

## More Recovery 'Miracles'

BY NORMAN KENYON  
Free Press Staff Writer

SUPPOSE THE sidewalk suddenly opened up under your feet while you were out walking—and you started plunging into a black abyss.

You would shriek with terror as you hurtled downward toward an unknown doom.

Naturally, that kind of an accident doesn't actually happen. A "normal" person may not even be able to imagine such a happening.

But the threat of just such a danger was very real to one Detroit woman.

Until a few weeks ago, she didn't dare venture outside of her home. She was a victim of an extreme case of "nerves." She was troubled with an unreasonable fear—something that torments thousands of Detroiters, although few are afflicted to such a degree.

Today she goes out when she wishes. Shortly she will qualify as a group leader in an organization which helps persons like herself. All because of an article she read in the Free Press Sunday Magazine about an organization formed at Brighton, Mich., known as Recovery, Inc.

**SIMILAR REPORTS ABOUT** the work of Recovery, Inc., have been reaching the Free Press regularly since the first article appeared.

The article explained that members help each other overcome morbid fears through a group technique, similar to that used by Alcoholics Anonymous.

Meeting together once a week, the members find that they can talk away their nervous tensions by discussing mutual problems.

**THE WOMAN MENTIONED** got immediate help, she reports. She said that after only a few meetings she was able to go alone on shopping trips. She thought that was almost a "miracle."

An even more startling result was reported by a Royal Oak housewife. She said she had been under treatment since she was 15 for a nervous condition.

In one of her "spells" she would write bad checks, lie, become deeply depressed for prolonged periods. At times she grew so violent that she had to be forcibly restrained. Three times, she reported, she was confined to mental hospitals.

Last April, she read about Recovery, Inc., and asked permission to attend meetings.

**BECAUSE OF HER** background it was recommended that she consult Dr. Abraham Low, the Chicago psychiatrist who founded Recovery. He had a twofold reason for sponsoring the organization:

1—To help mental patients "make the grade" on their own after their discharge from hospitals.

2—To provide a means of therapy at no cost to those who normally would not get prolonged medical treatment.

The Royal Oak wife was approved for group treatment. This week she telephoned the Free Press and reported:

"I can't tell you how grateful I am that I learned about Recovery. I've never felt better. I'm sure that without it I would be back in the hospital."

**HERE'S THE STORY** of another person: A young husband at Brighton who had a violent fear of becoming ill and dying. Each polio season in the past, he literally shut himself off from society to protect himself from "germs."

The Free Press discovered he is a member of a baseball team and hasn't missed a day of work recently.

"They taught me at Recovery that I wouldn't get polio any quicker being out than I would shut up at home," he explained.

**MRS. TREASURE RICE**, Brighton housewife, who is leader of the first Recovery chapter in Michigan, says the three cases cited are typical.

Since the first story in April, Recovery, Inc., has expanded rapidly, she said.

More than 600 persons have indicated they wished to take part in the self-help program.

One group in the Livernois-Eight Mile area has 18 members—all it can accommodate.

A Grosse Pointe Shores woman, though not ill herself, has taken leadership training and is launching a chapter with 18 members.

A Methodist minister in Redford announced from his pulpit that he was starting a unit Sept. 22.

Other units are being formed at Dearborn, Ortonville, East Grand Rapids and Pontiac.

**BRIGHTON'S** original chapter has been divided into four groups which are now accepting additional members.

Because the new leaders wish to remain anonymous, details on joining a Recovery unit can be obtained only by contacting Mrs. Rice at Brighton. Mail may be addressed to: Mrs. Treasure Rice, Brighton, Mich.

There is no charge for membership, or other fees.

**MEANWHILE, THE** Michigan Department of Mental Health has investigated the recovery movement and technique, and soon will announce its findings.

Dr. Low has contended that the use of Recovery in mental hospitals, and especially among discharged patients, can prevent relapses and cut down the hospitals' case load at no cost.

# SUNDAY MAGAZINE

THE DETROIT FREE PRESS  
SECTION B SUNDAY, SEPTEMBER 6, 1953  
(TV Prevue Follows Page 4)

with **TV PREVUE**



**THE TYPICAL WINNER—THEN AND 18 YEARS LATER**  
Henrietta hasn't changed over an inch in all the years . . .

## Judges Prefer Brunets

THEY LIKE 124-POUNDERS 5 FEET 6 WHO MEASURE 34, 24 AND 35

BY JIM TOMLINSON

ATLANTIC CITY, N. J.—(AP)—Take all the Miss Americas, chart their curves, and what do you have?

