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Teen Talk of the Canyon Kids
By GARY PETERSON
Breitenbush was the scene of the Teenage Club meeting this week. Everyone, I believe, had an enjoyable time, even if the dancefloor was like sandpaper—ten pounds or no ten pounds of cornmeal. Anyway, the swimming pool had water in it, and a multitude of adolescent swimmers were in the water. This brought up a problem of what to do with those who could not, by any means, squeeze into the pool. Aw, it wasn't that bad, really. As a matter of fact, there was plenty of room in the pool, and enough left over for the girls who spent most of the time on dry land. About the time everyone had gotten the idea that they would soon waterlog and sink to the bottom, everyone, including those who had been on top of the pile and had not yet reached the water, got out, for the purpose of supplying large quantities of nourishing viands for their stomachs. Most of the teenagers and the parents who attended must have read this column, as there was quite an array of choice morsels. Dancing on a floor like sandpaper, with rough edges protruding to trip the unwary was the form of entertainment most likely to become extinct at Breitenbush.

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To: All Marion County Residents:
This open letter is your personal invitation to participate in the 100% Marion County chest x-ray program to discover unknown cases of tuberculosis, lung cancer, and heart abnormalities.

Every adult resident of Marion County will be urged to have a chest x-ray between July 18th and August 11th. There will be no charge for these x-rays. Not only will you gain the assurance that you do not have a health condition that needs correction but your participation will insure the success of this program to protect you from future exposure to tuberculosis.

Such a 100% survey has been made possible through the availability of 18 mobile x-ray units on loan from the federal government for this single "all-out" effort. Successful surveys have been completed in Seattle, Spokane, and San Diego. This Willamette Valley survey in which Marion County has joined is approved and actively supported by our county medical profession and civic leaders.

This 100% survey is necessary because the limited number of mobile units available for past routine examinations has made it impossible to examine more than 10% of the people.

The equipment is on a matching basis. The government will furnish the units and technicians. We are responsible for the local costs, which will amount to approximately \$12,000 for Marion County. So far, \$4,000 has been raised. The balance must come from those who recognize the value of this program to the health of our community and who will underwrite this cost.

Contributions may be mailed to Walter Minier, X-ray Treasurer, Pioneer Trust Co., Salem, Oregon. Regardless of whether you find it possible to make a contribution, please be a committee of one to see that not only you, but each of your friends and relatives have the benefit of this x-ray examination.

Your assistance in raising funds to cover postage... printing... telephone... rent and other necessary expenses will be appreciated.

Good health is everybody's business. Why not invest in your health... your future... and your community... right now!

Cordially,
Jason Lee
Jason Lee
Marion County Chairman

Roses to Bob Veness for letting the teenagers use his theatre for a party given by Alona Daly. The party, which was originally slated for the Daly driveway, was delayed because of rain, and was about to be cancelled completely but for the offer by Mr. Veness. I noticed that he left the lights on in the candy machines, however. That's O.K., Bob, we believe in free enterprise. It didn't start until eleven, but what there was of it was okay.

Being as I've run out of material, I suppose it is not okay to write something about the Fourth of July Dedication of Allen Field, as it is now called since they went modern and got electricity. I guess it can be classified as teenage news as there were teenagers participating in it. Did those guys look cute in their softball uniforms. If I was twenty years younger I might have made a pass at one of them. Talking about youth and uniforms, Delbert Meeks

is back in town wearing the uniform of Uncle Sam's Army. I don't think he was quite as proud as he should be of his GI haircut because he kept his soldier's cap on all the time. Come to think of it, according to the big brass the GI is no longer one. He is now a soldier—not a GI or a dogface, but an honest-to-goodness soldier. This brings to mind the paraphrased name of an old ballad—"Old Dogfaces Never Bark. They Just Howl or Bay" "Corn, I love it," said the maniac as he bought a ticket to Iowa. The Airshow Princesses graced the dedication ceremonies with their royal presence the other night, and I think that the various communities sponsoring a princess should give whole-hearted support to that princess. Since Mill City is the larger of the four communities the citizenry should be able to rally enough votes for Carol Jane to crown her queen. There is only ten days left until the airshow. So, fight, team, fight, and

GEMS OF THOUGHT SERVICE
Tolerance
The circumstance of the world is the circle of neighborliness; and our love should be as boundless as the sea, overleaping even the most bitter racial prejudice.—Rev. C. M. Chevasse.
Charity is quite as rare as wisdom, but when charity does appear, it is known by its patience and endurance.—Mary Baker Eddy.
Owe no man anything, but to love one another; for he that loveth another hath fulfilled the law.—Romans.
We anticipate a time when the love of truth shall have come up to our love of liberty, and men shall be cordially tolerant and earnest believers both at once.—Phillips Brooks.
all that sort. If my readers will pardon another atrocious pun, that's all I can stand, you can stand, and wasn't it a grand stand? That didn't smell so bad, but it gets in the eyes.

