

THE OLD POST

WEEKLY NEWSPAPER OF THE JEWELLED HILLS

SUNDAY, APRIL 1ST

Neighborhood Report: You Are Not Fooling Anyone, Snow White

In-depth citizen analysis with Doctor Kathy Ruda

SEEMINGLY PERFECT, THE BEAUTIFUL AND KINDHEARTED SNOW WHITE WHO WE HAVE ALL SEEN ROAMING AROUND TALKING TO THE ANIMALS OF THE MYSTICAL FOREST IS FAR FROM PERFECT. MAKING FRIENDS WITH LITTLE PEOPLE WHO WORK IN DIAMOND MINES, WE COME TO FIND THAT SHE IS MENTALLY IMPAIRED. SHE CHARMS EVERY LIVING THING IN THE KINGDOM WITH HER DEMEANOR EXCEPT FOR HER JEALOUS STEPMOTHER, THE QUEEN. RUMORS HAVE REPORTED THAT SHE HAS BEEN SPEAKING TO A MAGIC MIRROR AND ASKS IT "WHO IS THE FAIREST OF THEM ALL?" THESE WOMEN HAVE ISSUES, A STATEMENT THAT CAN'T BE STRESSED ENOUGH. YET, THE WOMEN ARE NOT THE ONLY TROUBLED ONES. SEVEN LITTLE DWARFS WHO LIVE ACROSS THE JEWELLED HILLS ALSO HAVE PROBLEMS OF THEIR OWN.



IS THERE SOME SORT OF CONNECTION IN THE FACT THAT 'SNOW WHITE' IS A COMMON TERM FOR COCAINE AND THAT THE SEVEN DWARFS MIGHT REPRESENT STAGES OF THIS ADDICTION? WE DO NOT KNOW WHAT KIND OF HIPPIE PARENTS THE PRINCESS GREW UP WITH FOR NAMING HER! DUE TO THE FACT THAT SHE DOES NOT LIKE TO SHARE MUCH INFORMATION WITH THE TOWN BUT THOSE POOR ORPHAN DWARVES WHO DO NOT EVEN KNOW WHO NAMED THEM. DOC, SNEEZY, GRUMPY, HAPPY, BASHFUL, SLEEPY AND DOPEY, WE HAVE REASON TO BE SUSPICIOUS. *OUR GENERATION IS RIDICULOUS!*

THE QUEEN



THE CRUEL, MANIPULATIVE QUEEN AS SHE LIKES PEOPLE TO CALL HER HAS KEY PROBLEMS. FIRST AND FOREMOST, WE PREFER TO CALL HER MORE OF A 'WITCH' RATHER THAN A 'QUEEN.' PRESSURING HER KINSMAN TO KILL SNOW WHITE AND PUT HER HEART IN A BOX IS EXTREMELY UNFATHOMABLE. SHE IS SICK IN THE HEAD FOR HER CRAZY IDEAS. PERHAPS GROWING UP IN A HUGE CASTLE HAS REALLY GOTTEN TO HER HEAD.



I HAVE DIAGNOSED HER WITH HAVING OBSESSIVE COMPULSIVE DISORDER (OCD), DUE TO HER OBSESSION WITH WANTING TO BE THE MOST BEAUTIFUL WOMAN IN THE AREA. BECAUSE OF HER MESSED UP STATE, THE QUEEN NEEDS COGNITIVE-BEHAVIOR THERAPY SO THAT THE THERAPIST CAN FIGURE OUT WHAT IS GOING ON IN HER MIND AND HOW AND WHY THAT IS AFFECTING HER STRONG DESIRE TO KILL THE PRINCESS. IF I CAN PREVENT A MURDER HERE, I WILL BE VERY PLEASED. THE THERAPIST CAN THEN TRY TO MAKE HER AWARE OF HER WRONGDOINGS AND TRY TO REVERSE HER BEHAVIOR AND PRACTICE A MORE POSITIVE APPROACH IN THE ENVIRONMENT. I FEEL THAT SHE NEEDS TO RECONNECT WITH THE WORLD AND HER FAMILY IN ORDER FOR THIS TO WORK. SHE IS GOING TO HAVE TO LEARN HOW TO COPE WITH THE IDEA THAT SHE IS NOT THE FAIREST OF THEM ALL.

