The Medical Roundup

by Walter Alvarez

Emeritus Consultant in Medicine
Mayo Clinic
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Mayo Clinic
(Register and Tribune Syndicate, 1962)

Mental Health Most Important

At a big meeting in Chicago last June, the American Medical association emphasized the fact that mental illness is the type of illness that most people would like to "sweep under the rug" and forget. They don't want to hear anything about it. Now the National Association for Mental Health (10 Columbus Circle, New York 19, N. Y.) is joining with the A.M.A. in an effort to improve the care of persons with mental troubles. The National Association plans to aid with the development of those new drugs which today are greatly helping either depressed or overly excited people.

Alvarez

Efforts are being made to open the doors of many wards of mental hospitals; also, to put more psychiatric wards into general city hospitals — where "mental patients" can be cared for without any stigma. One of the best things that has happened in recent years has been the policy of putting into general hospitals these departments in which patients who are mildly disturbed can be taken care of by their own psychiatrist or family physician.

Today many of the quiet and well-behaved patients in a mental hospital are permitted to go out into the garden, or even downtown, perhaps to the Public Library. A point we should all remember is that most of the patients in a mental hospital are not dangerous to anyone, and hence no one need be afraid of them. When they come out of a hospital, no employer should be afraid to give them a job.

May Refuse Help

When a person becomes mentally mixed-up and he needs hospitalization, he may refuse to go for help. Then his parents or brothers may wonder if they should get the police to take him or if they should get him into the hospital by deceit. I do not approve of either method; it makes the patient very angry with his family, and this is unfortunate.

Many a time when the family has brought me a relative like this who needed care in a mental hospital but who refused to go, all I had to do was to have a friendly chat with him. When I gained his confidence, I asked him if he didn't really think it would be a wise thing to go and get treated so he could get well and come back soon to his family, and his business, and he said, "Yes, I guess you're right, Doctor. I know that of late I have been doing some silly things and have been wasting a lot of money; give me the admission slip and I'll go to the hospital" — and he went.

Sometimes a person slipping into a psychosis has always been a bit odd, and that makes it difficult for the family to know when he needs treatment. Help along this line is available in Dr. Alvarez' booklet When Mental Illness Strikes a Family. You may obtain it by sending 25 cents and a self-addressed, stamped envelope with your request for it to Dr. Walter C. Alvarez, Dept. MMT, The Register and Tribune Syndicate, Box 957, Des Moines 4, Iowa.

Easy To Memorize

7360

by Alice Brooks

Dainty blouse is fashion's love; it packs in little space and won't crease!

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Two Arraigned on Federal Complaints

Grants Pass—Norman Harris Lasky, 18, and Charles Sidney Watchous Jr., 18, both of Santa Ana, Calif., are being held for U.S. District court in Portland after arraignment in Grants Pass this week on federal charges of interstate transportation of a stolen automobile.

The two men were charged with transporting a station wagon from Arcata, Calif., to Grants Pass. They were arrested Saturday after a wild chase through thick fog at speeds up to 100 miles per hour.

The two waived the right to preliminary hearings and were lodged in the Josephine county jail with bail at $1,500 each.

Polaris Records Sixth Consecutive Accident

Cape Canaveral, Fla. —UPI— A Navy attempt to score its first full success with a highly advanced Polaris A3 missile failed Thursday when the rocket veered out of control and had to be destroyed.

It was the sixth straight Polaris accident. The A3, most powerful of three versions of the submarine-launched missile, has yet to record a full success.

Try and Stop Me

By BENNETT CERF

A WEALTHY New York garment manufacturer was persuaded to try his skill at skin-diving. Equipped with all the latest paraphernalia, he was lowered to the bottom of the sea, and was poking gingerly about when he spotted his arch-competitor flailing about in nothing but a bathing suit.

"Morris," cried the garment manufacturer. "What are you doing here without a diving helmet?"

Morris replied soutly, "I'm DROWNING!"

• • •

A Cleveland doctor, reports Jerome Beatty, recently treated a young girl for an angry, infected insect bite on her right lower leg. She phoned the following day to say that the pain and itching were gone, but the calf was purple. The Cleveland doctor promptly told her, "I never saw a purple calf . . . ."

