The Medical Roundup

by Walter Alvarez

Emeritus Consultant in Medicine, Mayo Clinic
Emeritus Professor of Medicine, Mayo Foundation

Bleeding From The Rectum

Many people worry me when they write and say, "I am bleeding from the rectum"—or perhaps the vagina, or "I vomited a little blood," or "I am spitting up some blood; will you please put a letter for me in your column, telling me what to do?"

Dr Alvarez

These people apparently haven't noticed that I don't answer individuals in my column; I haven't time in my busy day even to read the scores of letters that come in; and if I were to try to answer all the requests for information I get, I would need a column covering two pages of this paper.

However, I must say here that any person, especially past middle age, who is bleeding from any body cavity should immediately go to a physician and have a thorough examination made. Bleeding is one of the first signs of cancer. Even when a man has hemorrhoids or piles he should quickly get an examination made of his rectum and the "sigmoid" bowel just above. He can have both piles and a cancer.

My good friends, the rectal specialists at the Mayo Clinic, tell me that commonly, when they see a man with a cancer of the rectum, he tells them that some weeks or months before, a so-called pile specialist removed his piles. Evidently, the doctor did not look a few inches farther up, because there my friends found the cancer that was really causing the bleeding. What is sad is that so often, by the time the cancer is found, it is too late for a cure. The cancer cells have spread into the liver.

Why Add Fluorine To All The Water?

Many persons have asked me a sensible question, which is, "Why should cities go to the expense of adding fluorine to all the water when it is only children who need help with their teeth? Why shouldn't parents handle the situation by giving their child each day a tiny tablet containing a trace of fluorine?"

I think the best answer to this is that during the recent severe epidemic of polio in a big city, when the Board of Health and many physicians offered to vaccinate children gratis, thousands of mothers of the children who were in great danger couldn't be bothered to bring the youngsters in to the doctors. If they couldn't be bothered to protect their children against polio, imagine how many would bother to protect their children against dental decay!

Who Owns X-Ray Films?

Many persons ask me why, when they pay for an x-ray examination they are not given the films. The answer is that law courts everywhere have decided that a man buys an opinion from the x-ray expert and not the films. The films go to his physician or hospital and there are reasons for this. For instance, if I were a surgeon and if I were to put a badly smashed elbow joint into a cast and later, if the man were to sue me because of a poor result, I would be helpless in court if I did not have the x-ray films to prove, first, that I did have the bones x-rayed; second, that the fragments of the bones wired into excellent position; and fourth, that later there was poor healing due to factors which no physicians could hope to control. In rare cases I have heard of a physician's getting into a serious lawsuit because he gave the films to a patient who, on taking them for interpretation to an ignorant quack, was told of such alarming things (really not in the films) that he got angry and went to his lawyer.

In most cases I think, if the patient is anxious to have the films, the roentgenologist, for a small charge, will make exact copies of them. I think it is unwise when one of us physicians refuses to let a patient see his films. When a doctor does this I know why he does it. It is because in the past he has had so many unhappy experiences with patients who tried to interpret the films, and naturally made a serious mistake.

Often Turns To Expert

I have been looking at x-ray films day after day since 1904, and still often I have to turn to an expert for a sure interpretation of what a film shows. The trouble is that often it takes a life-time of training and experience to say what is normal and what is abnormal. How, then, is a layman going to tell what is wrong in a film when he never saw one before? Similarly, when a quack shows him a film and tells him that it shows a vertebra out of place how can the person know, first, if the film was made of his spine, and second, if it does show a displaced vertebra? He cannot tell.

I remember hearing of a surgeon who, after an operation he performed, was sued by the patient because the woman showed a film of her abdomen to her favorite quack. This ignoramus pointed out what he thought was a pair of scissors was the hook of a hook and eye on the patient's petticoat! On the film the hook really looked like a tiny pair of scissors.

Dr. Alvarez hopes his readers will understand that if would be impossible for him to answer requests for information or to attempt to diagnose by mail.

