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BASIC PRINCIPLES SHOULD BE TAUGHT IN SCHOOLS

If our school system is the cradle of democracy, perhaps more thought should be given the courses offered in the public schools on the histories of the various governments of the world. If the schools have been lax in this matter, it is because the courses offered in government have failed to make clear in the minds of the students just what liberty is and what makes a democracy function.

While the rank and file of our people have no use for communism, fascism or any kind of ism that has been popular in some of the European countries the past ten or twelve years, there may be enough sympathizers of Russia and her doctrine to constitute a real fifth column, if the cold war gets any colder.

The trouble with dangers of this sort, we don't always recognize them until it is almost too late to effectively combat them. The present trouble about which we hear so much recently had its beginning when we accepted Russia as an ally about eight years ago.

What we have never been able to understand is how some of our most fortunate people, who are able to enjoy the blessings of both democracy and the fruits of capitalism can throw in with a doctrine which would destroy their freedom as well as the wealth they have been able to accumulate under a system which offers opportunities without oppression.

When we see examples of this in our nation, it makes us wonder if those who would embrace a totalitarian government really understand the meaning of democracy.

Gen. Dwight Eisenhower says: "Those individuals seeking to centralize power in the federal government are more dangerous to our form of government than any foreign threat that can possibly be arrayed against us." See Ellsworth letter in this issue.

CAIN AND ABEL

Private enterprise and freedom might be likened to Abel, and socialism and the welfare state to Cain.

Private industry has the ability to produce in abundance but this is not enough. To overwhelm the utopian promises of the socialist welfare state it must emphasize its irreplaceable value to the community and the individual from the standpoint of opportunity and freedom.

In seeking greater security, people find the proposals of socialism and the welfare state attractive. It takes a strong heart to turn down government handouts, until it is understood that that kind of help is a snare and a delusion and a destroyer of real benefits that grow from individual initiative and thrift.

Socialism kills individual freedom whenever given a chance, just as Cain killed Abel.

THE STATE'S NO. 1 HEALTH PROBLEM

The greatest problem facing the state today from a health standpoint isn't cancer, TB, polio or heart disease, but mental illness. Two or three civic groups have recently heard discussion of this problem by the state mental health association director and through these discussions and from personal observation are aware of the problem.

April 23 to 29 is "Mental Health Week" in Oregon and the period is designated not as a week to be observed but a week to give some thought and study to a problem that threatens to be even more grave than at the present time. Perhaps the problem is due in a great measure to our complex civilization and since we can't expect our civilization to become less complicated, we must recognize the problem and seek a solution.

For instance in 1949 from Lane county, 38 men and 35 women were admitted to hospitals for treatment for mental illness while 15 men and 13 women were admitted in our neighboring county, Douglas.

The Oregon Mental Health association says of the problem: "More hospital beds, public and private, are occupied by Oregon people suffering from nervous disorders and mental illnesses than from all other diseases combined, a study of the average daily hospital census of the past two years discloses—

There are more than 6000 patients in Oregon's four publicly operated hospitals for the mentally ill and mentally deficient. There are approximately 2900 at Oregon State Hospital, Salem; 1500 at Eastern Oregon State Hospital, Pendleton; 1200 at Fairview Home for the feeble minded; and 450 at the Veterans Administration facility at Roseburg. And there are hundreds more in private treatment facilities. It is conservatively estimated, furthermore, that at least another 2800 Oregon residents are sufficiently disabled by mental illness to warrant hospitalization. They do not get it because they either can't afford private hospitalization or state or federal facilities are not available.

To put it another way, one out of every 18 persons in Oregon will spend some part of his life in a mental hospital. One out of every 10 will require psychiatric care at some time during his life. And one out of every four—one to a family—will encounter either a mental illness or a physical illness traceable to an emotional disorder. For example, it is estimated that there are approximately 10,000 Oregon children with severe behavior disorders of a neuropsychiatric nature.

These facts are not cited either to arouse fear or to attach stigma to nervous and mental disorders. They are presented, on the contrary, merely to illustrate the scope of the problem and to arouse residents of Oregon to the importance of fighting mental illness by promoting mental health.

Here are some suggestions: "Take part in Mental Health Week April 23-29. Join the Mental Health Association of Oregon or form a local society with representatives from civic, health, religious and welfare organizations of the community.

Study the mental health problem in your community, determining what mental health services are available and pointing up deficiencies.

Visit existing state institutions, cooperate with hospital officials and legislators working for better personnel and improved facilities.

Work for relief of the shortages that hamper treatment of mental illness, that is, the shortage of hospitals and out-patient clinics, psychiatrists, psychiatric nurses and social workers, child guidance clinics, and psychologists.

Help remove the stigma that still attaches to mental illness which, after all, is common, treatable and curable in the same way that physical illness is common, treatable and curable. Mental health is your business."

JEWELL, IOWA, RECORD: "Norman Thomas . . . one of the three speakers on 'America's Town Meeting of the Air' on January 24 . . . opened his talk with this categorical statement: 'What is the difference between socialism and social welfare; ineffect they are synonymous.'"

