



START OF A HONEYMOON—Una Schmidt, 20, cuddles contentedly on the lap of her husband, Airman Daniel C. Schmidt, 23, at the home of Schmidt's mother, Mrs. Nellie Peters, in Portland, Oregon. Schmidt spent almost three years as a prisoner of the Communist Chinese, returned to the U.S. to find his wife, thinking him dead, had remarried. Their reconciliation followed Schmidt's application for divorce and custody of their 2½-year-old son.

Table Rock

Table Rock — Mr. Ullom, Central Point dairyman, and son, Donald, who has a dairy at Eagle Point, were here Wednesday, looking for ensilage corn. Speaking of present conditions of farmers and dairymen, Mr. Ullom Sr. remarked that the products of the man who works in the dirt are always the first to fall in price and the last to go up. Which reminds us of whag Herschel Newsom, master of the National Grange recently said when answering a question about the country's prosperity. He said that practically every segment of the national economy was flourishing except the farmers, and they were gradually going the other way.

Recent visitors at the Bert Pierce home were Mr. and Mrs. C. H. Brown and three children of Harrison, Ark., who are using their month's vacation to tour the west coast, coming by the southern route, and returning by the northern route. Mrs. Brown and Bert Pierce are brother and sister.

E. E. Borg, the Medford contractor is completing a \$10,000 building expansion program for Don Gardner, operator of the Midway meat market and locker plant at Four Corners.

C. G. Whitney, fire insurance agent for the Central Point Grange, was a business visitor here Monday.

The Dean Inglis family is now living in their new home recently purchased at Mountain View near San Francisco, where Dean is working as a construction engineer for the Swanson Construction company.

Stanley Lydiard, of north Medford, one of Table Rock's worthwhile citizen's in days gone by, was a business visitor here the first of the week.

Crews of pear pickers are at work in the local orchards, picking bartlett pears, which are not ripening as fast as usual.

Unless families with children of school age move into the local community the school buses loading here will be shy of their usual pick up as several families with school age children have moved from the district since the last school term.

The house recently vacated by the Dean Inglis family is now occupied by the Stanley Wallen family, recently of Grants Pass who have a nine-year-old son. Mr. Wallen is a foreman of a plywood mill at White City.

H. W. Davission who once vowed he would never ride in an airplane and recently surprised himself and his friends by taking a plane ride to Portland, will be the guest of honor at an open house Sept. 4, from 2:30 to 5 p.m., at the Ray Wyatt home where friends are invited drop in and help him to celebrate his 90th birthday.

Recent visitors at the J. S. Richardson home were Mrs. Alice Vincent, of Jacksonville, accompanied by the former Frankie Adams of Eureka, Calif., Mr. and Mrs. Roy Weston of Los Angeles, Mr. and Mrs. William Barton and Mr. Clifford Morrison of Sacramento, Calif.

The four ladies, Mrs. Vincent, Grace Dickson Weston, Frankie Adams, Grace Morrison Barton all lived in Table Rock as young children attending the Table Rock school. Frankie Adams lived on the farm now known as the Edwin Taylor farm, Grace Dickson Weston came to Table Rock as a baby and lived with her parents and grandparents, Charles and W. R. Dickson, who owned what is now the Hull orchards. Grace Dickson's parents owned the land now call the Table Rock Orchards, the line running west from the Modoc road to the Ray Baker place, containing more than 200 acres on which there are now some 15 homes.

The Dickinson's sold the farm in the fall of 1900 to B. R. Porter for \$5,000. W. R. Dickson, her grandfather owned a 160-acre farm on the south side of the road now the Red Skin orchard and part of the Morris place.

The Morrison family owned the land now comprising the E. E. Robinson farm and part of the Edwin Taylor farm, the dwelling being situated in almost the same place as the present Aubrey Taylor home.

The Smith-Vanderpool wedding held Aug. 12 at the West Side Church of Christ in Medford was largely attended by friends from this district. Both young people are well known here, having been a part of the community, its school affairs, social life and activities since their childhood days. Ernest, since returning from Korea where he served with the 45th Infantry division, has completed a course in electrical repairs at

SCIENCE AT WORK

By DELOS SMITH
United Press Science Editor

New York (U.P.)—A scientific way to relax is to—

Lie flat on your back on a fairly hard bed with a small pillow under your neck with a smaller one under your knees.

Have your arms at your sides, with the elbows half bent, the hands half closed. Have your knees slightly separated and all joints partly flexed.

Now think of your shoulders. Think that they're opening outwardly. Next think of your arms—think they're falling away from your shoulders. Now think your back is sinking through the bed. After that, think your legs, knees, and feet are falling outward by their own weight.

Think of the dent your head is making in the pillow. Now, think of your eyelids closing of their own weight, then of your face hanging by the cheek-bones, then of your jaws hanging loose. Do all these things by turn, giving each one about two minutes of thought. Then start all over again.