SNOW WHITE

MOVING ON TO THE QUEEN'S IDEA OF THE FAIREST OF THEM ALL, LET US FOCUS OUR ATTENTION TO SNOW WHITE WHO TRULY BELIEVES SHE IS A PRINCESS. BECAUSE OF THIS, WE COME TO SUSPECT THAT SHE HAS DISSOCIATIVE IDENTITY DISORDER. SHE DOES NOT HAVE A DECENT JOB YET SHE FINDS IT PERFECTLY PLAUSIBLE TO BREAK INTO LITTLE PEOPLE'S HOMES AND START CLEANING THEM AS IF SHE IS THEIR PERSONAL MAID. THAT IS SOME SERIOUS BREAKING AND ENTERING. THE FACT THAT SHE TALKS TO LITTLE PEOPLE IS ANOTHER STORY. LET US NOT FORGET TO MENTION THAT SHE LIKES TO SING TO FOREST ANIMALS. SHE IS A MAID, A PRINCESS, AND ALTERS HER BEHAVIOR TO ACT INNOCENT TO THE ANIMALS AND DWARFS; SO, WHO IS THE REAL SNOW WHITE? THE CAUSE OF HER DISORDER STEMS FROM VIOLENT ABUSE FROM HER PAST, BE IT PHYSICAL, MENTAL, OR SEXUAL. WE BELIEVE SHE HAS HAD TROUBLED TIMES IN HER HOME WITH HER PARENTS AND THE QUEEN'S KINSMEN TRYING TO KILL SNOW WHITE DID NOT HELP THE CAUSE EITHER.

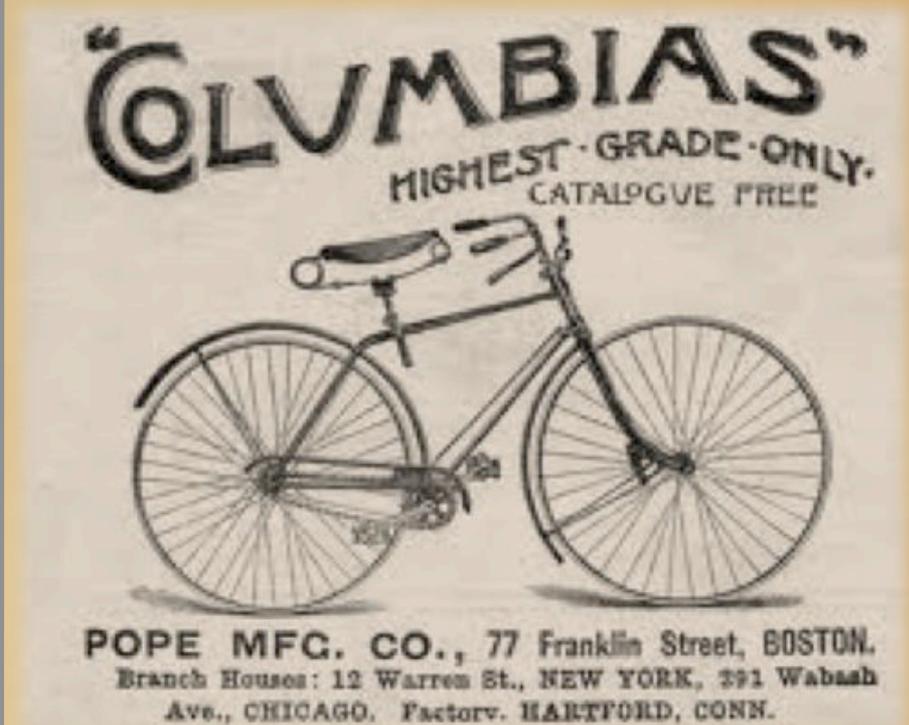


DUE TO THE LENGTHS SHE GOES AS A 'PRINCESS,' WE BELIEVE THAT SHE WOULD NEED COGNITIVE BEHAVIOR THERAPY AS WELL. AN UNINTERRUPTED LONG TERM THERAPY SESSION WOULD BE VERY HELPFUL. THIS PRINCESS NEEDS TO RECONNECT WITH HER FAMILY AND FIGURE THINGS OUT FOR HERSELF. PERHAPS A SOCIAL LIFE WITH *HUMANS WILL PROVE HER MORE SANE. ALONG WITH SNOW WHITE'S DID, WE REALIZE THAT SHE HAS A BINGE EATING DISORDER. AFTER ENDLESS QUESTIONING AT THE EMERGENCY ROOM AFTER HER NEAR DEATH EXPERIENCE FROM FOOD POISONING, WE FIND THAT SHE HAD BINGE EATING DISORDER; SHE BIT OFF MORE OF AN APPLE THAN SHE COULD CHEW, WHICH RESULTED IN MANY CONSEQUENCES. ASIDE FROM THAT, SHE WAS LOSING COLOR QUICKLY IN HER SKIN. THIS IS ONE OF THE SYMPTOMS OF AN UNHEALTHY DIET.

