



ROARING TO crash, a jet trainer wrecks San Fernando Valley home in Southern California and strews flying wreckage that injures five persons, three of them just missed by plane in backyard of the home. (International Soundphoto)

As We Live

By ELIZABETH HURLOCK, PH.D.

WHY "COUNT TO TEN" WHEN YOU ARE ANGRY

Why "count to ten before you speak" when you are angry? The reason is twofold.

First, it makes you stop before you say or do something you may later regret. The things you say in a fit of anger are best left unsaid.

Secondly, counting serves to distract your attention from what has angered you. Consequently, this gives you an opportunity to get a better perspective on the thing that made you mad.

Of course you could do something other than counting. The important thing is to distract your attention from your anger so that you have time to calm down and cool off. Saying a poem or a prayer would do.

When a person is aroused to anger, his first impulse is to hurt the person who caused it. Anything that will block this impulse will serve the purpose as successfully as counting will.

The tradition of counting no doubt arose because it is one of the easiest and most automatic things a person can do. Having learned to count when he was a little child, the average person can count easily and without too much thought. Thinking of something else to say when angry might prove to be more difficult and hence less effective.

When you are very angry,

counting to ten rarely gives you enough time to cool off. How much you count should depend upon the intensity of your anger. When you are really mad, it may be necessary to count up to a hundred or even a thousand before you feel that you have yourself under control.

LETTERS FROM READERS

Married Student: "Can a fellow do good work when he is in college if he is married?"

(A) There are many married students at colleges today, principally war veterans, and they do good work. Because they have assumed the responsibilities of marriage, they are often more mature and more serious about their studies than are unmarried students. However, they miss out on a lot of the fun of college and it is often difficult or impossible for them to take part in the extra-curricular activities of the campus. In general, it is better to finish one's studies before getting married. This is especially true of girls who have a heavy burden when they try to study and keep house at the same time.

Dislike of Stepmother: "I am engaged to a charming young woman but my two children, ages 9 and 11, dislike her. They say she is not like their mother who died two years ago. Is it wise to go on with my plans to marry?"

(A) Because your children are still young and will be in constant contact with their stepmother for a number of years, it will make things hard for everyone if they dislike her. Try to find out what it is they dislike in your fiancée and see if

In and Around Table Rock

Table Rock—Picking of bartlett pears was completed in local orchards last week and the picking of anjous is in progress now. The bartlett crop here was one of the best in size, color and quality for some time.

Delbert McDonald of Sams Valley was injured while working with a hay crew on a local farm last Wednesday. He was caught between a trailer and tractor and suffered cuts and bruises about the head.

F. A. Monroe and wife of Medford were visitors last Sunday at the local Sunday school. He is chairman of the Gideon's church assignment committee of the Rogue Valley camp and is in charge of bible distribution for Jackson and Josephine counties. A donation for this purpose was given by the local Sunday school.

L. B. French, a poultryman of the Dodge bridge area, accompanied by his mother, was a grain buyer here last Thursday.

Another business visitor here Tuesday was Vinson Vaughan from Eagle Point, who recently lost the family home by fire.

Otis Hedge who sold his home here a few months ago is now visiting relatives in Ohio, getting back there in time to experience the recent heat wave, which caused him to decide that southern Oregon is the only place to live, according to letters received by relatives here.

Bill Bishop sent a load of 100 fat lambs to the San Francisco market last week but reports the price there was rather disappointing.

Mr. and Mrs. Robert Sage and three children returned Wednesday from Oakland, Calif. He went there to meet his wife and children who flew in from Boston where they spent the summer with relatives.

Miss Harriet Morris left Saturday for Los Angeles to register for the present term at the Bible school there. The best wishes of her friends here go with her in her desire to receive Christian training.

Mr. and Mrs. Oliver Lane and two children and Mr. and Mrs. Hansen of Pomona, Calif., were brief callers at the Bert Pierce home here Sunday. As were also Mr. and Mrs. Walter Miller and son Larry of Concord, Calif., who were on their way home from Bremerton, Wash.

O. T. Wilson, Central Point, a brief visitor here Wednesday, says huckleberries are scattered and hard to pick on the Huckleberry mountain where he was last week and where he with many others took part in a search for his seven-year-old grandson, Richard Wilson, who was lost for some three hours last Sunday before finding his way back to camp.

Ronald Shope received a letter last week telling of the loss by fire of a large barn filled with hay on his father's dairy farm in Ark., believed caused by teenagers with cigarettes and matches who helped with haying operations.

Roy Carley and Gus Koellner of Sams Valley were business visitors here Wednesday. Carley had just returned from a two weeks' vacation in Canada and missed the big storm while Gus was elated over his irrigation dam and reservoir which he claims is still 25 per cent full.

