

Magnetism Aids Man in Battle Against Disease

Detroit (Science Service)—Magnetic forces are healing some of man's ailments.

Magnetism is being used by researchers to direct healing chemicals to a particular part of the body. These chemical particles are known as alpha iron crystals. They have the ability to pass through the tiniest capillaries of the body, Dr. Michael W. Freeman, Detroit, and Anthony Arrott of the Ford Motor Company, Dearborn, reported at a conference on magnetism and magnetic fields here.

Carry Isotopic Radiation
These iron crystals actually carry isotopic radiation or some adsorbed healing chemical throughout the body. The crystals can be alloyed with the properly selected radioactive element, or coated with an adsorbed layer of a therapeutic agent, Dr. Freeman said.

The first patient to receive alpha iron particles, was a six year old boy suffering from idiopathic thrombocytopenic purpura, a disease characterized by hemorrhages, purple patches on the skin and a reduction in the number of blood platelets.

He was given iron crystals which he absorbed under his tongue. Within 10 minutes after each such treatment, the serum iron in the boy's blood increased by 70 per cent.

Not Understood Fully

While the researchers do not pretend to understand fully the reasons for this reaction, they suggest that it may be connected with blood kinetics and enzyme activity. It had been shown earlier that mice, when subjected to a magnetic field of from one to four weeks, experienced a decrease in white blood cells. When removed from this environment, however, their white cell count jumped more than 70 per cent normal values.

This effect has been used to reduce the death rate due to cancer from cobalt radiation.

PT&T Asks to Issue Debentures, Stock

Salem—UPP—Application to the Oregon Public Utility commission has been made by Pacific Telephone and Telegraph company for permission to issue and sell 72 million dollars in 33-year debentures and more than 10 million common shares of stock. The firm is a California corporation which does about eight per cent of its business in Oregon. It seeks to ask for bids on the debenture Feb. 5 and open bids about Feb. 16.

Diabetes Holds Happy Future If Patient Follows Routine

Editor's Note: This is the second of three dispatches on diabetes, its symptoms and its control, by a leading clinician.

By HAROLD BRANDALEONE, M.D.
President, New York Diabetes Association

(Written for UPI)

Diabetes is a chronic or long-standing disease which can hold a happy future for the patient if he is willing to follow carefully a daily routine prescribed by his physician. The concept that diabetes causes a person to be an invalid is wholly obsolete. In most instances, the average diabetic can and should keep right on doing what he has always done, provided he uses a little common sense.

Of one thing he can be sure: No two cases of diabetes are exactly alike. Each patient must have a regimen tailored to his individual needs.

By the same token, symptoms vary from case to case. Typically, they may include unquenchable thirst, fatigue, a distressing loss of weight, excess urination and an enormous appetite.

But diabetes plays pranks. Some diabetics may have all of the classic symptoms, others only one or two, and still others none at all.

The ability of diabetes to assume many faces emphasizes the need for even the comparatively healthy person to have regular tests. There is no other way for him to be sure he isn't one of the hundreds of thousands of undetected cases.

Early diagnosis has tremendous advantages—it makes control easier, it means less impairment of basic health, and it permits the patient to lead a more normal existence. Perhaps more important, early and proper treatment can help to prevent or delay the complications which accompany uncontrolled diabetes.

Usually, diabetes can be spotted quickly with a simple urine test like those being made generally available during Diabetes Week, Nov. 15-21. An analysis to determine the amount of sugar in the blood is a sound guide to final diagnosis.

Timing Important

Timing of diagnostic tests is important. Urine tests may be made first thing in the morning, but if performed an hour or an hour and a half after a heavy meal, they are more likely to reveal sugar if diabetes is present. Just to make sure, it is wise for those with a family history of diabetes to have blood sugar performed as well as urine tests.

When these tests plainly show the presence of diabetes, the physician will prescribe a program that he believes will best fit the case. Changes in this regimen will be made as the patient's reactions require.

At this stage, the doctor decides whether the patient can be treated with one of the

oral preparations, whether he will require insulin injections, or whether diet alone can control the disease.

Here are some of the things he will tell the patient:

Personal hygiene—Cleanliness and care of the feet are particularly important. Daily foot soaks, massage and proper care of corns, calluses and ingrown nails are required.

