

# Study Shows Happy Pills To Be Habit Forming In Same Way As Sleep Pills

By DELOS SMITH  
UPI Science Editor

NEW YORK (UPI)—Chemically the "happiness pill" behaves inside the human body a great deal like the sleeping pill behaves, according to the newest scientific effort to show definitely whether or not the "happiness pill" is habit-forming.

The question is no small one because the "happiness pill" now is being prescribed in the millions, which means that untold thousands of people are addicted to this drug if it is habit-forming. The newest scientific answer is that it is, in the same way the sleeping pill is.

The habit-forming sleeping pill is one or another of the barbiturates. The "happiness pill," compared to the barbiturates by Dr. John A. Ewing and Thomas M. Haizlip of the University of North Carolina, is meprobamate which is better known to the public by the trade names, "Miltown" and "Equanil."

Meprobamate is a useful drug and the purpose of the investigation was not to put up any red flags against its use, but rather to guide physicians in using it in their patients. Indeed, Wyeth Laboratories, makers of "Equanil," supplied the meprobamate for the investigation.

The scientists advised physicians to build up meprobamate doses from a small beginning, and to take their patients off it by degrees rather than abruptly. Thus, the "withdrawal symptoms" which are the mark of drug addiction, can be avoided, they said.

The World Health Organization recently classified all the tranquilizing drugs as "potentially habit-forming." To this Ewing and Haizlip added that "probably any drug that offers a sedative or a tranquilizing effect can be habit forming, the patient becoming

psychologically dependent upon a sense of relaxation and well-being.

"Of course," they added, "it is clear that certain patients become dependent upon any drug, even a non-active one, if the medication offers a suitable psychologic meaning to him. (But) at least the patient does not face any problem of physiologic tolerance or withdrawal reactions."

As with the barbiturates, the body adjusts to the continuing presence of meprobamate in its chemistry, and so the same dose on, say, the 20th day of taking, produces less effect than on the first. The central nervous system accepts the chemically induced slow-down and when the chemical is withdrawn "there is a resurgence of electric activity" and trouble, they reasoned.

They experimented with 75 patients of the North Carolina Mental Hospital at Raleigh, who were divided into three groups of 25 each. One group was given a fairly heavy dose of meprobamate daily for 40 days; a second group got half that dosage for the same length of time; the third was given identically appearing pills but these pills were chemical blanks.

At the end of 40 days, the patients getting meprobamate started getting the blanks.

These are the conditions of science's classical "double blind test" whose results are supposed to be unquestionable since no one knows what patients are getting which kind of pills until it is all over. Of the patients who were on meprobamate, 44 had "withdrawal symptoms" when switched to the blank, which ranged from "mild" to "severe."

## Land Use Hearing Set

MOUNT SHASTA — A public hearing before the Siskiyou County Planning Commission will be held Wednesday, July 2, in the Siskiyou County Courthouse in Yreka. It will be called at 10 a. m. in the supervisors room. The hearing will be on the proposed master land use plan advanced by the Mount Shasta Planning Commission.

The measure proposed by the Mount Shasta planning group has met with considerable opposition, particularly from the McCloud River Railway Company. Much interest in the final outcome has developed.

A large delegation of Mount Shasta property owners is expected to attend the meeting.

## BPW Plans Summer Work

MOUNT SHASTA — The Mount Shasta Business and Professional Women's Club is increasing its activities for the summer months. The organization is sponsoring a team in the women's bowling league that meets each week. It is also holding a membership drive.

The move for more members began Tuesday, June 17. Captains were appointed to be in charge for six months, at which time a checkup on results will be made, and another contest will begin.

Club president, Mrs. Clarice Vaught, appointed Mrs. Erna Bean chairman of the drive. Mrs. Bean chose Mrs. Marge Poe captain of one team, and Mrs. Marsha Seaton captain of the other. The losing team will host the winners at a reception.

Most common water conditioning problems in Ohio, in addition to hardness, are due to iron and sulphur.

