

STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide
According to the Stars
To develop message for Sunday, read words corresponding to numbers at your Zodiac birth sign.

ARIES MAR. 21 8-10-11-34 38-67-80-87	TAURUS APR. 21 1-40-52-65 66-74-77	GEMINI MAY 22 23-28-42-48 54-57-72	CANCER JUNE 23 24-27-33-41 56-61-81-84	LEO JULY 24 5-25-31-36 50-61-71	VIRGO AUG. 24 4-9-14-16 22-32-43	LIBRA SEPT. 23 15-18-20-39 45-69-78	SCORPIO OCT. 24 47-49-51-59 62-70-82-86	SAGITTARIUS NOV. 23 3-7-12-19 30-38-76	CAPRICORN DEC. 23 JAN. 20 2-6-17-26 29-64-83-88	AQUARIUS JAN. 21 FEB. 19 37-46-53-60 68-73-85-90	PISCES FEB. 20 13-21-35-44 53-75-79-89
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ANNUAL FOUNDER'S DAYS

SANT TIME SALE

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The Medical Roundup

by *Walter Alvarez*

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

LOSS OF SLEEP

In the last few months I have read some 75 books by people who once went insane and then wrote up their experience. As I read, one of the things that impressed me much was that in case after case the nervous breakdown was ushered in by weeks or months of severe insomnia, when the person could not get to sleep.

In many of these cases, the person might have been spared years of suffering if, in this early stage of his mental trouble, he had only been able to find a sensible and kindly physician who knew how devastating insomnia can be, and how safe—for all but rare persons—barbiturates can be.

Perhaps because, for half of my life, I suffered from severe insomnia, I am a great believer in giving barbiturates, in reasonable amounts, to persons who have great difficulty either in getting to sleep or in staying asleep.

Many of my doctor friends who always have slept like a top say, "Oh, let him lie awake. After a while he'll learn to sleep." The only trouble with this idea is that those of us men who, each day, have to go to an office and work hard, or those mothers who, each day, must start early, keeping house, cannot be efficient after several nights without sleep.

In many hundreds of cases I have been able to help a nervous person only by helping him or her to get some sleep again. Only with sleep did there come great relief from nervous tension and anxiety and fear.

I was thinking of this today as I read an article in the Journal of the American Medical Association, by Drs. John T. Brauchi and L. J. West. They tell of a man who bet a friend that he could stay awake longer than his friend could. He succeeded in staying a wake—always

watched by responsible people—for 168 hours and 33 minutes. The important point is that, during the process, he became psychotic and confused. His memory began to play tricks on him, and he got some delusions. What was sad was that he didn't get straightened out again mentally until three months after his week of no sleep!

The lesson is that anyone who gets so lit-up nervously that for days and weeks he cannot get to sleep should see a good doctor who will give him barbiturates.

FLAT FEET

A mother writes to say she is worried about her fine boy who is all right except that he has flat feet. She wants to know if he should immediately have something done. I don't know enough about the boy's situation to give an answer. All I can say is, "Take him to a good orthopedist and see what he says."

Probably now the boy is not having any discomfort, and perhaps he won't for the next 30 or 40 years, unless he does get pain, perhaps an orthopedist can remodel his feet to some extent so that he will be more comfortable. In the meantime he should get the most hygienic shoes he can find.

Dr. Alvarez' booklet on mental illness may be obtained by sending 25 cents and a large, stamped, self-addressed envelope with your request to Dr. Walter C. Alvarez, Dept. MMT, The Register and Tribune Syndicate, Box 957, Des Moines 4, Iowa.

(Released by The Register and Tribune Syndicate, 1959)

Portland Transit Director Plans Trip

Portland—UPI—Portland City Transit Director Carl J. Wendt has been authorized by the city council to go to San Diego to look over results of a traffic survey in the California city.

A similar survey is expected to be conducted in the Portland area next year by the state highway commission.

A Tribute to the Crater Lions Club

This hard working group of men deserve the highest recognition for their unselfish work in behalf of the future of Medford. Recently this service club agreed to build and finance the construction of a Wading Pool in the Jackson Street Park Development. Prior to this club's acceptance of this project the Wading Pool had been eliminated from the plans of the city council due to insufficient funds. The Crater Lions Club will raise this money through their annual TV Auction. This project represents the highest form of co-operation between civic groups, and city government. Congratulations to the Crater Lions for their enthusiastic work and plan now to support the TV Auction.

