

The Family Council

Editor's note: The Family Council consists of a judge, a psychiatrist, three clergymen, a newspaper editor, a woman'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.

Harriet R. - Gale should get out of the house. **Gale V.** - I haven't the strength at the end of the day.

Harriet R. - I am trying to help my sister, who is 23 and already has four children. She is quite overworked and I feel she may be on the verge of a breakdown. She shouts at the children and her husband constantly.

Gale's husband happens to be a real fine guy. He helps her in the house and does the best he can with the kids after work. I have been trying to get Gale to get out of the house a couple of nights a week. She used to belong to our church choir group but gave it up. After dinner she falls exhausted into a chair to watch TV and then she falls asleep. Her husband says he'd be glad if she went out, but she won't do it.

Gale V. - Go out! That's a laugh! At the end of a day's work I haven't got the strength to sit up in a chair, of the house. All I want is of the house. All I want is peace and quiet and that's what I can't seem to get.

Harriet keeps telling me what a good husband I have, but I don't see anything so wonderful about a man's helping with his own family. If I

can cook a dinner for six why shouldn't he be able to clean up at the end of it? Big deal! He doesn't have to stand on his feet all day.

Sometimes I get so mad at everyone I could just scream. Nobody realizes how much I do.

The Council: We don't doubt that Gale is overworked but we gather she is also overworking her emotions to the point where she wants to build up to some disastrous climax.

Underlying her conduct is a real fury against her husband and the world in general. She may blame everyone but herself for her situation and seems determined to do nothing about it.

It is difficult to reason with a person bent on self-destruction, but Gale should be aware that she is fortunate in having kindly and understanding help in the forms of her sister and husband. Many women don't have that much. She owes it to these people and her children, if not to herself, to try to break the vicious pattern she has set.

We think Harriet is 100 per cent right in her idea that Gale should get out of the house for a while as often as possible. Dozing in front of a TV screen doesn't provide real relaxation for either body or mind. Gale should make the effort, no matter how difficult it seems, to dress and pull herself out of the house.

When Gale gets among other people, is forced to talk to them and to do something entirely different from what she has been doing all day, she will find she has remarkable reserves of strength. The following day she may find that she can be cheerful, sing at her work instead of shout, and her children will react in a new way. They may get on her nerves much less.

It is a proven fact that all of us tire of sameness and that a new activity rather than passive rest can fill body and mind with new energy.

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Bennett Driver of Truck in Mishap

Joseph David Bennett, 22, of Ashland, was driver of a truck which overturned in the downtown section of Oregon City Sunday, according to Mrs. Bennett.

In a United Press International story from Oregon City in Monday's edition, UPI reported that Bennett was sleeping in the sleeper compartment. John McKay Livey, 25, also of Ashland, was in the sleeper, Mrs. Bennett said.

Both men were treated for minor injuries and released from Willamette Falls Community hospital.

Telephone statistics show that the world had an average of 56 phone conversations per person in 1957, the latest year for which figures are available.

Kate Roosevelt To Wed Saturday

New York - (UPI) - Miss Kate Roosevelt, 23, granddaughter of the late President Franklin D. Roosevelt, will be married Saturday to William Haddad, 31, a reporter for the New York Post, that newspaper said today.

Miss Roosevelt, daughter of Rep. James Roosevelt (D-Calif.) and the former Betsy Cushing, now Mrs. John Hay Whitney, is the adopted daughter of Whitney, U.S. ambassador to Britain.

Haddad joined the Post in 1957 after serving as an aide to Sen. Estes Kefauver (D-Tenn.) in his 1956 campaign for the Democratic presidential nomination. He has won awards for reporting on slum conditions and municipal graft.

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Obesity Unbalances Body's System of Energy Exchanges

Editor's note: This is the third in a series of five articles on the subject of overweight.

Washington (Science Service) - Excess weight throws out of balance the body's entire system of energy exchanges and creates hazards for which there is only one cure—reducing.

This is reported by Dr. Katherine H. Fisher and Dr. Raymond W. Swift in the section on calories and body weight of the new 1959 Yearbook of Agriculture, "Food," whose theme is food for good health.

The most obvious effect of overweight is the accumulation of surplus body fat which adds a great burden to the body's work. Twenty-five pounds of excess weight is like a 25-pound bag of flour tied to the back of a person and carried during all his activities.

