

Even Wonder Drugs Fail To Cure Common Cold, But Medicines Can Ease Distressing Symptoms

CHICAGO (UPI) — There's an old saying among physicians: "Treat a cold and you'll be over it in seven days. Leave it alone and it will last a week."

Despite the \$50 million a year spent by Americans on nostrums and remedies to cure the common cold, that old rule still applies, the American Medical Association (AMA) says.

"In an age of 'wonder drugs' than is no more able to cure the common cold than were the ancient Chinese, who inhaled vapors from a broomstraw plant, the Indian medicine man who shook rattles and chanted incantations; or the Medieval physician, who drained off a pint or so of the victim's blood.

Patent cold remedies sometimes ease cold symptoms. They generally consist of pain killers, fever reducers, antihistamines, de-

congestants, vitamins, tough medicines, rubs, gargles, antibiotics.

Comments On Remedies

In the January, 1961, issue of its magazine, "Today's Health," the AMA made these comments about ingredients in cold remedies:

—Pain killers: Makes you feel better but does nothing for the cold. May cause nausea, dizziness, or more dangerous side effects.

—Fever reducers: Fever hardly ever accompanies a cold; may bring on illness even worse than the cold.

—Antihistamines: Helpful for allergies but useless for colds; can impair judgment, cause dizziness, drowsiness, headache.

—Decongestants: May temporarily stimulate fever breathing but boomerang in frequency may occur, starting a cycle of pill-congestion; may cause sinus infection;

nose drop form can allow oil to slip into lungs, causing pneumonia.

—Vitamins: Supplementary vitamins—in or out of cold remedies—can neither keep you from getting a cold or help you get rid of one.

—Antibiotics: Worthless against virus-caused disease, may cause allergy; may create bacterial immunity, making them worthless against germ-caused disease.

—Cough medicines: You can get the same effect by sucking a lemon drop; other ingredients may cause stomach irritation, long infection.

—Gargles: Worthless against a cold because the infection is deep inside the body.

—Rubs: "Application of ointment to the chest is foolishness. Misuse of cold remedies can mask serious illness, the AMA said. Measles, polio, influenza, parrot fever, Q-fever and streptococcal infections begin with cold symptoms.

What to Do

What to do if you are among the 85 per cent of the population which gets colds each year. The AMA advises: Take a hot bath, drink a glass of hot milk or lemonade, go to bed, use steam

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"DENNIS THE MENACE"



Boy, I gotta start actin' nicer! Even Mrs. Wilson is mad at me!

CHAMBER COMMENTS

by GEORGE T. CALLISON
Manager
Klamath County Chamber of Commerce

In three months this column of chamber comments will be four years old. In the 45 months that it has run there undoubtedly have been cases of repetition. The material which follows may be one such case. However, it bears repeating, and the weekend of the 70th anniversary of the establishment of this community as Klamath Falls might prove to be a particularly good time to take stock.

These are 25 basic elements of a successful city. They are not necessarily the only ones which could be listed and except for the first one, there is no attempt to list them in their order of importance. The author of this list is Harry Krusz, a veteran of chamber of commerce work who is currently executive vice president of the Long Beach, Calif., chamber, and president of his own organization which specializes in community surveys.

When he reviewed this list with chamber executives and officers from Oregon, Washington and Idaho during a day-long Community Leaders Seminar in Portland last Monday, Krusz emphatically insisted on placing a strong religious consciousness as number one on the list because without it, all other points would be meaningless. The other 24 basic elements of a successful city ... and you can list them in any order you wish ... are, according to Krusz, the following:

Unselfish community leadership, community-minded professional people, good city - county government, city - county planning, an active interest in national affairs, good working conditions, industrial development, adequate transportation facilities, a good building trades industry, good public utilities, strong bank and credit institutions, distribution - retail and wholesale services.

Good newspapers, good radio and television stations, adequate educational facilities, recreational facilities, health and hospital facilities, cultural facilities, well-developed agricultural contacts, adequate convention facilities, good civic clubs, a well - supervised United Fund, a strong chamber of commerce and enthusiasm.

