

## History, Law Not Needed by Teachers

Salem—UPI—The State Board of Education has decided that Oregon history and Oregon school law no longer will be a necessary requirement for teaching certification in Oregon.

The controversial requirement has been on the books since depression days and some teachers felt it was a bar to recruiting teachers from outside Oregon.

Superintendent of Public Instruction Rex Putnam was lukewarm to the proposal but did not oppose it.

An advisory committee on teacher education and certification made the recommendation. In the past teachers

## Drug Addicts Must Have Desire To Get Benefit From Treatment

Editor's note: This is the first of two dispatches concerning the problem of drug addiction and how it is being dealt with at the nation's best known center for the treatment of narcotics addicts—the U.S. Public Health Hospital at Lexington, Ky.

Lexington, Ky.—UPI—Can drug addicts really be cured—and stay cured?

The answer is yes, but . . . They must want to stay cured.

At the U.S. Public Health hospital here, some 3,600 addicts are taken off drugs each year. How many stay off no

new to Oregon have been given one year to complete the two required courses.

one knows, but there are many who don't.

Files at the hospital show that 40 per cent of its patients return two or three times.

"We've had one patient who's been here 34 times," said Dr. Murray Diamond, director of the hospital. "He holds the record."

Police blotters in every city and town of the nation tell about the criminal who committed a murder or staged a robbery to get money to pay for drugs. Heroin, the most popular drug, costs close to \$5 a day for the amount needed by the average addict. To find the money, desperate addicts

will do almost anything.

Recently, in New York City, two young hoodlums arrested after a campaign of robbery, holdups and muggings confessed to police that they wanted money for "junk." Both had been released from the hospital at Lexington—famously known as "Narco"—only a few months earlier.

Where is the failure? Why does a "cured" addict return to the habit?

"Our patients leave here with the job four-fifths done," Dr. Diamond said, "but if they wanted to stay with us six years instead of the usual six months we still couldn't say they were completely cured. They have to go outside and test themselves with environment."

"Trouble adjusting self to society makes the individual resort to drugs. Addiction we know to be the symptoms of an underlying mental illness."

"The biggest step for the addict is to seek psychiatric treatment. He must do that himself. Even in our hospital he must say, 'I want help.' You can't hold a patient's nose and pour psychiatric treatment down him like you would castor oil."

### Local Clinics

Dr. Diamond would like to see local clinics assume responsibility once the hospital has completed its work.

"We'd like," he said, "to be able to refer the patient to a local agency after he leaves us. We'd cooperate in every way, send records if the patient consents."

Clinics in most cities, Dr. Diamond said, are reluctant to become involved in even the last stages of the addiction problem. And often even when the help is sought they can't see a patient for months. By that time, the hospital director noted, the addict may be back on drugs.

One organization Dr. Diamond said is helping Lexington with its discharges is Alcoholics Anonymous.

"Ex-addicts can't gather to help each other," he pointed out. "After all, taking drugs violates a Federal law. The police immediately begin watching and listening when they begin meeting. If a liquor store is held up, the police don't round up every drunk in town, but let a drug store be broken into and they immediately bring in every known addict."

"Alcoholics Anonymous in Frankfort, Ky., not far from us, started an Addicts Anonymous within its organization. It's done marvelous therapeutic work here at the hospital. New York City has in its river district a Narcotics Anonymous that's working well with Alcoholics Anonymous."

### Glow Remembered

Addicts have been introduced to drugs through associates or through a combination of medical care and self medication. In the latter case, they've usually been given drugs to ease a physical discomfort, remember the pleasant glow that came from the drug, then seek it for themselves.

"In the case of associates, somebody'll say, 'Let's have a pop.' If you say 'yes' often enough, you soon get where you don't have to be asked. You're hooked," said Dr. Diamond. "But there are no cases of people being backed up against a wall, given a shot and started on the habit, as you read in books."

"The genuinely emotionally mature person would not accept the first invitation nor would he get the emotional boost that the person with a belly-ache got. Drugs are a crutch a person has found." (Next: Juvenile Addicts—and 'The Cure'.)

Portland—UPI—About 6500 educators will be in Portland March 19-21 for the 56th annual state convention of the Oregon Education association.

Walla Walla, Wash.—UPI—At least 250 prisoners at the state penitentiary here are reported to be confined to bed with the flu.

## Polio Shots Still Not Accepted by American Public

Washington—(Science Service)—It is fortunate that the fourth or "booster" shot has been deemed unnecessary for most Americans.

For the United States Public Health Service is fighting the apathy of some 40,000-000 Americans who are reluctant to receive the first three necessary Salk shots.

The number of cases of paralytic polio in the U.S. was 24 per cent higher in 1958 than 1957, Health Information Foundation data reveal.

