

Early Treatment of Mental Illness Improves Chances of Recovery

Bible Conference Gets Under Way In Medford Tonight

The West Coast regional Bible conference of the National Child Evangelism Fellowship will get under way this evening at the First Church of the Nazarene, 520 North Holly st.

Approximately 150 delegates from seven western states are expected, according to Mrs. Nina Gain, local Child Evangelism director.

The conference will begin at 7:15 o'clock. The Rev. Eldon Kalland, Los Angeles, associate national director of the Child Evangelism Fellowship will be in charge. He will speak on the conference theme "Greatest in the Kingdom." Music will include a vocal solo by Roland Gangstee of First Baptist church and an accordion selection by Danny Hill of Berean Baptist church.

Dr. Frank R. Mann, Grand Rapids, Mich., national director, will be introduced.

Local ministers will participate in the conference. Sessions will continue through Friday with a 1:30 p.m. banquet scheduled at the church.

Daily sessions will be held Tuesday through Friday at 9 a.m.; 12:15 p.m. luncheon in

Management Session Tuesday

The first annual southern Oregon management conference will be held tomorrow at the Rogue Valley Country club.

Sponsored by the Medford Chamber of Commerce in cooperation with Dr. R. W. Lindholm, dean of the University of Oregon School of Business Administration, the first session will start at 10 a.m.

Registration begins at 9:30 a.m. with the group joining the Rotary club for luncheon. Topics to be discussed during



DR. R. W. LINDHOLM Cooperates With Chamber

Mrs. H. A. Bernison, Jacksonville, will be in charge of the Wednesday afternoon tour of Jacksonville.

The evening program will start at 7:15 p.m. with songs directed by the Rev. E. L. Rasmussen, Oakland, Calif. introduction of CEF state directors; music by local groups with Dr. Miles speaking at 8 p.m. on "Does God's Word Affect You?"

Tuesday evening the Medford High school choir directed by Lynn Sjolund will sing and an organ solo by Miss Lana Stiles of the Free Methodist church will be played. Wednesday the Nazarene church will provide music and Thursday it will be by Trinity Baptist church.

Following Dr. Miles' talk, films will be shown nightly.

Things To Know To Protect Self Against Disorder

Editor's note: This is the first of four dispatches in which Dr. George S. Stevenson, a noted psychiatrist and president-elect of the World Federation for Mental Health, discusses what the layman should know about mental illness.

Dr. Stevenson, of Red Bank, N. J., is a past president of the American Psychiatric Association.

By GEORGE S. STEVENSON, M.D.

Consultant, National Association for Mental Health

When we have an ulcer we feel pain. We may relieve it with a drug or a selective diet, and don't try to encourage the healing process. With variations, we guard ourselves against many illnesses. Our century of medical achievement has taught us how to give ourselves the best possible chance when sickness threatens.

And that includes mental sickness.

Mental and emotional disorders are sicknesses: They are disturbances of function that can be diagnosed and treated. And the earlier many of them are treated, the better the chances of recovery.

Things You Should Know So there are things you should know to protect yourself and your family against mental illness.

But you may ask, "Why me?" and declare you aren't "ready for the booby hatch" and that your Aunt Sara may be "eccentric" but "not off her rocker." These are flip whistlings in the dark. Perhaps because the very thought of mental disorder fills you with alarm; perhaps because you have never really discarded the superstitions and stigmas which still cloud the subject - in spite of the understanding that has broken through the miasma of misconceptions that have obscured mental illness throughout the centuries.

The first step toward mental health is to acknowledge that a mental disorder is nothing that one should be ashamed of, that it can happen within the circle of your family and friends. If it is hard to believe, ask yourself if you don't know someone who has been mentally or emotionally sick enough to need care in a hospital or clinic, or privately.

And then absorb these facts: Many Hospitalized

On any day in the year, there are as many people hospitalized with mental illness as with all other diseases combined. And half of all medical and surgical cases treated in hospitals or privately are primarily emotional or complicated by emotional factors.

An emotional or mental disorder may be as mild as a head cold or as severe as a coronary.

In other words, mental illness and mental health aren't "black and white." Between are every color and shade of the spectrum, gradation from the quite normal person to the mentally sick person for whom there is little hope - at present.

