

Herald and News

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Most columnists in all probability discover that it is difficult to stay in one pasture when the fence about it contains so many open places, so it is with this column which has a habit of straying from some well-trodden path into side enclosures, whose pastures for the moment appear greener. Our course was headed along the well-trodden trail of agriculture when we suddenly strayed away with Malthus and his influence upon the mind of a few great naturalists, the fence, however is not too far away especially when we wandered back on a dim track dealing with the improved healthiness of the American people and the lengthening period of life.

People today have acquired a new robustness never known before in the history of the world. Partly, this has developed from a number of technological developments; but a higher general level of health and vigor grows out of a deeper understanding of foods and diets which gets us right back to the trail from which we wandered. We have learned about the effect not only of quantity of food as measured by calories, but also about the wide differences that exist in the understanding of foods and quality of fat, and quality of carbohydrate—and the differences this makes in what happens to food in the human system.

Then, too, minute traces of vitamins exert other profound effects on us which we are just beginning to evaluate properly. During World War II, and after, most of our diets included ample quantities of known vitamins. Some of these are naturally present, but added amounts of either natural concentrates or synthetic vitamins give to our foods optimum effectiveness.

For example, synthetic vitamin B-1 is now universally added to white flour to raise the nutritive effectiveness of bread made from it to the best level. In part, this restores values lost in milling wheat, but it also raises vitamin content beyond nature's original value.

These additives to bread in the baker's trade has an interesting history that goes back to a time just before World War I, when Dr. Ward's Vito-Vin bread made by a large baking concern on the east coast. This particular bread was an early effort on the part of the baking concern to provide the utmost in human nourishment in its leaves of white bread, and no doubt provided its advertising department with something new to boast about in an old, old, product. The Ward Baking Company pioneered in adding vitamins to bread partly by accident.

This company had difficulty in making good bread in its bakery in Boston. This happened in spite of the fact that all of the materials used, the recipes, and procedures in Boston were identical with those employed in other bakeries of the same company elsewhere.

They'll Do It Every Time By Jimmy Harlo



Sam Dawson Researchers Develop New Tests To Detect Dread Disease Of Childhood

NEW YORK (AP)—American stock markets were watched today by millions of persons around the world who don't own a share of stock. Why? Because they feel in their bones that broad trends of stock prices may foretell what will happen to their business, their job, their savings, their prospects.

Others say: "So what? I don't own any stock." They may dismiss the daily ups and downs of stock prices as the mere carrying on of speculators—the pros who constantly are in and out of the market looking for a fast buck. The detractors hold that the old tradition of the market's importance as a barometer or as a direct influence on business is outdated.

But the way the market rates the shares of one corporation, or of most corporations, still can be of real importance to many people. Workers get nervous if the price of their company's stock continues to sink. So does the board of directors.

Price weakness could mean—although not necessarily—that stock traders believe either that management is lax, or that the company's products are slipping in public favor, or that its competitive position is being undermined by rivals.

If the stocks of an entire industry rise or fall, it may be the public's first intimation that the economic pattern is changing. This can affect job and earnings prospects, or telegraph a blow to an entire community or region.

When the entire market mills around the way it did last week, with a sharp break followed by rally and hesitance, it could mean either one of two things: 1. That the world and domestic political situation is such a touch-and-go affair that the health of one man, the President of the United States, could color overnight the prospects of good times or bad, or peace or conflict.

2. That the public is already nervous about "how high is up," and is farsome that stock prices are due for a reevaluation anyway. In either case, the initial impact is psychological. It tends to make some individuals think twice about their own plans. Paper profits take on the look of issue.

New York merchants report that in the past a bear market has coincided with a slump in store sales. Elsewhere in the nation this is much less likely, since New York seems more prone to emotional ups and downs about business.

When last week's sharp market break didn't turn out to be "another 1929" as a few may have feared, there was great and obvious relief. This relief was felt by the many Americans who don't own stock and don't stand to make or lose a dollar immediately. But many of them felt that a prolonged market break would make their employers nervous, cut work schedules, perhaps imperil jobs. The market's rally the following day just as surely reassured many that the economy appeared sound to the investing segment of the public.

Benny's Daughter, Husband Split Up HOLLYWOOD (AP)—Comedian Jack Benny's 20-year-old adopted daughter Joan and New York stockbroker Seth Baker, 27, wed in a lavish ceremony here 18 months ago—have separated. Baker returned alone to New York two or three weeks ago, he added.

He said the cause was "incompatibility." Asked whether a divorce was contemplated, he replied, "I don't know." The spokesman said the couple came here with their 2½-month-old son Michael for a visit with Benny and his wife Mary Livingstone over the Labor Day holiday. Baker returned alone to New York two or three weeks ago, he added.

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FREMONT JUNIOR HIGH STUDENT BODY OFFICERS were elected by the school's students soon after school began this fall. They are: (seated left to right) Carolyn Westlund, secretary; Jerry Wickersham, vice president and Louise Borjiall, president. Standing in back are: left, Ted Blair, treasurer and Julia Lawrence, second vice president.

Counsel Seeks Trial End Italians Come Up With New System For Coloring Concrete: Confusion Seen

OAKLAND (UP)—The attorneys for Burton W. Abbott will ask the California Supreme Court to halt his prosecution for the kidnap-murder of Stephanie Bryan. Stanley D. Whitney, Abbott's chief counsel, said he and his associate, Harold B. Howe, will file a writ of prohibition with the court tomorrow.