Washington Letter

After three months of steady toil the house of representatives is taking a ten-day Easter recess. The daily calendar of the house issued on the day of adjournment for the recess lists, under the heading, "Status of Major Bills," only one piece of major legislation as having been completed into law thus far this year. That one bill was the urgent deficiency appropriation bill.

This session has not been productive of major legislation but it has not lacked production along other lines. For example, the house has had 132 roll calls (it takes 30 minutes to call the roll). Most of them were mere quorum calls. Last year it was not until the 21st of July that we had roll call number 132.

Talk on the floor of both houses of congress has been quite ample thus far this session also. The 96 senators by long odds out-talked the 435 house members. In fact, less than one-fourth as many senators talked 30 per cent more pages into the congressional record than did the 435 members of the house. The senators talked 2,607 pages (about 4,040,850 words), the house members 2,027 pages or some 3,141,850 words.

But in volume of bills there has been plenty to talk about. Thus far this session 2,354 measures have been introduced in congress.

Here is a quote that should be put up on big bill boards all over the United States: Gen. Dwight Eisenhower says: "Those individuals seeking to centralize power in the federal government are more dangerous to our form of government than any foreign threat that can possibly be arrayed against us."

The giant appropriations bill (431 pages) which I have mentioned previously in these letters, will not be acted upon until after the Easter recess of the house. Earlier there was an attempt on the part of the chairman of the appropriations committee to get the bill acted upon before the recess. Republican members sought to delay action for two reasons.

First, it was felt that majority members of the house would be more inclined to vote for reducing amendments after visiting at home for a while. Secondly, since the bill is so large and the committee report so voluminous, some delay was sought to give the members on both sides of the aisle a chance to get better informed on what is in the bill. It is fairly certain, however, that the appropriations bill will be passed and sent to the senate before the end of the month.

Meanwhile the senate appropriations committee has been holding hearings on the various chapters of the bill and will be in position to report its version of the bill in a fairly short time.

I cannot make the long trip to Oregon for the Easter recess but I am going with members of my committee, the committee on interstate and foreign commerce, to look over the equipment and operation of the Inland Waterways Corporation, a government-owned transportation line operating on the Mississippi. There is a bill before our committee calling for the authorization of an additional \$10,000,000 for this operation and we want to see why the government should invest that much more money in a strictly business enterprise.

Odd Fact

Two young Cadillac, Mich., boys had a lucrative racket nipped in the bud when a grocer discovered that the empty refund bottles they were selling him were taken from the rear of his store and resold to him at his own front door.

Wedding Announcements and Invitations

—The Sentinel.

INSURANCE

It's Better to Have It and Not Need It Than to Need It and Not Have It

Chas. S. Hall Insurance 405 Main St. — Phone 72 CHAS. S. HALL L. E. LISTON

Advertisement for Chas. S. Hall Insurance, featuring the slogan "It's Better to Have It and Not Need It Than to Need It and Not Have It" and contact information for Chas. S. Hall and L. E. Liston.

Diary of Trip to Japan Is Kept by Mrs. Herbert Stoll

Mrs. Herbert Stoll kept a diary of her trip to Japan recently when she and her two children Linda and Gary made the trip to join her husband, who is stationed there with the United States Army. The diary was mailed to her parents, Mr. and Mrs. G. O. Sanden of Medford, who mailed it to their daughter here, Mrs. Dale McMullin. Mrs. Stoll and children spent last summer here at the McMullin home. The letter in the form of a diary follows in part: Thanksgiving Day Nov. 24, 1949 On the High Seas.

Dear Pop, Mom and Folks: Thanksgiving evening and we've plenty to be thankful for. Set sail at 10:30 a.m. from Seattle Port of Embarkation. An army band played such numbers as "Sentimental Journey," "Anchors Aweigh," etc.; and lots of confetti was thrown. No sooner had we got out in the Sound than we anchored and had our first life boat drill, which is absolutely compulsory for everyone unless you are too sick. There is a children's play room right across from our cabin where the kids can play and from 3 to 4 in the afternoon they show them movies. Our food is wonderful and served by very thoughtful colored stewards and served in courses. We can wear slacks to breakfast and lunch, but not to dinner. We have the first sitting at each meal, breakfast 7 a.m., lunch 11:30 and dinner 4:30.

Sunday A.M. Haven't seen the light of day since Fri. A.M. so it's hard to keep track of time. We've been in a storm since then and rock and roll and toss and our porthole cover had to be closed, consequently we have had to use the lights all the time. Have to hold myself to stay in the bunk at nites. Haven't eaten a decent meal since Thurs. nite until this noon. Thank the Good Lord the kids have been all right.

