

The Medical Roundup

by *Walter Alvarez*
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Hardening of the Arteries

Hundreds of people are now asking what they can do to cure hardening of the arteries, or to stave off the disease, or to stop it where it is after it has come, or perhaps to keep it from going on and producing another heart attack or another little stroke. Unfortunately, I haven't any very good answer to these questions. Whether hardening of the arteries comes early or late to a man depends, I think, largely on his heredity. If his father and mother both lived until they were 90, the chances are that he, too, will be long-lived. But if his father and his father's brother dropped dead before the age of 55, his outlook for a long life is not so good.

For years we have known that, next to heredity, eating too much and getting stout is probably the commonest contributory cause of either hardening or ulceration of the arteries. Of late, Dr. Ancel Keys has been traveling about the world studying the diets of those peoples who seldom have arteriosclerosis and heart attacks, and comparing them with the diets of those peoples (like Americans) who have much hardening of the arteries and many heart attacks. So far the evidence points to the bad effects of eating too much fat. People like the Japanese, who can afford very little fat in their diet, have a low incidence of heart attacks, while people like some of the Finns, who eat much butter and animal fat, have many heart attacks, as we do in America. We in America, with our large average income, are apparently eating too much fat. Interestingly, the descendants of Japanese living in California and eating much fat, are getting heart attacks much as the rest of us Americans do.

Cholesterol in Diet
Today, the medical literature is full of articles on the fat-like substance called cholesterol, which apparently has much to do with ulcerations in the arteries, and hence with heart attacks and little strokes. Some doctors now think that every effort should be made to cut down on the amount of cholesterol in the diet, but others, equally expert in this field, feel that this isn't the whole answer. One difficulty is that a man can eat no cholesterol and still have too much in his blood; his body can make it out of other foods.

Some men think that animal fats are worse than vegetable fats, and others think that "saturated fats" or hard fats are worse than unsaturated fats and the more liquid oils. But as yet there is no agreement on this. Dr. John Gofman, of the University of California, has just presented figures to indicate that if we live on too starchy a diet we can increase our chances of getting a heart attack.

Against this is the finding by Dr. Keys in Italy that people who get stout on macaroni are not very subject to heart attacks.

Along the way the experts have not yet explained to my satisfaction why women, and even those who live on rich food and get much fatter than do men, seldom get heart attacks.

Better Cut Down
Obviously, until the experts begin to agree on a few things, I do not feel I have the right to say to my patients, "You must eat this or you must not eat that." All I feel like saying is, "If you are stout and if you are eating much more than you need, and particularly if you

are fond of much fat in your diet, you had better cut down on the total calories and on the total amount of fat."

Some people want to know if they should go without salt. Thank goodness, that fad is not being pushed as hard as it was a few years ago. The person I would put on a salt poor diet would be one with a heart or kidney that had failed so much that he was a bit waterlogged. The removal of salt from the diet helps the person to get rid of an excess of fluid in his body. To take a man's salt away from him, simply because he has a little increase in blood pressure—so far as I can see—is unjustified. The wives of men who have been ordered onto a salt-poor diet tell me that, since they have been feeding their man tasteless food, he has been getting so angry with them every night at the table that they think his blood pressure has been pushed up higher than it ever was!

'Salt-Free' Diet
Many people talk of a "salt-free" diet. Actually, it is very hard to devise a salt-free diet, and this is lucky because almost salt-free diets can kill the patient. One of the most salt-poor diets is the "rice diet," which can help a patient who is suffering from the severe symptoms of a very high blood pressure. In all dietetics the wise physician tries to keep his head, and refuses to prescribe something which will make the patient's life and his wife's life unbearable. Dr. Irvine Page, of Cleveland, one of the country's experts on hardening of arteries, tells how, for about a year he lived on an almost fatless diet. He says it was the most miserable year of his life, and that he got so irritable that hardly any of his friends could stand him!

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.
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Undersea Eruption Reported by Pilots

Hong Kong — Two commercial airline pilots reported they saw what "appeared to be an undersea eruption" about 70 miles west of Hong Kong Thursday.

Capt. P. R. Holden, flying a Civil Air Transport airliner, said he saw a yellowish green patch of sea "about 200 yards wide." Capt. L. Newly, pilot of a Pan American World Airways



NEW HEARING ORDERED
—The U. S. Supreme Court has ordered new California state court hearings for doomed convict - author Caryl Chessman (above). Chessman, who is in the death house at San Quentin Prison, claims the court record of his trial was fraudulently prepared.

