

Doctor Discusses Knowledge of Mental Illness for Layman

Educators Optimistic About Teaching Machine in Classes

By HENRY J. BECHTOLD
UPI Financial Editor

New York — UPI — The teaching machine has come a long way in our educational system this past year.

Educational experts are enthusiastic about these machines which help students learn at a faster pace than ever before.

Some people see teaching machines in the not too distant future resulting in much college work being introduced at the high school level.

The machines are proving their value every day. Tests carried out at a Michigan high school by American Seating Co. showed the pace of language instruction has increased by a minimum of 25 per cent through these machines.

Five and six year old children have read second grade primers after less than 100 hours of instruction at different types of teaching machines. And fourth and fifth grade students have been taught to program the complex electronic computers for

merely reserved for college graduates with degrees in mathematics.

Educators Optimistic
Among the educators optimistic about the future of the machines is Kenneth Komoski, president of the Center for Programmed Instruction, New York.

Komoski says his research indicates that it may be advisable for educators to re-examine completely the course content of different grade levels. The use of programmed instruction opens a new vista of possibilities in terms of curriculum reorganization.

There is a vast market yet untouched by the machine, including nearly 30,000 high schools alone. This great potential has boosted the number of firms in the business from 30 to 100 in the past year.

The machines range from a

simple \$20 box-type holder of quiz sheets to a sophisticated electronic instrument selling for \$10,000.

The simplest machine is one in which a series of lesson sheets are placed in the middle of a box-type holder with a plastic view space at the top. In an open area the student marks his answer to a question visible in the view space. Then turning his pencil around and using the eraser he pushes the lesson sheet upwards to bring the correct answer into view.

At the other end of the range, American Seating has developed an integrated system for foreign language instruction, speech therapy, student tutoring, public speaking and voice training.

Medford Student In Speech Tourney

Lynn Hales, 1598 South Joy st., Medford, and Charles Bush, Salem, represented Willamette university in the 15th national debate tournament at the U. S. Military Academy in West Point, April 28-29.

The tournament brought together the outstanding college and university debating teams in the country. Regional competitions in the eight districts into which the U. S. is divided reduced the more than 600 schools bidding for the 38 invitations to the national finals at West Point.

The two-man teams debated the topic "Resolved that the U. S. should adopt a program of compulsory health insurance for all citizens." The winning team received the Sigurd S. Larmon trophy, symbolic of collegiate debating eminence for the year, and entered the "hall of fame" for debaters.

Illustrations of Various Behavior Types Pointed Out

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

By GEORGE S. STEVENSON, M.D.
Consultant, National Association for Mental Health (Written for UPI)

When is a symptom a symptom? How can you draw the line between behavior that is normal, neurotic or psychotic?

Normal. Perhaps it calls to mind a person who always is cheerful, yet invariably cheerfulfulness isn't normal. It's normal to feel sad when you hear bad news, and angry when you're unjustly treated.

Here is an illustration we sometimes use to dramatize three reasons for staying in bed on a Monday morning:

A normal person plays "hooky," sleeps an hour longer and arrives at the office late. The neurotic thinks, "I can't sleep but what's the use of getting up? . . . It's too late anyway . . . or maybe I should go to the office . . ."

The psychotic stares through the window, says, "Don't be ridiculous, the sun isn't up. I blew it out yesterday." The normal person has a rare truant impulse and acts on it without feeling guilty. To go or not to go — that is the perennial question for our neurotic; unconsciously he dreads doing a job and failing, hopes passing time will take the decision out of his hands, then bolts out of bed, an effort of guilt that takes him to the office late; he is often late. The psychotic escapes to an unreal world, but blowing out the sun is very real to him.

The more common neurotic symptoms are known to you: People who are 'unstable' or 'mixed up' or 'troubled.' A girl with an 'inferiority complex.' A woman who takes pills for a dozen imaginary ailments. An 'angry man' or a shiftless one, a glutton, an alcoholic — you probably know them all, and all are more or less neurotic, depending upon how much their abnormalities interfere with their ability to function in normal surroundings.

