

## Try and Stop Me

By BENNETT CERF

QUOTABLE QUOTES: "Never slap a man in the face—specially when he's chewing tobacco."—Abe Martin. "Don't fret about finding your station in life. Someone's sure to tell you where to get off."—Sinclair Lewis. "If you really want a job done, give it to a busy, important man. He'll have his secretary do it."—Calvin Coolidge. "I never gave anybody hell. I just told them the truth and it seemed like hell."—Harry Truman. "The power that other people have to annoy me, I give them."—Emerson.



"I've just come from a new kind of sanatorium for alcoholics," confessed a gent with a suspiciously red nose and a "hick" in his voice. "Quite a system they've got there, brother. Everybody drinks like crazy: the doctors, the nurses, the janitors, the patients..." "How do you get cured of drinking in a joint like that?" scoffed a friend. "You don't," acknowledged the red-nosed one, "but, man, how the time does fly!"

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## Family Council

Copyright, General Features Corp. Editor's Note: The Family Council consists of a Judge, a psychiatrist, 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.

Clara W. — He makes everyone go to sleep when he gets sleepy himself.

Arnold W. — It's for their own good. They need the rest.

Clara W. — For the past five years it's been pure blazes in our home because Arnie is such a bug about bedtime.

It was all right when the children were small, but now they're 20 and 17-year-old girls, and our son is 13. Right into their teens, the daughters were expected to retire when their dad said so, usually at 10 o'clock. He's in bed himself at 9:30 every night, holidays and week ends included. Our eldest got away from it all by marrying at 18. Luckily she loves her husband and it's a good marriage.

But the bickering with the other children goes on and I don't blame them. All would be peaceful if we obeyed him. But I enjoy staying up late, when all is quiet. Most of the time I give in to him to end the racket he makes.

Arnold W. — My father never had a sick day in his life. When he did it was from an accident. And he attributed his good health to his early-to-bed life, and brought us up the same way.

I know the human body needs at least eight hours of sleep a night. My wife and children, however, are so scatterbrained they sit around most of the night if I didn't hustle them all off to bed at a sensible hour. This way, even though they kick, they keep well and get to their classes and work on time.

Oh, I stretch the rules at times, even though I can hardly keep my eyes open. When we have company 10:45 is okay. And on week ends, the daughter has until 11:30, and 12 the latest, to be out.

The Council — Those who last night lost track of the time and didn't succumb to drowsiness until the first early rays of a new day told them it had been an awfully short night; those may envy Clara a "monitor" who sees that she and everyone else in the family get to bed early. But others who have solved their own sleep problems will pity her for not being permitted to burn her candle more freely, even at both ends once in a while, if she'd like.

This is more than a sleep issue, however. We might be able to wrap up a neat answer for Arnold by reminding him that sleep needs differ for individuals, and that the number of hours assigned for sleep have no relation to the health — giving quality of that sleep. All depends upon how the waking hours are spent. Some really need eight hours. Others sail along fine on less. Col. John Stapp, a physician specializing in aerospace medicine, says that he gets four to six hours a night of sleep, the soundness of which is determined by how satisfying the rest of the 24 were.

No, it looks as though Arnold is using sleep as the vehicle for throwing his weight around, in the guise of doing his family good. The only good it seems to do is to alert them all to his unfairness, and prepare them for further battle. It wasn't just the first clad curfew which made Daughter No. 1 leave the frying pan for what could have been the fire. It was a dad who acts like Little Caesar.

But there's hope. Clara and the others are unbowed, and seek an unbiased ruling. While too rigid a regulation is oppressive, we side with Arnold on the importance of some scheduling. Ideally this is arrived at through friendly, relaxed discussion between parents and children, not by fiat. We propose that a more elastic spread be set up, with differentials allowed between the bedtimes of age 13, age 17 and age 21-plus, according to responsibilities and personal rhythms.

As to Arnold's own sleep needs, they may be inordinate. A physician may find a physiological reason for his automatic nodding, a disease symptom. A psychiatrist might interpret excessive sleepiness as an urge to shut out worry, to escape from an oppressive reality. Arnie's family doesn't share his desire (or need?) for lopped-off days. And, since this is not the Army, Mr. W., you can't order only advise — re "lights out."



LIMELITERS—In a typical pose the three Limeliterers are shown during a rehearsal. The well-known RCA Victor recording artists are Lou Gottlieb, Alex Hassilev and Glenn Yarbrough. They will appear at 8 p.m. Monday, May 14, in the Hedrick Junior High school auditorium sponsored by the Associated Students of Southern Oregon college.

## Limeliterers Will Present Show at Hedrick Jr. High

The Limeliterers, well-known RCA Victor singing-comedy trio, will present a show at 8 p.m. Monday, May 14, in the Hedrick Junior High school auditorium.

Their appearance is sponsored by the Associated Students of Southern Oregon college. Tickets may be purchased at Purucker's Music House in Medford, The Mart in Ashland, or the Melody House in Grants Pass.

The trio recently appeared on the Ed Sullivan show. During their one-year history, the trio has appeared on the Dinah Shore show, in concert with Chris Connor, Chris Connor, George Shearing and Shelley Berman, on a national tour with comedian Mort Sahl, in the Hollywood bowl with Eartha Kitt, in the Los Angeles Greek theater, in San Francisco's Geary theater with singer Johnny Mathis, and in such prominent night clubs as San Francisco's Hungry 1, New York's Blue Angel, the Village Vanguard and Roundtable and Chicago's Mister Kelly's.

Before the chance meeting in Los Angeles which resulted in their merger, Lou Gottlieb, Alex Hassilev and Glenn Yarbrough each worked as single supper club acts.

Yarbrough had been singing at a club in Aspen, Colo., called the Limelite which inspired the group's name. He eventually bought the lease and made Alex Hassilev his partner.

