

'Happiness Pill' Found To Be As Habit-Forming as Sleep Pill

By DELOS SMITH
UPI Science Editor

New York—(UPI)—Chemically the "happiness pill" behaves inside the human body a great deal like the sleeping pill behaves. According to the newest scientific effort to show definitely whether or not the "happiness pill" is habit-forming, the question is no small one because the "happiness pill" now is being prescribed in the millions, which means that untold thousands of people are addicted to this drug if it is habit-forming. The newest scientific answer is that it is on the same way the sleeping pill is.

The habit-forming sleeping pill is one or another of the barbiturates. The Chappiniss pill, compared to the barbiturates by Dr. John A. Ewing and Thomas M. Halzlip of the University of North Carolina, is meprobamate which is better known to the public by the trade names, "Miltown" and "Equanil."

Ease Off Slowly
Meprobamate is a useful drug and the purpose of the investigation was not to pit up any red flags against its use, but rather to guide physicians in using it in their patients. Indeed, Wyeth Laboratories, makers of "Equanil," supplied the meprobamate for the investigation.

The scientists advised physicians to build up meprobamate doses from small beginning, and to take their patients off it by degrees rather than abruptly. Thus, the "withdrawal symptoms" which are the mark of drug addiction can be avoided, they said.

The World Health Organization recently classified all the tranquilizing drugs as "potentially habit-forming." To this Ewing and Halzlip added that "probably any drug that offers a sedative or a tranquilizing effect can be habit forming, the patient becoming psychologically dependent upon a sense of relaxation and well-being."

Has Decreasing Effect
As with the barbiturates, the body adjusts to the continuing presence of meprobamate in its chemistry, and so the same dose on, say, the 20th day of taking, produces less effect than on the first. The central nervous system accepts the chemically induced slow-down and when the chemical is withdrawn "there is a resurgence of electric activity" and trouble, they reasoned.

They experimented with 75 patients of the North Carolina Mental hospital at Raleigh, who were divided into three groups of 25 each. One group was given a fairly heavy dose of meprobamate daily for 40 days; a second group got half that dosage for the same length of time; the third was given identically appearing pills but these pills were chemical blanks. At the end of 40 days, the patients getting meprobamate started getting the blanks.

These are the conditions of science's classical "double blind test" whose results are supposed to be unquestionable since no one knows what patients are getting which kind of pills until it is all over. Of the patients who were on meprobamate, 44 had "withdrawal symptoms" when switched to the blank, which ranged from "mild" to "severe."

Father of 13 Dies As Tractor Overturns
Hillsboro—(UPI)—Victor J. Vanderzanden, 55, father of 13 children, was killed near here Thursday when his tractor overturned and crushed him.

Washington County Sheriff R. H. Busch said the Cornelius man was filling in a hollow in some pasture land when the accident occurred. With him at the time was a son, Allen, 17.
In addition to his children, 10 of whom live at home, survivors include his wife, Agnes.

STAR GAZER		
By CLAY R. POLLAN		
Your Daily Activity Guide		
According to the Stars		
To develop message for Saturday, read words corresponding to numbers of your Zodiac birth sign.		
ARIES	1 Strengthen	31 To
TAURUS	2 No	32 Solve
GEMINI	3 Caution	33 Be
CANCER	4 Meet	34 Counted
LEO	5 Basic	35 Romance
VIRGO	6 Use	36 Inspiration
LIBRA	7 Financial	37 May
SCORPIO	8 Security	38 Lay
SAGITTARIUS	9 Bucking	39 Be
CAPRICORN	10 Judgment	40 Yourself
AQUARIUS	11 Don't	41 Deceitful
PISCES	12 Impover	42 And
	13 Allow	43 To
	14 Dishes	44 With
	15 May	45 Be
	16 Halfway	46 Heart
	17 Grand	47 And
	18 Day	48 Electrical
	19 For	49 Designing
	20 Your	50 A
	21 And	51 Opposite
	22 In	52 You
	23 A	53 Sex
	24 Trying	54 Your
	25 Established	55 Recognized
	26 Personal	56 Penalties
	27 Present	57 Appliances
	28 Systems	58 May
	29 To	59 To
	30 Magnetism	60 High
		61 Pay
		62 Person
		63 And
		64 And
		65 Special
		66 Fire
		67 Attention
		68 Fashion
		69 Hovers
		70 Become
		71 And
		72 Impressive
		73 Advised
		74 Nearby
		75 A
		76 Extravagant
		77 Avoid
		78 Financial
		79 And
		80 To
		81 Greater
		82 You
		83 Strain
		84 Coreless
		85 Recognized
		86 Authority
		87 Affairs
		88 Once
		89 Security
		90 Problems
		91/21
		Neutral
		42-46-87

