BPA Proposes To Raise Wholesale Power Rates

PORTLAND (UPI) — Bonneville Power Administration Friday announced a preliminary proposal for an average increase in wholesale firm power costs of 8½ per cent.

Charles F. Luce, BPA administrator, said this would up BPA's revenues from firm power by about $6.5 million in the first year. A revised rate would become effective Dec. 20, 1964.

If approved by the Federal Power Commission it would be the first rate change in BPA's 25-year history, he said.

"We emphasize that these are preliminary figures," Luce said. "They could be pushed either up or down by developments in the Northwest power picture.

He said the proposed changes were not a simple increase in rates but represented a completely new rate structure.

Luce said the preliminary figures were presented to give customers a chance to analyze the impact of the rates on individual operations. Customers of BPA include public and private utilities, municipal utilities, electroprocess industries and other federal agencies.

Luce said most of the utilities would be able to absorb an increase without raising residential or commercial rates. This, he said, is because the cost of wholesale power is only about 30 per cent of their total cost of doing business.

"As matters now stand, the increase would not be large," Luce said. "BPA will still sell electric power for less than it can be produced at the new federal and nonfederal projects—such as Wells, Lower Monumental and Mossyrock Dams."

He also said the rate overhaul should not adversely affect Northwest industrial development. The present BPA basic wholesale rate is the lowest in the nation, he said.

Luce said BPA planned to file a new rate with the FPC in January.

Meetings to discuss the proposal will be held Nov. 7 in Spokane, Nov. 15 in Burley, Idaho, Nov. 18 in Walla Walla, Nov. 22 in Portland and Dec. 3 in Seattle.

Four Positions To Stay Vacant

SALEM (UPI) — State Treasurer Howard Belton said Friday he would not fill four vacant positions in his office, but otherwise planned no budget reductions.

The Finance and Administration Department cannot cut the treasurer's budget. Budgets of constitutional offices — secretary of state, governor, treasurer, courts or the legislature—do not come under allotment control.

Belton said the budget approved for his department by the legislature didn't contain any fat. He said he had to maintain his present staff to maintain the required level of service.

THE DOCTOR SAYS

Doctors Don't Advocate Fasting

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

To fast or not to fast—that is the question a lot of persons are facing today because they have allowed themselves to become overweight.

Over the centuries people have fasted for different reasons. Through fasting, the adherents of some religious faiths have brought themselves to the point of delirium. Other persons motivated by their religious beliefs have fasted as a pennance for sins.

Gandhi used fasting as political weapon with appreciable success, and on at least one occasion carried it almost to the point of death by starvation.

Most modern practitioners of fasting, however, do it for the sole purpose of losing weight. While an absolute fast (going without anything by mouth except water) will result in a rapid loss of weight, such an extreme or heroic measure has little to recommend it.

Those who attempt it are usually persons who have lost patience with slower methods or who find that after a half-hearted reduction of food intake on two or three days a week they weigh as much as or more than they did before. In any case, the weight lost is quickly regained.

Dr. Nevin S. Scrimshaw of the Massachusetts Institute of Technology made a study of teen-agers who indulged in partial fasting (skipping meals) and found that they lost weight. But at the same time, because of failure to get a balanced diet they lowered their resistance to infectious diseases. This is an especially dangerous way for teen-agers and young adults to do, because that is often the way tuberculosis gains a foothold.

In another study, in which normal volunteers were used, fasting caused a decrease in the alkaline reserve in the blood. This could lead to a type of acidosis. Another result was that the normal nitrogen balance between what was ingested as protein and what was eliminated in the sweat and urine as urea wast distributed. Nitrogen was lost and this can slow the healing of wounds or the recovery from any disease.

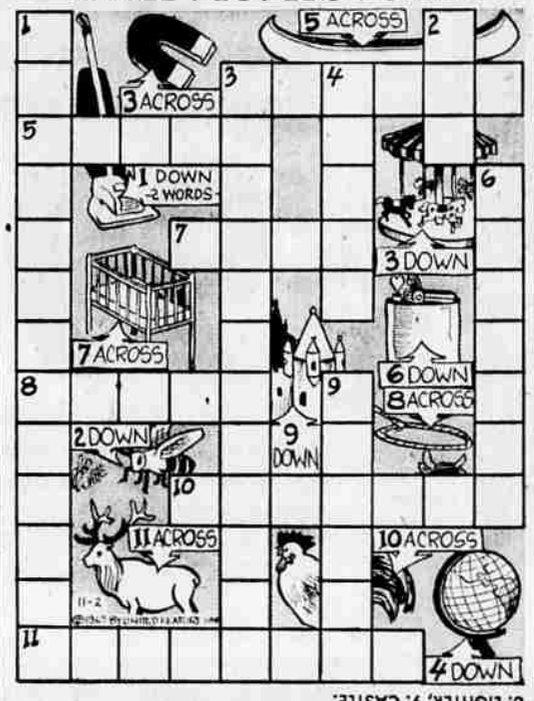
Other constituents of the blood to be lost while fasting are sodium, calcium and glucose. The sugar stored in the liver is released to the blood and thus rapidly depleted.

