

BASIN BRIEFS

BONANZA
MRS. FRED FERLUND JR. (Carolyn Strunk) will be honored with a wedding shower at the parish hall in Langley Valley at 8 p.m. on Sept. 18. Relatives and friends are invited to attend.

MR. AND MRS. NEAL FERLUND of Reno spent the weekend with their daughter, Mrs. Bud Stevenson, and family.

MR. AND MRS. BILL BURNETT and family spent Sunday at Tulelake. They enjoyed the fair and then were dinner guests of Mr. and Mrs. Lionel Nash and family. Richard Burnett left Sept. 9 to attend college at Chico State.

MRS. JERRY THOMAS is staying in Klamath Falls for a couple of weeks with her sister and brother-in-law, Mr. and Mrs. Kenneth Hriciszec, and new son, Michael Shawn.

MR. AND MRS. HILL BURCH and son of Cave Junction spent the weekend.

WHAT MADE HER SAY "I HATE YOUR GUTS"?

Sunday with Mr. and Mrs. Charles Partridge. Jim Burch is home on leave from Fort Sill, Okla. He will leave Fort Sill Oct. 2 for Germany where he will be with the Army Artillery.

BONANZA WOMEN'S CLUB will hold an all-day meeting at the Bonanza Library on Sept. 17 bazaar, and a quilt will be made and doll clothes will be made. Members should bring a sack lunch, needles, thimble, and materials.

MR. AND MRS. LEONARD WILL have as guests, his parents, Mr. and Mrs. Louis Will of Yachats, Ore., and a brother and wife, Mr. and Mrs. Ted Will of Solomons, Md.

MR. AND MRS. LEWIS KESSLER, Toni and Randall recently, the Paul Kesslers, in Brookings.

PATTY LYNCH, Santa Cruz, visited her grandparents, Mr. and Mrs. Heinie Cofelt, over the weekend.

NANCY LILES, Eugene, was a recent guest of Nancy and Cathy Greene.

MR. AND MRS. BERT BURNS, Medford, visited friends in the Malin and Merrill area on Sunday.

FORT KLAMATH
MRS. WILBUR WALKER and sons, Rocky and Danny, have moved back to Merrill to send Rocky to school after spending the summer vacation at the local Orem ranch. Walker is employed here and at Merrill by Ira F. Orem and son, Harry, and will join his family later.

CHILOQUIN
MRS. ELIZABETH ZELLER and son, Jim Zeller, attended the state fair in Salem for three days. While there they visited Mr. and Mrs. William Zeller and Mr. and Mrs. Wallow Zeller.

MR. AND MRS. C. E. MARTIN and family arrived home from Medford where he has been working all summer.

WILLIAM PAGE, who has been ill, is in the Veterans Memorial Hospital in Portland. Page and his wife are members of the Cascade Crest Chapter No. 159, OES.

MR. AND MRS. HARRY McLAUGHLIN from Sarver, Penn., and Mrs. Sarah Johnson from New Pine Creek, have been visit-

ing with Mr. and Mrs. James R. McLaughlin. The two brothers hadn't been together in 17 years.

MRS. IDA GRIMES has been reported ill at her home in Klamath Falls.

MR. AND MRS. GEORGE REED had as guests, Mrs. Reed's niece and her husband, Mr. and Mrs. Vernon Chadwick, and son of Covina, Calif.

MR. AND MRS. VERNON NORVAL have had visiting them, their two little grandsons, Jeffrey and Dougie Norval, from Eugene. They spent one week with their grandparents.

REV. HARLEY ZELLER has been on a business trip to Roseburg and Springfield. While there he visited with his brother for a short time.

MR. AND MRS. JAMES R. McLAUGHLIN spent a few days in New Pine Creek and visited with relatives there.

MRS. MARY PLACE who has been ill is home recuperating.

Doctor Lists Simple Rules For Adding To Life Span

COPENHAGEN, Denmark (UPI)—Dr. Torben Geill says that practically anyone can live to be 120 years old if he:
—Eats the right food.
—Performs the right amount of exercise.
—Gets the right amount of sleep.
—And avoids disease.

But the fact that no person has yet proved by a birth certificate that he has lived longer than 113 years shows that Dr. Geill's prescription, simple as it sounds, is not yet possible for the human race.

Stretched Life Span
Dr. Geill, Danish president of the International Association of Gerontology (the study of old age), told the association's sixth Congress recently that he believed the human life span could be stretched to 120 years under perfect conditions.
And, in a subsequent interview

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with United Press International, he explained that though people who adopted his rules might not be able to adhere to them, through circumstances beyond their control, they would at least have a better chance for a healthy, happy old age, even if they did not reach 120.

Dr. Geill, who is chief physician at "The Old People's Town" in Copenhagen, said that death before 120 was due to "extrinsic" factors—that is, disease or accident or other events originating outside the body. If these were avoided, the life span would depend only on the normal aging of the cells.

Healthy Diet
"My first rule for people who want a long life," he said, "is to abide by a healthy diet. Avoid fats and whenever possible, use vegetable oil for frying. I don't think one should be as fanatical as

never to use butter on bread, but use it in moderation.
"Then see to it that you walk a lot. If you do eat a meal with plenty of fats now and then, see to it that you take a walk afterwards."
"My third rule is that it is essential to have enough sleep—and to relax."

"As a matter of fact television can be an aid to health by making people sit down without doing anything whatsoever. But don't spend too much time in that position or you'll become dull."
Like other scientists at the congress, Dr. Geill stressed that gerontologists are learning a lot about old age and how to live

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longer but there are many problems before this knowledge can be applied to help human beings extend the present life span—which averages just above 70 years for Western men and women.

Skeptical About Reports
He was skeptical about reports some Bulgarians reach an advanced age because they eat lots of yoghurt.
"Birth certificates are not very reliable there," he said. Then he added, "However, there is something to the theory that people in certain areas of the world reach very old age."

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