Whitney said he will base his arguments on two points already rejected by Alameda County Superior Judge Charles Wade Snook. One is that the Alameda County Grand Jury voted to indict Abbott on the basis of insufficient evidence. The other is that Alameda County has no jurisdiction to try the case since no proof has been offered to show that the girl was kidnapped or murdered there.

Abbott, 27, was indicted in July for abducting and slaying 14-year-old Stephanie, who disappeared April 28. Her body was found near a Trinity County mountain cabin owned by a relative of Abbott's on July 20.

If the Supreme Court grants a hearing on the writ, the trial could be delayed for several months, if it is not halted altogether.

Finger Counting Needed If Bad Mistakes To End LONDON (AP)—It's time the medical profession decides whether man has 10 fingers or 8 fingers and 2 thumbs. In the British Medical Journal and Lancet, Dr. Robert Forbes writes: "There is confusion everywhere. Textbooks disagree. Anatomists generally refer to the thumb, index finger, middle finger, ring finger and little finger, but 5 from the thumb."

"To number the fingers 1, 2 or 3 etc., and to record that finger 5 needs amputation is to set the stage for a serious surgical mishap."

Dr. Forbes is secretary of the Medical Defense Union, an organization that represents doctors in legal actions. He says suits have arisen because surgeons mistakenly amputated the wrong finger due to the different systems of counting.

Honest Driver Gets "Reward" LOS ANGELES (AP)—The truck driver who found and returned that \$42,800 is getting a reward after all—five dollars.

Veal Valentine stopped his truck and picked up a purse last Thursday near Ann Arbor, Mich. He turned it over to a woman who drove back in a big car and correctly told the amount of money in the bag.

"Well, thanks," she said, driving away with the money. The Los Angeles Times received a \$5 bill Saturday along with a note signed "anonymous" asking that the bill be sent to Valentine as a reward.

Mistakes Lead To Young Riot In Oslo Streets OSLO, Norway (AP)—Man, it was a real cool riot. While those crazy mixed up adults were voting in municipal elections Monday, 2,000 kids fought for tickets to a concert by Louis Armstrong.

The cats lined up along Akersgata, Oslo's newspaper street, waiting for the newspaper Dagbladet to put the tickets on sale. While they waited, they horsed around, just for the kicks.

But they blocked the doorway of another newspaper office, Aftenposten. Reporters covering the election had a job getting in and out of the office. An Aftenposten janitor trying to keep the doorway clear lost his temper, returned with a hose and turned the water on. Man, there was pandemonium. But good. Milling, yelling teenagers, dripping with water, fought to keep their places in the line. Then the police appeared. Girls screamed. Windows were smashed. The fans united against the police. When calm reigned once more, the street was awash with water, tons of sodden newspapers and other trash. Six or seven young men were carried off to the cooler.

THE DOCTOR SAYS

By EDWIN P. JORDAN, M.D. Deficiencies in most of the senses, such as seeing or hearing, constitute serious drawbacks to human activities but one of them—the sense of smell—is perhaps relatively less important.

Q—Up to the past six or seven years I had a keen sense of smell, now only occasionally can I detect an odor. Will you kindly discuss the sense of smell?—Mrs. P.B.S. A—The keenness of the ability to detect odors is certainly much greater in many of the lower animals than it is in human beings. A large portion of the head of an animal like the dog, for example, is given over to the snout which contains nerve endings which receive the sense of smell; no human being can match the dog in ability to detect odors. The point is, I think, that the human sense of smell is already far poorer and is probably made worse for many of us by smoking, lack of use, overpowering odors in the surrounding atmosphere, and perhaps other factors. For one whose sense of smell has become lessened, as is the case with Mrs. S., there really is not much to suggest in the way of treatment unless some specific disease process, such as a sinusitis, can be identified and corrected.

Q—Can you explain why some people catch colds easily and others seldom or not at all?—Mrs. P.B. A—I cannot give a good explanation though there is no question that it does happen this way. Not only are some more susceptible than others but people vary in a single lifetime in the frequency and ease with which they catch cold. Probably, it has something to do with resistance or immunity of the individual, but there are not any good methods of measuring this quality—or of increasing resistance to colds.

Q—Please say something about osteoporosis, its cause, and its cure.—Reader. A—This is a condition in which there is a lessening in the density of the bone. Since this can result from a number of causes there is no single treatment. It may be due to defective bone formation, disuse, injury, or lack of normal hormone secretion. It sometimes occurs in malnutrition and can be present as the result of unknown cause in such disorders as acromegaly (this may be classified as a hormone disorder also).

Treatment, therefore, depends on identifying the particular variety of osteoporosis and using methods which are indicated for the underlying disorder. The results of such treatment, therefore, will vary widely.

Q—Please say something about pink eye.—Mrs. N.J.H. A—This is a highly contagious form of conjunctivitis produced by a germ. It is treated by simple soothing preparations and recovery without complication is the rule. Its principal importance is the speed with which it spreads to others unless great care is used.

Murder Trial To Resume Today SAN RAFAEL (UP)—The murder trial of Rodney Sherman, accused of slaying his wife, Esme, on May 25 on a Mount Tamalpais fire trail, will resume today in Marin County Superior Court.

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Two Prisoners Found In Hiding SAN QUENTIN (UP)—Two San Quentin prison convicts were ordered to appear before prison disciplinary board today to explain why they were hiding out in a typewriter repair shop.

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