but unlike the rat, the hamster has two cheek pouches, one on either side of his face in which seeds and grain are carried. These pouches closely resemble those of the American pocket gopher and perform the same purpose. For this resemblance our own pocket gopher has often been called the "American hamster."

A pair of healthy hamsters can store unbelievable amounts of food in elaborate underground galleries by carrying the grain in the cheek pouches.

Store 200 Pounds
Investigators have found that a single pair of the little animals have stored as much as

200 pounds of grain. A colony of hamsters near a fertile field would be an expensive group of boarders.

The hamster is usually brown or near-black in color and about six inches in length. They are harmless little creatures with no means of offense or defense. Their only recourse, when danger threatens, is to scamper home and remain there until the enemy is gone.

They survive, and in enormous numbers, in the wild, because of their ability to become parents at an early age. As many as 16 can be born at a time, and this process can be repeated several times a year. Where multiplication is concerned, a pair of hamsters make the rabbit or the guinea pig look like pikers.

McNeil Appointed to Executives Group

Donald P. McNeil, manager of the Medford Chamber of Commerce has been appointed to the membership committee of the American Chamber of Commerce Executives, it has been announced by William E. Dauer of Kansas City, Mo., president of the national association. "He has distinguished himself in the field of chamber administration, and we are pleased to call upon his knowledge and experience in furthering the work of our organization," Dauer said in making the appointment.

It is the purpose of this committee to build and maintain the membership strength of ACCCE to assure it adequate manpower and financial resources.

The American Chamber of Commerce Executives is the national management association for more than 2,300 local chamber executives. It is dedicated to the principal of the development and enforcement of ethical practices and the maintenance of high educational and management standards.



POSES WITH BRIDE — British actor, Alan Doble, 31, of "Chips With Everything" cast on Broadway, poses with his bride, British singer, Maureen Scott, 20, outside Plymouth Theater in New York. Doble went AWOL for 24 hours to marry in his bride's village 25 miles north of London. The whirlwind wedding began after Doble's Nov. 30 performance. He boarded the plane Dec. 1 for London, was married at 9 a. m., Dec. 2 and was back in New York at 5:45 p. m. (New York time) Dec. 2 to take the leading role in the play. (UPI)

By DELOS SMITH
UPI Science Editor
NEW YORK (UPI) — In addition to being a sure way of losing weight, giving up eating may also be a way of getting the gout.

This scientific half-nelson has been thrown on the medical idea that total fasting is a safe and not too unpleasant means

Wild Dogs Cause Fear in Portland

PORTLAND (UPI) — Packs of dogs in north Portland have driven deer from a game preserve and have made people "afraid to leave the populated areas at night," a park foreman said today.

J. Howard Williamson said the near-wild dogs, sometimes numbering 40 to 60 in a pack, have virtually driven deer from Forest Park in the St. John's bridge area.

He said he rescued one doe from the dogs which collapsed at his feet.

Williamson added that he and others employed in the 4,000-acre forest area had found skeletons of deer after they had been chased over the brink of a quarry.

"I would hate to think what would happen to a child if the dogs, excited, set out after him," he said.

The Oregon Humane Society said it would help apprehend the dogs.

Biggest Dog Title Claimed by Briton

LOUGHTON, England (UPI) — Frank Hollis claimed today that his St. Bernard, Sir Baron, is the biggest dog on earth.

Sir Baron, he said, stands 37 inches high, is six feet long and weighs 224 pounds.

of slimming persistently fat people who can't be slimmed through dieting.

Several physicians have propounded in behalf of this cold-turkey - without - turkey-or-any-food technique of reducing. They've had spectacular results (it goes without saying) which they've reported to the profession.

Drs. Rosemary Murphy and Karl H. Shipman put the technique to scientific test from a kidney rather than a weight-reduction viewpoint. They put five women, whose average weight was 234 pounds, into a hospital in order to starve them under supervision.

They could drink all the black coffee, tea or water they wished. They were given one multivitamin pill every day. But not one morsel or drop of sustaining food could they have.

Sure enough, loss of appetite appeared after the second day, just as the starvation experimenters had found. After that, the women didn't mind too much going without anything to eat.

They fasted thus for three to 10 days. At the end their average weight was 215 pounds, representing an average loss of 19 pounds per woman. But the scientists were really interested in their kidneys.

Those organs choose the products of body metabolism which are retained and those which are discarded. Among them are the metabolic products of uric acid. A relative little of it is always present in body metabolism and is doubtlessly useful.

But a relatively lot of it is now considered to be a prime cause of gout since urate, a uric acid product, is found deposited in gouty toes and other gouty joints.

In the starving fat women this potential chemical crippler piled up in their blood serum

to as much as twice the normal amounts. Evidently, as the result of giving up eating, their kidney reduced the rate of filtering and the rate of clearance.

Support Contentions
Drs. Murphy and Shipman bolstered this point with kidney studies of eight other obese women (average weight, 195 pounds.)

They were not hospitalized and they were not starved. All they did was report periodically for testing while going about their usual lives, eating as they wished.

Their blood uric acid levels remained normal; their kidneys chose what to do with uric acid metabolites in a way to keep the levels where they should be. With comparisons, Drs. Murphy and Shipman concluded that fasting upset kidney dealings with uric acid.

Freighter Misses Safety by Minutes

ASTORIA (UPI) — The 256-foot freighter C. Trader ran aground in the Columbia River Saturday just minutes before she reached the safety of Astoria harbor.

The freighter, her main deck awash, was taken under tow Friday night by the Coast Guard cutter Mallow near Willapa Bay, Wash. The tow was transferred to the commercial salvage vessel Salvage Chief of Astoria at 4:38 a.m. Saturday.

The ship reached the mouth of the Columbia about 8 a.m. and proceeded across the bar, settling about four feet more in the stern as she did so.

The C. Trader was swinging back and forth on her towline before she ran aground in 29 feet of water, according to the Coast Guard.

In reporting to the American Medical Association, they expressed surprise that the medical advocates of total fasting for the persistently obese, had made no mention of fasting increasing uric acid blood levels. That was first reported in 1907, and it seemed to them that total fasting shouldn't be applied to persons with any history of gout.

High uric acid blood levels may not be the only cause of gout. There may be a hereditary factor, too. Medical science still has much to learn about gout.

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STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide According to the Stars

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ARIES	1-8-9-34	1-8-9-34
APRIL	46-60-75	46-60-75
Taurus	1-8-9-34	1-8-9-34
MAY	46-60-75	46-60-75
June	1-8-9-34	1-8-9-34
July	46-60-75	46-60-75
Aug	1-8-9-34	1-8-9-34
Sept	46-60-75	46-60-75
Oct	1-8-9-34	1-8-9-34
Nov	46-60-75	46-60-75
Dec	1-8-9-34	1-8-9-34

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