According to the daily paper put out on the boat, we were only making 4.6 knots per hour for several days and had come only 844 miles from Seattle by yesterday and Yokohama is 3900 miles to go. Very discouraging to say the least. Monday Evening, Nov. 28, 1949. Yesterday afternoon we attended Sunday school, which was a picture story on the life of Joseph and explained by the chaplain. Very interesting. According to our daily ship's paper we have come 1350 miles from Seattle and are 3430 miles from Yokohama. According to the map they draw we were almost due north of Hawaii. Had to come south to avoid some of the stormy weather of which we had plenty anyway. The daily paper gives latest news also and told of the terrible storm and flood in the Pacific N.W. That must have been some of the storm we ran into. We're supposed to run into more stormy weather at midnight tonight and also set our watches back one hour.

The ship has been averaging 15.17 knots per hour today which sounds much better than 4.6 knots per hour.

Tuesday Evening, Nov. 29. Saw another ship passing on its way to Seattle. Only thing we've seen besides water since we left Puget Sound. According to the daily paper we are 1735 miles from Seattle and 3907 miles to go. The ship is averaging 16.12 knots per hour. We are so anxious to get there and I know Herb is just as anxious for us to arrive.

Wednesday Evening, Nov. 30. Been on the ship over a week now and will probably be on it for another week. We were 2700 miles from Yokohama as of noon today so little by little we will make it. Saw the movie tonite which was all about the Olympic Games of 1948. The girl I've become acquainted with who is going to the same place as we are, won at Bingo both days we've played. We play 10 games each time and they give nice prizes such as pen and pencil sets, popper, lipstick etc. We seem to have finally acquired our sea legs as it is much easier navigating the stairways etc. So many children have gotten their fingers badly smashed in the heavy doors. The transport commander has had two special meetings already stressing the fact we can't be too careful as these doors could very easily amputate fingers.

Saturday, Dec. 3, 1949. What do you know? We didn't have any Friday, Dec. 2 as we crossed the international date line or 180th meridian and skipped 24 hours. This afternoon we will all be initiated (those who are crossing for the first time). All day today the women can wear no make-up and must wear a kerchief on their heads and the men must have one leg rolled up. Everyone was on deck and music was playing. Sure lifted our morale about 100%. Will maybe reach our destination next Wed., but for sure on Thursday. Will be an awful happy bunch and they say the husbands come charging aboard like a Notre Dame football team.

Sunday Afternoon. Got rough yesterday afternoon and we've been rolling and tossing since then, although it is sunny outside, the sea is rough. Thank goodness we've felt o.k. though and I'm actually enjoying food again. Seems very nice. This A.M. we went to church and enjoyed a very nice service. Linda went to sleep as she had been awake since 5 a.m. This afternoon we will go to Sunday school which is going to be pictures on the life of Esther. The initiation ceremony for crossing the 180th meridian was cancelled due to rough water.

Monday Afternoon. Another day has passed, thank goodness. We all got to send wires to our husbands telling them our cabin numbers so there won't be quite so much confusion when they all come charging aboard. As of yesterday noon we were 1532 miles from Yokohama.

Wednesday Afternoon, Dec. 7. Since we only made 110 miles yesterday we won't dock at Yokohama till Friday A.M. We all have to have a physical examination tomorrow, 24 hours before debarkation. Boy!! How good that word DEBARKATION sounds. From the way I've felt on this trip, anyone who joins the navy is nuts. I guess a person would get used to it in time.

Friday A.M., Dec. 9. Here we are still 200 miles from Yokohama. Hit rough sea Wed. and Thurs. which held us up a lot. Rumor has it we might make it by tonight. Sure hope so. Got a wire from Herb this A.M. saying our whole baggage was already there and he hoped to see us Fri. today or today. Last night was the captain's dinner. They had the dining room decorated very pretty and at each place was a cute novelty hat which the kids quickly put on. Last night we also had a

fe maker, Christmas was early this year. Doesn't seem possible Christmas is almost here. Next week I hear we can get trees so I'm glad I brought our lights. Love, Herb, Euni, Gary and Linda.

To be trusted is a greater compliment than to be loved. —George MacDonald

Trust Truth, not error; and Truth will give you all that belongs to the rights of freedom. —Mary Baker Eddy

Odd Fact Love found a way in Kansas City when a 71-year-old man got married after forgoing his fiance for jolting him at the altar 40 years ago.

Household Hint For longer wear, sheets should be reversed at alternate changing with the narrow hem at the top of the bed. Pillow cases receive rough treatment when used as laundry bags. It would be less expensive to invest in a laundry bag.

Advertisement for J. B. Leonard Insurance Service, featuring a cartoon rabbit and the text "You May Not Be a Magician - BUT - you can sure save yourself a lot of trouble and worrying by having the right kind of insurance with the right kind of an agent."

Advertisement for KEMS for DRUGS, The Rexall Store, featuring various products like Peptona, Iron, Liver and Bone Marrow, and Bisma Rex, with the text "Any one will give you what you need to pep you up."

Large advertisement for Chevrolet cars, featuring the slogan "Any way, and every way, you measure it - FIRST... and Finest... at Lowest Cost!" and an image of a Chevrolet car. Text includes "New Lower Prices make Chevrolet more than ever America's Best Seller . . . America's Best Buy" and "COTTAGE GROVE MOTOR CO. 112 N. 9th Phone 771".