*To Your Health*

# Drugs Can Ease Tendonitis

By DR. JOSEPH G. MOLNER

Dear Doctor Molner: My husband has pain and stiffness in his right elbow, and two doctors have diagnosed it as tendonitis. One suggested X-ray treatment and the other cortisone.

My husband finally consented to having a cortisone shot, which helped [illegible] only temporarily. Should he try the X-ray treatment, or more cortisone?

He isn't having anything done now because he believes his condition is chronic and he "must learn to live with it."—Mrs. J.F.

I wouldn't be warranted in trying to decide an "either-or" question concerning a patient I've never seen, but here is one fact to keep in mind: Cortisone is very effective in these cases. However more than one injection may be required. If one shot afforded temporary relief, that's a good sign.

Heat and salicylates (aspirin) also are very effective.

Why not at least make use of whatever gives relief? That is no more than simple logic. Why suffer when you don't have to?

True, tendonitis (inflamation of a tendon) might be slow to cure, but I can't agree that it necessarily is chronic or something you "have to learn to live with" until a reasonable amount of treatment has been obtained.

There are ailments you have to learn to live with, and sometimes a doctor has a rough time in persuading a patient of that fact. But here it's the other way around. One injection of cortisone already has given temporary relief, and there are other means yet to be tried. (The heat and aspirin.)

There's another step which at times is helpful in cases resembling this one. Gout should first be ruled out. (Doubtless in this particular case this has already been done.)

Gout, sometimes settles in a tendon, as well as other places. Tests for excess uric acid give a ready indication as to whether gout is involved.

If it is, the obvious place to start is in treating the gout, rather than just its symptoms.

Dear Doctor Molner: Several women, recently have started to take plain gelatin to improve hair, eyes and nail condition. Is this wise? Will it cause hardening of the arteries?—E.C.

Gelatin is protein—although an incomplete one—and since some people don't get enough protein, it may help strengthen nails and sometimes aid in other ways. It won't harden the arteries.

Doctor Molner welcomes all reader mail, but regrets that due to the tremendous volume received daily, he is unable to answer individual letters. Readers' questions are incorporated in his column whenever possible.

## Athenian Makeup

Women of ancient Athens darkened their eyes with mascara, and used creams and beauty lotions.

*Wonder of the Ancient World*

# Divers Find Ruins of Pharos

WASHINGTON — Divers have discovered fragments of the Pharos, the great lighthouse that was one of the seven wonders of the anicent world.

In the harbor of Alexandria, United Arab Republic, the underwater explorers found a decorated stone facade, a broken column and statuary that may have ornamented the monumental structure.

The remains of the Pharos lie about 24 feet beneath the Mediterranean Sea, the National Geographic Society says. An earthquake toppled the lighthouse in 1375, destroying a seamark that had stood for 1,600 years.

The Pharos was completed about 280 B.C. in the reign of Ptolemy II, or Philadelphus. This enlightened ruler of Eygpt made Alexandria into a center of science and scholarship. The city also was a major port, and a beacon was needed to guide ships to Eygpt's low-lying coast and past the shoals outside Alexandria's harbor.

The lighthouse was built on the island of Pharos, a natural breakwater. The island was connected to the mainland by a causeway, which has silted over and become an isthmus.

The Greek architect Sostratus, who designed the tower, was so proud of his work that he boldly carved his name on it. He then prudently covered the place with plaster on which he engraved Ptolemy's name. Sostratus knew the plaster would disintegrate after Ptolemy's death and reveal the original inscription.

Ancient and medieval writers often described the Pharos, but they mingled fact and fancy so capriciously that an uncertain picture of the tower survives.

Archeologists believe it stood about 500 feet tall in several tapering sections. The base was 100 feet square and perhaps 200 feet high. It reputedly contained 300 rooms, and may have served as a fort. Above the base rose octagonal and circular stages. A cupola protected the signal fire. Surmounting all was a giant statue of Poseidon, god of the sea.

