

Herald and News

Editorial Page

Food Without Fear

The fight against food faddism is an exceedingly difficult one. All manner of exaggerated, unsupported and plain misleading claims are made for diets which the medical fraternity, out of its wealth of research and experience, regards as dangerous to health and life. But great numbers of people innocently accept the claims and follow the advice. And the problem has become steadily worse in recent years.

Writing in Today's Health, Dr. W. W. Bauer, Director of Health Education Emeritus of the American Medical Association, put the case for a sound diet in simple and unequivocal terms: "Anyone whose diet contains items in sufficient quantity from each of the four basic food groups can forget all the extraneous worries about food. . . . He can rest assured that if he is a normal individual and will eat as he should he will suffer no de-

ficiencies of vitamins or minerals or proteins. He need not be disturbed by fears of cholesterol and other substances which are of concern mainly to the abnormal individual under medical treatment. You can and should sit down to a well-cooked, well-chosen, attractively-served meal in a happy frame of mind and enjoy yourself in reasonable moderation. . . ."

This means that the normal individual needs—for both mental and physical health and general well-being—meat, dairy products, fruits and vegetables. The food faddists who would change this represent a danger to health—and, frequently, their unsupported claims have a commercial origin. They have a product to sell. Special diets should be established only under the direction of a qualified physician.

Medicare Is Oversold

(Tulsa, Okla., World)

The Medicare issue . . . is one where bad information, or none at all, has tended to confuse the entire plan with the average American taxpayer.

If we are to believe those who advocate medical care under Social Security, the whole nation is rapidly falling victim to disease without any treatment or cure being available. This is typical of the exaggeration that accompanies most efforts to invoke new laws upon an unwary public.

The fact of the medical care issue is that most Americans are now protected from illness and hospitalization under private medical care programs. The Health Insurance Institute of America, in a survey completed just the past week, says that as of last New Year's Eve more than 140 million Americans are protected under health insurance. This not only represents 75 per cent of the entire population of the nation, the Institute reports, but meant in 1962 that \$7.1 billion in benefit payments had been made.

Let's break the figures down a little further. During 1962 five major types of health insurance were in existence and use. Some 140 million are protected by hospital expense insurance, another 130 million by surgical expense insurance, 97 million under regular medical expense insurance, 38 million under major medical expense policies, and 43.5 million by loss-of-income insurance.

U.S. Hopes Defeated

(Sacramento Bee)

The recent election in Nicaragua of the hand-picked presidential candidate of the Somoza family is tragic proof that the Alliance for Progress initiated by President John F. Kennedy is failing.

The basic goal of the alliance is to eliminate the inequities of life in Latin America through social and economic reform and give the peasant an appealing alternative to Castroism.

The United States stands ready to pour billions of dollars into these countries to help achieve this aim but all the gold in Ft. Knox will not halt the spread of Castroism if the Latin American countries continue to be ruled by the likes of the Somoza family.

The election was a farce. The winning candidate, Rene Schick, formerly secretary to Tacho Somoza, made a victory statement when the results from three precincts were in. There were 1,363 precincts still to be heard from but the opposition candidate understood the system and promptly conceded.

Tacho Somoza was the nation's dictator from 1932 until he was assassinated in 1956. Since then two sons, Luis and Tachito, have

ruled the roost. Luis has been serving as president but since his successor is something of a family retainer no changes are expected. Tachito Somoza continues as head of the national guard.

The Somoza dynasty owns much of the land and industry in Nicaragua. It controls the armed forces, selects government officials and rules in a brutal and repressive manner which has bred corruption and inefficiency.

The fact it trumpets anti-communism and anti-Castroism and has been friendly to American businesses should not hide the threat it poses to our national self interest.

This is the breeding ground for Castroism. The situation parallels that in Cuba under Batista. The conclusion will be the same unless President Kennedy can transfer some of the goals of the alliance from his speeches into reality.

Any support we give to the Somoza dynasty will be money down the drain and more clearly and fatally will establish in the eyes of the Nicaraguans that the United States stands beside oligarchical dictators who are repressing the people.