If you said "an eye-ful," you'd be absolutely right.

You'd also have a blue-eyed brunet, 5 feet 6½ in her bare feet and weighing 124½ in a bathing suit.

Other essential measurements: Bust 34½, waist 24½, hips 35½.

**THIS YEAR'S** Miss America activities get under way tomorrow. In a few days you'll know what Miss 1953 looks like.

One thing sure, she probably won't hit all the averages on the nose. No queen ever has.

Henrietta Leaver, who as Miss Pittsburgh was Miss America of 1935, came closest.

**SHE HAS** brown hair. (No one has ever accused the judges of not being gentlemen, but only five blonds have become Miss America. Thirteen had brown hair, five black, one auburn.)

Henrietta has blue eyes. (So did 10 others. Six were brown-eyed, five hazel, two green, one blue-grey.)

She was 19, 5 feet 6½. But her measurements were a bit off the average: Weight 120, bust 33, waist 23, hips 35½.

**HENRIETTA**, 18 years later, can do justice to a bathing suit. Now Mrs. Frederick J. Nesser, she lives on a farm near Johnston, O.

The seat of a tractor—which she can really drive—has replaced the throne of a queen.

But she still wears a size 12, and her measurements are almost exactly what they were on that summer day in 1935. She's picked up only five pounds, but is an inch taller. She has two daughters, Pat, 16, and Frances, 7.

**WOULD SHE** be interested in entering the Mrs. America contest? No, says Mrs. Nesser. But: "I'd love to go back to Atlantic City as a spectator some day."

## THE TOWN CRIER



### Give Pedestrian A Little Brake

BY MARK BELTAIRE

**DO YOURSELF** a favor, hey? Any time you pass a safety zone and see people waiting to get to the sidewalk, stop and let 'em by. It takes only the least pressure on your brakes. The nods and waves of appreciation you get will warm your heart for a long time afterward. So much for so little.

**Roughest job** in the world these past several days belongs to Lillian Bauer. She sells commercial ovens.

Directors of purchases like Detroit Gasket's Charles Strauss didn't even want to discuss the subject of ovens when she called on them. "Too hot," they told her.

### Seems Reasonable

**THANKS** to Fred Gymer, Ralph Booze and Marshall Thomas, here are a few offerings from A. M. Bruninga anent the human race . . . and very much on the caustic side.

"Some day you'll find yourself . . . and be disappointed. "I've been hearing nice things about you, but not lately.

"You know what I like about you? Nothing.

"You don't have an inferiority complex. You ARE inferior." Must be the hot weather pushed me to the seamy side, but I love these cracks.

### Gained His End

**DR. A. C. JOHNSON**, medical director of Art Centre Hospital, reports that for many years an inspector of restaurants and

hospitals made very thorough inspections of the institutions.

One time he entered the hospital kitchen in a heavy overcoat, strictly against regulations. Called down, he removed it without question or resentment, carried out his inspection.

One day he remarked to a dietitian that if he ever had to go to a hospital he'd choose Art Centre.

On the afternoon of Aug. 19, this man, Duncan Lyon, was admitted to the hospital with a diagnosis of coronary thrombosis. His heart kept failing, brain complications developed.

Lyon kept saying that he must be out of the hospital by Aug. 27, the anniversary of his wife's death.

As Dr. Johnson concludes his tale, Lyon left the hospital that day . . . in death.

### Unwelcome Visitor

**TOM ARMSTRONG**, of 22835 Lake Shore, was placidly shaving the other morning when he heard a yip from his wife, Jeanette.

He looked out the bathroom window and there was a skunk. More than that, the family cat, Chester, was approaching it.

Jeanette dashed out of the house and started throwing stones at the skunk. Neighbors' screams warned that wasn't the proper approach. Jeanette shifted the stones toward Chester.

He dashed away in time to avoid the skunk's ire. But as far as the Armstrongs know, Mr. Skunk is still in the neighborhood.

## Hundreds Become Husbands at 14

MICHIGAN MARCHERS TO ALTAR GET YOUNGER YEAR BY YEAR

MICHIGAN residents keep on getting married earlier and earlier.

Take the tender age of 14. How many fourteen-year-olds would you say had settled down to raise families?

The last census showed Michigan had 295 husbands

just 14 years old. And, since there were only 180 wives of the same age, a number of the husbands must have married wives older than themselves.

In addition, there were 65 other 14-year-olds who had been husbands but no longer

were. Their wives had died. And 45 wives at the age of 14 had lost their husbands in death.

