

Increase of Emphysema Noted In Nation; Description Given

The following information on Emphysema is given by the National Tuberculosis Association in hopes that people may become aware of this serious disease and do everything in their power to avoid developing it.

Emphysema (pronounced em-fih-SEE-ma) is a disease which causes the lungs to become greatly enlarged. It is a Greek word meaning "inflation."

Emphysema is on the increase. Authorities do not know exactly how many new cases turn up each month in the United States because records have not been kept in the same way in every state. But in the last ten years deaths from this disease have increased six times over. More than 10,000 Americans die of it every year.

The victims of emphysema are, for the most part, white males between 50 and 70 years old. Women get emphysema, too, but ten times more men have it than women. A high percentage of the people who have emphysema smoke and have been heavy smokers most of their lives. Frequently, they live in areas where air pollution is a constant problem.

A person with emphysema doesn't develop the disease suddenly. It creeps up on him. He has probably had several very bad colds each winter for the past years, each accompanied by a heavy cough, amounting often to chronic bronchitis. Probably the cough is still hanging on. The thing that usually brings the patient to his doctor is that he has begun to feel short of breath in the morning or evening or both. He may think he has asthma or heart disease.

It is believed that emphysema often is a late effect of chronic infection or irritation of the bronchial tubes. These tubes, called bronchi, connect the windpipe with the lungs. The bronchi look like the roots of a tree, with the roots becoming smaller and smaller until each one ends in a cluster of tiny air spaces in the lungs. From these tiny air spaces, oxygen enters the blood when air is breathed in, and waste gas (carbon dioxide) is removed from the lungs by breathing out.

When the bronchi become irritated, some of the airways may be obstructed, trapping air in the lung beyond them. Or the tissue walls of the tiny air spaces may tear, for various reasons. Less contact between blood and air results. If infection or irritation continues or is repeated for along time and the stretching and destruction of the walls of the air spaces goes on, the lungs as a whole may become overstretched, at the same time becoming less efficient in exchanging oxygen for carbon dioxide.

Emphysema may begin with only a slight morning and evening inconvenience in breathing. Next, a short walk may be enough to bring on an attack of breathlessness. Unless promptly treated, the lungs may be permanently damaged. A day-in, day-out struggle to keep the lungs working can develop. Every breath may require a major effort. The ultimate hazard of emphysema, however, is the extra load it puts on the heart, which is required to pump harder.

Doctors can help emphysema patients live comfortably with their disease for a long time. Different treatments, including antibiotics, help

different patients at different times. Under a doctor's care, most patients can get relief from their attacks of breathlessness. If a man's job does not require heavy physical labor, his doctor will usually say that he can continue to work.

At this time, doctors do not know how to prevent emphysema. Continuing research is being conducted to find answers to many questions about this disease. However, modern medicine can usually slow down the development of emphysema if patients are treated early. It is always the doctor's immediate concern to clear up any infection of a patient's respiratory system—mouth, nose, throat, sinuses, or lungs—because such infections set up a possible starting place for emphysema.

Unit Changes Meeting Plans

MIST—Due to the bad weather the lesson for the Mist-Birkenfeld Extension Unit has been changed from Living with Tensions to be given by Mrs. Margaret Allyn, to When Death Comes, given by Mrs. Howard Grimsbo and Mrs. Wayne Kyser. The members are to meet at Mrs. Charles Hansen's place instead of the Birkenfeld center. Potluck will be at noon as planned. This will be the last meeting for the program planners so members are asked to have ideas ready. Meeting will start at 10:30 a.m.

Sulo and Dale Sanders arrived in Mist Sunday evening after being in the Los Angeles area since the Saturday after Christmas. They were able to travel without any trouble. Raymond Brower returned with them and joined Mrs. Brower on the former Devine place. Dale left Monday for Seattle to resume his studies. Paul left Friday for Portland, also to resume his studies.

Hugh Cox received word from Union that his grandson, Allen Johnson, was in the hospital due to a high fever. Tests have been made and the results were not known at this time. Mrs. Cox visited with Mrs. Toby Knowles Sunday afternoon.

Mr. and Mrs. Harold Sparks of Delena were in Mist Thursday afternoon a short while to bring Warren home after they and Mr. and Mrs. Bob Skeans and baby son had been in Everett, Wash. for the Christmas holidays.

Family Visits With Patient

BIRKENFELD — Mr. and Mrs. Lawrence Johnston, Wendy and Calvin, drove to Myrtle Creek Saturday to the Buster Benson home, returning home Sunday. Buster has been in the hospital for some time with a throat ailment.

Mr. and Mrs. Darrell Baker took Butch to Portland Sunday to catch the plane back to Juneau, Alaska.

Mr. and Mrs. George Richardson and little son were Sunday dinner guests of Mr. and Mrs. Art Bellingham.