What is Cognitive Behavioral Therapy?

It is a type of psychotherapeutic treatment that emphasizes the important role of thinking in how we feel and what we do. It is usually short-term and focused on helping clients deal with a very specific treatment. People learn how to identify and change destructive or disturbing thought patterns that have negative influences on behavior.

TO TREAT HER BINGE EATING DISORDER, WE RECOMMEND THAT SHE RECONNECT WITH HER BINGE EATING EPISODES AND PRACTICE BETTER EATING HABITS. SHE WOULD BE ABLE TO WORK WITH HER THERAPIST FROM HER PREVIOUSLY MENTIONED CBT (LOOK AT THAT, KILLING TWO BIRDS WITH ONE STONE).



WIVES.

Look this ad over carefully. Circle the items you want for Christmas. Show it to your husband. If he does not go to the store immediately, cry a little. Not a lot. Just a little. He'll go, he'll go.

CIRCLE ALL THE QUALITY DORMEYER APPLIANCES YOU WANT!



Husbands:

Look this ad over carefully. Pick out what you, wife wants. Go buy it. Before she starts to cry.

Dormeyer

theCHIVE.com

NOW LET US BRING YOUR ATTENTION TO THE POOR VICTIMS OF THE BREAK AND ENTER. GROWING UP AS ORPHANS, THE SEVEN LITTLE MEN EACH HAVE A TROUBLED CHILDHOOD PAST WITHOUT THE NOURISHMENT WHICH ONLY A MOTHER CAN PROVIDE. WORD IN THE HEADLINES IS THAT THEY LIKE TO WHISTLE WHILE THEY WORK IN OUR TOWN'S DIAMOND MINES. DUE TO WORKING IN FILTHY MINES AND LIVING IN SUCH A DIRTY AND UNSANITARY ESTABLISHMENT THEY LIKE TO CALL HOME, THERE IS NO WONDER THAT THEY TOO, HAVE PSYCHOLOGICAL DISORDERS OF THEIR OWN.

AIR-CONDITIONED
LANDERS EST. 1909



ENDS
TODAY!

PRODUCERS' DEMAND...
That we raise our child admission price to **15c**
This applies to child tickets only. Adults, as usual, 50c.



SNOW WHITE
and the
SEVEN DWARFS
In Multiplane Technicolor
Also: MUSICAL AND NOVELTY

TOMORROW & SAT.
MAE WEST in
"EVERY DAY'S
A HOLIDAY"
—AND—
"THE KID COMES BACK"
with WAYNE MORRIS

Patented Feb. Lowell Inman, BFD No. 7.

LET'S BEGIN YET ANOTHER CITIZEN DEALING WITH DISSOCIATIVE IDENTITY DISORDER, DOC. HE CALLS HIMSELF A DOCTOR WHEN HE HAS NEVER WORKED WITH OR TREATED A REAL PATIENT. WHO KNOWS WHAT GOES ON IN THAT LITTLE COTTAGE OF THEIRS? ALSO, WE HAVE COME TO THE CONCLUSION THAT DOC HAS A SPEECH DISORDER BECAUSE HE CANNOT MAKE OUT HIS WORDS. LET US NOT FORGET WHEN HE ASKS SNOW WHITE "WHAT ARE YOU AND WHO ARE YOU DOING?" THAT IS EMBARRASSING. WE FEEL FOR THE FELLA AND THEREFORE RECOMMEND THAT HE STARTS SPEECH THERAPY ALONG WITH WEEKLY BEHAVIOR THERAPY SESSIONS. THE GOAL WILL BE TO DOWNSIZE HIS PERSONALITY TO JUST ONE. WE KNOW THAT THE DWARFS HAVE MAYBE SEEN THE REAL HIM AND WE ONLY HOPE THAT HE CAN HELP SHARE IT WITH THE





'It's the bestest drink!'



