



MOBBED BY STUDENTS—Gen. Tran Van Don, center, defense minister in the military junta which overthrew South Viet Nam's Diem regime, is mobbed and garlanded by students in Saigon. The war against Communist guerrillas could not have been won with Diem in power, Maj. Gen. Duong Van Minh, leader of the coup, said. (UPI)

Bill To Increase Railroad Car Supply Offered

WASHINGTON (UPI)—Legislation designed to increase the nation's supply of railroad freight cars was approved by a Senate Commerce subcommittee Wednesday.

The bill, sponsored by 35 senators, would amend the Interstate Commerce Act to provide that payments to boxcar owners be fixed at such levels that would encourage acquisition and maintenance of a freight car fleet adequate to meet the needs of commerce and the national defense.

Sen. Warren G. Magnuson, D-Wash., chairman of the subcommittee and the parent Commerce Committee, introduced the measure in March. He emphasized that it is needed to prevent serious losses to grain, lumber, mining and other industries unable to ship their products for lack of cars.

Data Cited

He cited recent data showing that with the current car shortage of more than 17,000 per day eight western railroads have reported more than 400 blocked grain elevators on their lines. More than 12.5 million bushels of wheat are on the ground, he added.

The Commerce Committee ordered an immediate staff study in which shippers, railroads and the ICC would be consulted on the shortage problem. Magnuson pointed out that the commission now is trying to speed the movement of boxcars. The West, he said, is suffering most from failure of prompt return of cars from the East.

'Rocky' Opposes 'Right-To-Work' In GOP Platform

NEW YORK (UPI)—Gov. Nelson A. Rockefeller said today he would fight to assure that the GOP platform of 1964 would oppose any federal "right-to-work" law and that the Republican party's candidate, "whoever he may be, shall live by this commitment."

In an address prepared for delivery to the fifth constitutional convention of the AFL-CIO, Rockefeller said he emphatically opposed "those of either the far left or the far right who would destroy the labor movement."

No Need for Laks Rockefeller, who a week ago

declared his candidacy for the GOP presidential nomination

Organ Makes Large Increase in Sales

CHICAGO (UPI) — Americans are on an organ grinding kick, says the American Music Conference.

Of all the major musical instruments played by amateur musicians today, the organ recently has exhibited the most dynamic rate of increase in unit sales. During the past decade, annual sales of console organs for home use have risen from 16,000 to 132,000—an increase of approximately 725 per cent.

next year, said this country had no need for federal so-called right-to-work laws.

"I am opposed to a federal so-called 'right-to-work' law and so was the Republican party in its 1960 platform," Rockefeller said. "I am opposed to a so-called 'right-to-work' law in New York State — and so has the Republican party of New York State been opposed for decades."

Rockefeller told the assembled delegates, including 250 foreign observers, that the country needed less federal intervention in labor-management relationships.

Hulett Nomination Submitted To Senate

WASHINGTON (UPI)—President Kennedy today sent to the Senate the nomination of Eugene G. Hulett of Eugene to be U.S. marshal for Oregon for a four year term. His selection was announced Wednesday. Hulett is a democratic state representative.

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The Medical Roundup

By *Walter Alvarez*
Emeritus Consultant in Medicine
Emeritus Professor of Medicine
Mayo Clinic
Register and Tribune Syndicate, 1963.



Person Who "Feels Awful"

To me, one of the saddest features about modern medical practice is that when, as often happens, a person gets to feeling awful, with aches and pains all over, we doctors are inclined for a while to try the effect of shots of this and that. When they do not help, and the patient demands a complete examination, we send him to a hospital.

After this, if the X-ray man finds, let us say, a silent and harmless gallstone, or a silent diaphragmatic hernia, or some symptomless colonic diverticula (little pouches that come like ring hair after the age of 40), the patient runs the chance of being operated on — and the chances are against his being any better for the operation.

