

# The Family Council

Editor's note: The Family Council consists of a judge, a psychiatrist, three clergymen, a newspaper editor, a women's editor and two writers. Each article is a summary of an actual report. The Family Council does not give advice; it merely reports on problems that have been dealt with by responsible agencies and counselors.

**Alice T.**—My friends say I'm making a fool of my husband.  
**Gregory T.**—But I like putting things around the house!

**Alice T.**—My husband and I have been married ten years and have two boys, aged 7 and 9.

My husband has always worked from home. He has a nice mail order business and only needs one day a week outside the house to do some of his purchasing.

Well, not long ago I decided I would like to go to work. My husband is always there when the boys come home and it is no trouble at all for him to give them lunch and to get the dinner started before I come home. Everything was working out beautifully when all my friends came down on me and said I am making a fool of my husband and that he is setting a very poor example for the boys by being a homemaker. Of course I don't want to do this and I wonder if it is a mistake.

**Gregory T.**—If only people would mind their own business! We had worked out a very neat arrangement (I thought). Then along came these "friends" with their ideas about the way things are supposed to be and Alice says it embarrasses her to see me in an apron, and such nonsense. The fact is that I actually enjoy putting around the house. There's nothing to it. When Alice was home, I used to get in her way and she in mine. We'd waste time talking together and nothing seemed to get finished on time. This is much more efficient.

But these friends are really an evil influence. The boys used to like to help me, but now they say they are afraid to be

New York—**Jack A. Goodman**, vice president and executive editor of Simon and Schuster, publishers, died here Monday of a cerebral hemorrhage. He was 48 years old.

teased by people saying, "Are you going to be a homemaker like Daddy?"

The Council: This individualistic domestic arrangement could work out fine—if everyone involved is not afraid of being unconventional. If Alice and the boys are going to cringe every time a "friend" gives an unasked-for opinion, it means they just haven't got what it takes to stand out against the crowd and can't be happy with this arrangement.

Gregory appears to have the backbone that it takes. He does not stake his masculinity on following a set social pattern. He is far more self-assured in his manhood than men who pale when a neighbor catches them with an apron on.

Gregory's straightforward, rational attitude toward his activities and his confidence in himself sets a good example for his boys. Their reaction to the teasing they have been getting is probably a reflection of their mother's embarrassment and hesitation.

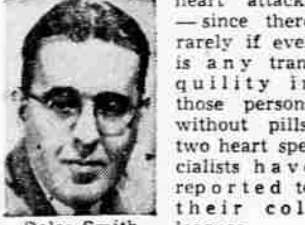
If Alice decides she can rise to the occasion and be as much of an individualist as her husband, she should find a pat answer for busybody friends and let their comments roll off her back. She ought to see her husband as an admirable man—head of the family, bread-winner and rugged individualist. The boys will respect him, even over a hot stove, if Alice doesn't waver in her respect.

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# Tranquility-by-Pill Declare Useful To Heart Attack Victims

By **DELOS SMITH**  
United Press Science Editor

New York—**Tranquility-by-pill** is an extremely useful thing in persons who have had heart attacks



—since there rarely if ever is any tranquility in those persons with heart pills. Two heart specialists have reported to their colleagues.

They "tranquilized" with pills 80 heart patients who were displaying much anxiety and tension about their illnesses, but anxiety and tension which seemed to arise from their minds rather than from diseased hearts.

In most cases, they continued, the "intense anxiety usually associated with acute cardiac disease" was relieved. This, "in many instances," helped "recovery from an acute episode" of heart trouble.

**Much Study Needed**

The specialists were Dr. Samuel Waldman of Long Island college, and Dr. Louis Pelter of Brooklyn. In publishing their report, the editor of the technical journal, "American Practitioner," remarked that "obviously" their "thought is difficult of statistical evaluation and much clinical study will be needed to confirm this idea."

Their "thought" in brief is

that emotional stress places a strain on the heart muscle. In the normal heart, this emotional stress, no matter how great, is less than the heart's ability to bear it. But a diseased heart has much less ability.

"Every heart has a failure threshold, that is, a maximum work load that cannot be outdone without failure," they said. "In a normal organ it is difficult to force myocardial heart muscle function beyond the critical level, but the threshold of a damaged heart can be exceeded rather easily. At rest an impaired myocardium may still be clinically competent, but agitation, emotional upheaval or physical stress may precipitate cardiac insufficiency and failure."

They felt that the connection between anxiety and heart function was well established, both scientifically and in the accumulated folk-lore observations of unscientific people. For instance, they pointed out the physical mechanisms which "may account for the age-old belief that one could 'die of fright.'"

**Dies in Rage**  
The great 18th century surgeon, John Hunter, they recalled, had angina pectoris for 20 years and was so well aware of how his own emotions acted on his diseased heart that he said: "My life is at the mercy of any rascal who chooses to tease or annoy me." While lecturing, he was contradicted. He struggled to contain his rage, and dropped dead.

Whether or not tranquility-by-pill aided their patients, Waldman and Pelter reported, depended upon the amount of heart damage present.

"In dangerously ill patients with extensive infarction, in whom the disease appeared irreversible and rapidly progressive, there was no alteration of the inevitable fatal course."

They spoke of the tranquilizing drugs as a class, that is, the "ataraxics." Thus suggesting trials with any of them. They themselves used meprobamate which is the best known to the general public as "the happy pill."

