

Theory on Phobias Suggests Victims Can Control Them

By DELOS SMITH
UPI Science Editor

New York — (UPI) — A new theory on phobias sees them as like some watches, that is, self-winding, and goes on from there to suggest they can be stopped like the watches can be, by not letting them wind themselves.

Since phobias are common and people who have them suffer agonies, and since science hasn't been very successful in stopping phobias, this new theory is going to get a lot of try-outs. It was presented by Dr. Nicholas Mellerson, a London psychiatrist, who tried it out on several phobic persons.

There are as many phobias as there are objects and situations. Among the best known is claustrophobia (fear of confined places) and acrophobia (fear of heights). For an example in describing his theory,

Mellerson used a fear of cats. "The sufferer from a cat phobia, on getting near a cat or to a place where he suspects a cat will be, feels mounting fear," Mellerson said. "With it comes the urge to escape. As he turns and hurries away, his immediate fear feeling is dispersed."

This makes the fear both real and reasonable to the sufferer and thus the phobia is re-wound by its own built-in mechanism. "Potentially strengthened and enhanced, this fear remains inside ready to be re-experienced at his next encounter," Mellerson continued. "By such a cycle—fear—escape—urge—more fear—phobic patterns could become established."

To stop the re-winding, the victim shouldn't flee but just stand in the spot where the fear first hit him and "fully experience the unpleasant emotions and all the concomitant bodily sensations that are aroused in him." While doing this, he should pay close attention to everything he is

FBI To Investigate Puzzle Tipsters

Portland — (UPI) — The FBI was reported Wednesday to have launched an investigation into the matter of tipsters supplying answers to newspapers' cash - paying crossword puzzles.

The Oregon Journal, which revealed the puzzle tipping scheme Sunday, quoted a spokesman for J. Edgar Hoover, director of the FBI, as saying it had taken over the investigation.

feeling.

Becomes Bored Mellerson argued that after a phobic person has done this a number of times, he becomes so bored with phobias fears he stops feeling them and then can even fondle cats with indifference if not with affection. Mellerson suggested this could be done in easy (or rather, not impossibly difficult) steps.

Take a phobic who fears leaving his home if he is alone. Let him first go to the front steps. "When he has felt all the fear possible there—and cannot feel more, so bored of it he has become—he is to advance 25 yards or so, or until the fear is re-kindled. There again he is to stand still and experience his emotions, and so on."



KILLER—Carl Cintron, 16, smiles after his arrest on charges of killing a teen-age gang rival. The revenge-bent youth shot down his rival on a Brooklyn, N. Y., street corner while hundreds of theater-going pedestrians ran for cover.

Paris — (UPI) — President Charles de Gaulle has called his cabinet into session to discuss Soviet Premier Nikita Khrushchev's abrupt rejection of the Western offer to hold East-West foreign ministers talks on Berlin.

Fire Destroys Small Cabin in Hornbrook

By KATHERINE CHAPMAN

Hornbrook—A fire on the grounds occupied by Ben Phillips' motel trailer court, store and gas station on Old Highway 99 Sunday evening levelled the cabin which was the home of Mrs. Ida Mae Chapman.

Mrs. Chapman has been visiting for some time at the home of her daughter in Chemult, Ore., and Sacramento, Calif.

The fire was discovered about 7:45 p.m. by Postmaster Wayne Cummings when he stepped out his back door and noticed smoke coming from under the building. He blew the fire siren, which also is located on the Phillips' property.

As has happened before, the local fire truck was temporarily inoperative, and did not arrive at the scene of the fire until the building was levelled. However, a bucket brigade and Ben Phillips' own emergency fire fighting equipment were used to save the nearby motel and other property.

