



'HOME AT THE RANCH'—Clark Gable and his fifth wife, the former Kay Spreckels, pose for their first picture together since their marriage. They're shown at Gable's "ranch" at Encino, Calif.

As We Live

By ELIZABETH HURLOCK, PH.D.

Laziness Creates Feelings of Guilt

Every lazy person sooner or later develops a feeling of guilt about his laziness. He knows how people feel about it, and he recognizes that his laziness makes extra work for many people. While he may have enjoyed "letting George do it" at first, the feeling of guilt he experiences soon counteracts any pleasure he got from being lazy. Then he feels apologetic and ashamed of himself.

In spite of such feelings, he often does not know how to correct his fault. As a result, the laziness continues, and the lazy person feels more and more ashamed of himself. Soon he develops an inferiority complex which makes him shy away further and further from responsibility. Or it may make him turn to drink, gambling, or some other outlet for his feelings of guilt.

There are ways of correcting laziness. Here are some of the most helpful:

1. Have a physical check-up to see if the laziness has a physical basis. Poor general health, a glandular deficiency, anemia, and many other physical conditions have been found to sap a person's energy and make it hard for him to do anything. Since all of these can be cured, or improved, that cause of laziness is controllable.

System To Work

2. Map out your work so that there will be some system to it. A person who lacks system in his life soon gets bogged down with detail and spends too much time on some things while others, often more important, pile up. A systematic approach to one's work will help to eliminate the piling-up which causes many people to become so discouraged that they give up in despair and do nothing.

3. Don't take on more than you can handle successfully. One of the troubles a lazy person has is learning to say "No." He agrees to do this or that when people ask him, without stopping to consider whether or not he will have the time. Then he becomes swamped and doesn't know where to turn first. This piling-up discourages him so he lets everything slide, hoping that he will get the inspiration to tackle it. But the more it piles up, the less likely he is to get that inspiration.

LETTERS FROM READERS
Week end Trips: "Whenever

there is a holiday over a week end, my husband insists that we take a trip. I find this very tiring, since the roads are crowded, the food expensive, and the children get tired and fretful. Am I being selfish in urging him to stay at home?"

(A) A working man is likely to feel that he must take advantage of a vacation when it comes at a time that makes going possible. Furthermore, he hears his friends talk about going and he feels it is the thing to do. Why not try having an "at-home" holiday celebration with some friends or relatives and see if your husband is satisfied with it as a substitute for a trip? Unless you plan something to do, I am afraid he will feel that he is "wasting" a vacation.

Television: "Our teenage children begged us to get a television set because all their friends had sets. But, after the novelty wore off, I find they are listening to their radios and rarely look at television. Can you explain why they act this way?"

(A) Studies of television in-

Unshelled nuts keep better than those shelled, and unsalted keep better than those salted. All nuts keep better at low temperature, so it's a good idea to refrigerate them rather than store them on a kitchen shelf.

Interests have shown that adolescents lose interest in television and prefer the radio. There are several reasons for this. In the first place, radio programs are superior, on the whole, to television programs. Then, second, adolescents can do other things, such as studying, cleaning their rooms, or even taking a bath while listening to the radio. Watching television requires their undivided attention and many teenagers simply haven't time to watch television.

Summer Heat: "I feel that my mother, who is in her 60s, should get away from the heat of the summer. She says she doesn't mind it and prefers to stay at home. Is she just being stubborn?"

(A) Older people mind the heat less than younger ones, mainly because they are less active. If your mother is happy where she is, don't urge her to go away. That would be more disturbing to her than the heat. (COPYRIGHT 1955, GENERAL FEATURES CORP.)

Use Mail Tribune Want Ads

County Court Orders Three Roads Vacated

Jackson county court Friday ordered vacation of three roads in Rogueland Irrigated Orchard tracts and of four designated street and alley locations in Bunker Hill addition.

Vacation of county roads in the orchard tracts was recommended by the county engineer's office. Examination showed that the roads had not been open to public use and it was not advisable to preserve them for the general road system of the county. A hearing was held on July 8.