• • •

There is an eccentric artist in the South of France who cultivates carp in the natural pool in his garden. When the carp attain full growth, he catches them, skins them, and makes gentlemen's wallets out of the skins. He is, in fact, the only man on the face of this earth who is noted for his carp to carp walleting.

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The Family Council

Editor's note: The Family Council consists of a judge, a psychiatrist, three clergymen, three editors and a women's editor. Each article is a summary of a family disagreement presented to the Council. The Council deals with problems, major and minor, encountered by guidance counselors and social workers. Edited by by Mrs. Alma Denny (Copyright by General Features Corp.)

Mrs. H. Y. – Instead of sympathy, all I get from her is advice.

Mrs. A. J. – Instead of bestirring herself, all she does is complain.

• • •

Mrs. H.Y. – Here I am living alone, no husband, no children. My late husband's sister lives uptown, about a half-hour's bus ride away. Yet she only invites me to call about once a month, and I can only get her down to my place with a special event, like having my mother over, or being real sick myself.

She has such a full life. Her children are in college and high school, so she's always at meetings or lectures. You'd think she'd give up a few hours and act like a sister to me, even if she's only a sister-in-law. Instead she tells me to copy her and keep busy. Well I can't. For one thing I live in a terrible neighborhood and can't venture out after dark. Also, I'm too alone and there's not much you can do alone.

• • •

Mrs. A.J. – I'm acting like a real friend, not just a sister, when I tell Hattie to quit bellyaching and start a few projects of her own. When she hands out all her reasons for doing nothing, I blow my top and talk to her like a Dutch uncle. She can't take that kind of talk because it's honest. She's looking for pity which she's not entitled to.

Why doesn't she sign up for an interesting course? Her answer is the bad neighborhood. Baloney. There are lectures at the library from 6 to 8 while the streets are still lively and light. Why is she so alone? Because she's selfish. She has an old mother living a block away and never thinks of giving her an outing unless I arrange it. He excuse is that her mother was mean to her 40 years ago. According to my poor brother, there were two sides to that story.

• • •

The Council – Remember Eve? When she was cornered, she didn't own right up and confess to being weak. She looked around for someone to blame. Since there was only Adam around, naturally she said, "He made me do it." And ever since, troubled people who can't stand the pain of admitting their own shortcomings flail about for excuses and scapegoats.

Hattie is ducking blame here the way a pedestrian, crossing against the lights, ducks care. If she lived in an ideal neighborhood, she'd still find reasons to feel sorry for herself and do nothing to make her life more meaningful. She'd still envy Mrs. J., her sister-in-law, and expect her to "share the wealth" of a full life.

But like a square meal, you can't have it in someone else's name! A full life grows from within. It begins with an attitude, and outgoingness, an eagerness to "go at" life. Perhaps Hattie would be invited around if she were less of a dud. And she'd be less of a dud if she reached out for more knowledge, more stimulation, more human commingling, instead of just sitting back and berating her sister-in-law for not making A Project out of her.

To cheer Hattie along, we point out that one positive step on her part draws "compound interest." It's like ironing a soiled blouse and finding that it looks as though it's been washed, too. If Hattie were to sign up for a course in say.. Art Appreciation, the bonuses would pile up. In addition to new interests and insights, there'd be new acquaintances, and new points in common with Mrs. J. and other members of the family.

And certainly Mrs. J. is right about Hattie's childish renunciation of her aged mother. Regardless of the early facts, Hattie could now open up some dormant valves in her heart and become a more attractive, more human woman.

Complaint Seeks $81,800 for Injuries

Marian Centers, 702 Pittview ave., Central Point, is seeking $81,800 in damages from Medford corporation as a result of an industrial accident occurring in the Medford lumber company's veneer plant on Apr. 27.

In his complaint, Centers said he was pushing heavy loads of veneer across the floor on a wheeled conveyance when the wheels dropped into a crack in the concrete floor, causing the vehicle to lurch violently. This wrenched his back and caused serious and permanent disability, it was stated.

The complaint charges the company with negligence in allowing the concrete floor to remain in a bad state of repair.

He is seeking $75,000 in general damages, $4,800 for being totally disabled and $2,000 for medical expenses.

They'll Do It Every Time — By Jimmy Hatlo

28 Counties in Oregon Record Job Increases

Salem — UPI — Twenty-eight of Oregon's 36 counties recorded employment gains in the first quarter of this year, the research and statistics division of the Oregon department of employment revealed today.

