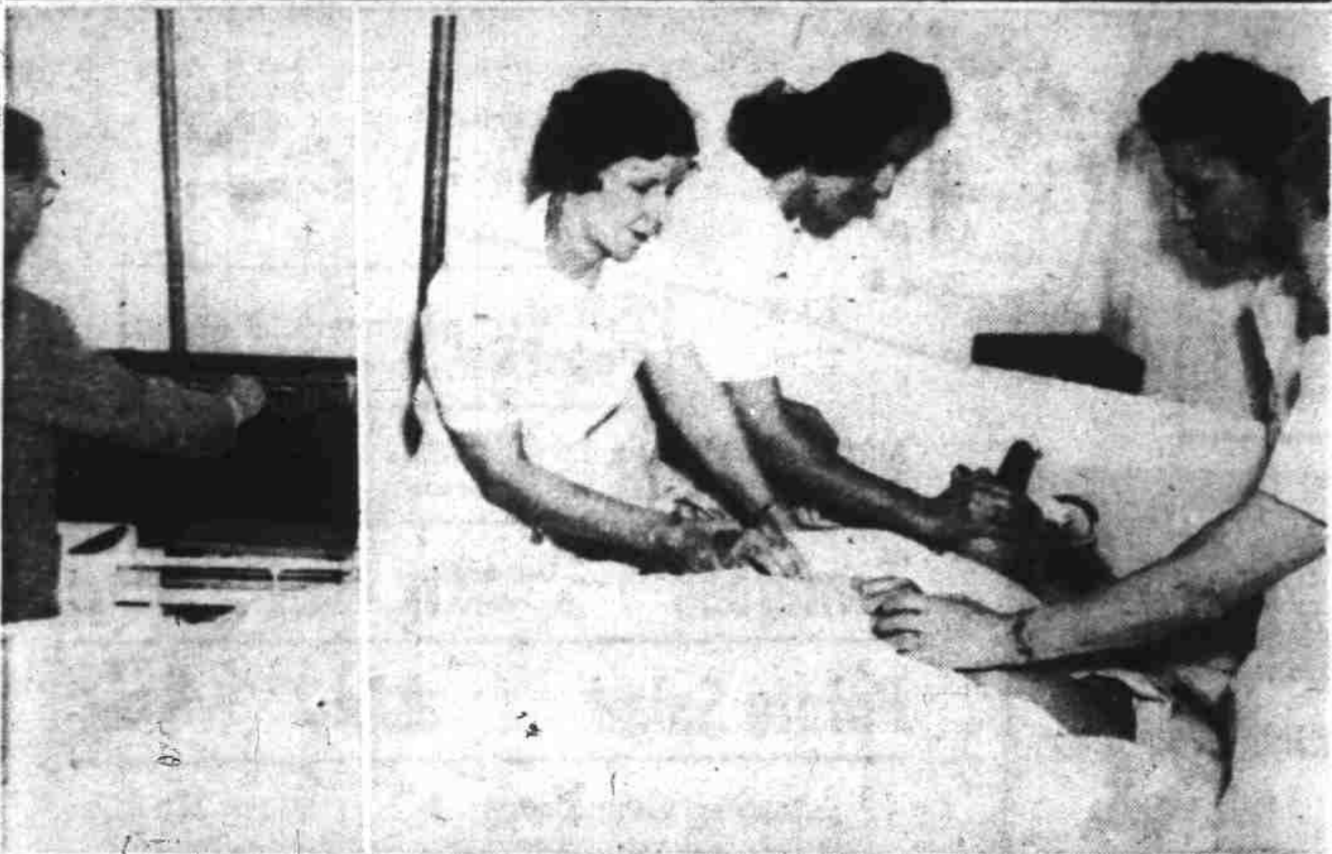
