

Diet's Part in Mental Illness Eyed

Los Angeles—(U.P.)—A theory that diet may play a part in some cases of mental illness is being explored here.

The findings collide head-on with older theories, such as the Freudian concept—that all "functional" mental illness are disorders of the mind, and not physical.

Dr. George Watson, of the school of philosophy at the University of Southern California, said tests indicate that certain mental and emotional disorders may be caused by the wrong diet. Experiments have resulted in correction by proper nutrition, he added.

Past experiments have been made on test groups by starvation, to make checks on decreased mental efficiency. These have brought on cases of depression and even hysteria.

Dr. Watson pointed to the case of a young woman under extreme mental stress. Her emotional problems over a seven-year period had pushed her so far as to consider suicide.

Patience Recovered
While she felt her disturbances were purely mental and regarded as "silly" the idea that proper diet would help her, she agreed to the test.

Nothing was said to her about psychotherapy. She simply was told the number of capsules of food supplement to take each day, Dr. Watson said.

During the first month of treatment the patient's days of depression became less frequent, until they did not recur. She since has recovered completely.

Listed by Dr. Watson as contributors to mental illness are (1) overwork, (2) poor eating habits, (3) illness, or other situations which place great demands upon the body and (4) poor digestion.

It is evidence, Dr. Watson concluded, that some types of mental illness have a physical basis, and are not directly due to mental upheaval. Healthy people get adequate rest and nutrition each day from the stresses of the previous day.

Dr. Watson's study was supported by a grant from the William C. Kalash Fund, of Pasadena, Calif., for research in basic science.

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San Francisco Starts Festival of Progress To Observe 50 Anniversary of Giant Earthquake

By PETER HAYES
United Press Correspondent

San Francisco—(U.P.)—A five-day festival of progress began today at 5:12 a.m.—exactly half a century after the start of the worst natural disaster ever to strike an American city.

It was at that minute on April 18, 1906 that an earthquake shook the city of San Francisco like a terrier with a rat in its teeth. Even before the tremors subsided tongues of flame began finishing the destruction that the quake had begun.

The fire raged for three days and two nights and when it was out the heart of the queen city of the West was reduced to ruins that were not to be equalled until the atom-bombing of Hiroshima and Nagasaki.

Rebirth from Ashes
Today, 50 years afterward, San Francisco celebrated its rebirth from the ashes. Survivors of the disaster gathered at 5:12 a.m. at the Market st. landmark, Lotta's Fountain, to hear an invocation and lay a wreath in memory of the 452 persons who lost their lives.

A round of luncheons and banquets were scheduled for the next four days with oldtimers passing on still-vivid recollections of the event. The celebration will be climaxed Sunday by a huge parade.

Even to a world familiar with mass destruction caused by bombing planes of World War II, the damage suffered by San Francisco in 1906 was impressive.

Total damage was estimated at nearly \$500,000,000. The quake and fire wiped out 508 blocks and destroyed some 28,000 buildings. Close to 200,000 were left homeless.

Huge Fault Blamed
The earthquake came from the San Andreas fault, a 270-mile crack in the earth's structure running nearly the length of California and passing the Golden Gate a few miles out to sea. Massive tension mounted along the fault line until the breaking point came at 5:12 a.m. that day in 1906.

Enrico Caruso, the great Italian tenor, had sung in "Carmen" the night before at the opera house. It was his first visit to

San Francisco—and his last. "I wake up about 5 o'clock, feeling my bed rocking as though I am in a ship on the ocean," Caruso wrote later, "and for the moment I think I am dreaming that I am crossing the water on my way to my beautiful country."

"And so I take no notice for the moment, and then, as the rocking continues, I get up and

go to the window, raise the shade and look out. And what I see makes me tremble with fear. I see the buildings toppling over, big pieces of masonry falling and from the street below I hear the cries and screams of men and women and children.

The shock brought thousands of people streaming into streets from the Mission District to Chinatown to swank Nob Hill.

Many were killed by falling cornices but the early hour undoubtedly kept the death toll lower than it might have been if the quake had hit when streets were crowded.

Flimsily built frame buildings collapsed and one of the first casualties was Fire Chief Dennis Sullivan who was fatally injured.

