

The Worry Clinic

by Dr. Geo. W. Crane

Hobo should be an object lesson to millions of medical patients. For you suffer less pain if you extrovert your attention. But if you focus on your own "innards," then you can soon become a hypochondriac (Worry Wart) and a tranquilizer addict!

CASE R-580: Hobo, aged 12, is a dog.

"Dad," my son David informed me, "he came up to our house last fall and adopted us.

"He was a well trained dog but we could never find his owner.

"Since he was a wanderer we named him 'Hobo.'

"He likes to ride in the automobile, so Joan takes him in the car whenever she goes shopping.

"He is meek and gentle with children, but a chronic fighter with any other dogs, regardless of size.

"About once per week he returns home with bloody gashes on his neck where he has been dueling with other canines.

"And when he is in a fight, he is oblivious of my commands, though he normally is very obedient.

"But this Spring he began to act arthritic and limp badly.

"It seems to be worse when people are around so maybe he is a hypochondriac."

HYPOCHONDRIA

Last week David and Joan deposited Hobo with us at our summer farm home while they were heading for Denver.

Hobo limped so badly and had so much trouble getting up from the floor after being asleep, that we kept him in the house every night.

But when our son Daniel and his wife, Judy, dropped off their collie dog, Suzie, Hobo perked up and pranced around outdoors as if nothing whatever was wrong with his hips.

And if Suzie would scare up a rabbit, Hobo joined the chase as if he were a young dog.

Which shows that when we extrovert our attention off our own "innards," we perk up physically.

Veterinary doctors report that dogs can feign invalidism to gain favor with their owners.

Many human patients likewise guzzle pills and swallow unnecessary liquid medicines, due to TV commercials that cause negative thinging!

But when they divert their attention from their own in-

ner organs they act like healthy physical specimens.

Even if Hobo were afflicted with arthritis, when his attention was turned outward upon another dog or a rabbit, he forgot his aches and pains.

Same is often true of football players, who may fracture a small bone in the foot or wrist and never notice it during the excitement of the game.

Or a soldier may even be shot through the arm or leg while in the middle of battle and merely brush it off as if it were a mosquito bite.

Afterwards, when his attention begins to turn inward, he begins to suffer pain.

Dental surgeons and physicians thus know that they can reduce pain by means of drugs.

But also by diverting the patient's attention to an outside object.

Let a child patient thus handle some of the instruments and he does not suffer as much pain.

Inform an expectant mother of the mechanics of childbirth and she, too, will require much less drugs or anesthesia.

Ignorance of what to expect produces fear; fear enlarges pain, sensations, so doctors need to use more charts and verbal descriptions of what they plan to do to patients!

(Always write to Dr. Crane in care of this newspaper, enclosing a long stamped, addressed envelope and 25c to cover typing and printing costs when you send for one of his booklets.)



Having an open house during the holidays? Then please your guests by serving a holiday-hued punch, cheering to the eye and the palate. A good punch has many virtues: it can be made ahead of time, freeing the host and hostess from the problem of preparing individual drinks to order, and the brimming bowl provides a focal point where guests can gather and mingle.

The secret ingredient in a good punch is a base of strong tea. The tea gives body to the punch without masking the flavor of the other ingredients. You can use loose tea, teabags or, even easier, instant tea to make the tea base. . . . then add the other ingredients—fruit juices, spirits, if desired, and carbonated beverages for sparkle.

Holiday Punch

(Makes about 5 quarts or about forty 4 oz. servings)

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|---|--------------------------------------|
| 2½ quarts water | ½ cup lemon juice |
| 18 teabags or 6 tablespoons loose tea | 3 cups vodka, chilled |
| 3 (6 oz.) cans frozen concentrated fruit juicy red Hawaiian Punch | 1 (28 oz.) bottle club soda, chilled |

Bring water to a full boil. Remove from the heat and immediately add tea. Cover and let stand 5 minutes. Strain and cool. In a large punch bowl combine tea, Hawaiian punch, lemon juice and vodka. Add sugar to taste and stir until sugar is dissolved. Just before serving add club soda and ice cubes. Garnish with lemon and lime slices, topped with halved maraschino cherries.



My husband says get a nylon carpet. My girl friend says acrylic. My mother says wool. "Help!"

Help Coming Up. There's No One Carpet That's "Best" For Everyone. The Following Facts May Help You In The Selection Of Your Carpeting.

Feel or "Hand." Wool is the softest, warmest, most luxurious. Acrylic, of all the man-made fibers, comes closest to wool. Polyester is soft too — sort of downy. Nylon feels a little more rugged.

Color. Wool, along with most man-made fibers, dyes up into almost limitless shades. But imagine a sheep. It's off-white, not pure white, right? So if you want a pure white carpet or a brilliant color, look for acrylic, polyester or nylon.

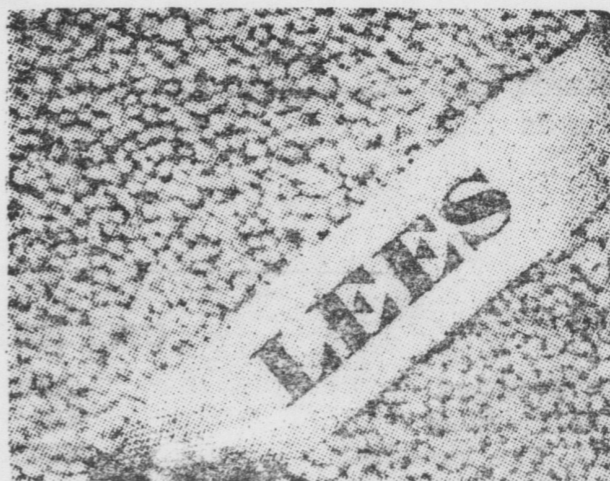
Crush Resistance. Wool is excellent. It has a natural crimp that makes it bounce back after you step on it. Acrylic is also very good. Polyester and nylon are next. Hint: A twist or a low, tight-loop carpet will show traffic lanes much less than a shag or a plush.

Soiling. Slowest to show dirt are wool and Antron® nylon. Then come most other nylons, together with polyester and acrylic. Hint: Medium colors show dirt less than light or dark ones, and color mixtures—tweeds, florals, patterns—are best of all.

When it comes to ease of cleaning, fiber is much less important than dealing with spills and stains right away—before they have a chance to "set."

Price. Wool costs most. Then come acrylic and polyester. Then nylon. But price is also affected by construction. The thicker and denser the carpet, the more fiber is needed and the greater the cost. A good rule: Get the densest, best made (and thus most expensive) carpet your budget can stand.

Wear. Here, too, construction is at least as important as fiber. A good, dense, carpet will wear well — a cheap, sparse one won't. If construction is identical, then nylon is the strongest, most durable fiber. Next comes polyester. Then acrylic. Then wool. But again, remember—a thick wool carpet will outlast a skimpy nylon one.



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