(Released by The Register and Tribune Syndicate, 1956)

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The crippling, torturing, twisting pain of Arthritis and Rheumatism may soon be forgotten, thanks to an exciting new laboratory discovery named Ar-Pan-Ex.
Ar-Pan-Ex was perfected by a noted scientist of a world-famed university, working with all known facts about these crippling ailments. The result is a safe, easy to take tablet that promises the fastest relief known from that stabbing agony.
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Ar-Pan-Ex does not dissolve uselessly in the stomach—avoids stomach distress. Ar-Pan-Ex is scientifically "Film-Coated" so that ALL the powerful, pain-relieving medicine is released only in the small intestine where it can be quickly carried by the blood stream to every pain-wracked muscle joint and nerve. Swelling, stiffness and soreness may seem to be miraculously eased when Ar-Pan-Ex helps the system throw off excess Uric Acid that can also aggravate pains.
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Nothing ever offered before can bring results faster, more effectively or with longer lasting benefits than Ar-Pan-Ex. It may mean a renewed life of usefulness and pleasure to millions.
Ask for genuine Ar-Pan-Ex today at any drug store for the kind of relief no other product can claim to equal. If your druggist is out of it, he will be glad to order it for you.
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4-H Club Members Observe National Achievement Day

A total of 656 4-H club members in Jackson county will join some 2,100,000 members throughout the nation in observing national 4-H club achievement day, Nov. 10.

The 656 boys and girls are members of 105 clubs led by 120 volunteer community leaders. Club members sucessfully completed 846 projects last year.

Jackson county members made 759 articles in 157 clothing projects, prepared 620 meals and 4,877 individual dishes in 146 foods projects and 13 girls made 18 knitted articles.

Homemaking Projects

Nine girls made a total of 41 articles to help improve homes in homemaking projects. A total of 393 4-H members raised 972 and 732 birds in poultry projects. Fifty-seven boys and girls completed projects in horticulture, forestry, and entomology. Twenty participated in a fish conservation project club.

The agricultural engineering field attracted 37 boys and girls who completed projects in tractor maintenance, woodworking and electricity. In all projects they were guided and instructed by local club leaders and parents. Eighteen of the older 4-H youth assumed leadership roles within their clubs.

Club members adopted the 4-H slogan, learn by doing, and the 4-H motto, to make the best better, in all club work. Throughout the year, the work received recognition at community events such as achievement programs, parent nights, PTA and Grange meetings, mother's teas, and community fairs.

County Activity

County activity included 4-H camp, crops and livestock tour, and the county fair. From them some went to state and interstate events such as the Oregon state fair, The Cow Palace in San Francisco, and Pacific International at Portland.

The young people have $121,643.03 invested in 4-H projects. Of this sum, $22,787.23, showed up a profit or savings for the year's work. Much less tangible but much more important gains were made in personal improvements, and contribution to better living in the member's home, club, community and county.

Several 4-H clubs have started a new series of meetings and project activities.

Grange Notes

Roxy Ann Grange

Roxy Ann Grange held election of officers at the last meeting Nov. 2 The following members were elected for 1957: Master, Al Sims; overseer, Orie Moore; lecturer, Frances Moffatt; steward, Don Meadows Jr.; assistant steward, R. J. Ritchey; lady assistant steward, Iris Ritchey; chaplin, May Dalton; treasurer, Grace Walters; secretary, Mae Moore; gate keeper, Marvin Garrett; Ceres, Irene Burns; Pomona, Harriet Claypool; Flora, Willetta Sims; the executive committee, Charles Whitcher, Roscoe Roberts and Louis Bish.

On Saturday, Nov. 10, at 8 p.m., Roxy Ann Grange will hold their annual open house and booster night program and observing their 25th anniversary.

The 14 charter members will be honored guests and will be presented 25-year pins and silver star certificates by William Howes, state Grange overseer. They are Mrs. Senora Hanson, Mrs. Selma Andrews, Mr. and Mrs. Roscoe Roberts, Mr. and Mrs. Clarence Tedrick, Mr. and Mrs. J. G. Cameron, Mr. and Mrs. C. E. Rose, Mr. and Mrs. Bert Kellogg and Mr. and Mrs. Burrell Redpath. Mr. and Mrs. Ray Burchfield will also be honored for 25 year Grange membership, part of the time being spent in Pennsylvania before coming to Medford.

The lecturer, Mrs. Laura Whitcher, has prepared a special 25th anniversary program, residents of the community have been invited to attend as well as members of other Granges. Roxy Ann ladies are asked to bring a pie.