In recent years scientists have discovered ways to treat disorders once considered hopeless, and long range research continues to probe for the factors - the ultimate mystery of the different kinds of mental illness, the cause or causes of psychoses about which we now know little.

Psychoses and neuroses are the two major groupings of mental and emotional illness. Psychoses are severe mental illnesses. They are found in all parts of the world, primitive or civilized; many of them are unrelated to standards of living, ideologies and other environmental factors.

World of Unreality The psychotic is forced by the factors, partially or totally, into a world of unreality. He often has periods of normality; the change from clarity to unreality can occur within the hour. Some victims of psychosis may become adjusted and live fairly normal lives, raising families and holding jobs. When one meets them one is aware of "oddness" or "strangeness" rather than derangement.

We shall return to the psychoses when we come to the specific problems of the young, the middle-aged and the elderly.

Many more people suffer from neuroses, and fortunately in certain respects, we know much more about these emotional disorders.

But before we go on to explore them, let me settle a doubt that may be large in your mind. Every one of us behaves abnormally, unrealistically and even irrationally on occasion. It doesn't mean that we are emotionally or mentally sick.

None of us is immune to disturbed behavior when our in-

dividual instincts and desires collide with the taboos and traditions of society. No social system is perfect, nor can it ever be from the viewpoint of the individual. Ideally, society can only seek to give as much freedom as possible to the greatest number and enforce sacrifices of individual liberty necessary to avoid anarchy and chaos.

Neurosis Occurs

With occasional transient exceptions, the normal person learns to bend to the reality of this compromise. Neuroses occur when we fail to resolve our emotional conflicts and repress them into our unconscious. The neurotic doesn't lose touch with the real world, but he sees it out-of-focus, as he fears it to be or wishes it to be.

He usually sees himself as inferior and helpless, and others as stronger and sure of themselves. There may be little basis in fact for the neurotic's feelings of self-doubt, insecurity, fear of being hurt. But that doesn't make these feelings less painful.

Driven to overcome them, whatever the neurotic does is apt to be exaggerated: He is too anxious, too afraid, too suspicious and angry; and with the swing of the pendulum, he becomes too friendly, too trusting, too enthusiastic, too generous, brave and self-sacrificing.

When he cannot bear the pain of dealing directly with his emotions, he may develop an unconscious stratagem to side-step them. This stratagem, if continued becomes his neurotic way of life.

Flights Into Fantasy

The pattern may be escape: Avoiding people; taking long flights into fantasy, day-dreaming, watching TV for hours; drinking; avoiding change, responsibilities of a new job or marriage.

Or attack: The chip on the shoulder; sensitivity to advice; hostility sights set for any target - children, mate, employer, fellow worker, neighbors and friends.

Then there is the better-than-you-are pattern: Striving for distinction as a scholar or power in politics; seeking wealth to display superiority or women to prove manliness. It's normal to try to excel, but the neurotic pushes himself beyond endurance and others without mercy. And in the end this ruthless accomplishment means little. He remains unconvinced and looks for a new way to prove himself.

The egocentric pattern is easy to recognize - in others! Talking endlessly about frustrations, fears, hopes and achievements; not listening when others talk. The self-centered neurotic cannot share. Friendship, if he can find it, is a one-way street. He expects to be given time, attention, concern and money.

Of course, these neurotic patterns overlap, as do symptoms of neurosis, which we'll talk about in the next dispatch.

(Next: The signs of a neurosis.)

Strictly Personal

By Sidney J. Harris
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CONTRASTING TEMPERAMENTS

There are, basically, two kinds of temperaments in the world:



Harris

and those who dread it mortally and do everything to perpetuate the illusion of youth.

These are, basically, the two kinds of temperaments in the world - and it is the supreme irony of the human condition that almost invariably they are married to each other.

Those who get to the airport early enough to gas, oil and wash their plane, and those who get there just as the gates are closing.

Those who squeeze their toothpaste from the bottom of the tube and roll it up, and those who squeeze it any which way, losing the top in the process.

Those who sleep raw, under a thin sheet, and like the windows open at night; and those who sleep in flannels, under blankets, and like the windows closed at night.

