

# The Medical Roundup

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## INFLAMMATION OF THE BLADDER, OR CYSTITIS

Many persons, and particularly women, tend to get repeated bouts of infection in the bladder with frequency of urination and perhaps burning. Some women are more likely to get cystitis than are men, and this may be due to the fact that in men the distance between the outlets of the bladder and the bowel is great; in women the distance is short. As a result, in them it is easy for disease germs to get from the anus, or outlet of the bowel, to the meatus, or outlet of the bladder. It is probable that many women would not get cystitis if they would always wipe backward and not forward. Also, it may help much if, after urinating, the woman will dry the parts. It is possible that germs can travel along a band of moisture from the anus to the meatus and on into the bladder.

A physician can quickly tell if there is infection in the urine by looking under the microscope at a sample recently passed. He can easily see if there are any bacteria, with perhaps some pus cells or red blood cells.

If the woman is urinating frequently only by day and not by night, and if her urine is very watery and contains no bacteria or pus cells the doctor will ask her what she is worrying about. Many women, when they are worried or unable to make up their mind about something, will start running to the toilet every 15 or 20 minutes to urinate. Once asleep they will not wake till morning. If they had an in-

flamed bladder they would be waking at intervals all night.

**Germs Can Be Killed**  
In many cases the germs growing in the bladder can quickly be killed off with the help of an antibiotic drug, and this may bring an end to the trouble. However, if the infection keeps coming back, the woman should have an examination with a cystoscope, or a tube that is passed into the bladder. With the help of a tiny electric light, the urologist can look around to see if there is any inflammation or ulceration of a stone or a tumor. If nothing is found in the bladder, he may run tubes up into the kidneys to see if the urine coming from one kidney is infected. He also will get x-ray pictures made to see if there is any stone in the kidneys, and he will take x-ray pictures after giving a medicine which comes out in the urine and hence makes visible the inside of the kidneys. Any abnormality in the kidneys or bladder, such as a stone, is likely to keep up the infection that is present.

Any red blood in the urine is a danger signal which calls for an expert study by a urologist. Many persons, on seeing a cloudy urine, think they must be passing pus, but in most cases the cloud is made up of chemical substances that are doing no harm. Terrible pain in one flank usually means that a grain of sand is coming down the ureter from the kidney to the bladder. Before diagnosing appendicitis, the wise physician will always examine the urine because this may show a little red blood due to the scratching effect of a rough grain of sand coming down the right ureter and causing the pain. Oftentimes when the grain of sand or "gravel" stops in the lower end of the

ureter, a urologist, working through the bladder, can fish out the little "stone."

## On Not Always Thinking About Self

I have known many persons who complained they were constantly thinking of themselves and little else. Sometimes they got so disgusted with this that they wished devoutly they could get over it; they wished they could think of someone else. They came to ask me how this could be done. Probably the best thing such a person can do is to keep realizing that such habits of thinking are bad. It would help to force himself to stay social and to go out among people; to try to talk to them, and to get interested in their problems and their conversation. I have known lonely women who got a room in a home where there were nice children. They became honorary and much-liked "aunts" to these children, helping them with their school work, and with this they lost their great loneliness.

Many another lonely woman took a position as housekeeper in a nice home, and this made life much happier and more satisfying. Many women are helped by working in a store or office. The big thing is not to become a lonely recluse. In these days, when it is so hard for busy mothers to leave young children and get out occasionally for a few hours, older women who love children and have time on their hands, could have all their spare time grabbed up if they would let it be known that they were available for a few hours of "baby-sitting."

The other day I read a magazine of the thoughtful woman who, having little money to buy Christmas gifts for her young relatives, gave them an envelope containing a "certificate" entitling them to so many hours of kindly help in their homes. And the girls prized these gifts of service dearly.

Dr. Alvarez regrets he hasn't time in which to read or answer requests for information.  
(Released by The Register and Tribune Syndicate, 1956)

## As We Live

### Nine Year Courtship Has Widow in a "Tough Spot"

When a man goes with a woman for nine years and doesn't ask her to marry him, she must accept the fact that he has no intentions of doing so and act accordingly.

(Q) "I have been a widow for 11 years and all my children are married. For the past nine years, I have been going with a widower whose children are married but one daughter who has a very good job in another state. I love this man dearly and he tells me he loves me. But, he says he can't marry me because he promised his wife before she died that he wouldn't marry again and also, he feels he shouldn't marry unless his 'old-maid daughter' finds herself a husband. I told him this has put me in a tough spot because my children and my friends think it strange that we aren't married after keeping company for so many years. He tells me I am selfish to want him to break his promise to his dead wife and leave his daughter without anyone to fall back on. I can't understand his reasoning, can you?"



Dr. Hurlock

J. McC.  
(A) I don't think you can call this "reasoning" but rather "rationalization," or trying to find a plausible excuse when put into a difficult position. For some reason, whether devotion to his daughter or a feeling of obligation to keep the deathbed promise to his wife, this man does not want to marry again. But, he wants your love and companionship.

