

Science at Work

Your Emotions Can Make You Ill, Psychiatrist Reports—
Eight Health-Upsetting Factors Listed

By Paul F. Ellis
United Press Science Editor

New York, Apr. 7—(U.P.)—Watch your emotions, they might make you ill. So warns Dr. O. Spurgeon English of the department of psychiatry, Temple University school of medicine. He lists eight common emotions that may upset your health.

They are, according to the doctor: need for love, approval and recognition; anxiety (fear and worry); hostility; inferiority feelings; ambivalence (mixed feeling of love and hate); guilt; ambition (competition) and envy. "The need for love," Dr. English said, "is one of humanity's greatest hungers, and many other emotions are dependent on it. From the cradle to the grave human beings struggle under it. Some of them have a great hunger for love, but either have no recognition of what they need or have no technique for obtaining it."

Emotion of Anxiety
English, reporting in the journal of the American Medical Association, said anxiety "is one of the earliest emotions aroused and one of the most basic in the whole life of man."

Fear is anxiety's conscious representative, he believes, but the origins of anxiety itself are largely unconscious. He said that "people who in the ordinary course of life suffer from too much anxiety are people who in early life lacked a consistent supply of reassuring, friendly presence or who were subjected to too many real pain-inflicting experiences or threats of them."

"Not only does anxiety impair one's ability to enjoy life," he said, "but it has more far-reaching effects. If one's energy is used up in concentrating on the feared thing, too little energy is left for happy living. If this phenomenon goes on long enough and severely enough, the body can no longer function properly and symptoms of illness have arrived."

Love and Hate Linked
English said he believes that feelings of inferiority are linked with the basic emotions of hate and love.

"Obviously," he said, "the person having feelings of inferiority has not had enough acceptance and appreciation. There are few people who ever feel quite satisfied with themselves, but in some persons the feeling of worthlessness can be so deep as to destroy the capacity of the psychic apparatus for maintaining physiologic equilibrium."

Ambitious Should Watch Step
English said the ambitious person "certainly runs the risk of being infected with envy or excessive competitiveness."

"Such emotions," he said, "tend to produce tension, and professional, financial and social success of many has been paid for at a high price, the price of tension, which is prone to express

itself through the nervous system on many parts of the body."

Rogue River

Rogue River, Apr. 7—Pfc. Walter Sowles of Chanute field, Ill., is visiting his father, Edwin Sowles of the Fixit shop here. After a 21-day leave he will report to Hamilton airbase for reassignment to overseas duty.

The Claud Hilgers have received an announcement from their daughter, Mildred, Mrs. I. G. Zahrt of Menlo Park, Cal., of arrival of an eight-pound daughter, born April 3.

Dog owners must keep their dogs confined during the summer months according to a warning issued by Mayor Dengler who states dogs must not be allowed to run at large after April 1, whether wearing a license or not.

Petitions for a rural fire district to be established in this area, have been presented to the county court by Dave Gelvin, fire chief of Rogue River.

Live Oak Grange square dance scheduled for April 15 has been cancelled in order that the spring flower show may be held in the Grange all on that date.

A reunion of old friends was held Sunday at the W. L. Badley home on highway 99 when Mrs. W. S. Casey, 97, came from Portland to visit the Badleys. For many years Mr. and Mrs. W. S. Casey lived in the log cabin across the highway from the Hava Java, at Rogue River junction, while Dr. and Mrs. W. S. Cary, or "Carey" as it was misspelled on the doctor's sign, lived in Rogue River. Through the years they received, opened and even read each other's mail by mistake and they became fast friends. Sunday Mr. and Mrs. Garfield Laws and Mrs. Cary called on Mrs. Casey and the Badleys. During the visit Mrs. Casey asked for the address of another former resident and old friend of the group, Mrs. Nellie Jones, who is now residing in Medford. Returning to Rogue River, Martha Cary rushed to the home of Mr. and Mrs. Ray Moore to get the address and found Nellie Jones had arrived for a few days' visit. The two women sauntered across the street to ask Ed Friedenthal to drive them to the Badley home and they found Ed drinking coffee. A reference to his brew brought out the fact that he had been reared in Alaska, where Mrs. Jones once lived and where her son, Austin Jones, and his family are now residing.

Rogue River city council contracted to purchase 120 water meters at the regular council meeting Tuesday evening. The new meters, with a number of old ones now in use, will provide a meter for every waste use in the city. The first shipment of meters is expected in 10 days and it is planned to start installing them immediately. Agents from

Gold Hill Lions To Improve Park On River Bank

Gold Hill, Apr. 7—A. A. Walker represented the Lions club at the city council meeting April 5, stating that the Lions wish to clean up Ben Hur Lampman park across from the city and put in tables and stoves for the use of picnickers, fishermen and others who wish to use the park for recreation. Permission was given to carry out the plans.