For these reasons nutritionists today do not recommend fasting. All the evidence points to the benefits of an adequate well-balanced diet with all the essential elements in quantities sufficient to maintain normal weight.

Anyone who insists on a period of fasting should consult his family doctor who will take into consideration the subject's general health, his present weight for his height, the reasons why a fast is desired, the type of fast (partial or complete), the length of the fasting period and the anticipated extent of activity during the period.

Although these would vary with the individual, the doctor would in all probability try to dissuade the patient in favor of a more rational approach to the problem.

LITTLE PEOPLE'S PUZZLE



ANSWERS: Across — 3. MAGNET, 5. CANOE, 7. CRIB, 8. LASSO, 10. ROOSTER, 11. REINDEER. Down — 1. VACUUM CLEANER, 2. BEE, 3. MERRY-GO-ROUND, 4. GLOBE, 6. LIGHTER, 9. CASTLE.

READY TO GO — Roger Eric Beutel, born Oct. 16, took his first steps this week at the age of two weeks. Roger, who can support his own weight while standing and using an adult arm for balance, didn't startle his parents, Mr. and Mrs. Stuart Beutel of Long Beach, Calif., who claim their other two children also walked at two weeks. Roger walks with slight stoop and doesn't have too much stamina at this time. According to Dr. George Trimble, at the Long Beach Memorial Hospital, the earliest verified record for a baby walking is 27 weeks. — UPI Telephoto

'Crisis' Contest Planned

OKLAHOMA CITY (UPI) — The Oklahoma Republican State Committee announced last week a contest "to find out the crisis that will occur just before the 1964 elections."

State Republican Chairman Bill Burkett said the contest winner will receive a $50 bond.

"Just two weeks before the 1962 elections President Kennedy suddenly discovered the presence of Russian missiles in Cuba, the same missiles that Senator Keating of New York had been talking about for several months," Burkett said.

"We think there will be a similar crisis just before the 1964 elections," he said.

Predictors should address their letters to "Crisis Editor," Republican State Committee, 1300 N. Broadway, Oklahoma City, Burkett said.

The letters will be opened Nov. 1, 1964, just before the election.

FIRE DESTROYS COTTON

HOLLY SPRINGS, Miss., (UPI) — Fire destroyed $1 million worth of cotton on a train Thursday and then was swept by strong winds into the Holly Springs National Forest.

The flames leaped to the 500 cotton bales on five flatcars from grass fires along the railroad tracks. Fires also destroyed an old church building and one under construction at the community of Hickory Flat.

Ordinance Changes Fee Basis

MOUNT SHASTA — At the first Monday night meeting of the Mount Shasta City Council on Oct. 28, the ordinance changing fees for business licenses was read for the third time.

The fees were formerly $20 for each department of business and will now be $20 for a license plus $1 per employe. If the number of employes fluctuate in any given business operation, the fee will be based on the average number of personnel employed in a particular period.

Ordinance No. 224, regarding the granting of an electric franchise, was read for the first time. The division manager of the Pacific Power and Light Company from Medford and the local manager, Don Warner, were present for the reading.

In other business, Charles Echols, superintendent of public works, reported on the progress of a water line on Washington and Rockefeller drives and work in other small sections of Mount Shasta.

Influenza Tops County's Communicable Diseases

Fourteen cases of communicable diseases were reported in Klamath County for the week ending Oct. 19, according to information from the Oregon State Board of Health.

Of that number, 11 represented cases of influenza; meanwhile, the figures for that disease continued to spiral upwards in most other counties throughout the state. The three other cases of communicable disease noted in the county were measles.

Statistics for the state during the week's period showed that influenza led all other diseases with a skyrocketing 346, followed by pneumonia, 47; measles, 39; and whooping cough, 33. Various other diseases followed in lesser numbers.

Influenza was the leading disease in four or five counties adjacent to Klamath County, the report revealed. The exception was Deschutes County, which reported five cases of pneumonia among its total of seven cases of communicable disease. Influenza accounted for the other two.

The breakdown of the number of such diseases reported in the four nearby counties follows: Jackson, influenza, 10; measles, three; scarlet fever, three; Josephine, influenza, 12; pneumonia, three; whooping cough, two; German measles and scarlet fever, one each; Lake, influenza, five.

UF Collections Approach Goal

LAKEVIEW — Collections for the United Fund in Lake County are listed as over the 81 per cent mark this week, with some workers and areas not yet reporting.

A total of $8,707.24, which includes pledges of $988.82 and cash for $7,718.42 is reported by Leo Zell, co-chairman with Erwin Abramson for the drive. The goal is $10,700.

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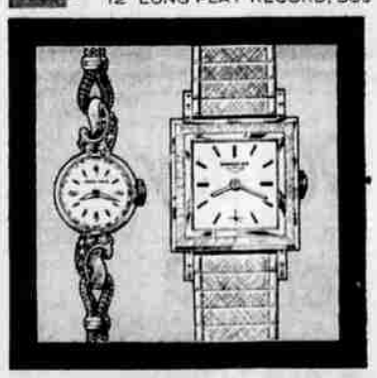

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