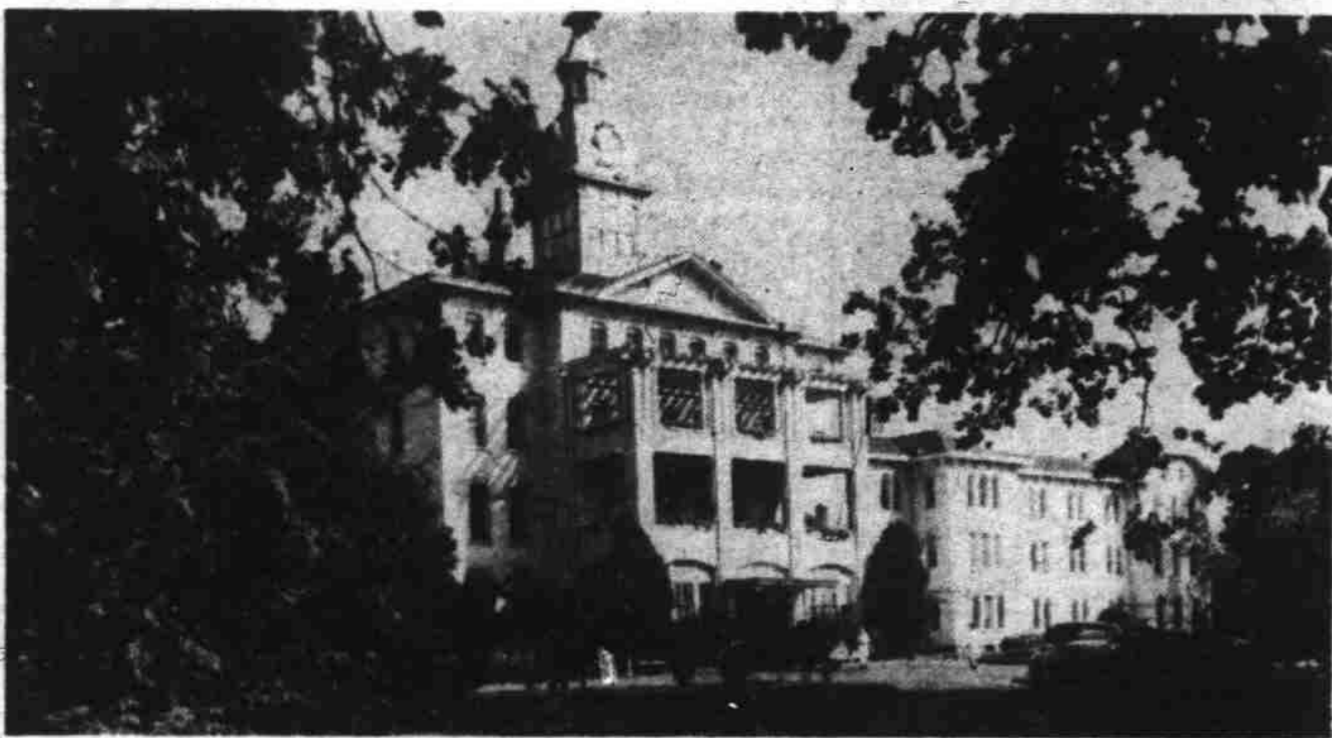


