

Is Your Child Meeting Space Age Challenges?

Editor's Note: This is the first in a series of 15 articles by an educational authority, giving students and parents practical help on how to improve grades in school.

By **LESLIE J. NASON, Ed.D.**, with **HARRY KARNS**

Never has it been as important as it is today for American boys and girls to know how to make good grades.

Sputnik plunged the U.S. into a contest of brains. Academic standards are rising. The road to the diploma is suddenly rough and getting rougher. More is required of the student than ever before.

For every college student in the U.S. in 1920, there were two in 1940, four in 1950, and six in 1960, and there will be 11 in 1970. The increase in college enrollment in the next 10 years will be greater than it has been in the past 40 years.

Thus competition for a seat in the American college classroom is just as keen as competition with the Russians.

Millions of American boys and girls, however, are ill-prepared to compete in either of these contests.

They have not learned how to write, how to pay attention, how to read for precise meanings, how to control the speed and accuracy of their mental processes, or how to prepare for and take examinations.

In this series of articles we are going to talk about some common sense principles of learning that can help you make better grades in school and life.

To begin with, let's clear away a major obstacle that stands in the path of learning.

It's the fashion today to blame poor grades, delinquency, bad manners, and flat tires on your great-great-grandfather's genes and on the pattern of the paper Daddy put on the wall of your nursery.

You Can Do It!

Heredity and environment influence your life, of course. But the notion that they cast your character and habits in a hard, inflexible mold is nothing but a convenient myth—an easy alibi for a bad performance.

We are now going to ask you to forget that myth. We are going to ask you to accept in its place a simple but revolutionary truth: You can consciously control the operations of your brain just as you can control the speed and direction of your automobile.

In World War II the Air Force psychologists proved that you can learn to see more in a shorter span of time. By flashing pictures on screens they trained pilots to take in a fantastic number of details in the wink of an eye—and to describe them accurately.

Similarly, the Navy, experimenting in its radio schools, proved that operators could develop accurate receiving ability to the point where a sentence of Morse code was almost a blur of sound.

Several years ago, a Long Beach, Calif., man, Thomas Wade, enrolled in a speed reading class at the Business and

Technology Division of Long Beach City College.

Average reading speed for college graduates and U.S. business executives is about 260 words a minute. By conscious effort Mr. Wade hiked his speed to 450 words a minute in a few weeks. Presently he was reading 800, 1,200, and then 2,200 words a minute. At cruising speed he could swish through a 400-page volume in one hour. When last heard from, Mr. Wade had pushed his reading speed to the 6,100-word-per-minute mark and was at the point of going into orbit.

But does he understand what he reads?

Yes. Tests show that as a fast reader his understanding has increased.

Although Mr. Wade's case is unusual, speed reading teachers know that with proper training most persons can double their reading speed and increase their comprehension 10 to 50 per cent.

We are less concerned here with the mechanics of the thing than with the fact that such improvement is possible by conscious effort. You can change your speed. You can improve your understanding of what you read.

Fast and Accurate

Joe was a student in an intermediate algebra class. He had troubles. He brought them to what we shall describe informally as Dr. Nason's Clinic for Lagging School Children. His third grade teacher had told him to choose between being slow and accurate or fast and inaccurate. Since he had chosen to be slow and accurate, he now found it impossible to finish tests within the time allowed. He feared that any change in his rate of work would produce disastrous results.

"Look, Joe, you're producing disastrous results anyway," we pointed out, "why not try the alternative that wasn't suggested to you? Try to be both fast and accurate." This was awful heresy, but Joe was ready to try anything.

"What do I do?"

"When you're working 'slow and accurate,' does your mind ever have space left over to think about other things?"

He admitted that when he worked slowly he tended to daydream.

"All right then. The point is to make your mind and your pencil work so fast that there's no time or space in your brain for daydreaming."

We gave him a test comparable to one in which previously he had completed 12 problems (nine correctly) in 50 minutes. This time, consciously trying to speed up his brain, he finished 20 problems in 40 minutes and got 18 right.