Still Another Spring



By SYDNEY J. HARRIS

"It seems so obvious that we're going to blow up the world if we keep on this way," said the man at lunch. "I can't understand why the leaders of powerful states can't sit down together and work out a sensible plan for survival of the species."

Speaking of the human race's seeming inability to "learn from living," as I was yesterday, it strikes me that such a proposal is too simple, too sane, too practical, too realistic. It is not the way things have ever been done, by states or by individuals.

In one of his books written shortly after the First World War, George Santayana raved the following bleak and trenchant observation on the history of humanity:

"Each generation breaks its egg-shell with the same haste and assurance as the last, pecks at the same indigestible pebbles, dreams the same dreams, or others just as absurd, and if it hears anything of what former men have learned by experience, it corrects their maxims by its first impressions, and rushes down any untrodden path which it finds alluring, to die in its own way, or become wise too late and to no purpose."

What the theologians call "original sin" may very well be the persistent and fateful tendency to learn nothing from the past, to repeat the same mistakes in different ways, to commit the same old errors under new names with improved techniques and

even more disastrous consequences.

"The only thing we learn from history," said Hegel, "is that we learn nothing from history." Statesmen today behave in exactly the same way as the statesmen who wrecked the civilized world in the war between Athens and Sparta 2,500 years ago. The same rivalries, enmities, fears, passions and superstitions are loose in the world today as in the era of the Persians and the Babylonians; and what happened to them does not deter us from pursuing a similar course.

The world has always been run by its "practical" men—and its practical men have almost always turned out to be tragically wrong. For what the world has always desperately needed has been more idealism and less practicality, more belief that men can sit down together and map their own survival, and less reliance on treaties and alliances and arms and strategies—which fall apart at the first assault of unreason.

We are pecking at the same indigestible pebble today—but this pebble, at last, is different; it contains its own ultimate destroying agent, and the end of all dreams, absurd or otherwise.

QUESTIONS AND ANSWERS

Q—During what war did Florence Nightingale become famous?
A—The Crimean War.

Color Scheme

- ACROSS
- 1 Alice
- 2 Gown
- 3 Schoolhouse
- 4 coin
- 5 Old
- 6 Mare
- 7 Impression
- 8 Biblical prophet
- 9 Oriental foodstuff
- 10 Dusk
- 11 Mornings (abbr.)
- 12 Paradise
- 13 Covered with
- 14 Western cattle
- 15 Negative vote
- 16 Eternity
- 17 Oriental guitar
- 18 Yeminey
- 19 appellation
- 20 Paid notices
- 21 False god
- 22 High (musical)
- 23 Brille part
- 24 Lion
- 25 lettuce
- 26 Withered
- 27 Column
- 28 Frozen water
- 29 Tardier
- 30 Hawaiian food
- 31 Prohibit
- 32 Mission
- 33 Edit
- 34 Adolescent
- 35 Self-esteem
- 36 Range
- 37 Tidy
- 38 Immediately
- 39 Pluff
- 40 European
- 41 zooland
- 42 Light brown
- 43 Gut
- DOWN
- 1 Finest
- 2 Miss Turner
- 3 Employer
- 4 Everlasting
- 5 Prepared
- 6 Shade tree
- 7 Disagree
- 8 Robin Hood's color
- 9 Be borne
- 10 Genus of maples
- 11 Oriental coin
- 12 Article
- 13 Unit of weight
- 14 Threshold
- 15 Notion
- 16 Snow, as a herb
- 17 Tropical plant
- 18 Encourage
- 19 Breadfruit
- 20 One who
- 21 suffix
- 22 Mishap
- 23 Foot coverings
- 24 Electrified
- 25 New Guinea port
- 26 Progress
- 27 Little
- 28 Juice
- 29 Heating device
- 30 Dances
- 31 Harvest
- 32 Operatic solo
- 33 U.S. copper coin
- 34 Lock of hair
- 35 (Scott) India
- 36 Portuguese



No Bed

Your last Thursday, March 7, edition of the Herald and News gave some good coverage on the front page to the railroad management's reasons why the Oregon full-crew law should be amended, or more specifically, why their Senate Bill 275 should be passed. As a trainman with 17 years' experience, I don't quite agree with their reasons. Incidentally, in those 17 years I haven't been able to find the featherbed they have referred to so frequently.