Timber Products company, owner of property on the streets and alleys involved petitioned for vacation of parts of Grand and East streets, an alley along the north line of Blocks 1 and 2 and part of an alley in Block 1 north of the north line of Lot 16. A hearing was conducted on July 14.

Eggs should be kept under refrigeration, both at the grocery and at home. Eggs stored at room temperature will lose as much quality in three days as those kept two weeks under refrigeration.

Use Mail Tribune Want Ads

Feeding Fish Metal Solves Acute Problem

Austin, Tex. —(U.P.)—A university of Texas researcher is feeding metal to fish in an effort to check a possible short-cut method in determining the toxic qualities of certain substances used in industry.

Dr. W. H. R. Shaw, university chemist, says that finding a means to classify and measure toxic qualities of certain substances is vital in solving acute problems facing food and drug industries as well as manufacturers of utensils and other equipment.

He explained use of metals in the project should save considerable time and money since more is known about chemical properties of metal ions—atoms which have either an excess or deficiency of electrons — than those of other substances.

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14 Federal District Court Cases on List

Two criminal and 12 civil cases are on the docket for the session of the U. S. Federal district court which will convene here at 10 a.m. on Aug. 8.

Judge James Alger Fee, of the 9th circuit court of appeals, San Francisco, will preside. A former federal district court judge, he is returning to the district to help clear the docket. The two criminal cases, both to be tried before a jury, are the U. S. vs. Frank J. Simpson, theft of government timber, and the U. S. vs. Athel Hupp Dudley, violation of ICC regulations.

Eight Injury Cases

Eight personal injury cases will appear before the court. They are Kenneth Iverson vs. J. E. Brownlee et al, David Murphy vs. Medford Ice & Storage Co., Paul Bonner vs. Lloyd S. Johnson, Hazel Atkins vs. John Thomas Dean, Florence Griffin vs. Fred C. VanDyke, Mildred Balderson vs. O. D. Rasmussen, and Nancy J. Copeland vs. Montgomery Ward & Co.

Two condemnation cases, one each from Jackson and Josephine counties, will be heard by Judge Fee. From Josephine county the case is U. S. vs. Zora Galagher, et al. In Jackson county, it is John B. Hamacher vs. a road across 15.1 acres of

land owned by the Hillcrest orchards. The suit involves the use of a road 40 feet wide and several miles long by logging trucks.

Other Cases

A case of alleged wrongful death, another citing damage by fire, and one over the removal of timber have been filed. They are J. T. Cummings, administrator, vs. Great Northern Railway Co., Pacific Engine & Machine Works vs. John C. Rogers, and Lawrence H. Newton vs. R. Drew Lamb, respectively.

All except Murphy vs. Medford Ice & Storage and Newton vs. Lamb are jury trials.

His Home Burning Ends Reporter's "Dull Day"

Fort Erie, Ont. —(U.P.)—It was a dull day for veteran newspaper reporter Albert E. Ray. So he telephoned his wife at home to learn whether he had received any calls and to find out if there was anything doing.

He found out fast. "Our house is on fire," shouted his wife.

Ray quickly headed for home, but by the time he got there firemen had the flames well under control. Damage was \$600, and that was Ray's story for the day.

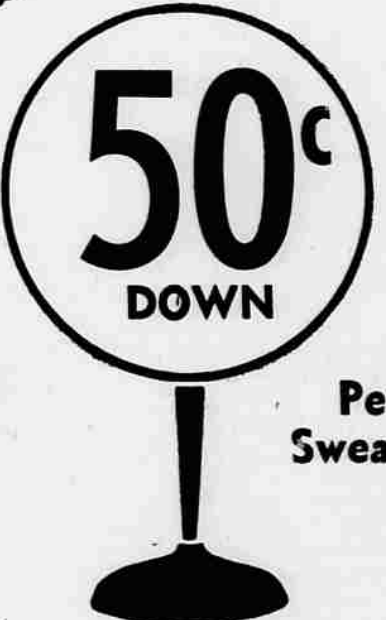
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