But there are symptoms of neurosis, less familiar and more serious. Let me describe them:

Anxiety: Extreme, misplaced, frequent, long lasting; fastens on the neurotic's health, his family, his job, his marriage; or may be 'free floating' — the conviction that 'something bad' is going to happen.

Depression: A frequent and persistent 'what's the use' mood, not just 'the blues' we all experience occasionally; nor the intense depression and withdrawal into fantasy of the psychotic.

Phobias: Unreasonable fears of open places, of enclosed places, of high places, and unreasonable repulsion for animals people usually accept, like cats and dogs. Some victims of agoraphobia don't leave the house for years, while claustrophobics rush in panic from a small room, a subway train, an elevator. Normal people may feel panic when standing on a high unprotected place; the neurotic feels it when safe behind an enclosure, or even when he imagines he is on a high place.

Too Painful
Amnesia: Lapses of memory that blank out an episode or the entire past. This 'dissociative reaction' splits off from consciousness experiences too painful to think about.

Physical Symptoms: Recurring palpitations, headaches, stiff neck, indigestion, nausea, constipation, diarrhea, dizziness, or long-lasting colitis, ulcer, arthritis, asthma and other serious bodily illnesses that may be caused, at least in part, by emotional disorders. They are called 'psychosomatic' or 'psychophysiological' disorders. Less common is the 'conversion reaction' which causes the temporary loss of the use of a limb, sight, hearing or touch, usually after a very painful experience.

Neurotic symptoms are found at any age, with variations that stem from the problems of each age group.

Detected in Infancy
Emotional malaise can be detected in a tiny infant. It may cry too much or be too quiet; it may not answer a smile with a smile. As the months pass emotional disturbance may become more pronounced; it may be transient or the first sign of a neurosis or a psychosis.

From the moment the baby leaves the womb, instincts and desires begin to conflict with the social environment it is born into — values and customs that vary with geography and history. In some societies it is vulgar to belch; in others it is a polite way of saying thank you to the hostess. But wherever the child is born, it begins at once to develop as an individual and a member of society.

The first six years are vitally important. This is the time when we learn to bend with the changing problems of reality, and when we build images of self that accompany us through the rest of life. Many severe disorders of later years could be prevented by the protection of mental health among children of preschool years. Sadly, such a preventive program isn't possible when our resources are barely sufficient to help the people in urgent need.

Among them are the children with schizophrenia, or shattered mind. This illness in young children differs from schizophrenia in adolescents and young adults. The majority of victims first appear in the 15-30 age group. Most common of the psychoses, it accounts for 23 per cent of new admissions to mental hospitals.

Oregon Podiatry Sets Portland Meeting

The Oregon Podiatry association will host the annual regional meeting of podiatrists May 5, 6 and 7, at the Sheraton hotel in Portland.

Among the nationally known podiatrists who will come from out of state to attend the meetings will be Dr. W. A. Peplin of San Diego, Calif. Dr. A. M. Depner of Medford is a member of the Oregon association's public relations committee.

But the rate of total or partial recovery from this tragic psychosis of youth has dramatically increased from 20 to 60 per cent since 1920. This is due to earlier and more effective treatment.

There are several types of schizophrenia. The catatonic type may remain rigid for hours, or race and thrash about with repetitive movements and speech. The simple type may be able to dress himself, but as his condition deteriorates, he becomes more or less a 'human vegetable.' The hebephrenic type does silly childish things, talks mostly nonsense, giggles and neglects clothing and cleanliness. The paranoid type is suspicious; he believes people are conspiring to kill him and is often hostile and violent.

Few Dangerous

Which brings me to a common misconception about mental illness. Very few mental patients, even the very sick ones, are dangerous. Violence, when it does occur, usually is the result of unnecessary restraint of the patient. And that is the reason for today's trend in patient care. Many hospitals no longer use restraining devices, and more and more of them are removing window bars and door locks.

Don't be afraid of these sick people. Try to understand and help them. All but a very few are quiet and harmless, and they suffer a great deal.

(Next: Tools used in treating mental illness.)