Meanwhile, breathe by letting the chest wall collapse of its own weight with each expiring breath. Pause for two seconds before drawing in the next breath—or as long as you can comfortably.

"Get a feeling of general relaxation, letting all the joints give a little more with each outgoing breath," said the doctor who was prescribing this way of relaxing. "This (way of breathing) should be done six times. Note the train of sensation in the limbs—usually heaviness followed by lightness or 'floating'; faint, transient pins-and-needles in the hands; feeling of warmth, passing up from the extremities. A pleasant, torrid day-dreaming state generally ensues, and any tendency to direct thinking should be deliberately diverted into a day dream."

The doctor, a Briton, Ronald A. B. Rorie, is instructing British practitioners in what to do about patients who suffer from uncontrollable anxieties and so have continuing episodes when

Oregon Tech at Klamath Falls. Lois is majoring in physical education at SOC. They are at present living at Phoenix, Ore. A host of friends will be wishing for their happiness and success in any venture they may take.

Mr. and Mrs. J. S. Richardson attended the funeral of the late Ralph Foster in Ashland on Tuesday.

Mrs. Kosterolos and daughter Penny who have spent the last four weeks visiting relatives here at the Robert Sage home left Wednesday by way of San Francisco for their home in Boston, Mass.

it is all but impossible for them to relax. Rorie did his instructing in the pages of the British Medical Journal.

Watch Concentration

He took the relaxing exercises from a standard British work on the medical management of pregnant women, and there the exercises are designed to lessen muscular and mental tension in childbirth. Among anxiety neurotics, "many of the more intelligent patients benefit" from them, he said. "Muscular tension is reduced and a calm state of mind induced which often leads to sleep."

This writer showed the prescription to three American doctors who said they ought to work for anyone, provided not too much mental concentration was employed in jumping from thoughts about arms to thoughts about the back, and so forth.

Incidentally, in the last 10 years in Britain "the general practitioner has become aware that a large part of his time is taken up by patients suffering from psychoneuroses," Dr. Rorie said. But only the most obvious cases get any treatment, beyond a prescription for a sedative, since under the British system of state medicine, the general practitioner is hard-pressed for time.

Roller Skating Helps Polio-Crippled Girl

Akron, O. — (U.P.) — A seven-year-old Akron girl has discovered her own therapy for crippling polio.

Barbara Louise Etter walks on crutches with a heavy brace on her left leg, but she discards the walking aids and dons roller skates twice a week.

The determined little girl was an experienced skater before she was crippled with polio last July. During long months of convalescence she reminded her mother that she would be back on skates soon.

Just after Barbara left the hospital her mother, Mrs. J. J. Dahl, spoke to doctors about her daughter's wish to continue skating. The medical men agreed to give it a try.

Barbara then started the long weeks of exercise with skates until she is now able to skate for half-hour periods twice a week and even do some tricks on skates.

Weekly checks at the hospital keeps nurses and doctors in constant surprise. One physician reports that the child's weak foot muscles have been strengthened to such a degree that she may eventually drop her crutches and braces and walk normally.

He said Barbara's success with the roller skating therapy might provide equal success for other polio-crippled children.



Jolene Kay Lake

In nationwide contest, Muscular Dystrophy Associations of America, Inc. selected Jolene Kay Lake, 3½, of Seattle, Wash., as its 1955 Poster Child. Jolene, a victim, whose pretty likeness will appear on a million posters, is now aiding in campaign to enlist 500,000 volunteers for house-to-house Thanksgiving Week March for Muscular Dystrophy to raise funds for research into fatal disease afflicting more than 200,000 in U. S., most of them children.

Last Member of Historic Clipper Fleet Exhibited

San Francisco (U.P.)—The last member of the historic Cape Horn fleet lies permanently at rest today, fit as she was the day she was launched 69 years ago.

But it won't be an uninterrupted rest for the old Balclutha, better known as the Pacific Queen. As a "living" maritime museum, the three-masted iron ship's decks will echo the steps of the tourists in the twilight of her career.

Under tow, she crossed San Francisco Bay from Oakland, where she had undergone extensive overhaul and refitting for a year. Nearly every maritime industry in the Bay area contributed money or facilities to the renovation of the old ship and 18 maritime labor unions donated free labor.

She is the property of the San Francisco Maritime Museum Association.

Renamed
A 56-year-old New Hampshire woman who had been aboard the ship in 1899 christened her the Balclutha in berthing ceremonies at Pier 43. She was Mrs. Inda Frances Dunn, daughter of Captain Alfred Durkee, fourth master of the ship.

The ship carried the name Balclutha when she sailed out of Glasgow, Scotland, where she was built in 1886. The 253-foot,

1,862-ton ship drew her first duties in the lucrative heavy grain trade 'round-the-Horn' from California to the United Kingdom. In 1899, she lost her Union Jack registry through sale to three San Francisco companies.

The Balclutha's new owners put her on a lumber run to Australia until 1904, when she joined the Alaska Packers' Association fleet and was renamed Star of Alaska.