**THE WIDOWS** and widowers faced an unusual problem.

Before they could get married again in Michigan they'd have to wait until they were 18.

The widows, however, might marry at 16—with consent of their parents.

That brings up the question of how the 14-year-olds got married in the first place.

**OBSOLETELY** they couldn't be married legally in Michigan. So presumably they had to go to another section of the country where early marriages are looked upon with more official favor.

There are such places. New England, for example. Massachusetts lets men of 14 and women of 12 marry—with consent. In New Hampshire the male age is 14 but girls can't be wives until they are a full 13 years old.

**GO BACK** 10 years and you'd find only about a sixth as many 14-year-old husbands in Michigan as you find now. Go back 20 years and you'd find only one-eighth.

Go back 60 years and you wouldn't find a single 14-year-old husband in all of Michigan.

Then most young men waited. Sixty years ago only two-tenths of 1 per cent were married by 19. At 29, half of the men were still single.

By contrast, today at 29 four out of five young men are either married or have been married.



**MANY MICHIGAN** residents were shocked by this Alabama picture of a 16-year-old husband with his 14-year-old bride. They shouldn't have been. Michigan has almost 300 husbands and 180 wives who are 14 years old.

## EXPERTS

### DOUBT IT

## Will Heat Increase Polio?

**WILL THIS** summer's record-breaking heat wave cause an epidemic of polio?

Parents are worried, remembering 1950 when a hot fall kept polio cases abnormally numerous until November.

At that time the Health Department blamed the disease outbreak on the weather.

Health authorities aren't making any positive predictions now. They are as worried as anyone.

But they do have a strong word of hope.

**POLIO, THEY POINT OUT**, tends to follow "form," like a well-bred race horse.

So far this year, the disease has given all signs of being in a mild cycle.

The polio death rate is down. So is the number of severe cases.

Better yet, the polio case load has declined steadily since the third week in August, when the season's high of 58 cases in one week was reported.

During last week's stretch of above-90 temperatures, the total number of polio cases dropped to 32.

**"IT LOOKS LIKE** we won't get a repeat of 1950—that the hot weather isn't going to cause additional polio trouble," said Dr. C. P. Anderson, deputy health commissioner.

"But just the same, we're keeping prepared."

So far in 1953, Detroit has recorded 315 cases of polio and nine deaths, compared with 376 cases and 25 deaths at the same time last year.

The 1952 outbreak, with a final total of 748 cases, was the worst in the city's history. Some 65 per cent of all cases involved crippling of the patients.

This year the rate of crippling has dropped to 50 per cent.

**HAS THE USE** of gamma globulin injections been responsible for the easing of the disease this year?

Dr. Anderson said the record doesn't indicate so.

Because of the limited supply, gamma globulin is restricted to children who are directly exposed when another member in the same family comes down with the disease.

To date, the Health Department has given the serum to 367 families, a total of 1,202 shots.

It takes seven days for a gamma globulin shot to take effect. In several families, a second child came down with polio before the seven days had expired.

But tests indicate that gamma globulin does act as a preventative, if given time, and also eases the crippling effects if a child does contract the disease, Dr. Anderson said.

**BECAUSE OF** the late heat wave, should parents keep their children out of school until cooler weather arrives?

Authorities say no.

"It's been proved that 80 per cent of the people become exposed to polio during the course of a season," Dr. Anderson declared.

It's almost impossible to dodge the "bug," he indicated.

But even with polio at its worst last year, only one person in every 2,940 actually came down with the disease.

**THAT DOES** not mean that parents should not observe normal precautions and follow good health rules, he went on.

Children should maintain normal group contacts, but avoid crowds where possible.

**DETROIT IS** well equipped to handle polio cases, it was pointed out.

Patients are offered financial assistance immediately by the March of Dimes organization.

According to Dr. Anderson, the March of Dimes pays hospital fees without red tape in all cases where aid is needed.

During the period to Sept. 1, the Wayne County Chapter has paid bills in the amount of \$415,466.

**THE 1953** March of Dimes drive amounted to \$681,552 in contributions. Half was sent to National Headquarters, which returned more than \$100,000 of its half to the Chapter.

Even Wayne County residents who became ill outside the county, while on trips, have received financial aid.

Recently Daniel Elazar, 19, of 6889 Pinehurst, became stricken while in Haifa, Israel. The Wayne County Chapter helped arrange for his return.

Larry Stevens, 4, of 5581 Conner, got polio while in Freeport, La. The March of Dimes authorized his transfer by plane to Ann Arbor.