Then, about this time, Lou Gottlieb met the duo. Lou was an original member of the Gateway Singers. He had written several arrangements for the Kingston Trio. He organized the trio as "The Limeliterers" and opened July 23 at San Francisco's "Hungry 1." Lou Gottlieb, the comic spokesman for the trio, is a doctor of philosophy. Glenn Yarbrough, the major solo voice, is a student of classical Greek. Alex Hassilev speaks five languages.

## Crime Rate Said Nearly Doubled

Portland — (UPI) — C. D. DeLoach, assistant director of the Federal Bureau of Investigation, said Thursday the volume of crime has nearly doubled in the last 10 years.

He told delegates attending the National Law Enforcement Intelligence Units Conference that a serious offense is committed every 17 seconds in the United States.

The need for mutual help among crime-fighting agencies is greater now than ever before, he said.

As to Arnold's own sleep needs, they may be inordinate. A physician may find a physiological reason for his automatic nodding, a disease symptom. A psychiatrist might interpret excessive sleepiness as an urge to shut out worry, to escape from an oppressive reality. Arnie's family doesn't share his desire (or need?) for lopped-off days. And, since this is not the Army, Mr. W., you can't order only advise — re "lights out."



## Small Worlds Around Us

By LYNN M. WATKINS

(Register and Tribune Syndicate 1962)

### The Old King Crab Keeps Plodding, But Gets Nowhere

He's lumbering along in the mud of many beaches from Maine to Mexico, ignorant of the fact his ancestors were structurally the same as he is, in spite of the fact they lived ten millions of years ago.

A peculiar distinction, having a fossil as one's nearest relative, but such is the status of the king crab, commonly called a horseshoe crab because it is shaped like a horseshoe.

His nearest kin, as far as can be determined, are the spider and the scorpion; all three have similar characteristics. But the relationship is a little thin, as he really is the lone survivor of an otherwise extinct group of animals.

Nature sure tilted the drawing board when she designed this slow-moving tank-like creature, for the king crab left the beaten path a long way back and never managed to get back on. About the only common thing about them is they are common on any ocean beach where the water is relatively warm, but in every other way they are about the most unusual critter alive today.

The scientist calls the king crab "Limulus" and looks with amazement at the way the poor old dope has to breathe — by means of "book gills," the most primitive arrangement possible. Nature discarded these gills in all other creatures many millions of years ago. Book gills look like the folded pages of a water-soaked book.

The eyes of this "missing link" are on the upper, forward part of the shell, right next to two sharp little horns that don't have any reason for being there. Of course, its eyesight is bad. It's doubtful if he can see his forefeet before his face. Eyes wouldn't be much use anyway while wallowing in mud.

The long, stiff, spined tail drags along behind, a useless organ that must bother him no end but comes in handy once in a while. If the king crab is on his back, and somebody steps down hard on the sharp tail, he has never been

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## Oregon Watching Watered Ham Case in Court

Salem — (UPI) — The Oregon Agriculture Department says it is closely watching the "watered ham" case now in the hands of the U.S. Supreme Court.

Last November the U.S. Agriculture department canceled its regulation allowing hams to contain an added 10 percent moisture without labeling.

The Oregon supervisor of meat inspection, Dr. M. L. Houston, testified at a hearing in Portland a year ago that the regulation meant hams could contain as high as 15 to 19 per cent added water content. This is the same as adding 10 per cent or more water to milk, he said.

### Ruling Reversed

Federal officials in canceling the 10 per cent allowance reverted to a regulation saying that all watered hams had to be labeled as imitation. This was tested in federal district court, and the USDA was upheld. But the U.S. Court of Appeals reversed the lower ruling, disallowing enforcement of the new imitation ham rule.

The USDA appealed to the nation's highest court. On April 18, the high court authorized the USDA to continue enforcement until it hears a government petition for review, expected to be filed this month.

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## Carpenter Grants Available at PHS

Phoenix — The Alfred S. V. Carpenter Foundation has made scholarship grants available to Phoenix High school graduates for the second year, E. R. James, superintendent, has announced.

Total grant this year is \$2,000. It will be made available to 1962 Phoenix High school graduates, and to graduates now attending an accredited four-year college or university.

Applicants must meet definite standards as to need, scholastic rating, character and citizenship. James noted. Recipients will be selected from Phoenix High school graduates by a committee composed of school officials and a representative of the Carpenter foundation. Application forms are available from the Phoenix High school principal, and must be submitted to the high school office with accompanying data by May 15.

Last year's foundation grant provided four-year scholarships of varying amounts to 10 Phoenix graduates. To date, all of these have maintained their eligibility and have indicated they will continue their education in the 1962-63 school year with the aid of the second portion of their continuing scholarship grant.

## Volunteers Will Be Recognized at Event

White City — The contribution of the VA Volunteer Services in time and attention to the welfare of veterans living at the VA Domiciliary during the past year will be recognized at a tea at the Employees club here Wednesday, May 9, Director Henry C. Herzog has announced.

In addition to cigarettes, prizes and other material aid, the volunteers furnish a regular schedule of visits and entertainment, culminating in the annual Hobby Fair, sponsored by them, which from all accounts this year was a crowning achievement.

The Volunteer services are active from September through June during the year.

## Elks Buy Equipment For Domiciliary

Approximately \$1,161.80 worth of equipment and supplies was purchased for the White City domiciliary in Medford by the Oregon State Elks association.

The money for White City and two veterans hospitals came from the hide collection program receipts from various Elks lodges.

The Domiciliary at White City received a leather sewing machine, orbital sander, kiln, engraving machine and slaw saw.

Other funds went to the Roseburg Veterans hospital and the Sam Jackson Veterans hospital in Portland.



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