

MISFITS BECOME GOOD SOLDIERS WITH HELP FROM PSYCHIATRISTS

Washington—This year five out of every 1,000 young men in U. S. Army training centers each month will find adjustment so difficult that their military usefulness will be questionable, according to Brigadier General Rawley E. Chambers of the Office of the Surgeon General.

During their first weeks of training, some will seem to be complete misfits, incapable of becoming soldiers. Others will suffer such emotional strain from their new life that efficiency will be impaired.

However, almost all these men will turn into good soldiers—thanks in part to the Mental Hygiene Consultation Service that has existed in the Army since World War II.

Operating in 18 training centers, the clinics are staffed by a psychiatrist, a clinical psychologist and a psychiatric social worker. They exist to help the ill-adjusted soldier fit into his new life, to help the company commander find out how and where these young men can be most useful to the Army, and to identify promptly and process out of the Army the man who is emotionally or mentally unfit for service.

The psychiatrists usually are captains or majors. Too much rank might discourage the patients. However, the officers must meet the highest professional standards. They must have had sufficient experience and training to diagnose personality disturbances in a very short time. No long, drawn-out therapy is possible or recommended when handling eight-week trainees.

The clinics themselves are located in the training area, not in the hospital set-up at the training center. Medical officers and company commanders work together to effect the mental hygiene program and proximity is a large factor in their effectiveness.

Psychologically, it is better for the individual soldier to consult someone

in his own field area rather than to go away from "home" for advice. These same psychological reasons ban the traditional medic's white coat. The mental hygiene officers wear the same field uniform other officers do.

Men referred to mental hygiene clinics basically are immature—regardless of their years.

The average young man who enters the Army makes a very quick adjustment. He soon gets used to living in a barracks even though he may have had his private room since childhood. He adapts to the restrictions of Army life even though he is used to making his own decisions and moving on his own initiative.

This is not true of the emotionally immature trainee. Barracks living to him is a file that severs his self-control. He may burst into tears when some small thing goes wrong. He will become increasingly timid and withdrawn to the point that he literally walks alone.

The independent but immature soldier faced with restrictions may react in such ways as going absent without official leave or turning up too often for sick call—his strong emotional conflict displaced by physical symptoms.

When this soldier reports to the clinic he is encouraged to express his fears, anxieties and hostilities in an uncritical atmosphere. As the psychiatrist comes to know the soldier's problems, he can help him adopt the new attitudes which make Army life more acceptable.

"Primarily," Chambers said, "the Mental Hygiene Consultation Service helps conserve the fighting strength of the Army. At the same time, the service helps the individual preserve his self-esteem and make a successful adjustment that can be of lifelong importance."

CHOWAN RAMBLERS IN ACTION



Above is pictured the Chowan Ramblers, performing at 4-H Week at State College, July 19-24. These boys were one of the District winners in Eastern District competition. Left to right, Britton Byrum (at piano), Stuart Hollowell, Sammy Byrum and Leon Privott.

ample, an average plant of the pickling type will mature from five to 10 fruit in a season if none are pickled. The same plant, however, will probably produce 35 to 40 if the young fruit are removed regularly.

HEALTH FOR ALL

VISITING A SICK FRIEND

"Poor Jane. We must go to the hospital and cheer her up." It's a kind and sympathetic thought, but before you put it into action, stop and consider how you can make your visit to the sickroom truly a welcome one.

Times have changed in the hospital world. In the old days, patients stayed longer and, as they convalesced, were often well enough to enjoy and even benefit by having visitors. But now the average stay in a hospital is only eight days. If Jane is in the hospital at all, she's probably pretty sick, certainly weak and

easily tired. Many doctors state bluntly that visitors disturb the patient's rest, interrupt a carefully planned routine, interfere with medication and feeding, and tire him to the point of hindering his recovery.

Don't take it for granted that your friend is allowed visitors. Telephone first to make sure and to ask about visiting hours and how long you should stay. Properly timed, your visit can be helpful. But a thoughtless visitor can do harm.

A common fault of people trying to be cheery is talking too loud. Hold your voice down and sit where the patient can see and hear you without moving her head. Give her news of friends and neighborhood events. Talk about what a good cook or canasta player she is, rather than about yourself. If she insists on talking politics, join in but don't argue. If she wants to give you all the details of her operation, listen patiently, but don't you be the one to start it.

As for gifts, give a little thought to selecting something you know will

FAMED EXPLORER'S NOTES FOUND IN ATTIC

Hailed as the "most important discovery in American history in decades," a batch of old papers, found in an attic turned out to be the lost notes of the Lewis and Clark explorations. Read about this sensational find in the September 12th issue of

THE AMERICAN WEEKLY Magazine In Colorgraveure With THE BALTIMORE SUNDAY AMERICAN

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Wm. E. Bond, III, Will Escort Kitty Campen At '54 Debutante Ball

The Terpsichorean Club of Raleigh announces the names of the chief marshals for the young ladies who will make their debut at the 1954 N. C. Debutante Ball, September 9th, 10th and 11th.

Among the group will be Miss Catherine Pruden Campen, daughter of Mr. and Mrs. H. A. Campen. Miss Campen will have as her escort William E. Bond, III.



THE DAY NO ONE TELEPHONED

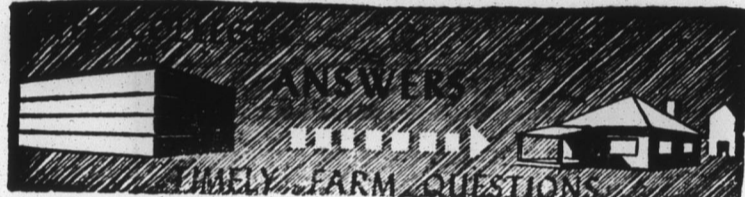
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Question: Is alfalfa really the "King of the Hay Crops?"

Answer: In one respect, yes. It will produce more feed per acre in good years and bad than any other legume forage crop, more even than permanent pasture or any other combination of plants. Alfalfa is however, still behind lespedeza in acreage. But alfalfa has a seven-month growing period, compared with two for lespedeza. Alfalfa averages three to 4½ tons of hay per acre annually. A stand of alfalfa will remain productive for several years if well managed.

Question: Is corn subject to greater insect infestation in the field than small grain?

Answer: Generally, yes. You can help prevent much insect damage to stored grain by harvesting your grain carefully. The longer grain stays in the field after maturity, the more it is subject to infestation. Because small grains are harvested quite soon after they mature, they usually are not seriously infested in the field. Corn is liable to greater field infestation than small grain because it is left in the field for a much longer time after maturity.

Question: What is the best way to apply lime?

Answer: Lime should be mixed thoroughly with the soil to be most effective. It should be applied at a time in the rotation of crops that will permit this thorough mixing. In order to neutralize soil acids, the lime particles must be in contact with the soil particles. For crops such as alfalfa or clover-grass pastures, sufficient lime should be applied at seeding to last several years since topdressing lime is less effective.



U. S. GRANT

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