

## Quotes From the News

By UNITED PRESS

**Paris:** British Prime Minister Harold Macmillan after an Anglo-French conference at which he promised to keep troops in Germany:

"The British government has no intention of withdrawing from Europe on tiptoe."

**Canberra, Australia:** Secretary of State John Foster Dulles, on planned SEATO defense against Communist activity in South-east Asia:

"We can confidently conclude . . . that international Communism now imposed upon many of the peoples of Asia is a passing and not a permanent phase."

**Washington:** AFL-CIO Vice President James B. Carey, criticizing Dave Beck for tolerating corruption in his Teamsters Union:

"The Teamsters deserve a better leadership than they have."

**Jerusalem:** Peretz Bernstein, Conservative opposition general Zionist leader, on Israel's withdrawal from the Gaza Strip:

"We've surrendered unconditionally, without guarantees, and I'm afraid we'll soon regret it."

**Acapulco, Mexico:** Daniel Rios, after admitting he helped murder two New York tourists for money:

"I would die for 30,000 pesos. It was just the same to me—murder or robbery—when I heard about the 30,000 pesos."



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## The Medical Roundup

by

*Walter Alvarez*

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### Chronic Emphysema Of the Lungs

Many persons ask for information about emphysema; they want to know what it is and what can be done for it. The dictionary says that "emphysema is a condition in which the alveoli (thousands of tiny sacs in the lungs which fill with air) are abnormally dilated. Often the walls of a number of these alveoli break down and, as a result, several tiny and efficient alveoli run together to become one large inefficient cavity which cannot work well. Some of these dilated cavities, instead of being of microscopic size, can be seen even with the naked eye."

Because of the changes in the alveoli the blood in the tiny vessels in the walls of the cavities does not pick up oxygen from the air as it normally does. As a result, often the patient's lips and nail-beds look blue, and he may always be short of breath. The right side of his heart may suffer because of back pressure of blood into it from the lungs.

A single cause of the disease is not always obvious. In some cases a tendency is inherited. Some authorities believe that often the disease starts with a constriction of the smaller bronchi or air tubes that lead into the alveoli. This narrowing of the tubes can cause the alveoli to become dilated. It makes it hard for the person to get air into and out of his lungs and particularly out. As a result, the man keeps his lungs always expanded almost as far as they will go. Because of this he gets what is called a barrel chest. The muscles that run in the neck from the top of the breast bone to just back of the ears are always contracted, and the man's face looks pinched and anxious. He has practically no lung expansion because his lungs are always as full of air as he can get them.

### Most Patients Heavy Smokers

Some doctors think that this disease starts usually with some infection of the lungs; or the person is allergic, with a tendency in his early years to hay fever and asthma. Most of the patients are men past the age of 40 years, and most are heavy smokers. Heavy smoking is very hard on the weakened lungs. As one able physician says to his wheezy heavy smokers — "You must choose between smoking and being wheezy and short of breath." The distresses tend to get worse with time. Eventually there are likely to be symptoms of heart failure.

How can one avoid getting emphysema? In many cases the important thing is to treat hay fever or asthma early. Sometimes a man has to move into another part of the country to

get relief. Heavy cigarette smokers ought to quit and perhaps change to a pipe. It is the inhaling that is hard on them. Some persons should get out of dusty occupation.

The doctor can give a number of medicines, most of which are mixtures of an ephedrine type of drug, with a little phenobarbital and perhaps some theophylline. Some of these drugs help to dilate the bronchi and permit the entrance of more air into the lungs; others calm the nerves. Sometimes the drug is given best through an atomizer. Cough syrups seldom do much good. Experts say that antihistamines are not likely to help enough. Cortisone and cortisone-like drugs have not helped much — in fact, they can do harm. In my experience, in many cases a little codeine will give the patient the most comfort, but this medicine has to be prescribed by a physician.

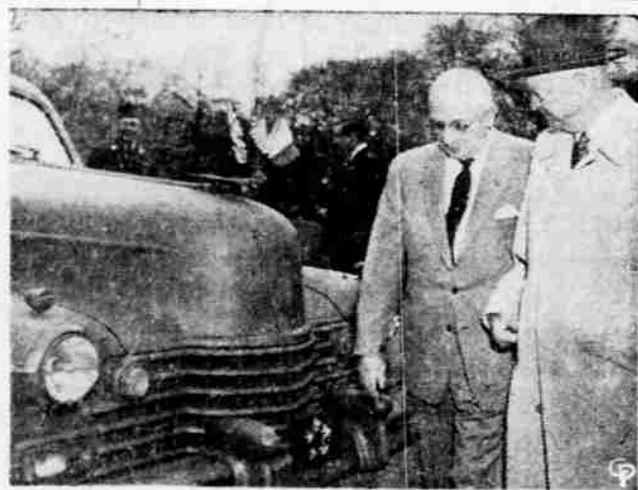
Whenever the patient has a flare-up of infection with fever and an increase of sputum an antibiotic may be needed. In the cases of older men, much of the treatment may have to be directed toward relieving the strain on the heart. Many a patient has to remain quiet, perhaps on a couch; he cannot exercise much. Digitalis may be used sometimes to strengthen the heart. Sometimes the patient will feel better while breathing dilute oxygen. He must not be given so much that he will lack enough of the carbon dioxide that will keep him breathing regularly.