Exercise—Sports and other physical activity, tailored to the patient's general physical condition, are good because exercise decreases the amount of sugar spilling into the blood.

Diet—Food should be adequate to supply the required amounts of proteins, carbohydrates, fats, minerals and vitamins. Young diabetics must eat enough to permit normal growth and nutrition, with reliance on insulin and/or an oral preparation to control the disease. Older persons must have an adequate diet, too, but they may not need as many calories as growing youngsters.

Obese diabetics have a special problem. First, their weight must be brought as close to normal as possible; then the diet may be increased to maintain normal weight.

Most diabetics who stick close to the daily routine can do almost anything that anyone else can do. Good control minimizes the effects of complications that may affect the eyesight, the nerves, the circulatory system and other parts of the body if the disease is uncontrolled over a period of years.

Can Have Highball

Diabetics may have the same food and drink as a nondiabetic—even an occasional highball—so long as the proper amount of carbohydrate, protein and fat is carefully measured. Other "musts" in the routine are daily urine tests, self-injection if the patient is on insulin, visits to the doctor at regular intervals, and whole-hearted cooperation in preventing complications.

This may seem like a large

order to the newly-diagnosed diabetic, but with guidance by the physician he usually adjusts quickly.

Even eating out is no special problem when he uses a manual listing the values of various foods. With the prescribed medication in his pocket, he may travel widely if he is so inclined.

Must Keep Independence

Whether on an oral preparation or insulin, it is important that the diabetic maintain his independence. Most of those who take insulin learn quickly how to sterilize needle and syringe, to measure the dosage correctly and to overcome any fear of the needle.

Occasionally, a difficult case will appear in which the diabetes is extremely hard to control even when patient and doctor exercise the greatest care. As a rule, however, the diabetic is on safe ground when he's completely honest with the physician and follows his instruction to the last jot and tittle—no cheating allowed.

(Next: Social and economic problems.)



SILENT FILM QUEEN WEDS—Mexican actress Del Rio and Lewis H. Riley, a Mexico City movie producer, offer a toast after their marriage in Newark, N. J. It is the third marriage for Miss Del Rio, who reached fame during the silent-movie era, and the second for Riley.

The Family Council

Editor's Note: The Family Council consists of a Judge, a psychiatrist, three clergymen, a newspaper editor, a women's editor and two writers. Each article is a summary of an actual case history. The Council reports on problems that have been dealt with by responsible agencies and counselors.

Isabel R.—I can't take care of my little girl.

Carl R.—She must get used to children.

Isabel R.—My husband and I have been married two years. I am 21 and he is 29. It is his second marriage and he has a 6-year-old daughter by his first marriage.

My problem concerns this little girl, Lucy. I try to be a mother to her as best I can during the time she stays with us. We have her for the week-end every other week and she spends two weeks with us in the summer. No matter how hard I try something always goes wrong in that time. She falls and cuts herself badly, catches a heavy cold or gets an upset stomach.

Then her mother calls crying and demanding explanations and Carl starts apologizing for me. It's all so humiliating. I feel that the child may be unhappy with us and perhaps she'd be better off spending only one day with us once in two or three weeks.

Carl R.—Isabel is very inexperienced with children and I think it's a good idea for her to get used to them. Lucy is just a typical little girl and presents no special problems. There is no reason why everything shouldn't go off smoothly.

I feel that Isabel is just a bit jealous of my feeling for my daughter. She likes to have me all to herself and has often said that she wished I had not been married before. There is no reason for this jealousy because I am very much in love with her and try to show it in every way. My first marriage was nothing like this, yet I certainly can't help loving my daughter and I want her to spend as much time with us as possible.

It is true that my ex-wife hasn't made things easy for us. She has made a mountain out of a molehill in every case, but we have to put up with this.

The Council: Isabel is in a very difficult position, but the problem isn't insurmountable if she can manage to keep her fears under control. She won't solve anything by cutting down on this child's visits and she would feel very guilty if she actually succeeded in denying her husband his full allotment of time with the child.