Presented with proof of the marvelous new theory that speed and accuracy do go together, Joe started getting his algebra done on time.

"Haste makes waste..." "Slow but sure..." Those old sayings, dignifying slowness, are mere excuses for plodding.

The truth is that you can control your thinking habits and, by controlling them tremendously, improve your learning.

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Medical Mirror

WHAT DOCTORS SAY ABOUT:

Prescription Costs

- Ovulation Suppression
- Writer's Cramp
- Strong Minds
- Douching

Q. Why do most prescriptions cost \$10 or more?
A. They don't. A recent study shows that the average price to the patient of a prescription in the U. S. is about \$3. Over 60 per cent of all prescriptions were \$3 and under. Only about one in 100 prescriptions cost as much as \$10.

Q. Does the new contraceptive pill prevent or delay ovulation?
A. If taken for 20 days during the menstrual cycle, the oral hormone preparation which was approved as a contraceptive by the Food and Drug Administration in May of last year, prevents the escape of the ovum or the egg from the ovary. Suppression of ovulation can be accomplished month after month, apparently without harm to the ovary. When the user stops taking the drug, ovulation occurs each month in a normal manner.

Q. What causes writer's cramp?
A. Muscular spasm. Cramping can be helped by frequent rest periods, warm soaks, and writing in a more "relaxed" manner.

Q. Is the old saying, "Strong in mind, weak in body" true or false?
A. False. The highly intelligent are generally taller, heavier, and physically and mentally healthier than those of average intelligence. The mentally gifted tend to be independent, confident, and mature. Although they are inclined to be "risk-takers" in the world of ideas, the gifted have a more even disposition than the average person.

Q. Is daily douching desirable?
A. Doctors contend that the healthy vagina does not require daily mechanical cleansing.

It is your right and privilege to have your prescription filled at a pharmacy of your choice. Choose wisely on the basis of professional competency and price fairness.

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Jaycees' Man Of Year Is Active In Several Local Organizations

Wes Sine, 7305 South Sixth Street, a lifelong resident of Klamath Falls, was named Jaycee man of the year during the annual Klamath Junior Chamber of Commerce award banquet in the Klamath Union High School cafeteria Thursday.

Sine, 24, has been very active

in hunting, fishing, boats and water skis for recreation.

He has instructed gymnastic classes as a volunteer in the YMCA program for eight years and during summer is a volunteer Red Cross swimming instructor at the municipal swim pool.

He has been a member of the Y's Men's Club and has participated in a number of YMCA membership roundups. He is a member of the Elks Lodge and has served on numerous Elks committees. He is also a charter member of Linkville Kiwanis Club, a member of YMCA and vice president of the Klamath Jaycees.

Though Sine has been a member less than two years, he has been secretary and director. As a Jaycee, he has worked hard on many project committees.

Sine was graduated from KUHS in 1954. He was active in sports there. His brother, Merle, is a KUHS student and has won letters in football and wrestling. Sine's parents are Mr. and Mrs. Elwood Sine, 4821 Climax Avenue. His wife is the former Kay Blake. They are parents of two children—Elwood, 6, and Wesley,

5. Her parents are Mr. and Mrs. Albert Blake of 1018 Eldorado Avenue.

PEEPING PASSENGERS

BARBOW, England (UPI)—Every three minutes bus passengers here peered into 13-year-old Jacqueline Hawry's bedroom window when the buses stopped outside her house.

Today in the window they have two statues of women, put up by Jacqueline's father "to give them something else to look at."

YOUNG OLDSTER

BURTON BRADSTOCK, England (UPI)—Bob Howarth today starts a new job as director of a teen-agers' club. Howarth is 80 years old.

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in organizational activities locally and has made many friends by his public service and with his sincere, soft-spoken manner. Sine works indoors as manager of the appliance department for Montgomery Ward and Company, but he is a lover of the outdoors.

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How Dr. Nason Helped a Boy's Future



The boy was overweight and unpleasant. He lacked confidence; he was failing in school. Nobody liked him except his mother.