### More Than 6000 Cases

The seasonal low point for polio usually occurs around the first of April, National Office of Vital Statistics data show. During 1958 more than 6,000 cases of paralytic, non-paralytic and unspecified polio occurred.

Of this total, more than 3,100 were paralytic. Despite these figures, a large chunk of the U.S. population continues to regard the vaccine as necessary only for the other fellow.

Only 57,000,000 people under the age of 40, one-half of the population of this age group, has had the full series of three shots.

### Fourth Shot Recommended

Medical authorities suggest that the Salk vaccine protects against polio for at least three years and possibly longer, the National Foundation reports.

The PHS recommends that a fourth shot be given to those persons who received a third polio shot three or more years ago or are entering an area known to experience a high incidence of polio, or upon a personal physician's recommendation. But right now, the official guardian of U. S. health is more concerned with interesting each citizen in the first three shots.

## Grange News

### Shady Cove Grange

The Shady Cove Grange met recently in the music room of the Shady Cove school with Master Ed Houston presiding.

The following committees reported: garden, community service, school, legislative, 4-H, and relief.

Mrs. Ed Houston stated that more plants and shrubs had been planted at the school house.

Mrs. T. M. Littlefield reported on the State Grange lecturers school in Ashland, and the Centennial program that a number of Granges attended in Butte Falls.

Edgard Vanderlip reported that plans were completed for the program of March 14 when Colleen Hope would present "Snow White and the Seven Dwarfs" at the Shady Cove school gym. This is open and free to the public.

The lecturer's program was presented by the agriculture committee. C. B. Cordy gave an account of how and when to plant a vegetable garden.

Mr. and Mrs. Ray Deister and Mr. and Mrs. Cecil Kee served refreshments using the St. Patrick theme in table decorations.

Guests of the evening were County Extension Agent and Mrs. Cordy and Mrs. Charles West.

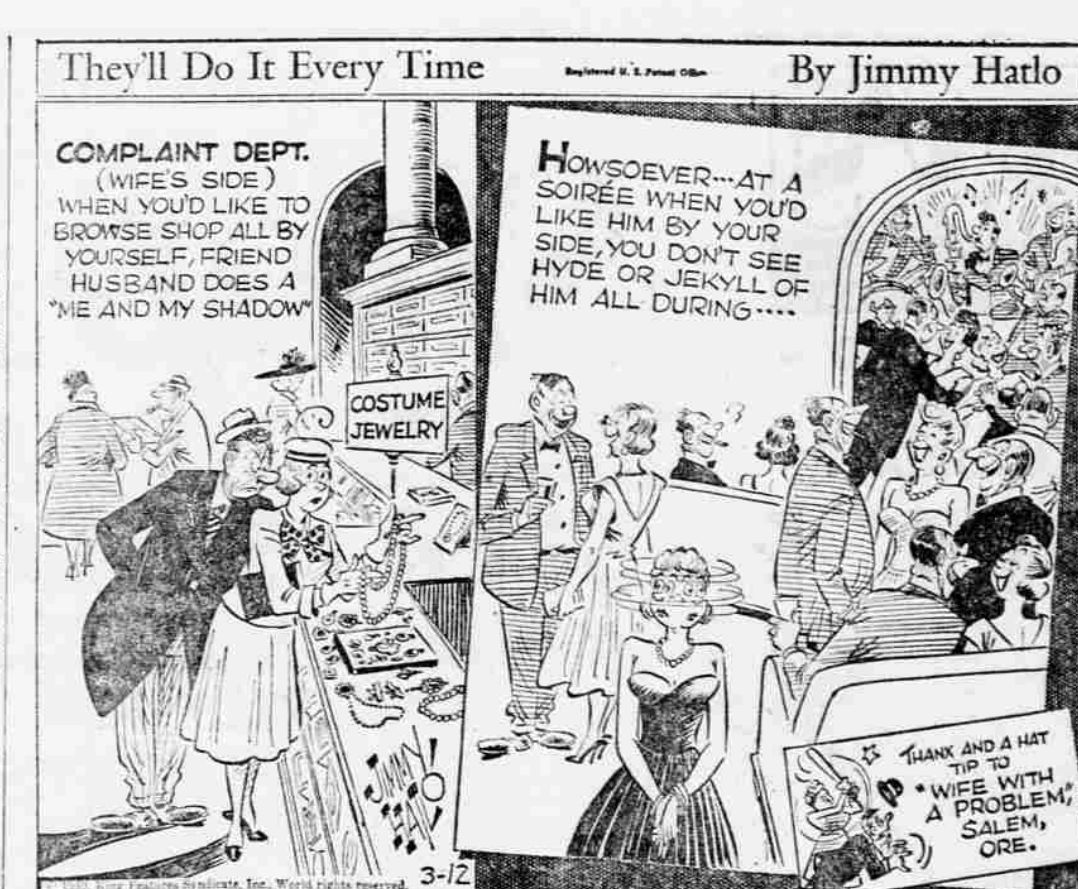
Next regular meeting of the Shady Cove Grange will be Saturday, April 4 at the school house.