Layers of happiness

RAINBOW TREAT

Four prepared time jelly one individual long glasses fill half full. Let it set in the fridge. Then add a little drink custard to each glass. Empty 2 bottles Gold Spot in two trays and let it freeze in fridge. When set, remove and crush into bits. Just before serving top each glass with the crushed Gold Spot ice.

Looks too good to eat!

KEEP GOLD SPOT STOCKED AT HOME. UNEXPECTED GUESTS DROP IN ANYTIME!



Gold Spot. The taste goes to your smile.

How selective serotonin reuptake inhibitors work

SSRIs ease depression by affecting chemical messengers (neurotransmitters) used to communicate between brain cells. Most antidepressants work by changing the levels of one or more of these naturally occurring brain chemicals.

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SSRIs block the re-absorption (reuptake) of the neurotransmitter serotonin in the brain. Changing the balance of serotonin seems to help brain cells send and receive chemical messages, which in turn boosts mood. SSRIs are called selective because they seem to primarily affect serotonin, not other neurotransmitters.



THE NEXT DWARF WILL DO ANYTHING TO FIND A PLACE TO SLEEP. HIS EXCESSIVE DAYTIME SLEEPINESS SHOWS US THAT HE HAS THE SLEEP DISORDER, NARCOLEPSY. WE FEAR THAT HIS SLEEPINESS IS CAUSED MORE THAN JUST FROM LONG HARD DAYS WORKING AT THE DIAMOND MINES. HIS EXCESSIVE SLUMBER CAUSES HIM TO BECOME LESS PRODUCTIVE AT WORK AND THEREFORE WE RECOMMEND THAT THE OTHER DWARFS KEEP HIM ACTIVE AND OUT OF THE HOUSE. THIS TYPE OF ACTION IS ALSO LINKED WITH DEPRESSION. HE WOULD ALSO NEED A DRUG THAT STIMULATES THE CENTRAL NERVOUS SYSTEM (CNS) TO KEEP HIM AWAKE AND ALERT. WE RECOMMEND SELECTIVE SEROTONIN REUPTAKE INHIBITORS (SSRIs) WHICH WILL HELP ALLEVIATE HIS SYMPTOMS.

IF ONE DWARF WOULD GET EASILY AGGRAVATED WITH HIS SLEEPING , IT WOULD BE GRUMPY. STRESS, SUCH AS A CHANGE TO THE HOME ENVIRONMENT BY THE ARRIVAL OF A YOUNG WOMAN TO A TRADITIONALLY ALL-MALE HOUSEHOLD, COULD HAVE BEEN AN EXACERBATING FACTOR ON GRUMPY'S DEPRESSED ATTITUDE. FEELINGS OF PERSONAL WORTHLESSNESS HAVE LED HIM TO EXCLUDE HIMSELF FROM THE OTHER DWARF'S JOKES AND LAUGHTER. ANOTHER REASON FOR HIS DEPRESSION IS BECAUSE OF OUR TOWN'S CONSTANTLY CHANGING WEATHER. HE HAS A CASE OF SEASONAL AFFECTIVE DISORDER (SAD). WITH OUR AREA'S RANDOM RAINSTORMS, GRUMPY HAS TO SPEND EXTRA TIME IN THE COTTAGE WITH THE IRRITABLE SIX ROOMMATES.

IN ORDER FOR HIM TO DEAL WITH HIS MAJOR DEPRESSION, AN ANTIDEPRESSANT DRUG ALONG WITH LIGHT EXPOSURE THERAPY WILL BE MOST SUITABLE. THE BIOMEDICAL APPROACH WOULD WORK BEST FOR GRUMPY BECAUSE HIS DEPRESSION HAS TO BE DEALT WITH ON A NEUROLOGICAL LEVEL. WE RECOMMEND PROZAC FOR HIM FOR IT WILL ALTER THE AVAILABILITY OF NEUROTRANSMITTERS IN HIS BRAIN, ULTIMATELY LOWERING HIS ANXIETY. ALSO, IF HIS CLINICAL PROCEDURE USES A PLACEBO THEN IT MIGHT BE A MORE NATURAL TYPE OF TREATMENT.





