

Religious Faith Can Cure Worry, Dr. Ballard Says

"A simple, trustful attitude toward God" was suggested by Dr. J. Hudson Ballard yesterday as a means of overcoming worry.

Dr. Ballard, former head of the department of pastoral psychology at San Francisco Theological seminary, addressed Medford Kiwanis club at its noon luncheon at Rogue Valley Country club. His subject was "Worry."

The speaker, now professor emeritus at the San Francisco school, has been lecturing this week at First Presbyterian church.

Quoting William James, noted philosopher, Dr. Ballard pointed out that "the sovereign cure for worry is religious faith."

Other suggestions were made. The psychologist-writer-lecturer said that a person should get trustworthy information, explaining that ignorance is the greatest ally of worry. He said that people should live in the present as much as they can for there are enough genuine problems for each day as it comes.

A third suggestion offered by Dr. Ballard was for persons to inventory their assets. "Count your many blessings; name them one by one," he advised. The speaker also advocated using "our minds." He asked, "Why don't we use these heads we have and think the thing through?"

If people carry the burdens of other people more frequently, they find their own burdens shrinking up, Dr. Ballard also brought out. A large amount of worry is due to selfishness, he stated.

Destructive Use
Worry is the destructive use of the imagination, the speaker said, adding that imagination is a great gift, depending on how it is used. The minister and educator mentioned that worry fills the mind with pictures of unwanted things which do not exist and deals almost entirely with things of the unknown. It involves emotional tensions and strangles clear thinking and healthful living.

Ben Fanning, Bend, lieutenant governor of Division 15A of the Kiwanis Pacific Northwest district, paid an official visit to the Medford club and also spoke at the meeting.

He will be here again on May 3 and 4 for the annual spring conference of Divisions 15 and 15A. Eighteen clubs are expected to send delegates. A dinner dance will be held at 7:30 p.m. May 3 at Rogue Valley Country club. Business sessions will be held starting at 9 a.m. May 4 at the Jackson hotel.

A "roundtable" luncheon will replace the regular Kiwanis meeting Wednesday, April 30.

System To End Ship Damage

San Diego, Calif.—Development of a system that may end costly damage to steel ship hulls and other metal parts exposed to sea water has been announced by a San Diego research firm.

R. C. Sabins, president of Sabins Dohrmann, Inc., said the system is called "Cath-anode." He claims it is the first practical method developed to prevent completely "pitting" damage to metal ship parts from "electrolysis."

Sabins said the system involves installation of magnesium-alloy bars strung together by electric cable below the water line and mounted on the ship's bottom.

"These magnesium bars, so arranged, change the electrical relationship between the ship and the salt water, neutralizing the electro-chemical dissolution of the metal, and stopping all damage," he said. "Thus the magnesium, rather than the ship's hull, is sacrificed at a controlled rate."

Sabins said the key feature of the system is complete instrumentation that tells the ship's operator exactly how much protection the ship needs at all times and permits him to adjust instantaneously the protection to fit the needs.

He said initial installations were made on steel-hulled fishing boats in the mid-1950's and, since then, the system has been used on Navy craft, wood-hulled commercial fishers, sportfishers, tugs, barges and dredges in Pacific Coast ports.

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