

The Medical Roundup

by

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(Register and Tribune Syndicate,
1961)Some Post-Menopausal
Symptoms Can Be Due
To a Depression

If I had to examine a young doctor to see if he was qualified, I could tell in an hour if he had acquired wisdom as well as knowledge. I would just pick out for the test a woman suffering from a mild mental breakdown, who had a few gallstones which occasionally caused a little stomach-ache.

If, after the doctor had studied the woman's problem for an hour, I found him blaming all her troubles on the gallstones, I would be disappointed in him; but if he said, "Most of her symptoms are due to her inborn tendency occasionally to go into a depression—some are due to her anxiety over her husband's drinking, and a few are due to inflammation in her gallbladder"—I would be delighted with him, because I would know that he was a wise physician.

I thought of this today when I received a thoughtful letter from an obviously able, sensible and fine woman. She recognizes the fact that although some of the nervous distresses which followed her hysterectomy were due to the loss of her ovaries, and can be somewhat relieved with small daily doses of Stilbestrol, some of her distresses are due to her basic emotional instability. For a while, 10 years ago, she was so bad she had to spend thousands of dollars on psychiatric care.

Goes All to Pieces

She still is unable to get complete relief with the help of ovarian extracts. She still cries easily; she has some compulsions to do silly things; she has trouble making up her mind about things, and every so often she "goes all to pieces," like a typical manic-depressive person who, after having been for a while "on top of the world," will slump and for weeks will feel tired and utterly miserable. My correspondent confesses that her disposition is so unpredictable that at times she will scold even her much-loved son. And yet, with all this, by means of will-power, each day she goes to her office and holds down a highly responsible job.

Which brings out what to me is a fascinating fact—a hundred times observed—that a person who is full of the distressing symptoms of a mild psychosis can still carry on so well as to fool the people about her. No one will suspect that she is perhaps sleeping nights in a mental hospital.

Actually, this duality of many a person's character is a helpful thing; because it enables a woman like my correspondent to say, "Yes, I know that right now I am a bit manic, but I am still able to keep myself so well in hand that I won't do anything that will get me locked up." In thousands of cases, for a lifetime, the good, sensible half of the person's mind will keep her "crazy" half under control.

Tremendously Impressed

Most people today are so hippped on the effects of environment that they won't agree with me on this, but after 50 years spent in studying mildly psychotic persons, I am tremendously impressed by the fact that in the case of almost all of these odd persons whom I see, I can find other eccentric members in family. On the other hand, in the families of well-balanced and well-adjusted people I rarely find a psychotic ancestor. One able newspaper editor, now a bit depressed, tells me he knows of no definite insanity in his family but, as he says, his people "are as eccentric as they make them."

Getting back to the letter of my able correspondent, I fear that no psychiatrist can quickly make her over into a stable person, with a comfortable and well-adjusted personality. In many of these cases I fear the woman will have to keep struggling all her days to stay sane. I would not expect her to become a "run of the mill" person any more than I would expect her to change the color of her eyes from blue to brown. But as she grows older, I can imagine her temperament becoming more even and less stormy. I admire her deeply for what she is doing; she is a good citizen.

Is Dexedrine Safe?

Many stout people who are taking Dexedrine or a related drug in order to cut down on their appetite write to ask me if the medicine is safe. So far as I can learn, the drug is not harmful, but I have heard of people—and I know a woman—who got habituated. These

done about them, send for Dr. Alvarez' booklet, "When Mental Illness Strikes a Family." 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.

WIFE TOOK ADVICE

Los Angeles — (UPI) — Mrs. Elizabeth V. Green got a smart lawyer as her husband advised and Thursday won a default divorce and \$137,000 in cash from wealthy Los Angeles car dealer John L. Green Jr. "I'm divorcing you and we're through. You'd better get yourself a smart lawyer," the attractive former New York model quoted her husband as telling her.

Parents Warned Not
To Leave Children
Locked in Vehicles

Medford city police view with increasing alarm the many instances in which parents—usually mothers—leave their small children unattended in parked cars while they are shopping in the downtown area.

Besides being illegal, police warn that there is a grave danger of something happening to the child while he is left alone.

The seriousness of this practice came to the fore this

week when meter patrolman Elroy Erickson came upon a 3-month-old baby boy who was locked in a California stationwagon on a downtown Medford parking lot.

Obtains Coat Hanger

Erickson said the baby had apparently twisted and turned in his crib until some of his clothing had become wrapped around his neck and he was crying and appeared in danger of choking.

Because the car was locked

Erickson had to obtain a coat hanger, loop it through a window and unlock the car from the inside in order to get to the child. He then straightened out the child's clothing and sat down to await the parents.

Within a few minutes, the mother of the baby came back to the car. When confronted by the officer and told of what had happened, she was very sorry and assured Erickson it would not happen again.

She said in her defense that the child had been asleep when she left and she had only been gone for a short time. But, it could have been just long enough for the child to choke to death, police said.

Registration Open
For YMCA Camps

Registration for three camps which will be operated by the Medford Young Men's Christian association this summer is now open. YMCA officials have announced.

The camps are the day camp for 7 and 8 year old boys, Diamond Lake camp for boys and girls 8 through 14, and two family camp week ends for families.

About 2,400 boxes of candy mints have been sold by boys and girls earning their way to camp, YMCA officials said. Many of them have already earned two weeks of camp-

ing, and one boy has sold enough to go to camp for three weeks, officials said. Children wishing to attend camp during a particular week this summer are asked to register as soon as possible to insure of attendance.

Dates for the boys camp at Diamond Lake will be July 16 to 22, July 23 to 29 and July 30 to Aug. 5. Girls camp is Aug. 11 to 17, Aug. 18 to 24, and June 26 to July 1. Family week ends will be over the Fourth of July and Sept. 2 to 5, Labor Day week end. Additional information may be obtained from the YMCA at Spring 2-6295.

WELCOME HOME

Atlanta — (UPI) — Automobile salesman Larry Yates picked

up the phone Thursday and the man on the other end said: "Do you see that white car parked out front? Well, it's yours." The caller then hung up. Yates checked the car and found it had been stolen from his lot on May 5, 1960.

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