# New State Hospital Treatments Effective



The Oregon State hospital (front entrance shown in top picture) has used a shock treatment for nine years with considerable good effect. In center picture, the doctor in charge of such treatment turns on the current while nurses guard the patient. The gag in the patient's mouth is to prevent jaw fracture. Below is shown the library, part of the recreational division which is declared to have much to do with permanent cure. Mabel E. Hayles, in charge, plans the amusements, the entertainments, assists in interesting patients in hobbies and cares for the library of some 3000 volumes.

## Public Asked to Aid Prevention Of Mental Ills

By Lillie L. Madsen  
Staff Writer, The Statesman

Medical and social sciences have come a long way since the Oregon State hospital was set up in 1880, but the general public had stood almost still, and until that public wakes up, progress in the recovery of the mentally ill is hampered in three ways—prevention, cure and re-establishment in normal life, Oregon State Hospital officials said this week.

"It is too bad," one staff doctor added, "that there isn't some form of shock treatment we can give the public who is so indifferent to a disease which actually fills more hospitals today than all other diseases combined."

"I asked how the public could assist in the prevention.

"Many of the more than 2,600 patients now at the hospital need not have been mentally ill at all," I was told. "Like the juvenile crime wave, the parents in too many cases are largely at fault. And we are not referring to hereditary mental illness. Hereditary in mental illness is highly overrated. The actual fear of heredity is far more frequently a cause."

**Lead Children to Maturity**

Every child should be educated to be mature, a psychiatrist at the Oregon hospital stated, continuing:

"He should be permitted to be a personality, to assume responsibility. Too frequently parents think only of 'thrilling' their child, of interesting and pleasing him. Or perhaps, the parents are too busy with their own interests to take a personal interest in their child. He is sent to professional and commercial entertainments. The child frequently develops into an immature adult. He cannot face unpleasantness. He avoids all difficulties, large or small, until something comes along he cannot avoid, and so, as a means of escape, he develops an illness. That illness can be very real. Our case histories show that it is from homes where children are taught to be busy, to have chores, responsibilities, that our normal adults come."

The doctors pointed out that the public supports educational campaigns for the prevention of many illnesses, but the societies in mental hygiene have difficult going. Yet statistics show us that now, at some time or other, some member out of every five families in the United States behaves so abnormally that he lands in a mental hospital, public or private. Proper education in mental hygiene could prevent many of these cases, the psychiatrists believe.

**Can Public Assist?**

Could the public assist in the cure?

To gain a more rapid headway, better housing facilities, more equipment and more help are needed, the hospital staff declared. And the help should be better trained for this kind of work, staff members added.

The Oregon hospital has been fortunate in having some of the top doctors in their lines. These have been asked to speak to and work with national committees. But more specialists are needed.

Shock treatment, first widely used during the war, was brought to the Oregon State hospital in 1938. During its first six years, 11,000 treatments were given to 1021 patients. Of these treatments, 4430 were metrazol and 6674 were electric. Metrazol was the first form of treatment used in the Oregon hospital, and illnesses resulting from diabetes were the first treated by shock. The electric shock machine was added in 1941.

**Shock Treatment Effective**

Doctors at the Oregon State hospital report that shock treatment has proved effective also in improvement of ward behavior, in terminating recurring stupor, in

overcoming refusal to eat and tendency to invalidism, and in modification of aggressively violent behavior. Treatment is given twice a week and improvement usually shows after the fourth or fifth treatment, although in some cases it may take longer. Usually eight treatments are given. The use of curare, a drug of South American origin, has been found valuable in prevention of ill effects from the electric shock treatments and in allowing treatment in otherwise too-risky patients.

Approximately 30 patients are on shock treatment continuously at the Oregon hospital. One of the patients who had received treatments said she had feared it at first but did not recall a thing about it, not even, she added, getting ready for it, so after the first treatment she no longer minded it. Following the treatment, the patients fall into a sound and peaceful sleep.

**Therapies Outlined**

After the series of treatments, an observation period of at least two weeks is insisted upon, during which occupational recreation therapies are outlined. If a relapse is going to occur, it usually does so within the two-week period.

Finally, I asked about the public's share in the reestablishment in normal life.