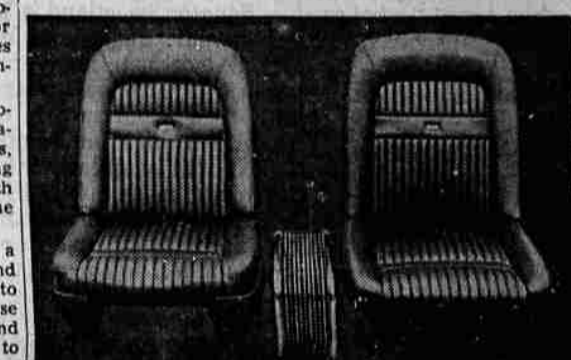
Those who read their newspapers neatly folded page by page, and leave them in the same condition they were found in; and those who detach the sheets and scatter them in unholy disorder.

Those who love parties, dancing, conviviality and late hours; and those who fall apart by 9 p.m. and are at their peak waking at 6 a.m.



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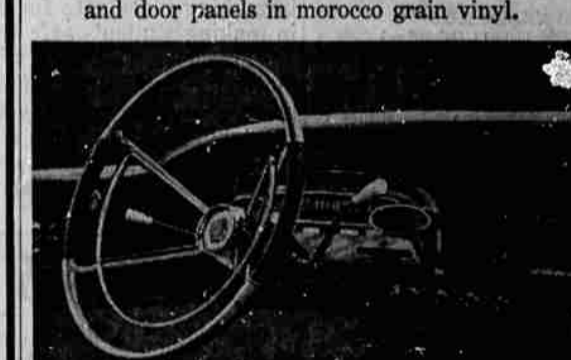
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announces a service for all fathers

FAMILY SECURITY CHECK-UP



Now you can check up on your financial health, just as you check up on your physical health. This service is more than an interview. It is a review every father should have regularly—whether he needs insurance or not.

EVERY YEAR, millions of fathers have health check-ups. Yet, millions of fathers don't check up on their family's financial health.

Metropolitan Life Insurance Company now offers a service which lets you do just that: The Family Security Check-Up. It is a service which can bring you new information and correct mistakes. It lets you make sure you've planned your family's future with your head as well as your heart.

What you could lose without one

Our experience with millions of families shows there are mistakes, oversights, gaps in the average man's financial security program. Too much of it is haphazard. Too much of it is left to chance. It lacks a plan or too often it simply falls behind the times. For example—

You can unintentionally "disinherit" a child, in effect, if you have overlooked naming him among your beneficiaries.

Social Security benefits for your wife and your children may not dovetail efficiently with your pension or insurance programs.

As much as 20% more actual cash can be provided depending upon the mode of payment selected.

A guaranteed income—until your youngest child is grown up—can be provided even if you are a man with a moderate income.

Times change; many changes can affect your plans. Changes in income, occupation, in children's ages, in the cost of living—all these mean that a father should have a financial check-up regularly. And he should also make sure he has taken advantage of the most modern insurance provisions and benefits.

More than an interview—a service

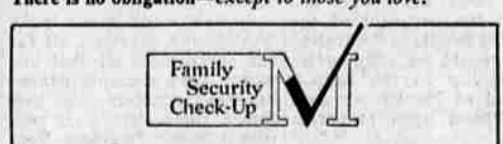
Metropolitan, the company you look to for authoritative information on physical health, offers a way to check up on your family's financial health.

You'll see, below, all the steps you go through to satisfy yourself that the provisions you have made for your family will do what you intend.

Metropolitan representatives have been trained in Metropolitan's own schools and are qualified by solid experience to bring you this service. They are equipped with businesslike charts and tables that show you exactly where you stand.

Whether you need insurance or not, this service makes sense. Remember, Metropolitan is as local as Main Street... as close as your phone. Call your Metropolitan man today.

There is no obligation—except to those you love.



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1. You check the facts: your Social Security, your home, your life insurance, your pension plan, your savings and other assets. You may be surprised to learn how much you're worth.
2. You weigh your responsibilities: mortgage or rent payments, education, retirement, accident and sickness emergencies; how much it would cost your family to live without you.
3. You learn where you stand. You determine your weak and strong points... whether the provisions you have made for your family will do what you intend. You get the facts in front of you.
4. You plan for the future. Based on these facts, you decide what action, if any, may be needed to give you a family security plan, tailor-made to your own needs and ambitions—one which makes good sense for you.



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