THE DWARF THAT DOES NOT GET IRRITATED WITH GRUMPY'S BEHAVIOR IS HAPPY. HE SMILES AND LAUGHS AT VIRTUALLY ANYTHING THAT THE LOVELY SNOW WHITE SAYS, KEEPING THAT HAPPY DEMEANOR. HE HAS A HYPERACTIVE AND WILDLY OPTIMISTIC STATE WHICH CLASSIFIES HIM AS HAVING THE MOOD DISORDER, MANIA. RUMOR HAS IT THAT HE SEEMED HAPPY FOR THE WORLD TO SEE BUT HE WAS REALLY DEALING WITH A LOT MORE BACK AT HOME. WE ONLY SEE HIM DURING HIS "HIGHS", AND WHEN THE BOTTOM DROPPED OUT HE'D HIDE IN THE MINE FOR DAYS, SOBBING UNCONTROLLABLY. WE RECOMMEND STARTED HIM ON DEPAKOTE AND PSYCHIATRIC HOSPITALIZATION WILL BE NECESSARY. THIS DRUG WILL WORK WONDERS LEVELING OUT HIS MOODS.





It may give you an
 answer. Come to come
 and have a friendly,
 easy-to-understand talk.
 Yes, Don't give up.
 I see many of the
 latest, Quickest,
 Curative Treatments,
 Services, Instrumental
 Medications, Ver-
 nax, Bacterin,
 Electrolysis, Med-
 ication, Vitamin
 Equipment,
 Long-established,
 large volume, follow
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 including private.

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Free, Private Consultation.

Specialties

Chronic Diseases of the Vital Organs: Kidney,
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 fairs—Stomach, Bowel, Rectal Diseases—
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 Etc., Focal Infections—Rheumatism, Etc.

Physical Examinations as low as \$5.00
 Professional fees as low as \$1.00 per treatment
 Maximums from \$1.00 to \$4.00 per session.

Over 20 years' experience treating thousands of patients.
 No matter how discouraged you may be, it may well re-
 pay you to come in and talk over your trouble.

W. D. SUMMERS, M. D., FRCP.

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 Open Emergencies on Mondays, Wednesdays, Fridays and
 Saturdays from 4 P. M. to 6 P. M.
 On Sundays & Holidays—10 A. M. to 12 noon, only.

—DON'T WORRY, DELAY AND GET WORSE!

AS CONFIDENT AS HAPPY WAS IN FRONT OF SNOW WHITE, BASHFUL WAS THE OPPOSITE. BASHFUL, COMPLETELY ADMIRING OF SNOW WHITE, SEEMS TO BECOME COMPLETELY SHY WHEN THE BEAUTIFUL PRINCESS AWAKES FROM HER SLUMBER AT THEIR FIRST ENCOUNTER.

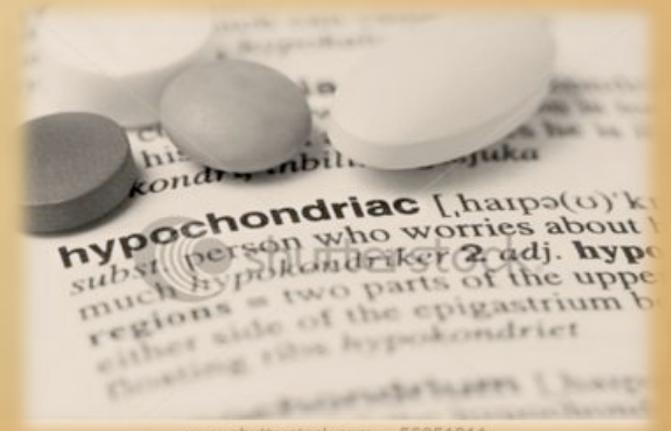
DEALING WITH EMOTIONALLY LOW CONFIDENCE, HE TURNS BRIGHT RED IN HER PRESENCE. HIS UNPROVOKED FACIAL BLUSHING IS SEVERE AND UNCONTROLLABLE; THIS REACTION IS LINKED WITH SOCIAL ANXIETY DISORDER (SAD). HE SEEMS TO BE A FRUSTRATING LITTLE DWARF TO BE AROUND BECAUSE HE CAN NEVER SPIT OUT WHAT HE IS TRYING TO SAY DUE TO HIS EMBARRASSMENT.