Streets collapsed five feet in

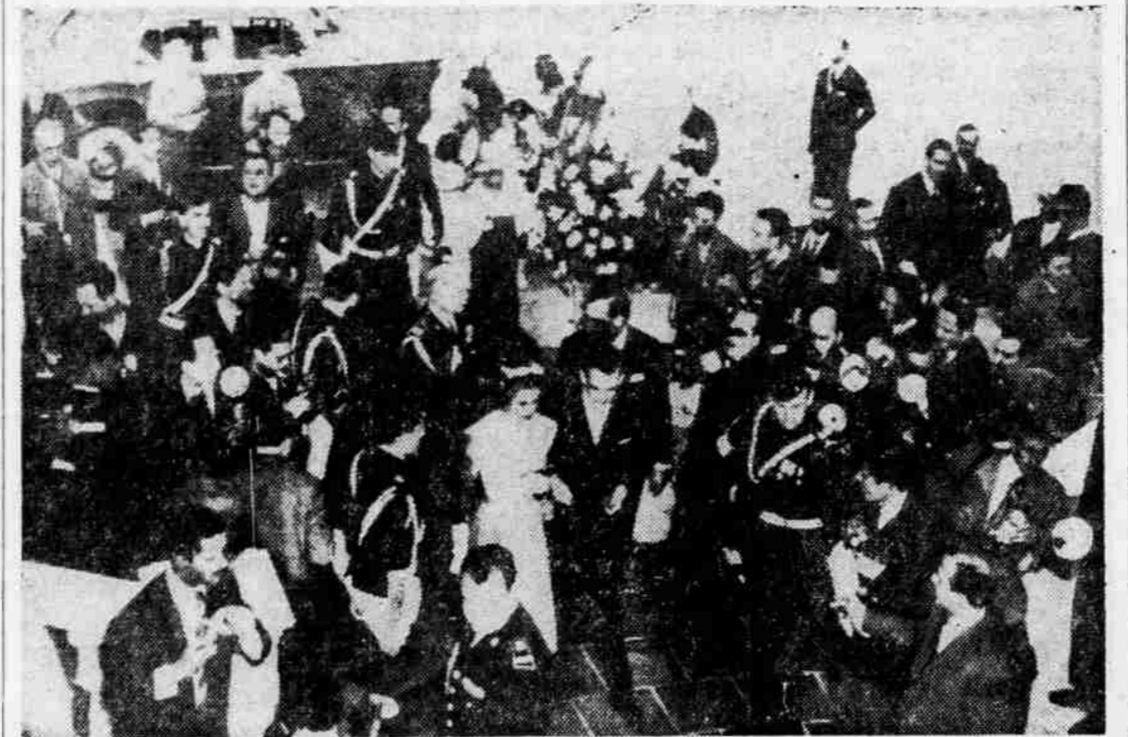
places and cable car tracks were torn from their beds and twisted like snakes.

Most ominous of all, however, were the flickering flames that began to curl out of the rubble. They came from ruptured gas mains and overturned stoves and, with water mains fractured by the shock, they spelled a death sentence for San Francisco.

Their water supply virtually wiped out, firemen resorted to dynamiting buildings and building backfires in attempts to halt the advancing flames which raged at 2000 degrees Fahrenheit.

Martial Law Declared
Meanwhile Army troops based at the Presidio were ordered to the scene and martial law was declared. Three looters were shot the first day. Barbary Coast saloons were padlocked and liquor was smashed. Soldiers urged householders to leave fire-threatened areas and refugees fled westward to Golden Gate park and eastward across the bay in all types of boats to Oakland.

Weary firemen gave way stubbornly to the flames and finally lined up at Van Ness avenue for a last stand. Backfires built along the east side of the wide thoroughfare proved the turning point in their gallant battle. The fire was stopped at Van Ness avenue.



FLORAL BOUQUET—Actress Grace Kelly and Prince Rainier arrive at his palace where the future princess received a bouquet from two young girls. The flowers presented to Grace, symbolized the willingness of Monaco to accept the American girl as its princess.

Increased Service Slated For Niagara Falls Visitors

Washington—Sightseers and honeymooners can look forward to increased service at Niagara Falls this summer. Another "Maid of the Mist" is being launched.

The new Maid of the Mist will be a twin. Two tiny steamers with the same name usually spell each other in carrying visitors through the geysers and swirling currents of the most famous waterfall in the world.