There may be other elements of success which you would like to include, but certainly a community which could measure up in these 25 categories would be well on its way to being a successful community.

How does Klamath Falls or the community where you live measure up? In those areas where your community fails to meet adequate standards, what are you doing to change the situation? The answer to these questions are deserving of your serious consideration.

CHURCH DIRECTORY

For week-day services, please call the church of your choice

- KLAMATH COUNTY MINISTERIAL ASSOCIATION**
Rev. Lawrence T. Tolson, First Church of the Nazarene, pastor; Rev. Warren W. Pechman, Hope Lutheran Church, vice pastor; Rev. Robert J. Johnson, Christian Church, secretary-treasurer. Morning business meeting is held the first Wednesday of each month in the various churches.
- KLAMATH FALLS KLAMATH GOSPEL MISSION**
Purpose of the mission is reaching "The Lost, The Least, and The Least." — John Redens, director.
213 Walnut Street Phone TU 4-6953
Post Office Box 87 Klamath Falls, Ore.
8:30 a.m.—Broadcast on Station KFLW
Monday through Saturday
7:30 p.m.—Nightly preaching
9:45 a.m.—Broadcast on KAGQ, Monday through Friday
- SALVATION ARMY**
409 Klamath Avenue Phone TU 4-4461
Capt. and Mrs. Dale Johnson
Sundays:
9:45 a.m.—Sunday School
10:00 a.m.—Morning Service
11:00 a.m.—Street Service
7:30 p.m.—Evangelistic Meeting
- ASSEMBLY OF GOD**
246 Oak Street
Rev. Lloyd Penner
Sundays:
9:45 a.m.—Sunday School
10:00 a.m.—Morning Service
11:00 a.m.—Bible Study
7:30 p.m.—Evangelistic Meeting
- BAPTIST, BIBLE**
Conservative Baptist Assn.
2244 Ward Phone TU 4-4747
Rev. Freeman Schmitt
Sundays:
9:45 a.m.—Morning Service
11:00 a.m.—Bible Study
7:30 p.m.—Evangelistic Meeting
- BAPTIST, CALVARY**
E. Main and Garden
Rev. Harry D. Winn
Phone TU 4-4444
Sundays:
9:45 a.m.—Sunday School
10:00 a.m.—Morning Service
11:00 a.m.—Bible Study
7:30 p.m.—Evangelistic Meeting
- BAPTIST CHURCH, FIRST**
4th and Washington Phone TU 4-4272
Rev. J. J. Jones, pastor
Sundays:
9:45 a.m.—Sunday School
10:00 a.m.—Morning Service
11:00 a.m.—Bible Study
7:30 p.m.—Evangelistic Meeting
- BAPTIST CHURCH, GRACE MISSIONARY**
Olney Community Hall—Olney
Elmer C. V. Blanchard, pastor
4725 Harlan Drive, parsonage
Phone TU 4-4064
Sundays:
9:45 a.m.—Sunday School
10:00 a.m.—Morning Service
11:00 a.m.—Bible Study
7:30 p.m.—Evangelistic Meeting
- BAPTIST, IMMANUEL**
Conservative Baptist Assn.
11th and High Phone TU 4-4854
Rev. William E. Cook
Sundays:
9:45 a.m.—Sunday School
10:00 a.m.—Morning Service
11:00 a.m.—Bible Study
7:30 p.m.—Evangelistic Meeting
- BAPTIST, MISSIONARY**
4124 Douglas
Elmer Bill H. Davis
Phone TU 4-4443
Sundays:
9:45 a.m.—Sunday School
10:00 a.m.—Morning Service
11:00 a.m.—Bible Study
7:30 p.m.—Evangelistic Meeting
- BAPTIST, STEWART-LENOX**
C. C. Ward, pastor
409 Douglas and Everett
Phone TU 4-4884
Sundays:
9:45 a.m.—Sunday School
10:00 a.m.—Morning Service
11:00 a.m.—Bible Study
7:30 p.m.—Evangelistic Meeting
- BAPTIST CHURCH, SUBURBAN HEIGHTS**
Suburban Heights, Corvallis
Gloria Granger, Rev. D. J. Mead
Sundays:
9:45 a.m.—Sunday School
10:00 a.m.—Morning Service
11:00 a.m.—Bible Study
7:30 p.m.—Evangelistic Meeting
- CALVARY TEMPLE**
1447 Oregon Avenue
Rev. Orlan English, pastor
Sundays:
9:45 a.m.—Sunday School
10:00 a.m.—Morning Service
11:00 a.m.—Bible Study
7:30 p.m.—Evangelistic Meeting
- CATHOLIC CHURCH, ST. PIUS X**
2601 Bristol Ave. Phone TU 4-4242
Sundays:
8:00 a.m. and 10:00 a.m. and 7:30 p.m. Holy Mass
9:45 a.m. and 7:00 p.m. and 5:30 p.m. Holy Mass
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- METHODIST CHURCH, FIRST**
222 North 10th St. Phone TU 4-4855
Sundays:
9:45 a.m.—Sunday School
10:00 a.m.—Morning Service
11:00 a.m.—Bible Study
7:30 p.m.—Evangelistic Meeting
- CHRISTIAN CHURCH, FIRST**
8th and Pine Phone TU 4-4432
Sundays:
9:45 a.m.—Sunday School
10:00 a.m.—Morning Service
11:00 a.m.—Bible Study
7:30 p.m.—Evangelistic Meeting
- CHRISTIAN CHURCH, SUBURBAN**
325 South Hwy. 101
Rev. Leo Zacher, minister
Sundays:
9:45 a.m.—Sunday School
10:00 a.m.—Morning Service
11:00 a.m.—Bible Study
7:30 p.m.—Evangelistic Meeting
- CHRISTIAN SCIENCE**
1701 4th Washington Phone TU 4-4803
Sundays:
9:45 a.m.—Sunday School
10:00 a.m.—Morning Service
11:00 a.m.—Bible Study
7:30 p.m.—Evangelistic Meeting
- CHURCH OF THE BRETHREN**
4721 Bristol Avenue Phone TU 4-4443
Sundays:
9:45 a.m.—Sunday School
10:00 a.m.—Morning Service
11:00 a.m.—Bible Study
7:30 p.m.—Evangelistic Meeting

