

Poor Man's Philosopher Discourses On Endeavors For Self-Improvement

By HAL BOYLE
NEW YORK.—(AP)—The week I am most in favor of having is a be-yourself-week.

During this period everybody would take a holiday from self-improvement in any form. He would just relax and let himself alone. He would be what he is and nothing more—and I think he'd enjoy it. It would be restful.

For one of the curses of our time is that practically nobody is satisfied with himself as he is. He wants to change himself in some way he hopes is for the better.

But is it for the better? Most of the self-improvement programs I've seen haven't made much difference. You can't change a cabbage into a cauliflower by just putting it in a cellophane wrapper.

But that doesn't keep people from frittering their contentment away in endless and aimless efforts to be something besides what they are. Self-improvement today is one of the biggest American industries. Billions are spent on it.

Are you overweight? Try our 95-day diet. Are you too thin? Try our 101-day diet. It's the same thing—but you just eat more of it. Are you lonely and misunderstood? Take our 35-year course in how to be charming. Then you'll be popular—and misunderstood. Do you want to get ahead in business? Here's a book that tells you how. The more you buy the more the author who wrote it gets ahead in his business.

Other Guy Becomes Pest

The worst thing about people enamored with self-improvement campaigns is—they want you to improve yourself, too. They develop a kind of cultural snobbery similar to that of a reformed drunk.

This great crusade for personal culture breeds intolerance and breaks up lifelong friendships. If a pal gets hipster on symphony music, you've got to drop Stephen Foster and dogtrot back to Bach with him or he regards you as a moron on the downbeat. Why? If he joins the book-of-the-month club you must, too, or else he thinks you still secretly read "Elsie Dinsmore" at night when the rest of the family is asleep.

I became disillusioned with self-improvement early in life when I took a correspondence course in muscle building. "Don't look like a beanpole," said the ad. "Be a panther man. Have muscles that ripple."

Well, it sounded fascinating. I took the course, bought a gadget with coils that you stretched—and stretched—until you were muscles all over.

Beware of Ripples

It worked all right. Soon I had muscles that rippled like mad. Then I found I really didn't like my muscles to ripple. It was rather unnerving. But I was stuck. There is no course sold on how to de-ripple your muscles.

So I have gone striding through the years like a panther man, listening to my muscles, go ripple, ripple-ripple, ripple. Sometimes I meet strangers and they pause and say, "do you hear it—that rippling noise?"

And I have to break down and confess it is my muscles.

Never mind self-improvement. Let yourself alone, maybe you'll end in a worse plight than I am. You may get ripples in the brain.

"Buzzing" Hinted In Air Crash That Cost 16 Lives

FORT DIX, N. J., Aug. 2.—(AP) A public hearing by the civil aeronautics board appeared possible today as an aftermath of the crash of a navy fighter plane and a commercial airliner in which 16 persons died Saturday.

The possibility of a public hearing was suggested by William K. Andrews, director of the board's bureau of safety investigation. CAB representatives and navy officials are investigating reports that the naval pilot was "buzzing" the Eastern Airlines plane when they collided in the air near Fort Dix, N. J.

An account of the buzzing from a Piper cub pilot who witnessed the accident, George W. Humphries of Fairhaven, was backed up by pilots for Eastern Airlines and National Airlines. They said their planes had been buzzed by navy fighters in the same area shortly before the collision.

Identification of the airlines' 15 victims—12 passengers and three crewmen—meanwhile was proceeding slowly. All were charged beyond recognition by a fire which broke out when the plane hit the ground. Teeth provided the only means of identification. The body of the navy pilot, Lieut. (j.g.) Robert V. Poe, 35, of Hampton, Va., was found two miles away.

Admiral Lucian Moebus, assistant chief of naval operations for air, said in Washington that "if there was any buzzing it was in direct violation of our existing rules."

A national military establishment spokesman said the navy's regulations call for pilots to stay 1,000 feet away from commercial or transport craft.

In Miami, NAL President G. T. Baker said he couldn't "imagine a pilot like that being permitted to take a plane off on his own."

Drowning Adds To Bad Luck Of Destitute Family

PORTLAND, Ore., Aug. 2.—(AP) A destitute family of 19 reached the climax of trouble Sunday, when one of the children drowned in the Columbia river.

Nancy Jean Entriken, 13, was swept off her feet by the current yesterday as she waded with a brother and sister. Her 14-year-old sister, Donna, was pulled to safety by Alfred Burns, passing in a motor boat, just before she went under.

It was the climax of months of trouble for Mr. and Mrs. David Entriken and their eight children. Entriken, an electrician who had lived here six years, hadn't been able to get work.

"We didn't want to stay on relief," said his wife, 33. "It's no picnic."

So two months ago Entriken went to Long Beach, Calif., and found a job in the Chrysler plant. He came back to get his family.

