

To Your Health

Typical Ulcer Diet High in Fat

By DR. JOSEPH G. MOLNER
Dear Dr. Molner: In 1956 I developed a duodenal ulcer and my doctor put me on a diet to cure it. The treatment was successful, but I have gained about 40 pounds and every time I diet, the ulcer flares up. Is there any kind of diet I can follow without bothering the ulcer?—
MRS. F.G.

The typical ulcer diet is high in fats — milk, cream, cream soups.

However, the diet needn't be so rigid, nor so heavily laden with fat. Skimmed milk instead of whole milk or milk-and-cream can be used for intermediate feedings. For desserts, use gelatin, sherbets or ices instead of puddings.

And above all remember that diet isn't the whole story. Keep caffeine drinks, smoking and alcohol at a minimum because they make ulcers flare up. Frequent small feedings are important. Avoid spicy condiments.

Judicious medication, emotional control and avoiding tension and fatigue are other important aspects. Get all of these factors working for you to keep the ulcer under control, and you then have moderate leeway to reduce the amount of fat in the diet.

Dear Dr. Molner: What is meant when a school psychiatrist says a child is "immature"? One told me my son was more than mentally capable for his school work yet was quite immature.—
MRS. J.

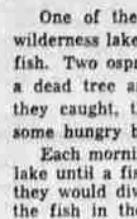
"Immature" can have both a physical and an emotional meaning. It can mean that a child, although healthy, may be delayed in reaching puberty or in developing secondary sex characteristics — deepening of the voice, changes in the figure, etc.

Or it may refer just to emotional matters—again having no relation to intelligence. A child may have brains to spare for classwork, yet not be sociable in games, or not know how to cope with teasing, or not be able to adjust to the normal mixing of youngsters. He's immature, he "hasn't begun to grow up," in these things.

Dear Dr. Molner: Could a person have had spinal meningitis and after 14 years have tuberculosis caused from it? Is there any relation between the two?—N.M.K.

Meningitis, or inflammation of the lining of the brain and spinal cord, can be caused by a variety of germs, TB among them. When the TB germ causes illness, treatment usually succeeds in eliminating it to the degree of preventing a relapse. Hence there probably is no connection between the meningitis and TB 14 years apart. (The meningitis may well have been from some entirely different type of germ.)

That's Nature Life Abundant in Wilds



By PRINCE E. HELFRICH
Northwest Conservationist

One of the pleasures of camping on a wilderness lake was watching the birds catch fish. Two ospreys had a nest in the top of a dead tree and from the number of fish they caught, they must have been feeding some hungry babies.

Each morning they would hover over the lake until a fish came to the surface. Then they would dive like a bomber and capture the fish in their claws. Sometimes a bald eagle would steal the fish from them. It took only a dive or a scream from the eagle and the osprey would drop his catch which in turn was caught by the eagle.

The loons on the lake were teaching their young to fly. Each evening they would call and then take off to some nearby lake. One of their young would follow, but the other would stay on the lake and call in a tone-some voice for them to return.

Another of the delights of the northern woods is the great abundance of berries. We could pick wild strawberries in the openings or gather blueberries in the woods. In moist places the wild raspberries grew in great profusion. There is much abundance in the summertime, but with the coming of winter, the food disappears; the bears must hibernate and the birds go south.

A short hike on the trails around camp would show the large number of animals in the woods. A muddy place would show lynx, bear, deer, coyote, and moose tracks all using the same trail. One morning we saw where a grizzly bear had dug out a hornet's nest. When the hornets started penetrating his thick fur, he started clawing at them and in the process pulled out great bunches of long grizzly hair.

Even the wildest places showed evidence of man having been there in the past. A meadow would be fenced for horses or cattle; an old log cabin had been the home of an early day trapper; the inlet of a lake

would still have the frame where the Indians had set their nets for fish.

And one of the amazing stories that we heard from an old trapper was that thousands of wild horses still roamed this territory. In winter they would dig through the snow to the grass underneath, and if conditions got especially severe, they would eat the bark off the young poplar trees. In some places ranchers offered bounties for killing these wild horses that were depleting their ranges.

The people of this vast wilderness are served by remote trading posts where everything from kerosene lanterns to hackmoys are available.

Indians and whites alike stock up here for the winter, and the stock in trade is a far cry from our modern stores. Sugar and flour are available in hundred-pound sacks. Boots with felt linings are for the cold winters. The stores carry all equipment for work and riding horses. This country is like our western country 50 years ago, and living is at the same pace.

We saw Chilkot Indian families driving into the trading posts in their rubber-tired Bennett buggies to lay in supplies for the winter. The Chiko Indians are a good-looking and intelligent people, although at times not too friendly. Many of them live and work on the big cattle ranches.

We met interesting people who helped us find the fabulous fishing on our way in a new country. Len Le Lievre of the Chain Lakes has a fine setup for both fishermen and moose hunters, and can tell some exciting stories of the wilderness country.

We left our lake one morning and headed back to civilization, taking with us the memory of bright sunlit days—and nights disturbed only by the slap of a beaver's tail or the queeting call of an owl. We left the lake to the ones whose home it was—the loons, the beavers, muskrats, coyotes, fish and ospreys.

Ask Andy

Ring of Fire Still a Riddle

Andy sends a complete, 20-volume set of the World Book Encyclopedia to Donald Marotto, 13, of Staten Island, N. Y., for his question:

Why are there so many volcanoes around the Pacific?

The vast Pacific Ocean covers almost half the globe. It was named the Pacific because its gentle waters seem calm and peaceful when compared with the heaving waves of the Atlantic. But the shorelines of the great ocean are restless with shifting islands, growing mountains and volcanic activity. Its basin is an awesome bite deep into the earth's crust.

The rim of the great ocean is ringed with mountain ranges and arcs of islands, with earthquake faults and belts of volcanic activity. This restless region has been called the earth's Ring of Fire and several theories have been suggested to explain it. One theory suggests that the floor of the Pacific is rotating, taking about three billion years to make one turn while its shorelines remain stationary.

Another theory suggests that the Ring of Fire is caused by

convection currents deep in the earth's interior. On a small scale, a convection current occurs when you boil a pot of soup. The soup at the bottom, getting the most heat, rises in a current at the center of the pot. There it turns towards the edges of the pot and plunges down the sides to start another convection cycle. Convection currents on a vast scale may operate deep in the earth.

If this is so, the Pacific area could be a huge convection cell with currents rising and descending deep into the globe. The motion is perhaps a few inches a year, but this energy would be enough to explain the restless, mountain-making earthquakes and volcanism around the Pacific.

A host of new facts about the earth's crust were gathered during the International Geophysical Year, but scientists are still groping for a theory to fit all the facts together. The convection theory seems the most likely explanation for the Pacific's Ring of Fire — but more facts are needed to prove it right or wrong.

Andy sends a Hammond's International World Globe to Michael Matthes, 13, of Chicago, Ill., for his question:

What is a Great Circle route?

When you go around the equator, you seem to be going in a straight line. Actually, your path is a Great Circle around the curved surface of the earth. Great Circles are used to plot long-distance plane routes. On a flat map, a Great Circle route is curved and looks longer than a straight line between two points. But actually, it is the shortest route, because it follows the curved surface of the round globe.

Andy awards each day a full set of the World Book Encyclopedia for the first question he selects to answer. When a second question is answered a large world globe or atlas is awarded. Questions are accepted from teen age or less-than-teen-age readers. They should be addressed to the Register-Guard, 975 High St., Eugene. Andy prefers that questions be written on postcards, rather than in letter form.

