

### THE DOCTOR'S MAILBAG Heart Victim Told To Cut Activities

By W. G. BRANDSTADT, M.D.  
Written for  
Newspaper Enterprise Assn.

Q—I have had coronary heart disease and at times I get very tired. I asked my doctor if he could give me some vitamins for this but he told me they would not do me any good. A friend says that a certain vitamin tablet would help me. They are expensive but if they would help they would be worth it. What do you think?

A—Your doctor is right. If you have no vitamin deficiency—and you won't have if you eat a well-balanced diet—vitamin pills would be a waste of money. A person who has had a heart attack must cut down on his activity for a while. Activity can usually be resumed gradually under your doctor's supervision but should never be carried to the point of fatigue.

Q—During the fifth month of my first pregnancy blood suddenly appeared in my urine. A uro-

gist injected dye into my veins and X-rayed my kidneys. He found that the blood was coming from my right kidney. With the birth of my daughter the bleeding stopped. I wasn't troubled with this while carrying my second child, but the third time there it was again in the fifth month. What causes this?

A—Blood in the urine is not a common complication of pregnancy. Several such cases, however, have been reported.

In some women it is caused by varicose veins in the bladder but in others, as was the case with you, no cause was found. All of the latter recovered and were apparently no worse off for having had this trouble.

Q—I have been taking glutethimide sleeping pills (Doriden) every night for six years. The drug was prescribed for me by a doctor but now I have the habit and I want to break it. What do you suggest?

A—Glutethimide is a habit-forming drug. Since once the habit is formed the withdrawal symptoms may be unpleasant, I know of no way to break it short of placing yourself under strict medical supervision in a hospital.

Q—Is phenobarbital habit-forming? When I take it I seem to get short of breath. Do you think I should tell my doctor or is this the way the drug should act?

A—Phenobarbital is habit-forming and should be taken only under the guidance of a physician. It does not ordinarily cause shortness of breath so, if you get short of breath when you take it, you should have your doctor determine the cause of this symptom.

Q—I had jaundice when I was 6. I am now told that I cannot be a blood donor. What effect would my childhood jaundice have on the blood of my four children?

A—The virus of hepatitis may remain in the blood indefinitely after complete recovery from an attack of jaundice.

This is the reason no one with a history of hepatitis is accepted as a donor. The virus, however, is not passed through the placenta to your children, and they may become donors.

Please send your questions and comments to Dr. Wayne G. Brandstadt, M.D., in care of this paper. While Dr. Brandstadt cannot answer individual letters, he will answer letters of general interest in future columns.

### Stickup Man Flees Scene Amid Laughter

MARYSVILLE, Calif. (UPI)—The Marysville police department has an unusual case on its hands—one with pretty flowers embroidered on it.

It seems that a bunch of the boys were whooping it up at the Fourth Ward tavern Tuesday night, when a man walked in and announced, "This is a stickup." He had a shotgun and was wearing a colorful pillow case over his head.

The boys took one look—and then they really whooped it up. "I'm not kidding," the gunman said. "I'm getting nervous. Don't make me mad!"

But, the boys weren't nervous. By this time they were doubled up with laughter. So the gunman ran out, nearly tripping the lookout man he had posted at the door.

The would-be robbers vanished, but the embroidered pillowcase was found in a nearby garbage can.

### Dinner Slated

NEW PINE CREEK—A potluck dinner will be held at the Willow Ranch School on Jan. 18 at 6:30 p.m. The charge will be 30 cents for adults and 25 cents for children under 12. The public is invited.

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### Billie Sol Seeks Cash For Church Missionary

INDIANAPOLIS, Ind. (UPI)—Billie Sol Estes, convicted and bankrupt Texas financier, came here Wednesday night to collect nickels and dimes for a Nigerian school.

The mild-mannered Texan and deacon of the Church of Christ addressed about 200 Negroes in a modest church on the city's far West Side. In his sermon, entitled "The Simple Plan of Salvation," Estes told the group "If you follow Christ's life there will be no problems."

Estes confined his talk to a listing of the five steps to salvation and only briefly mentioned the Nigerian mission fund, saying "It is a very good thing."

Estes has conducted several such talks in behalf of the Nigerian Mission Fund, a group that wants to raise \$6,000 in 1963 to build a school in Nigeria.

Several times during his sermon Estes stressed the need for repentance. Estes was convicted in Tyler, Tex., on charges growing out of a multi-million dollar fertilizer-grain storage scandal and now is free pending an appeal.

Estes is free on state and federal bonds totalling \$130,000 and may travel anywhere in the United States.

### Soviet Chief Starts Trip

MOSCOW (UPI)—Soviet Premier Nikita S. Khrushchev was en route to Poland today for a stopover of several days before going on to the Communist party congress in East Germany next week.

Moscow Radio reported Khrushchev's departure Wednesday night without advance notice. It was assumed he took the overnight train for Warsaw.

Nikolai Podgorny, Communist party leader of the Ukraine, went with him.

Shortly afterward it was announced that the Polish delegation to East Germany would be led by party leader Wladyslaw Gomulka and North Viet Nam announced it was sending its party chairman Li Hoi son.

### Cotton Cost Slash Urged

DALLAS (UPI)—The president of the National Cotton Council said today that the only long-range solution to cotton's price problem is a massive effort to reduce production costs.