Don't Neglect Your Hay Fever and "Summer Colds"

by FRED W. WITTICH, M.D.
Chairman, International Association of Allergists

THE sneezing and sniffing that begins this week for millions of hay fever sufferers is a warning to one out of every two of us. More than half the U. S. population has some form of allergy, which, if ignored, often develops into more serious conditions. This can be avoided, however, because new methods of treatment are dramatically effective in coping with these annoying allergies.

The standard treatment for allergy has been the avoidance of whatever it is you are sensitive to and "shots" that immunize you against the offending agent. More recently, however, medical research has turned up drugs that are making the lives of many allergy sufferers more liveable.

During the past year, we have confirmed the fact that the anti-histaminic drugs, properly used, can provide considerable relief to most sufferers from allergy. Medical evidence indicates that almost 50 per cent of allergy victims, especially those suffering from hay fever and hives, will obtain spectacular relief from these drugs. Another 30 to 40 per cent will get at least partial relief.

Actually, these drugs have been known for some time to the medical profession, but the first chemical used produced side effects, such as sleepiness and drowsiness. The newer drugs in this field, however, have proved remarkably free from these side effects and have been used with complete safety by millions of people.

These are the same drugs which were made available to the public for use in treating the symptoms of the common cold this year, and which have attracted so much comment both pro and con. As to their effectiveness, there is no doubt that in most allergic conditions, there is release of a substance which doctors call H-substance or more loosely, histamine which is largely responsible for symptoms. It is now clear that the antihistaminic drugs



do block the action of histamine on the system. Innumerable experiments have proved that when the antihistaminics are administered the effects of histamine are counteracted and the allergic symptoms are greatly relieved if not completely eliminated.

The discussion this year around the antihistaminics has centered largely on the question of safety. There have even been rumors that these drugs have actually harmed people. I think my experience and that of allergists is in accord with a statement recently made by Dr. Morris Fishbein, former secretary of the American Medical Association, who reported recently that he had not seen an actual case in which these drugs have ever done any harm. Said Dr. Fishbein: "I am unaware of any scientific verified published evidence or unpublished evidence of harmfulness."

Take for example the case of Neohetramine, the drug known to the public as Anahist. Recently Dr. Harry E. Tebrock, Medical Director of Sylvania Electric Products, using this drug in 3500 cases in a cold study, found only 2 per cent of the people showing any side

effects, and these were, as he put it, no more serious than the effects of a common cold. In another experimental study, this drug was given in doses of 500 milligrams a day to patients every day for six months. Drs. Judd and Henderson of the Pennsylvania State Department of Health, Hamburg, Pennsylvania, reported not a single untoward effect in any of these patients. In another experiment this drug was given to a series of 232 children from 6 months to 12 years of age, again without any untoward side effects. It was only after these and similar tests that this drug was released to the public.

Other antihistaminics, such as Chlor-Trimeton, Perazil, Benadryl, Pyribenzamine, Thephoran, Decapryn, Neo-Antergan, Hydryllin, Histadyl, Pyrrolazote, each have similar wide experimental backgrounds though they are available on a doctor's prescription.

Another new development available to the sneezing, sniffing public this season is the use of antihistaminics in an Atomizer that applies the medication directly to the effected parts of the nose. The medical profession has long known that fine sprays are sometimes even more dramatic and immediate than internal medication which has a slower though more sustained action. However, most of the drugs that we have used in nose drops or other internal medication have been suspected of adversely affecting the lining of the nose or excessively stimulating the central nervous system. The antihistaminics do not have these properties and may therefore prove a real boon this summer to hay fever sufferers.

With the 3-way treatment now available, avoidance, immunization and symptomatic drug therapy, we are well on our way to effectively controlling allergy. The big danger now is that people who have allergy will neglect it. Doctors now see only from a fourth to a third of all allergies. And recent evidence seems to indicate that untreated hay fever, for example, or allergic skin conditions may in many cases develop into serious asthma.

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