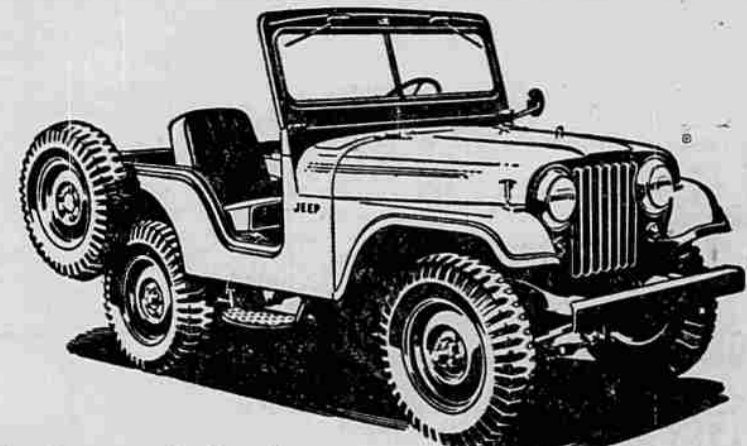
If this is not enough for you, call it a day and let him have his daughter as his companion instead of you. You are not obligated to continue the friendship if it puts you in an embarrassing position with your children and friends.  
When people reach middle age, a courtship of nine years

is much too long. It is a pity that you did not bring the matter to a head long ago and discover just where you stood. Had you known, long ago, that he felt he could not marry you, or had you known about his deathbed promise to his wife, you could have ended the friendship before it went so far as to put you in a "tough spot."  
(Copyright, 1956, General Features Corp.)

## Gas Tax Exemption Proposal Endorsed

Washington—(U.P.)—The House Agriculture Committee has unanimously endorsed President Eisenhower's proposal to exempt gasoline used on farms from the two cents a gallon federal tax.  
The exemption was one of the nine points of President Eisenhower's farm program, outlined in a special message to Congress Tuesday.  
The Agriculture Committee at

a closed meeting adopted a resolution urging the House Ways and Means Committee, which has jurisdiction over all tax bills, to approve the proposal.  
Portland—(U.P.)—The Portland city council has agreed informally to grant Portland Traction Company permission to provide mass transportation in the city for six months after expiration of the present franchise.