The boats' name comes from a colorful myth. Two Indian warriors are reported to have battled for the hand of a beautiful maiden. When the brave of her choice was killed, the girl leaped into a canoe and was carried over the cataract.

According to the legend the ghostly maid may still be seen under the falls. She has been described as a misty figure forever reaching upward for her lost lover.

On the worldly side, the Maid of the Mist Corporation which handles the sightseeing boats is a concession dating from 1885. It is licensed under an agreement with the Niagara Frontier State Park Commission. The steamers operate in the turbulent gorge below the falls between the State (American) and Provincial (Canadian) parks.

Passengers are provided with waterproof coats and hats since the boats pass through heavy spray on every trip. The little ships battle rough water at both the American and Horseshoe Falls. Officials of the line proudly proclaim that if the need arose they could navigate the rapids as far as the lower bridges which are two miles away.

The various Maids of the Mist have shown remarkable stamina.

Tug Owner Wins Award From Court

Tacoma—(U.P.)—Fred Devine, Portland, owner of the tug Salvage Chief, has won a \$123,500 court award for pulling a \$330,000 steel barge and its \$164,500 cargo of benzol off Clatsop spit mouth nearly three years ago.

The award was set by Federal Judge George H. Boldt as 25 per cent of the value of the barge and cargo United Transportation company, owner of the barge, claimed \$20,000 was adequate. Devine's attorneys has asked \$150,000.

Court Records

DISTRICT COURT
Raymond Oscar Watson, illegal possession of intoxicating liquor, \$13.
Daniel Ferdinand Haas, failure to stop at stop sign, \$10.
James Edward Eek, overland, \$415.
Frank Armstrong, overland, \$101.
Victor Siedel Medical, failure to operate on the right side of highway, \$5.
CIRCUIT COURT
David Lee Thrapp vs. Betty Louise Thrapp, divorce decree.
Audrey Christine Phillips vs. Wesley Phillips, divorce decree.
Ava Lorraine Clark vs. Roy McThas Clark, divorce decree.
Agnes Lorraine Walton vs. Charles J. Walton Jr., divorce decree.
Betty Lou Lamison vs. Herbert R. Lamison, divorce decree.
Richard E. Puckett vs. Roma D. Puckett, divorce decree.
Roy Junior Gish vs. Vera Mae Gish, divorce decree.
Merjorie K. Langston vs. Curtis M. Langston, divorce complaint.

Repaired each year, and periodically replaced, they have an unblemished safety record. But last spring as the twins were being refurbished for the coming season both burned in drydock.

The little steamers have a distinguished ancestor, another small craft named the "Griffon." In 1669 Rene Robert Cavalier, Sieur de La Salle visited the mouth of the Niagara. Immediately he envisioned an empire. He foresaw the rich trade which lay to the westward and realized the opportunities in what the French correctly called the Straits of Niagara.

Nine years later La Salle brought his plans to fruition. First he fortified the mouth of Niagara in order to protect his lines of communication. Then he built the Griffon and opened a fur trade between the "far" west and the portage around the falls.

The Griffon was launched in 1679. She was the first vessel to ply the upper lakes and pioneered what was to become an immense commerce.

Another ship, one of the early Maids of the Mist, made history in a different way. She was heavily mortgaged to an American firm and in order to save her the owner took a chance with death. He sailed her through the lower rapids of Niagara where the current picks up a speed of more than 27 miles an hour.

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Crater To Present Three-Act Mystery

Central Point—A three-act mystery, "The Bat," will be presented by students of Crater High school in the school cafeteria at 8 p.m. Friday and Saturday, April 20 and 21.

The play was written by Mary Roberts Rinehart and Avery Hartwood and is directed by Donald Lacy, with Janet Anderson acting as student director.

Tickets will be available at the door.

Excerpt From Alaska Film on TV Tonight

A five-minute excerpt from a bear hunt scene in one of the colored films of the Ron Malcolm show will be presented over television station KBES-TV at 11 p.m. today.

The show will be presented at the Medford High school auditorium starting at 8 p.m. Thursday, Friday and Saturday nights. Included in the show are two films—"This Is Alaska" and "Tundra Haven"—in addition to narration by Malcolm, who spent six years in Alaska producing the films.

Malcolm also will discuss Alaska as a vacation attraction. The show is about two hours long.

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