

# Doctors Warned To 'Go Easy' on 'Happiness Pills' for Depressed

By DELOS SMITH  
United Press Science Editor  
New York — It takes an expert to recognize a depressed person and even experts run the risk of confusing a depressed person with an anxious one. This striking insight into people was contained in the newest warning to family doctors to go easy on giving "happy pills" to the depressed.

Dr. Frank J. Ayd Jr., well-known psychiatric specialist of Baltimore, said the "happy pills" (and he included the whole family of tranquilizing drugs) were "depressants" of the sympathetic nervous system and were dangerous when given to depressed persons.

A depressed person already is suffering from under-reactivity of the sympathetic system, he said, and so "to superimpose a drug which is a sympathetic depressant only aggravates the existing emotional depression and increases the risk of suicide."

**Miss the Symptoms**  
Yet family doctors continue to prescribe them for people who shouldn't have them, he said. Ayd assumed these doctors either were confusing the tranquilizing drugs with the family or stimulating drugs, or didn't recognize depression when they saw it.

If it were the latter, it was understandable, he said. Depressions are hard to recognize in other people although they are "among the most common illnesses" the general medical man sees. One reason is that the depressed person has at least one set of engaging physical symptoms when he goes to a doctor and will, the chances are, try to hide his depression.

Nevertheless "everything about his appearance and behavior suggests otherwise," Ayd said. "Current Medical Digest." "He may force himself to talk, not to cry, to smile, to appear cheerful, yet he walks slowly, reacts sluggishly and appears dull and lacking in vitality. During an interview it is

evident that his thinking is retarded as well."  
Anxious persons also go to doctors with sets of physical symptoms which will also prove unjustified when investigation turns up no bodily causes for them. These anxious persons can be helped by "happy pills" whereas the depressed are harmed. So the two must be told apart.

**Must Study Moods**  
Look at moods, Ayd said. In one the mood is primarily depressed, and anxiety is secondary. In the other, anxiety is outstanding and depression is secondary. The depressed usually are reluctant to talk about their symptoms but the anxious are eager to talk about them. The depressed person will be critical of himself and blame himself but the anxious person will think he's an all right Joe and blame other people.  
The depressed person has lost

his interests and no matter what is happening, he pays very little attention to what goes on around him. But the anxious person usually hangs onto his interests and he responds to what happens around him. The depressed person feels worse in the morning; the anxious person, in the evening.

The depressed person can be helped by proper treatment, Ayd said, but he is not going to be helped if he is told: "There is nothing really wrong with you. Get a hold on yourself. Stop worrying. Get a hobby. Go out more. You have to cure yourself."

"Such platitudes," Ayd continued, "are a grave injustice to the patient and an admission to medical ignorance. It causes relatives to pressure the patient to attempt to do things which he is unable to do. This increases his feelings of inadequacy and hopelessness."

# Downtown Trade Competition Higher

Chicago — The motorist trade that downtown stores have lost to the suburban shopping centers cannot be won back, Mabel Walker, executive director of the Tax Institute, wrote in Public Management, magazine of the International City Managers' Association.

Regional centers are growing rapidly, Miss Walker wrote, and competition for the remaining downtown trade has increased. Regional branches of downtown stores are often more profitable than the parent stores, she added.

Miss Walker predicted that urban redevelopment, although having some importance, will not bring suburbanites back into town except from time to time.

City stores can remain prosperous, she said, by serving those who remain in the city, but the appeal must be to the pedestrian, not the motorist.

on her heel about two weeks ago at a Sacramento hospital. She expects to have the cast removed from her foot in two weeks.

Max Howard is in Siskiyou County General hospital in Yreka where he was taken last Wednesday. He suffered a severe cut on the upper part of his thigh when a saw he was operating at the local mill slipped and struck him.

Preliminary work was done last weekend toward preparing the inside of the Grange hall for a coat of paint. A series of card parties will be given to increase the building repair fund, according to Mrs. Tom Collister, who is chairman of the building committee. The first of these parties will be given on Saturday, Nov. 16, at 8 p.m. at the Grange hall.

Mr. and Mrs. Frank Ohlund returned home Sunday evening from a visit in Portland with their son and his family. The visit became an extended one when both of them contracted influenza.

The Hornbrook Water company began work last weekend on installation of 2,400 feet of new pipe line. The work is expected to be completed next weekend.

Americans consume 42 million aspirin tablets daily, the Health News Institute reports.

# HORN BROOK Halloween Carnival Held

By MRS. H. H. CHAPMAN  
Hornbrook — The Halloween carnival Oct. 31 at the Grange hall sponsored and presented by the Parents club of the local grammar school brought out one of the largest crowds of the year in this community.

In the costume parade, prizes for the most original went to Frankie and Jeanie Cardoza; for the prettiest to Barbara Burrell; and for the funniest to Terry Cobb. Al Kutsky won the live turkey, and Bertha Bradley the ham. Pat Williams was voted queen of the seventh and eighth grade room, and Steve McMaster had the most votes for king.

The Parents club, through their president, Mrs. Frank Cardoza, expressed appreciation to residents in making the carnival a success. The proceeds will be used to purchase equipment for the new wing which is being added to the school.

A Halloween party was given Tuesday afternoon in the social room of the Community Methodist church for the smaller children who have been attending Sunday school regularly. Assisting in the games and refresh-

ments were Mrs. Carl Williams, Mrs. Harley Baker, Mrs. Robert Farmer, Mrs. Harry Chapman, and Miss Shirley Moffett.

Mr. and Mrs. Frank Bear and John and Mike Brunk attended a farewell party in Yreka Saturday evening in honor of Father Patrick McTague of St. Joseph's Catholic church, who is being transferred to St. Joseph's Parish in North Sacramento. He will be succeeded in Yreka by the Rev. Thomas Boland of Colfax, Calif.

Mr. and Mrs. L. C. Walsh and daughter, Sharee, attended the wedding at the First Baptist church in Yreka Sunday of Miss Charlotte Hufford and Robert Houdeshell. Miss Walsh, a classmate at Yreka High and a friend of the bride, served at the wedding reception.

Mrs. Duane Hamner returned to her home here last weekend from the Ashland hospital where she underwent surgery earlier in the week.

Also returning home last Saturday was Miss Hellen Whitten who had skin-grafting surgery

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