Campfire Girls

Take Hike

Recently the newly organized Da-Ku-Ta Camp Fire group had a hike and cook-out at McKee Bridge. Nancy Burger, Paulette Chinn, Lynne Culbertson, Lynne Gibson, Jackie Glines, Vicki Hall, Jill McDonald, Dianne Medcalf, Monte Noble, Jerilee Shouts and Joann Unger made the trip, which is a requirement for the first rank of trail seeker. They were accompanied by Mr. and Mrs. Hall, Mr. and Mrs. Gibson and Mr. Chinn.

At a regular meeting October 30 the group had a Halloween party planned for them by Georgiann Bringle and Treva Toenniges of the Ayuzunta group.

Group Busy

Members of the Ayuzunta Camp Fire group are busy with several activities this fall. They are finishing work on gifts for the Lady Lions' and Firemens' Christmas project; this will be the third year that the group has contributed.

In addition to this, the group is working on advancement in rank; planning and supervising activities for the Da-Ku-Ta group; and making plans for the next birthday project.

Neuberger Realizes Democracy at Work In Medford Hearing

By SEN. RICHARD NEUBERGER

Portland—(Special)— I fully realized what a genuine chance for participation in democracy can mean to people, when a throng in the Federal courthouse at Medford stood and applauded appreciatively at the conclusion of a six-hour Senate hearing on plans for development of the Rogue River watershed.

The hearing was conducted jointly by the Senate Committee on Interior and on Public Works. For the first time, families living under the threat of surging floods could tell U.S. Senators of the peril and grim drama of their plight. Fishermen and conservationists could describe the steelhead runs of the Rogue and the need for protecting them. Businessmen on Main Street in Medford and Grants Pass could tell of the impact on their stores of the lack of an adequate plan for controlling and managing the Rogue.

Senator Impressed

After the hearing was ended, I told Senator Thomas Wofford of South Carolina that I felt we had brought a piece of Washington, D.C., to the grassroots, and he heartily agreed. Incidentally, Senator Wofford, who never before had been in Oregon, told us that he was immensely impressed by the hospitality of our people and the magnificence of our scenic grandeur.

The Interior Committee also sat at Klamath Falls for a full day, hearing detailed testimony about the termination fate now hanging over the Klamath Indian tribe. Many witnesses, both Indian and white, urged careful husbanding of the vast Ponderosa pine timber growing on the reservation. I plan to sponsor legislation which will delay the termination for a reasonable period of time. I also believe that the government should reimburse Indian tribal funds for the heavy and continuing cost of the termination — already $155,000 thus far.

Warm Medford Welcome

Before the Klamath hearing, the Congressman from the 2nd Oregon District and the Republican county chairman for Klamath county issued constant press releases of political denunciation of the hearing plans. This contrasted with the warm welcome the committee received in Medford and earlier in Tacoma, where the National Park policies were reviewed.

Sen. James E. Murray, one of the great figures of the Senate, showed more interest in the welfare of the Klamath Indians than did their own Congressman. At the age of 80, Senator Murray came to Klamath Falls from Montana to conduct the hearings. I know that all who testified were grateful for his courtesy and kindness, and this included religious leaders, conservationists, Indian spokesmen and many others.

After the hearings, the Klamath Falls Herald and News, a strongly Republican newspaper, thus editorialized through the column of its publisher, Frank Jenkins: "I think this hearing contributed quite a little to the solution of the difficult and complicated problem of liquidating the Klamath reservation. Among other things, it brought out the fact that termination of Federal control of this 2,000-odd square miles of Oregon terrain isn't just a matter of dollars—of settling up an estate and dusting off our hands and saying that's that."

Chamber Cautions About Job Offers

The Jackson County Chamber of Commerce today cautioned residents to investigate part-time job offers before accepting them.

"It should be remembered that in most instances these are perfectly legitimate," the chamber said. "However, there have been some cases in which the local worker did not receive pay for services and found, only too late, that the employer had left town."

According to the chamber, "earn-money-at-home" schemes should be carefully checked. Many times these require the worker to invest in goods or merchandise for resale rather than earnings they are led to believe they will get for services.

Chamber members emphasize that residents should be particularly careful during the Christmas season, when applying for part-time jobs to earn Christmas money. "Be sure you know with whom you are dealing. Investigate by calling your local Chamber of Commerce before investing," they said.