Wednesday night, March 13, the railroad men are going to present their reasons why Senate Bill 275 should not be passed in a hearing at the State Capitol. They will have one hour and a half in which to do this before the legislative committee appointed to handle this bill.

I hope that your newspaper will see fit to give their reasons for retaining Oregon's railroad full-crew law as much front page space as you did UPI's report of the management's version. This I am sure, is a wish shared by all of the railroad men in the Klamath Basin.

We are a little tired of being called "featherbedders" in large print on the front page of the newspaper, especially since the job we have is anything but a featherbed.

B. L. Jones



EDSON IN WASHINGTON . . .

Kennedy Scheduled To Central America

By PETER EDSON
Washington Correspondent
Newspaper Enterprise Assn.

WASHINGTON (NEA)—President Kennedy's scheduled visit to San Jose, Costa Rica, March 18-20 will mark the first time a U.S. president has met with the presidents of Panama and the five Central American republics east of Mexico.

When this region first obtained independence from Spain it was known as the Province of Central America. Panama was part of Colombia. Later the area split into six republics.

Some years hence they may again unite politically. But their big problem now is economic integration and firm establishment of a Central American Common Market by 1966.

The coming conference of seven presidents also will discuss international political questions, particularly the bitter pill of Castro and communism in the Caribbean.

The Central American presidents may have some plain talk for Kennedy on this subject because their countries are prime targets for subversion from Cuba.

What is expected to emerge from the San Jose conference is not a series of resolutions but a more conventional communique. It might call on the several countries to double their internal security efforts.

There will be positive action on economic integration which was called for by Kennedy two years ago in his original Alliance for Progress speech to Latin American diplomats at the White House.

Excepting Panama, which is expected to join later, Central America is technically a free trade area now. Tariffs between the five countries have been abolished on all but about 50 principal items of trade. Tariffs on them are expected to be removed within five years.

In the meantime, it is planned to negotiate common external tariffs and a customs union which will make Central America a true common market area. Eight treaties and protocols have been signed since 1958 to bring economic integration to this present status. Agreements have been ratified by all governments except

Costa Rica, which is moving slowly.

Major obstacles still hamper full development. All six countries depend on similar exports. Coffee is the principal export of Costa Rica, El Salvador, Guatemala and Nicaragua. Bananas are the major export of Panama and Honduras, second in Costa Rica and Guatemala. Cotton and textiles are developing in Nicaragua and El Salvador. Panama has large shrimp exports. Honduran cattle are moving to neighboring countries.

But the volume of this trade, two per cent of total exports in 1950, was still only seven per cent in 1960.

Lack of communication is one handicap. Air transport bears the heaviest traffic. Such railroads as there are run principally from coastal cities inland. There is no through line from Panama to the Mexican border and there would be little for it to haul if it could be built.

All bridges are completed on the Pan-American highway, but it is by no means a paved freeway for tourists. There are many gravel stretches and numerous landslides in bad weather.

A caravan moving from Panama to Mexico by motor vehicle and thence by air is expected in Washington for the Pan American highway conference opening May 6.

The U.S. Congress, paying two-thirds of the cost, appropriated \$60 million in 1958 to complete the highway and made it plain this was to be the last contribution.

A Central American Bank for Economic Integration was established in Tegucigalpa, Honduras, in 1961. U.S. Agency for International Development-AID — has advanced it a \$3 million grant and a \$5 million loan to get going.

AID has opened a Central American office in Tegucigalpa for regional planning. A U.S. advisory mission has been set up to work with the Organization of Central American States in Salvador and the Council of Central American Universities in San Jose. The first project is printing over two million textbooks to supply the first six grades of all Central American schools by 1965.

WASHINGTON REPORT . . .



Congress Scrutinizes Foreign Aid Program

By FULTON LEWIS JR.