"The strong upswing in the January - March employment gives indication of an upward trend in covered employment for Oregon during the remainder of 1962," the department said.

Baker, Benton and Sherman counties experienced the largest drop in employment.

Lumber Contributes

Reduced dam construction activity or relocation work connected with dam construction accounted for the majority of the loss in Baker and Sherman counties with lumber also contributing to the drop in Baker county.

The drop in Benton county resulted from the discontinuance of student coverage at Oregon State university, the department said.

Six counties — Multnomah, Clackamas, Douglas, Lane, Marion and Washington—averaged 1,000 additional workers during the first quarter, with Washington county receiving most of its gain from the electronics industry.

Expansion of lumbering activities throughout the state accounted for increases in many counties.

Up Over 1961

State - wide, employment during the first quarter was up nearly 13,000 over the first quarter of 1961, and 3,000 over the previous first quarter high recorded in 1960.

Practically all industries showed gains during the first quarter over the previous year with the exception of state and local government which declined almost 4,000 due to the discontinuation of including employed students at higher educational institutions in the covered totals.

The report revealed the first three quarters of 1961 showed declines in total average employment from comparable quarters of 1960. The fourth quarter of 1961 reflected the beginning of a reversal of this decline with an increase of 2,000 employed.

On-The-Go

9137
SIZES
10—18

by Marian Martin

LOOK GREAT all day in a lightly bloused casual with yoke and neckline news. Ideal for the busy, new year ahead in wool, linen, rayon.

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Most Banks Display Appearance Changes With Sound Reason

New York —UPI— Citizens by the thousands are trooping into their banks this month to reap the benefits of their Christmas savings clubs, and usually to make arrangements for starting one for 1963.

Many of these banks will show at least some attempt at brightening up for the holiday season, and almost all will present a different appearance not only at this time of year but the year around from their look a generation or less ago.

Sound Reason

As might be expected of bankers, there is a sound reason behind the bright modern face which most banks present to the public today.

A company known as the Bank Building and Equipment corporation recently released results of a survey questionnaire sent to 50 banks which have remodeled their quarters since 1956. Its report said the banks whose officers responded were a typical cross-section in size, location, varying local conditions; they included some in new buildings, others in redesigned r modernized and expanded quarters.

All but three of the 50 reporting banks showed increases in total deposits; of the three, one had shown increases up to the last six months covered in the survey, and the other two blamed decreases on fluctuating economic conditions.

Bank deposits throughout the country showed increases in years 1956 to 1960; but the BBEC said average gains by the 50 surveyed banks were well above the national average for all insured commercial banks.

Result Favorable

Whatever may be the effect of modernization on customers — and most like what they have seen happening in the appearance of banks — the result on getting and maintaining help has been marked and favorable.

Each of those surveyed reported operations were more efficient and employee turnover was less after modernization. They agreed they were able to attract an improved type of employee; and 69 per cent said they had more persons apply for jobs after the fresh-up program.

Press Photographers Eleci Salem Man

Salem — UPI — Joseph V. Tompkins, Salem, was elected president of the Oregon Press Photographers association at a quarterly meeting held here Tuesday night.

Charles Von Wald, the Oregonian, was named vice president, and Don Dill, KOAC-TV, secretary-treasurer.

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State Fair Will Abandon Rodeo

Portland —UPI— The Oregon State Fair will drop its rodeo and enlarge its horse show next season, the Oregon State Fair Commission decided Wednesday.

Fair manager Howard Maple said a bigger horse show would promote the horse breeding industry and improve the quality of entertainment.

In other business, commissioners announced plans for a new women's domestic exhibits building and decided to lower admission prices to the musical revue next year in hopes of luring more people. The revue lost money this year for the first time in its history.

A final tabulation of state fair attendance showed a 10.5 per cent drop from an estimated 313,300 in 1961 to 280,000 this year. The net profit this year was $60,180, compared to $95,410 in 1961 and $107,432 in 1960. Maple blamed the drop in attendance on the Seattle World's Fair.

Ventura, Calif.—UPI—Harold Horton had on file with the Ventura county clerk today, as required by law, this statement of campaign expenses for harbor district commissioner: "One telephone call: 10 cents." Horton lost.

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