The big storm that broke over the valley Saturday evening was, according to former residents of the Midwest, the nearest to being a twister of any ever experienced here by them before. One lady remarking that they left Arkansas to get away from such things. During its short duration it did plenty of damage to crops, trees and buildings, wrecking a silo on the J. L. Nealon farm and blowing a large tree over on the Ed Robinson dwelling, damaging it extensively. However, the pear orchards escaped with far less damage than was believed possible. Telephone and electric service was disrupted at some

something cannot be done to win their affection. Try to make them see that no one could be like their own mother but that does not mean they cannot like the person who will try to take her place.

Practical Joker: "Why do some people, especially men, like to play practical jokes?"

(A) A practical joker is a person who feels inadequate and insecure. He is trying to inflate his ego at someone else's expense. If he can make another person angry or embarrassed by his joke, he gains the upper hand and feels important, at least for the time being.

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He was telling about his "boy pig" which he fed ground grain, milk and bread crumbs, the pig weighing 210 pounds when three months and four days old.

Last week's items from Table Rock appeared under an Eagle Point heading, in case some might have missed them.

A recent news item in an Arkansas paper commented on the rough time cattlemen were having owing to the drought claiming that the first car of Federal allotted feed has arrived. Also cattle prices were quoted which when compared with local prices received at our local auction sales are no lower, the average being almost exactly the same.

Word was received here last week telling of the passing of Mrs. Alma Pierce on Sept. 1 at Harrison, Ark. Mrs. Pierce had made several visits here with relatives and with her gentle disposition and kindly Christian ways had won a place in the hearts of all who met her.

The Bert and Ed Pierce family through these columns wish to thank their many friends for the many flowers and cards and

Sunday, September 12, 1953

MEFORD (OREGON) MAIL TRIBUNE—NINE

Helicopter Valued at Making Congo Healthful

East Hartford, Conn.—(U.P.)—James R. Patterson of the United Aircraft Corp. says Belgian officials hold the helicopter second in importance only to medical men in making Leopoldville in the Belgian Congo a healthful place to live.

The "copter" is used extensively in spraying large areas of the jungle with insecticides, he said. The sprays have been so effective that malaria has been reduced to eight per cent contagion among native children. Before World War II the rate was closer to 100 per cent.

Dead line on Classified Ads: 9:30 p.m. See following day: 10 a.m. Monday: noon Saturday for Sunday a.m.

expressions of sympathy received during their recent bereavement. This kindness has been deeply appreciated.

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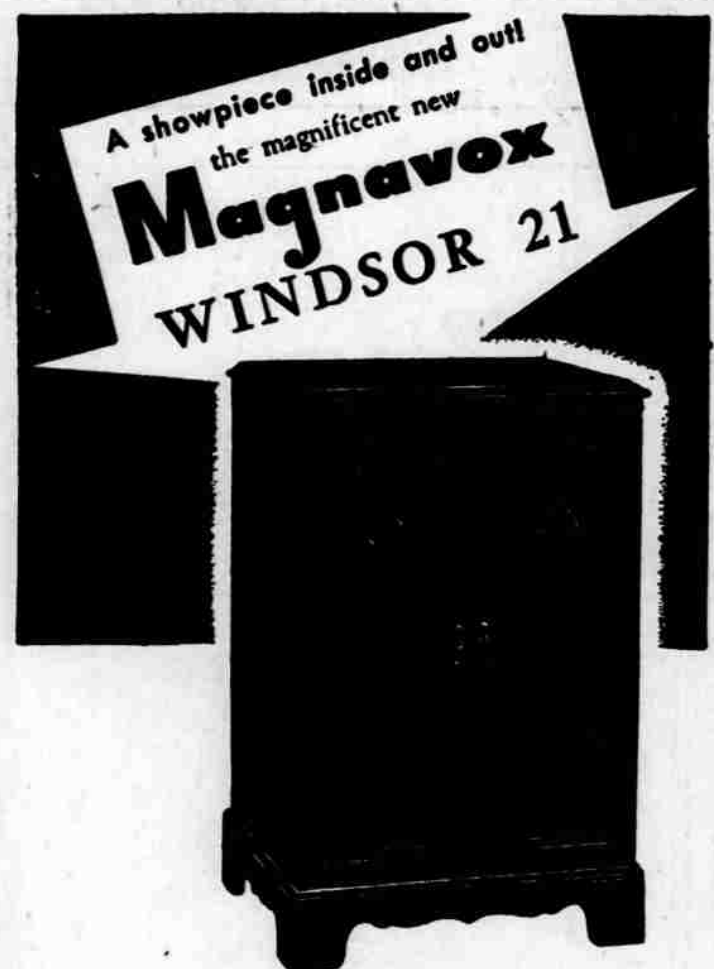
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