

Ask the Doctor



This column is presented here as a public service by the Oakland County Medical Society and The Birmingham Eccentric. It will be written by "465 physicians in Oakland County" who are members of the society. Questions should be addressed to the Oakland County Medical Society, 346 Park, Birmingham. Questions must be of a general nature, as no effort will be made toward diagnosis or treatment in specific cases.

Q—My doctor has told me that my health problems are psychosomatic. I am a successful businessman and stable enough to run a business. I would like to know your opinion as to whether a responsible business executive is apt to imagine a lot of symptoms.

A—"Successful" people may develop symptoms which are so distressing that they seek medical advice. The successful businessman in his late 40's or early 50's, a community leader and a member of many organizations, is typical.

Too often he made his own way to the top, and became a "driver" in the process. He doesn't know how to relax, and usually mixes business with pleasure. He hasn't had a real vacation in years. He may also overeat and drink too much.

IN ADDITION, he may feel his family is interested only in their social position, his financial status, and that they take him for granted. If true, they may have acquired such attitudes over the years when he was very busy and had little time for family life.

Such a man consults his physician because he fatigues easily, has insomnia, chronic indigestion, constipation, or headaches.

He may complain that he doesn't have his old pep, and seems to be losing interest in his work. Such symptoms are often psychosomatic-body disturbances that are really the reflection of mental stress.

ONCE SUCH a patient has been thoroughly checked physically and reassured that he has no organic disease, he has started his recovery. But the understanding and guidance provided by his physician and family will help even more.

He must learn how to relax! New goals are indicated which will be even more satisfying and less demanding. He could spend more time with his family, take up a leisurely hobby and partake in mild outdoor exercise. A sensible diet, as well as less alcohol, coffee and tobacco, may add dividends.

A new approach to life is not always easy to learn. Re-education cannot be accomplished overnight, but must be pursued diligently.

Ice Fishing Book Available

Free copies of a new folder are through the ice with hook and line now available at the Conservation until the end of February. Department's regional and district. Fishermen can obtain copies of headquarters. Having some "Winter Trout Fishing" by writers lakes in Michigan where brown trout to the Department's Publications Room in Lansing.

Yesteryear Happenings

(Continued from 1-B)

cently ten meadow-larks, all in a bunch, and old thermometer flirring dangerously near the zero mark.

30 YEARS AGO

Jan. 18, 1934
With nearly half of the students cancelled because they want some form of student government in Baldwin Senior High School, definite assurance was given last week that some kind of government in which the students take an active part will probably begin functioning in the near future. The vote taken to date is 158 to 48 in favor of such an organization.

Birmingham was almost entirely free of major crime in 1933, and lawlessness in general, as reflected in the number of arrests made by the Birmingham police department, which were considerably less than in 1932. Miss Carrie Stoddard, police clerk, said that figures showed only 1,110 arrests were made during the past year, as compared with 1,200 the year before. Of the arrests, only 16 were for felonies, whereas 36 persons were arrested for felonies in 1932. Traffic violations accounted for 975 of the year's 1,110 arrests.

Plans were moving swiftly today toward completion of arrangements for Birmingham's Birthday Ball for President Roosevelt to be held in the Community House Tuesday evening, Jan. 20. The party here will be one of 5,000 in communities all over the country on the occasion of the President's 52nd birthday.

15 YEARS AGO

Jan. 13, 1949
At a morning session of the League of Women Voters this coming Monday, Jan. 17, the North Atlantic Defense Pact will come under discussion. One of the first items to come up in the new Congress is the question of the United States military defense. Mrs. T. Chalmers is chairman of the meeting and members of her international affairs committee will raise

Doctors Honored

Dr. Douglas S. Chandler, of 1890 Southfield Road, Birmingham, was elected a Fellow by the American College of Physicians at a confab honoring 33 Michigan physicians. Another Birmingham doctor, Alexander S. Anderson, 602 N. Woodward, was selected as an Associate in the international organization representing 12,000 specialists in internal medicine and related fields.

PEOPLE'S COLUMN

Defends Church Treatment of Kennedy Services

To the Editor:

This letter is in reference to that of an area mother (Dec. 12 Eccentric) who was disappointed when she did not hear a eulogy for President Kennedy in "This beautiful house of worship" on the Sunday following his death.

I heard the same sentiments expressed by a man seated behind me in my church (non-Catholic) on that same Sunday. It is not surprising, but a little disheartening that the people who go to church only at times of personal or national tragedy do not understand why they did not hear what they came to hear.

THE CHURCH is the place of worship of God and the Sunday services are dedicated to that purpose. Many churches of all denominations held services for the late President on Saturday, Monday and at other times on Sunday. By holding their regular service no church could be said to have

slighted our late President, but rather showed dignity and strength of purpose, by not falling into the easy path of over-emphasizing a great tragedy and adding sadness to hearts already filled with it. I'm sure that it would have been the kind of action President Kennedy, himself would have commended.

A Former Resident

A subscription to The Eccentric brings you the community's top news events 52 times a year.