Class Plans For Reunion

Plans are progressing rapidly for the reunion of the KUHS class of 1933, but the committee in charge has not been able to obtain the addresses of 41 members. The first reunion of the class is scheduled Aug. 17 at the Reames Golf and Country Club.

Anyone having information concerning the following "missing" persons is requested to contact Mrs. Jean Daveport at TU 4-4770.

Carole Bennett, Jane Bowie, Paul Brockman, Carlene Braathen, Ronald Butler, Pat Calloway, Wallace Cassel, Juanita Cliné, Jack Duncan, Delores Flowers, Art Frazier, Fred Friedel, Florence Johnson, Jo Ann Johnston, Dardos Jones, Betty Kennen, Harold McKay, Edward Moore, Bob Mott, Jean Millon, Elna Neuman and Dan Payette.

Bob Ray, Charlotte Reed, Lorraine Rolita, Ross Rhodes, Bill Sall, Glen Seaborn, Don Shell, Hoy Sprague, Pat Squire, Ellis Stiles, Ben Turpin, Gloria Van Fleet, Ernestine Wise, Orville Wilkins, Dick Weed, Dan Weeks, Shirley Ware, Marlene Zimmerman and Mike Wood.

Henley High Notes

By MARTHA RAGLAND
News Reporter

Genia Spielman was recently named one of the senior personalities at Henley High School for the month of January.

Blonde, blue-eyed Genia, a rally queen in her junior year, is serving her second year as a rally squad member.

Genia is a charter member of the Honor Society and is the student body representative of the group. Active in the Dramatics Club for most of her high school career, Genia played a leading role in "Our Hearts Were Young and Gay," which was presented at Henley in November. She is also a member of the French Club.