Usually Depressed What is really wrong with many a person who feels miserable is that he is depressed, usually as was some forebear. It is unfortunate that rarely does such a depressed person, on coming into a doctor's office, say, "I am suffering from a spell of melancholia, such as I had in my senior year at college." No, he complains about such things as abdominal pain or feelings of great toxicity or of great fatigue or a growing inability to sleep.

How I wish every physician could read and re-read an article written by a psychiatrist of Spokane, Wash., Dr. S. I. Levy. I always enjoy what he has to say. A while ago, he said that the diagnosis most commonly missed in America today is that of a depression. Often I am asked, "How did it happen that some 15 years ago you, who for 35 years had been an expert on digestive and abdominal diseases, took to writing books and articles on psychic and mental troubles?"

My answer is that I could not help it. So large a percentage of the patients who came to see me at the Mayo Clinic — complaining of indigestion, abdominal pain, headache or a duodenal ulcer, turned out to be worried, unhappy, depressed or in some way mentally disturbed that I just had to study psychiatry. There are not enough psychiatrists available to handle a tenth of the people who need their help.

Same Experience Dr. T. A. Ross — until he died the most distinguished psychiatrist in Great Britain — told me that he had had the same experience I have had. When in his early years of general practice he found that perhaps a third of his patients needed help with mental problems, he went the whole way and specialized in this field of work. He said he was glad that he had had no indoctrination in Freudianism; he eventually obtained all of his great knowledge of psychiatry simply by listening to the stories told him by thousands of mentally troubled patients.

In Dr. Levy's article, he says that in the cases of patients with depression, a common symptom is an occasional spell of fast pulse with a feeling of "air hunger," of weakness and of a great fear of impending death. Also they may have severe headache, ringing or roaring in the ears, indigestion, abdominal bloating, constipation, and in women, menstrual discomforts, pains in the abdomen, itchiness, numbness or burning sensations.

Insomnia may be so severe as to be almost uncontrollable. Typical is an early morning fatigue that wears off during the day; also the loss of all interest in life, and all interest in sex. Sometimes the person will say that God has turned away from him. A woman may lose all interest in home, husband,

children and friends. She may indulge in what she calls crying jags. Most depressed persons think of committing suicide.

Many feel oppressed with a sense of sin. What is often highly significant is that a deep depression came when the person had nothing to worry about or be sad about. Later, when perhaps a much loved child died, there was no depression.

Electroshock Treatment

In the old days, it often took four or five years for a depressed person to recover. Psychotherapy was largely useless and a waste of time. Then came the electroshock type of treatment, which as Dr. Levy says, is still the best available. It rarely does any harm. There are a number of antidepressant drugs which can be tried at least for a few weeks. One of them may help enough so that electroshocks will not be needed.

Fortunately, even without any treatment, spells of depression tend to clear away. Persons who would like to learn more about them can read a chapter in my book, "Minds That Came Back," which as Dr. Levy says, "strays of the autobiographies. This volume is made up of about 75 people who were once mentally or nervously troubled."

Many people who go to a doctor thinking they are sick are simply suffering from nervousness. Dr. Alvarez has written helpfully about his subject in his 25-cent booklet, "Triumph Over Nervousness." You may order it by sending 25 cents and a self-addressed, stamped envelope with your request for it to Dr. Walter C. Alvarez, Dept. MMT Box 557, Des Moines, Iowa, 50304.

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Columbia Ferry Goes Aground

ASTORIA (UPI)—The Columbia River ferry M. R. Chessman, largest ferry of the Astoria-Megler, Wash., fleet went aground on Taylor Sands in the middle of the river Wednesday afternoon.

The vessel was stranded for seven hours until it was able to back off the bar at high tide. Navigation company officials said 10 cars with their passengers and seven additional foot passengers were aboard when the ferry went aground on the trip from Megler to Astoria.

It was after 10:30 p.m. when they finally reached Astoria. They had left Megler at 3 p.m.

Officials said the vessel went off course and struck the bottom as the tide was ebbing. Attempts to back off failed and the ebb tide left the Chessman hard aground.