Mr. and Mrs. Fred Larson, Randy and Dennis went to Tigard Sunday where they were met by the Roger Chases. The Larsons then visited with relatives at Sherwood.

The Herbert Rodgers family, Mr. and Mrs. Hebe Rodgers and Al Berg were Sunday dinner guests at the home of the Francis Larsons. The occasion was the wedding anniversary of the Herbert Rodgers.

Mr. and Mrs. Lawrence Jepson called on John Cahill Saturday. They also spent awhile at the Francis Larsons.

A stormy day is a good day to clean closets and phone for a Goodwill truck to gather clothing to be discarded. Goodwill especially needs such calls when the weather is bad, and the flow of materials diminishes to a low ebb.

Design Offers Three Bedrooms

Three bedrooms, a family-living room, kitchen-dining room, living room, two bathrooms, and a utility room all fit into a floor area of 1,344 square feet in this brick veneer house designed by the U. S. Department of Agriculture. The plan also provides 308 square feet of carport and 64 square feet of porch.

The family room fireplace provides a flue for the heating unit in the utility room. The utility room also contains an outdoor clothes closet, a cleaning closet, the water heater, washing machine, freezer and sink. Wall storage cabinets occupy the two long partitions.

Complete working drawings of Plan No. 7174 may be obtained from Farm Building Plan Service, Agricultural Engineering Building, Oregon State University, Corvallis, for \$1.10.

YOUR JOB

(NOTE: This column is written weekly and published by this newspaper as an educational and public service. If you have questions with regard to the Oregon State Employment Service and/or Oregon Unemployment Insurance Division, please address them to Oregon Department of Employment, 402 Labor and Industries Building, Salem, Oregon 97310, Attn. Informational Representative.)

QUESTION: What kind of labor market information is available through the Oregon Department of Employment?

ANSWER: There is a variety of information available both on a local and state level. Such information as the local labor force, how many are employed in various industries, the number of insured unemployed in various occupations and covered wage and salary information by industry. This information is especially helpful to chambers of commerce, investors in new industry, employers and individuals who want to determine future needs and plans for expansion. Such information is obtainable from the Oregon Department of Employment central office in Salem or by contracting any of the 28 offices of the Department of Employment about the state.

QUESTION: What is the law with regard to payment of Unemployment Insurance benefits due a deceased person.

ANSWER: According to the Oregon Department of Employment law, in the event of the death of any person to whom benefits are due, but which benefits remain unpaid in whole or in part, such benefits may be paid to any person or persons designated by the commissioner of the Department of Employment in the following order: (a) Surviving spouse; (b) Surviving children, including adopted children; (c) Mother or father of the deceased.

QUESTION: What will the Department of Employment have to do with the Job Corps that we have been hearing about in the news?

ANSWER: The Job Corps is set up under the Economic Opportunities Act of 1964 which was signed into law in August. The Oregon State Employment Service, through its youth program may refer youths 16-22 years of age to the Job Corps. At present, plans call for Job Corps Camps in six Oregon locations.

QUESTION: How are unemployment insurance claims identified?