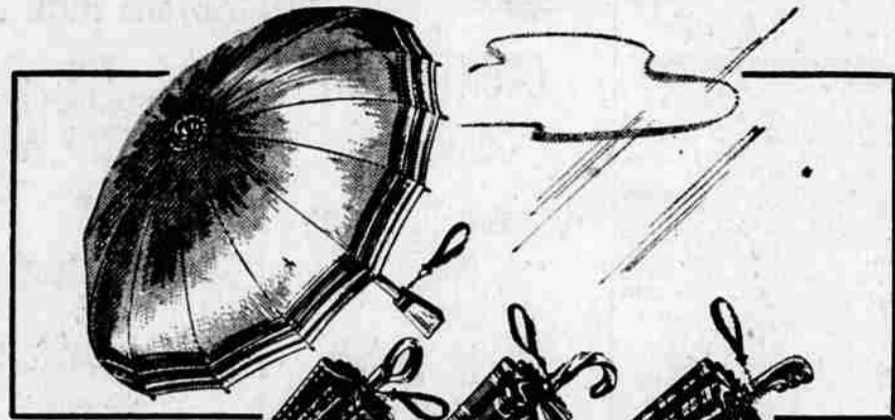
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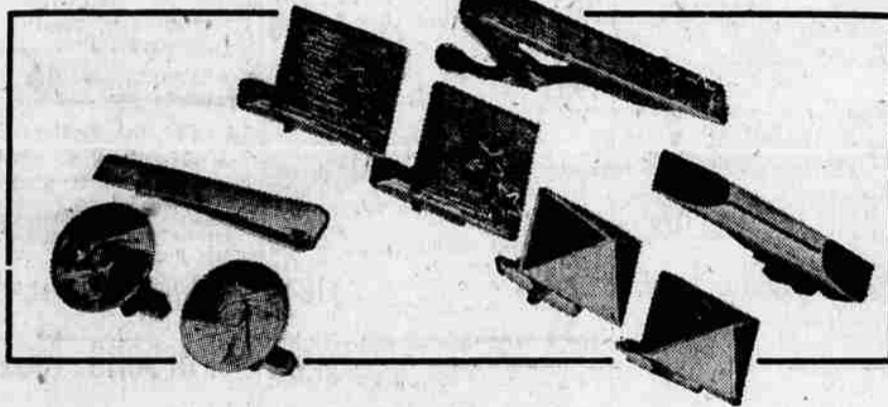


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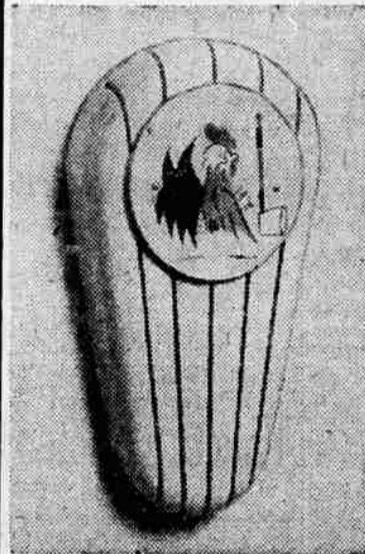
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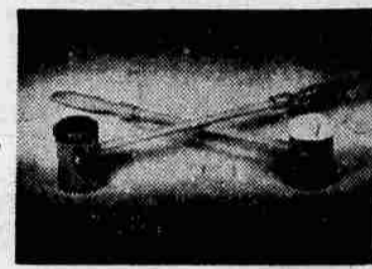
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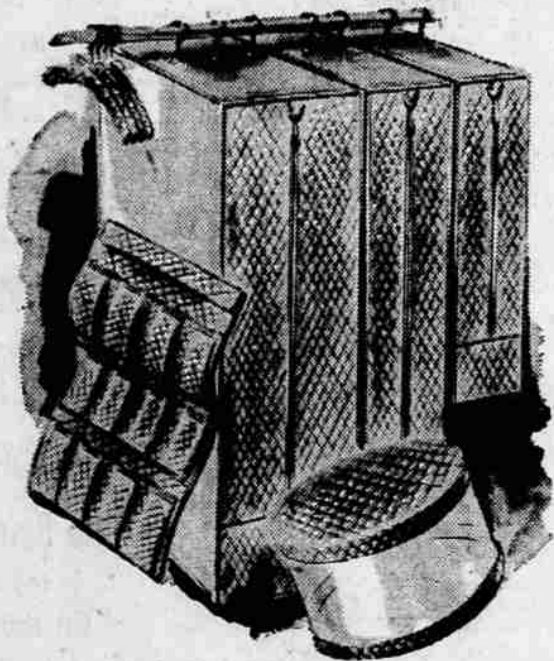
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