

STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide

According to the Stars

To develop message for Wednesday,

read words corresponding to numbers

of your Zodiac birth sign.

Aries 21-38-52-57

Taurus 21-38-52-57

Gemini 21-38-52-57

Cancer 21-38-52-57

Leo 21-38-52-57

Virgo 21-38-52-57

Libra 21-38-52-57

Scorpio 21-38-52-57

Sagittarius 21-38-52-57

Capricorn 21-38-52-57

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The Medical Roundup

by Walter Alvarez

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

Diet and Hardening of

The Arteries

Wendell Weed, news editors of

Modern Medicine, recently had

an interview with Dr. Ancel

Keys, who is

Professor and

Director of the

Laboratory of

Physiological

Hygiene in the

School of Public

Health of the

University of

Minnesota.

Dr. Keys has

been traveling

about the world studying the

relation between diet and harden-

ing of the arteries and the

incidence of heart attacks. He

found that in some countries

there is much coronary heart

disease while in other countries

there is little. Naturally, all of

us physicians are now much in-

terested to know if, by studying

this difference, we can find out

how to reduce the incidence of

arteriosclerosis and heart at-

tacks in this country.

For instance, in Japan, cor-

onary heart disease is rare. On

the other hand, in Finland it

is frequent. In the rural agri-

cultural population of east-

ern Finland it appears to be

at least as prevalent as it is in

America. This is very interest-

ing because these people are

free from the stresses and strains

of business and they are engaged

in strenuous physical activity

which is supposed to be good for

a man.

Insurance men have shown

that persons who are overweight

have a poorer expectation of

life than lean persons, but

now Dr. Keys says that at least

two-thirds of the men who have

coronary heart attacks are not

overweight and never were over-

weight.

Disease Incidence Falls

Interesting is the observation

that when, during the World

Wars the people of a country

had to pull in their belts and

go without much fat, the in-

cidence of coronary heart dis-

ease fell. After the war, when

they could eat fats again, the in-

cidence of heart disease went

back up.

Negroes in Africa appear to

have a low incidence of heart

disease while those in the United

States have a rather high in-

cidence. Although the Japanese

in Japan have a low incidence

of heart disease, when in Ha-

waii or California and they

come to eat as Americans do, the

frequency with which they suf-

fer from coronary heart dis-

ease goes up.

One fact then seems definite,

and this is that a high-fat diet

is associated with hardening of

the arteries. But if we take fats

away from people we cannot be

sure that the amount of their

blood cholesterol (a fat-like sub-

stance that seems to do most of

the harm) will come down. The

difficulty is that much of the

cholesterol in the body is made

in the body and not derived from

the fat eaten.

Today, there is excitement

over the possibility that certain

fats, especially of vegetable or-

igin, may not cause a rise in

blood cholesterol. I shall not go

into this here because, as yet,

nothing seems to be definite and

settled.

As far as we know, fat in the

diet is not the cause of high blood

pressure. Also, coronary heart

disease does not appear to be

dependent on the presence of

high blood pressure. However,

if a man has hardening of the

arteries, he is worse off if he gets

hypertension. He can be worse

off, also, if he has a marked

tendency to clotting in his blood.

Can Victim Be Picked?

Today, a big question is, can

we, by any test, pick out the

man who is soon going to get a

heart attack? By measuring

blood fats (including cholesterol)

we can say that a group of men

are more likely to get heart at-

tacks, but we cannot say that

any particular man will get in-

to trouble.

Certainly, today, any man of

40 who goes for a routine check-

up should have his blood chole-

sterol measured. My friend, Dr.

John Gofman believes that a

measurement of certain of the

blood lipids (fats) will give the

best prediction as to a future

heart attack, but this question is

still being debated.

It is not so necessary to study

the blood fats of women because

they are nowhere near so sub-

ject to heart attacks as men are.

The other day I heard Dr. Paul

Dudley White say that among a

hundred of his patients, 97 were

men and three were women.

A hereditary tendency to cor-

onary attacks is marked in some

cases. It would seem that the

sex hormones must have much to

do with the disease.

Alcohol does not seem to be

a cause of coronary heart dis-

ease. The chronic alcoholics who

die in a county hospital have

pretty good arteries. Tobacco

does not seem to be a primary

cause of coronary heart disease,

because the frequency of smok-

ing is about the same in the

various populations in which the

incidence of coronary disease

varies widely.

Dr. Keys is not yet enthusiastic

over the use of drugs to try to

keep down the amount of chole-

sterol in the blood.

Dr. Alvarez hopes his readers

will understand that it would be

impossible for him to answer re-

quests for information or to at-

tempt to diagnose by mail.

(Released by The

Register and Tribune

Syndicate, 1957)

Gem, Mineral Club To

Meet Wednesday Night

Roxy Ann Gem and Mineral

club of Medford will meet

Wednesday, April 10 at 7:30 p.m.

in Redman hall, Fourth and

Apple sts.

The display for which the club

won a prize at the Sweet Home

show will be exhibited at the

meeting along with the perpet-