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Watch for Details Sunday

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SPECIALS THIS WEEK!
4 and 5 Buckle Overshoes.....pr. $2.50
G.I. Shirts and Pants, all wool..ea. $4.00
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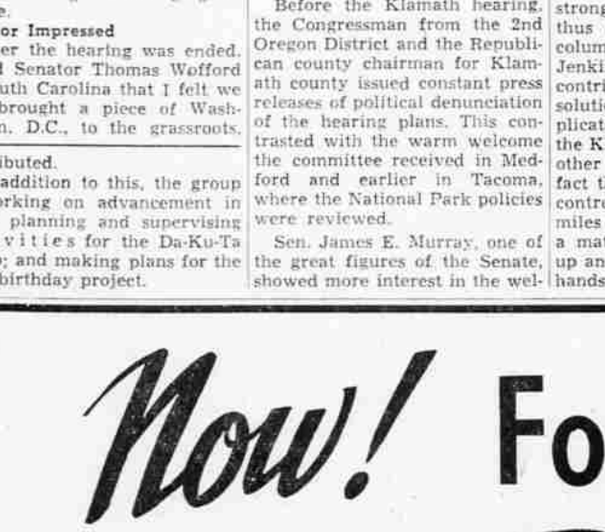

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With Foot Brake for Your Child's Safety
$5.00 Holds Till Dec. 24th – 12 Months To Pay Balance

YES—the greatest bike buy on earth, because it will save you money in the long run, and give your boy more pleasure, longer! Prove it to yourself. Go to any Schwinn dealer and compare the amazing, lightweight, rugged Schwinn construction *no other bike* can equal.

It costs Frank Schwinn more—as it did his father before him—to make a bike that has RIMS 5 TIMES AS STRONG as other bike rims. It costs lots more to produce the Schwinn specially designed crank hanger that provides greater strength and service-life. Only a bike with these and other Schwinn features can bear the Schwinn name. Only such a bike is fastest and strongest and most inexpensive to own and keep in fine shape.

Read more about a few Schwinn features below—then ask your Schwinn dealer to prove, *in your own hands before your eyes*, Schwinn superior design that puts battleship and bomber plane construction principles to work in a bike. No wonder Schwinn is America's favorite by actual poll—9 to 1! AND NOW AT A SPECIAL PRICE!

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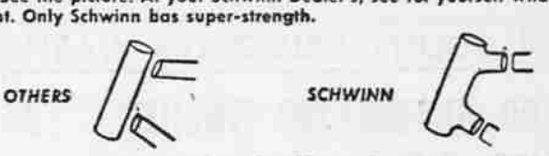
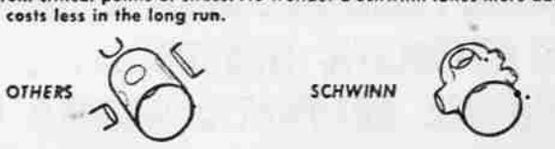
1 EVERY SCHWINN BIKE, and ONLY a Schwinn, has TUBULAR SECTION, DOUBLE THICKNESS RIMS *5 times as strong as other bike rims.* At your dealer's, twist any other bike rim in your hands—then try it with a Schwinn—and decide what bike you want your boy to ride. Schwinn rim strength means lots longer bike life and less repairs.

2 EVERY SCHWINN BIKE, and ONLY a Schwinn, has a SPECIALLY CONSTRUCTED FRAME HEAD *for safer strength.* Only Schwinn uses this superior design which locates welds away from critical points of stress, eliminates sharp angles. See the picture. At your Schwinn Dealer's, see for yourself what's under the paint. Only Schwinn has super-strength.



3 EVERY SCHWINN BIKE, and ONLY a Schwinn, has a CRANK HANGER THAT PROVIDES *maximum strength.* Only Schwinn makes the crank hanger a one piece cluster of tube terminals—eliminating sharp angles and locating welds away from critical points of stress. No wonder a Schwinn takes more abuse, lasts longer, costs less in the long run.



4 EVERY SCHWINN BIKE, and ONLY a Schwinn, has TRIPLE HEAT-TREATED BEARINGS that last longer. When other bikes begin to pedal and steer hard, and coast less, a Schwinn still gives you easy action and more pleasure—longer wear and less repair.

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