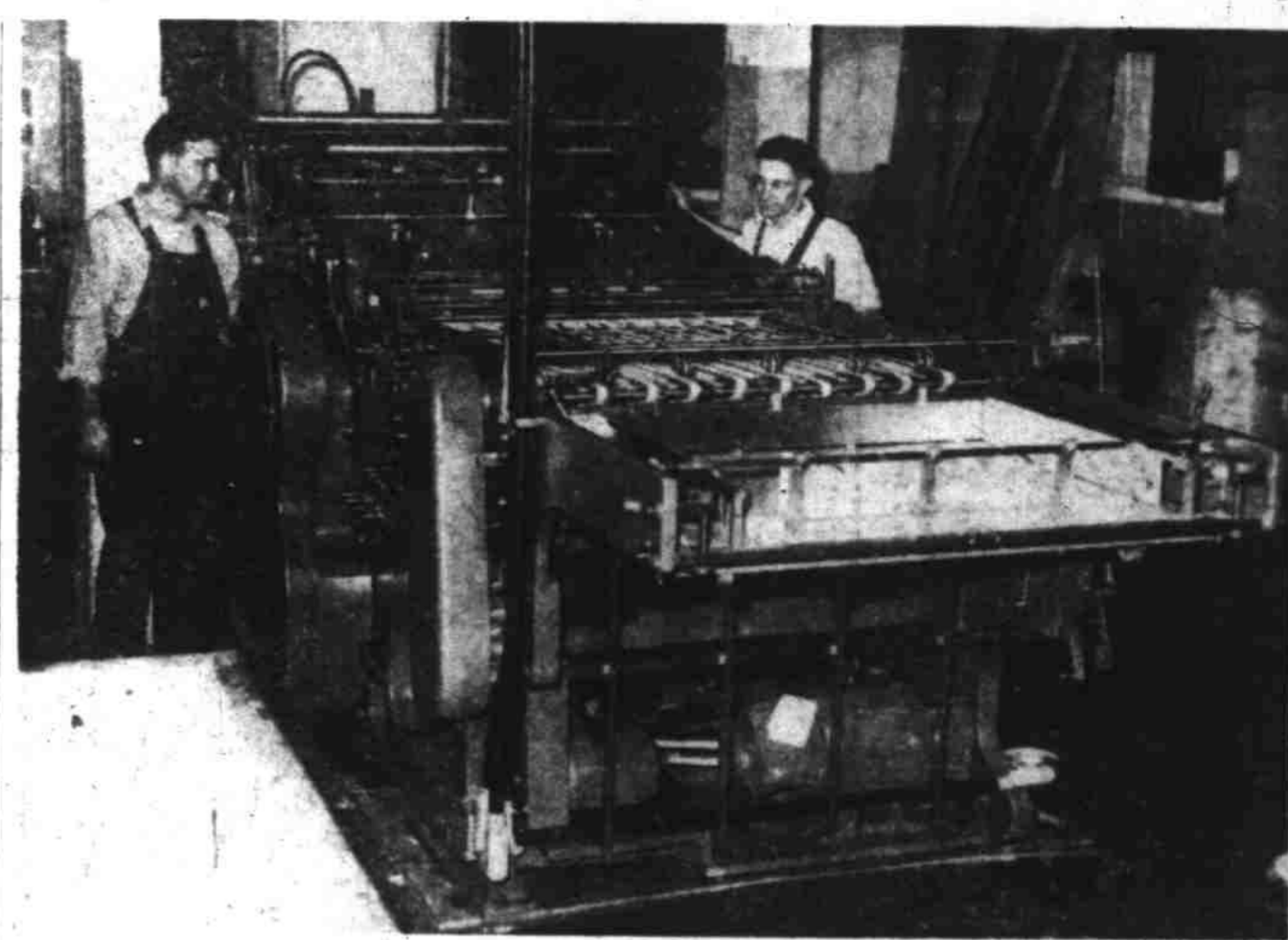
And in that, the doctors agreed, is where the public fails badly. Too frequently when a person is cured and released from the state hospital he is treated as an object of aversion or curiosity. There is no more disgrace in mental illness than in appendicitis, the doctors pointed out, adding that frequently the released patient is more normal, has a better concept of what goes on, than the person who looks upon him as a curiosity.