### New Book on Subject

Because scores of persons ask what can be done for emphysema, and because most of us physicians were never trained to cope with this puzzling disease and treat it, I will here call attention to a new book on the subject edited by Drs. Alvan L. Baruch and Hylan A. Bickerman (Williams and Wilkins, Baltimore). Although a group of experts have written the book technically for physicians, many an intelligent patient could get useful ideas out of it, and perhaps he could make a present of it to his physician. It could greatly help the doctor in handling the problem. The experts tell us of so-called aerosols which are medicated sprays that can be breathed into the lungs. Some of them can dilate the bronchi and cut down on wheezing. They can improve the breathing. Antibiotic aerosols can be used to cut down on any infection present. Methods have been devised for getting the secretions out of the lungs and for improved breathing. Better methods have been devised, also, for giving oxygen to the person who is short of breath.

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

(Released by The Register and Tribune Syndicate, 1957)



**BEAMING WITH PLEASURE,** President Eisenhower inspects surprise gift, his old 1942 Cadillac he used at London headquarters in World War II and later during Allied drive across Europe. It was bought at Army auction in Germany by anonymous friends, will be placed in Eisenhower Museum, Abilene, Kan. With him is Sam Heller, Museum director. (International Soundphoto)

## Fathers Believed Losing Grip as Head of Household

Chicago (UPI)—A University of Chicago sociologist believes fathers are losing their grip as head of the house.

Ernest W. Burgess said if Dad still thinks he is head man, it is only because his clever wife cushions his loss of masculine authority.

Burgess, who spoke at the American Orthopsychiatric association meeting here, said the wife protects her husband's ego by "fostering the illusion of his dominance, at least in public."

Women, on the other hand, have gained status in the home, Burgess said. He said this trend toward equality of the sexes is one of the factors that create tension in modern marriages.

The husband has generally lost his authoritarian role as the owner and operator of a small farm or business and has become just one of the thousands of urban employees, he said.

Burgess, who opened the 34th annual meeting of the association, said the uncertainty of parental roles has caused the prestige of parents to fall "drastically" in the last two generations.

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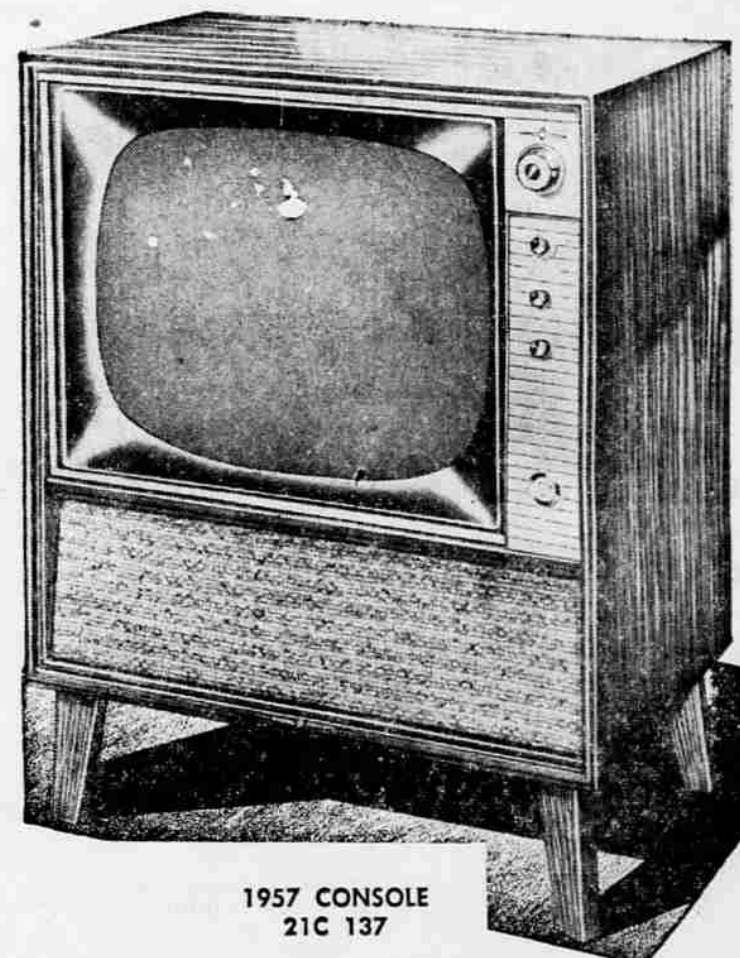
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