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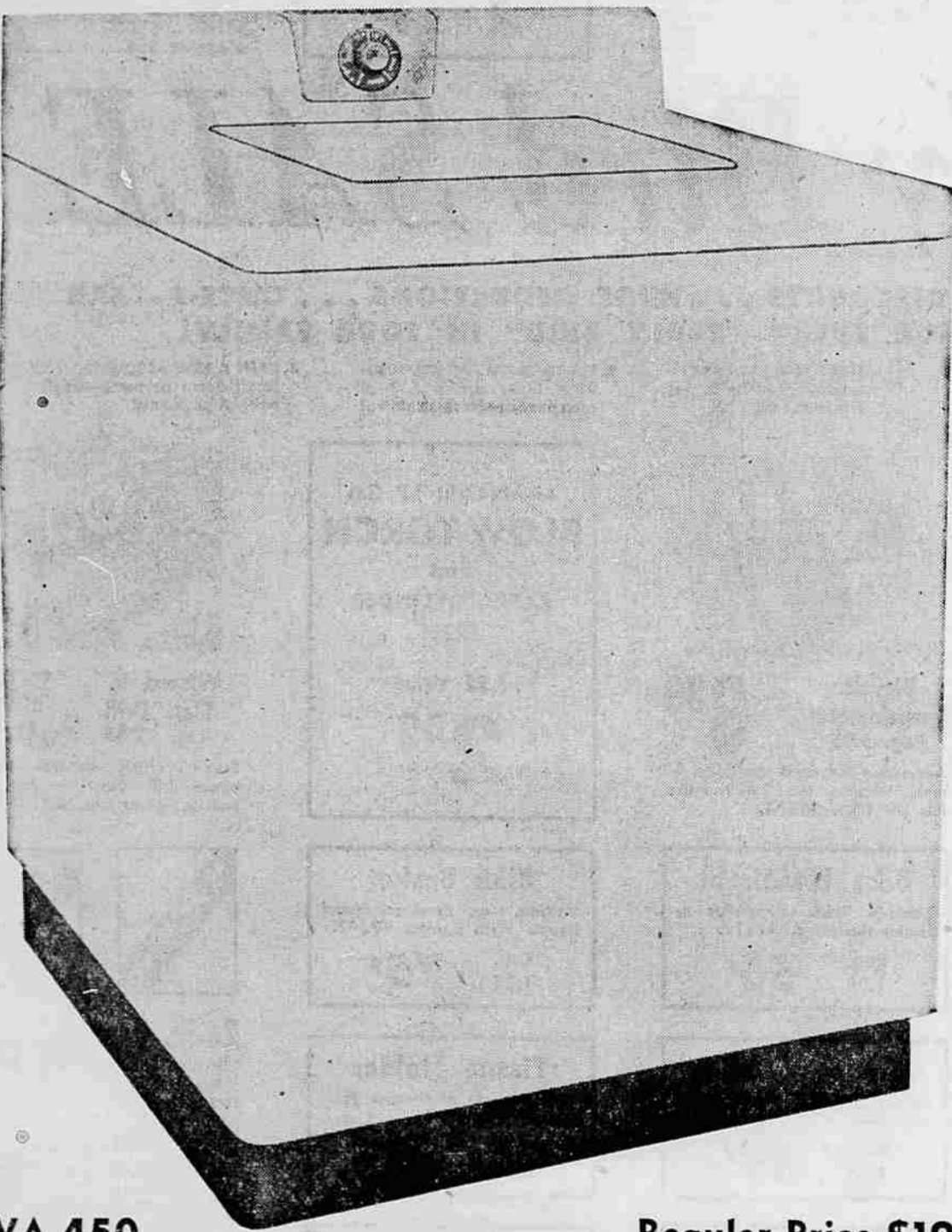
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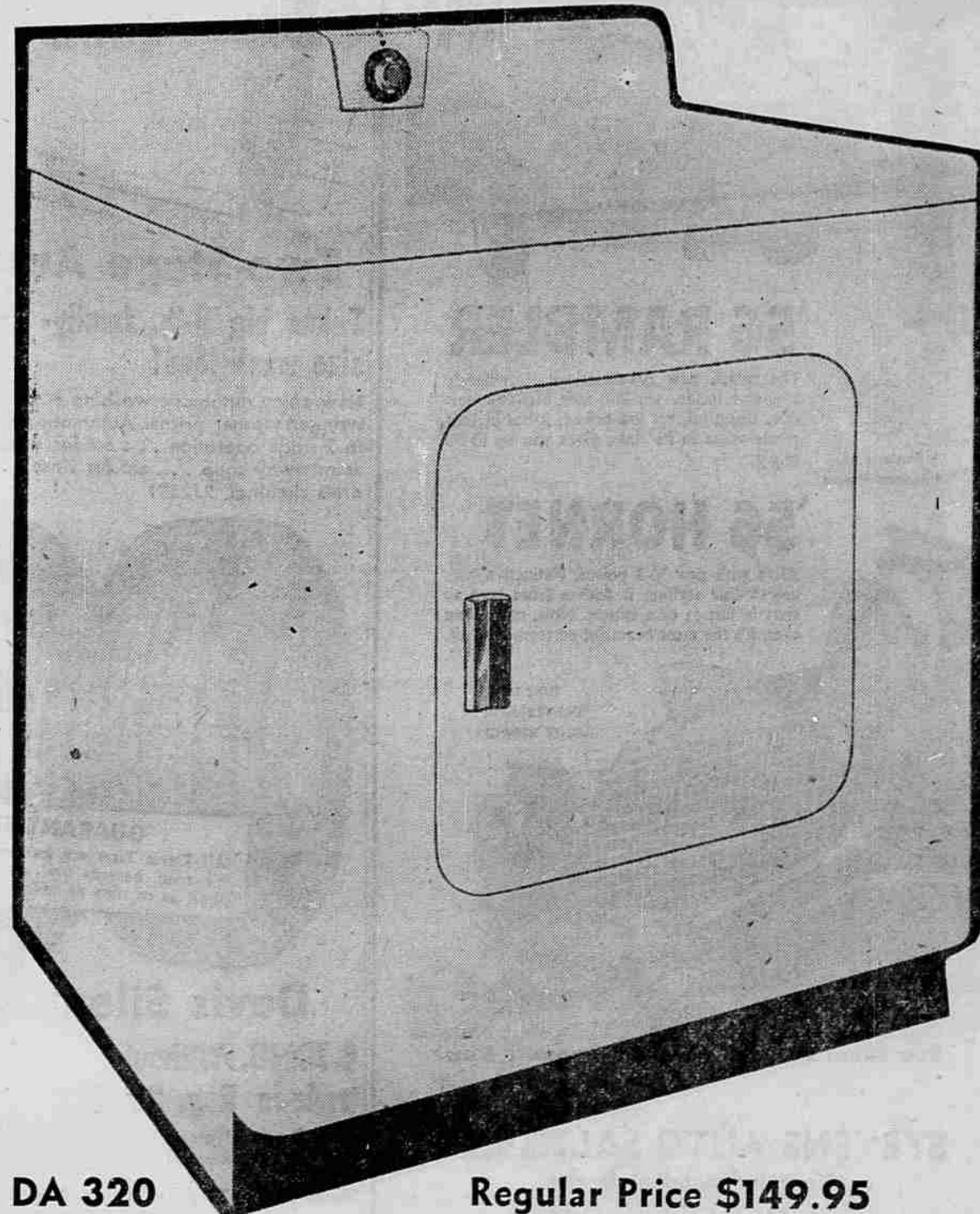
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