Youth Work Program Set

LAKEVIEW—A job for youth program in this area is being planned by the Lake County Committee on Children and Youth as a result of a meeting of the committee on Jan. 29 in the county courtroom. Rev. Elyson Tesche is chairman of the group.

A report was given by Rev. Tesche on the meeting of the Governor's Committee on Children and Youth which he attended in December at Salem. The 20 men and women present, representing various organizations, took this under discussion, as well as the activity guide of the 1958 Lake County planning conference and the 1957 Youth Code.

It was suggested that the employment program originate in the area of providing part-time summer jobs, with the idea of giving the young people the opportunity to learn responsibility while learning. Stan Bonkowski, manager of the local state employment office, outlined state rules on work permits, hazardous jobs, age limits, etc. Different types of civic jobs were also suggested.

A committee will be named by Rev. Tesche to handle the program.

Obituaries

- WOODS**
Doris Cleveland Woods, 52, died Feb. 9, 1962, at her home, 1014 S. 10th St., Corvallis. She was born in Oregon. Mrs. Woods was a member of the First Methodist Church. She is survived by her husband, W. Arthur Woods, and three children: Mrs. Robert L. Woods, Mrs. Robert L. Woods, and Mrs. Robert L. Woods.
- SPARKS**
William Lee Sparks, 62, died here Feb. 9, 1962, at his home, 1014 S. 10th St., Corvallis. He was born in Oregon. Mr. Sparks was a member of the First Methodist Church. He is survived by his wife, Mrs. Sparks, and three children: Mrs. Robert L. Sparks, Mrs. Robert L. Sparks, and Mrs. Robert L. Sparks.
- STOWE**
Edna Jean Stowe, 62, died here Feb. 9, 1962, at her home, 1014 S. 10th St., Corvallis. She was born in Oregon. Mrs. Stowe was a member of the First Methodist Church. She is survived by her husband, Mr. Stowe, and three children: Mrs. Robert L. Stowe, Mrs. Robert L. Stowe, and Mrs. Robert L. Stowe.
- MITCHELL**
Rev. Lewis Mitchell, 55, died here Feb. 9, 1962, at his home, 1014 S. 10th St., Corvallis. He was born in Oregon. Mr. Mitchell was a member of the First Methodist Church. He is survived by his wife, Mrs. Mitchell, and three children: Mrs. Robert L. Mitchell, Mrs. Robert L. Mitchell, and Mrs. Robert L. Mitchell.
- DOW**
Elmer Dow, 62, died here Feb. 9, 1962, at his home, 1014 S. 10th St., Corvallis. He was born in Oregon. Mr. Dow was a member of the First Methodist Church. He is survived by his wife, Mrs. Dow, and three children: Mrs. Robert L. Dow, Mrs. Robert L. Dow, and Mrs. Robert L. Dow.

Defensive Arms Could Cover Buildup In Cuba

WASHINGTON (UPI) — The chairman of a Senate committee investigating the latest Cuba situation said today he feared even purely defensive arms could be used to cover up a new Soviet offensive build-up in the Caribbean island.

Sen. John Stennis, D-Miss., chairman of the Senate Preparedness Committee, made the statement on a television program (NBC's "Today" show).

He said if all offensive Soviet weapons have been removed from Cuba, as the administration maintains, the remaining Soviet forces still can "make it impenetrable and they can then sneak in" offensive weapons.

Sen. Kenneth Keating, R-N.Y., who has persistently charged that

Wants Firm Policy

Keating, who has for several days been in the middle of vigorous partisan wrangling on the issue, said he would support "100 per cent" any plan of President Kennedy's dealing with the situation "as long as it is a firm stand."

Keating said he had "no knowledge of the introduction of ground-to-ground missiles into Cuba" since the removal of the Soviet offensive missiles last fall. But he said there was a "lack of evidence on that point" and said "I do not mean to imply that there are some there ... I just don't know."

Keating said it would be "ridiculous" to say there was any threat of an invasion of the United States and both Keating and Stennis emphatically said they did not think the United States should invade Cuba "at this time."