The ferry Tourist No. 2, pressed into emergency service, had an engine breakdown and had to be towed in at 6 p.m. A third vessel was unavailable for service. The Chessman made one more run to Megler and back after it discharged its passengers here.

Comic Lenny Bruce Requests Charges

LOS ANGELES (UPI)—Night club comic Lenny Bruce has asked that perjury complaints be filed against some members of a jury that convicted him of narcotics possession, he said Wednesday.

Bruce, known for his so-called "sick" jokes, contended that some of the jurors who heard his case last May have committed perjury by saying during pre-trial examinations they did not know he had been arrested as a narcotics user.

He said he had hired a private investigator who learned that at least six jurors later said they did know of his arrest.

Four More Cubans Face Firing Squad

MIAMI (UPI) — Four more Cubans were executed by a Castro firing squad in Havana Wednesday night, Havana Radio said today.

The four were charged with "landing on the Cuban coast from a small boat for sabotage and subversive activities," said the broadcast, monitored here.

The executions brought to 13 the number of men killed in less than a week. All were charged with being members of the U.S. Central Intelligence Agency.

Five were shot to death last Friday and four more on Tuesday. All the executions were carried out at the La Cabana fortress prison in Havana.

Standard, Shell Raise Prices on Gasoline

PORTLAND (UPI)—Standard and Shell stations raised gasoline prices 6 cents a gallon here Wednesday.

Prices went up to 31.9 cents for regular gasoline, 35.9 for premium and 37.9 for supreme.

A price war in some parts of the city had forced prices of regular gasoline as low as 22.9 cents at some stations.

Gladstone Voters Against High School

GLADSTONE, Ore. (UPI) — Voters in the Gladstone School District Wednesday voted 722 to 644 against building their own high school.

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"CHOICE" TENDER AGED T-BONE STEAKS	WELL TRIMMED	\$1.10
"Choice" Tender BONELESS BEEF ROASTS	Tips — Rumps — Rounds	98¢ lb.
Boneless Pork Loin Roast and All Center Lean PORK CHOPS		79¢ lb.
"CHOICE" AGED ROUND STEAK	(All Center Cuts)	Cut Thick or Thin 89¢ lb.
"Choice" Leg O' Lamb	Sweet and Tender	79¢ lb.
ZEE PASTEL PINK TOILET TISSUE	12 rolls	\$1.12
CARNATION LIGHT MEAT TUNA	Jumbo Family Size Tin	39¢
GOLDEN MIST RED KING SALMON	1-lb. Tin	79¢
DERBY TAMALES	With Sauce	4 13½-oz. Jars \$1.00
PERSONAL SIZE IVORY SOAP	16 Bars	98¢
FREE APOTHECARY JAR WITH PURCHASE OF 8 COMPLEXION SIZE BARS OF CAMAY SOAP		98¢
FISHER'S JUMBO PEANUTS	14-oz. Tin	59¢
NALLEY'S CHILI	Hot or Mild	Large 30-oz. Tin 49¢
"SALTESEA" NEW ENGLAND CLAM CHOWDER	4 Tins	\$1.00
NALLEY'S RELISHES	Sweet • Hot Dog • Hamburger	3 jars 89¢
FOLGER'S COFFEE	1-lb. Tin	49¢
FOLGER'S INSTANT	6 oz. Jar	89¢
FOLGER'S COFFEE	2-lb. Tin	97¢
FLAV-R-PAC FROZEN CORN • PEAS • Mixed Vegetables	6 PKGS	98¢
FLAV-R-PAC FROZEN Strawberries	4 PKGS	98¢
MAZOLA CORN OIL	Qt. Bottle	55¢
DEL MONTE CATSUP	6 14-oz. Bottles	\$1.00
FLORIDA RUBY RED Grapefruit	8 for	79¢
LOCAL DELICIOUS (RED or GOLDEN) APPLES	5 LB. BAG	49¢
SWEET JUICY RED EMPEROR GRAPES	3 LBS	39¢
FANCY FRESH DATES	1½ lb. BAG	49¢
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