"If he could just learn to make better grades," she said, "maybe that would help."

She had failed to help him improve those grades. So had the school. The boy was failing. Then someone told the mother about a man who might perform the miracle.

As he had so many times before, Dr. Leslie J. Nason, educator and specialist in study habits, took the case.

By teaching the boy how to study he performed the miracle of lifting him from failure to scholastic success—as well as success with other children.

"He wasn't stupid," Dr. Nason notes. "He just never had been taught how to learn."

In simple, non-technical language, Dr. Nason now reveals some effective, neglected techniques of the art of learning. Don't miss the articles on "You CAN Get Better Grades," which Dr. Nason has written with Harry Karns. The series starts in this paper Monday.

— And be sure to send for the complete booklet, "You CAN Get Better Grades," being offered for \$1 with this series. It can be the answer to your school problems.

Read Dr. Nason today in the Herald and News

P. O. Box 941

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Most Persons Undergo Surgery Early Or Late

By **HAL BOYLE**

NEW YORK (AP)—Things a columnist might never know if he didn't open his mail:

People take health for granted, but the surgeon's knife still waits for most, early or late.

We are 180 million people, and about one million operations are done a year, of which some 10 per cent are still for the removal of tonsils or adenoids.

If your son objects to household chores as "sissy," you can tell him that ex-heavyweight champ Jack Dempsey, who threw some of the fastest and fiercest fists in boxing history, as a boy helped his mother do the laundry.

Caution to cat or dog owners: be careful of a "runny-nosed" child in your neighborhood. It can infect your pet.

Food for the future: A Canadian scientist has found that bees, like beetsteak, are easy to prepare and are highly nutritious. Well, if you want a little more sting

in your omelet!

Looking for something to celebrate? How about the 85th anniversary of the first U. S. silo, built in Maryland in 1876?

Our quotable notables: "We suppose there is hardly a man who has not an apple orchard tucked away in his heart somewhere."—Christopher Morley.

The high cost of higher education: Bennington College, a Vermont institution, puts this price tag on your daughter's learning for one year—\$2,650 a year. Whether you can afford it or not, that is what it actually costs the college.

Feel overworked and underpaid? The average wage in India is \$50—annually.

We're not sure just what this proves, but the Hotel Edison here found that its men guests spent more time on the phones than did the women. (Our conclusion: The men were listening to women.)

Next to the common cold and its buddies—such as the flu—digestive ailments keep more people from their jobs than any major disease. The toll is hard to stomach: 50 million lost working days each year.

How much does your medicine cost you? The price of the average prescription today is \$3.

Here's something new to brood about if you're tired of old worries. Some researchers feel that gravity, the force that holds the

world together, is getting weaker (and who isn't?)

Woman's work is but begun: In 1900 only 14 per cent of American women between the ages of 35 to 64 years had jobs outside the home. Today well above 40 per cent do.

Memo to the younger generation: We are informed that the name of a truant officer in an Indiana town was Mary Willy Ketchum.

It is healthy to be friendly. A psychiatric study found that even so-called normal people sometimes show marked neurotic symptoms after as little as three hours of isolation.

No one can truthfully call us "dirty capitalists." This country makes 2,300,000 bathtubs a year.

It was Arthur Wing Pinero who observed, "Those who love deeply never grow old; they may die of old age, but they die young."

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4-H NEWS

THE BUSY BAKERETTES
 Eight girls met at Mrs. Marvin Brown's home Jan. 24. Club members are Susie Bray, Karen Werner, Marie and Cathy Angel, Donna Tofel, Janice Reid and Dianne Bard.

We met on Tuesday and decided to have our meetings on Monday.

Officers for the club are Cathy Angel, president; Susie Bray, vice president; Dianne Bard, news reporter.

Marie Angel is going to give a demonstration, setting the table for a one-place setting.

We discussed money for a party, but haven't really decided what to do with our club money yet.

Dianne Bard, News Reporter.

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