The HEC met at the home of Mrs. Louis Dusenberry with 12 members present. Plans were completed for the March 21 potluck supper when the VFW and auxiliary will be guests. John Watson of Trail will show slides of recent trips.

There are nine entries in the National Grange Sewing contest.

Della A. Littlefield, Publicity

Washington—UPI—The House Space committee unanimously approved a Senate-passed measure to pump an extra \$48,354,000 into the nation's space program during the next four months.



## Small Worlds Around Us

By Lynn M. Watkins

### With Every Hand Against It

You have a tramp in your own garden or at least in your neighborhood. It wouldn't be unusual if there were many because the ragweed is everywhere.

These plant tramps are the most persistent and cantankerous ragamuffins in all the plant world. Along roadsides, in vacant lots, in fields, whether cultivated or not, in fact anywhere where there is an inch of soil, there this vagabond will settle and flourish.

Even with every hand against it, the ragweed continues to spread its dusty banners across the landscape and foul the air with its pollen that has made the word "allergy" a byword. Without doubt this hated weed started the entire parade of allergies and today everything from imported perfume to concentrated soups or foods is looked upon with suspicion.

And the ragweed continues to survive in spite of plows, fires or chemicals. Some of the remedies threaten to extinguish this pest but always a seed or two escapes and the following season the entire countryside becomes once more carpeted with the ragged leaves, heralding another season of sneezing and coughing.

The ragweed is really an annual. The plant is greatly branched and the stems are hairy and rough. The leaves are finely cut. The flowers are small, borne in heads, and are a dirty greenish yellow. Throughout the eastern U.S., there are two obnoxious kinds. One is called the "little ragweed" or "hogsweed" or even "bitterweed" in some sections of its range. The flowers are in evidence in the late summer.

"Rose Fever" Of course hay fever is not always caused by the pollen of the ragweed. It can be aggravated by roses and be called "rose fever." To escape the irritating effects of the weed, many people travel hundreds of miles only to have a change of wind direction carry the pollen with them. Then their temporary escape is futile.

To all appearances the ragweed works toward one end: to keep itself busy dusting the landscape with clouds of ir-

ritating pollen. It does a disgustingly thorough job of it. Often the air for miles may be almost saturated. The poor

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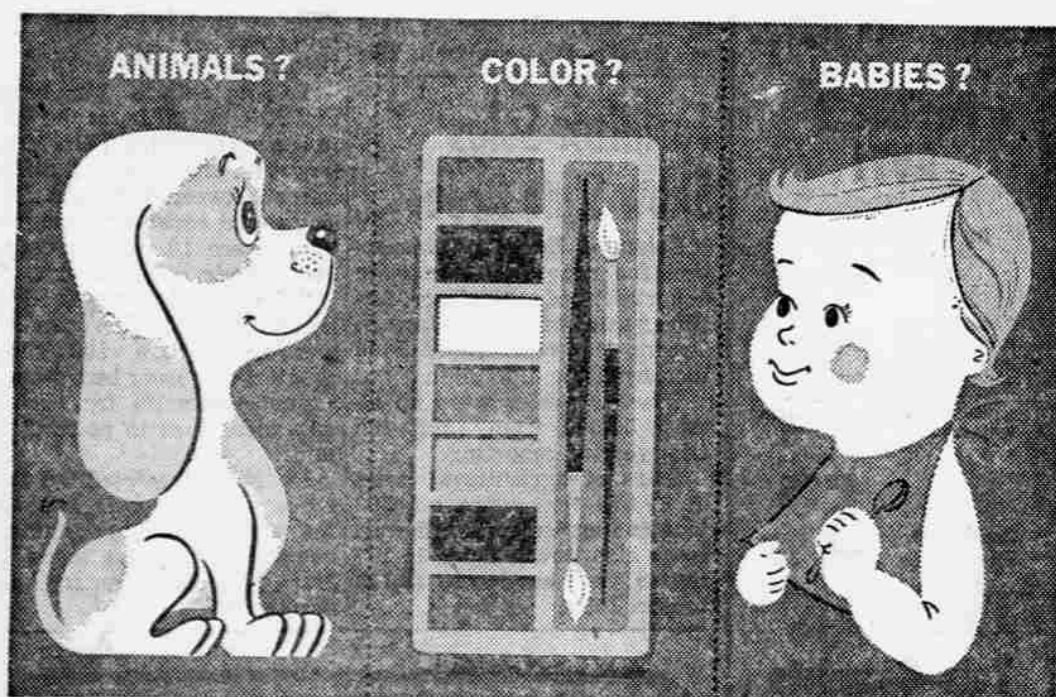
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