Off to North Dakota

Airman Franklin L. Fodick Jr., son of Mr. and Mrs. Franklin L. Fodick of 745 Redding Road, Birmingham, is being reassigned to Grand Forks AFB, N. D., for training and duty as an administrative specialist.

Airman Fodick recently completed United States Air Force basic military training here. The airman is a graduate of Kimball High School.

Eccentricities

(Continued from 1-B)

titude of the usher while explaining what we could do and what we couldn't do. He acted like a motorcycle cop who had had glass put in his Whieats. And we were obviously criminals with intent on stealing a look at the show.

MY SPOUSE AND I fooled the management. We sneaked up three flights of stairs and watched the first 15 minutes of the show from the back row of the balcony. But after climbing up and down I was somewhat soured on what could have been a very funny show. I wonder after deep thought on the matter whether the delayed interruption of the Fisher's early patrons is making them as many friends as they are losing by holding people in the lobby for 15 minutes.

Any way you figure it...
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General Electric Appliances, TV, and Stereo

New 1964 models are rolling in from the factory, and our '63 display models have got to go. Here's your chance to cash in on some real savings. Most items one of a kind, so hurry on in!

<h4>REFRIGERATORS</h4> <p>Two-door 13 cu. ft. with top freezer. Automatic defrost refrigerator and separately insulated freezer. Generous door shelves. Magnetic door. Flush back for tight to wall installation. Now only</p> <p>\$228⁰⁰</p> <p>Huge 13.6 refrigerator-freezer with freezer drawer at bottom. All G. E. quality features.</p> <p>\$278⁰⁰</p> <p>Gigantic 18.8 cu. ft. combination freezer-refrigerator. Thirteen cu. ft. refrigerator is automatic defrost with deluxe pull-out shelves. Freezer is nearly 6 cu. ft. and is frost free, so frost never forms.</p> <p>\$498⁰⁰</p>	<h4>TV STEREO COMBINATION</h4> <p>23" TV screen and fine four speaker stereo system with record changer and AM/FM/PM Stereo radio. Walnut all wood cabinet.</p> <p>\$359⁰⁰</p>
<h4>COOKTOPS</h4> <p>Deluxe 4-unit stainless steel top with remote pushbutton control for backwall or drawer front installation.</p> <p>\$89⁰⁰</p>	<h4>WASHER</h4> <p>Two speed with filter flo. Fill selection of wash and rinse temperatures. Twelve pound capacity with water level selector. Very slightly damaged.</p> <p>\$178⁰⁰</p>
<h4>STEREOS</h4> <p>Wall hung model with swing-out speakers. Six tweeters in enclosed chamber. Swing out style Garrard changer. AM/FM/PM Stereo radio. A steal at</p> <p>\$235⁰⁰</p> <p>Console model with two 6" x 9" Co-ax speakers. All wood cabinet in mahogany or walnut. Convenient record storage.</p> <p>\$125⁰⁰</p> <p>Console model with eight speaker system. Tweeters are side mounted for maximum separation. AM/FM/PM Stereo radio. Twenty watt peak power. Diamond stylus.</p> <p>\$225⁰⁰</p> <p>Coffee table style walnut cabinet. Six speakers in enclosed chamber. Swing out style Garrard changer. Stereo radio, too. A beautiful piece of furniture at only</p> <p>\$238⁰⁰</p>	<h4>DRYER</h4> <p>Full 12 pound capacity 220 volt dryer. Has two heats, and fluff dry. Convenient front lint trap. Full width door.</p> <p>\$138⁰⁰</p>
<h4>PORTABLE TV</h4> <p>Small screen personal portable. Brightest picture per sq. inch in the industry. Only 12 lbs.</p> <p>\$88⁰⁰</p> <p>Big 19" picture. Power transformer chassis. Has built in antenna. A tremendous fringe area performer. Complete with deluxe caster stand.</p> <p>\$128⁰⁰</p> <p>Designer styled 19" TV with UHF tuner for channel 66 reception. Front mounted speaker. Has power transformer. Etched circuit with lifetime warranty.</p> <p>\$148⁰⁰</p>	<h4>DISHWASHER</h4> <p>Undercounter, front loading, 24" model with famous two-way wash action. Special top rack design for crowded installation areas. Choice of front colors.</p> <p>\$159⁰⁰</p>
<h4>DISPOSALS</h4> <p>Continuous feed model. 1.3 quart capacity. Manual reset overload switch. 1/2 H.P. motor.</p> <p>\$38⁰⁰</p> <p>Deluxe 2-quart capacity model with Carbonyl cutters. Permanently oiled bearings.</p> <p>\$58⁰⁰</p>	<h4>VENT HOODS</h4> <p>36" width in white or copper. Two speed axial flow fan. Convenient light. Vents outside.</p> <p>\$35⁰⁰</p>
<h4>WALL OVENS</h4> <p>Large extra wide G.E. oven. Has automatic oven timer, clock, and minute minder. Calrod units. Removable door. Choice of turquoise or yellow.</p> <p>\$89⁰⁰</p> <p>Similar to above but with rotisserie and glass in oven door. Turquoise or yellow.</p> <p>\$119⁰⁰</p>	

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