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.

Sandra K. — They shouldn't laugh at my romance.

Mrs. R. K. — She drives everyone nuts.

Sandra K. — I am a girl of 16 and I am very much in love with a boy a little older. We have been dating steadily for several months now.

Three Entries Are Reported to Police

Three break and entries were reported to city police Wednesday and yesterday.

Reports show that 20 cents in pennies, food stuff, and cigarettes that were in the cafe were not taken.

High Death Toll Predicted July 4

Chicago —(UPI)—The National Safety Council fears the July 4 highway death toll may surpass that of the record Memorial Day week end just past.

'Clean' H-Bomb Firing Due Aug. 22

Washington —(UPI)—The United States plans to demonstrate a "clean" H-bomb at the Eniwetok Proving Ground in the Pacific around Aug. 22.

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Bean Growers Talk Minimum Pay Rate

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Is That So?

By EUGENE BURNS
Ranger-Naturalist

Alexandria — Since the days of the Pharaohs, the parasitic kite has been the leading scavenger of the country, a position that he continues to hold despite the improvements of the 20th Century.

I had a graphic example of



this today when we passed a dead dog lying beside the road near one of the villages of the delta. The first of the large buzzardlike birds was arriving. When we passed by again, three and a half hours later, there was little left but the skeleton.

Except for two of the kites that had taken to a nearby tree, the others had gone aloft again where I could see some of them, circling slowly in their continual quest for food.

Though I have often watched the kites of our southern states, I continued to watch these for several minutes. Their flight is so easy, it is quite understandable why Pliny said that man got the idea for the rudder from the way the kite steers with its tail.

And since kites were the scavengers of England until the English decided — a little over 100 years ago — that something should be done with garbage and carrion besides throwing it in the street, it is quite understandable why we speak of the toy traditionally flown in March as kites. The flight of the toy is so like the effortless flight of the bird.

Predominantly Brown

The Egyptian kite is predominantly a dark brown bird. Perched, they are about two feet long. Wing-borne, they spread five feet from tip to tip.

Though spoken of as an "unclean bird" because of its disgusting diet, as well as the sloppy nests it builds, its reputation is not wholly deserved. Many an Egyptian has seen them washing themselves. Furthermore, some naturalists report that in relation to their size, there are probably fewer parasites on them than on the swallows and swifts of Egypt which are said to be crawling with them.

As for the nests, one that I saw, though made of twigs and sticks, seemed to be sloppily put together with some old rags and even a bit of newspaper. No doubt it was strong enough, but it certainly wasn't attractive like the nests of so many birds.

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Sides and top are flat. Air circulation is no longer required over the top, so cabinets can be installed not only at both sides but also right down to the top of the refrigerator. Depth is same as standard cabinets for a straight, flush front line, too—a "built-in" look without the cost of custom construction.

NO COILS ON BACK!

Coils are at base of cabinet. New forced-air condenser system eliminates coils on back—and with them the dirt-catching inches of waste space behind old-style refrigerators. Circulating air is filtered, filter lifts out easily for cleaning.

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