Letters of complaint were received from residents near the Grange hall because of noise, broken bottles, trespassing on their properties and other annoyances caused by dance patrons at the hall on Saturday nights. The Grange will be requested to put on a patrolman who will see that order and pick up bottles strewn around the grounds and nearby and to install guards of logs to keep cars from being driven into yards.

Lease Protested
The Southern Pacific has been requested not to lease the highway property north of the highway for storage of old iron, machinery and other junk. The company is also to be notified that the S. & R. Milling company has not removed lumber piled near Seventh street, thereby making the crossing dangerous. The company had been notified by the Southern Pacific company to move the lumber back far enough that approaching trains may be seen.

Sixth avenue residents who had asked for an extension of the sewer line about a year ago requested that their line be put in before the line is put into block 9.

An offer was made by the Southern Oregon Title company to purchase lot 5 in Water Park addition along the Sams Valley highway. No purpose was stated how the property was to be used nor the name of the client represented. The council decided to hold the property for possible use in constructing a filtration plant.

Beacon Road Approved
The civil aeronautics administration was granted permission to build a road across city property for maintenance of the beacon light.

A resolution was adopted to go on daylight saving time if and when Medford and Grants Pass adopt the new time.

The budget was discussed and a tentative budget will be drawn up and presented to the council at the May 1 meeting. The taxpayers are invited to attend the meeting to hear the amounts in the suggested budget read and they may make suggestions or protests. Estimates of receipts

will also be presented at the council meeting to give taxpayers an idea of how much money will have to be raised.

Dog Law in Force
Mayor Leon Wise announced that the ordinance which prohibits the running loose of all dogs through April, May and June is now in effect.

Dogs picked up will be taken by the county dog control officer and impounded at the Jackson County Humane society. If dogs are not claimed and redeemed within three days the dogs will be killed. If dogs are not licensed or wearing their license tags their owners cannot be notified. A fee of \$1 and the cost of the dogs' board will have to be paid to redeem the animals.

three factories demonstrated different types of meters at the council meeting and most of the evening was given to a thorough examination of the meters with particular attention to wearing qualities, ease of replacing or repairing parts and visibility of figures on the registers. The Calmet meter was chosen. Council members expressed definite opposition to daylight saving time, but voted to change if the surrounding area changes. A special meeting of the council to consider the budget will be held April 10.

Rogue River Garden club's spring flower show is to be held April 15 in the Live Oak Grange hall, Rogue River, from 1 to 9 p. m. There will be wild and cultivated flower exhibits, flowering shrubs and trees, miniature arrangements, creative arrangements representing song or book titles, corsages, novelty arrangements, conservation exhibit, as well as junior arrangements. Any meritorious exhibit not provided for in printed schedules will receive recognition and everyone is welcome to enter exhibits. All are invited to attend.

A great deal of interest has been shown in the coming flower show by children in the local schools, and art classes of the fifth and sixth grades have made their spring projects the sketching of posters advertising the event. Posters will be on display in the local stores. A special award is being made to Dick Taylor of the fifth grade for his very fine work. The following sixth graders, Linda Reddington, Vernon Pahika and Emery Latham, are being awarded first, second and third prizes respectively, for their entries. Honorable mention went to sixth graders Judy Farrar, Judy Meyer, James McClenahan, Luellie Thompson, George Morris and Byron Kile. Fifth graders to receive awards were Myrna Towes, Lawrence Wagner and Bill Beck, first, second and third prizes respectively, with honorable mention to Wallace Anderson, Janice Smith, Margaret Miller, Mary Fuller, Betty Attebury and Loretta Barnes. Melba Elder, Rogue River high school senior, is receiving an award for an interesting poster.

It is anticipated there will be a good attendance as much interest has been shown in flower shows of the Rogue River Garden club in previous years and this year there will be additional features in the way of exhibits by various hobby clubs and exhibits by local merchants and nursery men.

Silver tea will be served and a plant sale will be held.

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Spokane Aluminum Mill Tops Record

Spokane, Apr. 7—(U.P.)—A new all-time record—even exceeding the war years—in shipments of aluminum sheet products from Kaiser's big Spokane rolling mill was set during March. It was announced today by Stanley White, plant superintendent.

More than 30 million pounds of aluminum sheet, plate, circles, corrugated screening and home siding was shipped to fabricators in all parts of the country during the 31-day period.

Plant officials said the record shipment topped all previous monthly records since the rolling mill was established in 1942.

The strong demand for aluminum was attributed to activity among fabricators of kitchen appliances and utensils, truck and trailer builders and manufacturers of aluminum building materials.

GASSED BY BUSES
Seattle, Wash.—(U.P.)—A \$40,000 suit was filed by Mr. and Mrs. Lee Bosch for damages caused by exhaust fumes from city buses. The couple, whose home is adjacent to a city transit parking lot, charged that "negligent and excessive racing of motors" caused exhaust fumes to enter their house in sufficient quantity to cause "acute physical distress."

will also be presented at the council meeting to give taxpayers an idea of how much money will have to be raised.

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