On Exhibit
She was among the last sailing ships on the Alaska route and then retired to Alameda Creek in 1929.

Frank Kissinger, a showman, purchased the ship for \$5,000,000 in 1934 and exhibited her at West Coast ports under the name Pacific Queen. When he died in 1953, the ship was tied up on the Sausalito mud flats and there was talk of scrapping her.

The San Francisco Maritime Museum Association purchased the ship from Kissinger's widow last July and commenced a restoration program expected to cost \$120,000.

Around Hollywood

By ALINE MOSBY
United Press Correspondent

Hollywood (U.P.)—Walt Disney answered the critics to his Disneyland project today: "The public likes it. It's a success" and "The critics must be crazy."

It's been a month and a half since the cartoon king's amusement park opened at nearby Anaheim at what most reporters and critics called one of the worst fiascos in Hollywood history.

Visitors to the park on preview day were bogged down in a traffic jam. There were long lines for the rides and not enough drinking fountains. The entire project was dubbed "too commercial" and "too expensive."

His Own Poll
Since that premiere, Disney revealed, he's been hanging around the park and conducting "my own poll" of the customers.

Although many first-nighters complained about the park, he said, "Gosh, the people think it's wonderful."

"You can't please everybody," Disney declared today. "I go generally by the reaction of the public. I've never done anything in my life that wasn't panned by somebody."

"I have blind faith in the public. I've never consciously let them down. There's always a certain group of critics and grippers."

I cornered Disney during a second trip to Disneyland to see how the project is panning out. Crowds still flock into the 160-acre amusement park from 20,000 to 25,000 a day.

Changes have been made since that initial disaster. The merry-go-round was reduced from 25 to 10 cents. More drinking fountains and benches were added, and all but one of the rides are at last in working order.

I still think the park is expensive. Disney originally insisted the average person would spend \$2 or less. But most visitors wind up paying about \$4 apiece — not counting lunch or souvenirs.

"We have to charge what we do because this park cost a lot to build and maintain. I have no government subsidy — the public is my subsidy," Disney said.

Everything Mortgaged
"I mortgaged everything I own and put it in jeopardy for this park."

"And as to those remarks that the park is commercial, how have I stayed in business all my life? The critics know a newspaper exists by advertising — why, they're crazy!"

"We have a lot of free things in the park. No other place has as high a quality. I stand here in the park and talk to people who come along. It's the most gratifying thing — all I've gotten from the public is thank-you's."

Cowbird is Sneak; Lets Others Work

Ann Arbor, Mich. — (U.P.) — The cowbird is a "sneak" among birds, said Harry W. Hann, assistant professor of zoology at the University of Michigan.

The cowbird lays her eggs in other birds' nests and leaves the incubating and raising of the young to the unsuspecting "hosts." This is normal behavior pattern for the cowbird, which frequently picks out a likely nest while still under construction. She also has no qualms about removing one of the eggs from the nest to make room for hers, said Hann.

Some birds, such as the robin, aren't fooled and promptly remove the egg, which comes to an untimely end. Others who apparently don't notice a thing are the song sparrow, chipping sparrow, red-eyed vireo, ovenbird and the yellow-throat.

Hosts Feeds Young
As if hatching the cowbird's egg isn't enough, a "host" bird also feeds the youngster, the professor stated. This can be a problem, for young cowbirds in the nest commonly are larger than the young of the host and can reach higher and call louder for food. Sometimes this results in the starving of the host's young.

Occasionally, young of the host may be crowded out of the nest, but the cowbird makes no effort to throw them out.

The cowbird, a member of the blackbird family, is about the same size as the red winged blackbird. The female is slate colored, and the male is black with a brownish head.

For a delectable new pudding use one pound of rhubarb, which you've cooked and drained add ½-cup homemade strawberry jam and place in a greased baking dish. Sprinkle ¾ cup finely crushed cornflakes on top and spread two tablespoons of melted butter over this. Bake in a moderate oven for about 15 minutes, or until browned. Serve warm, with cream.

Automation Seen As 'Great Contribution'

Chicago (U.P.)—An automation consultant believes American business should take the offensive, instead of a defensive role, in relation to automation.

John Diebold told a recent National Association of Manufacturers conference that in the perspective of history "automation will be viewed as one of the great contributions of industry and technology."

"Why then," he asked, "do we find ourselves defending it?" Automation, the integration of machines with one another into fully automatic systems, has recently caused much concern in labor circles because of the fear of unemployment.

"Little has been done by management to emphasize the promise of more jobs, better working conditions and shorter hours which the new technology makes possible," Diebold said.

"It is here that management can shift from the defensive to the offensive."

Diebold listed five responsibilities which must be recognized as management faces this task. They are:

1. Realistic advance planning.
2. Comprehensive retaining programs.
3. Job shift studies for the present work force.
4. Coordination of hiring with internal company readjustments to minimize lay-offs.
5. Information programs to acquaint labor with the new and more interesting jobs and better working conditions which automation makes possible.

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