



THE DOCTOR SAYS Acceptance Eases Menopause Woes

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

All life is change, but the chance of life that occurs in most women in their middle 40s is a special kind of change. It is characterized by a gradual cessation of the function of the ovaries. As a result, there is a lengthening of the time between menstrual periods and a shortening of duration of periods.

Aside from that, many women have no symptoms. Others may have intermittent hot flashes involving the head, neck, and chest, with or without profuse sweating.

I am frequently asked how long these spells continue, and can only say that every woman is a law unto herself. In some, they disappear in two or three years, while in others they persist into the late 60s.

Such other symptoms as headache, dizziness, fatigue, joint pains, irritability, and nervous tension are not due to the menopause. In some they may be a natural part of aging, but the cause should be sought. When found, it should be treated. Many a woman who has shrugged off one or more of these symptoms as due to the menopause has cheated herself of relief.

I am often asked, "When, in the menopausal period, does the possibility of childbearing actually end?" This is very hard to determine. There are occasional freakish exceptions to the usual rule that, when menstruation ceases completely, childbearing is no longer possible.

In most women in whom menopausal symptoms are fairly mild, a sedative and sympathetic reassurance by her doctor after a thorough examination is all the treatment required. A few women whose symptoms are extremely unpleasant may require some replacement of the female hormones for a while.

This form of treatment should be given only if symptoms complained of are definitely due to

ovarian deficiency, and should not be given until menstruation has stopped completely. Furthermore, it should not be given to any woman who has uterine fibroids or endometriosis, although in such a woman male hormone may be beneficial.

Treatment with female hormones should not be continued indefinitely. This only postpones the inevitable adjustment the body must make, and prolongs duration of unpleasant symptoms. Although course of the menopause is fairly smooth in most women, the symptoms are likely to be more troublesome when the ovarian function is interrupted suddenly, as in those women who have both ovaries removed—usually at the time the uterus is taken out. Such women definitely need a period of treatment with female hormones.

It is most important to accept calmly change of life. Most women can achieve a greater serenity after the menopause than they have ever known. Just because the body is aging is no reason not to stay young in heart.

Bodies Found In Club Office

SALEM (UPI) — The body of a 30-year-old Salem divorcee and her ex-husband's brother were found in the business office of the Salem Dodgers Baseball Club at Waters Field Thursday.

Police said it appeared the deaths were a murder and suicide.

The dead were Peggy Ann Hammer and Harry Alfred Hammer, 37, of Salem.

Officers said the woman had been shot at least twice with a military automatic carbine. Hammer's body, with a bullet wound in the head, was nearby.

Hammer was employed occasionally as a maintenance worker at the park. Mrs. Hammer was the secretary of the baseball club.



SUBMARINE DEBRIS — A Navy court of investigation in Portsmouth, N.H., Friday examined the first small bits of debris, shown above, from the sunken submarine Thresher. Pieces of cork and plastic foam, a jar of diesel oil, two gloves and a tube of icing used by the sub's cook for decorating cakes are shown as they were examined by the board.

London Police Use Hounds To Break Easter Ban-The-Bomb Demonstration

LONDON (UPI) — Police using baying hounds Saturday broke up an attempt by hundreds of ban-the-bomb demonstrators to force their way into a top secret nuclear shelter for government offices.

The demonstrators broke off from an Easter ban-the-bomb procession by 10,000 persons from Aldermaston to London and turned down a country lane into the grounds of the alleged secret headquarters.

The location of the underground headquarters was disclosed in a crudely-printed pamphlet distributed during the Aldermaston march by a group calling itself "Spies for Peace."

The pamphlets said the location was one of 12 top secret bomb-proof centers which would house government offices in event of a nuclear attack.

The government has admitted that the pamphlet contained con-

siderable accurate secret information and ordered anyone possessing a copy to send it to Scotland Yard. Newspapers were forbidden under the Official Secrets Act from publishing the contents.

In Duesseldorf, Germany, meanwhile a group of British ban-the-bomb demonstrators carrying out a sitdown strike aboard a chartered airliner grounded the plane for the second day by refusing to fasten their seatbelts. Under international air regulations, planes cannot take off until passengers fasten the safety belts.

In the demonstration in England, police buses and black maras waited in a nearby clearing. The 272-foot dome of the capital in Harrisburg, Pa., was patterned after St. Peter's in Rome, according to Encyclopedia Britannica.

As demonstrators chanted "no bases, no bombs," police brought dogs to guard some of the buildings. Others guarded a section of the building that looked as if it was near a tunnel.

After further scuffles and the arrival of a new contingent of 30 police reinforcements, the demonstrators rejoined the Aldermaston march.

Jeering demonstrators lined the road shouting abuse at the police as they marched through. A girl from the ban-the-bomb committee of 100, wearing blue jeans and a duffle coat and with her eyes smeared with blue eye-

shadow, told newsmen: "Everything has gone like clockwork. This is just a politicians game. The Russians know we have got it. Everyone knows we have got it."

**NOW IS THE TIME
TO CONVERT
Your Old Worn Out
Wooden Windows
with
ALUMINUM
WINDOWS**

**NOTHING DOWN
Up to 60 Months to Pay
ARALUM Windows
& Doors
1317 E. Main TU 4-8196**



business leader

The unquestioned leader in advertising today is the daily newspaper.

Last year, advertisers invested \$3.6 billion in daily newspapers—far more than in any other medium.

Many were national advertisers. But many more were retailers who have always depended heavily on newspapers for local business because nothing else can do the job as well. These local advertisers—business leaders in their own communities—invested approximately \$2 billion in newspapers last year. That's more than they put in radio, TV, and outdoor combined!

The leader has authority, believability, trustworthiness. That's why 100 million people turn to newspapers for information on an average day.

MORE PEOPLE DO MORE BUSINESS THROUGH NEWSPAPERS



Herald and News

Arthur Godfrey recommends

Sanitone Drycleaning

for complete, professional
fabric care



"It pays to keep up
appearances. I know!"

That's why I'm for Sanitone—as I tell
my listeners on my CBS Radio program.

Yes, with our Sanitone Drycleaning, clothes come back looking and feeling like the day you bought them... with special finishes added for softness and body... all spots removed safely and scientifically... minor repairs made... and expertly pressed on professional equipment—a press that lasts. You get so much more than just drycleaning. Try our Sanitone today!



CASCADE LAUNDRY

and Dry Cleaners

Opp. Post Office Ph. TU 4-5111

NEW METHOD CLEANERS

Gold Bond Stamps

1453 Esplanade Ph. TU 4-4471

BROADWAY CLEANERS

2nd Green Stamps

4615 So. 6th Ph. TU 4-6403

And VILLAGE CLEANERS

at the Town & Country Shopping Center

Trucks Radio Dispatched

for Fastest Possible Service