

College Professor Claims Physicians Lack Training In Psychiatry

By DELOS SMITH
UPI Science Editor

NEW YORK (UPI) — It could be physical illness due to excessive mental anxiety is increasing. On the other hand, it could be that the ability of the average doctor to recognize this cause of illness is increasing.

Dr. A. E. Bennett, professor of psychiatry and expert on such illnesses, can't be sure which has happened. But he is sure too many physicians training still err.

"The fundamental cause has been lack of proper psychiatric education in medical schools," he said. "These errors are probably not as frequent today as they

were but mismanagement of these patients is still a disgrace and one of medicine's great weaknesses."

Bennett was talking about excessive anxiety which rebounds physically and suggests symptoms of organic disease. Way back in 1936, he looked over 100 neurotic general hospital patients, most with "anxiety state."

Many Operation Unnecessary

Of the 100, 72 had been admitted "with diagnoses of organic diseases, such as gastrointestinal disease, hyperthyroidism, cardiac and cerebral disease and other systemic diseases." These 100 had undergone 179 operations "and at least one-half were unnecessary," Bennett added.

In 1946, 10 years later, he studied the medical histories of 150 psychiatric patients and found that over the years they had received "496 medical treatments, 244 surgical procedure and 71 treatments, often prolonged, by eclectics, quacks and others." And what was wrong with all of them all along was excessive anxiety.

Life is a professor of psychiatry at the University of California, Berkeley Campus, and was lecturing general medical practitioners on "the anxiety state" in the technical organ of the American Academy of General Practice. His beginning was an effort to arrive at the degree of anxiety which is normal.

"It is normal to be concerned, solicitous, worried and restless about our problems," he said. "Fearful anticipation of potential unpleasantness is normal and warns us of trouble. This emotion is necessary to motivate accomplishment. Usually, our desire for accomplishment further increases the degree of normal anxiety."

Emotions Drive Humans

"These emotions get us up at 7 a.m., keep us on the job, make us meet our responsibilities and drive us to do our best. When we are ambitious, we have considerable anxiety. We have feelings of insecurity and lack of self-assurance and confidence until we reach our goals. Worry

and anxiety are normal useful emotions when we can control them."

But when anxiety becomes excessive it is "like steam under pressure, and when it explodes it may attach itself to any situation in the patient's life," and produce agitation and tension which he converts into pathological fears "of various diseases such as insanity, heart trouble or cancer." That is what makes excessive anxiety a bobby trap for an unwary doctor.

Psychiatry has a good record of successful treatment of anxiety states but the mild ones can be treated successfully by the average non-psychiatric doctor.

"Any doctor who understands and becomes a sympathetic listener can establish a workable rapport," Bennett continued. "Common sense counseling and guidance can help most patients regain their self-control. The main problem is teaching the pa-

tient to become aware of the emotional causes of his tension and anxiety."

Youth Groups Active In S. Douglas Area

The three 4-H rock clubs from the South Douglas area, the Mineral Muffs, Pebble Pups and Rock Hounds, took part in the recent Achievement Day held in Roseburg, entering rock and mineral displays. According to Robert Young, reporter, members brought home a varied assortment of ribbons for prize-winning entries.

Membership for the clubs is drawn from Glendale, Riddle, Canyonville and Myrtle Creek.

Another youth group, the 4-H Busy Bird Watchers, drawing membership from the same areas, also was active at the special event, according to Young, who is reporter for this group also.

In Myrtle Creek, Cub Scout Pack 88 held two regular meetings recently at the Latter Day Saints Meeting House and featured awards of ribbons and badges at both meetings.

At the most recent meeting, musical numbers were presented by Den 1. Den 3 was in charge of refreshments.

The next pack meeting will be June 28.

Bible School Slated At Camas Valley

Opening date for the Camas Valley Methodist Church Bible School, is Monday, June 3, at 9 a.m. The school is scheduled from 9 a.m. to noon for the week of June 3 to 7 only.

Classes will be offered for boys and girls from age 4 and including this year's sixth graders. Younger children will be accepted if they have been regularly attending Sunday School.

Teachers will be Mrs. Ronald Ross, beginners; Mrs. Gail Car-nine, primary; and Mrs. Doris Lamm, juniors. Teachers will have assistants. The Women's Society of Christian Service will furnish mid-morning snacks daily. Theme of school is "Christ's Way—My Way."

Using exercises will be at noon on Friday, June 7. All boys and girls in the area who fit into the age limit are invited to participate. There will be a twenty five cent registration fee per child, corresponding Mrs. Dave Thrush reports.

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Churches At Glendale Schedule June Vacation Bible Schools

By MRS. GERALD B. FOX

The Glendale Olivet Presbyterian Church has scheduled its annual Vacation Bible School for June 10 to 21, from 9 to 11:30 each weekday morning, according to the pastor, the Rev. Norman Naugler. Classes will be held for children from 3 years of age through junior high age and the theme used throughout will be "The Church." Handwork and special activities are planned in connection with the course.

Pre-registration for the school began Sunday and any persons who wish to get their children's names on the roll may call the pastor's home.

A contest has been announced in the Sunday School with a prize for the boy or girl who can get the largest number of pre-registrations for the Bible School.

The Azalea Community Church has scheduled its Vacation Bible School also for June 10 through 21, from 9 to 11:45 a.m. There will

be classes for children from 3 years of age through the 10th grade. The theme of the school will be "Traveling on God's Highway."

The teachers will include the following: Mrs. Stanley Girt and Mrs. Bob Winkelman, nursery; Mrs. Jack Smith and Mrs. Steve Drew, beginners; Mrs. Dick Darrow and Mrs. Tom Weatherall, primary 1; Mrs. Paul Schimp, Mrs. Leo Allen and Mrs. Earl Lowden, primary 2; Mrs. Arnold Dalke and Mrs. Bob Gaedecke, junior; and the Rev. Arnold Dalke, teens.

Bob Curtis of Roseburg, a member of the Boy Scout county organization extension committee, met with the Glendale Boy Scouts at a regular meeting recently and presented the Scout Charter to Ted Garrison, master of the sponsoring organization in Glendale, the Masonic Lodge, Masons, members of the OES, and members of the Job's Daughters were also present as special guests at the event.

For their part in the program, on a demonstration on how to build fires.

BIRD STOPS TRAINS

LONDON (UPI)—One train was canceled and three were delayed near here recently because of a swan with a broken leg.

The swan could not move off tracks between Shepperton and London's Waterloo station. The engineer of the first train decided to wait until the Royal Society for the Prevention of Cruelty to Animals removed the bird.

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