## "DENNIS THE MENACE"



"IS HE DEAD?"

## Home Extension

By RUTH T. GUSTAVSON

Another first and a big step forward in the food enrichment program is South Carolina's move as the first state to require enrichment of all the rice sold within the state.

Standards were set up by the South Carolina State Nutrition Committee for fortifying rice with the same vitamins and minerals in use in wheat products—namely thiamine, riboflavin, niacin, and iron. The federal food and drug administration has set up standards for rice labeled fortified interstate commerce. Look for the new labeling in the markets before long.

You might be interested to know just how they keep the vitamins on a grain of rice. There are two ways. One (the cheapest) is to coat the grains with a powder containing the vitamin mineral mix. This works fine, except that it dissolves in the cooking water and will be lost in the water.

The other method is coating a few grains with an edible substance that contains the vitamins and does not dissolve in water. These high potency grains are mixed with the regular grains. Presto! vitamins on the table. At present extension and the public health service are spreading the news and getting women to cook rice the correct way.

Here is an easy way to use rice when planning an oven meal. It works well for Bulgur, too. And, nary a vitamin is lost to the kitchen sink.

1 cup rice  
1 teaspoon salt  
2 1/2 cups boiling water  
Place raw rice in 2-quart casserole. Add salt and boiling water; bake at 350 degrees for 30-45 minutes or until tender and fluffy. Excellent when beef drippings or bouillon are used for part of the liquid.

Estimates indicate that the tiny clothes moth causes millions of dollars worth of damage to clothing and furnishing items each year. The clothes moths are therefore recognized as fabric pests. Constant vigil is needed.

Control starts with good house-keeping practices. The moth feeds on lint and hair as well as clothing and furnishing items so keep corners and hard to reach places free of dust, lint, and hair. The vacuum cleaner with its assortment of cleaning tools is excellent for this purpose.

There are a number of ways to protect fabrics and furnishings from moth damage. Articles should be stored clean, either dry cleaned or laundered. A good sunning and brushing will help to remove larvae and eggs if the garment does not need cleaning.

Dry cleaning and laundering will kill eggs as well as larvae. It is the larvae that cause the damage. The larvae are about one half inch long, practically hairless, and white, except for dark heads. The adult moth which has a wing spread of about one half inch lays the eggs which hatch into the larvae.

Eq-53 will protect washable woollens from insect damage, when added to the wash and rinse water. Eq-53, which is sold under different trade names, is an emulsifiable concentrate in which the active ingredient is the insecticide DDT. Washable woollens treated with Eq-53 are protected against the feeding of larvae for a year or more. Directions for use are on the bottle. Follow directions closely.

Precautions—If Eq-53 is spilled on the skin, wash off immediately with soap and water; wash hands with soap and water after handling wet treated woollens; or wear rubber gloves. Treat infant's blankets, sweaters, or other woolen articles only if they are to be stored. Before putting them in use, dry clean to prevent skin irritation.

There are several other good methods of control. Woollens may be protected against feeding damage by spraying with a five per cent DDT oil solution. Paradi-chlorobenzene crystals and naphthalene flakes or balls can also be used.

For complete information concerning control of clothes moths and carpet beetles secure USDA Home and Garden Bulletin No. 24 from your county extension office, Post Office Building.

Dr. Miriam Lowenberg, home economist at Pennsylvania State University, presented a five-point plan in her talk before the Na-

## Soviets Approve New Plan To Encourage Red Farmer To Improve Farm Practice

MOSCOW (AP) — The Soviet Communist party today announced another step in Premier Khrushchev's plan to beat U.S. agricultural production by giving Russian farmers more incentive to grow more.

The party's Central Committee announced collective farms no longer will be required to deliver a large part of their output to the government at a fixed low price. Instead, a new pricing system will be established for the entire output of collective farms. It aims to introduce an element of competition for low-cost, efficient production.