They got 50 miles away when their aged car broke down. Friends drove them back to an auto court near here last Friday. With nothing to eat, the children started raiding pear and apple trees.

The auto court operator and police contributed food to the family. Saturday, welfare officials gave them emergency help. Sunday a woman offered the family a house.

It was just after they moved in that three of the children made the ill-fated excursion into the Columbia river.

Today, Entriken didn't know how he would get the remaining members of his family to Long Beach—or whether he would still have a job if he got there.

The Great Lakes form the largest inland body of fresh water in the world.

U. S. Consul Freed From Shanghai Detention

SHANGHAI, Aug. 2.—(AP)—Ruben Thomas, U. S. consulate administrative officer, was free to leave the consulate Monday after being held in the building for 30 hours by former U. S. Navy employees.

He had not left the building late today, however.

The workers—Chinese, some Indians and White Russians—blocked Thomas and other American officials from leaving the building on Friday. They demanded severance pay and bonuses of six and one half months' wages as navy employees discharged when the navy pulled out of Shanghai upon the approach of the communists.

Still in the building late today with Thomas were Cmdr. Morgan Slayton, navy attaché, and Walter McConaghty, acting consul general.

The men were to go to the communist labor board building for further negotiations some time today.



OUT OUR WAY

Farm Bill 'Must' At Session Now, Lucas Declares

WASHINGTON, Aug. 2.—(AP)—Senator Lucas of Illinois, the Democratic leader of the Senate, called Monday for passage of a farm bill. He included it on a long list of "must" measures that may keep Congress in session well into September.

Lucas told a reporter he sees little chance that Congress can get away before Labor day (Sept. 5), at the earliest. It takes much longer than that to get action on administration bills piled up on the calendar, the lawmakers will just have to stay here, he said.

Among measures Lucas scheduled for action are the House-approved reciprocal trade agreements bill, a measure to lift the minimum wage level to 75 cents an hour, a House-approved proposal to increase government salaries from cabinet members down the line, the pending foreign arms program, a displaced persons bill, appropriations measures and a civil rights bill.

Republican senators will discuss tomorrow a proposal by Senator Morse (R-Ore.) that they back a plan for Congress to wind up its present work August 20 and come back November 15.

Lucas said he would rather go on through than to have any such recess. Senator Taft of Ohio, chairman of the GOP policy committee, also is against returning to Washington in November.

Lucas said he will keep the Senate working on appropriations bills until all of them have been passed. The minimum wage wage proposal will come up then, with reciprocal trade agreements legislation behind it.

The Senate may untangle itself

early this week from a parliamentary knot which has held up final action on the \$5,500,000,000 foreign aid funds bill, most of which is for European recovery.

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High Tension To Achieve 'Success' Has Lost Real Meaning Of Living

By BRUCE BLOSSAT

We've been hearing for years that many of our top business executives kill themselves with the strain of overwork. Perhaps most of us have felt this situation was just an unfortunate accompaniment of modern living about which nothing could be done.

But now comes a suggestion that this tense pace is neither normal nor necessary, even for today. Writing in Collier's magazine, Howard Whitman quotes psychiatrists as declaring it is an abnormal, neurotic drive rather than brains, energy or ambition that leads a man to punish himself with work and possibly "succeed himself to death."

Business leaders can amass plenty of evidence to support their contention that their problems and burdens have mounted to dizzy heights in the last two decades, and that their own tensions have risen in proportion. The doctors, however, decline to admit that most executives have to work as hard as they often do.

They insist that the men who let work dominate their lives are out of balance in some way. They say some have a distorted idea of life that allows no place for fun and rest. Some men simply don't know how to use free time and tie themselves to work to avoid boredom. Others are ridden by fears—of failure, and competing executives, of insecurity they often can't define. So these high voltage individuals focus so hard on making a living that they forget all about making a life. They deprive their families of badly needed companionship and guardianship. They lose the matchless riches of leisure, the fulfillment of spiritual wants that can't be satisfied in the grubbing world of work. And into the

bargain, they kill themselves. In so doing, they rob business of brain power, training and leadership.

Thus they defeat the very purposes for which they are supposedly striving. The doctors' advice to business executives is to grow up, to stop racing each other to the grave and grasping for the symbols of life instead of life itself.

Any sensible person would be likely to agree with Dr. Leo H. Bartemeler of Detroit, whom Whitman quotes as follows: "The grown-up man has his prestige and security within him. He doesn't need the biggest car. His joy comes from being a person, a fully realized human being."

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While you are doing your fall shopping don't forget that Christmas is just around the corner. Drop around to the Roseburg Jewelers and see their fine array of many items which you can lay-away now to start your Christmas shopping. Just think back to last year how at the last minute you discovered nothing left to buy because you had left your shopping until the last minute, thinking you had lots of time left. Look at the list below of the many things we have to offer you and more besides. You can fit every need and every desire all in one place at the same time for as little as \$1.00 or \$5.00 down on our lay-away.

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