Funeral Questions

We Are Asked at

MEMORY GARDENS

MEMORIAL PARK & FUNERAL HOME

"The Chapel of Memories"
"The Last Supper"

1395 Arnold Lane SP 3-7338



Q. How much does a complete funeral cost?

A. Costs are determined by the families themselves and are based on present finances and the possible effect on those who remain. Caskets are available to satisfy all preferences, and to fit every income or circumstance. Moreover, since every service is complete, regardless of the cost of the casket selected, every family is assured a fitting, dignified tribute whether they decide to spend much or little.

Q. Must the funeral and burial bills be paid in cash?

A. Not necessarily. Cash is the most desirable method as it represents a discounted saving! However, at MEMORY GARDENS MEMORIAL PARK AND FUNERAL HOME, we realize that cash is not always easily available under these difficult circumstances. Consequently, Estate Plans, and Monthly Terms are designed to suit personal needs.

The Veteran Honored This Week Is:
EDWARD H. JOHNSON

Arizona Casting Ballots in Runoff

Tucson, Ariz. — (UPI) — Democrat Morris K. Udall and Republican Mac C. Matheson were matched today in a runoff election for the congressional seat Udall's older brother vacated to become secretary of the interior.

A moderate turnout of voters was forecast for the race regarded by some observers as a test of the popularity of the Kennedy administration.

PAY LESS DRUG STORE
585 E. JACKSON ST. - MEDFORD ORE.

THURSDAY
PRESCRIPTIONS ARE OUR MOST IMPORTANT BUSINESS!
SP 3-7474

69¢ GLEEM TOOTH PASTE 49¢

12¢ TUMS Roll of 12 Tablets **5¢**

2.98 GERITOL LIQUID 12-OZ. **1.99**

ROLLER SKATES High Density Polyethylene **1.99**
REG. 19¢ Plastic Tumblers **3/39¢**
ATTRACTIVE—MOVABLE POLE LAMPS 3 Lights—Black and Brass Combinations **AT PAY LESS \$6.99**

Pay Less PRICES ARE LOWEST
Big 21-Gallon GARBAGE CANS Deep Corrugation for Added Strength **4.95 Value** **2.44**
Guaranteed for 1 Full Year
Now EVERAIN RECTANGULAR AREA OSCILLATING SPRINKLER **11.95 Value** **7.77**
Just Set It and Forget It.

5.95 Value 3-Tier UTILITY TABLE with Electric Cord and Outlet **3.99** **AT PAY LESS**
LARGE SIZE AD for Auto. Washers Concentrated Low Suds **REG. 39¢** **19¢**
METRECAL LIQUID Dietary For Weight Control **6 PAK** **1.39** **AT PAY LESS**

10-LBS. VETS DOG FOOD NUGGETS FOR NOURISHMENT **1.39 Val.** **99¢**
Video Master Indoor TV Antenna **87¢**
1 GALLON WISK For Family Wash **2.98 Value** **1.99**
SALE! TUESDAY-WEDNESDAY-THURSDAY SALE!