Burriss C. Jackson of Hillsboro, Tex., NCC president, said a proper effort probably could reduce production costs 10 or 11 cents a pound in a "reasonable" time.

Jackson spoke before about 800 persons at the Cotton Production-Mechanization Conference, which began today. He said a government policy aimed at competitive pricing would give the industry immediate, short-range relief.

In fact, Jackson said, he is extremely hopeful "we will soon see a new government policy calculated to permit a competitive one-price system."

"I can assure you that a determined effort to achieve this goal is under way and has been under way for the past several months," he said.

But in the long run, according to Jackson, the cotton farmer has no choice but to cut production costs.

### Ex-Senator Not Guilty

PORTLAND (UPI)—William A. Grenfell Jr., 37, was found innocent of a charge of making a false police report late Wednesday when a judge ordered a directed verdict of acquittal.

Grenfell, Democratic state senator who was defeated for Multnomah County commissioner in the November election, still faces trial later this month in Circuit Court on a charge of failing to leave his name at the scene of an accident.

Municipal Judge Joseph J. Labadie accepted a motion by Burton H. Bennett, Grenfell's attorney, who asked for the directed verdict of acquittal. The motion hinged on use of the word "kidnaped" in the complaint against Grenfell.

### Collegians Rap Chapel

BRUNSWICK, Maine (UPI)—Five-hundred students crowded into the Bowdoin College chapel Wednesday in protest of compulsory chapel attendance.

The chapel seats only 200 and the other 300 sat on the floor or stood in aisles.

The demonstration, termed "digitized and good natured," apparently stemmed from a notice given to the 800-member student body by Prof. A. Leroy Gresson Jr., dean of students.

### Camp Fire Girl Banquet Slated

The annual meeting for all adult members of the Camp Fire Girls will be held Jan. 15 at the Winema Motor Hotel. The program will include a review of the past year's progress and a discussion of future projects. New officers and board members will be elected, and Phil Parson, executive director for United Fund, will be the guest speaker.

The public is invited to attend the social hour at 6:30 p.m. and the dinner following. Reservations may be made by calling the Camp Fire Girls' office at TU 4-4884.

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### Weather Roundup

Temperatures during the 24 hours ending at 4 a.m. PST today.

High	Low	Los Angeles	New York	San Francisco	Washington
43	27	63	41	49	47
43	27	63	41	49	47

Astoria 43 27  
Baker 34 11  
Brookings 36 38  
Medford 46 34  
Newport 48 25  
North Bend 49 40  
Pendleton 48 16  
Portland 43 32  
Redmond 41 22  
Salem 43 27  
The Dalles 50 31  
Chicago 42 34

Los Angeles: Mostly fair through Friday, colder.  
Corvallis: Much colder; fair; highs 30-35; low 15-20.  
Bend: Fair and much colder; brisk north winds; highs 28-33; low near zero to 10 above.  
The Dalles and Hood River: Mostly fair through Friday; east winds 15-25; highs 30-35; lows 18-25.  
Baker and La Grande: Much colder; highs 28-33; lows zero to 10 above; fair.  
Portland-Vancouver, Willamette Valley: Fair tonight and Friday; highs 30-35; low 15-25.  
Western Oregon: Clearing tonight; fair Friday; colder; high 30-40; low 22-34.  
Eastern Oregon: Colder; fair; high Friday 15-30; low tonight zero to 15 above; strong north winds late today locally.  
Western Washington: Mostly fair; high 15-30; low 25-30.  
Eastern Washington: Mostly fair; colder; low tonight 5-10 below north to 10-15 above south; high Friday 10-25.  
Tatoosh to Blanco: Winds off Washington north 12-25 and off Oregon 10-22; mostly fair.

### Annual Public Guinea Fowl DINNER MASONIC HALL MALIN SAT., JAN. 12th 6 P.M. till 8 P.M.

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### Young Sen. Kennedy Trades Quips With Solons About Swim Pool Dip

WASHINGTON (UPI)—Sen. Edward M. Kennedy, D-Mass., says he'll "stay out of the swimming pool" to make his congressional record "as good as Vaughn Meader's."

The President's youngest brother and fellow freshmen member of Congress were entertained Wednesday night at a Women's National Press Club annual (for newly elected representatives).

Kennedy, 30, was one of 13 freshmen senators and congressmen who were questioned at the dinner about their relations with the President, their legislative goals and ambitions.

In the future, Kennedy said he wanted to "stay out of the limelight, out of the headlines, and out of the swimming pool." Last summer, at a party given by Atty. Gen. and Mrs. Robert F. Kennedy, some guests, including White House aide Arthur Schlesinger Jr., fell into the Kennedy swimming pool.

As for his brother, the Massachusetts Democrat said that after a White House visit with the President to discuss ideas for the

this, he said. As an example of a good publicity technique, the vice president pointed to the "Mona Lisa" approach used by Sen. Carl Hayden, D-Ariz.

"He doesn't admit anything, he doesn't deny anything, he doesn't say anything," Johnson said. "He just smiles, and has smiled for years," and that has led to Hayden getting some of the kindest stories written about a representative on Capitol Hill, Johnson declared.

Vice President Lyndon B. Johnson, the guest speaker, said that the way for a new congressman to get a reputation of being in the inner circle was not through the old method of name dropping. Record dropping has replaced

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