Soon after John Kennedy plucked him from relative obscurity and named him Director of the Budget, charming, debonair David Bell told a West Coast audience that America could afford to double its annual outlay for foreign aid, increasing it from \$5 to \$10 billion.

Recently promoted to Foreign Aid Director, Bell must be content with far less than \$10 billion next year, however. From all indications, Congress will sharply pare the "modest" \$5 billion the Administration has asked for fiscal year 1964.

Ohio Senator Steve Young is typical of many lawmakers who have undergone an "agonizing reappraisal" on foreign aid. Democrat Young last month returned from a Geneva conference on "underdeveloped nations" convinced that the foreign aid program was staffed with incompetent, unnecessary bureaucrats. He demands a cut of \$1 billion in the President's aid request.

Majority Leader Mike Mansfield is another to voice severe misgivings about the program. He says that more than \$300 million in recent aid to Vietnam has failed to make the Asian land any more stable than before.

Intellectuals, too, have begun to pan the whole scheme. Harvard Professor Edward Banfield recently completed a scholarly study, concluding there was no justification for a multi-billion dollar program of the type America has run for many years.

One of the most telling indictments came last month from Dr. D. A. Fitzgerald, a top-ranking foreign aid official for 14 years. Dr. Fitzgerald, deputy director of the International Cooperation Administration, stepped down last August. While praising the Marshall Plan he helped originate, Dr. Fitzgerald says the current program is wasteful and harmful to the best interests of the United States.

Congressman "Gene" Snyder, freshman Republican from Louisville, Ky., has compiled a long list of foreign aid projects that he calls "typical of the whole program." U.S. taxpayers, he claims, have paid for the following:

- 1. A luxury yacht (cost: \$3.1 million), replete with gold wallpaper, for a millionaire Emperor of Ethiopia.
- 2. Suits for Greek undertakers.
- 3. Troughs for Egyptian camels.
- 4. A sawmill for Nationalist China that could not cut the type of logs native to that area.
- 5. Two rifles for every soldier in the Cambodian Army.
- 6. Educational TV for Nigeria, a country with almost no TV sets.
- 7. "Multi-laned" highways for countries where there are very few, if any, automobiles.
- 8. Five professors to teach an 11-man class in Rhodesia.
- 9. A splendid new sports stadium located in the heart of equatorial Africa that lacks a single modern road leading up to it.
- 10. "Extra wives for officials of the Kenya government."

Republicans plan to fight the foreign aid program with extra zeal this year and think that a minimum of \$1 billion can be trimmed from the Administration request. They will receive considerable help from Rep. Otto Passman, Louisiana Democrat, who is the number one Congressional expert on foreign aid. His worldwide travels have convinced him that more than a billion dollars can be "easily" cut.

Almanac

By United Press International
Today is Wednesday, March 13, the 72nd day of 1963 with 293 to follow.

The moon is approaching its last quarter.

The morning star is Venus. The evening star is Mars. Those born on this day include Joseph Priestley, the British chemist who discovered oxygen in 1733.

On this day in history: In 1968, impeachment proceedings against President Andrew Johnson got underway in the Senate. He later was acquitted by one vote.

In 1963, banks throughout the United States began to open following the "bank holiday" proclaimed on March 5 by President Roosevelt.

In 1962, a \$4,900,000,000 foreign aid bill was sent to Congress.

A thought for the day: Author Thomas Paine said: "Society in every state is a blessing, but government, even in its best state, is but a necessary evil. . . . In its worst state, an intolerable one."

BERRY'S WORLD



THEY SAY...

The space center could be as important to western Pennsylvania as coal was in the past.

— Dr. Edward H. Litchfield, chancellor of University of Pittsburgh, on plans to build a \$30 million space research center.

Where is Australia and New Zealand and Great Britain and France and Italy and our other allies? Why should the American taxpayers be paying most of the cost of protecting freedom in South Viet-Nam? Are we the only ones that have a stake in freedom?

—Sen. Wayne Morse, D-Ore.

Labor is behaving excessively in America today, just as business, the banks, the stock market, the utilities, the railroads did in their time.

—Louis B. Seltzer, editor of the Cleveland Press.