

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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PHOBIA, PHOBIA, WHO HASN'T A PHOBIA?

Our son aged 15 months is afraid of darkness. So until he decides to go asleep we have to keep a light on, not only before bedtime but in the night if he awakes. He was frightened terribly one night by a dog. The naval doctor pronounced it a phobia and said there is nothing we can do about it. But it is getting on our nerves and we wonder if you could help us. I have tried turning the light off, but the baby only screams until we turn it on to keep the neighbors from complaining. (Mrs.)

Ask your son to accept the sympathy (believe it or not) and the understanding (now you know I can't be serious) of Old Doc Brady, for I, too, have a fair assortment of phobias, haven't you?

A phobia is any unreasonable, insane or morbid fear or dread. It is not, say, fear of snakes, for as a rule that fear is readily overcome by education—the child or adult who knows something of snakes always fears them less than the ignorant child or adult. Nor is it fear, say, of leprosy, tuberculosis or other "dread" disease—physicians, nurses and others who know about such diseases fear them less than ignorant people.

When I say ignorant of course I mean ignorant. In passing I beg to state that cryophobia (fear of cold, fear of freezing) is a reasonable fear, whereas psychro-phobia (fear of weather, change of weather, dampness, drafts, exposure not involving frostbite or freezing) is morbid, irrational, unreasonable.

Now one of my phobias is fear of height (acrophobia) or fear of precipices (cremophobia)—one rung up the ladder above the second floor (in this country) or the first floor in England—well, I positively dare not do it, so

thell with the screens, storm sash or awnings we can't reach with a nice low step ladder.

From the language this mother uses in describing the baby's fear of the dark I infer that the baby is not the only one in the household who has a phobia. The baby was "frightened terribly one night by a dog." May it not be that mother was frightened by the dog too, and her fear frightened the baby?

The naval doctor is right—there is nothing much you can do about a phobia, but try to grin and bear it. Keep a wee light in or near the baby's sleeping place always (I mean if the baby seems afraid of the dark). No tricks. Let every one ignore the baby's phobia. Never, never speak of it or permit any discussion of it in the child's presence. The thing is to submerge the phobia and carry on without making a fuss about it.

Show me a human being who has no phobia and I'll show you a good actor.

QUESTIONS AND ANSWERS

Stupid Habit
I hear you have a small pamphlet on constipation habit which shows victims how to break the habit. I'll certainly be grateful for a copy. I enclose 25 cents—if it is less, buy yourself a cigar or some pipe cleaners. (F. J. S.)

Answer—For copy of the booklet "Constipation Habit and Colon Hygiene" send 10 cents and stamped pre-addressed envelope. No, non, I couldn't think of squaring 10 cents on a cigar, and as for pipe cleaners, if you maintain a proper flock of pipes you don't need pipe cleaners. When a pipe goes stuck on you, you just pull and blow at it a while, then toss it in the fire marked "Deferred Business" and get out a fresh one.

So there is a Penn Yan Penn Yan is as real to me as it is to you. My father was born there, and my aunt, Mrs. died there many years ago. We read your articles in our daily paper with great interest and delight. Mrs. G. F. P.)

Answer—Still, some people refuse to believe there is such a place. I have further evidence in the form of a sack of Prize Buckwheat Flour which just arrived from the Birkbeck Mills in Penn Yan, N. Y.—now if I could only find some one in this cool-weather community who remembers how to make yeast-raised buckwheat pancakes—but, stuck, one might as well wish for a drive out the Bath road and over to Keuka in the Whitefield buggy with the mud-spattered top. If your father happens around this way hope he will drop in and gossip a bit between the games here at the bowling green. (Copyright, 1944, John F. Dille Co.)

USO GOES TO THEM



Members of the armed forces stationed in remote spots welcome a visit of one of the 120 units of the USO Mobile and Maneuvers Services. These men pass the time with a game of checkers, helmets serving as a table, while waiting for the start of a USO field movie. USO Mobile and Maneuvers Services, supported, as are all USO operations, by the American people through the National War Fund, supply a variety of entertainment, the morale value of which has been recognized by such American Field Commanders as Generals Eisenhower, Patton, Krueger, Hodges, Patch and Bradley.

Shady Cove

Shady Cove, Dec. 21—T. J. Johnson had the misfortune to break his left arm last week while cranking a "cat" in the woods near Rogue River. After spending four days in a Medford hospital he is recovering satisfactorily at home.

Miss Beth Stille arrived Saturday to spend Christmas vacation with her parents, Mr. and Mrs. John Stille. Miss Stille has been attending West Moreland college in Los Angeles.