Arms Reach Cuba

Keating said that despite the withdrawal of the missiles, smaller arms have been brought into Cuba and asked "Why are combat troops there?" He said "you cannot draw this hard and fast distinction between offensive and defensive weapons ... It depends on who holds the gun."

Stennis said hearings of his Preparedness Committee were aimed at helping formulate a policy. He said the hearings "could lead to a demand that they take all of them (men and weapons) out."

SHA Students Attend Meet

Five journalism students from Sacred Heart Academy, Frances Dalbro, Toni Meque, Mary Jo Amberling, juniors, Carmelo Martin and Margaret Ann Casey, seniors, accompanied by their adviser, Sister John Magdalen, will go to Seattle next week.

They will be present Feb. 15-16 for the Northwest Catholic High School Press Workshop on the University of Seattle campus.

At Sacred Heart, the juniors are staff members on the high school newspaper, The Chimes. The seniors help publish the annual, Atrian, which is Greek for Hope.

LOSE DIGIT BATTLE

LAS ANGELES (UPI) — A band of citizens lost another round Wednesday in their battle against all-digit telephone dialing.

The state Public Utilities Commission (PUC) turned down the company's move to prevent the Pacific Telephone Co. from distributing a San Fernando Valley directory which lists subscribers by digits without a letter prefix.

The PUC said the plaintiffs failed to show they would "suffer real and substantial injury."

Livestock Talk Slated Here

Economics of the livestock business from the individual rancher's standpoint will be the topic discussed by Dr. Grant Blanch, Oregon State University economist, at the next ranchers' meeting arranged by the Klamath County Agents' Office.

The meeting will be held Wednesday Feb. 12, starting at 9 a.m. at the fairgrounds in Klamath Falls, according to Ray Peterson, county agent, who announced the meeting. The meeting will resume at 1:30 p.m. and last until about 3 p.m.

This will be the first time Dr. Blanch has attended a meeting in Klamath Falls and he will bring some new ideas that should interest livestock producers, Peterson stated.

Reviser Session Hears Strong Government Plea

SALEM (UPI) — A stronger legislature, balanced by a stronger governor and a stronger judicial branch, was urged Thursday by former Gov. Robert Holmes.

Holmes was a member of the commission that has written a proposed new constitution for Oregon. He spoke of sections of the document before the House-Senate Constitutional Revision Committee.

Holmes said the commission tried to make each of the three branches stronger and more effective by erasing checks within each branch, while shoring up each branch as a final check on the other.

He said this would help the Democratic process.

"The legislature should be highly visible so the public ... can be aware how it operates," he said. "Let the people know what their executive is doing ... when to credit him, and when to demand that he is not doing his job," he said.

Faris Named AFS Leader

LAKEVIEW—Mrs. Irvin Faris of New Pine Creek was elected chairman for 1962 of the Lake County Student Exchange Committee at a meeting held Monday night, Feb. 4, in the county courtroom. She succeeds Dr. Paul G. Klewer, who has been chairman since the incorporation of the committee in 1961.

Present were 29 delegates from the 20 county organizations. At this time there were five directors also elected, Mrs. William Bach, Mrs. Edwin Avery, Mrs. Anne Sprague, Ray Harlan and John F. McDonald. Other officers elected were Mrs. Bach, vice chairman; Mrs. C. F. Taylor, corresponding secretary; Mrs. Avery, recording secretary, and Harlan, treasurer.

It was voted to sponsor the appearance here on May 3 of Herbert Stein, a former official of the Mexican government and the United Nations, who is now a featured speaker for the American Friends Service Committee. The latter is the group through which the local exchange is seeking affiliation with a foreign group.

WATCH FOR "Our Crazy Food & Farm Problem"

by John Strohm
An analysis in five parts starting next Monday in the Herald and News.

Famous newsman and farm editor John Strohm says that's the unhappy truth behind:

OUR CRAZY FOOD AND FARM PROBLEM

Don't miss his informed analysis in an exclusive series of reports for all Americans — city dwellers and farmers alike.

It starts Feb. 11 in Herald and News



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