

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 case history. The Council reports on problems that have been dealt with by responsible agencies and counselors.

Mrs. U. H.—It's not good for him to sit around the house so much.

Darby H.—People are so stupid about mental illness, and I can't change them.

Mrs. U. H.—My son is 20 and has recovered completely from a break-down he suffered more than two years ago, in his disappointment at being turned down by the Navy because of a congenital defect.

Now, however, he has been helped to accept this and to recognize and rejoice over his blessings. He has an excellent job in a brokerage house, and is also studying evenings towards a degree in business and banking.

But I feel he's working too hard, and doesn't get out among young folks enough for recreation and relaxation. Of course, most of his pals are away. But he can make new friends through his work, or at school. Instead, he spends all his spare time with us at home, or alone in a library or museum.

Darby H.—Can you imagine how it feels when people who know what happened to me ask, "Are you all right now?" Or when people who don't know, ask me innocently, "What have you been doing the last few years?"

I guess when I learn a few easy-form answers, I'll feel better prepared to venture among people, socially. At present, I'll stick to my classes and the people in the office who talk about business trends and never get personal.

It would be different, I guess, if people understood that mental illness surrounds them all the time—except that some people get treated for it and others manage, or think they manage, without professional help.

The Council: Mental "illness" may not be around us "all the time." Darby, but mental and emotional difficulties are, and the difference between those who must undergo treatment and those who can "muddle through" by themselves lies in the balancing of strengths versus pressures.

What makes it hard for Darby is that his handicap was mainly invisible, and there are no healed wounds to point to. So the direct plunge into life among the "well" feels like a dive into hostile, unwelcoming waves.

Usually, the ex-mental patient is eased through the transition by one of the new rehabilitation centers. Possibly, Darby resisted this "lead" or brushed it aside as superfluous. He may have felt strong enough to return to the "fray" alone, although many ex-patients avail themselves of this continuing support.

Instead of urging Darby to "go places and do things," Mrs. H. might bend her efforts—reinforced by Darby's doctor—to get him to join one of the in-between groups whose warm hand of welcome is extended not only to ex-patients, but to do-it-yourselfers who may be grappling with psychoneurotic problems.

Some of these, like Fountain House in New York (412 West 47th st.) are under the aegis of trained social-workers and volunteers, while others, like the 400 groups of Recovery, Inc. (Hdqtrs., 116 South Michigan ave., Chicago 3) rely upon a peppy self-help program.

Here, in the course of his participation in current events debates, dances, plays, or whatever titillates his bashful fancy, Darby will find further steel for his backbone in two forms: new acquaintances who "understand," and those short-form answers he seeks for people who don't.

David Foote Wins \$300 Scholarship

David Foote, Crater high school Future Farmers of America chapter member, will receive a \$300 scholarship from Standard Oil company. H. R. Edwards, district sales manager, announced Saturday.

Foote will receive one of the oil company's FFA scholarship awards for his outstanding leadership, scholarship and other accomplishments, Edwards said. The Crater FFA member and vocational agriculture student is the son of Mr. and Mrs. Walter Foote, route 1, box 557, Central Point.

The award is one of 42 such presentations made to outstanding students in the seven western states as part of Standard's over-all program of "aids to education."

Teens' Culottes



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by Marian Martin

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HATFIELD SIGNS BILL Salem—(UPI)—Gov. Mark Hatfield Thursday signed a bill to allow Oregon to collect \$110,000 in license fees from federally-licensed Oxbow, Brownlee and Pelton dams.

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The Medical Roundup

by *Walter C. Alvarez*

Emeritus Consultant in Medicine
Mayo Clinic
Emeritus Professor of Medicine
Mayo Clinic
Register and Tribune Syndicate,
1961



Alvarez

Snoring

Many persons have asked me to tell more about what to do about the snoring which greatly interferes with the sleep and rest of a spouse, and sometimes even threatens the break-up of the marriage. Now I find an article by my good friend, Dr. Noah D. Fabricant, an able nose and throat specialist. He has written the best discussion of the subject that I have found. He says the sounds are due to vibrations in the soft palate and other soft structures around the throat; vibrations due to the inflowing and outflowing air. The position of the tongue influences the vibration. Usually one snores when one breathes through one's mouth.