A report on the Central Committee meeting of about 250 members on Tuesday and Wednesday also said two men were promoted to alternate membership in the committee's ruling Presidium, the key unit of power in Russia. It has had 15 full members and 9 alternates.

The two are N.V. Podgorny, first secretary of the Ukrainian Communist party, and Premier D. S. Poliansky of the Russian Federation, largest republic in the Soviet Union.

(There was no mention that the

Central Committee meeting produced a shakeup in the Kremlin leadership, as Western observers had speculated might be taking place. Both the changes in the agricultural system and the promotion of Podgorny and Poliansky indicated Khrushchev still was in control.)

The committee decisions were based on a farm policy speech to it by Khrushchev. Publication of the speech — possibly tomorrow — may clarify some points left vague in the published plan.

The announcement said the new plan will go into effect this year but did not specify when.

The committee made clear, however, that it is not relaxing controls over production. It said under the new pricing system "all quotas to the state must be maintained." Presumably the surplus still will be available for the open market.

It also decreed an end of the payment-in-kind system. Collectives had paid with their products for such services as machine plowing. Past payments in kind debts were written off and indebtedness in compulsory deliveries also was abolished.

Khrushchev's proclaimed goal in changing the agricultural system established under Stalin is to overtake the United States in farm production. The committee report boasted that "in recent years the Soviet Union has approached the volume of U.S. agricultural output in a number of products. In creation items (it) has even surpassed the level attained in the U.S.A."



SUE SHOULTS, Lakeview, is leaving Thursday, June 26, by air to attend the Zeta Tau Alpha international convention at the Antlers Hotel, Colorado Springs, Colorado. Sue is official delegate of Beta Pi chapter of the sorority at the University of Oregon.

## Barbecue Open To The Public

Everyone interested in a Winemucca-to-the-sea highway is invited to Fish Spring in Humboldt County, Nevada, Sunday, June 22, where the Cedarville Rotary Club is sponsoring a chuck wagon barbecue.

The noon feed will be dished out by the Rotarians with aid of the city of Alturas and the Modoc County Commerce Chamber.

On hand will be officials of Washoe County and Humboldt County as well as authorities from California interested in the proposed road.

Harold Powers, lieutenant governor of California, will preside over the meeting. To be discussed is what California can do to aid in getting the project built.



JEANNE ANDERSON, left, and Karl Vidricksen, right, Weed High School students, will attend the American Legion sponsored Boys State and Girls State programs to be held in separate sessions this week. Jeanne, daughter of Mr. and Mrs. Glea Anderson, will attend the 15th annual Girls State, scheduled at the Davis campus June 23-30, and is sponsored locally by the American Legion Post 71, Auxiliary. Karl, son of Dr. and Mrs. H. L. Vidricksen, will be the delegate to the 21st annual Boys State at Sacramento June 21 through June 28. He is sponsored by the Weed Lions Club. — Photos by Shasta View Studio

## More Body Styles Slated For 1959 Autos, And More Dollars In Purchase Tag

By DAVID J. WILKIE  
AP Automotive Editor

DETROIT (AP) — There probably will be 350 different body designs in the 1959 line of automobiles. There will be even more different price tags.

A larger percentage of next year's output will be station wagons. More two and four door hardtops will mean fewer standard type coupes and sedans. There will be more price tags than body styles because of the many optional equipment items.

There probably never has been a time when the car makers have been under as much pressure to reduce suggested list prices. What their 1959 pricing plans are probably will not be disclosed until a

few days before new model introductions.

Right now chances favor another increase when 1959 cars are announced. But some extra cost items probably will be reduced; some of this year's extras may even be made standard on some 1959 models.

Most standard equipment items on today's cars began as extra cost installations. Even windshields started out as extra cost items in the industry's early days. Some experts have said that eventually automatic transmissions will become standard equipment.

That may be still in the remote future, however; continuing improvements are being made in transmissions. The research runs into a lot of money.

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Most common water conditioning problems in Ohio, in addition to hardness, are due to iron and sulphur.

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