**Plans Recreation**

Before leaving the hospital, I went to the recreational division, a division which seems to have so much to do with permanent cure and release. Here I found Mabel E. Hayles in charge. It is she who plans the amusements, the entertainments, assists in interesting patients in hobbies and cares for the library of some 3,000 volumes. While magazines are welcome, the hospital should be (and these are not Mrs. Hayles' words, but mine) no dumping ground for the soiled, torn old magazines that have been resting in attic or garage. Such are of no therapeutic help. Good new magazines are welcomed. Hobby magazines, garden and home beautification and the better class of motion picture magazines are among the more popular. Everything the patient reads, Mrs. Hayles pointed out, is chosen with the utmost care. Like proper diet will cure some illnesses, proper mental diet will help greatly in others, she added.



**VERSATILE**—Mary Cray, (above) New York socialite who toured the European theater during the war in a "one-woman show", has turned her talents to the literary field.



One of the finest and most modern pieces of printing equipment available was installed in the job printing department of The Oregon Statesman recently. It is a Miller Automatic Major press, shipped directly from the factory at Pittsburgh, Pa. Installed cost approximated \$20,000. Shown admiring the gleaming press as it went into operation are Charles Rowan (left), apprentice pressman, and Lloyd Arnold, foreman of The Statesman's job pressroom.

## Death Takes A. L. Mallery

Albert Lea Mallery, a veterans' counselor of the state employment service's Salem office, died unexpectedly of a heart attack Thursday afternoon while visiting at the home of D. D. Dotson, for-

mer employment service officer here, on route 3 south of Salem. Mr. Mallery, late resident of 1063 Oak st., leaves a widow, Olive; a son, James S. Mallery of Eugene; two daughters, Mrs. Helen Hakanson, Portland, and Doris H. Mallery, Klamath Falls, and one grandchild.

Funeral arrangements are being made at Clough-Barrick funeral company.

**STATE ROADS NORMAL**

All Oregon roads were normal Thursday with rain in many sections of central and western Oregon. State Highway Engineer R. H. Baldock reported. Lowest temperature of 21 degrees was reported at Austin.

U. S. fire losses in 1946 totaled \$4.01 per capita.

## Independence Retired Letter Carrier Dies

INDEPENDENCE, Oct. 30—(Special)—Edward Marion Wunder, 65, longtime resident of Independence and retired rural letter carrier, died in Dallas Wednesday. Funeral services will be held at the local Presbyterian church at 2 p.m. Saturday, with the Rev. John Hood officiating. Burial will be made at Belcrest Memorial park, Salem, under direction of Walter L. Smith mortuary.

A native of Iowa and an Independence resident since 1905, when he brought his bride here from

Boise by horse and wagon, Mr. Wunder received his appointment as a rural mail carrier in 1915 and began serving an original route of 24 miles by horse and buggy. At his retirement 30 years later he had a motor route of 79 miles, with 1,500 patrons.

He served as president of the Oregon Rural Letter Carriers association and was national representative for that body at two of its annual conventions. He was an elder of Calvary Presbyterian church, and a jewel member of Valley lodge 42, I.O.O.F.

Surviving the his wife, Mrs. Artensia Belle Wunder of Independence; one son, C. B. Wunder, Independence; two daughters, Mrs. Maebelle Pickens of Aberdeen, Wash., and Mrs. C. L. Marsters of Dallas; a sister, Mrs. Charles Kenney of Moro, Ore.; two grandsons and one granddaughter.

## Gibson Flies Own Plane to Corvallis

PORTLAND, Oct. 30—(AP)—The plane crash that took the lives of Oregon's three top officials did not stop State Senator Angus Gibson's flying career.

The 60-year-old senator took delivery of a new four-place airplane here today and personally flew it under low clouds to Corvallis.

Gibson, a pilot in World War I, recently took up flying again.

Turkeys do not come from Turkey, but from North America.



**CHECKING RICE CROP**—Emperor Hirohito of Japan carries his own umbrella and wears knee boots in rain as he inspects harvested rice at Niigata prefecture.

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