Isabel should accept the fact that this problem is one she'll have to deal with throughout her married life. There undoubtedly will be times when her dealings with her stepdaughter will cause her worry or grief, but this is true in most close relationships. Isabel need not strive so hard for perfection. We get the impression that she attempts too much when she tries "to be a mother" to the little girl. She should remember that children get sick and hurt themselves even when they are with their own mothers.

The reaction of Lucy's mother must also be taken into stride and with some understanding. She is naturally upset if her little girl is returned to her in less than perfect condition. But if the child has not been neglected or exposed to any unnecessary risks, this woman's reactions should be accepted patiently and with proper explanations of any event that brought on an injury or illness.

Isabel sees herself in a rather childlike relationship to

TRADITION ALIVE

New York (UPI)—A \$30,000 one-ton model of the steamship Queen of Bermuda has been donated by the Furness Lines to Bermuda Cathedral in Hamilton, thus keeping alive a tradition begun during the Middle Ages. At that time, it was the custom to suspend "votive" models of vessels from the ceilings of churches. The 14-foot-long "miniature" Queen of Bermuda was too big for this, so it was placed on a mount in the south transept of the cathedral.

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Major scheduled airlines in the United States had 54 accidents in 1958 that involved serious or fatal injuries or substantial damage to planes. Department of Agriculture.

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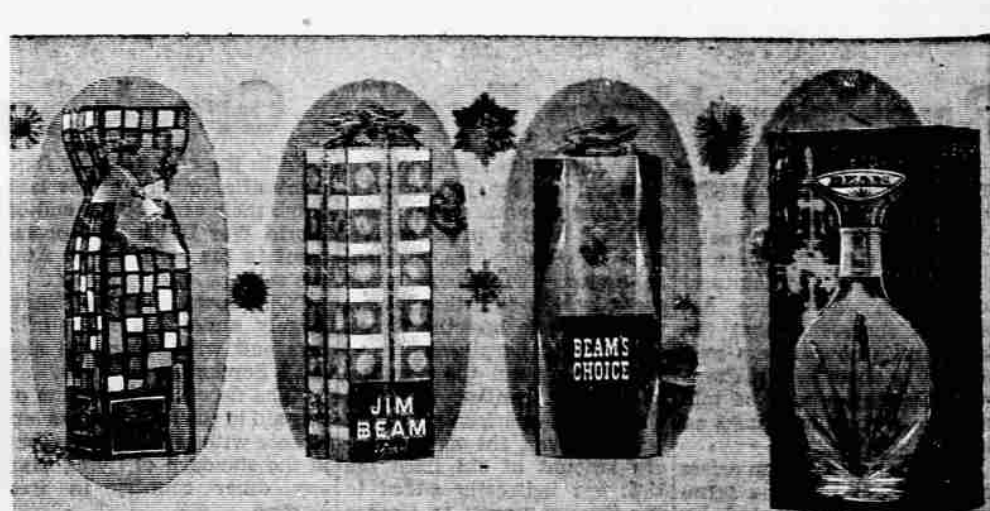
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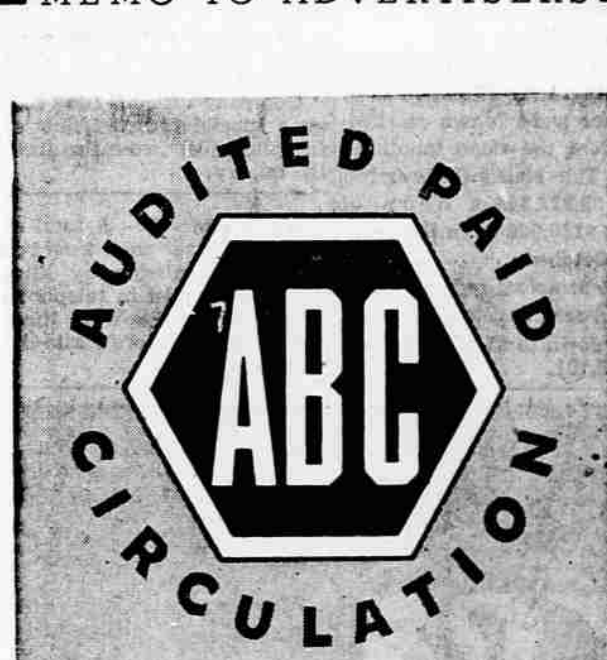


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