Smaller statues in the Phoras supposedly included a rotating figure that followed the sun's course with a pointing finger and another that musically sounded the hours.

Some accounts describe an interior ramp that wound gradually all the way up to the light. Donkeys hauled fuel up the incline. Other scholars say a windlass at the top hoisted palm logs through a center well. In any case, the flare was kept burning constantly—a pillar of fire at night, a column of smoke by day.

Ancient writers said the Pharos beacon was visible 60 miles at sea, and that sailors sometimes mistook it for a strange new star. Modern authorities calculate that the beacon probably was visible only 30 miles.

The light may have been reflected by a polished stone or metal disk. According to legend, the reflector could beam the sun's rays 100 miles to burn an enemy ship. One credulous writer claimed that the Pharos mirror reflected events in distant Constantinople.

Top sections of the Pharos collapsed around A.D. 700. Men seeking Alexander the Great's treasure, rumored to be hidden there, may have undermined the top. An earthquake in 1200 and the severe temblor in 1375 completed the destruction.

Today, all that remains above ground of the wonder of the world are a few stones incorporated into a 15th-century fort on the site.

Ask Andy

# Asteroid Source Unknown

*Andy sends a complete, 20-volume set of the World Book Encyclopedia to Richard Mayfield, 11, of Shreveport, La., for his question:*

**How are the asteroids formed?**

Lately, science has revealed some astounding information about meteorites. These are grounded space travelers which, we are told, form part of the drifting debris in the spaceways of the solar system. Most experts agree that many of these meteorites were once asteroids.

Iron and nickel meteorites are made from heavy metals like those in the earth's core. Stony meteorites are made from lighter minerals like those of the earth's crust. In the formation of a planet, the heavy elements tend to sink to the center, but this process takes time. The different meteorites suggest that they might be fragments of some larger body which was once a planet.

The asteroids which give us many of our meteorites, then, might be the scattered remains of a planet which once orbited between Mars and Jupiter. But we have no proof of this theory. Nor can we explain how a planet could be smashed into fragments.

The meteorites now being studied contain large amounts of carbon compounds. They are called carbonaceous chondrites, and lately we have learned some amazing facts about them. Some of these facts might lead us to fanciful ideas that cannot be proved.

Some of the minerals in these chondrites are like the hydrocarbon chemicals in butter and other organic substance which come from living things. But we cannot argue that there were cows on the planet which broke apart to form the asteroids. Far from it. We may suspect, but we cannot prove, that some meteorites are grounded asteroids or that the asteroids are fragments of a planet. True, the newly found compounds are like those which form living organisms. But this does not help us prove how the asteroids were formed. As of now, we just do not know.

The carbonaceous chondrites may or may not prove that life exists outside our world. Their compounds are like the basic chemicals from which living matter is formed, but such chemicals can exist as non-living substances. What's more, the rather soft chondrites are porous, and chemicals may have seeped into them from the soil. The life-forming compounds may prove to be from the earth and not from outer space.

*Andy sends a 14-inch globe to Lyn Paulson, 12, of Newport News, Va., for his question*

**How long does an eclipse last?**

A total solar eclipse can be seen from only a narrow path along the earth. The dark disk of the moon creeps gradually across the sun, blotting out its brilliant face. At the time of total eclipse, the sun is hidden completely, the world becomes dark and stars can be seen in the sky.

This eriod of darkness, however, is never longer than a few minutes. Total eclipse of the sun can be as long as seven minutes and 30 seconds, but this does not often occur. As a rule, the sun begins to peep out from behind the moon after perhaps two to five minutes.

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 postcard, rather than in letter form.

## Salaries High For Engineers

CORVALLIS (AP)—Engineering graduates are in such great demand this year that Oregon State University is turning away companies which want to interview prospective employes.

George Gleeson, dean of engineering, said OSU will graduate 230 engineers in June and could place three or four times that number in good jobs.

Starting salaries average about $588 a month, with doctor's degrees commanding about $875 monthly.