A PSYCHOANALYTIC APPROACH WILL HELP BASHFUL OUT THE MOST. THROUGH THE USE OF FREE ASSOCIATION, HIS THERAPIST WILL TRY TO UNDERSTAND HIS CURRENT SYMPTOMS THROUGH RECURRING THEMES AND DIG DEEPER INTO HIS CHILDHOOD EXPERIENCES WITH PEOPLE. IF ALL ELSE FAILS, THE DRUG PAXIL WILL MAKE HIM A LESS FRUSTRATING DWARF TO LIVE WITH. THE BEHAVIORAL TECHNIQUE OF EXPOSURE THERAPY CALLED SYSTEMATIC DESENTIZATION WILL TREAT HIS ANXIETY BY EXPOSING HIM TO HIS FEAR, WHICH IS EMBARRASSMENT IN FRONT OF SNOW WHITE.



WE ALL FEEL FOR POOR LITTLE BASHFUL, BUT WE GET A LITTLE AGITATED WHEN HIS ROOMMATE IS SNEEZING, DRIPPING, AND WIPING HIS SNOT COVERED FINGERS ALL OVER TABLECLOTHS (I RECENTLY HAD AN ENCOUNTER WITH HIM AT A NEARBY RESTAURANT). SNEEZY HAS MORE THAN JUST ALLERGIES, HE HAS THE SOMATOFORM DISORDER, HYPOCONDRIASIS. WE DON'T KNOW IF HE ACTUALLY BELIEVES THAT DOC IS A REAL DOCTOR BUT WE DO KNOW THAT HE THINKS HIS SNEEZING IS A MUCH MORE SERIOUS MATTER.

CLARITIN CLEAR CAN HELP HIS ALLERGIES AND MAKE HIM MORE OF A PLEASURE TO LIVE WITH BUT IN ORDER FOR HIM TO REALIZE THAT IT WAS JUST ALLERGIES HE WAS UNAWARE OF, WE NEED TO INTRODUCE HIM TO COGNITIVE-BEHAVIORAL THERAPY FOR STRESS MANAGEMENT AND HELP HIM FIND A BETTER WAY TO COPE WITH HIS DISORDER.



LAST BUT NOT LEAST, THE INNOCENT AND NAIVE DOPEY HAS ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD). HE EASILY BECOMES THE VICTIM OF PEER PRESSURE IN THE HOUSE AND DEMONSTRATES IMPULSIVITY IN RESPONSE (LET US NOT FORGET, HE WAS THE FIRST TO GO INTO THE ATTIC TO SEE WHO WAS IN THEIR COTTAGE). HIS ADHD ALSO PREVENTS HIM FROM FOCUSING ON DIAMONDS IN THE MINES AND DUE TO THIS, HE NEEDS A PRESCRIPTION OF ADDERALL, A MIXTURE OF AMPHETAMINES.

THROUGH A TRIAL OF LOW-DOSE STIMULANT MEDICATION, WE WILL BE ABLE TO TELL HOW SEVERE HIS CASE REALLY IS. AN UNDIAGNOSED LEARNING DIFFICULTY WOULD BE APPROPRIATE BUT OUR CONCERN IS THAT THIS MAY BE A CHRONIC EXPOSURE TO RELATIVELY LOW LEVELS OF CARBON MONOXIDE FROM THE MINES.

AS A MINER, WORK CONDITIONS ARE CRAMPED AND THE AIR CIRCULATES POORLY. THIS CHRONIC POISONING MAY CAUSE CONSTANT HEADACHES, CONFUSION AND MEMORY LOSS. WE BELIEVE THAT DRUGS WILL ALSO HELP CONTROL THIS TO MAKE WORK EASIER.





AS YOU CAN SEE, NOT ALL IS WELL IN THIS TOWN WE LIVE IN; IT'S A PLACE WHERE NEURODEVELOPMENT AND PSYCHOSOCIAL PROBLEMS GO UNKNOWN AND UNCURED. NEXT TIME YOU RUN INTO SNOW WHITE TALKING TO ANIMALS IN THE FOREST, LEAVE HER BE. WE CAN ONLY HOPE THAT THE 'QUEEN,' 'PRINCESS' AND HER DWARFLIKE MINIONS SNAP OUT OF THEIR FAIRYTALE ILLUSIONS AND BACK INTO REALITY SOON, FOR THEIR OWN SAKE.

Now — FOLKS WHO LIVE NEAR
WEST 72ND STREET
 HAVE THEIR OWN **PERSONAL FINANCE CO.**
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\$300

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NEEDS MONEY
at some time or other
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4 LOAN PLANS
 . . .
20 REPAYMENT PLANS

Come in ... write ... or phone



For further information on this story, e-mail Doctor *Kathy Ruda* at kathyruda@gmail.com