The new Roguedale store, managed by Mr. and Mrs. Paul Davis, opened here Saturday. The store is equipped in the modern help yourself style, and includes a lunch counter with Mrs. Jess Miller as cook.

Sgt. Jack Killian, son of Mr.

and Mrs. Leonard Killian is home on a furlough. Don Hickey A'S has finished boot training at San Diego, and is visiting this week with his parents, Mr. and Mrs. C. L. Hickey.

Mr. and Mrs. Walter Blair of Genelec Lodge, entertained Saturday evening with a bridge party. Attending were Mr. and Mrs. Ronald Axtell, Mr. and Mrs. Abbott, and Mr. and Mrs. Clarence Coon.

Mr. and Mrs. Clarence Coon and Jimmy will leave the latter part of this week for southern California on a business trip. While there they will visit their daughter and family, Mr. and Mrs. Orris Goble, and their son and family, Mr. and Mrs. Jack Schauble.

Mrs. Fresham entertained



BOWL AND SMILE—Toothsome smile that S/Sgt. George C. Yount of Fresno, Cal., flashes as he naps off pacifying effect on native Dutch New Guinea youngster, who bawls for his mother.

Tuesday afternoon with a birthday party for her young daughter.

On the Radio Chain

Chain affiliation and where they are on the dial:
KALE (CBS) 1330, Portland
KEX (NBC-Blue) 1190, Portland
KGA (NBC-Blue and MBS) 1310, Spokane
KGO (NBC-Blue) 810, San Francisco
KGW (NBC-Red), 820, Portland
KJRH (NBC-Blue) 1000, Seattle
KNX (CBS) 1070, Los Angeles
KOA (NBC-Red) 850, Denver
KQIN (NBC-Blue) 970, Portland
KOMO (NBC-Red) 950, Seattle
KPO (NBC-Red) 680, San Francisco
KSL (CBS) 1160, Salt Lake City

Time shown is PWT
Thursday
5:00 p. m.—Terry and Pirates, BN; OK for Release, NBC
5:15 p. m.—Dick Tracy, BN; Superman, MBS
5:30 p. m.—ack Armstrong, BN; Harry Flannery news, CBS; Tom Mix, MBS
5:45 p. m.—Captain Midnight, BN; Night News Wire, MBS; News, CBS
6:00 p. m.—Music Hall, NBC; Major Bowes, CBS; Gabriel Heatter, MBS; Carlson and News, BN
6:15 p. m.—Screen Test, MBS; Lou Holtz, BN
6:30 p. m.—Bob Burns, NBC; Spot-light Bands, BN; Corlies Archer, CBS; Starlight Serenade, MBS
6:50 p. m.—Abbott and Costello, NBC; Raymond Gram Swing, BN; First Line, CBS; Henry Gladstone, MBS
7:15 p. m.—Lowell Thomas, MBS
7:30 p. m.—March of Time, BN; Red Ryder, MBS; Rudy Vallee, NBC
8:00 p. m.—MUSIC SHOP, NBC; Sammy Kaye, MBS
8:15 p. m.—Night Editor, NBC; Lum and Abner, BN
8:30 p. m.—Coffee Time, NBC; Death Valley Sheriff, CBS; Fred Waring Show, BN
9:00 p. m.—News, MBS; America's Town Meeting of the Air, BN; Dinah Shore, NBC
9:15 p. m.—Rex Miller, MBS
9:30 p. m.—Ellery Queen Mysteries, NBC; Fulton Lewis, Jr., MBS; Woody Herman Orch., CBS
10:00 p. m.—News Reporter, NBC
Friday
5:00 p. m.—Terry and Pirates, BN; OK for Release, NBC
5:15 p. m.—Dick Tracy, BN; Superman, MBS
5:30 p. m.—ack Armstrong, BN; Harry Flannery news, CBS; Adventures of Tom Mix, MBS
5:45 p. m.—Elmer Peterson, Commentator, NBC; Capt. Midnight, BN; Night News Wire, MBS; News, CBS
6:00 p. m.—Waltz Time, NBC; Gabriel Heatter, MBS; Serenade, BN
6:15 p. m.—Screen Test, MBS
6:30 p. m.—People Are Funny, NBC

Doctor Disproves Method to Remove Pin From Children

New York—(U.P.)—Wartime shortages have reduced somewhat the number of safety pins, nails, screws and assorted knickknacks swallowed and inhaled by the younger generation, but the New York hospital department of otolaryngology is still pretty busy, fishing an assortment of bright and fanciful objects from the windpipes and tummies of the young.