Naturally, mouth-breathing is most likely to take place when the nose is more or less blocked, perhaps by deformities. Sometimes the person needs a so-called septum-straightening operation. The septum is the partition between the two cavities in the nose. Often it is crooked. Sometimes the nose is blocked by an allergic swelling of the membranes or by the presence of little jelly-like tumors called polyps. They should be removed. Often, much can be done by a good nose man. He can prescribe decongestant drugs. Too much smoking may be harmful. Also, it is bad to get too fat. As a person grows older he is more likely to snore.

No Faith in Removal Dr. Fabricant has no faith in the removal of a large uvula, the bit of tissue which hangs down from the soft palate. Because many persons snore only when lying on their backs, many physicians have advocated fastening perhaps a hard little pillow to the pajamas in such a way that the person cannot comfortably lie on his back. Some physicians have advised using a metal collar like that which is used for a broken neck. This might relieve snoring by extending the neck, but it is unpleasant to wear at night and may interfere with sleep.

Dr. Fabricant advises the use of a small pillow under the nape of the neck, which causes the head to fall backwards, thus opening up the breathing passages. The fact that more than 300 supposed snore-curtailing devices have been patented shows how difficult it has been to solve this problem. Among the patented devices are a number of chin straps designed to keep the mouth closed. Perhaps the keeping of the mouth closed would help solve the problem.

Dr. Fabricant suggests that the mate of a snorer use ear

plugs to shut out the noise. The only trouble with this idea is that, while traveling on trains, I have tried out all the forms of ear plugs that I have read of, and have never found them very helpful in shutting out the sounds of the night.

Family Suffering from Narcolepsy

Narcolepsy is the name for a strange tendency some people have to go to sleep during the day when they don't want to. I have known business men who were much embarrassed because, every so often, they went sound asleep at staff conferences. A while ago Drs. David D. Daley and Robert E. Yoss, of the Mayo Clinic, reported their study of the members of four generations of a large family in which there were 12 persons suffering from narcolepsy, and three with what probably was this disease. In these cases teachers complained that the child would often go to sleep in class. One young man of 20 said that he regularly fell asleep while playing cards, or while eating, or even while serving as an altar boy in church. His fiancée was disturbed because he would fall asleep while with her, sometimes more than once in an evening. He lost his job because he went to sleep at work, and he had two bad automobile accidents because he went sound asleep at the wheel. His symptoms have been controlled by an amphetamine type of drug which tends to keep him more awake.

In the Mayo Clinic series of 241 narcoleptic persons, 67 suffered also from cataplexy, which is a tendency to go weak and perhaps fall down when the person laughs heartily, or is surprised.

If you have "hunger pains" or awaken in the middle of the night with a pain in the pit of the stomach, you may be harboring an ulcer. You should see your doctor right away. And to know the symptoms and treatments for an ulcer, read "Ulcers of the Stomach and Duodenum" by Dr. Alvarez. It may be obtained by sending 25 cents and a large, stamped, self-addressed envelope with your request to Dr. Walter C. Alvarez, Dept. MMT, The Register and Tribune Syndicate, Box 957, Des Moines 4, Iowa.

"Loans to parochial and private schools have a chance if it is considered as a separate bill. I think it would have a much better chance if the Catholic hierarchy would change its strategy and cooperate with the President and give its support to the President's bill. It is making two very serious mistakes:

"1. It is putting itself in a position where it will be subject to criticism on the part of many, because it is willing to block public school aid if it cannot have its way with respect to private school education.

"2. The position it takes—assuming for the moment that as a result no federal aid bill is passed—would injure its own Catholic taxpayer constituents. This is true because the federal aid bill will bring some financial relief to those local school districts which are in most need of assistance.

"To the extent that the public school districts in those areas in which Catholic parents reside receive financial assistance, the Catholic taxpayers as well as all other taxpayers in the district are benefited.

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Sen. Morse Caught in Middle Of Federal School Aid Hassle

By YVONNE FRANKLIN
Mail Tribune
Washington Bureau

Washington (Special)—The rising controversy between Catholic and Protestant leaders over federal aid to education has caught Sen. Wayne Morse right in the middle.

Morse favors loans to private and parochial schools, but in a bill separate from the one his committee is considering. He is against the strategy of the Roman Catholic hierarchy which wants a loan provision written into the \$2.3 billion education bill.