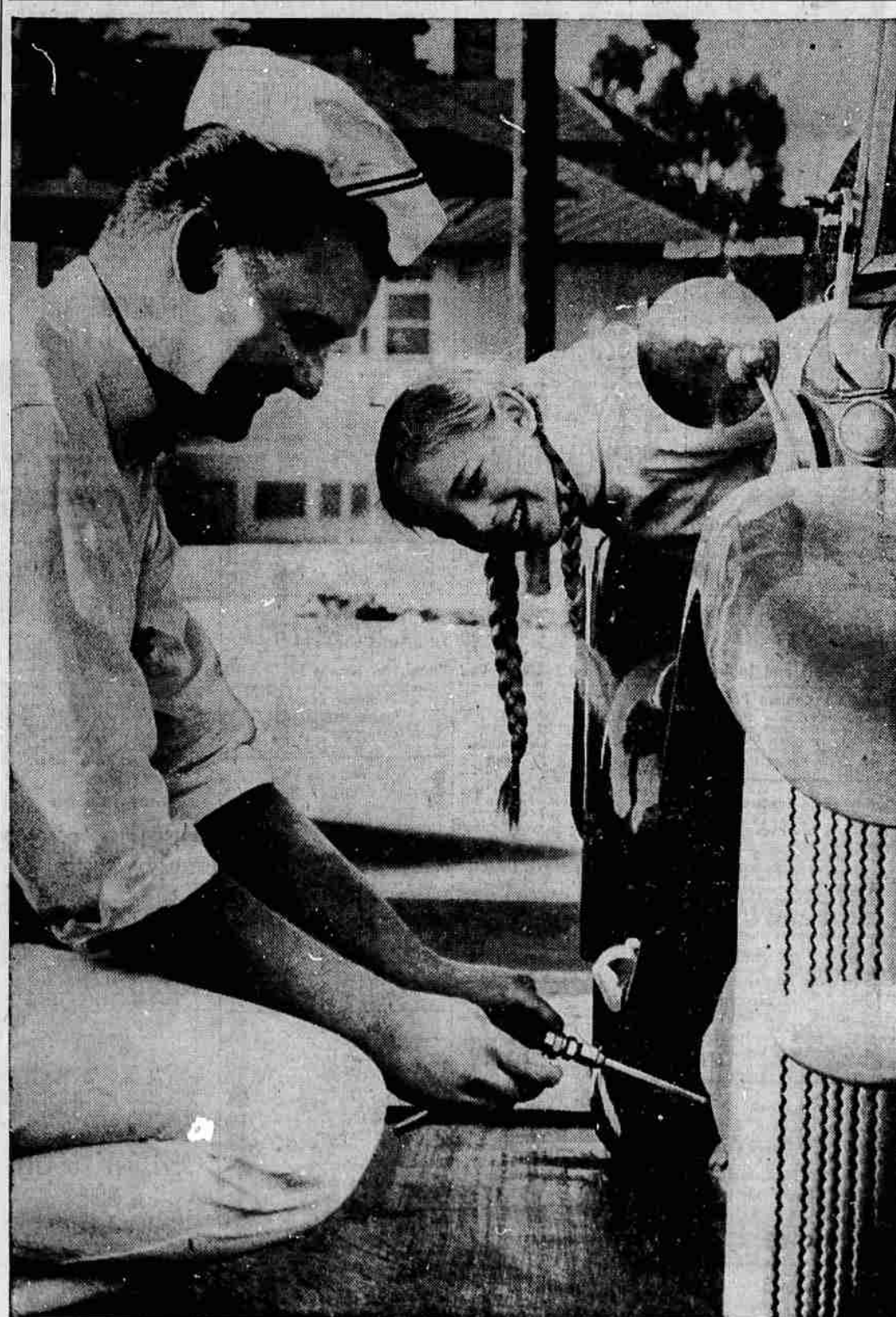
60-SECOND HAIR TREATMENT!
WITH RUB IN RINSE OUT
Life LOTION HAIR TREATMENT
by Nutri-Tonic

Life
• COUNTERACTS DAMAGE
• ELIMINATES TANGLES
• RESTORES NATURAL BEAUTY

Famous LIFE LOTION HAIR TREATMENT penetrates deep down to give new radiance, new luster, new manageability to all hair — no matter how badly damaged by bleaching, coloring, over-washing or exposure to sun, wind and water. Eliminates snarls and tangles, wonderful for children. Use LIFE LOTION HAIR TREATMENT after each shampoo!

TWO 75¢ SQUEEZE BOTTLE SIZES \$1.25

PAY LESS DRUG STORE
585 E. JACKSON ST. MEDFORD ORE.



Who's riding on your tires?

If it's Mom and the kids, you'll especially appreciate the careful way we check tires . . . and investigate possible trouble spots . . . at the sign of the Chevron. You'll also like the way the family car takes to our products: Like the three Chevron gasolines . . . all better than ever with the new gasoline discovery—Methyl, first ever antiknock compound since Ethyl®. Methyl stops knock . . . steps up power . . . better than any other antiknock compound. It doesn't cost a penny extra . . . another way we take better care of your car.

CHEVRON DEALERS
STANDARD STATIONS, INC.



Methyl
*Methyl—trademark for antiknock compound

STANDARD OIL COMPANY OF CALIFORNIA