A large house trailer belonging to Mrs. Jeanne Cunningham, a teacher in the local grammar school, was moved from the path of the flames by Floyd Hogan. A car belonging to Mrs. Mary Taggart also was removed. Neither Mr. and Mrs. Phillips nor Mrs. Cunningham were home at the time, and Mrs. Taggart has been away for the winter. This is the second time in the past few years that Mrs. Chapman, an elderly widow,

has lost all her possessions by fire. An estimate on the amount of damage could not be made, pending Mrs. Chapman's return to Hornbrook. Cause of the fire was not determined. It was the third home in Hornbrook in the past 13 months to catch fire and burn to the ground while the occupants were out of town.

Beekeepers To Meet In County Courthouse

Jackson County Beekeepers' association will meet in the Jackson county courthouse auditorium on Friday, Feb. 27, at 8 p.m., announced President Delmar Smith.

Everyone is asked to bring something baked with honey.

TURNABOUT IS...

Clinton, Tenn. — (UPI) — Trooper Fred Brown arrested motorist Oliver H. Anderson for speeding and drove him to jail to lodge the complaint. Anderson charged the trooper with exceeding the speed limit on the trip to jail. So far, the charge against Anderson has been dropped. Brown's case still is pending.

OPERATIC TENOR DIES

Antwerp, Belgium — (UPI) — Frank Eckart, 46, American operatic tenor, collapsed Tuesday night while singing in "La Tosca" at the Antwerp Royal Opera and died in the wings. Physicians said he suffered a coronary thrombosis.

Cub Scouts

Pack 6 Cub Scouts

Pack 6 held its monthly pack meeting Tuesday, Feb. 17, in the gym of the Washington school. The annual Gold and Blue celebration took place, and the Cubs, families, and friends had cupcakes, punch, and coffee served by mothers of the Cubs.

Ross Dickinson and Ted Dawson graduated into Boy Scouts, and were received into their troops.

Awards were issued to the following boys:

Wolf — Jim Brickley, Gregory Farnsworth, George Hutchinson, Gary Swanson, and Kevin Hayes. Bear — Dean Hall, Bryon Wells, and Kevin Kahl. Lion — Sidney Merriman.

Denner — Douglas Howard, and Tim Price. Assistant denner — David Hamaker, and Warren Ralls. One-year pin — Art Forbes, Kevin Kahl, Paul Lewis, Danny Minnis, and Hildagard Breedlove, Den mother, and Richard Willardine, Den chief.

Two-year pin — Donald Penland. Three-year pin — Ross Dickinson, Danny McCarty, Brian Cox. Gold arrow on wolf — Jim Brickley, Donald Lawrence.

Silver arrow on wolf — Donald Lawrence. Gold arrow on bear — Mike Hickey. Silver arrow on bear — Billy Davis, and Dennis Kurousky.

REPELS MOTHERS

Eastbourne, England — (UPI) — Farmer Lewis Pyle dipped the tails of new lambs in a mixture guaranteed to smell so badly no fox would go near them. But he complained Wednesday that the odor was so strong the mothers would not go near them either.

Expensive Lesson In Safety Learned

Portland — (UPI) — Maurice J. Schorenberg, Silverton feed and seed dealer, received an expensive lesson Tuesday in railroad yard safety.

Schorenberg parked his truck on a switch track of the Southern Pacific Railroad "just for a minute."

He went into an office to see when he could get to the loading dock to pick up some merchandise.

"I came running out when I heard the bells," he said. Too late. A diesel switcher had smashed broadside into his truck scattering egg mash all over the crossing.

The crossing is equipped with automatic switching gates. When they came down as the switcher approached, the truck was between them.



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PRIME RIB Roast King of the Oven lb. **75¢**

STEW — Boneless Meat Extra Lean lb. **71¢**

T-BONE Steaks Aged, well trim. lb. **1.09**

SIRLOIN Steaks Excess Bone Removed lb. **89¢**

SLAB BACON Whole Half or End Piece Top Quality Life Lean Sides Center Cuts or Sliced, lb. 49¢ **39¢** lb.

PORK LOINS

Rib Half lb. **49¢**

Loin Half lb. **53¢**

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