Spokesmen for the Catholic church have in statements, as well as in testimony before the subcommittee on education, said that if the Congress does not include an amendment granting such loans, they will oppose the bill to aid public schools. Morse, in an interview, and to witnesses before his committee has told them their position is wrong. He said to a reporter:

"Loans to parochial and private schools have a chance if it is considered as a separate bill. I think it would have a much better chance if the Catholic hierarchy would change its strategy and cooperate with the President and give its support to the President's bill. It is making two very serious mistakes:

"1. It is putting itself in a position where it will be subject to criticism on the part of many, because it is willing to block public school aid if it cannot have its way with respect to private school education.

"2. The position it takes—assuming for the moment that as a result no federal aid bill is passed—would injure its own Catholic taxpayer constituents. This is true because the federal aid bill will bring some financial relief to those local school districts which are in most need of assistance.

"To the extent that the public school districts in those areas in which Catholic parents reside receive financial assistance, the Catholic taxpayers as well as all other taxpayers in the district are benefited.

"If the bill is defeated because of the opposition of the Catholic hierarchy, then not only will the hierarchy get the blame for the defeat, but at the same time it will perform a disservice to its own constituents."

Morse feels that his Catholic colleagues in the Senate support President Kennedy in that the loans to private and parochial schools should not be tied to the aid bill, and that they are distressed by the position of their church. He feels that the bill will pass Congress.

Morse has written to the Democratic leaders of both Houses, urging that a task force study the separate loans measure, and give assurances that the bill will come before Congress this session. He feels that this will still the fears of the Catholic church that should the principle of federal aid to public schools be established without giving loans to parochial schools their cause is lost. He wrote:

"I have formed the impression from the hearings that one of the main reasons that the private school advocates are pressing so hard for an amendment to S. 1021 is their fear that if they do not urge that such an amendment be added, they will have lost their chance in this session of Congress.

"Such action (of the leaders) would give the necessary assurances to the interested parties that they have no cause to fear that any proposal calling for federal loans to private schools will be sidetracked or pigeonholed in this session of Congress."

On the subject of loans for private schools, Morse said to a reporter:

"I think a separate bill on this subject might best serve the long-term legitimate interests of the supporters of the private schools, because a separate bill is the best vehicle for getting the issue before the Supreme Court for a final determination on its constitutionality.

Owe It to Cause "In my judgment, the private school advocates of the country owe it to the cause of education, both public and private, to make use of the best legislative vehicle for a quick determination on this constitutional issue."

Replying to a question about the possibility of a tax deduction to Catholic parents

for the amount contributed to their schools, as has been put forward as a compromise in order to let the aid to public schools bill pass without amendment, Morse scoffed:

"This is a clever but concealed grant to the religious schools, and discriminates against all the rest of us. I am opposed to it. What is equitable about it? This is a straight grant. There is no reason why a Catholic parent should not be supporting public schools. Our public policy is public schools. If he doesn't want to conform to public policy, then he should not have a tax exemption supported by the federal government. This argument makes for good discussion, but it doesn't have a chance."

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Panel To Discuss Practical Nursing

The Southern Oregon School of Practical Nursing will be discussed on "Advances in Medicine" this afternoon at 1:30 o'clock over station KBES-TV.

Because of the shortage of nurses all over the country, including Southern Oregon, several institutions and individuals in this area have co-operated to establish the school, now training its second group of student nurses. Affiliating institutions are Rogue Valley Memorial hospital, Jackson County Farm home and the Medford Public schools district through its adult and vocational education department.

Many women who have lacked the opportunity to become registered nurses can, through the practical nurses training program, become gainfully employed upon completing the course and being licensed by the Oregon State Board of Nursing. The panel will discuss such opportunities, as well as entrance requirements, pre-clinical instruction and actual clinical experience during the course.

Appearing on the panel will be Dr. David C. Boals, chief of medical staff, Rogue Valley Memorial hospital; Charles Gustafson, administrator of the hospital; Mrs. Bertha Morrill, registered nurse, instructor of the course, and Mrs. Lephia Evernden, licensed practical nurse and graduate of the course.

TREATY RATIFIED

Washington—(UPI)—The Senate Thursday ratified a treaty with Canada for the joint development of water resources in the Columbia River Basin.

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