Court Records

MUNICIPAL COURT

Dollie E. Taylor, violation of basic rule, \$10.
Donald Thompson, disobeyed traffic signal, \$5.
Owen Lutton Buchanan, disobeyed stop sign, \$5.
Clarence Eugene Pearce, failure to display vehicle license plates, \$3.
Charles Roy Brumard, violation of basic rule, \$10.
George Marks, violation of basic rule, \$10.
Willard Vern Anderson, excessive noise, \$10.
Elizabeth Terry Wilson, violation of basic rule, \$10.
William Lester Henson, disobeyed traffic signal, \$5.
Elbert Jeremiah Nix, violation of basic rule, \$10.
Dollie E. Taylor, violation of basic rule, \$10.
Dean Funk, violation of basic rule, \$10.

DISTRICT COURT

Robert Arthur Engel, overweigh, \$15.
Ray Devon Lunceford, drunk on public highway, \$5.
Bernie Tyler Adams, failure to transfer title, \$15.
Jerome Hase, operating internal combustion engine for logging without fire extinguisher, \$20.
Betty Louise Jones, no operator's license, \$10.
Edward Hart Collins, violation basic rule, \$10, bail forfeited.
Donald Frederick Pendergrass, inadequate muffler, \$15.
Lee Roy McGee, parked upon traveled part of highway, \$6.
Harry Glen Morgan, no operator's license, \$10, bail forfeited.

CIRCUIT COURT

Cheryl J. Corwin vs. James H. Corwin, divorce complaint.
Wanda Louise Pryor vs. Loren Stephen Pryor, divorce complaint.

MARRIAGE LICENSE APPLICATION

Carroll Dale Casey, 3117 Marie st., Medford and Helen Margaret Fouts, 207 West Main st., apt. 1, Medford.
Robert William Bell, 613 Catherine st., Medford, and Florence Arlene Cuylen, 2800 Laurel lane, Medford.
Earl Earlington Harris, route 2, box 250, Central Point, and Fern Marie Brown, route 2, box 321, Gold Hill.
George Clarence Wimer, 3305 Jacksonville highway, Medford, and Goldie Beatrice Brooks, 335 South Riverside ave., Medford.

plane, radioed the Hong Kong control tower about the same time and said he too saw an "underwater eruption."

Feeding the Family

By ZOLA VINCENT
Food Editor

Danish Blue Cheese

Gourmet-Wise Import

Among imports, Blue cheese from Denmark has long been a favorite of westerners who relish flavors of distinction. Danish Blue is liked, too, for its easy spreading texture. It is characterized in general by visible blue-green veins of mold throughout the body of the cheese and its own sharp, piquant flavor.

Danish Blue keeps well in the refrigerator when snugly wrapped in waxed paper or aluminum foil. If the outside should develop some mold of its own, cut it away and enjoy the rest.

Danish Blue Cheese Spread:
An all-time favorite for easy entertaining. Mix two parts blue cheese with 1 part softened butter. Add Worcestershire sauce to taste and mix well. Place in covered container and refrigerate until an hour or so before time to serve.

Blue Cheese Salad Dressing:
Toss a green salad with this and listen to the raves. Crumble two ounces Danish Blue with a fork. Add three-fourths cup mayonnaise (and we do mean mayonnaise, not salad dressing), the juice of one lemon, two teaspoons Worcestershire sauce, two tablespoons light cream and ground black pepper to taste. It may seem thin at first but it will soon thicken up. Makes approximately two cups dressing.

Rhubarb Brown Betty

Rosy rhubarb is a colorful harbinger of good summer eating. It is also on the plentiful foods lists these days. Ever so good just stewed and served as a breakfast fruit or spiced up for service as an accompaniment for meat or fish. It is also well thought of in such desserts as this:

1 cups stewed rhubarb
1 1/2 cups moist bread crumbs
3/4 cup sugar
1 1/2 teaspoons cinnamon
1 1/2 tablespoons butter
2 tablespoons grated orange rind
1 3/4 cup water
Place half of the rhubarb in buttered casserole. Combine bread crumbs, sugar and cinnamon; sprinkle half over rhubarb and dot with half the butter. Repeat. Sprinkle with orange rind; add water and cover. Bake in moderate oven, 375 degrees, for 35 to 45 minutes. Especially delicious when served with hard sauce or a soft custard.

Home Freezing of Fruit and Berry Pies

If you're home freezing fresh fruit or berry pies, you'll be glad to know that quick-cooking tapioca can be used with complete satisfaction to thicken them. We have this on the excellent authority of a U.S.D.A. handbook on the subject.

Tests have proven that fruit pies generally should be frozen before baking. They have flakier, more tender crusts and fresher flavor than those baked

before freezing.