X-ray is the only means of diagnosis when the child is too young to tell the story. Dr. Arthur Palmer, department head, said, recalling the case of a child treated for nine days for asthma before he was found to have a wood screw in his bronchial tube. Bronchoscopes, forceps and surgery are the approved methods of removing the foreign objects, Dr. Palmer said, and holding junior upside down to eject a pin may be much more dangerous than leaving it lay—it may imbed the point or force another object from the thorax into a lung.

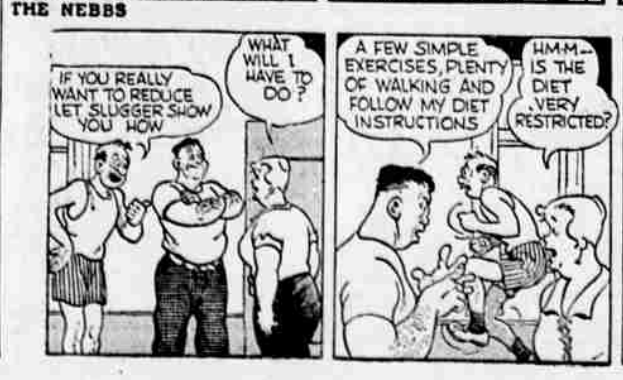
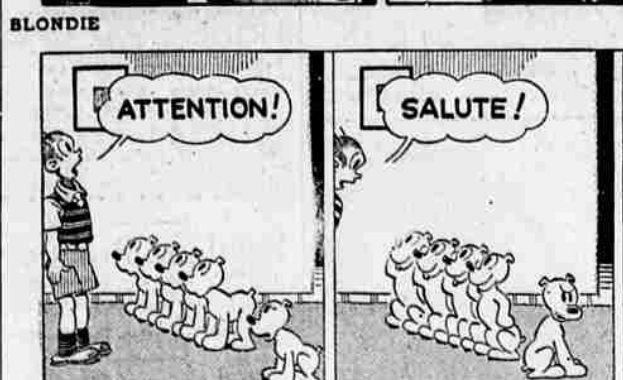
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STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLER and SNUFFY SMITH



CHEROKES SEND BIBLE
Fremont, Neb.—(U.P.)—Midland college's rare Bible collection has been enriched by one of the least-known tomes in the country. It is a copy of the first translation of the Bible into the Cherokee Indian language. It came from the Cherokees of North Carolina.

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Crossword Puzzle
ANSWER TO PREVIOUS PUZZLE

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
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ACROSS
1—Gleam
2—Bank (cont.)
3—Covers
4—Oriental saab
5—Agas
6—To the sheltered side
7—Bit of cloth
8—Portal
9—Gower
10—Roman entrance
11—Chance
12—Mountain lake
13—Max's name
14—Vein of metal
15—Bands for ankles
16—Racine
17—Utters
18—Place
19—A poison
20—Boister
21—Mountain gap
22—Abide
23—Wheat stalks
24—Place in trust
25—A high-U. S. general
26—Crest in wood
27—Wine cup
28—Single thing
29—Wayside rest
30—A number
31—Max's name
32—Tidy
33—8-shaped worm

DOWN
1—Bird found in marshes
2—Blancherhouse
3—Debauchee
4—Started
5—Wanders
6—Insect
7—Drug used to shrink eye pupil
8—Brutish
9—Pen-free land
10—Inn used in Spain
11—Appar
12—Rage
13—Old auto (slang)
14—Litter (slang)
15—Curse
16—A card game for 2 players
17—Valuable West Indian tree
18—Inn used in Spain
19—Appar
20—Hour between four and five (pt.)
21—Pigpen
22—Frozen rain
23—Raincoat
24—A card game for 2 players
25—Our uncle
26—Valuable West Indian tree
27—Bird
28—Bird
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SUBURBAN HEIGHTS By GLUYAS WILLIAMS
FEELING A COLD COMING ON, TRED PERLEY TRIED TO GET SOME OF HIS NEIGHBORS TO SUBSTITUTE FOR HIM AS SANTA CLAUS AT THE WOMEN'S CLUB ANNUAL CHILDREN'S PARTY, ALL OF WHOM DECLINED EVASIVELY, AND SO IT WAS EMBARRASSING WHEN AT THE LAST MINUTE THEY RELIANTED AND SHOWED UP, INCLUDING TRED WHO WAS FEELING BETTER