

# 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 Ol' 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



**BOWL AND SMILE**—Toothsome smiles that S/Sgt. George C. Yount of Fresno, Cal., flashes has no 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

**STATIONS:**  
Chain affiliation and where they are on the dial:

**KALE (CBS)** 1310, Portland.  
**KEX (NBC-Blue)** 1190, Portland.  
**KGA (NBC-Blue and MBS)** 1210, Spokane.  
**KGO (NBC-Blue)** 810, San Francisco.  
**KGW (NBC and MBS)** 620, Portland.  
**KJR (NBC-Blue)** 1000, Seattle.  
**KNN (CBS)** 1070, Los Angeles.  
**KOA (NBC-Red)** 430, Denver.  
**KQIN (CBS)** 970, Portland.  
**KOMO (NBC-Red)** 950, Seattle.  
**KPD (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; Spot Light Bands, BN; Corlies Archer, CBS; Starlight Serenade, MBS.  
6:30 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, NBC; Ryder, MBS; Rudy Vallee, NBC.  
8:00 p. m.—Musi 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, BN.  
9:15 p. m.—Rex Miller, MBS.  
9:30 p. m.—Elery Queen Mysteries, NBC; Fulton Lewis, Jr., MBS; Woody Herman Orch., CBS.  
10:00 p. m.—People 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.—Jack Armstrong, BN; Harry Flannery, News, CBS; Adventures of Tom Mix, MBS.  
5:45 p. m.—Elmer Peterson, Commentator, NBC; Captain 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.

That Brewster Boy, CBS; Double or Nothing, MBS.  
7:00 p. m.—A. M. S., NBC; Durand and Moore, CBS; Dale Carnegie, MBS.  
7:15 p. m.—Lowell Thomas, MBS; Ted Malone, BN.  
7:30 p. m.—Stage Door Canteen, CBS; Lone Ranger, MBS.  
8:00 p. m.—Music Shop, NBC; Fight, MBS.  
8:15 p. m.—The Parker Family, BN; Press Club, CBS.  
8:30 p. m.—Duffy's Tavern, NBC; Gang Busters, BN; It Pays to Be Ignorant, CBS.  
9:00 p. m.—Furlough Fun, NBC; News, MBS; Aldrich Family, CBS.  
9:30 p. m.—Fulton Lewis, Jr., MBS; Adventures of Thin Man, CBS.  
10:00 p. m.—News, NBC; Five Star Final, CBS.  
11:00 p. m.—Concert Hour, BN.  
11:45 p. m.—On all night, BN.

## Brewers' Yeast Is Now Used In Drugs

Chicago—(U.P.)—Brewers' yeast, a beer-making ingredient that always was wasted after it had served its primary purpose in the production of the "poor man's champagne," is now being used in drugs for the fighting men and as new fat-building foods for dairy cattle.

William M. O'Shea, executive secretary of the Small Brewers committee, said that more than 50,000,000 pounds of yeast that formerly was thrown away after its first usage is now being reclaimed annually and turned over to the nation's pharmaceutical concerns.

Closing time for Sunday too late to classify 5:30 Saturday afternoon—Please remember

**NOW OPEN!**  
**TAKE-IT-EASY LODGE**  
Dine and Dance  
Open Wednesday, Thursday, Friday and Saturday  
One-Half Mile Up Savage Creek

## 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.

Use Mail Tribune Want Ads.

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Use Mail Tribune Want Ads.

**CHEROKEES 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.

**ICE SKATE TO-NITE**  
and every nite except Monday  
7:45 to 10:15  
Sat. & Sun. Matinee  
**MEDFORD ICE ARENA**  
619 S. Grape Phone 4511

**Crossword Puzzle**  
ANSWER TO PREVIOUS PUZZLE

**ACROSS**  
1—Gloomy  
2—Bart (book)  
3—Covers  
12—Oriental seabird  
13—Age  
14—To be sheltered side  
15—Bit of cloth  
16—Portal  
17—A flower  
18—Roman entrance hall  
19—Chance  
20—Mountain lake  
21—Man's name  
22—Veto of metal  
23—Bands for ankles

**DOWN**  
1—Bird found in marshes  
2—Daughterhouse  
3—Bartard  
4—Bartard  
5—Wanders  
6—Insect  
7—Used to shrink eye pupil  
8—Brutish  
9—Red-tail land  
10—Coin used in Spain  
11—Ape  
12—Rage  
13—Old auto ( slang)  
14—Rational  
15—Curve  
16—Apron  
17—Hour between four and five p.m.  
18—Pipes  
19—A card game for 2 players  
20—Our uncle  
21—Valuable wood  
22—Indian tree  
23—Least good  
24—Decid  
25—Four  
26—Bridges  
27—Compass point

**ZERO CLUB**  
Out of bounds, civilians only  
Delicious chicken and steak dinners 7:00 p. m., 3 a. m. except Sunday Phone day time 5300; night 9101.

**Chalker's Motel & Lodge OFFICERS' CLUB**  
Dine-Dance-Retreatments  
Chicken and Steak Dinners  
Most Unique Place in So Ore  
CLOSED MONDAYS  
Thursday Private Parties Only—  
For Reservations Ph Gold Hill 674

## STRANGE AS IT SEEMS By ERNEST HIX



## BARNEY GOOGLE and SNUFFY SMITH



## 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. Oris Goble, and their son and family, Mr. and Mrs. Jack Schauble.

Mrs. Fresham entertained

**How to give a drink Ear-Appeal!**

HIGHBALLS mixed with Canada Dry Water sparkle out loud. "PIN-POINT CARBONATION" insures a liveliness that lasts... keeps drinks full of zest.

Canada Dry Water—the world's most popular club soda—is preferred in the finest bars, hotels and clubs. Its special formula points up the flavor of any tall drink. Serve Canada Dry Water in your home... it costs no more than ordinary mixers.

**BIG BOTTLE 15¢**  
Plus deposit

**CANADA DRY WATER**  
THE Life of the Drink

**SUBURBAN HEIGHTS**  
By GUYAS 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 EASILY, AND SO IT WAS EMBARRASSING WHEN AT THE LAST MINUTE HE REINTEGRATED AND SHOWED UP, INCLUDING TRED WHO WAS FEELING BETTER

**YICK SO CHINESE HERB CO.**  
REMEDIES FOR STOMACH ULCERS  
Heart Rheumatism Asthma Catarrh Piles.  
Prostate Gland Eczema and all disorders of Liver, Kidney Trouble, and other complaints disappear after using.

**CHINESE HERBS**  
Removed to Sparta Bldg.  
J. H. Leong, Herbalist Phone 5817