



GOOD HUNTING—Jerry Brown, right, gets official congratulations for bagging his limit of ducks and geese from, left to right, his father, Gov. Edmund Brown of California; Host Wallace R. Lynn, a San Francisco businessman, and Chief Justice Earl Warren. They hunted near Colusa, Calif. (UPI Telephoto)

The Medical Roundup

by

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Electroshock Treatments

Quite a few people ask what an electroshock treatment is and should they permit a loved one to have one or more? For many depressed people four or five electroshocks will work miraculously. The person may be so well and cheered up he can go back to work again. I do not like to see a depressed patient getting 20 or 30 shock treatments when the first five did no good. I have seen many such cases in which the patient was no better, and I suspected that this failure was due to the fact that the man did not have a simple depression, I thought he had had some of the features of a depression, but it was impossible to be sure. Often it is hard to say why a man goes to his death mentally.

Usually, today, the treatment is given in a fraction of a second, and there is only a mild brief spasm of the muscles. The patient should not feel anything because, if the current is of the right strength, he is unconscious the moment the switch button is touched. However, when people are much afraid of the treatment, the doctor will inject a little sodium pentothal into a vein, and this will cause a brief period of anesthesia. A while after a shock treatment, a relative can take the patient home. If I were to go into a depression, I certainly would want to try shock treatment, and I would have no fear of it. In my experience, the treatments have done no harm. For a while after a course there may be some impairment of memory, but this should clear away.

A big reason for giving the shock treatments is that able psychiatrists tell me that it is generally useless to try to talk people out of a depres-

sion. It seems almost silly because the patient is suffering such terrible mental torture that what he wants most is to get over his depression. He does not have to be exhorted to cheer up. He does not have to be told that there is no reason why he should be sad; he knows that already.

In cases of schizophrenia, insulin shock treatments may help the patient to stop his outbursts. In these cases an overdose of insulin is given. When the patient wakes up, he is often, many of them have been given, a number of drugs are helping people to come out of a depression. A New Type of Hospital Unit—Last April when I had to be operated on, I had a chance to observe a splendid new type of hospital unit, designed for the expert and financially reasonable care of patients just operated on, or suffering from some acute and serious trouble.

This new unit is a circular building attached to the Methodist Hospital, in Rochester, Minn. It contains 12 cubicles (small rooms) which radiate around a central area, where several nurses are stationed. Because, on the side facing the center, each cubicle has a glass panel and a glass door, the nurses can see the patients and the patients can see the nurses. It is a comfort to each patient to know that the nurses are there, a few feet from him. It is a comfort, also, to the patient's loved ones when at night they leave him and go back to their hotel.

When the needed money can be raised, a new hospital will be built which will have many of these round units, one on each of the four corners of each floor. These units

greatly reduce the cost of nursing.

If any member of your family is having difficulties which appear to be mental in origin, you will want Dr. Alvarez' fascinating booklet, "When Mental Illness Strikes a Family." This booklet tells how to recognize mental illness and offers suggestions for treatment. It 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.

Cortisone-Like Drug Used For Allergic Diseases

In a recent article Dr. Louis Tuff, of Philadelphia, reported that the so-called corticoid drugs are valuable particularly for 50% relief in cases of severe or sub-acute allergies. They can help in cases of asthma in which the distress doesn't let up, either by day or by night; or in cases of severe allergic conjunctivitis or severe hives or inflammation of the skin due to allergy. The steroid drugs can make useful citizens out of some formerly asthmatic cripples. In Dr. Tuff's experience, these drugs have little value and only temporary effects in other forms of allergy, such as allergy in the nose, hay fever and chronic hives. Dr. Tuff spoke of 40 patients in whose cases he has used cortisone-like drugs for periods of time up to several years. If the dose is held as low as possible, people often can get by without running into serious side effects. Dr. Tuff and other workers in this field do not look on the corticoid drugs as cures, but rather as helping. They often can be given to reinforce other drugs.

BOSS BATTLES
New York—UPI—William Standar, grappling with a holdup man in his florist shop Sunday, saw a bystander and yelled for help.

"Help" arrived in the form of a punch in the face. The bystander turned out to be the thug's accomplice. Both men escaped with \$115.

'HELP' FOR CASTRO

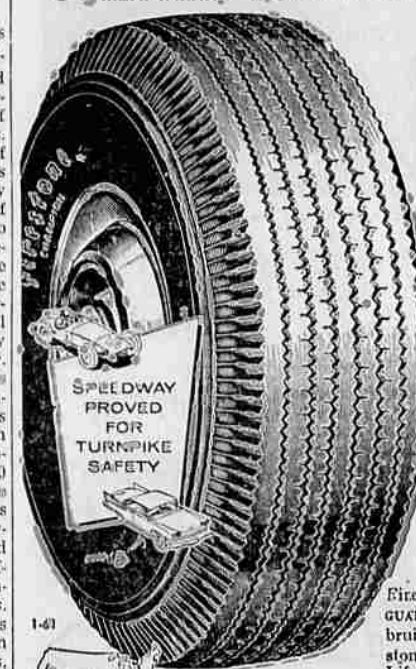
New York—UPI—Francis Cardinal Spellman offered Sunday to pay for mental hospital treatment for Cuban Premier Fidel Castro.

"I think he needs it," Spellman said when told he has been criticized for giving \$10,000 to aid Cuban refugees. The cardinal just returned from a Christmas tour of arctic military basis.

PLAN SPACE TRIPS
Moscow—UPI—Soviet scientists plan to orbit several pilotless space ships before sending a man up into space, the Communist party newspaper Pravda said Sunday.

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