Diseases Attributed The onset of certain human degenerative diseases has been attributed to obesity, although studies indicate that overweight is not related to coronary heart disease.

Statistics from life insurance companies, however, have indicated that the overweight policyholders are predisposed to diabetes, cirrhosis of the liver, appendicitis, cerebral hemorrhage, gall bladder disease, heart disease, and chronic nephritis.

The only known cure for overweight or obesity is to eat food that furnishes less energy than one needs for body maintenance. Then body fat will be oxidized as a supplement contribution to the total energy requirement.

However, a successful reducing program should at least include five factors. First, one should consult a medical doctor to determine whether or not weight reduction is desirable from a health standpoint.

Second, one must want to lose weight.

Should Consult Expert Third, the amount of weight to be lost and the rate of loss should be determined by a medical doctor or a nutritionist.

Fourth, the diet used for weight reduction should be nutritionally adequate in protein, minerals and vitamins, as well as low in calories.

Fifth, after weight is reduced, the new weight should be maintained by controlling the intake of calories and having enough physical exercise.

How to convince overweight or obese persons that they should lose weight often is a job in itself. Dr. Charlotte M. Young of Cornell University has grouped these persons into three general types.

The first type has no apparent emotional problems and usually overeats because

Tree Seedlings Are Available in State

Salem - Well over 14 million forest tree seedlings will be available from the two state forestry department nurseries for forest and farm woodland planting throughout the state during the coming planting season, according to Assistant State Forester C. D. Maus.

Nearly 7.5 million of these forest tree seedlings are marked for private land planting while some 4.4 million will be used by the state forestry department in reforesting the Tillamook burn and other state lands. The balance will go to other federal and state agencies.

"Although tree seedlings are in good supply," Maus said, "the demand has increased so rapidly with the Tree Farm movement in Oregon, that we recommend orders be placed immediately upon receipt of an order blank."

They will become available about Nov. 1 and can be obtained at the various state forestry department headquarters, the county agents' offices, SCS offices and the ACP offices. An order blank may also be secured by mail upon request to the office of the state forester in Salem.

Nixon Nomination, Election Predicted

Pittsburgh - (UPI) - Sen. Hugh Scott (R-Pa.) said today he was "certain" Vice President Richard M. Nixon would be the GOP presidential candidate next year and would be elected to the White House.

Scott, a former Republican national chairman, said he expected the Democratic candidate to be either Sen. Stuart Symington (D-Mo.), Adlai E. Stevenson, or Sen. John F. Kennedy (D-Mass.) "with the odds in about that order."

UAW Dues Hiked For Strike Fund

Atlantic City, N. J. - (UPI) - A monthly \$2 increase in dues which will swell the United Auto Workers strike fund to an estimated \$40 million was approved Tuesday by 3,000 delegates to the union's 17th annual convention.

A standing vote approved an increase in dues for the 1,200,000 members to \$5 per month from the current \$3 monthly.

Puget Sound in the state of Washington has 1,500 miles of sheltered shoreline and 2,000 square miles of inland bays, inlets, channels and canals.

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he does not understand the relationship between caloric intake and caloric need.

Emotional Problems The second type includes persons who have minor emotional problems and who

may or may not want to lose weight. They need a way to relieve their anxieties before any teaching about weight control will be helpful.

Persons with deep emotional problems are included in

the third category, and psychiatric help may be necessary before the desire to reduce can even begin. Some medical and nutritional specialists believe that in this type of person, overeating itself is a better adjustment to life than are other manifestations of their emotional disturbances.

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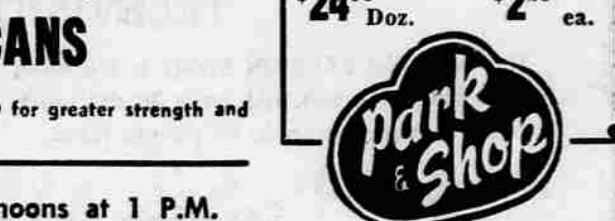
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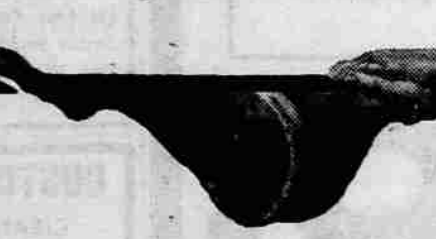
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