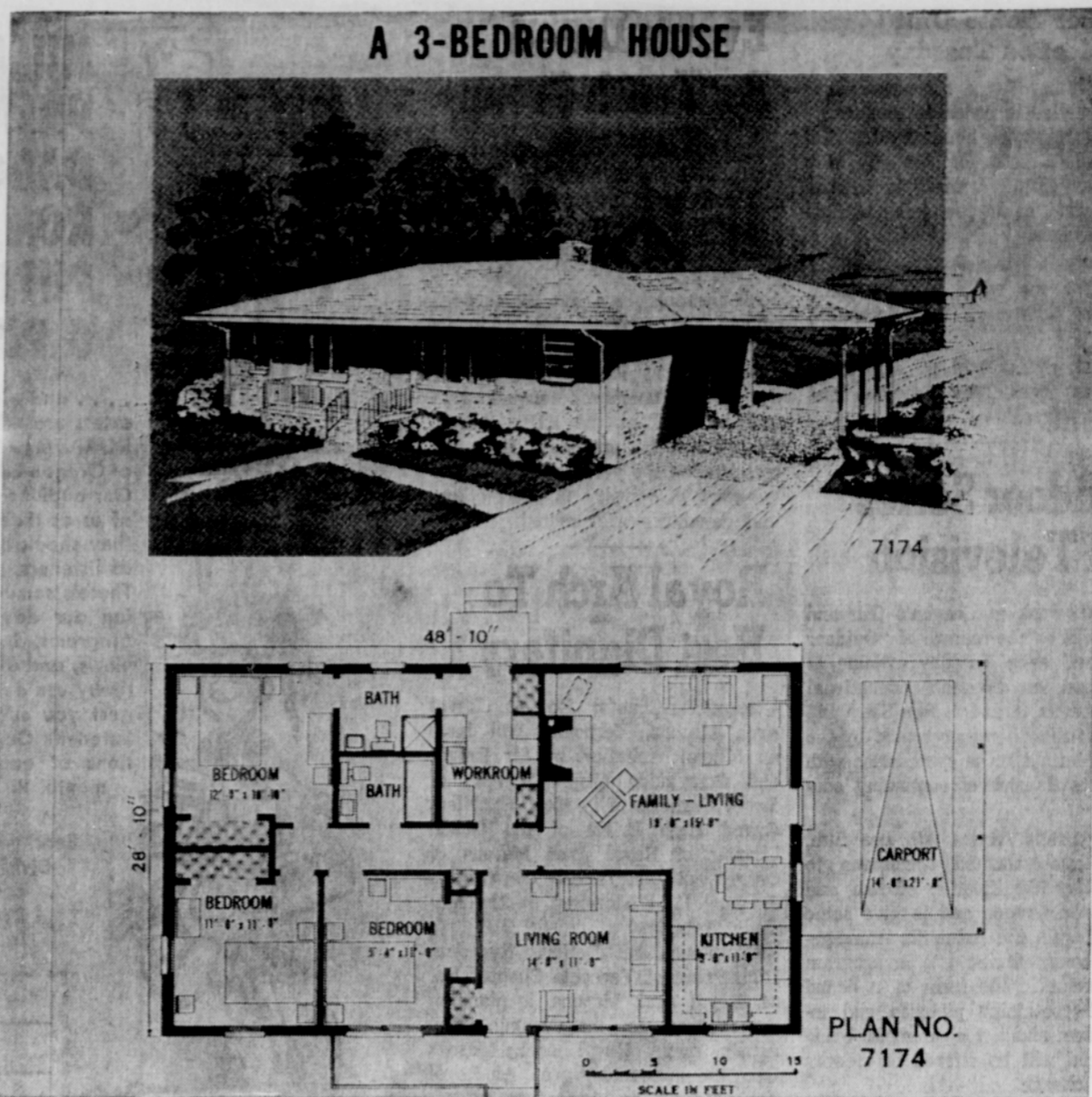
ANSWER: Each unemployment insurance claim is identified by the claimant's social security account number. Therefore, it is important that claimants include their social security number in any letter or other communication about the claim. Failure to do so may result in loss of time and could cause considerable delay in the payment of benefits.

QUESTION: We have read some place recently that "every working man and woman... may one day be forced to seek work through government employment offices." Is this true?

ANSWER: It is definitely untrue. Decisions by workers to use the facilities of public employment offices now, and in the future, will remain entirely voluntary. Neither the U. S. Employment Service nor any Federal agency has proposed any plan whatsoever that would force workers or employers to hire through public employment offices. At the same time, the Employment Service is required by law to serve everyone who applies for service at the Employment Offices whether or not they are employed or unemployed.

About the best thing to remember is what to forget.

When a wolf talks to a gal, the only ring he has is in his voice.



Group Returns Home From Pasadena Trip

BIRKENFELD—The E. T. Johnston family, Terry Larson and Jerry Lowe returned Monday evening from their trip to Pasadena and the Rose Bowl game. They took in several places of interest. They encountered much bad weather and bad roads. Gary and Jerry stopped off at Corvallis to return to Oregon State.

Mr. and Mrs. Francis Nordstrom and Ronnie visited one evening last week at the Francis Larsons. Ronnie showed some pictures of his recent trip to Hawaii which were greatly enjoyed.

Marvin Larson returned to the OSU campus at Corvallis Sunday.

Shirley Berg and boys were Saturday evening dinner guests of Mr. and Mrs. Chas. Ramsey.

Students Leave For Graceland

MIST—Mrs. Sulo Sanders and family spent New Years Eve at the Walter Mathews home. New Years morning the Mathews were breakfast guests at the Wayne Lapworth home in Portland. At noon, Gloria Lapworth, Marian Mathews and three other Graceland College girls left for Lamoni, Iowa by train. Mr. and Mrs. Mathews and Marian were dinner guests of Mr. and Mrs. Ralph Reynolds and Roy in Vernonia Wednesday of last week.

Dinner guests at the Ray Garlock home New Years day were Mr. and Mrs. Lloyd Garlock. Mr. and Mrs. Paul Thompson and Larry Trotter of Delena were Saturday dinner guests.

New Years evening guests of the

George Mathews were Mr. and Mrs. DeeVeere Hershey and Dee and Mr. and Mrs. Vic Berg.

The Mist and Vernonia school systems resumed their activities Monday morning after being closed since December 22 for vacation.

Mr. and Mrs. Clarence Kyser and family moved to the Midland district over the week end.

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