The fresh fruit should be prepared as usual and placed directly in the unbaked pie crust. Slits should not be made in the top crust before freezing. Pies should be snugly wrapped in moisture-vapor-proof material. If desired, they may be covered with stockinet or paper box before freezing.

Before baking, generous slits should be cut in the top crust so that the thawed fruit as it expands has plenty of steam vents to prevent the bubbling juice from breaking the top crust.

When thickening pies with quick-cooking tapioca, use the same amount of tapioca as you would of cornstarch. Use three-fourths as much tapioca as flour; three tablespoons tapioca equals four tablespoons flour.

Pimientos Give Gay Color

Added Flavor to Many Foods

Pimientos with their gay color and distinctive delicate flavor can enhance any meal. Here are a few favored uses.

Dress up cream of mushroom or cream of chicken soup with colorful chopped pimientos.

Cut pimientos into fancy shape for garnishing fish, molded salads, canapés.

Chop several pimientos into a well-flavored cream sauce and pour over cauliflower, asparagus or other vegetables.

Make bacon and pimiento sandwiches as a change from tomato and bacon.

Chop vivid red pimientos into rice and arrange as a nest to hold vegetables, creamed tuna, or chicken a la king.

Abundant Supplies of Berries, Lettuce, Eggs, Dairy Products

Strawberries headline the list of abundant fruits. However most of the crop goes to processors, especially commercial freezers. If you're planning on "jamming" or freezing your own, we suggest you talk the situation over right now with your fruit man. Enjoy them right along for the season is short at best, whatever the prices.

Other Fruit Buys: Oranges, grapefruit, rhubarb and cherries are in good supply. The grape season is really rolling. Apricot, nectarine, peach and plum prices are sliding downward as harvesting increases. A variety of berries are yours to choose from. Melons are becoming more abundant with small cantaloupes well priced. For the calorie conscious: Cantaloupes are loaded with good nutrition, yet average only 37 calories per half.

Vegetable Department. Lettuce, that "Queen of the salad bowl", is in excellent supply. When buying iceberg lettuce choose solid crisp fresh heads. If lettuce is to be kept, store in the refrigerator crisp; do not soak or remove the core, just rinse under running water and drain or shake off excess water. Potatoes, green and white onions,

Friday, June 14, 1957

MEDFORD (OREGON) MAIL TRIBUNE—THREE

radishes, green beans, cabbage, carrots, celery, cauliflower, cucumbers and squash are in good supply. Medium and small tomatoes are better buys than large ones. Don't expect to find bargain prices quoted for large tomatoes. Asparagus is going, going, and will soon be gone. Enjoy now!

Eggs and Poultry. Eggs are a must for the budget minded homemaker. How about making cream puffs from an easy-to-prepare cream puff mix and filling them with an egg-rich custard. Flavorful egg nogs are a nutritious snack for growing children. Turkeys, particularly mature hens, are going at very low prices. Prices on chickens are juggling up and down, but chicken still makes for extremely low cost meals.

Dairy Products: A recent survey report showed that 40 per cent of the families surveyed had too little milk in their diets to meet necessary calcium needs. Insure your family's health by using milk and other dairy products in a variety of appetite appealing ways. Non-fat dry milk

Air Force Officers to Speak to Reserves

Three Air Force officers from the Air Reserve center, Vancouver Barracks, Wash., will discuss a new congressional bill proposed to adjust the military pay structure at 8 p.m. today at the Medford Air Reserve center, 216 East Main st.

They are Lt. Col. George Guntter, Maj. Robert Decker and Maj. William Hatch. The meeting is being held for all local Air Reservists. Limited facilities will not permit the meeting to be public, according to local Air Reserve officers.

and canned milk are high in nutrition and very low in cost.

Other Good Buys: Some cuts of beef such as chuck and rounds are well priced. Lamb for stewing is a good buy. Halibut is the fish of the month. Heavy supplies of peanut butter, vegetable fats and salad oils. Canned freestone peaches and purple plums are priced to suit the thrifty.

Oregon Guardsman Jeep Mishap Victim

Olympia, Wash. — A jeep in a convoy of the Oregon National guard, en route to summer training camp, left the roadway 18 miles southeast of here Thursday and killed its young driver.

The state patrol said the victim was Hershell Green, 18, of Portland. Green only last Friday was graduated from David Douglas high school in Portland. The 30-vehicle convoy was en route from Portland to Camp Murray near Ft. Lewis, Wash. Green was a member of the 186th infantry regiment of the 41st National Guard division in Portland.

Greensboro, N.C. — Six moonshiners began serving federal prison terms today with a rueful thought about their business acumen. They tried to pay protection money to a deputy sheriff and had hired a federal revenue agent as a "still hand."

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