## Holmes Not To Enter Portland Vice Probe

Portland—**Gov. Robert D. Holmes** said Monday night that he does not intend to step into the Portland vice probe picture.

Holmes, appearing on television, said that he had been urged by "many of my friends" to take action in the vice probe. But he said that he considered his authority ended with a directive he gave to Attorney General Robert Y. Thornton to handle the probe.

The governor indicated he had personal opinions regarding the probe but did not express them.

Holmes said there have been suggestions that the attorney general should dismiss some of the remaining indictments but he said he did not believe this would be proper. "The attorney general has a duty to prosecute unless subsequent information comes in indicating that an indictment will not stand," he said.

## French Forces Kill 18 Algerian Rebels

Algiers—**French forces** killed 18 rebels in Algeria Monday. A week-long crackdown on rebels in the Orleansville zone ended with 36 rebel dead and 24 arrested, reports showed today.

Rebels killed two Europeans Monday, the French said, and one French officer was critically wounded by a rebel grenade.

During the same 24 hour period, six Moslems were reported killed by Algerian nationalists.

## TALELESS FISH CATCH

Chicago—**A small boy** hooked a large fish but won't be able to tell the story adequately for many years, Darrell Goldberg, 6, caught a large sailfish off the Florida coast, but cannot demonstrate its length with his young arm span.



**CENTENNIAL DIRECTOR**—Floyd Maxwell is newly appointed managing director of the Oregon Centennial Exposition and International trade fair to be held in Portland in 1959.

## Roseburg Children Returned To Parents

Roseburg—**Circuit Judge** Charles S. Woodrich Monday ordered the three adopted children of Mr. and Mrs. Howard Ott returned to the couple and dismissed charges that they had mistreated the children.

## Nevada Atomic Test Again Postponed

Las Vegas, Nev.—**The Atomic Energy Commission** Monday night announced the seventh postponement of its "Owens" nuclear blast because of unfavorable winds at the Nevada proving grounds.

## CARDIOLOGIST DIES

New Milford, Conn.—**Dr. Alfred Einstein Cohn**, eminent cardiologist, and member emeritus of Rockefeller Institute for Medical Research, died Saturday at his home. He was 78.

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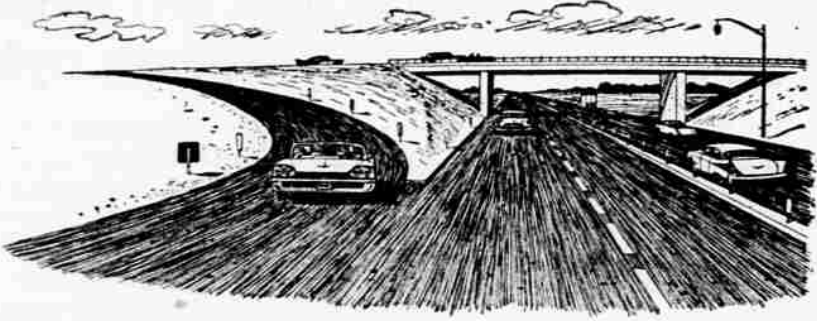


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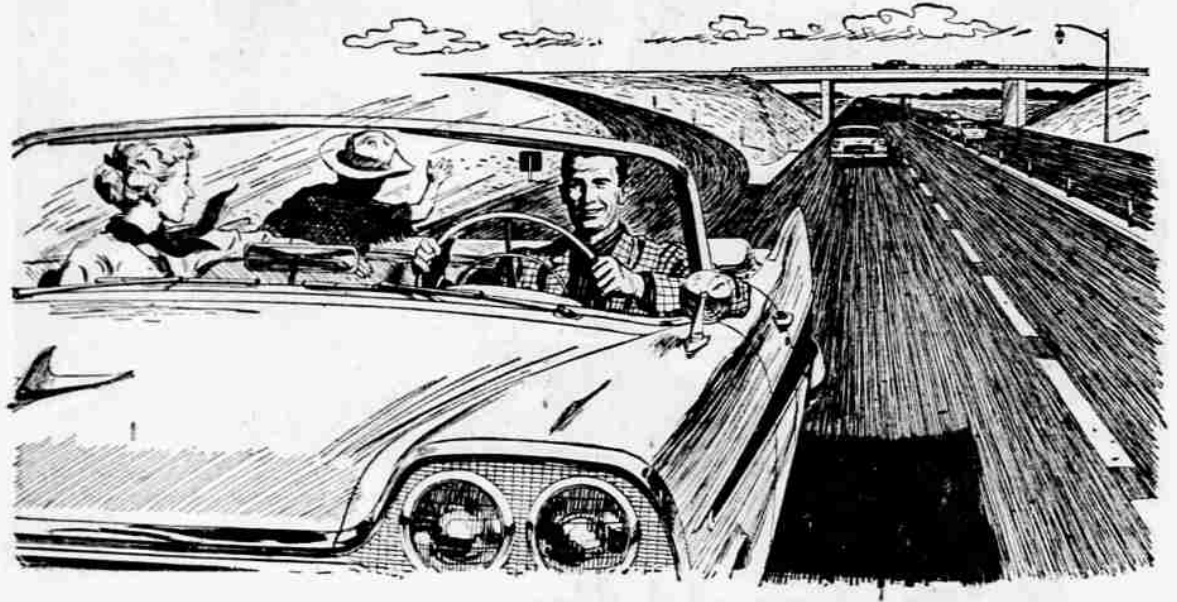
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